

SUBPART D – FUTURE CHAMPIONS COMPETITION

Article 28 – Grass Roots Diving

128.1 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 Competition Blue athlete membership cards issued by USA Diving

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

(d) Each Association or group of Associations is encouraged to host Future Champions meets at the end of the summer season, throughout the year, and in combination with other invitational events.

(e) Future Champions competition is not open to Limited Athlete registered athletes.

(f) When judging/scoring Future Champions competition the following additional rules shall apply:

(i) Judges are to judge skills on the same scale as they would judge regular dives.

(ii) A coach assisted dive or skill (such as the diver performing a dive with a verbal "call" out of the dive, or perform a dive or skill with a hand spot) will result in a 2 point deduction on the dive or skill.

(iii) Regarding any dive or skill performed from the 1m or 3m platforms, the DD for such a dive or skill shall be 1.0.

128.2 Skill Development Competition.

The Future Champions competition format may take place at any time of the year. The purpose of this 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 would then provide divers the opportunity to participate in the sport of diving at any age and/or level of experience.

Addendum to Article 28 – Future Champions Program

Skills Description and Special Instructions

Future Champions Developmental Levels

Scoring to be based on FORM, ACCURACY, HEIGHT, DISTANCE, and AESTHETIC VALUE.

Tier 1:

Future Champions Level 1: 6 dives... 6 skills from the chosen 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 dives in the competition.)

Future Champions Level 2: 6 dives... 5 skills and any 1 dive – skills chosen from the bank below.

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 dives... 4 skills and any 2 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 4: 6 dives... 3 skills 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.

Tier 2:

Future Champions Level 5: 7 dives... 3 skills, 2 voluntary dives, 2 optional dives - of different groups.

The voluntary dives may be 101, 201, 301, or 401 – any position – true DD.

The optional dives may be any standard Junior level competitive dives – true DD.

Future Champions Level 6: 7 dives... 2 skills, 3 voluntary dives, 2 optional dives - of different groups.

The voluntary dives may be 101, 201, 301, or 401 – any position – true DD.

The optional dives may be any standard Junior level competitive dives – true DD.

Future Champions Level 7: 7 dives... 1 skill, 3 voluntary dives, 3 optional dives - of different groups

The voluntary dives may be 101, 201, 301, or 401 – any position – true DD.

The optional dives may be any standard Junior level competitive dives – true DD.

Future Champions Level 8: 7 dives... 0 skills, 4 voluntary dives, 3 optional dives - of different groups.

The voluntary dives are 101, 201, 301, and 401 – any position – true DD.

The optional dives may be any standard Junior level competitive dives – true DD.

Skills Bank: Future Champions Levels 1-8:

100 A, B, C

200 A, B, C

5301, 5102, 5303, 5104, 5201, 5203, 5205 A, B, C (These are jumps with degrees of twist)

001 ANY – NO JUMP

002 ANY – NO JUMP

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 Invitational's hosted, there have been multiple Junior National/International Champions in attendance and in competition with each other. Elite Junior athletes who chose to participate in the FC Invitational's 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.

Support Materials

Certificates are available in the Downloads Section of the 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. Additional information and the DVD script are available at www.usadiving.org.