

Agegroup	1m & 3m		Platform	
	Women	Men	Women	Men
18-24	6 dives	7 dives	6 dives	6 dives
25-29				
30-39				
40-49				
50-59	5 dives	6 dives	5 dives	5 dives
60-69				
70-79	4 dives	5 dives	4 dives	4 dives
80+	3 dives	4 dives	3 dives <sup>1</sup>	3 dives <sup>1</sup>

1) 10 m limitation. Only feet first entry allowed.

## Novices

Agegroup	1m & 3m		Platform	
	Women	Men	Women	Men
18-29	4 dives	4 dives	4 dives <sup>2</sup>	4 dives <sup>2</sup>
30-49				
50+				

Novices may use dive 100 and 200.

Novices may perform a maximum of 1.5 rotations.

Novices may perform dives of maximum DD 2.0.

2) Novices can only use 5 m platform.