

No	Level	Grade	Skill	Description	Board / Station	New Level / Designation
1	Level 1	Grade 1	Skill 1	Perform a sequence of 3 jumps on the third, rotate around the vertical axis. (All to be performed)	Poolside	Stage 8 NPTS Flip'n'Fun
2			Skill 2	Forward Push & Glide, into forward tuck somersault, finish in upright position	Poolside	
3			Skill 3	Forward Push & Glide, into forward pike somersault finish in upright position	Poolside	
4			Skill 4	Forward Push & Glide, and perform a 1/2 twist onto back	Poolside	
5			Skill 5	Perform a sitting pike line up on pool deck (Dry land skill progression)	Poolside	
6			Skill 6	Perform a sitting Dive with hands grabbed	Poolside	
7	Level 2	Grade 1	Skill 1	Forward Jump Straight No Arm Swing, Hands Grabbed.	Poolside	Stage 9 NPTS Flip'n'Fun
8			Skill 2	Forward Jump Tucked No Arm Swing, Hands Grabbed on Entry.	Poolside	
9			Skill 3	Forward Tucked Roll From Crouch Position.	Poolside	
10			Skill 4	Forward Pike Line Up Hands Grabbed.	Poolside	
11			Skill 5	Back Push & Glide into 1/2 twist onto front-hands grabbed throughout.	Poolside	
12			Skill 6	Back Jump straight	Poolside	
13	Level 2	Grade 2	Skill 1	Forward Jump Straight with Arm Swing.	Poolside	Stage 10 NPTS Flip'n'Fun
14			Skill 2	Forward Jump with Tuck, with Arm Swing.	Poolside	
15			Skill 3	Back Push and Circle.	Poolside	
16			Skill 4	Back Tuck Roll from Crouch.	Poolside	
17			Skill 5	Forward Crouched Dive, Hands Grabbed.	Poolside	
18			Skill 6	Back Jump Tuck No Arm Swing	Poolside	
19	Level 2	Grade 3	Skill 1	Forward Jump Piked, with Arm Swing.	Poolside	Level 1
20			Skill 2	Forward Dive Straight, Hands Grabbed.	Poolside	
21			Skill 3	Back Jump Straight, with Arm Swing.	Poolside	
22			Skill 4	Back Pike Roll. Hands Behind Ankles Throughout.	Poolside	
23			Skill 5	Back Dive from Crouch, Arm Swing Optional.	Poolside	
24			Skill 6	Back Jump Pike with No Arm Swing	Poolside	
25	Level 2	Grade 4	Skill 1	Falling Back Pike Sit	Poolside	Level 2
26			Skill 2	Forward Dive straight, Grab during Flight.	Poolside	
27			Skill 3	Back Jump with Pike, with Arm Swing.	Poolside	
28			Skill 4	Back Dive Straight, with Arm Swing.	Poolside	
29			Skill 5	Forward Pike Wedge, No Arm Swing. Hands hold behind ankles on entry.	Poolside	
30			Skill 6	Forward Pike Line Up Hands Grabbed.	1metre Springboard	
31	Level 2	Grade 5	Skill 1	Forward Dive with Tuck, No Arm Swing.	Poolside	Level 3
32			Skill 2	Back Dive Straight, with Arm Swing.	Poolside	
33			Skill 3	Back Jump Piked with Arm Swing.	Poolside	
34			Skill 4	Back Pike Sit, with Arm Swing.	Poolside	
35			Skill 5	Reverse Pike Sit, with Arm Swing.	Poolside	
36			Skill 6	Inward Pike Wedge, Hands Behind Ankles on Entry.	Poolside	
37			Skill 7	Standing Back Fall Straight	1 Metre Springboard	
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39	Level 3	Grade 1	Skill 1	Forward Jump Straight, with Arm Swing.	1 Metre Springboard	Level 4
40			Skill 2	Forward Jump with Tuck, with Arm Swing.	1 Metre Springboard	
41			Skill 3	Forward Pike Line up, hands grabbed.	3 Metre Springboard	
42			Skill 4	Back Jump Straight, with Arm Swing.	1 Metre Springboard	
43			Skill 5	Forward Dive Tuck (101c)	1 Metre Springboard	
44			Skill 6	Dry land 1 step Hurdle	Poolside	
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46	Level 3	Grade 2	Skill 1	Forward Jump Piked, with Arm Swing.	1 Metre Springboard	Level 5
47			Skill 2	Back Jump with Tuck, with Arm Swing.	1 Metre Springboard	
48			Skill 3	Forward Pike Line Up, From 'T' position. Grab Hands During Flight.	3 Metre Springboard	
49			Skill 4	Forward Dive Tuck (101c) with Arm Swing	1 Metre Springboard	
50			Skill 5	Inward Dive Tuck (401c), No Arm Swing	1 Metre Springboard	
51			Skill 6	Forward Sitting Tuck Line Up	3 Metre Springboard	
52	Level 3	Grade 3	Skill 1	One Step Hurdle to Forward Jump Straight. Start Arms Behind Hips.	1 Metre Springboard	Level 6
53			Skill 2	Forward Dive with Pike (101b), with Arm Swing.	1 Metre Springboard	
54			Skill 3	Inward Dive with Tuck, with Arm Swing.	1 Metre Springboard	
55			Skill 4	Back Dive with Tuck, with Arm Swing.	1 Metre Springboard	
56			Skill 5	Forward Somersault Tuck (102c), with Arm Swing.	1 Metre Springboard	
57			Skill 6	Back Fall Straight	3 Metre Springboard	
58			Skill 7	Back Tuck Roll Line Up	3 Metre Springboard	
59	Level 4	Bronze	Skill 1	Forward Dive Tuck (101c), with Hurdle Step.	1 Metre Springboard	Level 7
60			Skill 2	Inward Dive Pike (401b) – with Arm Swing.	1 Metre Springboard	
61			Skill 3	Reverse Dive with Tuck (301c), with Arm Swing.	1 Metre Springboard	
62			Skill 4	Forward Somersault Tuck (102c) with Hurdle Step	1 Metre Springboard	
63			Skill 5	Forward Tuck (101c) with Arm Swing	3 Metre Springboard	
64			Skill 6	Back Jump Straight with Arm Swing.	3 Metre Springboard	
65			Skill 7	Inward Dive Tuck (401c), with Arm Swing	3 Metre Springboard	
66	Level 4	Silver	Skill 1	Forward Dive with Tuck – with Hurdle Step Approach.	1 Metre Springboard	N/A
67			Skill 2	Reverse Dive with Tuck – Standing with Full Arm Swing.	1 Metre Springboard	
68			Skill 3	Forward Somersault with Tuck – Standing with Full Arm Swing.	1 Metre Springboard	
69			Skill 4	Back Somersault with Tuck – with Full Arm swing.	1 Metre Springboard	
70			Skill 5	Sitting Forward Tuck Line Up.	3 Metre Springboard	
71			Skill 6	Back Fall Line Up – Hands Grabbed.	3 Metre Springboard	
72	Level 4	Gold	Skill 1	Forward Somersault Piked – Standing with Full Arm Swing.	1 Metre Springboard	N/A
73			Skill 2	Inward Somersault with Tuck – with Full Arm Swing.	1 Metre Springboard	
74			Skill 3	Reverse Dive with Tuck – with Hurdle Step Approach.	1 Metre Springboard	
75			Skill 4	Forward 1½ Somersault with Tuck – with Hurdle Step Approach.	1 Metre Springboard	
76			Skill 5	Forward Somersault Straight 1 Twist – with Hurdle Step Approach.	1 Metre Springboard	
77			Skill 6	Back Somersault with ½ Twist – with Full Arm Swing.	1 Metre Springboard	
78			Skill 7	Armstand Forward ½ Somersault Straight.	1 Metre Platform	