

ADDENDUM 'A'

1. JUNIOR DIVE REQUIREMENTS (GROUPS A and B)

1.1. Compulsories (Dives with limited D.D.)

1.1.1. Must be head first however there are exceptions; refer to each age category for clarification.

1.2. Forward Spinning Dives

1.2.1. Refers to somersaulting dives from group 1 and 4

1.3. Back Spinning Dives

1.3.1. Refers to somersaulting dives from group 2, group 3, group 62x and group 63x

1.3.2. All back spinning dives must be performed in a tuck or a pike position

1.4. Twisting Dives

1.4.1. Group 1 and 4 twisting dives must have a minimum of one (1) somersault and one (1) twist

1.4.1.1. The amount of twist must be an even number

1.4.2. Group 2 and 3 twisting dives must have a minimum of one (1) somersault and ½ twist

1.4.2.1. The amount of twist must be an odd number