

# Diving Awards Outcomes

## Diving Award 1

1. Forward jump straight from poolside.
2. Back jump straight from poolside.
3. Forward jump tuck from poolside.
4. Forward tuck roll from poolside.
5. Forward pike fall from poolside.
6. Forward jump straight from 1 metre.

## Diving Award 2

1. Back push and glide into back circle from poolside.
2. Back jump tuck from poolside.
3. Forward dive crouched from poolside.
4. Back tuck roll from poolside.
5. Forward pike fall from 1 metre.
6. Forward jump tuck from 1 metre.
7. Back pike roll from poolside.

## Diving Award 3

1. Forward jump straight from 3 metres.
2. Back jump straight from 1 metre.
3. Forward dive straight from poolside.
4. Back dive crouched from poolside.
5. Back fall straight from 1 metre.
6. Forward pike wedge from poolside.
7. Back pike sit from poolside.

## Diving Award 4

1. Forward jump pike from 1 metre.
2. Armswing forward jump straight from 1 metre.
3. Forward dive tuck from poolside.
4. Back dive straight from poolside.
5. Forward pike fall from 3 metres.
6. Armswing back jump tuck from poolside.
7. Armswing back pike sit from poolside.

## Diving Award 5

1. Back tuck roll from 1 metre.
2. Inward pike wedge from poolside.
3. Armswing forward dive tuck from 1 metre.
4. Armswing back jump tuck from 3 metres.
5. Sitting forward tuck roll from 3 metres.
6. Board timing – bouncing forward jump straight from 1 metre.
7. Armswing back jump pike from 1 metre.

## Diving Award 6

1. Armswing reverse pike sit from poolside.
2. Inward dive tuck from 1 metre.
3. Bouncing forward dive tuck from 1 metre.
4. Armswing back dive tuck from 1 metre.
5. Forward straight fall from 3 metres.
6. Forward somersault tuck from poolside.
7. Back fall straight from 3 metres.

## Diving Award 7

1. Armswing reverse dive tuck from 1 metre.
2. Inward dive tuck from 3 metres.
3. Forward dive tuck from 3 metres.
4. Armswing forward dive pike from 1 metre.
5. Inward dive pike from 1 metre.
6. Forward somersault tuck from 1 metre.
7. Back tuck roll from 3 metres.