

SUBPART D – FUTURE CHAMPIONS COMPETITION

Article 26 – Grass Roots Diving

126.1 Future Champions Competition.

(a) Future Champion divers are beginning divers who, through competition experience, may stimulate improvement and interest in the sport of diving.

(b) Eligibility for participation in the Future Champions diving competition is the same as for the Junior program. Future Champions divers shall hold Competitive Gold or Competitive Blue athlete membership cards issued by USA Diving. Future Champions competition is not open to divers registered with a Limited Athlete membership.

(c) Future Champions diving events are to be encouraged in Association (including the Association Junior Championships) and local Invationals.

126.2 Skill Development Competition. The purpose of the Future Champions program is to encourage the learning of fundamental skills by a broad base of divers at the Association level. The choices listed in the Skill Bank reflect a list of safe progression performance options for any diver at almost any level of experience in the sport. These skills provide divers the opportunity to participate in the sport of diving at any age and/or level of experience.

Addendum to Article 26 – Future Champions Program

Skills Description and Special Instructions

Judging Criteria and Guidelines

- (a) Scoring for all skills and dives is to be based on technical merit, form, accuracy, height, distance and aesthetic value during all phases (approach, takeoff, flight, entry) of each skill or dive.
- (b) All skills and dives performed must be smooth and aesthetically pleasing during all phases.
- (c) All skills shall be assigned a degree of difficulty of 1.0.

1. Approach:

- a. All skills and dives may be performed standing (with or without an arm swing) or with a hurdle approach (forward and reverse categories only).
- b. All dives or skills performed from a standing position from the end of the board must show a clear starting position prior to initiating an arm swing or jump.
- c. All line-up skills (001, 002) MUST be performed from the end of the board without a jump in all levels.
- d. The diver MUST show a clear starting position on the board before initiating any line-up
 - i. The starting position of any line-up is to be considered the position of the skill
 - ii. i.e. Sitting tuck line-up with a pike out prior to entry is considered a line-up in the tuck position (001C)
 - iii. All line-ups must be in either straight, tuck, or pike position. The "free" position is not used for any line-up or jump.

2. Take-Off:

- a. The diver must show balance and control during the approach and take-off.
- b. The take-off should be strong and confident from the end of the board from two feet either standing at the end of the board or with a hurdle approach.
- c. The diver should show a vertical body line and full reach extension of the arms directly over the head in an upright position as the diver leaves the board.
 - i. Angle of the arms for the reach on the take-off:
 1. 90 degrees or lower – Maximum of 4 ½ (Deficient) points for each judges score
 2. 91 degrees-179 degrees – ½ to 2pt. deduction at judges' discretion.
- d. The diver should demonstrate full and vertical reach extension from the diving board before initiating the position of a dive or skill:

- i. When a diver fails to show a full reach extension on the jump prior to initiating the tuck or pike position, the judges shall deduct ½ to 2 points at the judges' discretion.
- 3. Flight of the Dive:**
- a. All positions during the flight phase of the dive should be in a sharp and concise motion following both FINA and USAD rules for each position.
 - b. All skills and dives should be performed at a safe distance of 2 to 4 feet from the end of the diving board.
- 4. Entry:**
- a. The diver should show a tight body-line on the entry into the water by either a feet-first entry or a head-first entry.
 - b. All head-first entries must show a vertical body-line with the hands grabbed and arms fully extended over the head.
 - c. Angle of body upon entry:
 - i. 10-45 degree-angle upon entry – ½ to 2-point deduction at judges' discretion.
 - 46-89 degree-angle upon entry – – Maximum of 4 ½ (Deficient) points for each judge score.
- 5. Mandatory Scoring & Deductions**
- a. Coach-Assist Dive or Skill (verbal call-out or hand spot by a coach) – 2pt. deduction from each judges score.
 - b. Clearly Wrong Position of a Dive or Skill – Maximum of 2 (Unsatisfactory) points for each judges score (per USAD & FINA Rules).
 - c. Partially Wrong Position of a Dive or Skill – Maximum of 4 ½ (Deficient) points for each judges score (per USAD & FINA Rules).
 - d. Failed Dive or Skill – Follow USAD & FINA Rules.
 - e. Dive or Skill Performed Unsafely Close to the Diving Board – Maximum of 2 (Unsatisfactory) points for each judges score (FINA Rule).
 - f. Angle of the arms during the take-off:
 - i. 90 degrees or lower – Maximum of 4 ½ (Deficient) points for each judge score.
 - ii. 91 degrees-179 degrees – ½ to 2pt. deduction at judges' discretion.
 - g. Angle of body upon entry:
 - i. 10-45 degree-angle from vertical upon entry – ½ to 2-point deduction at judges' discretion.
 - ii. 46-89 degree-angle from vertical upon entry – Maximum of 4 ½ (Deficient) points for each judge score.

Future Champions Developmental Levels

Future Champions Level 1: 6 actions; 6 skills chosen from the bank below. Skills may be reused in a different position/degree of twist (i.e., 100C and 100A may be performed as separate and distinct actions in the competition.)

Future Champions Level 2: 6 actions; 5 skills chosen from the bank below and any 1 dive. Skills may be reused in a different position/degree of twist. The dive may be 101, 201, 301, or 401 – any position with true DD; any other dive may instead be selected at DD of 1.0.

Future Champions Level 3: 6 actions; 4 skills chosen from the bank below and any 2 dives from different groups. The dives may be 101, 201, 301, or 401 – any position with true DD; any other dive may instead be selected at DD of 1.0.

Future Champions Level 4: 6 actions; 3 skills chosen from the bank below and any 3 dives - of different groups. The dives may be 101, 201, 301, or 401 – any position with true DD; any other dive may instead be selected at DD of 1.0.

Future Champions Level 5: 7 actions; 3 skills chosen from the bank below, 2 voluntary dives and 2 optional dives from different groups. The voluntary dives shall be selected from 101, 201, 301, or 401 (any position) and will be given true DD. The optional dives may be any competitive dives and will be given the true DD.

Future Champions Level 6: 7 actions; 2 skills chosen from the bank below, 3 voluntary dives, and 2 optional dives from different groups. The voluntary dives shall be selected from 101, 201, 301, or 401 (any position) and will be given true DD. The optional dives may be any competitive dives and

will be given true DD.

Future Champions Level 7: 7 actions; 1 skill chosen from the bank below, 3 voluntary dives, and 3 optional dives from different groups. The voluntary dives shall be 101, 201, 301, or 401 (any position) and will be given true DD. The optional dives may be any competitive dives and will be given true DD.

Future Champions Level 8: 7 actions; 4 voluntary dives and 3 optional dives from different groups. The voluntary dives shall be 101, 201, 301, and 401 (any position) and will be given true DD. The optional dives may be any competitive dives and will be given true DD.

Skills Bank: Future Champions Levels 1-8:

100 A, B, C

200 A, B, C

5101, 5102, 5104, 5201, 5203, 5205 A, B, C (These are jumps with degrees of twist)

001 A, B, C (no D position) – no jumping starts allowed

002 A, B, C (no D position) – no jumping starts allowed

Platform: 611A, 6111A, 621A, 6211A

Junior Level Diving Participation in the Future Champions Invitational: It is highly recommended that Junior level diving events be included in the Future Champions Invitational experience. In many previous Future Champions Invitationals, there have been multiple Junior National/International Champions in attendance and in competition with each other. Elite Junior athletes who choose to participate in Future Champions Invitationals assume a leadership role for aspiring young athletes, and enjoy a diving experience in which they may showcase their skills to a large audience of new spectator families in the sport.

Future Champions Invitational Individual and Team Point Calculations:

Future Champions:

All levels are scored by individual level when calculating team points.

Top 10 places: 12-10-9-8-7-6-5-4-3-2

Junior: Top 12 Places: 15-12-11-10-9-8-7-6-4-3-2-1

Support Materials

Certificates are available in the resources section of the USA Diving web site. Certificates may be given after a diver has attained a high level of proficiency within their current level.

DVD – The Future Champions DVD is a visual representation of the Future Champion Skills and is available at www.usadiving.org in the “Store.”