

## Secondary CIS and All Schools Dive Requirements 2026

### Springboard

Age	Event	Limited Dives	Unlimited Dives
12	1m and/ or 3m	3 dives from different groups @ 5.4	plus 2 dives from different groups unlimited DD
13	1m and/ or 3m	3 dives from different groups @ 5.4	plus 2 dives from different groups unlimited DD
14	1m and/ or 3m	3 dives from different groups @ 5.4	plus 3 dives from different groups unlimited DD
15	1m and/ or 3m	4 dives from different groups @ 7.6	plus 3 dives from different groups unlimited DD
16	1m and/ or 3m	4 dives from different groups @ 7.6	plus 4 dives from different groups unlimited DD
17/19	1m and/ or 3m	4 dives from different groups @ 7.6	plus 4 dives from different groups unlimited DD

### Platform

Age	Event	Limited Dives	Unlimited Dives
12-14	Platform 5m/7.5m	3 dives from different groups @ 5.4 max DD	plus 2 dives from different groups unlimited DD
15-16	Platform 5m/7.5m/10m	3 dives from different groups @ 5.5 max DD	plus 3 dives from different groups unlimited DD
17-19	Platform 5m/7.5m/10m	4 dives from different groups @ 7.6 max DD	plus 3 dives from different groups unlimited DD