

CAA Diving 2025

- We will have a Senior and Junior Diving Championship.
- Please email Sarah Krump, St. Odilia Diving Head Coach, with your list of divers, grades, and the dives they will be completing: krumpsarah@gmail.com.
- Questions on timeline, facility, or other general information can be sent to the host school, St. Odilia: stodiliaswimming@gmail.com
- Diving Prelims will be Friday, April 4, 2025, 6:30pm-8:30pm at Centennial High School Pool. Parking is in the back of the high school, address 4820 103rd Lane NE, Circle Pines MN. Navigate to the pool or Centennial Sports Arena in your map app; do not navigate to the high school.
- Only registered divers will be allowed to dive at prelims. All divers must be registered to dive by Friday, March 28, 2025.
- Dives will be scored by dive coaches, logged into a Dive Spreadsheet, and posted with total scores/rankings.
- The Top 16 (and 2 alternate) divers in each age group will advance to Dive finals.
- Dive finals are at the CAA State Swim Meet at the University of Minnesota. Boys are Tuesday, April 8 and Girls are Wednesday, April 9.
- Divers at finals must have performed dives at prelims.

Prelims Diving Schedule - Friday, April 4, 2025

Centennial High School Pool

Grades K-3	Arrive 6:15pm Warmups and Diving begin at 6:30pm
Grades 4-6	Arrive 6:30pm Warmups and Diving begin at 7:15pm (or after K-3 finish)
Grades 7-8	Arrive 7:00pm Warmups and Diving begin at 7:45pm (or after 4-6 finish)

CAA Diving Age Groups

7th-8th graders: up to 3 dives in prelims, up to 3 dives in finals

A diver can do the same dives in prelims as in finals, but may switch if they have other dives they are able to perform (potential to do 6 different dives). If a diver performs the same dive twice at the same meet, it will only be scored once in that meet.

Front Fall In = 1.0 DD per CAA

- Facing forward, No approach
Automatic deductions
 - Twisting of body (forward, backwards, or to the side) – 0.5 pts
 - Legs not straight and feet not together – 0.5 pts
 - Non-hands first entry – 0.5 pts

Back Fall In = 1.0 DD per CAA

- Facing board, No approach
Automatic deductions
 - Twisting of body (forward, backwards, or to the side) – 0.5 pts
 - Legs not straight and feet not together – 0.5 pts
 - Non-hands first entry – 0.5 pts

Front Dive = S-1.4, P-1.3, T-1.2 DD

Automatic deductions

- Twisting of body (forward, backwards, or to the side) – 0.5 pts
- Legs not straight and feet not together – 0.5 pts
- No hurdle – Failed Dive
- Non-hands first entry – Failed Dive

Back Dive = S-1.7, P-1.6, T-1.5 DD

Automatic deductions

- Twisting of body (forward, backwards, or to the side) – 0.5 pts
- Legs not straight and feet not together – 0.5 pts
- Heels not over edge of board – 1.0 pt
- Non-hands first entry – Failed Dive
- No jump – Failed Dive

Any other Dive from the Standard Dive Table DD

Automatic deductions: Legs not straight and feet not together – 0.5 pts

CAA Diving Age Groups

4th - 6th graders: up to 3 dives in prelims, up to 3 dives in finals

A diver can do the same dives in prelims as in finals, but may switch if they have other dives they are able to perform (potential to do 6 different dives). If a diver performs the same dive twice at the same meet, it will only be scored once in that meet.

Front Fall In = 1.0 DD per CAA

- Facing forward, No approach

Automatic deductions

- Twisting of body (forward, backwards, or to the side) – 0.5 pts
- Legs not straight and feet not together – 0.5 pts
- Non-hands first entry – 0.5 pts

Back Fall In = 1.0 DD per CAA

- Facing board, No approach

Automatic deductions

- Twisting of body (forward, backwards, or to the side) – 0.5 pts
- Legs not straight and feet not together – 0.5 pts
- Non-hands first entry – 0.5 pts

Front Dive = S-1.4, P-1.3, T-1.2 DD

Automatic deductions

- Twisting of body (forward, backwards, or to the side) – 0.5 pts
- Legs not straight and feet not together – 0.5 pts
- No hurdle – Failed Dive
- Non-hands first entry – Failed Dive

Back Dive = S-1.7, P-1.6, T-1.5 DD

Automatic deductions

- Twisting of body (forward, backwards, or to the side) – 0.5 pts
- Legs not straight and feet not together – 0.5 pts
- Heels not over edge of board – 0.5 pts
- Non-hands first entry – Failed Dive
- No jump is a failed dive or will be scored as a “Back Fall In” if possible

Any other Dive from the Standard Dive Table DD

Automatic deductions

- Legs not straight and feet not together – 0.5 pts

CAA Diving Age Groups

K - 3rd graders: up to 3 dives in prelims, up to 3 dives in finals

A diver can do the same dives in prelims as in finals, but may switch if they have other dives they are able to perform (potential to do 6 different dives). If a diver performs the same dive twice at the same meet, it will only be scored once in that meet.

Front Pencil = 0.5 DD per CAA

- Facing forward, No approach, Straight body, Feet first entry, Arms at sides
Automatic deductions
 - o Arms not at sides – 0.5 pts
 - o Twisting of body (forward, backwards, or to the side) – 0.5 pts
 - o Legs not straight and feet not together – 0.5 pts

Back Pencil = 0.5 DD per CAA

- Facing board, No approach, Straight body, Feet first entry, Arms at sides
Automatic deductions
 - o Arms not at sides – 0.5 pts
 - o Twisting of body (forward, backwards, or to the side) – 0.5 pts
 - o Legs not straight and feet not together – 0.5 pts

Front Fall In = 1.0 DD per CAA

- Facing forward, No approach
Automatic deductions
 - o Twisting of body (forward, backwards, or to the side) – 0.5 pts
 - o Legs not straight and feet not together – 0.5 pts
 - o Non-hands first entry – 0.5 pts

Back Fall In = 1.0 DD per CAA

- Facing board, No approach
Automatic deductions
 - o Twisting of body (forward, backwards, or to the side) – 0.5 pts
 - o Legs not straight and feet not together – 0.5 pts
 - o Non-hands first entry – 0.5 pts

Any other Dive from the Standard Dive Table DD

Automatic deductions

- o Legs not straight and feet not together – 0.5 pts

Diving Degrees of Difficulty

Taken from the USA Diving Rulebook, Appendix D,

<https://teamusa-org-migration.s3.amazonaws.com/USA%20Diving/Migration/Documents/2015%20Rulebook%20FINA%20Table%20of%20Degrees%20of%20Difficulty.pdf>

APPENDIX D — FINA TABLE OF DEGREES OF DIFFICULTY

This table became effective on October 1, 2013

New dives and dives which have been changed are shaded. A dive with (-) is not possible, and dives with empty spaces have not been calculated.

SPRINGBOARD		ONE METER				THREE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Forward Group		A	B	C	D	A	B	C	D
101	Forward Dive	1.4	1.3	1.2	-	1.6	1.5	1.4	-
102	Forward Somersault	1.6	1.5	1.4	-	1.7	1.6	1.5	-
103	Forward 1½ Somersaults	2.0	1.7	1.6	-	1.9	1.6	1.5	-
104	Forward 2 Somersaults	2.6	2.3	2.2	-	2.4	2.1	2.0	-
105	Forward 2½ Somersaults	-	2.6	2.4	-	2.8	2.4	2.2	-
106	Forward 3 Somersaults	-	3.2	2.9	-	-	2.8	2.5	-
107	Forward 3½ Somersaults	-	3.3	3.0	-	-	3.1	2.8	-
108	Forward 4 Somersaults	-	-	4.0	-	-	3.8	3.4	-
109	Forward 4½ Somersaults	-	-	4.3	-	-	4.2	3.8	-
112	Forward Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
113	Forward Flying 1½ Somersaults	-	1.9	1.8	-	-	1.8	1.7	-
115	Forward Flying 2½ Somersaults	-	-	-	-	-	2.7	2.5	-
Back Group		A	B	C	D	A	B	C	D
201	Back Dive	1.7	1.6	1.5	-	1.9	1.8	1.7	-
202	Back Somersault	1.7	1.6	1.5	-	1.8	1.7	1.6	-
203	Back 1½ Somersaults	2.5	2.3	2.0	-	2.4	2.2	1.9	-
204	Back 2 Somersaults	-	2.5	2.2	-	2.5	2.3	2.0	-
205	Back 2½ Somersaults	-	3.2	3.0	-	-	3.0	2.8	-
206	Back 3 Somersaults	-	3.2	2.9	-	-	2.8	2.5	-
207	Back 3½ Somersaults	-	-	-	-	-	3.9	3.6	-
208	Back 4 Somersaults	-	-	-	-	-	3.7	3.4	-
209	Back 4½ Somersaults	-	-	-	-	-	4.7	4.4	-
212	Back Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
213	Back Flying 1½ Somersaults	-	-	-	-	-	-	2.1	-
215	Back Flying 2½ Somersaults	-	-	-	-	-	3.3	3.1	-

APPENDIX D – FINA TABLE OF DEGREES OF DIFFICULTY

SPRINGBOARD		ONE METER				THREE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Reverse Group		A	B	C	D	A	B	C	D
301	Reverse Dive	1.8	1.7	1.6	-	2.0	1.9	1.8	-
302	Reverse Somersault	1.8	1.7	1.6	-	1.9	1.8	1.7	-
303	Reverse 1½ Somersaults	2.7	2.4	2.1	-	2.6	2.3	2.0	-
304	Reverse 2 Somersaults	2.9	2.6	2.3	-	2.7	2.4	2.1	-
305	Reverse 2½ Somersaults	-	3.2	3.0	-	3.4	3.0	2.8	-
306	Reverse 3 Somersaults	-	3.3	3.0	-	-	2.9	2.6	-
307	Reverse 3½ Somersaults	-	-	-	-	-	3.8	3.5	-
308	Reverse 4 Somersaults	-	-	-	-	-	3.7	3.4	-
309	Reverse 4½ Somersaults	-	-	-	-	-	4.7	4.4	-
312	Reverse Flying Somersault	-	1.8	1.7	-	-	1.9	1.8	-
313	Reverse Flying 1½ Somersaults	-	2.6	2.3	-	-	2.5	2.2	-
Inward Group		A	B	C	D	A	B	C	D
401	Inward Dive	1.8	1.5	1.4	-	1.7	1.4	1.3	-
402	Inward Somersault	2.0	1.7	1.6	-	1.8	1.5	1.4	-
403	Inward 1½ Somersaults	-	2.4	2.2	-	-	2.1	1.9	-
404	Inward 2 Somersaults	-	3.0	2.8	-	-	2.6	2.4	-
405	Inward 2½ Somersaults	-	3.4	3.1	-	-	3.0	2.7	-
407	Inward 3½ Somersaults	-	-	-	-	-	3.7	3.4	-
409	Inward 4½ Somersaults	-	-	-	-	-	4.6	4.2	-
412	Inward Flying Somersault	-	2.1	2.0	-	-	1.9	1.8	-
413	Inward Flying 1½ Somersaults	-	2.9	2.7	-	-	2.6	2.4	-

APPENDIX D — FINA TABLE OF DEGREES OF DIFFICULTY

SPRINGBOARD		ONE METER				THREE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Front Twisting Group		A	B	C	D	A	B	C	D
5111	Forward Dive $\frac{1}{2}$ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5112	Forward Dive 1 Twist	2.0	1.9	-	-	2.2	2.1	-	-
5121	Forward Somersault $\frac{1}{2}$ Twist	-	-	-	1.7	-	-	-	1.8
5122	Forward Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5124	Forward Somersault 2 Twists	-	-	-	2.3	-	-	-	2.4
5126	Forward Somersault 3 Twists	-	-	-	2.8	-	-	-	2.9
5131	Forward $1\frac{1}{2}$ Somersaults $\frac{1}{2}$ Twist	-	-	-	2.0	-	-	-	1.9
5132	Forward $1\frac{1}{2}$ Somersaults 1 Twist	-	-	-	2.2	-	-	-	2.1
5134	Forward $1\frac{1}{2}$ Somersaults 2 Twists	-	-	-	2.6	-	-	-	2.5
5136	Forward $1\frac{1}{2}$ Somersaults 3 Twists	-	-	-	3.1	-	-	-	3.0
5138	Forward $1\frac{1}{2}$ Somersaults 4 Twists	-	-	-	3.5	-	-	-	3.4
5151	Forward $2\frac{1}{2}$ Somersaults $\frac{1}{2}$ Twist	-	3.0	2.8	-	-	2.8	2.6	-
5152	Forward $2\frac{1}{2}$ Somersaults 1 Twist	-	3.2	3.0	-	-	3.0	2.8	-
5154	Forward $2\frac{1}{2}$ Somersaults 2 Twists	-	3.6	3.4	-	-	3.4	3.2	-
5156	Forward $2\frac{1}{2}$ Somersaults 3 Twists	-	-	-	-	-	3.9	3.7	-
5172	Forward $3\frac{1}{2}$ Somersaults 1 Twist	-	-	-	-	-	3.7	3.4	-
Back Twisting Group		A	B	C	D	A	B	C	D
5211	Back Dive $\frac{1}{2}$ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5212	Back Dive 1 Twist	2.0	-	-	-	2.2	-	-	-
5221	Back Somersault $\frac{1}{2}$ Twist	-	-	-	1.7	-	-	-	1.8
5222	Back Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5223	Back Somersault $1\frac{1}{2}$ Twists	-	-	-	2.3	-	-	-	2.4
5225	Back Somersault $2\frac{1}{2}$ Twists	-	-	-	2.7	-	-	-	2.8
5227	Back Somersault $3\frac{1}{2}$ Twists	-	-	-	3.2	-	-	-	3.3
5231	Back $1\frac{1}{2}$ Somersaults $\frac{1}{2}$ Twist	-	-	-	2.1	-	-	-	2.0
5233	Back $1\frac{1}{2}$ Somersaults $1\frac{1}{2}$ Twists	-	-	-	2.5	-	-	-	2.4
5235	Back $1\frac{1}{2}$ Somersaults $2\frac{1}{2}$ Twists	-	-	-	2.9	-	-	-	2.8