

	Height	Skill	Skill description
Lvl 1	Poolside	100a (no a/s)	Forward jump straight (no arm swing)
Lvl 1	Poolside	100c (no a/s)	Forward jump straight (no arm swing)
Lvl 1	Poolside	200a (no a/s)	Back jump straight (no arm swing)
Lvl 1	Poolside	Pike Fall	Forward falling entry from standing pike shape
Lvl 1	Poolside	Fwd Tuck roll	Forward falling entry from sitting tuck shape
Lvl 1	1m	100a (no a/s)	Forward jump straight (no arm swing)
Lvl 1	1m	100c (no a/s)	Forward jump tuck (no arm swing)
Lvl 1	1m	200a (no a/s)	Back jump straight (no arm swing)
Lvl 2	Poolside	100a (with a/s)	Forward jump straight (with arm swing)
Lvl 2	Poolside	100c (with a/s)	Forward jump tuck (with arm swing)
Lvl 2	Poolside	100b (no a/s)	Forward jump pike (no arm swing)
Lvl 2	Poolside	200a (with a/s)	Back jump straight (with arm swing)
Lvl 2	Poolside	200c (no a/s)	Back jump tuck (no arm swing)
Lvl 2	Poolside	Forward header	Forward dive straight
Lvl 2	Poolside	Back circle	Back circle in the water
Lvl 2	1m	100a (with a/s)	Forward jump straight (with arm swing)
Lvl 2	1m	100c (with a/s)	Forward jump tuck (with arm swing)
Lvl 2	1m	200a (with a/s)	Back jump straight (with arm swing)
Lvl 2	1m	100b (no a/s)	Forward jump pike (no arm swing)
Lvl 2	1m	Pike fall (FFI)	Forward falling entry from pike position
Lvl 3	Poolside	101c	Forward dive tuck
Lvl 3	Poolside	Back pike sit (no a/s)	Back fall into pike shape (no arm swing)
Lvl 3	1m	Stand back fall (arms up)	Standing back fall from straight position with arms locked in entry position above the head
Lvl 3	1m	100c (with a/s)	Forward jump tuck (with arm swing)
Lvl 3	1m	100b (with a/s)	Forward jump pike (with arm swing)
Lvl 3	1m	200c (with a/s)	Back jump tuck (with arm swing)
Lvl 3	1m	Flat Fall	Forward falling entry from standing straight position
Lvl 3	1m	101a (no a/s)	Forward dive straight with arms locked in entry position above the head
Lvl 3	3m	100a (no a/s)	Forward jump straight (no arm swing)
Lvl 3	3m	100c (no a/s)	Forward jump tuck (no arm swing)
Lvl 3	3m	010c (fwd tuck roll)	Forward falling entry from sitting tuck shape
Lvl 4	Poolside	100b (with a/s)	Forward jump pike (with arm swing)
Lvl 4	Poolside	Front pike wedge	Forward jump into a pike shape
Lvl 4	Poolside	Inward pike wedge	Back jump into a pike shape
Lvl 4	Poolside	201a (see toes)	Back dive straight looking at toes during take- off and flight
Lvl 4	Poolside	Back pike sit (with a/s)	Back jump into pike shape (with arm swing)
Lvl 4	1m	Bounce 100a	3 bounces on the diving board with a straight jump off the diving board.
Lvl 4	1m	101c	Forward dive tuck
Lvl 4	1m	200b (with a/s)	Back jump pike (with arm swing)
Lvl 4	3m	Pike Fall	Forward falling entry from stand pike position
Lvl 4	3m	Flat Fall	Forward falling entry from standing straight position

	Height	Skill	Skill description
Lvl 5	Poolside	200b (no a/s)	Back jump pike (no arm swing)
Lvl 5	Poolside	Rev pike sit (with a/s)	Forward jump into pike shape (with arm swing)
Lvl 5	1m	101c (with a/s)	Forward dive tuck (with arm swing)
Lvl 5	1m	401c (no a/s)	Inward dive tuck (no arm swing)
Lvl 5	1m	201a (see toes)	Back dive straight looking at toes during take-off and flight
Lvl 5	1m	Bounce 100b	Three bounces on the diving board with a pike jump off the board
Lvl 5	1m	Jump back flat line up	Back dive straight in a dish hold position during take-off and flight
Lvl 5	3m	100 a,b,c (with a/s)	Forward jump straight, pike and tuck (with arm swing)
Lvl 5	3m	200 a (with a/s)	Back jump straight (with arm swing)
Lvl 5	3m	Back tuck roll	Back falling entry from standing tuck position
Lvl 5	3m	Back flat fall (arms up)	Back falling entry from standing straight position with arms locked above the head.
Lvl 6	1m	Bounce 101c	Three bounces on the diving board into a forward dive tuck
Lvl 6	1m	401c (with a/s)	Inward dive tuck (with arm swing)
Lvl 6	1m	201c (with a/s)	Back dive tuck (with arm swing)
Lvl 6	1m	One step hurdle 100a	One step hurdle with forward jump straight
Lvl 6	3m	200 b,c (with a/s)	Back jump pike and tuck (with arm swing)
Lvl 6	3m	Back Flat fall (arms down)	Back falling entry from straight position beginning with arms by side
Lvl 6	3m	Bounce 100 a,b,c	Three bounce forward jump straight, pike and tuck
Lvl 6	3m	101c (with a/s)	Forward dive tuck (with arm swing)
Lvl 7	1m	301c (with a/s)	Reverse dive tuck (with arm swing)
Lvl 7	1m	4 step hurdle 100a (no hops)	4 step hurdle with forward jump straight
Lvl 7	1m	101b (with a/s)	Forward dive pike (with arm swing)
Lvl 7	1m	102c	Forward somersault tuck
Lvl 7	3m	Jump flat back line up	Back dive straight in a dish hold position during take-off and flight
Lvl 7	3m	Fwd Pike roll	Forward falling entry from sitting pike position
Lvl 7	3m	Back pike roll	Backward falling entry from standing pike position
Lvl 7	3m	401c (no a/s)	Inward dive tuck (no arm swing)