



AAU Rules

J.O. & Novice Requirements

	9 & Under	11 & Under	12 - 13	14 - 15	16 - 18
Age groups	FINA Group E	FINA Group D	FINA Group C	FINA Group B	FINA Group A
	9 years or younger on December 31 st of the year of competition	11 years or younger on December 31 st of the year of the competition.	12 or 13 years on December 31 st of the year of the competition.	14 or 15 on December 31 st of the year of the competition	16 or 18 on December 31 st of the year of competition
	Boys and Girls	Boys and Girls	Girls	Girls	Girls
	1 meter and 3 meter	1 meter and 3 meter	1 meter and 3 meter	1 meter and 3 meter	1 meter and 3 meter
Total amount of Dives	4 dives	5 dives	7 dives	8 dives	9 dives
Voluntary dives	3 dives from different groups	3 dives from different groups	5 dives from different groups	5 dives from different groups	5 dives from different groups
Max DD	5.4 1m	5.4 1m	9.0 1m	9.0 1m	9.0 1m
Max DD	5.4 3m	5.4 3m	9.5 3m	9.5 3m	9.5 3m
Optional Dives	1 dives from different groups	2 dives from different groups	2 dives from different groups	3 dives from different groups	4 dives from different groups
DDs	Without DD limit	Without DD Limit	Without DD Limit	Without DD limit	Without DD limit
			Boys	Boys	Boys
Total amount of Dives			8 dives	9 dives	10 dives
Voluntary dives			5 dives from different groups	5 dives from different groups	5 dives from different groups
Max DD			9.0 1m	9.0 1m	9.0 1m
Max DD			9.5 3m	9.5 3m	9.5 3m
Optional Dives			3 dives from different groups	4 dives from different groups	5 dives from different groups
DDs			Without DD Limit	Without DD limit	Without DD Limit
	Boys and Girls	Boys and Girls	Boys and Girls	Boys and Girls	Boys and Girls
Novice	9 & Under	10 - 11	12 - 13	14 - 15	16 - 18
Amount of Dives	5 dives 1M & 3M	5 dives 1M 6 dives 3M	6 dives 1M 7 dives 3M	7 dives 1M 8 dives 3M	7 dives 1M 8 dives 3M
Voluntary Dives	100 & 200 Front and Back Jump. A, B or C DD of 1.0	100 & 200 Front and Back Jump. A, B or C (DD.1.0) *On 3M add front lineup (001B) (DD. 1.0)	100 & 200 Front and Back Jump. A, B or C, (DD.1.0) *On 3M add front lineup (001B)	100 & 200 Front and Back Jump. A, B or C, *On 3M add front lineup (001B) 1.0 dd 5 opts from 3 groups A group can not be used more than twice in opts	100 & 200 Front and Back Jump. A, B or C, *On 3M add Front lineup (001B) 1.0 dd 5 opts from 3 groups A group can not be used more than twice in opts
Optional Dives	3 dives from 2 different groups trueDD's	3 dives from 2 different groups trueDD's	4 dives opts from 3 different groups	5 dives from 3 groups	5 dives from 3 groups