

CAL Diving Club ~ 510-859-3149 ~ www.CALdiving.org

LEVELS	Advancement Requirements ~ Coaches Invitation + the following skills/dives
FC1-4 ~ (3)	Journey Begins ~ working on all skills and Voluntary (V) dives (101, 201, 301, 401)
FC5-8 ~ (5)	1m ~ All Skills, 3-dives, 2-1ss, 1-1.5ss, 1-Twisting Dive or SS
	3m ~ All Skills, 2-dives, 3-1ss, 1-1.5ss
JO1 ~ White (7)	1m ~ 4-dives, 4-1ss, 2-1.5ss, 1-2ss, 2-Twisting Dives or SS
	3m ~ 3-dives, 4-1ss, 2-1.5ss, 1-Twisting Dive or SS
JO2 ~ Gold (12)	1m ~ 4-dives, 4-1ss, 2-1.5ss, 2-2ss, 3-Twisting Dives or SS
	3m ~ 4-dives, 4-1ss, 2-1.5ss, 1-2ss, 1-2.5ss, 2-Twisting Dives or SS
JO3 ~ Blue (18)	1m ~ 4-1.5ss, 1-2.5ss, 4-2ss, 4-Twisting Dives or SS
	3m ~ 4-1.5ss, 4-2ss, 3-2.5ss, 4-Twisting Dives or SS
HS ~ White (5)	1m ~ Open to All HS divers (JV/V)
HS ~ Gold (10)	1m ~ Varsity Only, 11 dives minimum
Masters - (3)	1m/3m ~ Open to All
Masters - (5)	1m/3m ~ Open to All
If you are not sure which group you qualify for, or belong in, please go to https://calendly.com/admin-calendly, to schedule a call.	
TOWER LEVELS	Tower practice is required per your level/schedule. Tower advancement will not be tied to 1m/3m Levels.
FC1-4 ~ (3)	Journey Begins ~ working on all skills and Voluntary (V) dives (101, 201, 301, 401)
FC5-8 ~ (5)	All Skills, 2-dives, 2-1ss, 1-1.5ss, 1-Twisting Dive, 2-Handstand dives (600, 611, 621, 631)
JO1 ~ White (7)	3-dives, 3-1ss, 2-1.5ss, 2-Twisting Dives or SS, 2-HS dives, 2-HS 1ss, 1-HS 1.5ss
JO2 ~ Gold (12)	3-dives, 3-1ss, 2-1.5ss, 2-2ss, 1-2.5ss, 2-Twisting Dives or SS, 3-HS dives, 3-HS 1ss, 2 HS-1.5ss
JO3 ~ Blue (18)	4-1.5ss, 4-2ss, 2-2.5ss, 4 Twisting Dives or SS, 4-HS dives, 4-HS 1ss, 4-HS 1.5ss, 2-HS 2ss, 1-HS 2.5ss, 1-HS 3ss
NOTE:	A diver may be different "levels" on 1m, 3m, and tower at the same time. For example, a diver could be JO2 on 1m, FC5 on 3m, and FC1 on Tower. A diver should talk to a coach about how this might affect their practice schedule and financial commitment.