

Level	Board	Dive Requirements Springboard		Score
Pennant 1	1M	2 of: Forward jump 100A/C back jump 200A/C DD 1.0	1 Dive of: 101B/C, 201B/C, 401B/C FINA DD or Forward entry 11A/B or C, Back Entry 21A/B or C DD 1.0	55
Pennant 2	1M	2 of: Forward jump 100A/C back jump 200A/C DD 1.0 Forward entry 11A/B or C Back Entry 21A/B or C DD 1.0	2 Dives of: 101B/C, 201B/C, 401B/C, 102C FINA DD or Forward entry 11A/B or C Back Entry 21A/B or C DD 1.0	70
Pennant 3	1M and 3M	2 Dives of: 101 (B,C)201 (B,C)401(B,C) 301(B,C) FINA DD Forward entry 11A,B or C Back Entry 21A,B or C DD 1.0	2 Dives from different groups	85
Pennant 4	1M and 3M	2 Dives from different groups @ 3.6	2 Dives from different groups	105
Pennant 5	1M and 3M	3 dives from different groups @ 5.4	2 Dives from different groups	140
Pennant 6	1M and 3M	3 dives from different groups @ 5.4	3 Dives from different groups	165
Pennant 7	1M and 3M	4 dives from different groups @ 7.6	3 Dives from different groups	200
Pennant 8	1M and 3M	4 dives from different groups @ 7.6	4 Dives from different groups	240
Pennant 9	1M	5 dives from different groups @ 9.0	4 Dives from different groups	290
	3M	5 dives from different groups @ 9.5	4 Dives from different groups	300
Pennant 10	1M	5 dives from different groups @ 9.0	5 Dives from different groups	335
	3M	5 dives from different groups @ 9.5	5 Dives from different groups	345
Pennant Open Men	1M	6 Dives from 5 different groups		250
	3M	6 Dives from 5 different groups		270
Pennant Open Women	1M	5 Dives from different groups		180
	3M	5 Dives from different groups		210
Platform				
Level	Board	Dive Requirements Platform		Score
Pennant 4	Platform	2 Dives from different groups @ 3.6	2 Dives from different groups	105
Pennant 5	Platform	3 dives from different groups @ 5.4	2 Dives from different groups	130
Pennant 6	Platform	3 dives from different groups @ 5.4	3 Dives from different groups	165
Pennant 7	Platform	4 dives from different groups @ 7.6	3 Dives from different groups	190
Pennant 8	Platform	4 dives from different groups @ 7.6	4 Dives from different groups	240
Pennant 9	Platform	4 dives from different groups @ 7.6	5 Dives from different groups	300
Pennant 10	Platform	4 dives from different groups @ 7.6	6 Dives from different groups	345
Pennant Open Men	Platform	6 Dives from different groups		260
Pennant Open Women	Platform	5 Dives from different groups		205

- *Note - No repeat dives are permitted at any level
- One jump/entry is permitted at all levels. In a jump arms may be straight up or down by side
 - In Pennant 4 and above, a diver will not achieve their Pennant if they perform a jump or entry
 - Each week a diver may compete all dives off of 1M or all dives off of 3M