

### Tri Valley Divers LEVEL 1 Skills

LEVEL 1	Skill	Description	Notes
<b>1 METER</b>	100A	Forward Jump Straight	All jumps and dives must be performed from the standing position, with or without an armcircle. For 001A/B, the starting arm position may be open or closed.
	100C	Forward Jump Tuck	
	200A/C	Back Jump Straight	
	001A/B	Forward Entry Straight/Pike	
	101C	Forward Dive Tuck	
<b>3 METER</b>	100A	Forward Jump Straight	All jumps must be performed from the standing position, with or without an armcircle. 001B - may be performed from the standing or seated position with starting arm position open or closed. 001C - must be performed from the seated position.
	100C	Forward Jump Tuck	
	200A/C	Back Jump Straight/Tuck	
	001A/B	Forward Entry Straight/Pike	
	001C	Forward Entry Tuck	
<b>PLATFORM (3M or 5M)</b>	100A	Forward Jump Straight	100A/C and 400A/C must be performed with no arm circle. 001B may be standing or seated with starting arm position open or closed.
	100C	Forward Jump Tuck	
	400A/C	Inward Jump Straight/Tuck	
	001A/B	Forward Entry Straight/Tuck	

**NOTE:** Diver should demonstrate each skill at a GOOD level or above TWO times in a row in order to move to the next level

**Evaluation:** Excellent - 4; Very Good - 3; Good - 2; Needs Work - 1; Not Tried (yet!) - 0

**Tri Valley Divers LEVEL 2 Skills**

LEVEL 1	Skill	Description	Notes
<b>1 METER</b>	100A/C	Forward Jump Straight/Tuck	All jumps and dives may be performed from standing (with or without an armcircle) or with a traditional approach. Forward category may be performed with a double bounce. 101C and 401C may be performed with a straight line or pike out comeout.
	200A/C	Back Jump Straights/Tuck	
	001A/B or 002A	Forward Entry Straight/Tuck or Back Entry Straight	
	101C	Forward Dive Tuck	
	401C	Inward Dive Tuck	
<b>3 METER</b>	100A/C	Forward Jump Straight/Tuck	All jumps and dives may be performed from standing (with or without an armcircle) or with a traditional approach. Forward category may be performed with a double bounce. 101C and 401C may be performed with a straight line or pike out comeout.
	200A/C	Back Jump Straight/Tuck	
	001A/C/B	Forward Entry Straight/Tuck/Pike	
	002A/C	Back Entry Straight/Tuck	
	101C or 401C	Forward Dive Tuck or Inward Dive Tuck	
<b>PLATFORM (3M or 5M)</b>	300A/C	Reverse Jump Straight/Tuck	300A/C and 200A/C must be performed with an arm circle. 101C and 401C may be performed with a straight line or pike out comeout.
	200A/C	Back Jump Straight/Tuck	
	001A/B	Forward Entry Straight/Pike	
	002A/C	Back Entry Straight/Tuck	
	101C or 401C	Forward Dive Tuck or Inward Dive Tuck	

**NOTE:** Diver should demonstrate each skill at a GOOD level or above TWO times in a row in order to move to the next level

**Evaluation:** Excellent - 4; Very Good - 3; Good - 2; Needs Work - 1; Not Tried (yet!) - 0

### Tri Valley Divers LEVEL 3 Skills

LEVEL 1	Skill	Description	Notes
<b>1 METER</b>	200C/B	Back Jump Tuck/Pike	All dives can be performed from standing or with a traditional approach. Front and reverse categories can be performed with a double bounce. *002A - can be competed either standing or jumping
	002A*	Back Entry Straight	
	101C or 401C	Forward Dive Tuck or Inward Dive Tuck	
	201C or 301C	Back Dive Tuck or Reverse Dive Tuck	
	102C or 103C or 402C	Forward 1ss Tuck or Forward 1.5ss Tuck or Inward 1ss Tuck	
	202C or 302C	Back 1ss Tuck or Reverse 1ss Tuck	
<b>3 METER</b>	200C/B	Back Jump Tuck/Pike	All dives can be performed from standing or with a traditional approach. Front and Reverse categories can be performed with a double bounce.
	001C/B	Forward Entry Tuck/Pike	
	002A/C	Back Entry Straight/Tuck	
	101C	Forward Dive Tuck	
	401C	Inward Dive Tuck	
	201C or 301C	Back Dive Tuck or Reverse Dive Tuck	
<b>PLATFORM (5M or 7.5M)</b>	100A/C/B	Forward Jump Straight/Tuck/Pike	100A/C/B must be performed with a running approach (min 1 step). 001C must be performed with a pike out comeout.
	001A/C/B	Forward Entry Straight/Tuck/Pike	
	002A/C/B	Back Entry Straight/Tuck/Pike	
	101C	Forward Dive Tuck	
	401C	Inward Dive Tuck	
	201C or 301C	Back Dive Tuck or Reverse Dive Tuck	

**NOTE:** Diver should demonstrate each skill at a GOOD level or above TWO times in a row in order to move to the next level

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### Tri Valley Divers LEVEL 4 Skills

LEVEL 1	Skill	Description	Notes
<b>1 METER</b>	101C/B	Forward Dive Tuck/Pike	All dives can be performed from standing or with a traditional approach. Front and Reverse categories can be performed with a double bounce. *102A - Can be performed either in the open pike or straight position.
	201C	Back Dive Tuck	
	301C	Reverse Dive Tuck	
	401C/B	Inward Dive Tuck/Pike	
	102A* or 202A	Forward 1ss Straight or Back 1ss Straight	
	103C/B	Forward 1.5ss Tuck/Pike	
	202C/B or 302C/B	Back 1ss Tuck/Pike or Reverse 1ss Tuck/Pike	
<b>3 METER</b>	101C/B	Forward Dive Tuck/Pike	All dives can be performed from standing or with a traditional approach. Front and Reverse categories can be performed with a double bounce.
	201C	Back Dive Tuck	
	301C	Reverse Dive Tuck	
	401C/B	Inward Dive Tuck/Pike	
	103C	Forward 1.5ss Tuck	
	403C	Inward 1.5ss Tuck	
<b>PLATFORM (5M or 7.5M)</b>	101C/B	Forward Dive Tuck/Pike	insert notes?
	201C	Back Dive Tuck	
	301C	Reverse Dive Tuck	
	401C/B	Inward Dive Tuck/Pike	
	103C	Forward 1.5ss Tuck	
	600A or 612C/B	Armstand Entry Straight or Armstand 1ss Tuck/Pike	

**NOTE:** Diver should demonstrate each skill at a GOOD level or above TWO times in a row in order to move to the next level

**Evaluation:** Excellent - 4; Very Good - 3; Good - 2; Needs Work - 1; Not Tried (yet!) - 0

**Tri Valley Divers LEVEL 5 Skills**

LEVEL 1	Skill	Description	Notes
<b>1 METER</b>	101C/B	Forward Dive Tuck/Pike	All dives can be performed from standing, with a double bounce or with a traditional approach. All dives must be done with a proper arm circlce.
	201C/B	Back Dive Tuck/Pike	
	301C/B	Reverse Dive Tuck/Pike	
	401C/B	Inward Dive Tuck/Pike	
	5122D or 5221D or 5223D	Forward 1ss 1 Twist or Back 1ss .5 Twist or Back 1ss 1.5 Twist	
	103C/B or 104C/B	Forward 1.5ss Tuck/Pike or Forward 2ss Tuck/Pike	
	203C or 303C	Back 1.5ss Tuck or Reverse 1.5ss Tuck	
403C	Inward 1.5ss Tuck		

<b>3 METER</b>	101C/B	Forward Dive Tuck/Pike	All dives can be performed from standing, with a double bounce or with a traditional approach. All dives must be done with a proper arm circlce.
	201C/B	Back Dive Tuck/Pike	
	301C/B	Reverse Dive Tuck/Pike	
	401C/B	Inward Dive Tuck/Pike	
	5132D or 5231D	Forward 1.5ss 1 Twist or Back 1.5ss .5 Twist	
	103C/B	Forward 1.5ss Tuck/Pike	
	203C or 303C	Back 1.5ss Tuck or Reverse 1.5ss Tuck	
403C/B	Inward 1.5ss Tuck/Pike		

<b>PLATFORM (5M, 7.5M or 10M)</b>	101C/B	Forward Dive Tuck/Pike	Insert Notes?
	201C/B	Back Dive Tuck/Pike	
	301C/B	Reverse Dive Tuck/Pike	
	401C/B	Inward Dive Tuck/Pike	
	612C/B	Armstand 1ss Tuck/Pike	
	5132D or 5231D	Forward 1.5ss 1 Twist or Back 1.5ss .5 Twist	
	103C/B	Forward 1.5ss Tuck/Pike	
403C/B	Inward 1.5ss Tuck/Pike		

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**Tri Valley Divers LEVEL 6 Skills**

LEVEL 1	Skill	Description	Notes
<b>1 METER</b>	101C/B/A or 103C/B	Forward Dive Tuck/Pike/Straight or Forward 1.5ss Tuck/Pike	All dives can be performed from standing, with a double bounce or with a traditional approach. All dives must be done with a proper arm circlce.
	201C/B/A	Back Dive Tuck/Pike/Straight	
	301C/B/A	Reverse Dive Tuck/Pike/Straight	
	401C/B/A	Inward Dive Tuck/Pike/Straight	
	5132D or 5231D or 5331D	Forward 1.5ss 1 Twist or Back 1.5ss .5 Twist or Reverse 1.5ss .5 Twist	
	104C/B or 105C/B	Forward 2ss Tuck/Pike or Forward 2.5ss Tuck/Pike	
	203C/B	Back 1.5ss Tuck/Pike	
	303C/B	Reverse 1.5ss Tuck/Pike	
403C/B	Inward 1.5ss Tuck/Pike		
<b>3 METER</b>	101C/B/A or 103C/B	Forward Dive Tuck/Pike/Straight or Forward 1.5ss Tuck/Pike	All dives can be performed from standing, with a double bounce or with a traditional approach. All dives must be done with a proper arm circlce.
	201C/B/A	Back Dive Tuck/Pike/Straight	
	301C/B/A	Reverse Dive Tuck/Pike/Straight	
	401C/B/A	Inward Dive Tuck/Pike/Straight	
	5132D or 5231D or 5331D	Forward 1.5ss 1 Twist or Back 1.5ss .5 Twist or Reverse 1.5ss .5 Twist	
	105C/B	Forward 2.5ss Tuck/Pike	
	203C/B	Back 1.5ss Tuck/Pike	
	303C/B	Reverse 1.5ss Tuck/Pike	
403C/B	Inward 1.5ss Tuck/Pike		
<b>PLATFORM (5M, 7.5M or 10M)</b>	101C/B or 103C/B	Forward Dive Tuck/Pike or Forward 1.5ss Tuck/Pike	Insert Notes?
	201C/B	Back Dive Tuck/Pike	
	301C/B	Reverse Dive Tuck/Pike	
	401C/B	Inward Dive Tuck/Pike	
	612C/B	Armstand 1ss Tuck/Pike	
	5132D or 5231D	Forward 1.5ss 1 Twist or Back 1.5ss .5 Twist	
	105C/B	Forward 2.5ss Tuck/Pike	
	203C/B or 303C/B	Back 1.5ss Tuck/Pike or Reverse 1.5ss Tuck/Pike	
	403C/B	Inward 1.5ss Tuck/Pike	

**NOTE:** Diver should demonstrate each skill at a GOOD level or above TWO times in a row in order to move to the next level

Evaluation: Excellent - 4; Very Good - 3; Good - 2; Needs Work - 1; Not Tried (yet!) - 0