



FÉDÉRATION  
INTERNATIONALE  
DE NATATION

# FINA Diving Officials Manual



April 2016



## MESSAGE FROM THE FINA PRESIDENT

Dear Friends,

It is my pleasure to introduce you the *2016 FINA Diving Officials Manual*, a publication aimed at the development and promotion of this discipline worldwide.

The success of diving is today a reality and our major competitions are highlighted by the beauty of this discipline. The devotion of our Stars, the preparation and knowledge of our coaches and the quality of judging are essential to reach these achievements. That is why this Manual is important to update the guidelines used by the Judges Refereeing FINA diving competitions.

With the creation of the FINA Diving Judges Certification Course and Development School, our mission of harmonising the application of the diving rules became easier and more efficient. The criteria to evaluate the performance of our athletes are now clearer and better understood by all those involved in this spectacular sport. The information published in this Manual completes the programmes developed in these Schools.

I would like to take this opportunity to express my gratitude to the FINA Technical Diving Committee (TDC) for its effort in editing this Manual. Their work and dedication to diving must be underlined.

For all the FINA Member Federations and especially for the Diving Family I am sure that this edition will be useful in their activities. The knowledge it contains is surely important to further enhance the image and popularity of this discipline.

Yours Sincerely,

A handwritten signature in blue ink, which appears to be 'J. Maglione'.

Dr. Julio C. Maglione  
FINA President



## PREFACE

The new edition of this manual has been prepared by the FINA TDC to provide guidelines to diving Judges and administrators and does not replace the diving rules in the FINA Handbook.

If an explanation is accompanied by a citation of a diving rule number, that number refers to the FINA Handbook 2015 - 2017 edition.

Readers of this manual should be aware that changes to the rules may result in re-numbering of the rules.

Rule changes for FINA Diving Rules (D) and FINA Masters Diving Rules (MD) can be decided by the FINA Technical Congresses. The next FINA Technical Congress for Diving and for the Masters Diving will be in the year 2017. Rule changes in FINA Facilities Rules (FR) can be decided by the FINA General Congresses only (the next one in the year 2017).

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Photo – Nikon  
Matthias Hangst

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## Chapter 1: INTRODUCTION

### 1.1 Fundamentals

Diving is an aquatic sport governed by FINA (Federation Internationale de Natation).

**Competition Diving** is divided into the disciplines springboard and platform diving. The heights are: 1m and 3m springboard and 5m, 7.5m and 10m platform. In addition to the individual disciplines there are synchronised diving 3m springboard and 10m platform events.

Diving is an unstructured and non-competitive **Leisure Sport** as well and a part of the educational programme for lifeguards and teachers.

Recently a new event has been added to FINA programme: **High Diving**. High diving is normally performed from 20m (women) and 27m (men) high cliffs or temporary built platforms.





## 1.2 History

Diving as a sport in the modern era had its origins in Germany and Scandinavia in the 18<sup>th</sup> and 19<sup>th</sup> Centuries, but the thrill of hurling yourself from a height head-first into water is age-old and the joy of diving can be traced back to Antiquity.

The *Tomba del Tuffatore* (Divers Grave) shows a man graceful jumping from a platform. The picture is a symbol for the progress of life from birth to death.



*Tomba del Tuffatore*

The picture was found in Paestum in southern Italy, around 475 before Christ.

In the 8<sup>th</sup> century before Christ diving is mentioned in Homers Odyssey in Greece. At this time diving was more a military exercise than a competition. The Romans as well as Germanic peoples used diving as military exercise.

Diving as a competitive sport developed after gymnasts in Germany and Sweden began to practise their routines over water from the 18<sup>th</sup> Century. Diving and swimming had been traditional activities of a guild of salt boilers in the German town of Halle known as “Halloren”. They practised their diving feats from a bridge over the river Saale and showed off their skills at festivals. One of their foremost divers, named Tichy, was instrumental in forming the first diving association in 1840 with links to the German gymnastics movement. They were known as “Tichy’sche Frösche” (Tichy’s frogs), and most members were gymnasts.

In Sweden, wooden scaffolding was built around lakes and on beaches for the public to try out their acrobatic routines in the summer month. The challenge was there for anyone brave enough to perform diving feats. In 1898, the Encyclopaedia of Sport reported: “one has to go to Sweden to see this beautiful branch of the art displayed to perfection. There, somersaulting from great heights and swallow-like flights of a whole team are common.”

The first known book on diving was published in Germany in 1843. The oldest German club, der Berliner Schwimmverein von 1878, was known as Neptun and started international diving contests in 1882.

The first diving rules were adopted in 1891. The International Olympic Committee traces the start of competitive diving to Britain at much the same time as in Germany. Swedish divers gave exhibitions there, stimulating the formation of the Amateur Diving Association of England in 1901. At around the turn of the 20th Century, enthusiasts were leaping into the water from bridges in the United States, though the activity was discouraged because of bad accidents.



Supported by Germany, diving made a controversial plunge into the **Olympic** arena in 1904 at the third **Games** of the modern era in St. Louis, Missouri (USA). Local eye doctor George Sheldon brought the United States the sport's first Olympic gold medal with a disputed victory over the German favourites in the "fancy diving" event involving two Americans and three Germans. Sheldon, 30, displayed a simple technique but hit the water with a neat, straight entry, an aspect neglected by the Germans who uncorked a spectacular array of acrobatic, somersaulting dives but did not worry how they concluded them. The Judges put the scoring emphasis on the total dive rather than purely on dazzling stunts in the air. They declared Sheldon the winner with 12.66 points and Hoffmann (GER) second with 11.66 points. Braunschweiger (GER) tied for third place with

Frank Kehoe (USA) with 11.33 points but the German declined to contest a dive-off, leaving Kehoe with the bronze. The competition is recorded as a "platform" event but it was not the 10m tower we know today. It was contested on a rigid board about 3m above the water level mounted on a floating platform.

Gottlieb Walz (GER) won the diving at the 1906 Intercalated Games in Athens that were never recognised by the International Olympic Committee. The event was held in the Bay of Zea at Phaleron from boards set up on a Greek naval vessel. Walz, leaving nothing to change, brought his own 6m long springboard on the train. Divers had three dives from each of three boards at 4m, 8m and 12m heights.

And so we plunge into the first 100 years of FINA history, from 1908.

Women's diving was included in the Olympic Games for the first time at Stockholm in 1912 when Sweden's Greta Johansson won on the platform.

Synchronised diving completed the Olympic diving family in 2000.

The growth of the sport owes much to the promotion and development of diving at the **FINA World Championships** that began in 1973 in Belgrade (YUG). Events at that first Championships were restricted to the 3m springboard and 10m platform for men and women. The 1m springboard was introduced in 1991, while synchronised events off the 3m springboard and 10m platform followed in 1998.



Greta Johansson (SWE)



Diving's biennial **FINA Diving World Cup** was first contested in Woodlands, Texas, in 1979.

The annual **FINA Diving Grand Prix** series followed in 1995, with a Super Final between 1998 and 2006.

The newest event in the sport, the **FINA Diving World Series**, started in 2007.

At the FINA Diving World Cup in 2014 a **Team Event** (involving a male and a female diver) was added. In 2015 for the first time two additional **Mixed Synchro** events from 10m platform and from the 3m springboard were added at the 16<sup>th</sup> FINA World Championships.



At most of the **Continental Championships** diving is a part of the program. In addition diving is an inherent part of the **Universiade** and the **Commonwealth Games**.



Sweden and Germany were the early pioneers of diving and produced all but one of the Olympic champions before the First World War. The exception was George Sheldon (USA), the very first Olympic champion in 1904. It was not until 1920 that the United States celebrated another Olympic diving gold medallist but from then on it was USA all the way for decades on end. After Richmond Eve (AUS) won the last plain highboard event in 1924 every single Olympic diving title fell to the Americans until Joaquin Capilla (MEX) won the platform in 1956. The genesis of that long era of USA supremacy can be traced back to Sweden.

Ernst Brandsten, who finished seventh – and sixth among Sweden’s entries – in plain high diving at the 1912 Olympic Games in Stockholm, emigrated to California and coached a dynasty of champions of the stamp of Clarence Pinkston, Al White and Pete Desjardins. Brandsten inherited the traditions of Sweden’s diving pioneers and introduced revolutionary ideas of his own, achieving such success in more than 30 years at his base at Stanford University that they called him “the father of diving in the United States.” Working with fellow coach Fred Cady, he introduced a more flexible laminated board with a moveable fulcrum, which gave higher bounce and enabled his charges to execute more difficult dives. Cady, who enjoyed comparable success in southern California for 33 years, coached Olympic diving champions Harold Smith, Michael Galitzen (Mickey Riley), Georgia Coleman and Marjorie Gestring, as well as swimming gold medallist Buster Crabbe.





Brandsten's laminated board gave way to aluminium, notably Norman Buck's "Buckboard" which was used at the 1952 and 1956 Olympics. Then came the "Duraflex", designed and developed by another American, Ray Rude, which provided still greater flexibility and enabled divers to perform additional twists, somersaults and rotations. Rude, an aircraft engineer, made his first board from a rejected aircraft wing panel and developed it in the 1950s. Among those who tested it was Gary Tobian (USA), who gave advice on its development and won the 1960 Olympic springboard title on the "Duraflex" board. With the addition of the "Duraflex" a decade on and then the "Maxiflex Model-B" (nicknamed "Cheeseboard"), Rude's boards have continued to hold sway.

From the poolside, Lyle Draves, Dick Kimball and Ron O'Brien maintained USA dominance after the Second World War. Draves coached his wife Vicki Manalo Draves, Pat McCormick and Sue Gossick to Olympic gold. Kimball coached Olympic champions Bob Webster, Micki King and Phil Boggs as well as his own son Bruce, Olympic platform silver medallist in 1984, while O'Brien's greatest champion was Greg Louganis, whose early career was guided by Olympic champion Sammy Lee. Dick Smith, another dominant figure in the US, coached Olympic Champion Bernie Wrightson, silver medallist Frank Gorman and bronze medallist Tom Gompf. And finally, the legendary US coach Hobie Billingsley coached Olympic champions Lesley Bush, Kenny Sitzberger, Mark Lenzi and bronze medallist Cynthia Potter.

China superseded the United States as top diving nation and in the 1980s Louganis was the only one to beat them consistently.

Before China's domination started, and after the gold medal from Mexican Joaquin Capilla at the Olympics 1956 in Melbourne the following divers were able to break the dominance of the divers from USA: Klaus Dibiasi (ITA) won three platform titles in a row (1968, 1972 and 1976), Ingrid Krämer (GDR) won three gold medals as well and Ulrika Knappe (SWE) was two times unbeatable. In addition, Milena Duchova (TCH), Vladimir Vasin and Irina Kalinina (URS), Falk Hoffmann and Martina Jäschke (GDR), and Sylvie Bernier (CAN) were able to penetrate into the phalanx of the US champions.

Dimitri Sautin (RUS) took over as chief male challenger in the 1990s and Alexander Despatie (CAN) joined him at the turn of the century.

Among the women, the main challenge came from Russia and Australia, the latter themselves coached trained by Chinese coaches.

Otherwise, China has exerted a dominance comparable only to that of the USA in their heyday. The first Olympic gold for China was won by Jihong Zhou from the 10m platform in Los Angeles. Leading architect of that success was Xu Yiming. From 1984 to 1996, when Xu stepped down after the Atlanta Games, China's Olympic diving medal haul was 9 gold, 6 silver and 4 bronze. The World Championships count was 9 gold, 10 silver and 3 bronze. (Aquatics 1908 – 2008; FINA, 2008)

In more recent years China's dominance has only been broken by Matthew Mitcham (AUS) on 10m platform at the Olympics in Beijing, David Boudia (USA) on the 10m platform and Ilya Zakharov (RUS) on the 3m springboard at the Olympic Games in London.

## Chapter 2: JUDGING SCALE

In the sport of diving, a Judge's award can range from zero (0) to ten (10) points. Awards are given in half point increments according to the following scale.

Excellent	10 points
Very Good	8.5 - 9.5 points
Good	7.0 - 8.0 points
Satisfactory	5.0 - 6.5 points
Deficient	2.5 - 4.5 points
Unsatisfactory	0.5 - 2.0 points
Completely failed	0 points

During the course of a diving contest, the judging of dives becomes a process of comparison. Given this fact, it is recommended that the scale be used as a "flexible" scale to apply to a particular contest, not a "straight" scale to apply equally across all levels of competition - age group, senior and masters.

To illustrate, in a Group C age group contest, a diver who performs a very good forward 1½ somersaults in pike position should be awarded between an 8 ½ and 9 ½ under the "flexible" scale principle. In contrast, we would expect a senior diver to perform the same dive with a stronger take-off, higher jump, and tighter position on the entry to receive a score in the very good range (8 ½ to 9 ½).

If the principle of a straight scale were applied, it would be difficult for a Group C age group diver to be awarded higher than a 5, based on what we would expect to see from a senior elite diver.

Using the straight scale principle may result in discouragement on the part of the younger, less experienced divers as well as reducing a Judge's ability to use more of the scale to judge the entire event.

When judging, it is important to use a "flexible" scale to compare divers in a particular contest, rather than a "straight" scale to apply across all diving competitions.



### Chapter 3: ELEMENTS OF A DIVE

There are five elements of a dive to consider when judging the overall impression of a dive (see *Figures 3.1 a-e*):

1. Starting position (3.1 a)



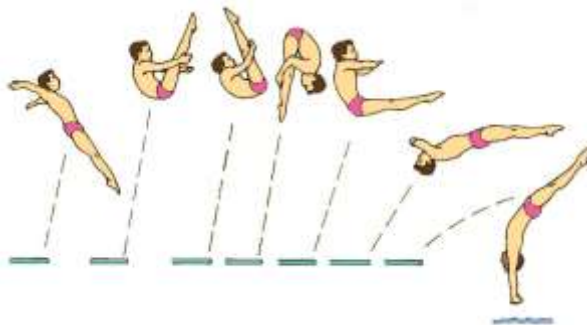
2. Approach (3.1 b)



3. Take-off (3.1 c)



4. Flight (3.1 d)



5. Entry into the water (3.1 f)



A Judge must keep each element in mind when viewing a dive but the dive should be judged as a whole, without overemphasizing any single element. This approach to judging is especially true when it comes to the entry. It is very easy to forgive earlier flaws if a dive enters the water vertically and without a splash. Although a good entry is very impressive, all parts of the dive are to be judged.



In general, a Judge should look for the following when evaluating a dive:

### **3.1 Starting Position for Running Dives, Standing Dives and Backward Take-Offs**

Good posture – Except for armstand dives, the diver should be standing straight and not be slouched, the head in line with the body, the elbows straight, and the feet together.

### **3.2 Starting Position for Armstand Dives**

From the starting position for armstand dives the diver should obtain an inverted vertical and straight position with the elbows straight, the feet together, the toes pointed, and show a steady balance prior to the take-off.

### **3.3 Approach for Running Dives**

Smooth flowing approach - the motions should be smooth, aesthetically pleasing, and in a forward direction toward the end of the springboard or platform with the final step being from one foot.

Hurdle - the hurdle should be strong and initiated from one foot with a landing on both feet at the end of the springboard or platform.

Balance on forward approaches - the diver should be balanced and in control of his / her movements during the approach and hurdle.

### **3.4 Take-Off**

Balance and control - the take-off should be balanced and controlled so as to allow the diver to achieve good height and appropriate distance from the springboard or platform.

.

### **3.5 Flight**

Adequate height - the height achieved should provide enough time in the air to complete the rotation and allow the dive to travel a safe distance from the board.

Safe distance - the dive should clear the end of the board or platform by a safe distance.

Body Position - the form should be tight and precise according to the dive description.

Mechanics of the dive – the dive number observed by the Judge before the dive is performed should create a mental image of the dive in the mind of the Judge. During the flight it is compared to the expectation of what the dive should look like in the air.

Observing the number of somersaults and / or twists as well as the overall aesthetic appearance during the flight path of the dive is an important responsibility of the Judge.

### 3.6 Entry

Angle of Entry - the dive should enter the water vertically.

Body line and alignment of arms and head on head first dives - the position of the diver's head, arms, and body should give the appearance of a straight line as the diver enters the water.

The arms should be straight and directly overhead, the legs straight and together, and the toes pointed.

Body line and alignment of arms and head on feet first dives - the position of the diver's head, arms, and body should give the appearance of a straight line as the diver enters the water.

The arms should be straight and at the sides, the legs straight and together, and the toes pointed.

Distance - the dive should not be too close, too distant or off to the side of the springboard or platform.

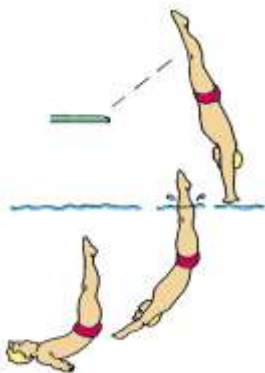
Twist on Entry - the dive should be square (without any twist) as it enters the water.

Amount of Splash - a properly performed dive will result in an entry with a minimum splash. An exceptionally good entry will result in what is called a "rip" entry with almost no splash.

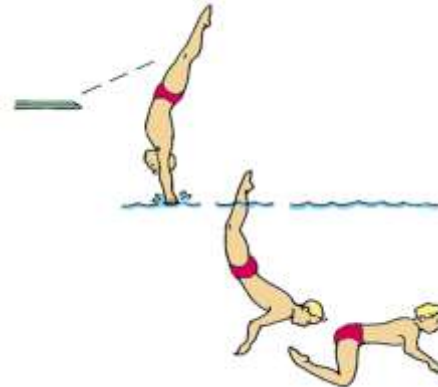
#### Elements to Ignore

Two elements not to consider when judging, are the approach to the starting position of a dive and a diver's movements beneath the surface of the water.

The deliberate movement underwater by a diver is called a save. A save is a diver's attempt to make the dive appear to enter the water vertically (see *Figures 3.2 a+b*).



*Figure 3.2 a: Pike Save*



*Figure 3.2 b: Knee Save*

Saves are a legitimate part of diving technique and, even though the saving action underwater may be viewed clearly, the diver should not be penalised (unless the saving action adversely affects the dive above the water).

## Chapter 4: THE JUDGES

Before examining each of the dive elements in further detail, it is important to discuss the role of a Judge during a diving competition.

FINA's Diving Rules and Regulations outline specific duties a Judge must perform.

In addition to these duties, there are other factors which may be considered when judging is outlined in this Section.

### 4.1 Judging diving - Overview

As you watch diving, you will observe several divers doing the same dive, although it may never look quite the same. This is because each diver has unique mannerisms, characteristics of movement, strengths and timing – an abstract but observable phenomenon called “style”. Style is difficult to assess by any standard, except whether or not you like it.

That is why it is hard to judge diving. Even though there are criteria divers must meet for each dive, evaluations of the performance remains a subjective process. This is why a diving contest is not evaluated by just one Judge, but rather a panel of Judges who act as a team to arrive at the correct score for the dive.

### 4.2 Composition of a Judging Panel

The size and importance of a diving competition usually determines the composition of the judging panel.

For each individual competition of the Olympic Games, World Championships and World Cups, seven (7) Judges recognised by FINA shall be appointed. For all other individual competitions, five (5) Judges are sufficient, but seven (7) is preferred. When considered suitable, double panels of seven (7) or five (5) Judges can be used in the same event. The panels should alternate after a maximum three rounds and, when possible, judge the same total number of dives.

For each competition in synchronised diving at the Olympic Games, World Championships and World Cups, eleven (11) Judges will be used whenever possible. When eleven (11) Judges are used, five (5) will judge solely the synchronisation of the divers and six (6) will Judge the execution of dives (three on one side of the pool judging the diver closest to them on their side of the pool and three on the opposite side judging the other diver closest to them on their side of the pool). For all other competitions, nine (9) Judges may be used, five (5) of which will judge solely the synchronisation of the divers and four (4) assigned to the execution of the dive (two on one side and two on the opposite side, each judging the diver closest to them).



### 4.3 The Placement of the Judges

The Referee shall place the Judges close together and preferably on both sides of the diving boards. The larger number of Judges should generally be placed on the side closest to the board. If the Referee considers it not appropriate to have Judges on both sides, the Judges may be placed together on one side. The numbering of Judges' chairs shall be clockwise when facing the springboard/platform from the far end of the pool (i.e. starting on the chair on the left side of the pool furthest from the board). For synchronised diving, the chairs for synchro Judges shall be preferably in a line behind each other and be placed in between the execution Judges on each side of the pool. The recommended placement of Judges' chairs is following FR 5.3.12 and FR 5.3.13 and diagrammed in *Annex 2.1* (FINA Facilities Rules).

Once placed, a Judge shall not change positions, unless instructed to do so by the Referee.

### 4.4 Specific Duties of a Judge

The overall duty of a Judge is to subjectively evaluate the performance of each dive according to the rules and guidelines set forth.

This includes:

1. Listening carefully to each dive being announced and taking note of the displayed dive number.
2. Paying full attention to the dive being performed.

After each dive, each of the Judges, without communicating with one another, shall immediately enter his award into the electronic touch pad. When flash cards are used, each Judge, upon a signal given by the Referee or the announcer, shall immediately and simultaneously, without communicating with one another, display his award.



Judges who are selected for a contest are responsible for judging that entire session, unless, due to unavoidable circumstances, a Judge must be replaced or because double panels are used.

### 4.5 Requirements for good Judging

The above-mentioned duties are a very important aspect of a Judge's overall responsibility. However, the art of judging is not only a question of having sufficient knowledge of the FINA Handbook. In reality, the written rules are the easiest part of judging. The difficulty lies in mastering the unwritten rules and factors which influence a Judge as listed below (well known as "**The Golden Rules**").



- ***Knowledge of the sport***

Obviously, knowledge of the sport is essential. However, no person is born with it.

It can be acquired by learning to dive under good instruction, studying the FINA Handbook and other texts, participating in judging seminars, discussing the sport with knowledgeable persons, and most importantly, by observation in person and by viewing videotapes, films, and other media. A great deal can be learned about the sport by studying videos of all levels of diving and getting exposure to as many diving competitions as possible. No Judge, however seasoned, should stop studying and observing. Even the real experts lose their “diving eye” after several months without contact with diving. It is very important to stay up-to-date on the rules and developments of this dynamic sport.

- ***Patience, patience, patience***

There are several reasons a Judge needs a lot of patience. Firstly, most of the problems that occur during a diving contest are not described in the rules. No written rule describes, for instance, the difference between scores of 7 and 8 for a “good” dive. The small differences are completely dependent on the Judge’s own opinion. The written rules leave the decision almost completely to the Judge.

There are very few rules that describe exactly what the Judge should do.

“Deduct ½ - 2 points,” for instance, leaves much space for individual opinions. A Judge could award either a 6 or a 7 without breaking any rule. The same applies to the rules “maximum 4.5 points” or “deduction according to own judgement” - and so on.

Thus, much of the judging system is based on the discernment and experience of the Judge.

Secondly, just as the diver must train his body, the Judge must train his eyes. It is not sufficient to have an abundance of experience and good judgement if you cannot see what is happening in the air. The fine details cannot be grasped without regular training and observation, especially considering the very complex and rapid movements in today’s diving.

Finally, patience becomes particularly important in situations where a Judge finds himself or herself faced with an unhappy, disappointed parent or a coach vocally dissatisfied with the results. Under these circumstances, a Judge must control any temper he or she may have, remain tactful, and be able to take criticism calmly, even though it may not be justified.

- ***Be aware of your prejudices – Judge what you see***

Every Judge is affected by his/her preconceived opinions. For example, it is very easy for a Judge to over-score the favourites, the “stars” that have been very successful in previous contests. The Judge expects to see a good dive from the “star” diver, and therefore may rate the dive higher than it deserves. Similarly, a bad dive by a favourite diver may not get as low an award as a bad dive by an unknown diver.



There are also other variants, such as the “halo effect.” A diver who performs badly with his first few dives in a contest may give the Judges the impression that the diver is not very good. The Judges expect to see additional bad dives, and it may be more difficult for that diver to receive fair awards even if he or she performs better during the rest of the contest.

The opposite is also seen. An unknown diver starts a contest brilliantly. The audience and the Judges give the diver their support. It seems that the diver is about to achieve a break-through. In this situation, it often happens that the Judges expect the diver to continue to dive as well, and the diver may get high awards even if he or she performs badly on a subsequent dive.

The same thing can happen on single dives. The Judges know in advance that a diver can perform a particular dive especially well. Alternatively, they may have seen a diver having difficulty with a certain dive during the practice session. In these situations, it can easily happen that the judging of the dive is affected by the knowledge the Judge has in advance. It is important for a Judge to evaluate the dive the Judge sees from the Judge’s chair during the competition, and not what was seen prior to the competition.

These prejudices or anticipated results often affect Judges unconsciously. It is important for Judges to be aware of the existence of prejudices and to ask themselves constantly: “Am I judging the dive or the diver?” “Am I judging what I see or what I expect to see?”

- ***Vary the judging***

A golden rule for each Judge is to vary the judging – try to use the whole scale from zero to 10.

Since many judging analysis programs look at how many times a Judge’s score was outside the range of the rest of the panel, many Judges tend to view it as a merit not to have the low or high award. A good Judge must have the courage to raise the scores on good dives and lower the scores on bad dives. The first round is often decisive in telling whether a contest is going to be well judged or not. If one of the Judges “breaks the ice” in the first round by giving an 8 or a 9 on a dive, it may open the door for the other Judges to give high awards on good dives during the remainder of the contest. Cautious judging in the first round often results in a “4 - 7.5 contest.” This is often referred to as getting into a “rut,” where all the Judges’ scores fall within a small range for all divers throughout the competition. Divers become aware of this when it happens, and their incentive to do a great dive diminishes. When divers see that the judging is such that they can receive a high score for a good dive, there is more excitement and enthusiasm, and believe it or not, this usually results in a higher quality contest.

Therefore, remember that good judging results in good diving.

- ***Judge independently***

A Judge must judge independently of the other Judges. If a Judge’s award differs from the awards of the other Judges, then that Judge should, in principle, be convinced that he or she is the one who is right. This “quiet confidence” is an important component of judging. A Judge who has done his conscientious best to Judge fairly should not worry if



his opinion happens to differ from that of the rest of the panel. Judges sit in different positions and on different sides of the pool. From these different vantage points it is reasonable that awards may also differ somewhat. Judging diving is not an exact science, which is why more than one Judge is used in a contest. If a Judge starts to adjust his scores to the others, the Judge can easily lose consistency in his judging. Remember, the goal of a Judge is NOT to be part of a “BINGO” (where every Judge gives the same award), but to give the right award for the dive!

Independently of the audience or deck population (coaches, athletes) - Judges should never let the audience or deck population influence their judging. This can be very difficult to avoid, especially if a hometown favourite is in the contest. However, a Judge’s task is to give the divers a fair contest, not to please the audience. A Judge has to resist letting distractions, such as the applause of the crowd, influence his award. Remember, the Judge is the expert, not the audience.

- ***Do not make up for mistakes***

“I am the one who is right.” is the correct attitude, but, as mentioned, only in principle. Of course, Judges sometimes make mistakes. It can happen to most Judges in every contest. Judges may ask themselves, “How can I make up for my mistake?” The answer is - do not try to compensate by making the same mistake several times. Instead, accept that a mistake was made. For instance, if a Judge believes that his award was too high an award on a twisted entry in the first round, the Judge should not try to give an excessive award on all twisted entries in the entire contest. Similarly, if a Judge awarded a particular diver too high in one round, the Judge should not judge the diver low in the next round. In the long run, it is almost impossible to be consistent in that way. After a few rounds a Judge is back in his normal way of judging whether the Judge means it or not. So if a mistake was made when judging a dive, a Judge should simply forget about it. This is why the two highest and two lowest awards are eliminated.

- ***Biased judging***

Biased judging is an offence against the concept of sportsmanship and fair competition. All divers, coaches, and Judges agree on that principle. In spite of this, some Judges believe that they are entitled to give their own divers a half point extra on each of their dives. This mistake should never be made! There is no “team” or even “national” duty to favour one’s own diver. It is considered an unethical practice in the sport of diving. If you do not believe you can be fair, you should not be judging.

- ***Do not respond to biased judging***

Judges may claim it is their right to “respond” to bias judging. However, this mistake should be avoided. Just as it is unethical to engage in biased judging, it is equally unethical to respond to it. Even if one considers it a “measure of defence,” it is cheating just the same.

If Judges respond to biased judging, they are no longer entitled to criticise it because they are engaging in it themselves.

- ***Do not let degree of difficulty influence the award***

When judging a dive, the degree of difficulty should not be considered. The DD is calculated when determining the total score for the dive performed. Judges should expect the same proficiency for a forward 3 ½ somersaults in pike as they would for a forward 1 ½ or 2 ½ somersaults in pike.

- ***“Am I trained enough to judge today?”***

The best Judge is sometimes the Judge who refrains from judging and says: “No thank you. I have not watched enough diving lately.” This is a Judge who understands the importance of fairness in sport.

- ***Do not be concerned who is winning or losing***

It is the Judge’s responsibility to judge each dive as it is performed, without consideration of the final standings. The Judge should not try to calculate the running score or current standing of the contestants. There should be no observation of the scoreboard when it displays the standings or current score totals.





## Chapter 5: THE REFEREE

The role of the Referee in a diving contest is of extreme importance. It is the Referee's duty to manage the competition, ensuring that all divers and Judges are adhering to the rules and regulations.

As the rules are an instrument of action, the Referee should know them thoroughly. Section D 6 of the FINA Handbook lists the prescribed duties of the Referee. The Referee has many responsibilities associated with a diving contest.

These responsibilities can be organised into the following areas:

1. Before the event
2. Before each dive
3. During each dive
4. After each dive
5. During the event (general)
6. After the event

### 5.1 Duties before a Competition

1. **Inspect equipment:** (i.e. springboards, fulcrums, platform surface). Make sure all equipment is in proper condition and ready for the competition.

This inspection shall be done by the meet director in advance of the divers' arrival, but the Referee must determine if it has been done.

2. **Check for proper water temperature:** The water temperature shall be not less than 26 degrees Celsius (79 degrees Fahrenheit) or higher, but whenever possible should be 3 - 4 degrees warmer. Verifying the temperature well before the arrival of the athletes will allow time for changing it if necessary (FR 5.3.9).
3. **Check for adequate water agitation:** At some facilities the water agitation is not sufficient. The Referee or meet director should take care that sufficient water agitation is placed under the diving equipment (FR 5.3.10).
4. **Check for adequate lighting:** Light can be a very disturbing factor if it comes from the ceiling or from glass walls in the front or back of the boards. Poorly performed dives may result from inadequate lighting. The Referee should take care that equal light conditions prevail over the entire diving area (FR 5.3.7 and for Olympic Games, World Championships, and World Cups see FR 6.1.1).
5. **Ensure spectator seating and deck access will not interfere with contest:** At many competitions the spectators are placed too close to the Judges or people move around the diving area without care. The Referee shall insist on a buffer area surrounding the Judges and restricting the area behind the diving boards and the tower during the event. This area should be used only by the divers in the competition. Excessive movement in front of the diving equipment should also be controlled. The Referee will also ensure there is clear space around the Judges to prevent interference with the concentration of the judging panel.



## 5.2 Duties before an Event

1. **Arrange the seating of the Judges:** The Referee shall place the Judges close together and preferably arranged on both sides of the diving boards and platforms so that they have a profile view of the diving board(s) to be used in the event (FR 5.3.13.9).
2. **Inspect the list of dives submitted for each diver:** When a statement in the list is not according to the rules, the Referee shall have it corrected before the beginning of the event. The diver shall be informed of the Referee's decision as soon as possible (D 6.3 and D 6.4).
3. **Assistant Referees:** Under certain circumstances it will be necessary to appoint assistant Referees to observe the divers on the platform, to confirm the awards prior to their announcement or, in synchronised diving, to observe the performance of the divers on the opposite side of the pool from the Referee. The Referee will advise any assistant Referees about their respective duties (D 6.2).
4. **Work with the scoring table:** Determine that the scoring table personnel have the proper scoring sheets and understand their duties.

## 5.3 Duties during an Event

### 1. Before a dive.

When the dive is announced the Referee should check the dive number board to ensure it corresponds with that on the diver's list of dives, ensure that the pool is clear, and give a signal to start, which should not be given before the diver has assumed his position. The signal of preference is an electronic beeper or whistle (D 6.8 and D 6.11).

If the diver starts the dive before the Referee has given this signal, the Referee shall decide whether the dive is to be repeated (D 6.13).

A Referee should give a warning to a diver who is taking an excessive amount of time preparing for a dive. If a diver takes more than one minute to execute a dive after the warning, the diver shall receive 0 points for the dive (D 6.12).

### 2. During a dive

- a. During the execution of the dive, the Referee shall observe the dive to ensure it is in accordance with the rules and take appropriate action where it is not, including (but not limited to) the following matters:
  - a balk or double bounce by the diver (D 6.16 D 6.22)
  - a final step is not from one foot in a running dive (D 8.3.3)
  - a take-off from the springboard is not from both feet simultaneously (D 8.4.3)
  - an incorrect dive or dive position is performed (D 6.17 and D 6. 18)
  - the arms are not in the proper position at the time of entry (D 6.19)
  - the head or hands enter the water before the feet in feet first dives (D 6.22.2)



- the feet enter the water before the head or hands in head first dives (D 6.22.1)
- the diver over rotates or under rotates the twist or somersault by 90 degrees or more (D 8.6.6)
- if a diver receives any assistance during the dive (D 6.20)  
*See Case Study #4 Appendix 10*
- if any distractions cause the diver to request a repeat of the dive (D 6.14 and D 6.15).

b. In cases of questionable circumstances, the benefit should always go to the diver.

### 3. After a dive

- a. Ensure that all awards are being correctly displayed and recorded.
- b. In the event a diver balks, the Referee, upon completion of the diver's second attempt, shall instruct the announcer to reduce each Judge's award by two points. If the diver balks a second time, it is a failed dive. No further attempt shall be permitted (D 6.23, D 6.24).
- c. If a dive is performed clearly in a position other than as written, the Referee shall instruct the Judges to award no more than two points (D 6.17).
- d. When one or both arms are held above the head in a feet first entry or below the head in a head first entry, the Referee shall instruct the Judges to award no more than 4 ½ points (D 6.19).
- e. When the Referee is certain that a diver has performed a dive of a number other than that announced, the Referee shall declare it a failed dive (D 6.18).
- f. If the feet enter the water before the hands in headfirst dives or the hands enter the water before the feet in feet first dives, the Referee shall declare it a failed dive (D 19.1, D 19.2). Sometimes it is difficult for the Referee to determine if a dive was failed. (see *Figure 5.1*). See *Case Study #1 Appendix 10*



*Figure 5.1*

In these cases, the Referee will give a signal to the Judges to show their scores. The Judges can award zero even though the Referee has not declared it to be a failed dive (D 8.1.7).

- g. If a dive is incorrectly announced and is executed by the diver, the Referee may cancel it and have the correct dive announced and performed immediately (D 6.10).





- h. The Referee may declare a dive to be failed if he or she determines that assistance has been given to the diver during the execution of the dive (D 6.21). The execution of the dive is considered to start when the signal is given by the Referee and the diver has assumed the starting position.

It is very difficult to administer this rule. The Referee must have considerable experience and good ears to know the tricks to assist a dive. But if the Referee is convinced that help has been given, the Referee must declare the dive to be failed.

However, if a person assists a diver by agitating the water, this is not to be considered assistance. Assistance is helping to stop a diver's spin or twist by some prearranged signal.

- i. The Referee may allow a diver to repeat a dive if, in the Referee's opinion, there was a significant distraction during the execution of the dive (i.e. a very loud noise). (D 6.14).

There have been occasions where a sudden scream, a flash of light, movement by spectators or another noticeable distraction has negatively influenced the execution of a dive. The Referee must give careful consideration to the situation before allowing a dive to be repeated. The request to repeat a dive must be made by the diver or the diver's representative immediately after the execution of the affected dive (D 6.15). *See Case Study #6 Appendix*

If a second attempt of the dive is allowed by the Referee it is important that the Judge's awards for the first attempt be recorded and retained to use in the event that a protest is filed and approved.

#### **5.4 Additional Duties during the Event**

1. When an incorrect dive has been performed or performed in the wrong position or a balk has been declared, the Referee must be certain that the proper action has been taken by the secretariat and any other parties concerned.
2. The Referee may exclude a diver from the competition if the diver disturbs the event by bad behaviour or other activities. If a member of a team, a coach or an official disturbs an event, the Referee may decide that this person shall not be allowed to stay in the competition area for the duration of the event (D 6.26) or for the remainder of the competition.
3. The Referee may remove any Judge whose judgement is regarded as unsatisfactory and replace him or her with another Judge. Such a change of Judges shall take place only at the end of a session or a round of dives (D 6.27 and D 6.28). Although the rules permit such action, it is a very serious action and should be done only when obvious bias or incompetence is being displayed by a Judge during a competition. The Referee should make the change only upon careful consideration and with adequate justification.



4. The Referee may find it necessary to interrupt or postpone a portion of the competition due to adverse weather or other unforeseen circumstances. If possible, this should be done after a full round of dives to allow for equal competitive conditions for all divers. If the competition cannot be continued at all, the result will be determined by the Jury of Appeal. (D 6.5 and D 6.6).
5. The Referee may give all competitors the right to make a re-start without a deduction of points if a strong wind disrupts the start of a dive. This allowance should only be made for the most extreme wind conditions and preferably be announced before the start of the competition (D 6.7).

### 5.5 Duties after the Event

1. At the end of the contest, the Referee should oversee the organisation of final results in co-ordination with the meet secretary to ensure for accuracy. The Referee shall confirm the results by signature (D 6.29). This is important at any time but particularly so before releasing the results to Ceremonial and the Media at major meets.
2. In the event a diver qualifies to advance from a session, but then becomes unable to compete due to illness or injury, the Referee shall officially declare the diver as unable to continue and the diver ranked immediately below the diver unable to continue will progress to the next session (D 2.1.6).

### 5.6 Summary

To function as an effective and impeccably fair Referee, a Referee must:

- Know the rules; understand their purpose; and apply them with common sense.
- Be alert and aware of the general atmosphere in the field of play, always expecting the unexpected, and take action to enforce the rules. Every competition has the potential to bring its own drama.
- Not take his eyes off the diver from the moment the Referee gives the signal to start until the dive is completed.
- Be in control. Do not be rushed or pushed in any circumstance. A Referee in control of himself or herself is in control of the competition, regardless of any crisis that may arise. The manner of its handling can materially add to or distract from the quality of the event.
- Be the team leader. The judging panel acts as a team to arrive at the correct score for each dive. The Referee should be the team leader and encourage Judges to be aware of their mission to collectively judge each dive.
- As you can see, the Referee plays an extremely vital role during a diving competition. The duties described in this chapter should not be taken lightly as the fairness and integrity of a diving contest depends largely on how the Referee manages the event.
- Although it is impossible to describe all of the situations that can take place during a competition, as long as the Referee understands his duties and observes the rules of the contest, the Referee should be able to successfully handle any situation that comes along.

## Chapter 6: JUDGING THE DIVE

The starting position, approach and take-off elements of a dive are closely interconnected. In addition, the initial stage of the flight is closely related to the take-off, and the components of the flight largely determine the quality of the entry.

Therefore, in discussions regarding a dive, it is often difficult to isolate where one element ends and another begins.

Judges are to award points based on their overall impression of the dive. Judges should be aware that penalties associated with the individual parts of dives may or may not be cumulative. The most important factor in judging a dive is the final award given to the whole dive. Applying penalties or values to parts of dives is useful only as a guide. Most good Judges are somewhat flexible in the range of their awards and accurate in the comparison of the skills of the divers in the contest. It is very difficult to judge the overall impression of a dive and at the same time account for penalties associated with the individual parts of the dive. To achieve success in this endeavour a Judge must see many dives and Judge many contests. Studying video and shadow judging are good ways for diving Judges to improve their ability to balance overall impression with individual parts of the dive.

### 6.1 Starting Positions

*It is stated in subsection D 8.1.2 in the FINA Handbook “The dive must be considered without regard to the approach to the starting position.” Obviously, this means that judging begins with the starting position. Starting positions vary for standing, running and armstand dives.*

#### Starting position - Standing dives

The starting position for standing dives shall be assumed when the diver stands on the front end of the springboard or platform. The body should be straight, head erect with the arms straight forward, to the sides, above the head, or in any position at the option of the diver (see Figure 6.1 a to c).

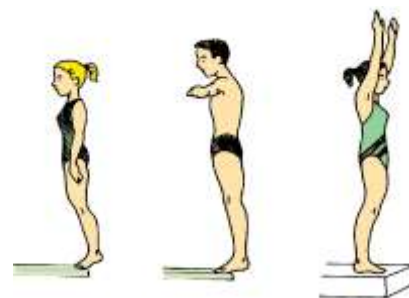


Figure 6.1 a b c

#### Starting position - Running dives

The starting position for a forward approach shall be assumed when the diver is ready to take the first step. Again, the body should be straight with the head erect and the arms at the diver's side (see Figure 6.2 a and b).

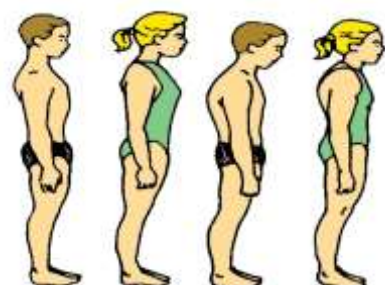


Figure 6.2 a b c d

### Starting position - Armstand dives

The starting position for an armstand dive shall be assumed when both hands are on the front end of the platform and both feet are off the platform (see Figure 6.3 a to c). The Referee shall declare a balk if any part of the diver's body returns to the platform after the feet have left the platform to begin the armstand or if a diver loses his balance and moves one or both hands from the original position at the end of the platform.

When the second attempt to obtain a balanced position is unsuccessful, the Referee shall declare a failed dive. No further attempt shall be allowed (D 6.26, D6.27).

See Case Study #3 Appendix 10

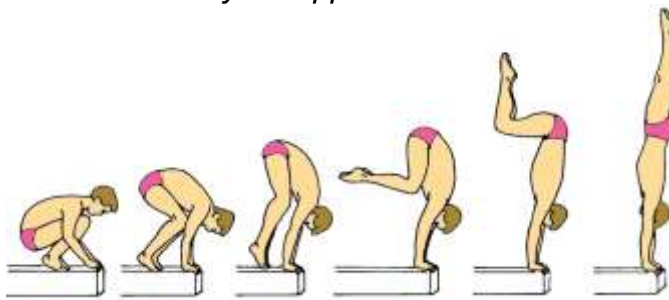


Figure 6.3 a

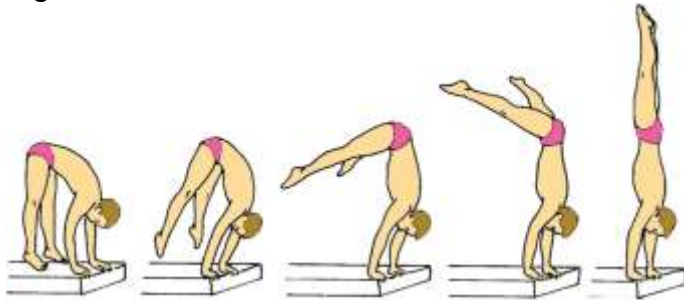


Figure 6.3 b



Figure 6.3 c



Getty Images – Jonathan Ferrey

### Starting position – Flaws

1. Posture - For standing and running dives, the most common error is poor posture, a forward head and rounded shoulders (see Figures 6.2 c and d above). In these cases, where the correct starting position is not assumed, each Judge shall deduct  $\frac{1}{2}$  to 2 points according to the Judge's individual opinion (D 8.2.3).

2. Unbalanced Position in Armstand – If the diver experiences difficulty getting into a steady and balanced straight position or if a steady balance in the straight position is not shown in the armstand portion before the dive, the Judges should deduct from ½ to 2 points (D 8.2.6.2) (see Figure 6.4).

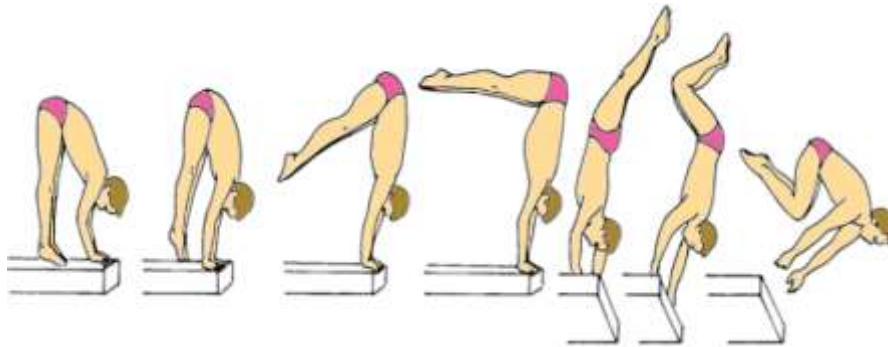


Figure 6.4

## 6.2 Approach

A diver's movements during the approach element of a dive vary depending on whether a standing or running dive is being performed. The rule book states “the run shall be smooth, aesthetically pleasing, and in a forward direction to the end of the springboard or platform with the final step being from one foot.” (D 8.3.1).

### Approach - Standing dive

A standing dive commences when the arms leave the starting position (see Figure 6.5 a). When executing forward or backward standing dives, the diver should not rock the springboard excessively before take-off. Judges may deduct if the rocking affects the overall impression of the dive but should deduct not more than one point for awkward or excessive movements during the armswing or excessive rocking or priming of the springboard. In addition, divers must not double bounce on the end of the springboard or platform before the take-off. A double bounce is defined as a trampolining action similar to a person jumping on a trampoline (see Figure 6.5 b). If a diver should double bounce, the Referee shall declare a failed dive. (D 6.16 and D 8.3.4)

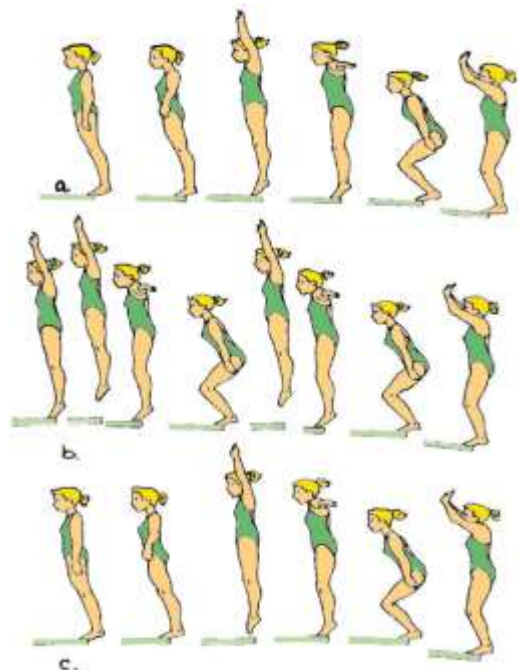


Figure 6.5 a-c

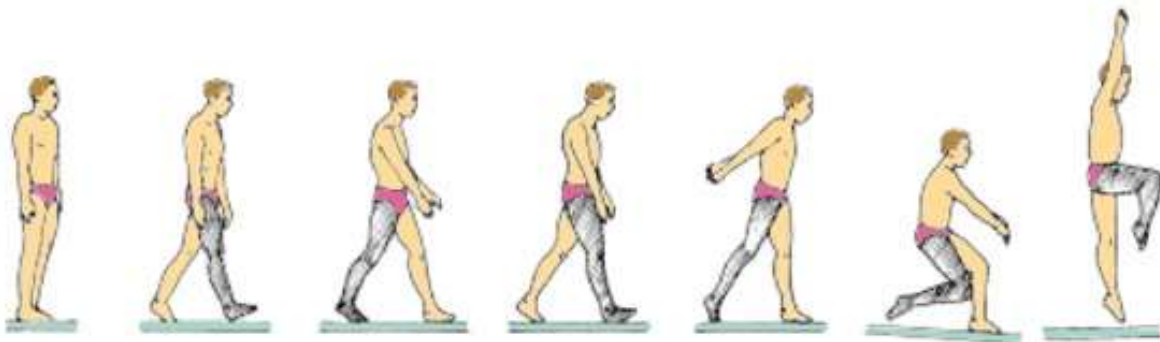
The double bounce should not be confused with the “crow-hop” (see Figure 6.5 c). If a diver leaves the springboard or platform for a standing dive with a “crow-hop” during the take-off, the Judge shall deduct ½ to 2 points according to his opinion (D 8.2.4.3). See Case Study #2 Appendix 10

After assuming the starting position for standing dives, if the diver makes an obvious attempt to start the armswing or press and then stops, a balk shall be declared by the Referee, and two points will be deducted from each Judge's award. However, the diver has the option to move the arms in various preparatory positions without a balk being declared, as long as there is no obvious attempt to start the press.

### Approach - Running dives

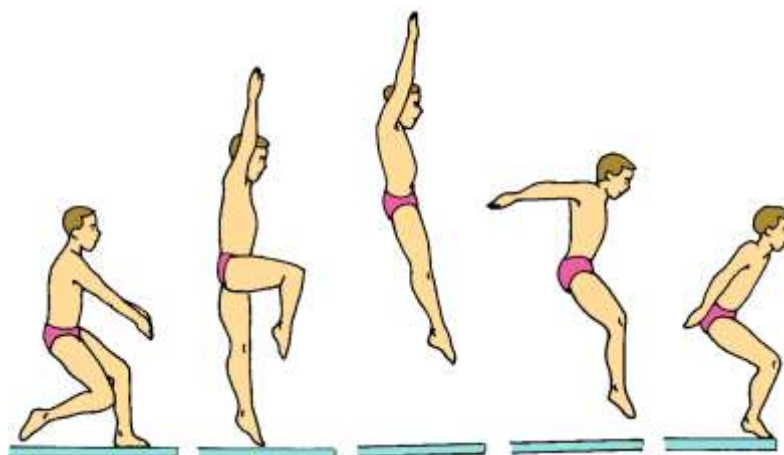
The forward approach should be smooth, aesthetically pleasing and in a forward direction to the end of the springboard or platform (D 8.3.1)

The importance of this is to ensure the diver's continuous movement toward the end of the springboard or platform. Slight variations of this process, such as a skip step or different size steps, should only be penalised if they seem ungraceful or detract from the overall impression of the approach (see *Figure 6.6*).



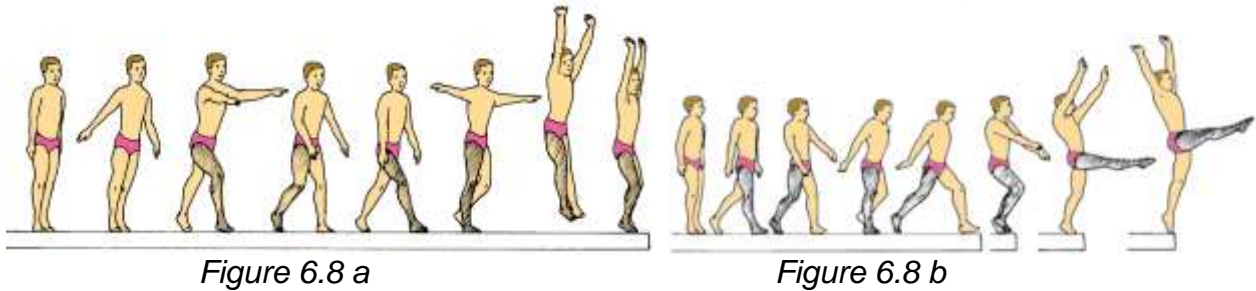
*Figure 6.6*

The hurdle is described as the jump to the end of the springboard following the approach. The take-off for the hurdle shall be from one foot only. Both feet shall contact the end of the springboard simultaneously following the hurdle (see *Figure 6.7*). The Referee shall declare a failed diver when a) the final step is made from two feet or b) when the diver takes off from one foot from the springboard. (D8.3.3, D 8.4.3)

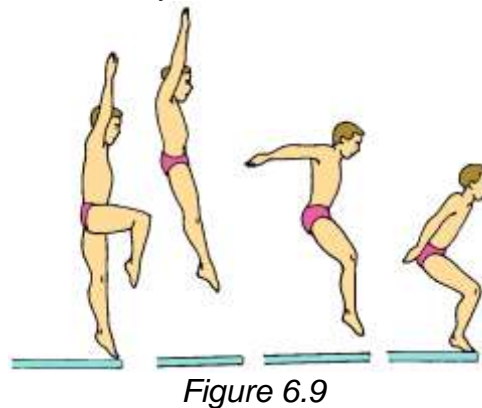


*Figure 6.7*

The following are examples of platform forward approaches (see *Figures 6.8 a and b*).



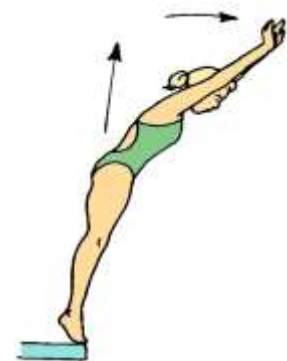
When a diver takes his last step before the hurdle at or near the tip of the springboard or platform he is performing a spot hurdle (see *Figure 6.9*). Some divers may actually jump slightly backwards in a spot hurdle and Judges may penalise such divers if the actions seem ungraceful or detract from the overall impression of the approach. While not seen very often today, forward take-offs from platform may be from one foot.



In the event a diver begins the approach and then stops, the Referee, on completion of the second attempt, shall declare a balk, for which two points will be deducted from each Judge's award. (D6.25, D 6.26). If the diver balks twice, the Referee shall declare a failed dive and no further attempt shall be allowed. (D6.27). In cases of questionable circumstances, the benefit always goes to the diver.

### 6.3 Take-Off

For the purpose of discussion, the take-off is considered to be the period of two feet contacting the springboard or platform, which follows the hurdle and precedes the flight. In the case of standing springboard take-offs, it refers to the final depression and recoil of the springboard preceding the flight and, in standing platform take-offs, to the final downward and upward motion of the body leading to the final contact with the platform. The take-off determines the speed, angle, height and distance a diver achieves from the springboard or platform (see *Figure 6.10 a*)



*Figure 6.10 a*

The take-off should be bold, confident, and proceed without undue delay. The take-off should begin from a balanced position at the end of the springboard or platform which allows the diver to obtain reasonable height in the dive at an angle which projects the dive to an acceptable distance from the springboard. The angle of the take-off varies for each dive. However, all dives have an acceptable range of angles of take-off that will project the dive to optimum height and distance from the springboard or platform (see Figure 6.10 b and c).



Figure 6.10 b



Figure 6.10 c

### Take-off - Standing dives

For standing dives, the take-off consists of the arms swinging and the legs pushing to propel the diver up and away from the springboard or platform (see Figure 6.11).



Figure 6.11



### Take-off - Running dives

In running dives, the take-off from the springboard must be from both feet simultaneously, immediately following the hurdle. For a violation of this rule, the Referee shall declare a failed dive. (D 8.4.3) For platform dives, the take-off can be made from one foot.

### Take-off - Armstand dives

A Judge should begin evaluating an armstand dive as soon as the diver's feet leave the platform. A straight, controlled, vertical, balanced position must be demonstrated before the take-off begins (see Figure 6.12 a).



The take-off from the armstand position may look different depending on the dive being performed. For instance, a diver may fall into a slightly piked position before the hands leave the platform (see Figure 6.12 b) when executing an armstand forward triple somersault (616C). This is done to initiate the somersaulting action for the dive. Likewise, for armstand reverse somersaulting dives, a diver may fall slightly (hands still on platform), then bends the legs and “kick” them into the tuck position as the hands leave the platform (see Figure 6.12 c).

Similarly, for a back armstand somersaulting dive, the diver may bend the legs and “kip” them into the tuck or pike position as the hands leave the platform. Whether any points should be taken off for these types of armstand take-offs is left to the opinion of the Judges.

Holding an armstand off vertical or not in a straight position will also result in a deduction by the Judges.



Figure 6.12 a

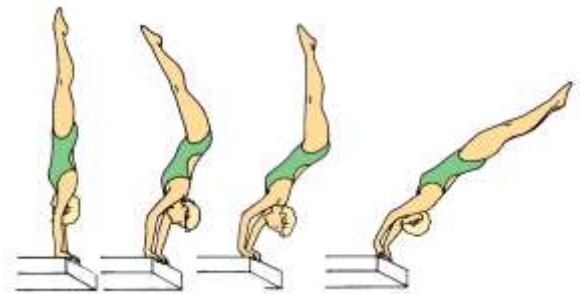


Figure 6.12 b

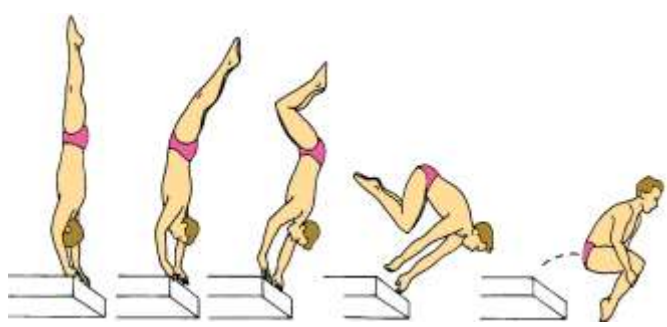


Figure 6.12 c

## Common faults in springboard take-offs

1. Back from end of the springboard - Failure to land on the end of the springboard upon completion of the hurdle is a fault that will often negatively affect the take-off in height, angle, distance, and clearance and should be penalised from  $\frac{1}{2}$  to 2 points, depending upon the Judge's opinion (see Figure 6.13). It is quite possible that the effects of this error may negatively affect the remainder of the dive causing additional penalties.



Figure 6.13

2. Incorrect timing with the springboard - An indication that the diver is not completely in time or fluid with the springboard occurs when a diver comes down from the hurdle and lands on the springboard in such a way that a loud stomping noise is heard.

Since this detracts from the overall impression of the dive, a Judge may make a deduction.

3. Balance - The take-off should be from a balanced position, which allows maximum height and desirable angle of take-off resulting in correct distance from the springboard. A diver leaning forward with his toes hanging over the end of the springboard is an example of poor balance, and usually negatively impacts the remainder of the dive (see Figure 6.14). Similarly, a diver who is leaning back at the take-off is out of balance and may cause a dive to be too close to the springboard and should also incur a penalty.



Figure 6.14



## Judges guide on approach and take-off

Fault	Range of deduction	Comments
Improper start position	½ - 2 points	More than 1 point unlikely
Double bounce	Failed Dive	Trampolining upon take-off is very rare in diving. "Crow-hops" are more common and are not judged as double bouncing. One-half to two points may be deducted for a crow-hop.
Awkward or ungraceful approach	½ to 2 points	More than 1 point unlikely
Excessive rocking of the springboard for standing take-offs	½ to 2 points	Some rocking is necessary and natural. More than 3 up/down motions is excessive but unlikely more than 1 point deduction.
Armstand balance position - <b>no steady balance</b> - momentary steady balance	½ to 2 points	<b>Deduct 2 points</b> Deduct ½ to 1½ points
Unbalanced take-off	½ to 2 points	
Improper angle of take-off	½ to 2 points	

## 6.4 Flight

A Judge must evaluate several different elements during the flight of a dive. The height a diver achieves from the springboard or platform and the distance away from the springboard or platform are two of these elements. Body position is another element. Is a diver's body position correct as defined by the dive being performed? Finally, the overall form of the diver must be considered, as well as speed of rotation and twist mechanics in twisting dives. Are the diver's toes pointed and the body as tight as it could be? A Judge has much to evaluate in those one or two seconds while a diver is in the air.

### Height

As mentioned in the take-off section of this manual, the height a diver achieves on a dive is determined by the take-off from the springboard or platform. A reasonable amount of height is desirable, keeping in mind the type of dive being performed and the age level of the diver. Lack of height may be caused by poor balance, angle of take-off, poorly coordinated movements, or lack of strength. When a diver fails to reach a reasonable height, points shall be deducted. Where a diver obtains impressive height, it may affect the overall impression of the dive and result in a reward for good technique.

### Distance from the springboard or platform

The distance a diver achieves from the springboard or platform is also determined by the take-off.

There are three different cases for deductions to be made in distance from the board:

1. Dive to the side

D 8.5.1 in the FINA Handbook states, “If during the execution of a dive, a diver dives to the side of the direct line of flight, each Judge shall deduct according to his opinion” (see Figure 6.15 b). If a diver dives to the side of the springboard in order to prevent hitting the springboard it should be judged more severely than the dive in line with the springboard that hits the end. The diver has committed two errors, diving to the side and coming too close. If “unsafely” close then rule D 8.5.3 would apply.

2. Touch the springboard or platform with feet or hands

D 8.5.2: “If during the execution of a dive, a diver touches the end of the springboard or platform with his feet or hands, each Judge shall deduct according to his opinion” (see figure 6.15 a, third picture).

To touch the springboard or platform is in any case a result of bad technique and loss of control. It can influence the flight and the entry and must be penalised.

Sometimes a dive may touch the end of the springboard or platform even though it is not performed “unsafely” close. For example, a diver may brush the springboard or platform with hands or feet as a result of reaching out from the path the body takes when passing the springboard or platform. Obviously, this should result in a smaller deduction if the dive is not seriously affected.

3. Touching or unsafely close to the springboard or platform with head

D 8.5.3: “If during the execution of a dive, a diver is unsafely close to the springboard or platform or touches the end of the springboard or platform with his head, the Judges shall award up to a maximum of 2 points” (see figure 6.15 a, fourth picture).

To touch the springboard or platform with the head is extremely dangerous and may seriously impact the health of the diver. A Judge has a responsibility to indicate that a dive performed “unsafely” close is unsatisfactory and should be considered the same as if the diver has hit the board or platform. In such cases when a diver is “unsafely” close with the head, a maximum of 2 points shall be awarded even when there is no contact with the springboard or platform.

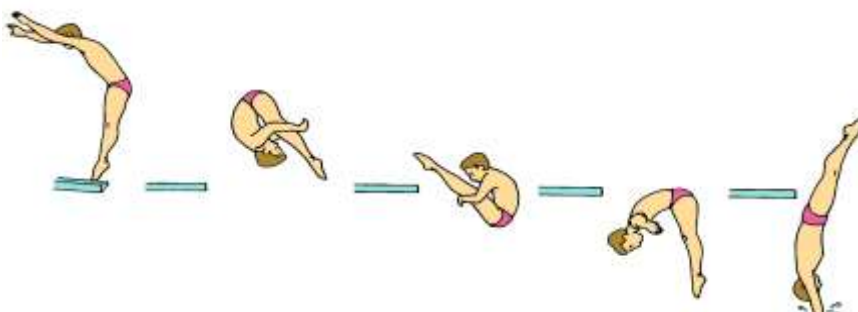


Figure 6.15 a



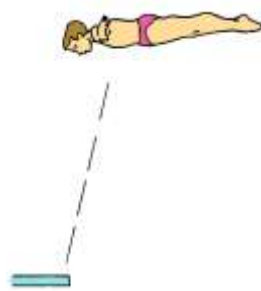
Figure 6.15 b

## Body position

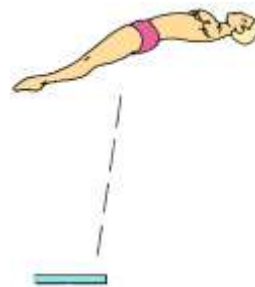
During the flight the diver can perform a dive in the straight, pike, tuck, or free position. The position will be determined by the dive the diver has chosen to perform.

### **Straight Position**

In a straight position, the body should be held straight without bending at either the knees or the hips, with the feet together, and toes pointed. The amount of body arch which is acceptable depends on the dive performed and Judge's opinion (see *Figure 6.16 a - b*). The arm placement is the diver's choice (see *Figure 6.16 a - b*).



*Figure 6.16 a*

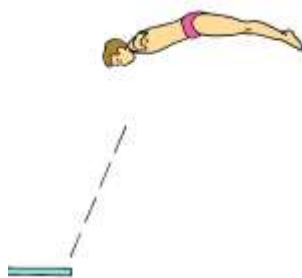


*Figure 6.16 b*



Common form errors committed by a diver when performing a dive in the straight position include the following:

1. *The body is slightly piked* (see *Figure 6.16 c*) – This is seen on forward or inward dives when a diver does not have the necessary rotation to enter the water vertically. To compensate, the diver pikes slightly in the rotation. A Judge should deduct for this depending on the severity of the pike.



*Figure 6.16 c*



*Figure 6.16 d*

3. Excessive arching of the back (see *Figure 6.16 d*) - This is more prevalent on back and reverse dives, when the diver does not have the rotation needed to make the dive go in straight. To compensate, the diver arches the back in order to pull the dive around so it enters the water vertically. Again, the more severe the arch, the more severe the deduction. It should be noted that in multiple somersaulting dives in the straight position, such as a back 1½, slightly more back arch is allowable and necessary due to the rotation needed to complete the dive (see *Figure 6.17 a*).

3. Bent knees (crimp) in the straight position - In a dive in the straight position, if the knees are bent, the dive is to be judged on its overall performance and the Judges (not the Referee) shall deduct ½ to 2 points from their awards, according to their individual opinion. This is more common on multiple spinning dives, such as back and reverse 1 ½ somersaults straight, where the knees are slightly bent throughout the entire dive (see Figure 6.17 b).

When the knee bend is severe (break in position) the Judges should apply Rule D 8.1.5 which states: "When a dive is performed partially in a position other than that announced, the Judges shall exercise their own opinion in making their award up to a maximum of 4 ½ points".

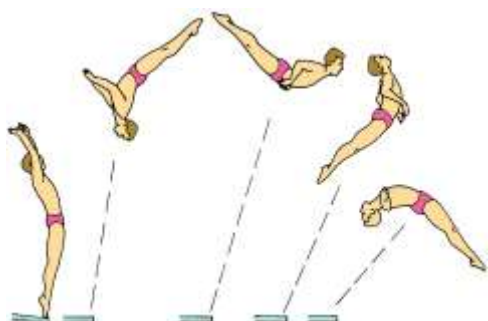


Figure 6.17 a

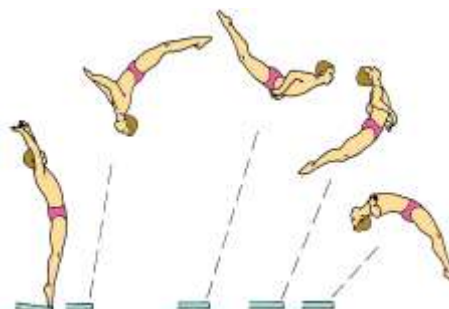


Figure 6.17 b



**Pike Position**

In the pike position, the body should be bent at the hips, but the legs must be kept straight at the knees, and toes pointed with the legs together. The pike position should be as compact as possible.



Like the straight position, arm placement is dictated by the particular dive or by the choice of the diver (see Figure 6.18 a, b, and c).



Figure 6.18 a



Figure 6.18 b

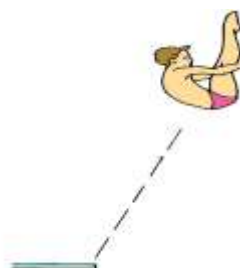
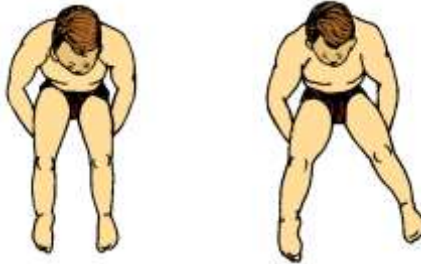


Figure 6.18 c

Common form errors committed by a diver when performing a dive in the pike position include the following:

1. Knees and feet open (split) in the pike (see *Figure 6.19 a and b*). This is usually done by a diver to either speed up the rotation of the dive or to assist in visual spotting. Following rule D 8.5.4 the Judges shall deduct  $\frac{1}{2}$  to 2 points for a split pike if the position is not aesthetically pleasing and thus impact the overall impression of the dive.



*Figure 6.19 a+b*

2. *Loose pike (too open)* (Figure 6.20, a-b). This can happen in pike dives as well as multiple somersaults. One reason for a loose pike is lack of flexibility on the part of the diver. Another is lack of strength to offset the effects of centrifugal force. This will affect either the overall impression of the dive or the actual completion of the somersaults. A deduction at the discretion of the Judge should be incurred for a loose pike position.



*Figure 6.20 a*



*Figure 6.20 b*

3. *Legs slightly bent (crimped) in the pike* (see Figure 6.21 a - b). This is relatively common in multiple spinning somersaults. However, it is usually very hard for a Judge to spot because the bent knees are covered up by the diver's arms. If a Judge sees a diver's knees bent in the pike,  $\frac{1}{2}$  to 2 points should be deducted based on the severity of the bend.



*Figure 6.21 a*



*Figure 6.21 b*

**Tuck Position**

In a tuck position, the body shall be bent at the knees and hips with the feet together and toes pointed (see Figure 6.22). The tuck should be as compact as possible.

When viewing the tuck from the side the tuck shall be compact, that is, the front of the thighs close to the chest and the backs of the lower legs close to the backs of the thighs.



Figure 6.22

Common form errors committed by a diver when performing a dive in a tuck position include the following:

1. *Split tuck* (see Figure 6.23 a - f). As in the pike position, this is usually done to either speed up the rotation or to assist in visual spotting. If the diver opens the knees and feet in the tuck, and the dive is not perceived to be aesthetically pleasing, the Judge shall deduct ½ to 2 points.



a



b



c



d



e



f

Figures 6.23 a-f

2. *Loose tuck* (see Figure 6.24 a - b). This usually indicates the diver had trouble getting into position. A deduction should be made.



Figure 6.24 a



Figure 6.24 b

In somersaults in the tuck position (other than flying somersaults) the turn must commence as soon as the diver leaves the springboard or platform.



### Free Position

The free position is not really a body position, but a diver's option to use any of the other three positions, or a combination thereof, when performing a twisting dive.

A combination of straight and pike or tuck positions are common (see Figure 6.25 and Figure 6.26).

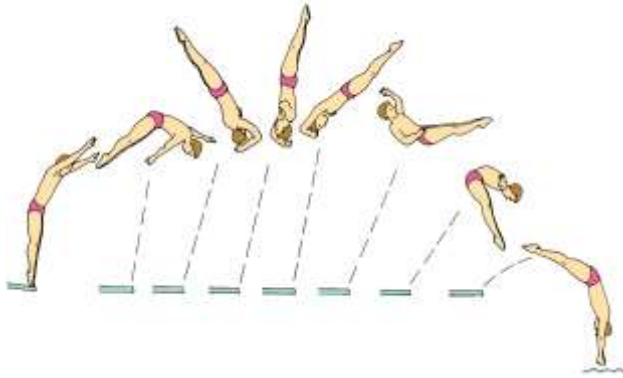


Figure 6.25

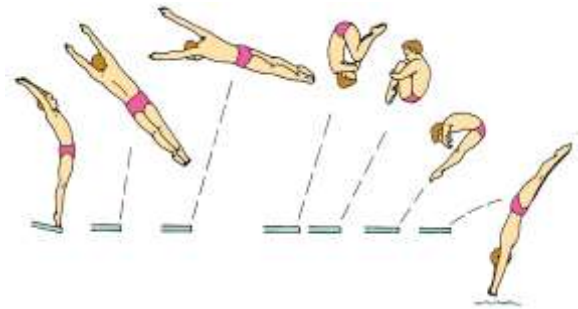


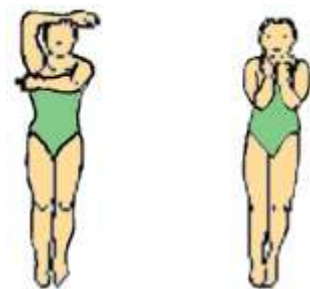
Figure 6.26

In dives with twists, the twisting must not manifestly appear to be done directly from the springboard or platform. In other words, a diver's feet must leave the springboard or platform before the twist appears to have begun. In somersault dives with twists, the twist may be performed at any time during the dive at the option of the diver, unless otherwise specified.



Common form errors for dives done in the free position include the following:

1. *Wobbly twist* - This usually indicates that the body is not quite straight in the twist, or that the head or the hips are out of line.
2. *Loose twist* - There is more than one way to hold the arms in a twist (see figure 6.27a and b). But regardless of the method chosen, the arms should be wrapped close to the body for twisting dives of more than a half twist. If the arms are not held very close to the body, or if they are in an awkward position, a deduction should be incurred.



Figures 6.27 a + b

3. *Bending of the legs in the twist* - When the twisting dive is in the pike or straight position there should be no bending of the legs. A slight bending of the legs (crimp) sometimes occurs, especially in back and reverse twisting dives, at the take-off and into the start of the twist, and sometimes at the end of the twist during the decent or pike down before the entry (see Figure 6.28). In these instances, the Judges should deduct points depending on the severity of the bend (crimp).

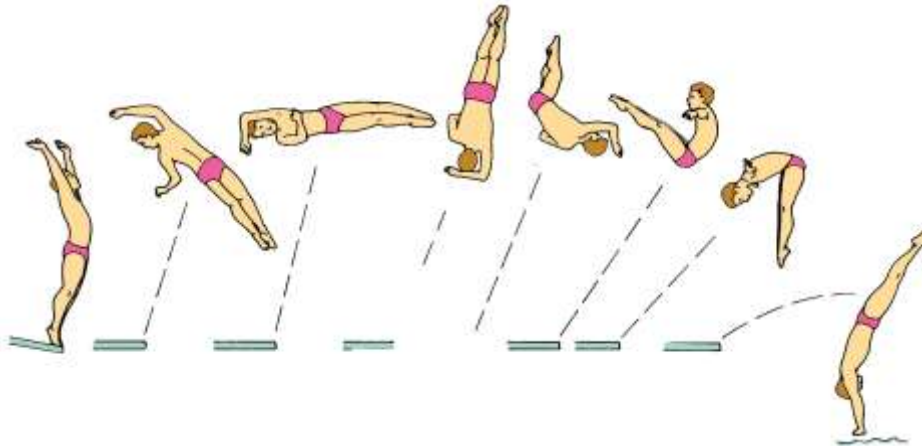


Figure 6.28

**Additional guidelines relating to body position**

1. Where a dive is performed clearly in a position other than that announced the dive shall be deemed unsatisfactory. The highest award for such a dive is 2 points. This should be declared by the Referee but should be observed by the Judges regardless of such a declaration (D 6.19 and D 8.1.4).
2. Where a dive is performed partially in a position other than that announced, the Judges shall award up to a maximum of 4 ½ points, according to their opinion (D 8.1.5).
3. In all flying dives a straight position shall be clearly shown and that position shall be assumed from the take-off or after one somersault. When the straight position is not shown for at least one quarter of a somersault (90°) in dives with one somersault and at least one half somersault (180°) in dives with more than one somersault the maximum award shall be 4 ½ (D 8.5.6) (see Figures 6.29 and 6.30).

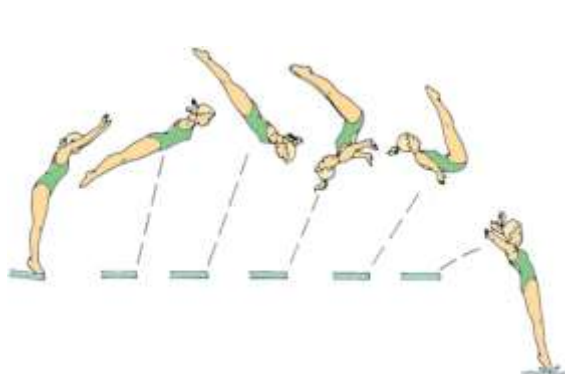


Figure 6.29

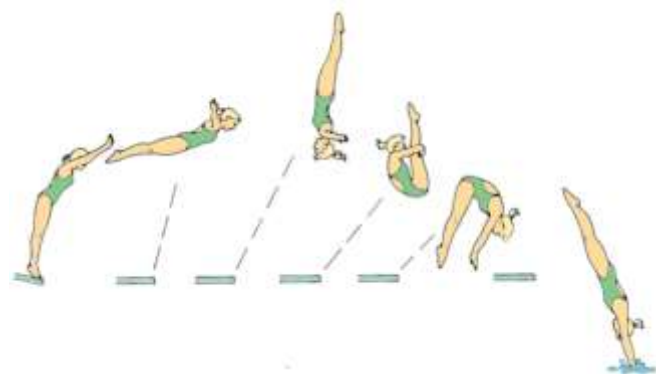


Figure 6.30

**Form**

In addition to the common form errors described above, a Judge should look for the following errors, which are common to all dives. Deductions should be based on the Judge’s opinion of the severity of the flaw.

1. The diver’s feet are flat (toes not pointed).
2. The legs and arms are loose or bent at inappropriate times during the flight.
3. The legs come apart during the dive.

**Judges guide for flight**

Fault	Range of deduction
Insufficient height	½ to 2 points
Dive is too close to the board (but does not hit the springboard or platform)	According to opinion (½ to 2 points)
Dive is too close to the board with the head (but does not hit the springboard or platform)	2 maximum award
Dive hits the springboard or platform with feet or hands (does not affect the dive)	according to opinion
Dive hits springboard or platform with the head	2 maximum award
Dive off to the side (would have hit the springboard or platform with the head and would have affected the dive)	2 maximum award
Dive off to the side but would not have hit the springboard or platform	according to opinion

**6.1 Entry**

The entry, being the last part of the dive to be observed, is often given the most emphasis when awarding points for a dive. While it is obviously an important component, the previous portion of the dive must not be overlooked. Points to consider on the entry include angle of entry, the body posture, head and arm alignment, distance away from the springboard or platform, amount of splash, and squareness of entry (see Figure 6.31).



Photo: Getty Images Al Bello

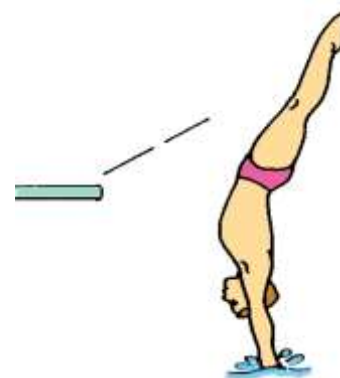


Figure 6.31

**Angle of entry**

The angle of entry should be vertical or nearly so to be awarded maximum points (see Figure 6.32a and b). When an entry is not vertical, two items must be assessed when allocating points for the dive:

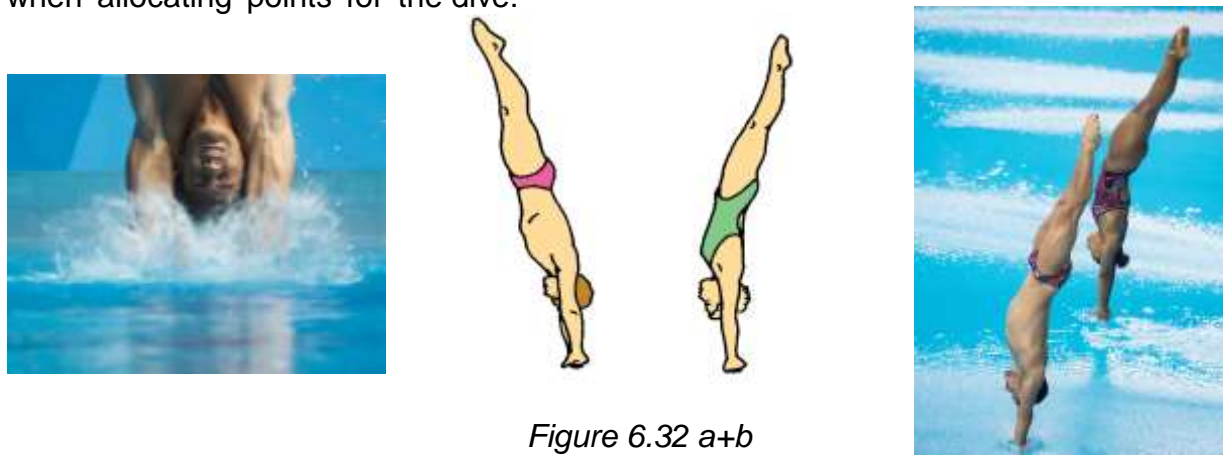


Figure 6.32 a+b

1. *Degree off vertical* - If a dive is not vertical on entry, then it is either short, which means the dive did not rotate enough to reach vertical, or long, which means the dive rotated past vertical. As a general guideline, dives which are more than five degrees off vertical cannot be classified as very good, and dives which are more than 35 degrees off vertical can only be deficient or lower (see Figure 6.33).



Figure 6.33

2. *Reason for being off vertical* - Consideration must also be given as to why the dive was not vertical. For example, a dive which had very little height can cause the diver to be short of vertical (see Figure 6.34) and should be given a lower award than a dive with good height and a misjudgement of the come out, which caused the dive to be over-rotated by the same degree.

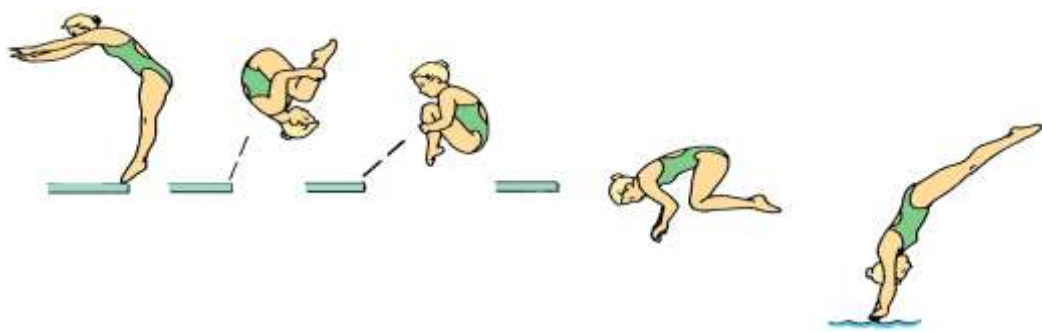


Figure 6.34

Along these same principles, when a dive is short (under rotated), this usually means the diver has not been able to complete the skill. In some instances though, this is just poor judgement of the amount of rotation performed. The diver may have thought the skill had been completed and simply prepared for the entry too soon. The Judge should deduct more for the dive which was not and could not be completed (see Figure 6.35 a) than for a dive which was short by the same degree due to poor judgement in the amount of rotation (see Figure 6.35 b).

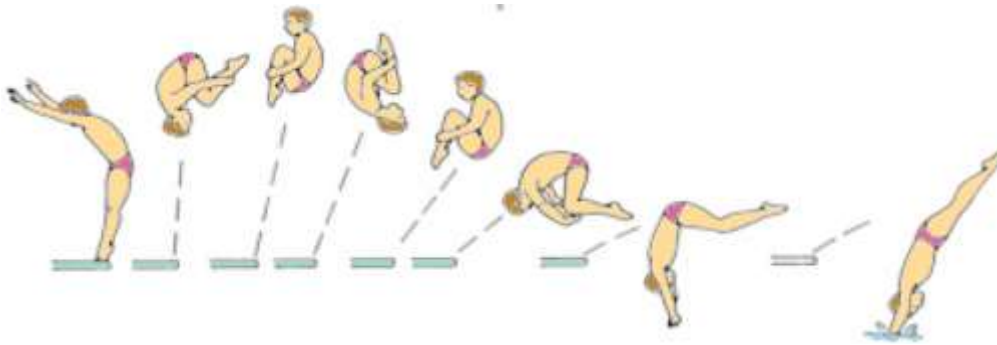


Figure 6.35 a

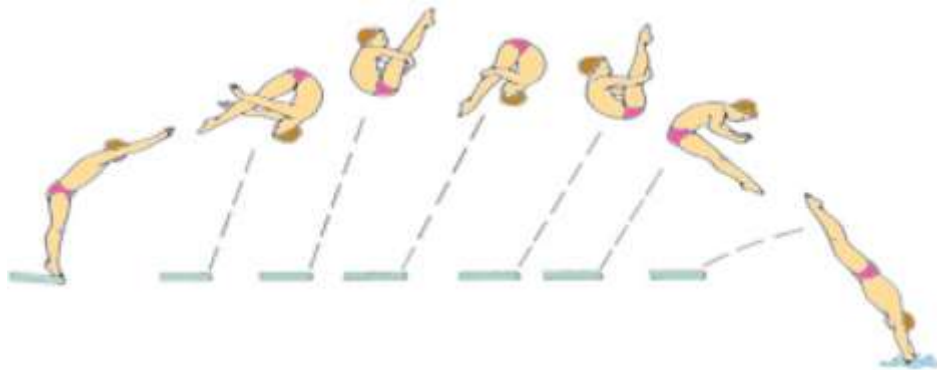


Figure 6.35.b

Dives that are long (over rotated) may result from a diver's miscalculation of the speed of rotation or because the dive was totally out of control at take-off. As with dives that are short, the dive which was out of control or not stopped at all should be marked down more than the dive that has a controlled take-off but was long due to an error in judgement in the amount of rotation or timing of come-out. Care should also be taken to differentiate between a long dive where the whole body is off vertical (see Figure 6.36 a) and one where the legs rotate to some extent as the body is entering the water. Commonly called "washing over", this is prevalent with backward spinning dives (see Figure 6.36 b).

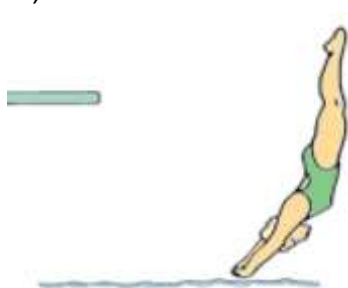


Figure 6.36 a

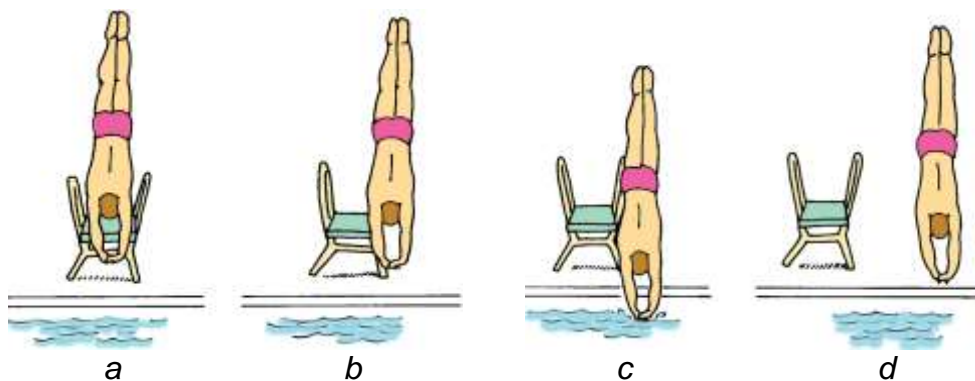


Figure 6.36 b

### **Distance**

Although distance was mentioned in the take-off and flight sections, it is also important to evaluate where the dive actually enters the water. A Judge must check to make sure that the dive was not performed too far from the springboard or platform or too unsafely close. As a general rule, two to five feet (60 - 90 cm .6 to 1.5 meters) away from the springboard / platform is considered good distance for a dive to enter the water, depending on the dive performed.

A Judge must also check to see if a dive entered the water in front of the springboard or platform take-off point. If the dive is off to either side, the Judge must deduct points based on the degree of the error (see Figure 6.37 b, c, and d).



*Figures 6.37 a - d*

### **Amount of splash**

The rip entry (splash-less entry) technique has been one of the major reasons for the judging fault of over-emphasising the entry when judging a dive.

A rip entry, which is a splash-less entry that produces a sound similar to cloth or paper ripping, is a very spectacular finish to a dive. However, extreme care must be taken to ensure that the performance of the rest of the dive is taken into account.

This is especially the case since many divers have learned to rip a dive with a very short entry. It has been common to see a short dive which would normally be awarded a 5 - 6 be given a 7½ - 8 score due to the rip entry.

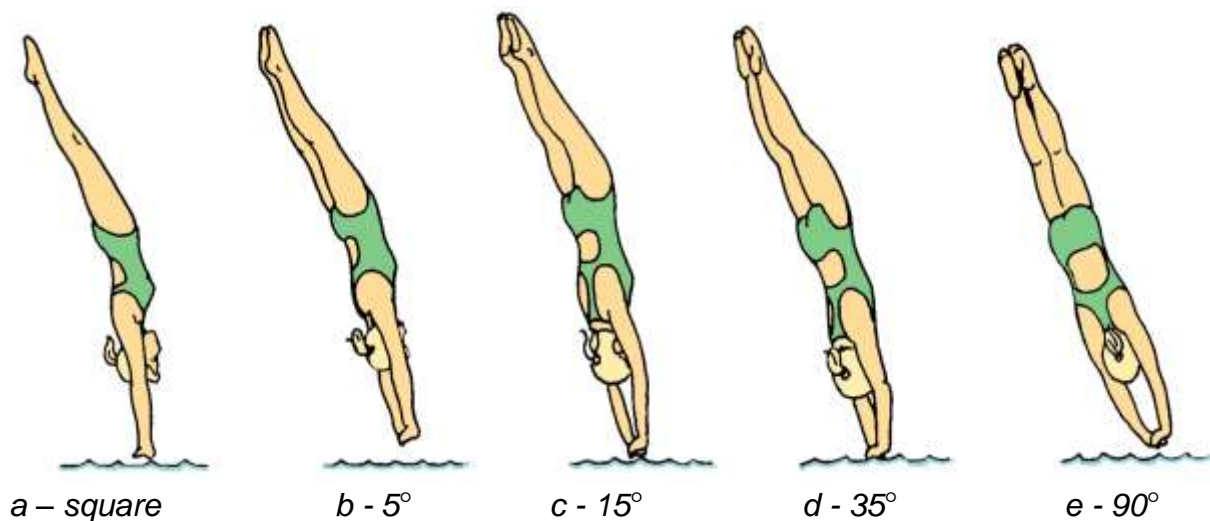
Another fault, which often occurs, is to penalise a diver who has performed a very good dive with high take-off, good flight, and vertical entry but which does not rip. In these cases, the dive is often given only a 7, whereas with a rip, it would have been given a 9 or a 10.

With more and more divers performing a rip entry, a Judge must concentrate on the diver entering the water in a vertical position rather than how close the diver is to a rip entry. As a general rule, a vertical rip entry should be awarded 1 point more than exactly the same dive without a rip.

**Squareness of entry**

A “square” entry means that a diver enters the water such that a Judge can only see the profile side of the body (see Figure 6.38 a). An entry is considered twisted when a Judge is able to see a portion of either the front or back side of the body.

A twisted entry can occur on any dive, but is most prevalent on twisting dives, where the diver is unable to stop the twist (also called “squaring out” of the twist) at the proper time.



*Figures 6.38 a-e*

A general guideline is that dives that are more than five degrees off square cannot be classified as very good or excellent (see Figure 6.38 b). Dives which are more than 15 degrees off square cannot be classified as good (see Figure 6.38 c) and dives which are more than 35 degrees off square can only be deficient or lower (see Figure 6.38 d). If a dive is twisted 90 degrees or more on the entry, the Referee shall declare it a failed dive (see Figure 6.38 e). However, if the Referee does not declare it a failed dive the Judges are to award a zero if in their opinion the dive has twisted more or less than 90 degrees from the requirement of the dive.

A different but similar problem to twisting on entry is casting on the entry, whereby the legs are tilted at the side as they enter the water. It is not uncommon to see an entry which is square at the beginning but in which the legs are 40 - 45 degrees cast (tilted) to the side as they enter the water. Specific recommendations cannot be made for these situations as they must be judged on merit, but in general, it can be said that this fault is not as severe as a complete twist on entry, and would normally incur a ½ to 2 points penalty.

**Body alignment on the entry**

The body should be straight when entering the water. A common fault is that the number of somersaults has not been fully completed before the start of the entry, and the body is still being straightened out while going through the water (see Figure 6.39). In this situation, the dive can at best be considered deficient, i.e. 4½ maximum.

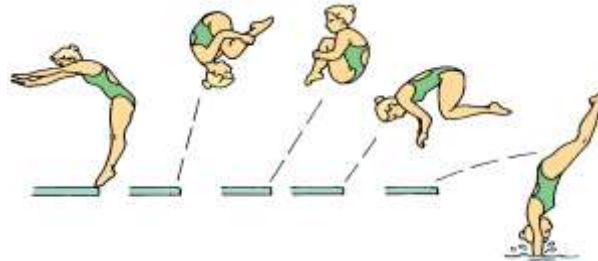


Figure 6.39

Another common fault is that while the dive has been basically completed, the body is not fully straightened and enters the water with some bending at the hips, in a semi – pike position (see Figure 6.40).

This has to be judged on its merits but would normally incur a ½ to 2 points penalty. All head first entries should be executed with the arms stretched beyond the head in a line with the body, with hands close together. A common fault with back spinning dives (although it can also occur on forward spinning dives) is that the diver is not able to complete the number of somersaults announced, and therefore, the arms are not able to be extended before entering the water.

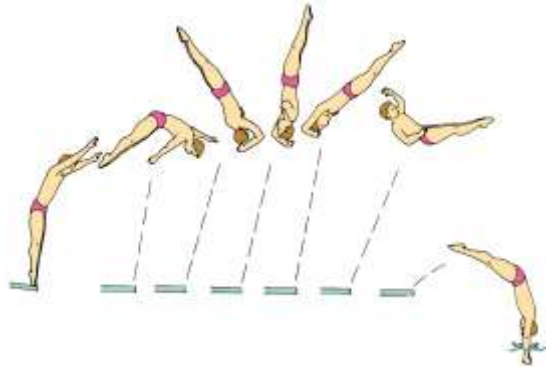


Figure 6.40

If it is a “no arms” entry, such that the hands are below the head, the dive should be considered no better than deficient with a maximum of 4 ½ declared by the Referee (see Figure 6.41 a).

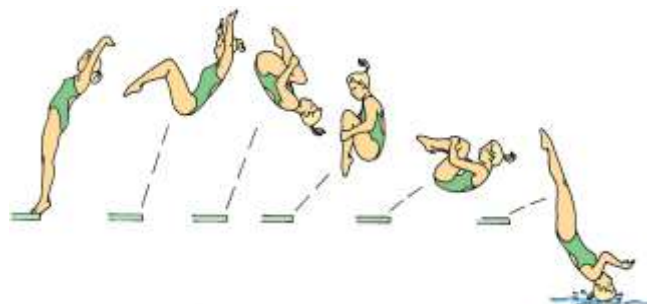


Figure 6.41 a



If the arms are not fully extended prior to entry, the dive cannot be considered any better than fair - 6 maximum - (see Figure 6.41 b).

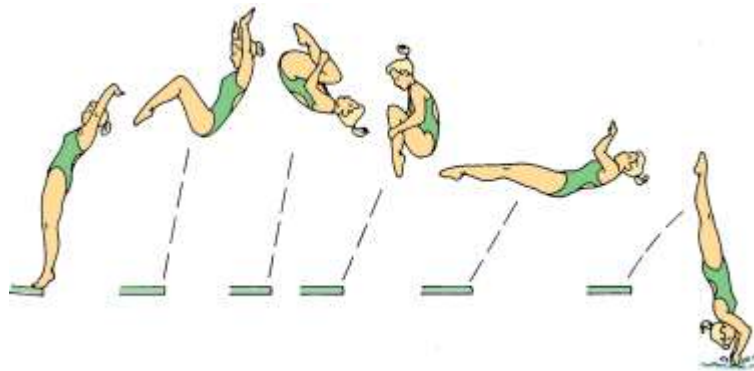


Figure 6.41 b

If, in head first dives, the feet enter the water before the hands, the Referee shall declare the dive to be a failed dive (see Figure 6.41 c).

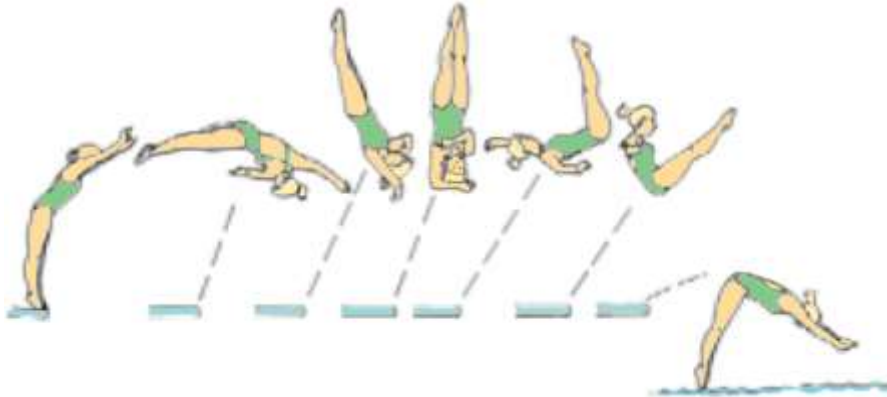
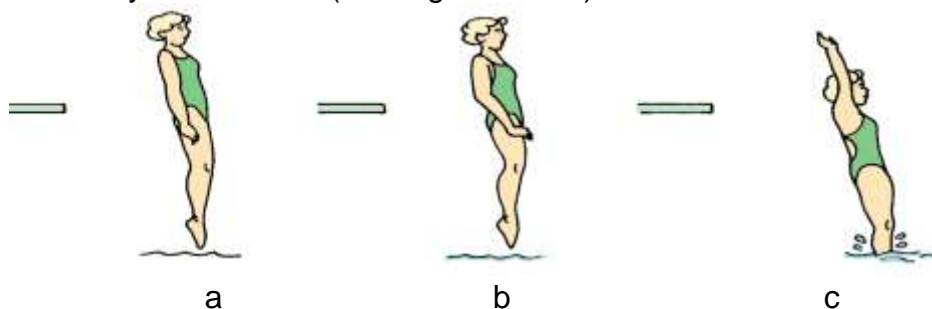


Figure 6.41 c

Feet first entries need to be judged on the same standards as head first entries, with the exception of course that the arms must be by the diver's sides (see Figure 6.42 a). There should be no bending at the elbows. If the arms are not straight on entry, a deduction should be made (see Figure 6.42 b).

If one or both arms are held beyond the head in a feet first entry, the dive is not to be considered satisfactory, and the highest award for such a dive is 4 ½ points which is to be declared by the Referee (see Figure 6.42 c).



Figures 6.42 a - c



## Chapter 7: JUDGING SYNCHRONISED DIVING

### 7.1 The History of Synchronised Diving

Synchronised diving was held at the 1995 FINA World Diving Cup in Atlanta, Georgia, USA, for the first time as an official event on a worldwide level. One year later it was demonstrated at the Atlanta Olympic Games. At the 1997 FINA World Cup in Mexico and the 1998 World Championships in Perth the four synchronised events were part of the official program. In 1997 at the European Championships in Seville, Spain, synchronised diving was held as an official event at continental championships for the first time. Additional opportunities were offered and exhibition events were previously held in the USA, at European Diving Cups, and the 1993 Beijing World Cup. Synchronised diving was already well-known in the USA as a show element in diving in the first part of the 20th century. Synchronised diving became a part of the Olympic programme in 2000 in Sydney as an official diving event at the Olympic Games.



In the FINA Handbook 1996 – 1998 we find for the first time some recommendations for judging synchronised diving. At the Technical Diving Congress held at the FINA World Championships in Perth (1998), the delegates approved the initial synchronised diving, including special judging considerations for synchronised diving. At the Technical Diving Congress held at the FINA World Championships in Fukuoka (2001), some clarifications were approved by the Congress. Major changes to the rules for judging synchronised diving were made at the Technical Diving Congress held in conjunction with the FINA World Championships in Montreal (2005) and Rome (2009). In Rome, rule changes for 2009 – 2013 contemplated having 11 Judges to be used for synchronised diving events at the Olympic Games, World Championships and World Cups.

In 2015 two additional synchronised diving events were introduced: mixed 3m springboard and mixed 10m platform.

### 7.2 The written Rules concerning Synchronised Diving and Comments

D 3.7.1 The synchronised diving competition involves two competitors diving simultaneously from the springboards or platform. The competition is judged on how the two divers individually perform their dives and how the two divers as a team synchronise their performance.

#### Comments

- Referees and synchronisation Judges should consider a synchronised dive as one dive. This can be confusing since there are two divers who perform dives and the execution of each dive is judged in addition to the two divers being judged for synchronisation. However, the two divers are performing one dive as a team. Thus if one diver should balk and both remain on the board, the 2 point deduction is taken from all Judges' awards, including the execution awards for both divers as well as the awards from the synchronised Judges.



- If one diver should perform a dive in one position and the other diver performs the same dive in another position, this would be considered a failed dive. Rule D 3.7.5 states “In each round the two divers must perform the same dive (same dive number and same position). Also, rule D 9.8 confirms, “When either or both divers perform a dive other than that announced, the Referee shall declare a failed dive.” However, the Referee must use caution when using this rule. The dive in question **MUST** be clearly and obviously in another position in order to fail the dive. It is always best for the Referee to defer to the Judges when there is any question of doubt.

*See Case Study # 5 Appendix 10*

- **Further Clarification:** The FINA TDC agrees that Rule D 3.7.5 and D 9.8 shall be applied to synchronised diving in the restrictive way described above. The TDC insists that synchronised dives be the same number and position. They do not want to permit a team to intentionally declare one dive and then do the same dive in a different position only to receive a maximum of 2 points from the execution Judges (as specified for individual diving in D 8.1.4) and then benefit from the synchronisation scores.

D 5.2.1 Whenever possible at the Olympic Games, World Championships and World Cups, seven (7) Judges shall be used for individual events and eleven (11) Judges for synchronised diving events. Five (5) shall judge the synchronisation of the dive, three (3) shall judge the execution of one diver and three (3) the execution of the other diver.

D 7.6 In synchronised diving, when eleven (11) Judges are used, the secretaries shall cancel the highest and the lowest Judges’ awards given for execution for one diver, the highest and lowest Judges’ awards for execution of the other diver and the highest and lowest Judges’ awards given for synchronisation. When two (2) or more awards are equal, either of the equal awards may be cancelled.

D 7.7 In synchronised diving, when nine (9) Judges are used, the secretaries shall cancel the highest and the lowest Judges’ awards given for execution and the highest and lowest Judges’ awards given for synchronisation. When two (2) or more awards are equal, either of the equal awards may be cancelled.

### Comments

- Using 11 Judges is preferred for synchronised diving events because it allows more Judges to observe the execution portion of the dive.
- FR 5.3.13.9 demonstrates how 11 Judges can be placed on the pool deck within the same space required to place 9 Judges.

D 7.10 In synchronised diving, when a Judge (execution or synchronised) by reason of illness or any other unforeseen circumstances, has made no award for a particular dive, in an eleven (11) Judge panel, the average of the awards of the other two (2) execution Judges of the same diver, or the average of the other four synchronised Judges, shall be adopted as the missing award. The average award shall be rounded up or down to the nearest half point or whole point. Averages ending in .01 to .24 shall be lost. Averages ending in .25 to .74 shall be rounded to .50. Averages ending in .75 or higher shall be rounded up to the next whole point. In a nine (9) Judge panel, the award of the other execution Judge of the same diver shall be adopted as the missing award or the average of the other four synchronised Judges, shall be adopted as the missing award.



### Comments

- Judges are part of a team working to evaluate performances fairly. If a Judge, whether judging execution or synchronisation, misses any portion of the dive, that Judge should alert the Referee immediately. Rule D 7.10 provides instruction to the Referee and the table officials on how to calculate the scores. This can be particularly important where a technical flaw (such as a break in position) is missed because of lighting or a distraction (such as a camera flash). In cases where a portion of the dive is not seen clearly, it is best to allow the other members of the judging team who have seen the entire dive to provide the correct score.

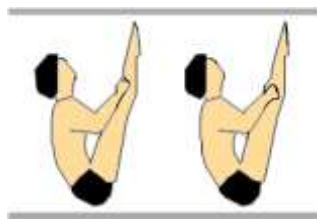
### **Judging synchronised diving**

- D 9.2 The rules for judging individual diving shall apply to the execution of dives in synchronised diving, except that where one or both divers perform a dive of a different number or position, other than that announced the Referee shall declare it a failed dive. *See Case Study # 7 Appendix*
- D 9.3 When judging the synchronisation of the divers, the overall impression of the dives must be taken into account along with the vertical nature of the entry.  
Note: The ideal synchronised dive should have all perfectly synchronised elements with a vertical entry. In other words, two perfectly synchronised dives that are both equally short of vertical should not be awarded a “10” as the vertical entry is part of the overall impression of the synchronised dive.
- D 9.7 The execution Judges must not be influenced by any factor other than the technique and execution of the dive, not both dives, nor the synchronisation of the divers.
- D 9.8 When either or both divers perform a dive other than that announced, the Referee shall declare the dive a failed dive.
- D 9.9 When an execution Judge considers that a dive of a different number has been performed by a diver, the Judge shall award zero (0) points notwithstanding that the Referee has not declared it to be a failed dive. If both execution Judges of one diver in a nine (9) Judge panel or all three (3) execution Judges in an eleven (11) Judge panel, award zero (0) points, the Referee shall declare it a failed dive. If the Referee declares a failed dive, zero (0) points are awarded by all nine (9) or eleven (11) Judges.

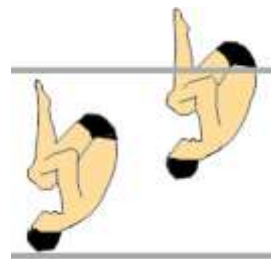
### Comments

- If judging execution, try to see your diver only. If you can say after the competition: “I didn’t realise that it was a synchro event.” you were concentrated appropriately on your task!
- Although it is the intention to treat it as a single dive for the team, the individual diving rules are to be applied when judging execution. For example, if one diver enters the water with his arms in an incorrect position, the execution Judges for that diver shall deduct from ½ - 2 points in accordance with D 8.6.5.

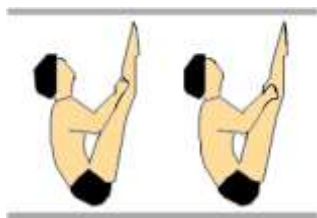
- D 9.4 The factors to be considered in judging synchronisation are:
- the starting position (should be in line with each other), the approach and the take-off, including the similarity of the height
  - the co-ordinated timing of the movements during the flight
  - the similarity of the vertical angles of the entries
  - the comparative distance from the springboard or platform of the entry
  - co-ordinated timing of the entries
- D 9.5 If either diver enters the surface of the water before the other diver leaves the springboard or platform, the Referee shall declare it a failed dive.
- D 9.11 If all the synchronisation Judges award zero (0) points, the Referee shall declare it a failed dive.
- D 9.10 The synchronisation Judges must not be influenced by any other factor other than the co-ordinated performance of the two divers and not the execution of either dive.
- D 9.12 When any of the following faults are shown, each synchronisation Judge shall deduct from  $\frac{1}{2}$  to 2 points, according to his opinion, for the lack of:
- Similarity of the starting position, approach, take-off or height
  - Co-ordinated timing of the movement during the flight
  - Similarity of the vertical angles of the entries
  - Comparative distance from the springboard or platform of the entry
  - Co-ordinated timing of the entries



1 Same height



2 Different heights



3 Co-ordinated timing of the movements during the flight



4 Different speed in the spin



5 Different angle in the pike position



*Differences in the angles of the bodies at the entries*



*Difference in the distance to the board or platform at the entries*



*Perfect timing of the entries*



*Difference in the co-ordinated timing*

### Comments

As a guideline it is helpful for the Judge who is judging synchronisation to judge the overall impression of synchronisation and to apply the same scale as on individual dives.

For example:

- excellent synchronisation            10 points
- very good synchronisation        8.5 to 9.5 points
- good synchronisation                7.0 to 8.0 points
- satisfactory synchronisation       5.0 to 6.5 points
- deficient synchronisation         2.5 to 4.5 points
- unsatisfactory synchronisation   0.5 to 2.0 points
- no synchronisation (failed)        0 points



The Judge should memorise the impressions in the different parts of a dive:

Same height, slightly different spin, same angle at entry, but big differences concerning distance from the board, excellent co-ordinated timing of the entries = 7.0.

Big Differences in the take-off and no co-ordination during the flight, absolutely same angles and distance at the entry, at least 1 ½ m difference of distance in the timing at the entry (3m board) = 5.0.

Where was the second diver? = **10.0!**



## Chapter 8: ORGANISATION OF AN INTERNATIONAL DIVING COMPETITION

### 8.1 Officials

Organisers of international diving competitions need, in principle, the following officials or functions (of which some may be combined):

- a) Head of organisation
- b) Main secretary
- c) Chief of accommodation
- d) Chief of requisites
- e) Chief of transportation
- f) Chief of ceremonies
- g) Chief of finances
- h) Press officer
- l) Interpreters
- j) First aid personnel
- k) Doctor
- l) Referee/s
- m) Announcer/s
- n) Judges (including reserves)
- o) Diving secretaries
- p) Computer technicians
- q) Secretary for the adding machine (if manual secretariat is used)
- r) Personnel to handle the photocopier
- s) Personnel to handle the manual tables (if such are used)
- t) Boys / girls (young divers) for the distribution of results and for other assistance
- u) Prize awarding officials and assisting personnel



### 8.2 Equipment and Requisites

- a) At least two 1-m springboards and two 3-m springboards (the level and anchoring of the boards should be inspected at least one week before the arrival of the participants) and one diving board in reserve in case one breaks
- b) A satisfactory non-slip surface with a sharp (90 degrees) front edge on all platforms and preferably a wind cover on the 10-m platform in outdoor facilities
- c) Surface agitation that can be directed at different angles and with adjustable water pressure or a device with air bubbles
- d) Higher water temperature, preferable 29 - 30 degrees Celsius (84 - 86 degrees Fahrenheit) but never less than 26 degrees C (79 degrees F)
- e) Good lighting in indoor pools (600 lux one metre above water surface, 1500 lux for Olympics and World Championships)
- f) Warm room, warm shower, or warm water pool so close to the diving facilities that the divers can go there between each dive during the event
- g) For Olympic Games and World Championships, the host facility must provide a trampoline with spotting equipment and a hot tub. It is preferred that there be two trampolines and a dryland area with a springboard and a platform take-off into foam landing pits (FR 6.4)
- h) Barriers behind the springboards so that nobody except divers can pass there during the event



- l) Chairs for the Judges (at least 2m above the water level for 3m and platform competition and normal chairs for 1m competitions) with numbers on the front and back of each chair
- j) Chairs or benches for the participants and for the coaches, placed so that the coaches can see the dives from the side and assist the divers during the event
- k) Table and chairs for the secretariat and the Referee, placed so that the Referee can see the dives from the side and fairly close to the announcer
- l) For outdoor competitions, rain cover for the secretariat, coaches and participants, and rain cover or rain coats for the Judges
- m) Microphone and loud speaker (with a megaphone in reserve if the loud speaker breaks down)
- n) Music tape / CD and a tape recorder / CD player for the parades, flags and national anthems for the victory ceremonies
- o) A box near the diving tower where the divers can submit their list of dives
- p) A display board near the diving tower for information to Judges, coaches and divers
- q) Coffee, water, and other beverages for the Judges and secretaries
- r) Awards platform and medals or other prizes for the participants
- s) Programme for the spectators and programme and other written information for the press
- t) A meeting room for main officials close to the diving pool with lockers and letter boxes
- u) Diving forms, whistle, and a rule book for the Referee. Diving forms and composition of the judging panel for the announcer
- v) Diving forms, 4 rapid calculators, and pencils for the manual secretaries
- w) Computer, printer, adding machine (for manual secretariat), photocopier, and paper for the printer and the photocopier
- x) A manual board for the display of the dive number and position (serves as reserve if an electronic scoreboard is used)
- y) Electronic scoreboard for the display of the diver's awards and the diver's total points
- z) Water and / or other beverages and snacks for the Judges, divers and coaches

### 8.3 Invitation

It is an obvious advantage for the guests to be well informed at an early stage. The invitation to the contest should therefore contain the following information:

- a) Date and place for the contest
- b) Deadline for entries and the address to which entries should be sent
- c) The financial conditions for participation
- d) Dates of expected arrival and departure
- e) Event qualification limits
- f) Competition format (Olympic format, tournament system, etc.)
- g) Preliminaries or direct finals and number of finalists
- h) Programme schedule
- l) Time for training
- j) Time and place for the technical meeting
- k) Expected clothing for Referees and Judges
- l) Outdoor or indoor pool
- m) Type of boards (Duraflex Maxiflex B, etc.)





- n) Height of available platforms
- o) Name, address, telephone number, and fax number of the hotel(s)
- p) Hotel prices for single and double rooms with breakfast, half pension, and full pension
- q) Name, address, telephone number, and fax number of the pool
- r) Names of invited clubs / countries
- s) Visa regulations if any

#### **8.4 Information upon Arrival**

Upon arrival all leaders, coaches, and divers should receive written information about the following:

- a) Same information as in f), g), h), l), j), and k) under point 8.3 above
- b) Names and working tasks of main officials, and where they can be reached
- c) Names of all participants
- d) Diving forms and information where and when to deliver them
- e) Transport between hotel and pool
- f) Times for breakfast, lunch, and dinner
- g) Where, when, and with whom to clear up the finances
- h) Time and place for the farewell party and transportation to and from the party
- l) General information about the town and a map with hotel and pool marked.

#### **8.5 Hotel and Meals**

All participants should, if possible, be placed in the same hotel, and the hotel should be situated as close to the pool as possible. The hours for breakfast and lunch must be flexible so that every diver can eat when it suits him or her best in relation to the contest. Dinner can be served for all participants at a fixed time if it is served after the contest. The participants should not be forced to have lunch at the hotel if the distance between the pool and the hotel is far. Many divers prefer to have lunch in the pool or in its neighbourhood.

#### **8.6 Transportation**

If the pool is not situated within walking distance, the organisers should have buses available. The buses should depart every fifteen minutes in the morning, at lunch, and before each event, and preferably every thirty minutes during the rest of the day.

All participants should be informed about transportation times. Alternatively, each team can have its own bus or car and, thus, decide its own times. In case the local public transport means have to be used, the participants should be informed about timetables, number of the buses / trams and ticket price. There should be a Head of transportation to give service and information and to be responsible for the transportation of the teams from and to the airport / railway station upon arrival and departure.



## 8.7 Training

For Olympic Games and World Championships, the pool shall be open for training not less than eight days before the competition (BL 9.2.3). For other competitions it is recommended that the pool be open for training at least three days before the competition.

It is recommended that the pool opens at 0700 hours. During a competition day, the pool must be open when no competition is in progress. Thus, the pool must be available for training before, between, and after the diving competitions and cannot, for example, be closed for cleaning during day time. The diving pool shall also be open for training during preliminary swimming competitions in the swimming pool, but not during swimming finals and medal matches in water polo.

If the competition will be televised and extra spotlights are used for that purpose, the spotlights must be turned on during training in order to permit the divers to become accustomed to the light.

It is not recommended that the divers are divided into training groups with special hours for each club / country unless it is a very big event and in that case the training hours should be “rotated”.

## 8.8 Contest Hours

The first section of the contest should never start before 0930 and preferable not before 1000 hours. The pause between the contest in the morning and in the afternoon / evening should be as long as possible. If the contest takes place outdoors, the afternoon section must not start so late that it may be getting dark by the end of the contest. If it is uncertain whether the light will be sufficient through two competitions, the platform event should take place before the springboard event.

## 8.9 Technical Meeting

At the technical meeting the following should be discussed:

- a) Confirm that the entered divers will start (and assist the speaker by checking the correct pronunciation of the names), preferably using a computer and projector and making corrections with the assistance of the applicable federation representative; alternatively, if a projector is not available, all changes should be reviewed at the completion of the session to ensure completeness
- b) Decide the start order by drawing of lots, preferably using a computer random generation program if available
- c) Give information as to how and when the list of dives should be submitted
- d) Where applicable, introduce the FINA delegate, other FINA members, local administrators, and name the Jury of Appeal
- e) Check that the entered Judges will officiate and if they are available for all events



- f) Appoint Judges (including at least one reserve Judge for each event) or inform when and how the Judges will be appointed if they have not been appointed before the meeting (neutral Judges for the final competitions)
- g) If the double panel system is used, remind Judges that the change will be after three rounds of dives
- h) Give information as to how the Judges should be dressed and when and where they are to assemble before each event
- i) If electronic equipment is used, give instruction as to how the touch pads work
- j) Give information about the ceremonies (opening ceremony, introduction of divers in each event, introduction of Judges, victory ceremonies) and explain the pool premises with the help of a map
- k) Give information about training on competition days, including closing time for non-competitors in the actual event and closing time for competitors
- l) Give information about future meetings and social events during the competition days
- m) Check if there are any changes in the teams' departure times
- n) Give general information about the contest and provide an opportunity to ask questions
- o) If the technical meeting is held in the presence of a representative from FINA or for some continental or other international body within diving, the meeting can also be used for exchange of views and information about decisions and plans that concern the international diving family

If there are seats enough, it is advisable to invite the divers to take part in the technical meeting. That is the easiest way to gather and inform everyone at the same time.

### **8.10 Final Preparations before the Contest**

At numerous competitions a number of technical and other problems occur during the first event. This should be avoided. It is an offence to the competitors in that event to use it as a test competition. Therefore, special attention should be paid to the final preparations before the first contest:

- a) Check the diving forms at such an early stage that there is time enough left to contact the divers if corrections must be made and, at computerised competitions, time enough to write the series into the computer program and check them. A printout and posting of the list of dives should be done as quickly to give the divers the opportunity to check for accuracy
- b) Check the loud speaker at least one day before the contest and again some hours before the contest
- c) Check the positions and the number of the Judges' chairs (the closest chair on each side in line with the front edge of the springboard / platform and the chairs numbered clockwise in accordance with FR 5.3.12 and FR 5.3.13)
- d) A rehearsal with the Judges is compulsory. The function of the touch pads should be demonstrated at the technical meeting but that is not sufficient. The complete electronic system must be tested in the pool with the Judges seated in the Judges' chairs. They shall not only practice entering various awards with full and half points (including 0, 0.5 and 10 points) but also deleting and substituting for already entered awards. This rehearsal, which preferably should be organised during a training session for the divers early on the first day of competition also has the



- purpose to check that the number of each touchpad corresponds to the number on the Judges' chairs, and that the connection functions between both the touch pads and the computer and between the computer and the scoreboard
- e) Check that the surface agitation works satisfactorily
  - f) Run a test contest of some 15 minutes during the training some hours before the first event on the first day, pretending that the dives performed in training are competitive dives and check that all officials are performing their task and that all equipment and requisites are available and functioning
  - g) Post a list near the tower containing the divers' start order, a list of their dives if available, and the names of the Judges
  - h) Check that all officials are present 15 minutes before the start
  - l) Advise the divers by loud speaker 10 minutes before the start and then again one minute before the start
  - j) If a contest is to start at a certain hour, the first dive should be made exactly at that hour
  - k) Announce the participants' names, start order, and the names of the Judges three minutes before the beginning of the contest. If participants and Judges are to parade, this should be done at the latest 10 minutes before the contest. If applicable, inform the coaches of an athlete parade prior to the event. Consider if time permits the divers to bounce the boards before the event starts.

### **8.11 The Announcer and the Referee**

The duration of diving events, especially the preliminaries, is often considered a major problem and mainly depends on the time required for the secretarial and computer work (and television replays). There are two key officials: the announcer and the Referee. If each of them uses 2 - 3 seconds per dive more than necessary, the total duration of the competition is considerably affected at big events.

The announcer should not make a pause after having announced the awards or points of the previous dive; he should immediately announce the next dive. The same goes for the Referee; he should make the comparison with the divers' list of dives and the electronic scoreboard during the announcement and give his signal immediately after the announcement if the diver is ready.

Concerning the announcer, it is further advisable that he announces the diver's name and club / country in the first round but only the name in the following rounds. As to the announcement of dives, time can be saved in the preliminaries by not mentioning the DD, by verbally announcing only the dive number and position (e.g. 101 A) instead of the complete dive description, by not announcing the dive verbally when dive number and position are shown on the scoreboard, and / or by not reading the Judges' awards when they are shown on the scoreboard.

At international contests, the announcer is expected to speak the language of the host country. Final results, however, must be announced in the host language and one of the FINA official languages (English or French).



## 8.12 Secretariat at Contests with Electronic System

If the competition is computerised and the Judge's awards and calculations are run electronically, the following should be observed.

- a) If the computer software automatically gives the DD when entering the dive number and position and if the DD does not correspond to the DD written by the competitor, don't take it for granted that the DD given by the computer is correct. It often happens that the diver has written a correct DD but a wrong dive number or a wrong position. Consequently, ask the Referee to contact the diver and clear up any inconsistencies.
- b) When checking that the correct dives have been entered into the computer programme, don't trust reading from the monitor. It is much easier to observe mistakes if you make a printout on paper and compare the printed list with the competitors' original diving forms.
- c) According to FINA Rule D 7.1, two independent secretariats should work during a diving competition. When a computer system is used, that system fulfils the tasks of the first secretariat. At such a competition, the second secretariat must be prepared for a possible breakdown of the computer. When this occurs procedures described in 8.13 below shall be followed. As it must be assumed that the computer calculates correctly there is no reason for these secretaries to make any calculations; registration of the figures is sufficient. (The reason for using three secretaries recording awards is that two can have different figures in which case a comparison can be made with the figures registered by the third secretary.)
- d) The Referee shall check that the correct dive is displayed on the electronic scoreboard.

For this purpose the Referee must compare the displayed number with a copy of the diver's original diving form. A printout of the computer list may not be used by the Referee since the number shown on the scoreboard is identical with the printout from the computer and the computer list may be different from the original diving form.

- e) When the Judges have entered their awards on their touch pads, the Referee (or assistant Referee) shall check the awards on the monitor before giving a signal to the computer technician to send the awards to the scoreboard. As Judges sometimes press the wrong button without observing it or without knowing how to correct it, the Referee should always follow this control procedure in order to prevent obviously wrong awards from being shown on the scoreboard. It is much more complicated and takes much more time to make corrections when the awards have already been shown on the scoreboard. Therefore, it is important to check strange awards in advance by asking the Judge concerned. However, if the awards already have been shown on the scoreboard, a correction should only be granted if it is obvious that a Judge has pressed the wrong button. This procedure should not be used by Judges who simply regret their award and try to adjust when they see the awards of the other Judges. Example: If a Judge has given 0.5 when the others have given 5 or 5.5, a correction should be granted, but not if the Judge has given 4.5.



### 8.13 Secretariat at Contests with Manual System

At a contest without an electronic system for Judges and calculation, it is recommended that the secretariat consist of the following 9 persons placed in the following order:

**A B C D E F G H I**

A = Announcer. Reads the name and dive from the divers' list of dives

B = Records the awards on a set of divers' list of dives. Secretary B continuously writes down all the Judges' awards during the competition and keeps them "in reserve" in case secretaries C and I have different notations concerning the awards given on a dive as observed by secretary F

C = Records the Judges' awards on a set of divers' list of dives and draws a line through (scratches out) the appropriate high and low awards. Passes diving form to D

D = Adds and records the remaining awards, uses a calculator to multiply the sum of the awards by the degree of difficulty, and records this total on the diving sheet. Passes diving form to E

E = Adds this new score for the dive to the running total for this diver. Passes diving form to F

F = Compares the diving forms received from E and G to determine if they match. If they do not match then determines on which form the error has occurred and makes the appropriate correction. If the recorded awards are different on the two forms then goes to recorder A's diving form to determine which awards are correct and makes the appropriate changes. Returns diving forms to secretaries C and I

G = Has the same duties as secretary E. Passes diving form to F

H = Has the same duties as secretary D. Passes diving form to G

I = Has the same duties as secretary C. Passes diving form to H

### 8.14 Results

The results should always be posted and distributed to all leaders and coaches, immediately after each session and after each event. Use the youngsters for the distribution. The results should also be put in a special file after the whole contest and be distributed to the same persons. The team manager should get two copies, one for the manager and one for the club or federation.

In order to give a rapid result service, the following is necessary:

- a) The result lists should be prepared during the contest and that principle should be followed also when the secretarial work is done manually
- b) The copying should be done during the contest, which means that the distance between the secretariat and the photocopier must be short
- c) The complete file of the results should be input every day and immediately after each contest of the last day so that only a few lists remain to be input after the last contest. (At many competitions the complete result files are not even finished by the time of the farewell party, simply because the filing work was not started until the last day)

### 8.15 Press and Public Service

Diving needs good publicity. Therefore, appoint a special contact person (media liaison) for the press who is a diving expert and preferably speaks more than one language. The media liaison should contact the press long before the contest, gather the journalists before the contest, and give them written information and data about the divers. Write a simple description of the diving rules and rules for judging and hand it over to the journalists. Print the same description in the programme for the public. Arrange a press conference after each contest and see to it that the best divers and their coaches are then present. Let the media liaison also instruct the photographers and TV crew about how, where, and when they may be positioned to take photographs during the contest. Remind them that there are to be no flash cameras during the competition.





## Appendix 1: GLOSSARY

**Approach** - The portion of the dive immediately following the starting position. For standing dives, the approach commences when the legs begin the press.

For running dives the approach commences when the diver leaves the starting position and begins the movement towards the end of the springboard or platform.

**Armstand Dives** - A group of dives done from the platform in which a diver begins a dive from an armstand position at the end of the platform.

**Balk** - When a diver stops a dive after he or she has left the starting position. This illegal movement by the diver will result in a two point deduction from each Judge's award for: (1) a false start in which a diver makes an obvious attempt to start the approach but does not complete the dive, (2) a loss of balance on an armstand dive causing any part of the body to return to the platform, or (3) any movement of the hands on an armstand dive after both feet have left the platform.

**Cast** - A term used to describe an entry in which a diver's body is entering the water off-axis, or tilted sideways.

**Crow hop** - A movement where the diver lifts his feet from the board or platform. This is considered a flaw in technique and should result in the Judge making a deduction from ½ to 2 points, according to his opinion.

**Degree of Difficulty (D.D.)** - A rating of the difficulty of a dive as determined by the Degree of Difficulty Formula. The D.D. is multiplied by the sum of the remaining Judges' awards after cancellations when calculating the total score for a dive.

**Double Bounce** - An intentional trampolining bounce (as if bouncing on a trampoline) on the springboard or platform for the purpose of acquiring greater elevation. It is a prohibited manoeuvre and should result in failed dive declared by the Referee. (This should not be confused with a crow hop as defined above).

**Entry** - The conclusion of the dive as the diver enters the water. An entry may either be head-first or feet-first, depending on the description of the dive.

**Failed Dive** - A dive that receives zero points.

**Federation Internationale de Natation (FINA)** - The international governing body for aquatic sports, including diving.

**Free Position (Position D in the DD Formula and Tables)** - Twisting dives where the diver can use any of the positions straight, pike, or tuck or any combination of them.

**Hurdle** - A jump from one foot to a two-foot landing on the end of the springboard or platform followed by the take-off.

**Judge** - Diving official who evaluates the performance of each dive and makes an award on a scale of 0 (lowest) to 10 (highest).



**Long** - A term used to describe a dive that has over-rotated.

**One Foot Take-Off** - A technique, allowed only in platform diving, used by some divers to aid in projecting running take-offs up and away from the platform. It is most often used in reverse dives.

**Pike Position (Position B in the DD Formula and Tables)** - A dive position in which the body is bent at the hips, the legs are straight at the knees, the feet together, and the toes pointed. The position of the arms is optional.

**Press** - The action of a diver depressing the springboard or, in a platform diving, loading the body weight onto the legs prior to take-off.

**Referee** - Diving official who manages the competition and insures that all regulations are observed.

**Rip Entry** - An entry into the water that creates little splash and is accompanied by a sound similar to fabric ripping.

**Running Dive** - Any dive that utilises a forward approach with steps which ends with a hurdle on springboard and may end with a hurdle or one foot take-off from the platform.

**Save** - A term used to describe a diver's deliberate movement underwater to make the dive appear to enter the water as vertically as possible.

**Short** - A term used to describe a dive that is under-rotated at the entry.

**Split Tuck or Pike** - A flaw in the tuck or pike positions in which a diver separates, or splits, the legs apart during the execution of the dive.

**Spotting** - A technique in which a diver visually sees or "spots" a specific reference point to aid orientation during a somersaulting dive.



**Square** - A term used to describe an entry that is not twisted.

**Square-out** - The method of stopping the twist in dives that combine somersaulting and twisting.

**Standing Dive** - Any dive that begins from the front end of the springboard or platform without taking any steps or bounces prior to take-off.

**Straight Position (Position A in the DD Formula and Tables)** - A dive position in which the body is straight without bending at the knees or hips, feet together, and toes pointed. The arm position is optional. Formerly called the “layout” position.



Photo: Georgie Kerr

**Starting Position** - The position a diver takes to begin the dive, and the point in which a Judge begins to evaluate the dive.

**Synchronised Diving** - A diving event in which two divers simultaneously perform dives from either two adjacent one metre springboards, three metre springboards or side-by-side from the platform.

**Take-Off** - The period of two foot contact with the springboard or platform which follows the hurdle and precedes the flight. In the case of standing springboard take-offs, it refers to the final depression and recoil of the springboard preceding the flight and, in standing platform take-offs, to the final downward and upward motion of the body leading up to the final contact with the platform.

**Tuck Position (Position C in the DD Formula and Tables)** - A dive position in which the body is bent at both the hips and the knees and the hands are held on the lower legs with the knees and feet together.

## Appendix 2: DIVING RULES

### D 1 GENERAL

**D 1.1** These Rules shall govern all Diving competitions covered by BL 9 and GR 9 (Olympic Games and World Championships), BL 10 (World Diving Cup), and GR 10 (World Junior Championships).

**D 1.2** All diving installations, including the springboards and platforms, shall be in accordance with the FINA Facilities Rules, inspected and approved by the delegate of FINA, and a member of the Technical Diving Committee no later than 120 days prior to the start of the competitions.

**D 1.3** When diving is sharing the same venue with any other discipline, all diving installations shall be available for use by entered diving competitors on competition days provided no competition is in progress.

**D 1.4** Divers younger than 14 years on December 31st in the year of the competition shall not be permitted to compete at the Olympic Games, World Championships or World Cups.

#### D 1.5 Diving Number Designations

**D 1.5.1** All dives shall be designated by a system of 3 or 4 numerals followed by a single letter.

**D 1.5.2** The first digit shall indicate the group to which the dive belongs:

- 1 = Front
- 2 = Back
- 3 = Reverse
- 4 = Inward
- 5 = Twisting
- 6 = Armstand

**D 1.5.3** In the Front, Back, Reverse and Inward groups, a 1 in the second digit indicates that the dive has a flying action during the dive. When there is no flying action the second digit shall be 0.

**D 1.5.4** The third digit shall indicate the number of half somersaults being performed. For example 1 =  $\frac{1}{2}$  somersault, 9 = 4  $\frac{1}{2}$  somersaults, etc. When there are more than 4  $\frac{1}{2}$  somersaults there will be four digits with the third and fourth digits indicating the number of half somersaults. For example 11 = 5  $\frac{1}{2}$  somersaults as 1011.

**D 1.5.5** In Armstand dives the second digit indicates the group or direction to which the dive belongs:

- 1 = Front
- 2 = Back
- 3 = Reverse

**D 1.5.6** In the Twisting group (those dives beginning with the digit 5) the second digit indicates the group or direction of the take-off as listed in D 1.5.2 above.

**D 1.5.7** In the Twisting and Armstand groups the fourth digit shall indicate the number of half twists being performed.



**D 1.5.8** The letter at the end of the dive number shall indicate the position in which the dive is performed:

A = Straight

B = Pike

C = Tuck

D = Free

**D 1.5.9** Free position means any combination of the other positions and is restricted in its use in some twisting dives.

## **D 1.6 Degree of Difficulty**

**D 1.6.1** The degree of difficulty of each dive is calculated using the following formula (the component values of the formula are outlined in Appendix 1 and 3):

$A + B + C + D + E = \text{DEGREE OF DIFFICULTY}$

**D 1.6.2** As a guide, dives with their numbers and degrees of difficulty for springboard dives have been calculated and are tabled in Appendix 2. Platform dives are tabled in Appendix 4.

**D 1.6.3** Any dive, which is not tabled in Appendix 2 or 4 but is used in a competition, shall be given the dive number and degree of difficulty as determined in accordance with Rules D 1.5 and D 1.6.

**D 1.6.4** In calculating the degree of difficulty for dives with twists, the following need to be noted:

- Dives with  $\frac{1}{2}$  somersault and twists can only be executed in position A, B or C,
- Dives with 1 or  $1\frac{1}{2}$  somersaults and twists can only be executed in position D,
- Dives with 2 or more somersaults and twists can only be executed in position B or C,
- Armstand dives with 1,  $1\frac{1}{2}$ , or 2 somersaults and one or more twists can only be executed in position D, and
- Armstand dives with  $2\frac{1}{2}$  or more somersaults and twists can only be executed in position B or C.

**D 1.6.5** The Appendixes 1, 2, 3 and 4 are established by the FINA Technical Diving Committee (TDC) and approved by the FINA Bureau.

## **D 2 COMPETITIONS**

### **D 2.1 General**

**D 2.1.1** The order of diving shall be determined by a random draw prior to all preliminary competitions. The draw shall be held at the Technical Meeting prior to the preliminary competition. When available, an electronic draw shall be used.

**D 2.1.2** In the semi-finals, the divers shall compete in reverse order of their ranking determined by the total scores at the end of the preliminary competition. In the case of a tie, the dive order shall be determined by a draw between the affected divers.

**D 2.1.3** In the final competition, except where a tournament system is used, the divers shall compete in the reverse order of their ranking determined by the total scores at the end of the semi-final competition. In the case of a tie, the order shall be determined by a draw between the affected divers.



**D 2.1.4** When the tournament system is used, the divers shall compete in all remaining sessions of the competition in the reverse order of their ranking determined by the total scores at the end of the preliminary competition. In the case of a tie, the order shall be determined by a draw between the affected divers. When there is a tie for the last position both divers will dive in the same semi-final.

**D 2.1.5** The total number of dives executed in one session shall not exceed 210. In that case the session shall be divided into two or more sessions, unless a double panel system is used.

**D 2.1.6** If a diver is unable to compete at the beginning of any session, the diver ranked next shall advance to the next session, in order to have the prescribed number of divers in each session.

**D 2.1.7** When two or more divers score the same number of points, a tie shall be declared for that particular place.

**D 2.1.8** In the individual events, the diver with the highest total points shall be declared the winner of that event. The remaining divers shall be ranked by their final points.

**D 2.1.9** In the synchronised and team events, the team with the highest total points shall be declared the winner of that event. The remaining teams shall be ranked by their final points.

The procedure for protests is outlined in GR 9.2.

## **D 2.2 1 metre springboard**

**D 2.2.1** At the World Championships there shall be a preliminary and final competition. The final competition shall be conducted in a tournament system, the details of which shall be decided by the Bureau on recommendation of the Technical Diving Committee.

**D 2.2.2** The final shall comprise the top twelve (12) ranked divers from the preliminary competition.

## **D 2.3 3 metre springboard and 10 metre platform**

**D 2.3.1** At the Olympic Games and World Championships there shall always be a preliminary, a semi-final, and a final competition.

**D 2.3.2** The semi-final shall comprise the top eighteen (18) ranked divers from the preliminary competition and the final shall comprise the top twelve (12) ranked divers from the semi-final.

**D 2.3.3** The preliminary, semi-final, and final competition are separate events, each starting from zero (0) points.

## **D 2.4 Synchronised Diving - 3 metre springboard and 10 metre platform**

**D 2.4.1** There shall be a preliminary and a final competition.

**D 2.4.2** At the World Championships, the final shall comprise the top twelve (12) teams from the preliminary round.



**D 2.4.3** The preliminary and final competitions are separate events, each starting from zero (0) points.

**D 2.4.4** In the case of the Olympic Games, if pre-qualification of the number of teams is required, competitions may be held separately and in advance of different venues to establish the teams that qualify.

### **D 2.5 Team diving - 3 metre springboard and 10 metre platform combined**

**D 2.5.1** There shall be a direct final.

### **D 2.6 Mixed Synchro Diving – 3m springboard and 10m platform**

**D 2.6.1** There shall be a direct final.

## **D 3 COMPETITION FORMAT**

**D 3.1** All individual and synchronised diving competitions for men shall comprise six (6) dives.

**D 3.2** All individual and synchronised diving competitions for women shall comprise five (5) dives.

**D 3.3** No dives shall be repeated within each six (6) or five (5) dives.

**D 3.4** A dive of the same number shall be regarded as the same dive.

### **D 3.5 1 metre and 3 metre springboard – men and women**

**D 3.5.1** The Women's springboard competitions shall comprise five (5) dives from different groups without limit of degree of difficulty.

**D 3.5.2** The Men's springboard competitions shall comprise six (6) dives without limit of degree of difficulty, of which one dive shall be selected from each group, plus an additional dive which may be selected from any group.

### **D 3.6 Platform – men and women**

**D 3.6.1** The Women's platform competitions shall comprise five (5) dives from different groups without limit of degree of difficulty.

**D 3.6.2** The Men's platform competitions shall comprise six (6) dives from different groups without limit of degree of difficulty.

**D 3.6.3** At all FINA competitions (Olympic Games, World Champion-ships, World Cups and other FINA events, other than Age group competitions), only dives from the 10 metre platform may be executed.



### D 3.7 Synchronised diving

**D 3.7.1** The synchronised diving competition involves two competitors diving simultaneously from the springboard or platform. The competition is judged on how the two divers individually perform their dives and how the two divers as a team synchronise their performance.



**D 3.7.2** The competition at Olympic Games, World Championships, World Cups and Continental Championships shall comprise two competitors of the same Federation.

**D 3.7.3** Every competition for women and for mixed synchro on 3m springboard and platform shall comprise five (5) rounds of dives from five (5) different groups. Two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and three (3) rounds of dives without limit of degree of difficulty. All forward facing dives on springboard shall be done with a running approach.

**D 3.7.4** Every competition for men on 3m springboard and platform shall comprise six (6) rounds of dives from five (5) different groups. Two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and four (4) rounds of dives without limit of degree of difficulty. All forward facing dives on springboard shall be done with a running approach.

**D 3.7.5** In each round the two divers must perform the same dive (same dive number and same position).

*Note: In mixed synchronised diving events a combination of groups shall be allowed (see D 3.9.5).*

### D 3.8 Team diving

**D 3.8.1** The team diving competition involves one female and one male diver.

**D 3.8.2** The competition at World Championships, World Cups, and Continental Championships shall comprise two competitors of the same Federation.

**D 3.8.3** Every competition shall comprise six (6) different dives from six (6) different groups. Two (2) dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and four (4) dives without limit of degree of difficulty.

**D 3.8.4** Three (3) dives shall be executed by the female competitor, the other three (3) dives by the male competitor. Three (3) dives shall be executed from the 3m springboard and the other three (3) dives from the 10m platform. Each diver must perform at least one (1) dive from the 3m springboard and one (1) dive from the 10m platform.

**D 3.8.5** The two (2) dives with an assigned degree of difficulty of 2.0 regardless of the formula may be executed at any time and from any height by each team member, one (1) by the male and one (1) by the female.

**D 3.8.6** The diving order is drawn by teams, which will perform in three (3) rounds succeeding each other and starting with any of the two performing divers.



### **D 3.9 Mixed Synchronised Diving Event**

**D 3.9.1** At the World Championships, Diving World Cups and other FINA Diving Events additional Mixed Synchronised Diving Events can be conducted.

**D 3.9.2** The Competition shall comprise two (2) divers (one (1) male and one (1) female) of the same Federation.

**D 3.9.3** Every competition for Mixed Synchronised on 3m springboard and 10m platform shall comprise five (5) rounds of dives from five (5) groups.

**D 3.9.4** Two (2) rounds of dives with an assigned degree of difficulty of 2.0 regardless of the formula and three (3) rounds of dives without limit of degree of difficulty.

**D 3.9.5** A combination of groups shall be allowed however a dive number may not be repeated and each group may be used not more than twice.

**D 3.9.6** The FINA Bureau can decide changes on the program for Mixed Synchronised Competitions based upon proposals from the TDC.

## **D 4 STATEMENT OF DIVES**

**D 4.1** Each diver, or diver's representative, shall deliver to the Referee, or his designated representative, a complete statement of the selected dives on the official form of the event for the preliminary competition and all the following sessions of the competition.

**D 4.2** The diver and the diver's representative are responsible for the accuracy of the statement in the list and the statement of dives shall be signed by the diver and the diver's representative.

**D 4.3** The statement of dives shall be submitted no later than 24 hours before the commencement of the preliminary competition in each event.

**D 4.4** The Referee may accept any statement of dives submitted after the 24 hour deadline, up to three (3) hours prior to the commencement of the preliminary competition, provided it is accompanied by a fee equivalent of 250 Swiss Francs.

**D 4.5** Unless the statement is presented within the time prescribed, a diver shall not be admitted to the competition.

**D 4.6** In all competitions, the diver or the diver's representative may change the statement of dives before the commencement of any semi-final or final of the competition, provided the amended statement is lodged with the Referee, or his designated representative, no later than thirty (30) minutes after the end of the previous session of the competition. If a new statement of dives is not submitted within the prescribed time, the diver shall perform the dives as indicated in the initial submission.





**D 4.7** In any competition, in extenuated circumstances, a diver may be replaced by another diver of the same Federation up to three (3) hours before the commencement of the preliminary competition. In synchronised diving events at the Olympic Games the replacement may also take place prior to the commencement of the final competition. The Referee will accept a change in the statement of dives.

**D 4.8** In individual, synchronised and team diving events, when the closing times have passed, no change in the statement of dives shall be permitted.

**D 4.9** The statement of dives shall contain the following information in the order of execution of the dives:

- The number of each dive according to Rules 1.5.1 to 1.5.7
- The execution or position of the dive according to Rule 1.5.8
- The height of the board or platform
- The degree of difficulty as determined by the Formula described in Rule D 1.6.

**D 4.10** The dives in each round shall be executed by all the divers consecutively, according to the starting order.

**D 4.11** The statement of dives shall take precedence over the indicator board and any announcement.

## **D 5 COMPETITION PROCEDURE**

### **D 5.1 Control of Competition**

**D 5.1.1** Every competition shall be controlled by a Referee, supported by Assistant Referees, together with Judges and a Secretariat.

**D 5.1.2** The number of the dive to be performed and the manner of execution shall be displayed on an indicator board visible to both divers and Judges.

**D 5.1.3** A computer programme with adequate capability to produce a judging analysis shall be used.

**D 5.1.4** When electronic scoring equipment is not available the Judges must have flash cards to display their awards. These flash cards must be capable of showing awards from 0 to 10 by half points.

### **D 5.2 Composition of the Judges Panels**

**D 5.2.1** Whenever possible at the Olympic Games, World Championships and World Cups, seven (7) Judges shall be used for individual and team events and eleven (11) Judges for synchronised diving events. For synchronised diving, where eleven (11) Judges are used, five (5) shall judge synchronisation of the dive, three (3) shall judge the execution of one diver and three (3) the execution of the other diver.



**D 5.2.2** In all individual and team competitions other than the Olympic Games, World Championships and World Cups, five (5) Judges may be used. In all synchronised diving competitions, other than Olympic Games, World Championships and World Cups, nine (9) Judges may be used. Five (5) shall judge the synchronisation of the dive, two (2) shall judge the execution of one diver and two (2) the execution of the other diver.

**D 5.2.3** Provided sufficient Judges are available, the panel of Judges for the final competition shall consist of Judges whose nationality is different to that of any of the divers in such competition.

**D 5.2.4** When considered suitable, double panels of Judges may be used in the same event. If double panels are used, the second panel is introduced in the fourth round of the competition. *Note: In exceptional circumstances, such as high heat and humidity, the panels may be changed after the end of each round.*

**D 5.2.5** The Referee shall place the Judges on each side of the spring-board or platform in use, as outlined in the Facilities Rule FR 5. When this is not practical, the Judges may be placed together on one side.

**D 5.2.6** Once placed, a Judge shall not change position unless at the discretion of the Referee, and then only in exceptional circumstances.

**D 5.2.7** When a Judge is unable to continue to function after a competition has started, he shall be replaced by the reserve Judge.

**D 5.2.8** After each dive, on a signal given by the Referee, each Judge shall immediately and simultaneously, without communicating with one another, and in a distinct manner, indicate the award for the dive. When an electronic judging device is used, the Judges shall enter their awards into their electronic score pads immediately after the performance of the dive.

**D 5.2.9** The Judges' awards shall be displayed on the electronic scoreboard, preferably unseen by the Judges. The awards (without any other information about the standing of the competition) must be seen by the Judges on their electronic score pads.

## **D 6 DUTIES OF THE REFEREE AND ASSISTANT REFEREES**

**D 6.1** The Referee shall be in control of the competition and located in a position so that he can manage the competition and ensure that the Rules are observed.

**D 6.2** The Referee may designate Assistant Referees, who:

- shall observe the diver(s) on the platform,
- confirm the awards prior to their announcement, and
- in synchronised diving, will be positioned on the opposite side of the pool to observe the performance of the diver on that side.

**D 6.3** The Referee shall inspect the statements of dives. If the statement does not comply with the Rules, the Referee shall have it corrected before the beginning of the competition.

**D 6.4** The diver, or the diver's representative, shall be informed of the Referee's decision, that a correction is required, as soon as possible.



**D 6.5** In the case of unforeseen circumstances, the Referee may declare a short break, a postponement or a discontinuation of the competition. If possible the break should be done after a full round of dives.

**D 6.6** Following an interruption, the competition shall be continued from where it was stopped. The points scored before the interruption shall be carried forward into the remaining portion of the competition, whenever it is held. The final results must be based on the last complete round of dives.

*Note: If the competition cannot be continued, the result will be determined by the Jury of Appeal.*

**D 6.7** When there is a strong wind, the Referee may give a diver the right to make a re-start without deduction of points.

**D 6.8** Before each dive, the Referee or the official announcer shall announce in the language of the host country the name of the diver and the dive to be executed. In competitions where different platforms are used the height of the platform shall also be announced. If a scoreboard is used, all information concerning the dive shall be displayed and the announcement may be restricted to the identification of the diver.

**D 6.9** When a dive is incorrectly announced, the diver or his representative shall advise the Referee immediately, who shall then confirm the diver's statement of dives.

**D 6.10** If the incorrectly announced dive is executed by the diver, the Referee may cancel it and have the correct dive announced and performed immediately. The awards for the first dive must be noted should a protest be lodged.

**D 6.11** The dive shall be executed after a signal given by the Referee. The signal shall not be given before the diver has assumed his position on the board or platform and the Referee has checked the indicator board. For backward and inward take-offs, the diver shall not proceed to the end of the springboard or platform until after the signal has been given by the Referee.

**D 6.12** Each diver shall be given sufficient time for the preparation and execution of the dive, but if it takes more than one minute after the Referee has given a warning, the diver shall receive zero (0) points for the dive announced.

**D 6.13** When a diver executes a dive before the signal is given, the Referee shall decide whether the dive shall be repeated.

**D 6.14** In exceptional circumstances, the Referee may allow a diver to repeat a dive without penalty. The awards for the first dive must be noted should a protest be lodged.

**D 6.15** The request for such a repetition must be made immediately by the diver or his representative.

**D 6.16** If the diver double bounces on the end of the springboard or platform before take-off, the Referee shall declare it a failed dive.

**D 6.17** When in a running dive the final step is not from one foot, the Referee shall declare it a failed dive.

**D 6.18** When the take-off from the springboard is not from both feet simultaneously, the Referee shall declare it a failed dive.



**D 6.19** When it is quite clear that the dive has been performed in a position other than that announced, the Referee shall repeat the announcement, and declare that the maximum award shall be 2 points, before giving the Judges the signal to show their marks. If a Judge then awards more than 2 points, the Referee shall declare the award from that Judge to be 2 points.

**D 6.20** When at the entry a twist is greater or less than that announced by 90 degrees or more, the Referee shall declare it a failed dive.

**D 6.21** When the Referee is certain that a diver has performed a dive of a number other than that announced, the Referee shall declare it a failed dive.

**D 6.22** When one or both arms are held above the head in a feet first entry or below the head in a head first entry, the Referee shall declare the maximum award to be 4½ points. If a Judge then awards more than 4½ points, the Referee shall declare the award from that Judge to be 4½ points.

**D 6.22.1** In head first dives, if the feet enter the water before the head or hands, the Referee shall declare it a failed dive.

**D 6.22.2** In feet first dives, if the head or hands enter the water before the feet, the Referee shall declare it a failed dive.

**D 6.23** During the execution of a dive, there shall be no assistance to the diver from any person. Assistance between dives shall be permitted.

**D 6.24** The Referee may declare a dive to be failed if he considers that assistance has been given to the diver after the starting signal.

**D 6.25** When a diver in a running dive takes a step and stops or in a standing dive stops the movement for the take-off after the legs have commenced to press, the Referee shall declare there has been a re-start and shall deduct 2 points from the award of each Judge.

**D 6.26** When there is a restart in a running, standing, or armstand dive, the Referee shall deduct 2 points from the award of each Judge.

**D 6.27** When a second attempt (a re-start) is unsuccessful, the Referee shall declare a failed dive.

**D 6.28** When a diver refuses to execute a dive, the Referee shall declare a failed dive.

**D 6.29** If a diver in a competition disturbs a contest, the Referee may exclude him from that competition. If a member of a team, a coach or an official disturbs a contest, the Referee may exclude that person from the competition area.

**D 6.30** The Referee may remove any Judge from the competition whose judgement he regards as unsatisfactory and may appoint another Judge to replace him. At the end of the competition the Referee shall make a written report to the Jury of Appeal.

**D 6.31** Such a change of Judge shall take place only at the end of a session or round of dives performed by each diver.

**D 6.32** At the end of the competition the Referee shall confirm the final results by his signature.

## D 7 DUTIES OF THE SECRETARIAT

**D 7.1** The records of the competitions shall be kept by two independent secretaries.

**D 7.2** In order to facilitate the scoring, a computer, a rapid calculator, or a chart may be used.

**D 7.3** In individual and team events, the Judges' awards shall be announced in their seating order, and the first secretary shall record all awards as announced on the diver's statement of dives. In synchronised diving events, the Judges awards shall be announced, starting with the execution Judges awards in seating order, followed by the synchronised Judges awards, also in seating order. When a computer and a scoreboard are used, the announcement of the Judges awards is not necessary and the secretary may record the awards directly from the monitor.

**D 7.4** The second secretary shall enter on the diver's statement of dives the Judges' awards. When a computer is used to determine the scores, the second secretary may record the awards directly from the monitor.

**D 7.5** In the individual and team events, when seven (7) Judges are used, the secretaries shall cancel the two (2) highest and the two (2) lowest Judges' awards. When more than two (2) awards are equal only two of the equal awards shall be cancelled. If only five (5) Judges are used, the secretaries shall cancel the highest and the lowest award.

**D 7.6** In synchronised diving, when eleven (11) Judges are used, the secretaries shall cancel the highest and the lowest Judges' awards given for execution for one diver, the highest and lowest Judges' awards for execution of the other diver and the highest and lowest Judges' awards given for synchronisation. When more than two (2) awards are equal only two of the equal awards may be cancelled.

**D 7.7** In synchronised diving, when nine (9) Judges are used, the secretaries shall cancel the highest and the lowest Judges' awards given for execution and the highest and lowest Judges' awards given for synchronisation. When two (2) or more awards are equal, either of the equal awards may be cancelled.

**D 7.8** The secretaries shall independently add the remaining awards and multiply this total by the degree of difficulty for the dive to determine the score of the dive according to the following examples:

### Individual and team competitions

Five (5) Judges:  $8.0, 7.5, 7.5, 7.5, 7.0 = 22.5 \times 2.0 = 45.0$

Seven (7) Judges:  $8.0, 7.5, 7.5, 7.5, 7.5, 7.5, 7.0 = 22.5 \times 2.0 = 45.0$

### Synchronised Diving competitions

Nine (9) Judges:      Execution diver 1:       $7.0, 6.5$   
                                  Execution diver 2:       $5.5, 5.5$   
                                  Synchro awards:       $8.5, 8.0, 8.0, 7.5, 7.5$   
                                   $= 35.5 \div 5 \times 3 = 21.3 \times 2.8 = 59.64$

Eleven (11) Judges:    Execution diver 1:       $7.0, 6.5, 6.0$   
                                  Execution diver 2:       $5.5, 5.5, 7.0$   
                                  Synchro awards:       $8.0, 8.0, 7.5, 8.0, 7.0$   
                                   $= 35.5 \div 5 \times 3 = 21.3 \times 2.8 = 59.64$

**D 7.9** When a Judge by reason of illness or any other unforeseen circumstances, has made no award for a particular dive, the average of the awards of the other Judges shall be adopted as the missing award. The award shall be rounded up or down to the nearest half point or whole point. Averages ending in .01 to .24 shall be lost. Averages ending in .25 to .74 shall be rounded to .50. Averages ending in .75 or higher shall be rounded up to the next whole point.

**D 7.10** In synchronised diving, when a Judge (execution or synchronised) by reason of illness or any other unforeseen circumstances, has made no award for a particular dive, in an eleven (11) Judge panel, the average of the awards of the other two (2) execution Judges of the same diver, or the average of the other four synchronised Judges, shall be adopted as the missing award. The average award shall be rounded up or down to the nearest half point or whole point. Averages ending in .01 to .24 shall be lost. Averages ending in .25 to .74 shall be rounded to .50. Averages ending in .75 or higher shall be rounded up to the next whole point. In a nine (9) Judge panel, the award of the other execution Judge of the same diver shall be adopted as the missing award.

**D 7.11** At the end of the competition the two secretaries shall collate the score sheets.

**D 7.12** The result of the competition shall be obtained from the score sheets.

**D 7.13** If an electronic officiating equipment is in use, only one secretariat may be used. The secretariat records the awards and the electronic result only, to make sure that the final result can be calculated in a case that the electronic officiating equipment breaks down.

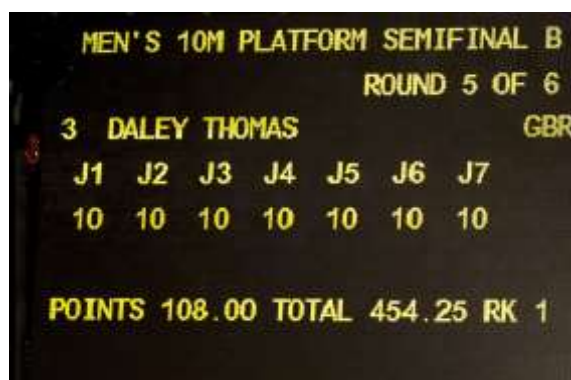
**D 7.14** The final result at FINA events shall be announced in one of the official languages of FINA (English or French).

## D 8 JUDGING

### D 8.1 General

**D 8.1.1** A Judge shall award from 0 to 10 points for a dive according to his overall impression within the following criteria:

Excellent	10
Very Good	8.5 – 9.5
Good	7.0 – 8.0
Satisfactory	5.0 – 6.5
Deficient	2.5 – 4.5
Unsatisfactory	0.5 – 2.0
Completely failed	0



MEN'S 10M PLATFORM SEMIFINAL B							
ROUND 5 OF 6							
3	DALEY THOMAS						GBR
J1	J2	J3	J4	J5	J6	J7	
10	10	10	10	10	10	10	
POINTS 108.00 TOTAL 454.25 RK 1							

**D 8.1.2** When judging a dive, the Judge must not be influenced by any factor other than the technique and execution of the dive. The dive must be considered without regard to the approach to the starting position, the difficulty of the dive, or any movement beneath the surface of the water.



**D 8.1.3** The points to be considered in judging the overall impression of a dive are the technique and grace of:

- the starting position and the approach
- the take-off
- the flight
- the entry

**D 8.1.4** When a dive is performed clearly in a position other than that announced the dive shall be deemed unsatisfactory. The highest award for such a dive is 2 points.

**D 8.1.5** When a dive is performed partially in a position other than that announced, the Judges shall exercise their own opinion in making their award up to a maximum of 4½ points.

**D 8.1.6** When a dive is not performed in the straight (A), pike (B), tuck (C), or free (D) position, the Judge shall deduct from ½ to 2 points, according to his opinion.

**D 8.1.7** When a Judge considers that a dive of a different number has been performed he may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

## **D 8.2 The starting position**

**D 8.2.1** When the signal is given by the Referee, the diver shall take the starting position.

**D 8.2.2** The starting position shall be free and unaffected.

**D 8.2.3** When the correct starting position is not free and unaffected, each Judge shall deduct ½ to 2 points, according to his opinion.

### **D 8.2.4 Standing dives**

**D 8.2.4.1** The starting position in standing dives shall be assumed when the diver stands on the front end of the board or platform.

**D 8.2.4.2** The body shall be straight, head erect, with the arms straight in any position.

**D 8.2.4.3** When executing a standing dive, the diver must not bounce (crow-hop) on the springboard or platform before the take-off. In this circumstance, the Judge shall deduct from ½ to 2 points, according to his opinion.

### **D 8.2.5 Running dives**

**D 8.2.5.1** The starting position in a running dive shall be assumed when the diver is ready to take the first step of the run.

### **D 8.2.6 Armstand dives**

**D 8.2.6.1** The starting position in an armstand dive shall be assumed when both hands are on the front end of the platform and both feet are off the platform.

**D 8.2.6.2** When, in an armstand dive, a stationary and steady balance in the straight vertical position is not shown, each Judge shall deduct from ½ to 2 points, according to his opinion.



**D 8.2.6.3** A re-start shall be allowed when a diver loses his balance, one or both feet return to the platform, or any other part of his body other than his hands touches the platform. When a diver loses his balance and moves one or both hands from the original position at the front end of the platform, this shall be deemed as a re-start.

### **D 8.3 The approach**

**D 8.3.1** When executing a running dive from either the springboard or the platform, the run shall be smooth, aesthetically pleasing, and in a forward direction to the end of the springboard or platform with the final step being from one foot.

**D 8.3.2** When the run is not smooth, aesthetically pleasing, or in a forward direction to the end of the springboard or platform, each Judge shall deduct  $\frac{1}{2}$  to 2 points, according to his opinion.

**D 8.3.3** When the final step is not from one foot, the Judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

**D 8.3.4** The diver must not double bounce on the end of the springboard or platform before the take-off. When the Judge considers that the diver has double bounced in a dive, the Judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

### **D 8.4 The take-off**

**D 8.4.1** The take-off in forward and reverse dives may be performed either standing or running at the option of the diver. The take-off in backward and inward dives must be performed standing.

**D 8.4.2** The take-off from the springboard shall be from both feet simultaneously. The forward and reverse take-off from the platform may be from one foot.

**D 8.4.3** When the take-off from the springboard is not from both feet, the Judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

**D 8.4.4** In running and standing dives, the take-off shall be bold, high and confident, and shall be from the end of the springboard or platform.

**D 8.4.5** When the take-off is not bold, high and confident, or from the end of the springboard or platform, each Judge shall deduct  $\frac{1}{2}$  to 2 points, according to his opinion.

**D 8.4.6** In dives with twist, the twisting shall not be manifestly done from the springboard or platform. If the twisting is manifestly done from the springboard or platform, each Judge shall deduct  $\frac{1}{2}$  to 2 points, according to his opinion.

### **D 8.5 The flight**

**D 8.5.1** If during the execution of a dive, a diver dives to the side of the direct line of flight, each Judge shall deduct according to his opinion.

**D 8.5.2** If during an execution of a dive, a diver touches the end of the springboard or platform with his feet or hands, each Judge shall deduct according to his opinion.



**D 8.5.3** If during the execution of a dive, a diver is unsafely close to the springboard or platform or touches the end of the springboard or platform with his head, the Judges shall award up to a maximum of 2 points. If the majority of the Judges (at least three (3) in a 5 Judge panel / at least four (4) in a 7 Judge panel) award two (2) or less points, all higher scores shall be two (2) points. The Judges indicates to the Referee by the use of electronic technology or where electronic technology is not available by raising one hand that the two (2) or less points are in relation to the unsafe close execution of the dive.

**D 8.5.4** During the flight, the position of the dive shall be at all times aesthetically pleasing. Should any of the positions not be shown as described below, each Judge shall deduct ½ to 2 points, according to his opinion.

The dive can be executed in the following positions:

### **Straight (A)**

**D 8.5.5** In the straight position the body shall not be bent either at the knees or hips. The feet shall be together and the toes pointed. The position of the arms is at the option of the diver.

**D 8.5.6** In all flying dives a straight position shall be clearly shown and that position shall be assumed from the take-off or after one somersault. When the straight position is not shown for at least one quarter of a somersault (90°) in dives with one (1) somersault, and at least one half of a somersault (180°) in dives with more than one (1) somersault, the maximum award by the Judges shall be 4½ points.

### **Pike (B)**

**D 8.5.7** In the pike position the body shall be bent at the hips, but the legs must be kept straight at the knees, the feet shall be together, and the toes pointed. The position of the arms is at the option of the diver.

**D 8.5.8** In the pike dives with twist, the pike position must be clearly shown. Should this position not be shown, each Judge shall deduct ½ to 2 points, according to his opinion.



*These diving illustrations serve as a guide only and the position of the arms is at the choice of the diver except in the entry.*

## Tuck (C)

**D 8.5.9** In the tuck position the body shall be compact, bent at the knees and hips with the knees and feet together. The hands shall be on the lower legs and the toes pointed.

**D 8.5.10** In tuck dives with twist, the tuck position must be clearly shown. Should this position not be shown, each Judge shall deduct  $\frac{1}{2}$  to 2 points, according to his opinion.



*These diving illustrations serve as a guide only and the position of the arms is at the choice of the diver except in the case of the hands in the tuck and the entry.*

## Free position (D)

**D 8.5.11** In the free position, the body position is optional but the legs shall be together and the toes pointed.

**D 8.5.12** In somersault dives with twist, the twist may be performed at any time during the flight.

## D 8.6 The entry

**D 8.6.1** The entry into the water shall in all cases be vertical, not twisted, with the body straight, the feet together, and the toes pointed.

**D 8.6.2** When the entry is short or over, twisted or the body not straight, the feet not together, and the toes not pointed, each Judge shall deduct according to his opinion.

**D 8.6.3** In head first entries, the arms shall be stretched beyond the head and in line with the body, with the hands close together. If one or both arms are held below the head on entry, the Judge may award up to  $4 \frac{1}{2}$  points, notwithstanding that the Referee has not declared a maximum award of  $4 \frac{1}{2}$ .

**D 8.6.4** In feet first entries, the arms shall be close to the body with no bending at the elbows. If one or both arms are held beyond the head on entry, the Judge may award up to  $4 \frac{1}{2}$  points, notwithstanding that the Referee has not declared a maximum award of  $4 \frac{1}{2}$ .

**D 8.6.5** Other than as provided in Rules D 8.6.3 and D 8.6.4, when the arms are not in the correct position in either the head first or feet first entry, each Judge shall deduct from  $\frac{1}{2}$  to 2 points, according to his opinion.

**D 8.6.6** When at the entry a twist is greater or less than that announced by 90 degrees or more, the Judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

**D 8.6.7** The dive is considered to have been completed when the whole of the body is completely under the surface of the water.



## D 9 REFEREEING AND JUDGING SYNCHRONISED DIVING

**D 9.1** Synchronised diving is judged by the execution of the individual dives and the synchronisation of the divers

**D 9.2** The rules for judging individual diving shall apply to the execution of dives in synchronised diving, except that where one or both divers perform a dive of a different number or position, other than that announced, the Referee shall declare it a failed dive.

**D 9.3** When judging the synchronisation of the dives, the overall impression of the synchronisation of the dives must be taken into account.

**D 9.4** The factors to be considered in judging synchronised diving are:

- the starting position, the approach and the take-off, including the similarity of the height,
- the coordinated timing of the movements during the flight,
- the similarity of the vertical angles of the entries,
- the comparative distance from the springboard or platform of the entry,
- the coordinated timing of the entries.

**D 9.5** If either diver enters the surface of the water before the other diver leaves the springboard or platform, the Referee shall declare it a failed dive.

**D 9.6** The Referee shall declare a two-point deduction from all Judges when there is a re-start by one or both divers.

**D 9.7** The execution Judges must not be influenced by any factor other than the technique and execution of the dive, not both dives, nor the synchronisation of the divers.

**D 9.8** When either or both divers perform a dive of a different number or position other than that announced, the Referee shall declare the dive a failed dive.

**D 9.9** When an execution Judge considers that a dive of a different number has been performed by a diver, the Judge shall award zero (0) points notwithstanding that the Referee has not declared it to be a failed dive. If both execution Judges of one diver in a nine (9) Judge panel or all three (3) execution Judges in an eleven (11) Judge panel, award zero (0) points, the Referee shall declare it a failed dive. If the Referee declares a failed dive, zero (0) points are awarded by all nine (9) or eleven (11) Judges.

**D 9.10** The synchronisation Judges must not be influenced by any other factor other than the coordinated performance of the two divers and not the execution of both dives.

**D 9.11** If all the synchronisation Judges award zero (0) points, the Referee shall declare it a failed dive.

**D 9.12** When any of the following faults are shown, each synchronisation Judge shall deduct from  $\frac{1}{2}$  to 2 points, according to his opinion, for the lack of:

- similarity of the starting position, approach, take-off or height,
- coordinated timing of the movement during the flight,
- similarity of the vertical angles of the entries,
- comparative distance from the springboard or platform of the entry,
- coordinated timing of the entries.



## D 10 SUMMARY OF THE PENALTIES

### Referee to declare "Failed Dive"; 0 points

- D 6.12 If the diver takes more than one minute, after a warning.
- D 6.16 If a diver double bounces on the end of the springboard or platform before take-off.
- D 6.17 If the final step is not from one foot.
- D 6.18 If the take-off is not from both feet simultaneously.
- D 6.20 If a twist is greater or less than that announced by 90 degrees or more.
- D 6.21 If a diver has performed a dive of a number other than that announced.
- D 6.22.1 If the feet enter the water before the head or hands in a head first dive.
- D 6.22.2 If the head or hands enter the water before the feet in a feet first dive.
- D 6.24 If assistance has been given to the diver after the starting signal.
- D 6.27 When a second attempt (a re-start) is unsuccessful.
- D 6.28 If a diver refuses the execution of a dive.
- D 9.2 / 9.8 In synchronised diving if a diver, or both divers, perform a dive of a different number or position.
- D 9.5 In synchronised diving if either diver enters the surface of the water before the other diver leaves the springboard or platform.
- D 9.9 In synchronised diving if all execution Judges for one diver award zero (0) points
- D 9.11 In synchronised diving if all synchronisation Judges award zero (0) points.

### Referee to declare "2 points deduction"

- D 6.25 If a diver takes a step and stops or stops the movement for a standing take-off after the legs have commenced to press.
- D 6.26 If there is a re-start in a standing, running, or armstand dive.
- D 9.6 In synchronised diving if there is a re-start by one or both divers.

### Referee to declare "2 points maximum"

- D 6.19 If a diver performs a dive in a position other than that announced.

**Referee to declare "4 ½ points maximum"**

**D 6.22** If a diver has one or both arms held above the head in a feet first entry or below the head in a head first entry.

**Judges to award "0 points"**

**D 8.1.7** If a dive of a different number has been performed.

**D 8.3.3** If the final step is not from one foot.

**D 8.3.4** If a diver double bounces in a dive at the end of the springboard or platform before the take-off.

**D 8.4.3** If the take-off is not from both feet simultaneously.

**D 8.6.6** If a twist is greater or less than that announced by 90° or more.

**D 9.9** If an execution Judge considers that a dive of a different number has been performed.

**Judges to award "2 points maximum"**

**D 8.1.4** If a dive is performed clearly in a position other than that announced.

**D 8.5.3** If in a dive, a diver is unsafely close to the springboard or platform or touches the end of the springboard or platform with his head.

**Judges to award "4 ½ points maximum"**

**D 8.1.5** If a dive is performed partially in a position other than that announced.

**D 8.5.6** If in a flying dive, a straight position is not clearly shown for at least one quarter of a somersault (90°) in dives with somersault and at least a half somersault (180°) in dives with more than 1 somersault.

**D 8.6.3** If the arms are not stretched beyond the head and in line with the body, with the hands close together in a head first dive.

**D 8.6.4** If the arms are held above the head in a feet first entry.

**Judges to deduct "from ½ to 2 points"**

**D 8.1.6** If a dive is not performed in a position as described.

**D 8.2.3** If the correct starting position is not free and unaffected.

**D 8.2.4.3** If there is a bounce (crow-hop) in a standing dive.

**D 8.2.6.2** If in an armstand dive, a stationary and steady balance in the straight vertical position is not shown.

**D 8.3.2** If the run is not smooth, aesthetically pleasing in a forward direction to the end of the springboard or platform.



- D 8.4.5** If the take-off is not bold, high, and confident.
- D 8.4.6** If in a twist dive, the twisting is manifestly done from the springboard or platform.
- D 8.5.4** If the positions as described in the rules are not shown.
- D 8.5.8** If in a pike dive with twist, the pike position is not clearly shown.
- D 8.5.10** If in a tuck dive with twist, the tuck position is not clearly shown.
- D 8.6.5** Notwithstanding Rules D 8.6.3 and D 8.6.4, the arms are not in the correct position in either the head first or feet first entry.
- D 9.12** In synchronised diving if any of the following are not shown:
- similarity of the starting position, approach, take-off and height;
  - coordinated timing of the movement during the flight;
  - similarity of the vertical angles of the entries;
  - comparative distance from the springboard or platform of the entry;
  - coordinated timing of the entries.

**Judges to deduct "according to individual opinion"**

- D 8.5.1** If in a dive, the diver dives to the side of the direct line of flight.
- D 8.5.2** If in a dive, a diver touches the end of the springboard or platform with his feet or hands.
- D 8.6.2** If the entry into the water is not vertical, or nearly so, or twisted with the body not straight, the feet not together, and the toes not pointed.



Photo: Getty Images – Al Bello

## Appendix 3: AGE GROUP RULES

**DAG 1 FINA Rules of competition will apply in all age group competitions.**

### **DAG 2 Age Categories**

All age group divers remain qualified from the 1st of January to midnight of the following 31st of December in the year of competition.

### **DAG 3 Diving Events**

#### **DAG 3.1 Group A**

**DAG 3.1.1** Age: 16, 17, or 18 years on December 31st of the year of the competition.

**DAG 3.1.2** Competition Format

#### **Girls' Springboard – 1 metre and 3 metre**

This competition shall comprise nine (9) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 metre events and 9.0 for 1 metre events, and four (4) dives without limit of degree of difficulty, each dive selected from a different group.

#### **Girls' Platform – 5 metre – 7.5 metre – 10 metre**

This competition shall comprise eight (8) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6,

and four (4) dives without limit of degree of difficulty, each dive selected from a different group. At least five (5) different groups must be used.

#### **Boys' Springboard – 1 metre and 3 metre**

This competition shall comprise ten (10) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 metre events and 9.0 for 1 metre events, and five (5) dives without limit of degree of difficulty, each dive selected from a different group.

#### **Boys' Platform – 5 metre – 7.5 metre – 10 metre**

This competition shall comprise nine (9) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and five (5) dives without limit of degree of difficulty, each dive selected from a different group. All six (6) groups must be used.

#### **A / B combined**

#### **Girls' and Boys' Synchronised Diving - 3 metre**

This competition shall comprise five (5) dives; two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and three (3) rounds of dives without limit of degree of difficulty. The five (5) dives must be selected from at least four (4) different groups.

## DAG 3.2 Group B

**DAG 3.2.1** Age: 14 or 15 years on December 31st of the year of the competition.

**DAG 3.2.2** Competition Format

### **Girls' Springboard – 1 metre and 3 metre**

This competition shall comprise eight (8) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 metre events and 9.0 for 1 metre events, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

### **Girls' Platform – 5 metre – 7.5 metre – 10 metre**

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and three (3) dives without limit of degree of difficulty, each dive selected from a different group. At least five (5) different groups must be used.

### **Boys' Springboard – 1 metre and 3 metre**

This competition shall comprise nine (9) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 metre events and 9.0 for 1 metre events, and four (4) dives without limit of degree of difficulty, each dive selected from a different group.

### **Boys' Platform – 5 metre – 7.5 metre – 10 metre**

This competition shall comprise eight (8) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and four (4) dives without limit of degree of difficulty, each dive selected from a different group. All least five (5) different groups must be used.

## DAG 3.3 Group C

**DAG 3.3.1** Age: 12 or 13 years on December 31st of the year of the competition.

**DAG 3.3.2** Competition Format

### **Girls' Springboard – 1 metre and 3 metre**

This competition shall comprise seven (7) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 metre events and 9.0 for 1 metre events, and two (2) dives without limit of degree of difficulty, each dive selected from a different group.

### **Girls' Platform – 5 metre or 7.5 metre**

This competition shall comprise six (6) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and two (2) dives without limit of degree of difficulty, each dive selected from a different group.





**Boys' Springboard – 1 metre and 3 metre**

This competition shall comprise eight (8) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 metre events and 9.0 for 1 metre events, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

**Boys' Platform – 5 metre or 7.5 metre**

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

**DAG 4 General Rules for Junior Diving World Championships**

**DAG 4.1** Junior Diving World Championships shall be conducted every two years in Groups A and B.

**DAG 4.2** Each Federation is entitled to enter a maximum of two (2) divers in individual events and one (1) team in synchronised diving events.

**DAG 4.3** Each diver shall only compete in his age group.

**DAG 4.4** Each diver shall perform a full list of dives as indicated in his age group.

**DAG 4.5** Each individual diving event shall be a preliminary and final competition, irrespective of the number of entrants and may be conducted in more than one session.

**DAG 4.5.1** The top twelve (12) divers from the previous session will participate in a final competition performing only dives without limit. The scores of the dives with limit from the previous session will be carried forward and added to the scores in the final competition to determine the top twelve (12) rankings. Divers lower than twelfth place will be ranked by their preliminary scores.

**DAG 4.5.2** When facilities allow, the opportunity for simultaneous preliminary events may be scheduled subject to the approval of the Bureau on recommendation of the Technical Diving Committee.

**DAG 4.5.3** The program schedule shall be agreed by the Bureau upon recommendation of the Technical Diving Committee.

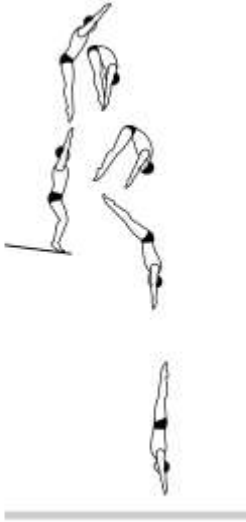
**DAG 4.6** Either five (5) or seven (7) Judges shall officiate in the individual events and nine (9) Judges in the synchronised diving events. Note: If possible, eleven (11) Judges in the synchronised diving events may be used.

**DAG 4.7** The Championships shall normally be conducted separately and not in conjunction with Swimming, Water Polo or Synchronised Swimming.

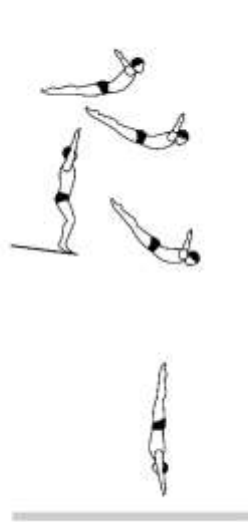
**DAG 4.8** The Championships shall be conducted in a minimum period of six (6) days.

**Appendix 4: DIVING FIGURES**

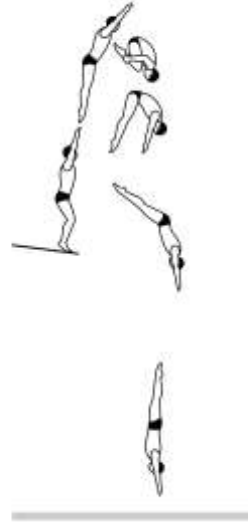
101 (b)



101 (a)



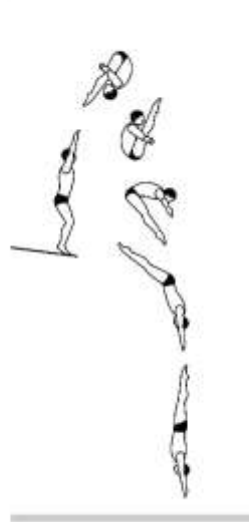
101 (c)



103 (a)



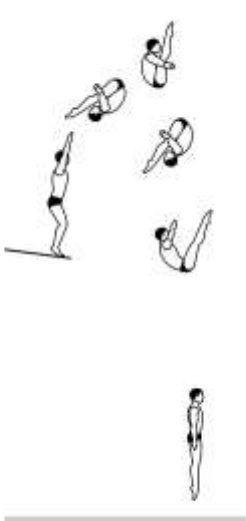
103 (b)



103 (c)



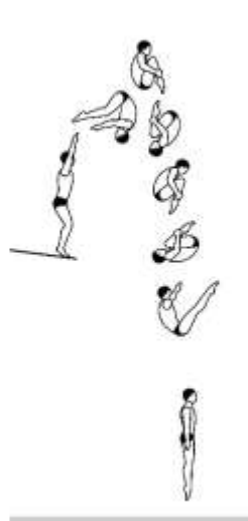
104 (b)



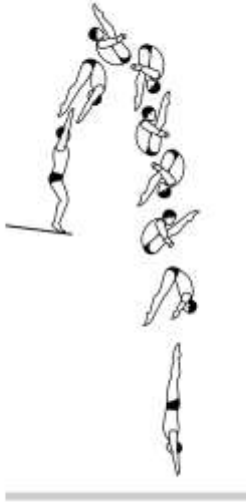
105 (b)



106 (c)



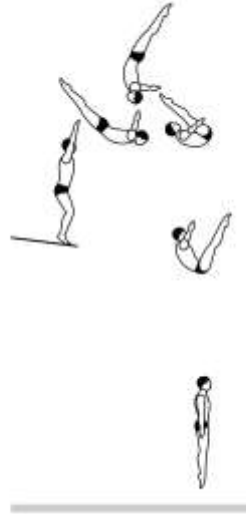
107 b



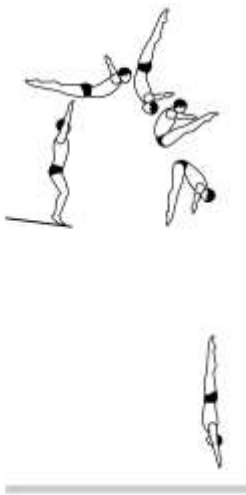
107 c



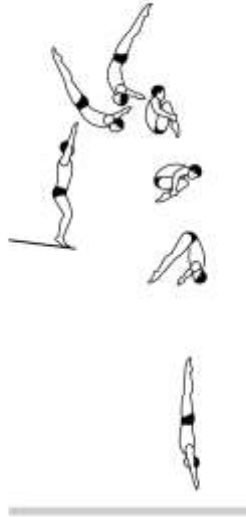
112 b



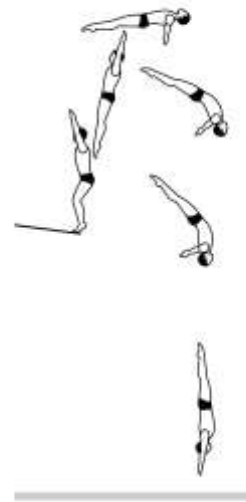
113 b



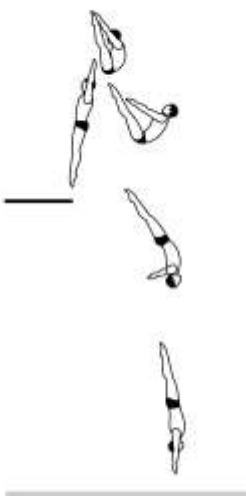
113 c



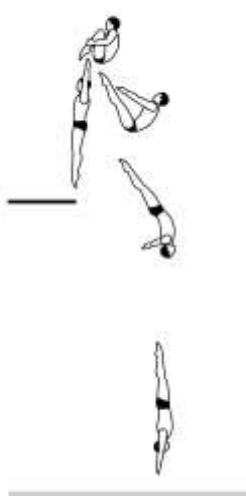
201 a



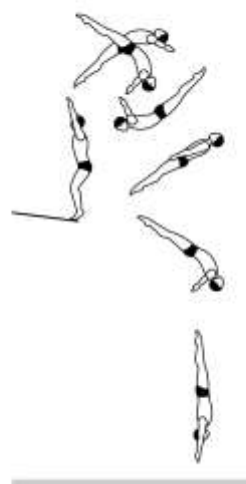
201 b



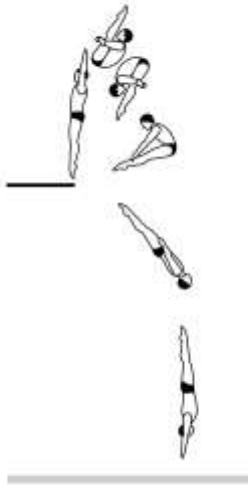
201 c



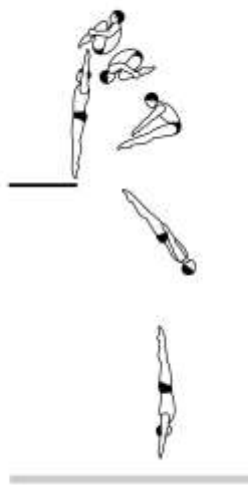
203 a



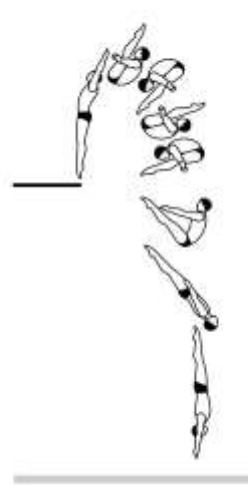
203 b



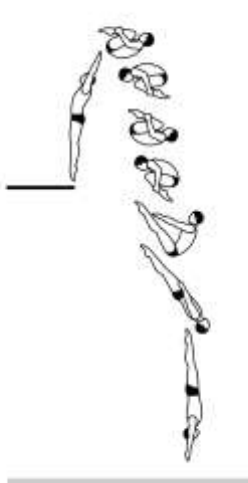
203 c



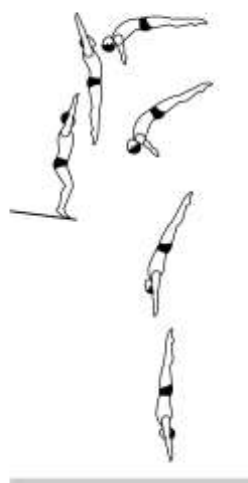
205 b



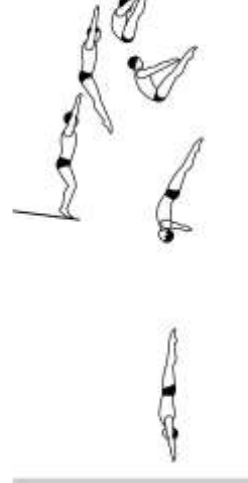
205 c



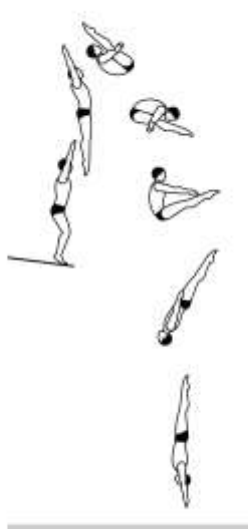
301 a



301 b



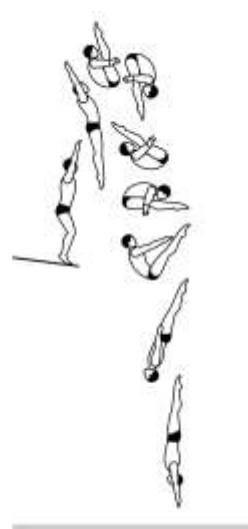
303 b



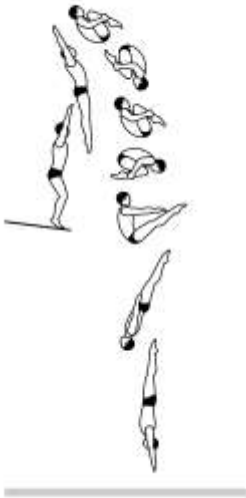
303 c



305 b



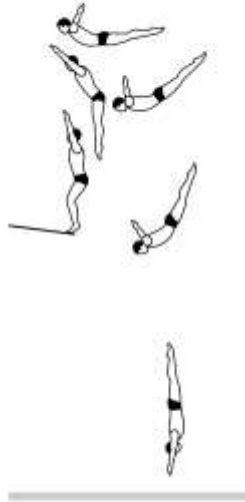
305 c



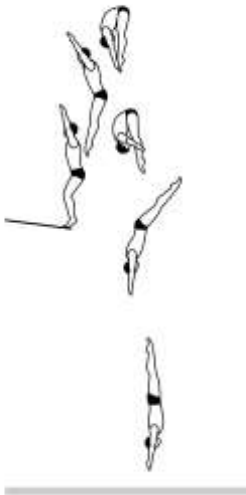
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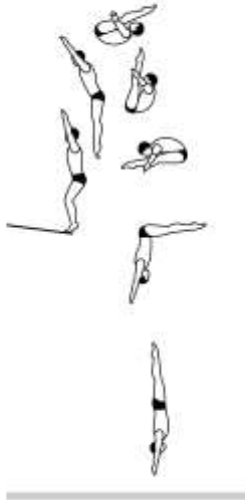
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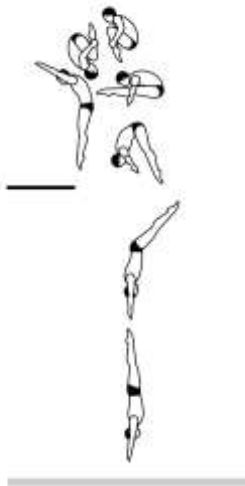
401 b



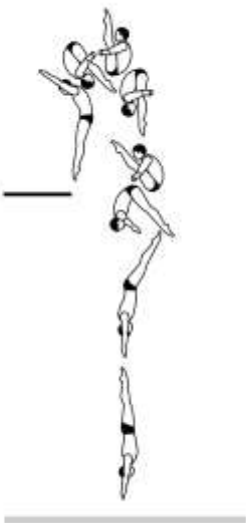
403 b



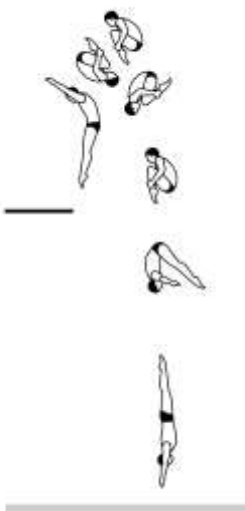
403 c



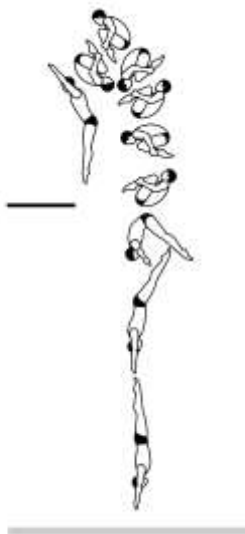
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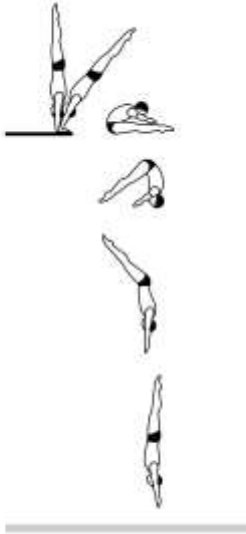
405 c



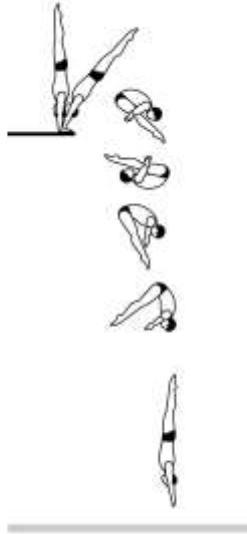
407 C



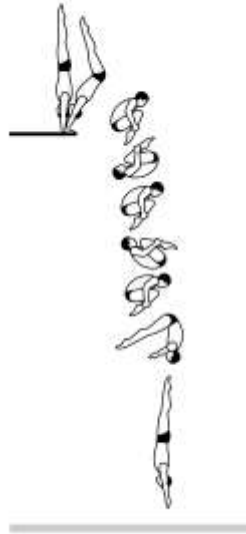
612 b



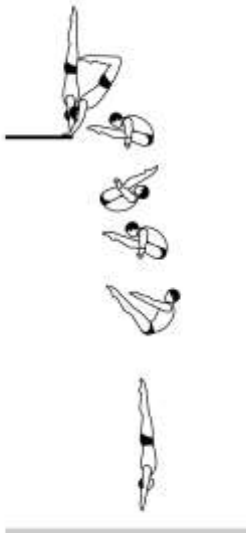
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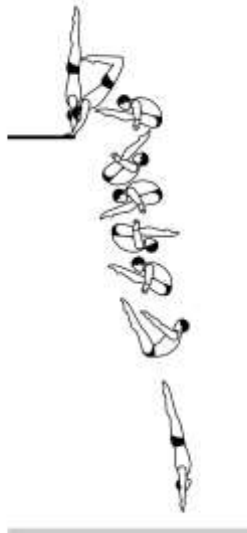
616 c



624 b



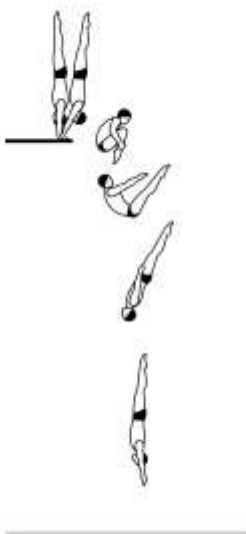
626 b



626 c



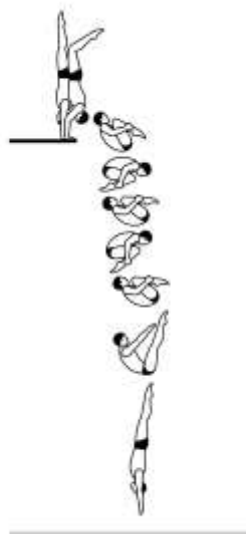
632 c



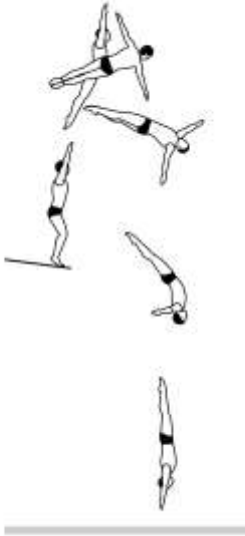
634 c



636 c



5111 a



5132 d



5134 d



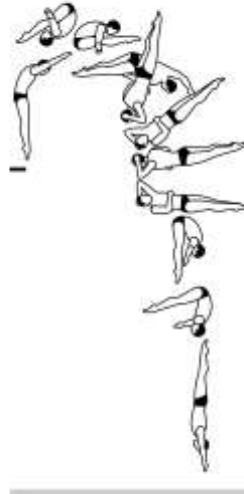
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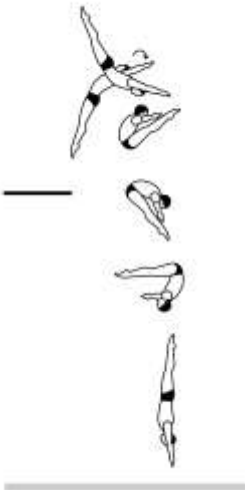
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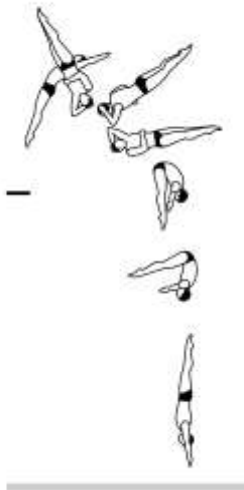
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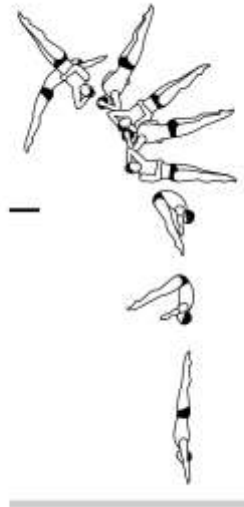
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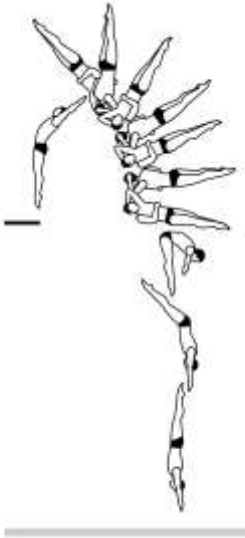
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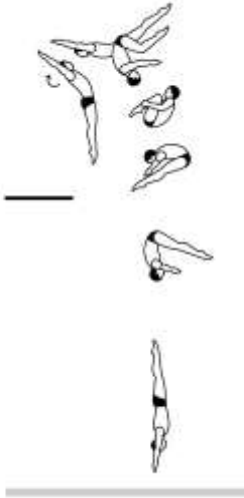
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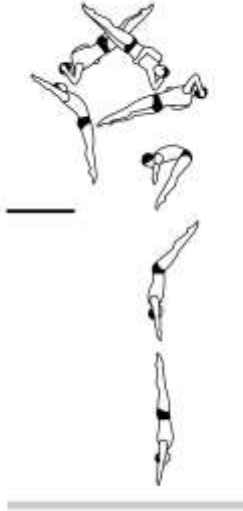
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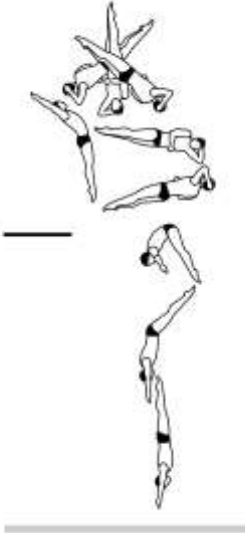
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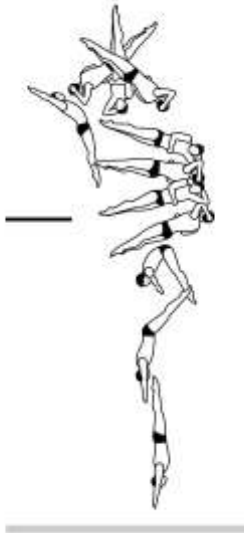
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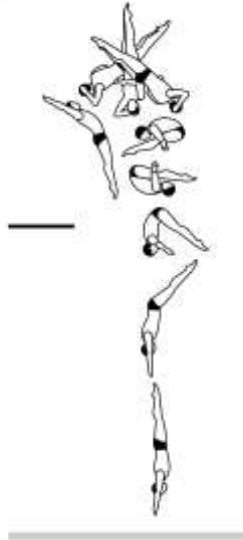
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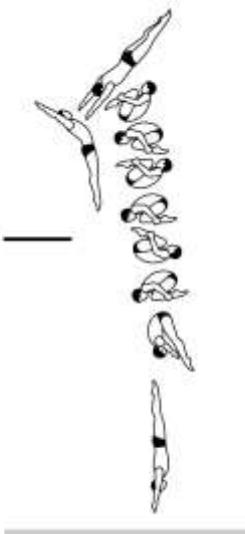
5337 d



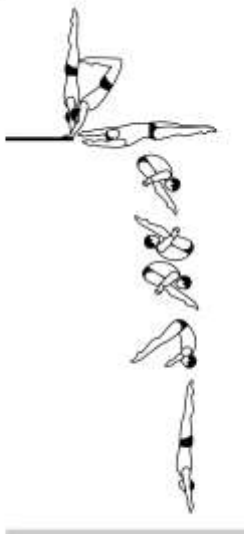
5353 b



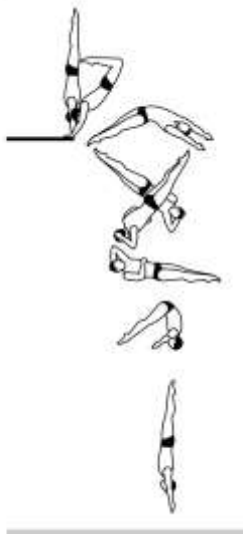
5371 c



6241 b



6243 b







## Appendix 5: DEGREE OF DIFFICULTY FORMULA, COMPONENTS AND TABLES – SPRINGBOARD

Note: Degree of Difficulty (DD) is calculated by adding:  $A + B + C + D + E = DD$

### A. Somersaults

Level / Somersault	0	$\frac{1}{2}$	1	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3	$3\frac{1}{2}$	4	$4\frac{1}{2}$
1m	0.9	1.1	1.2	1.6	2.0	2.4	2.7	3.0	3.3	3.8
3m	1.0	1.3	1.3	1.5	1.8	2.2	2.3	2.8	2.9	3.5

**B. Flight Position** For flying dives add fly position (E) to either (B) or (C) Position

	0 - 1 Somersault				$1\frac{1}{2}$ - 2 Somersaults				$2\frac{1}{2}$ Somersaults				3 - $3\frac{1}{2}$ Somersaults				4 - $4\frac{1}{2}$ Somersaults			
	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw
<b>C = Tuck</b>	0.1	0.1	0.1	-0.3	0	0	0	0.1	0	0.1	0	0.2	0	0	0	0.3	0	0.1	0.2	0.4
<b>B = Pike</b>	0.2	0.2	0.2	-0.2	0.1	0.3	0.3	0.3	0.2	0.3	0.2	0.5	0.3	0.3	0.3	0.6	0.4	0.4	0.5	0.8
<b>A = Str</b>	0.3	0.3	0.3	0.1	0.4	0.5	0.6	0.8	0.6	0.7	0.6	-	-	-	-	-	-	-	-	-
<b>D = Free</b>	0.1	0.1	0.1	-0.1	0	-0.1	-0.1	0.2	0	-0.1	-0.2	0.4	0	0	0	-	-	-	-	-
<b>E = Fly</b>	0.2	0.1	0.1	0.4	0.2	0.2	0.2	0.5	0.3	0.3	0.3	0.7	0.4	-	-	-	-	-	-	-

Seven of the above components have negative values. Dashes indicate dives that currently are not possible.

### C. Twists

Group	$\frac{1}{2}$ Twist	$\frac{1}{2}$ Twist	$\frac{1}{2}$ Twist	$\frac{1}{2}$ Twist	1 Twist	$1\frac{1}{2}$ Twists	$1\frac{1}{2}$ Twists	2 Twists	$2\frac{1}{2}$ Twist	$2\frac{1}{2}$ Twists	3 Twists	$3\frac{1}{2}$ Twists	4 Twists	$4\frac{1}{2}$ Twists
	$\frac{1}{2}$ - 1 Som.	$1\frac{1}{2}$ - 2 Som.	$2\frac{1}{2}$ Som.	$3$ - $3\frac{1}{2}$ Som.	Twists	$\frac{1}{2}$ - 2 Som.	$2\frac{1}{2}$ - $3\frac{1}{2}$ Som.	Twists	$\frac{1}{2}$ - 2 Som.	$2\frac{1}{2}$ - $3\frac{1}{2}$ Som.	Twists	$3\frac{1}{2}$ Twists	Twists	Twists
<b>Fwd.</b>	0.4	0.4	0.4	0.4	0.6	0.8	0.8	1.0	1.2	1.2	1.5	1.6	1.9	2.0
<b>Back</b>	0.2	0.4	0	0	0.4	0.8	0.7	0.8	1.2	1.1	1.4	1.7	1.8	2.1
<b>Rev.</b>	0.2	0.4	0	0	0.4	0.8	0.6	0.8	1.2	1.0	1.4	1.8	1.8	2.1
<b>Inw.</b>	0.2	0.4	0.2	0.4	0.4	0.8	0.8	0.8	1.2	1.2	1.5	1.6	1.9	2.0

- (1) Dives with  $\frac{1}{2}$  somersault and twists can only be executed in positions A, B, or C.
- (2) Dives with 1 or  $1\frac{1}{2}$  somersaults and twists can only be executed in position D.
- (3) Dives with 2 or more somersaults and twists can only be executed in positions B or C.

### D. Approach

Level	Forward $\frac{1}{2}$ - $3\frac{1}{2}$ Som.	Forward 4 - $4\frac{1}{2}$ Som.	Back $\frac{1}{2}$ - 3 Som.	Back $3\frac{1}{2}$ - $4\frac{1}{2}$ Som.	Reverse $\frac{1}{2}$ - 3 Som.	Reverse $3\frac{1}{2}$ - $4\frac{1}{2}$ Som.	Inward $\frac{1}{2}$ - 1 Som.	Inward $1\frac{1}{2}$ - $4\frac{1}{2}$ Som.
1m	0	0.5	0.2	0.6	0.3	0.5	0.6	0.5
3m	0	0.3	0.2	0.4	0.3	0.3	0.3	0.3

**E. Unnatural Entry** (does not apply to twisting dives)

Group	$\frac{1}{2}$ Som.	1 Som.	$1\frac{1}{2}$ Som.	2 Som.	$2\frac{1}{2}$ Som.	3 Som.	$3\frac{1}{2}$ Som.	4 Som.	$4\frac{1}{2}$ Som.
Forward / Inward	-	0.1	-	0.2	-	0.2	-	0.2	-
Back / Reverse	0.1	-	0.2	-	0.3	-	0.4	-	0.4

A value indicates the diver does not see the water before the entry. The component is the same at all levels.

(-) indicates the diver does see the water before the entry. The component is the same at all levels.

### Examples

Dive	Pos	Height	A	B	C	D	E	DD
207	B	3	2.8	0.3	0.0	0.4	0.4	<b>3.9</b>
207	C	3	2.8	0.0	0.0	0.4	0.4	<b>3.6</b>
5253	B	3	2.2	0.3	0.7	0.2	0	<b>3.4</b>
5355	B	3	2.2	0.2	1.0	0.3	0	<b>3.7</b>

Dive	Pos	Height	A	B	C	D	E	DD
309	B	3	3.5	0.5	0.0	0.3	0.4	<b>4.7</b>
309	C	3	3.5	0.2	0.0	0.3	0.4	<b>4.4</b>
5255	B	3	2.2	0.3	1.1	0.2	0	<b>3.8</b>
313	C	3	1.5	0.2	0	0.3	0.2	<b>2.2</b>



In the following table, a dive with (-) is not possible and dives with empty spaces have not been calculated.

SPRINGBOARD		1 METER				3 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
<b>Forward Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
101	Forward Dive	1.4	1.3	1.2	-	1.6	1.5	1.4	-
102	Forward Somersault	1.6	1.5	1.4	-	1.7	1.6	1.5	-
103	Forward 1½ Somersaults	2.0	1.7	1.6	-	1.9	1.6	1.5	-
104	Forward 2 Somersaults	2.6	2.3	2.2	-	2.4	2.1	2.0	-
105	Forward 2½ Somersaults		2.6	2.4	-	2.8	2.4	2.2	-
106	Forward 3 Somersaults		3.2	2.9	-		2.8	2.5	-
107	Forward 3½ Somersaults		3.3	3.0	-		3.1	2.8	-
108	Forward 4 Somersaults			4.0	-		3.8	3.4	-
109	Forward 4½ Somersaults			4.3	-		4.2	3.8	-
112	Forward Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
113	Forward Flying 1½ Somersaults	-	1.9	1.8	-	-	1.8	1.7	-
115	Forward Flying 2½ Somersaults	-			-	-	2.7	2.5	-
<b>Back Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
201	Back Dive	1.7	1.6	1.5	-	1.9	1.8	1.7	-
202	Back Somersault	1.7	1.6	1.5	-	1.8	1.7	1.6	-
203	Back 1½ Somersaults	2.5	2.3	2.0	-	2.4	2.2	1.9	-
204	Back 2 Somersaults		2.5	2.2	-	2.5	2.3	2.0	-
205	Back 2½ Somersaults		3.2	3.0	-		3.0	2.8	-
206	Back 3 Somersaults		3.2	2.9	-		2.8	2.5	-
207	Back 3½ Somersaults				-		3.9	3.6	-
208	Back 4 Somersaults				-		3.7	3.4	-
209	Back 4½ Somersaults				-		4.7	4.4	-
212	Back Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
213	Back Flying 1½ Somersaults	-			-	-	2.4	2.1	-
215	Back Flying 2½ Somersaults	-			-	-	3.3	3.1	-
<b>Reverse Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
301	Reverse Dive	1.8	1.7	1.6	-	2.0	1.9	1.8	-
302	Reverse Somersault	1.8	1.7	1.6	-	1.9	1.8	1.7	-
303	Reverse 1½ Somersaults	2.7	2.4	2.1	-	2.6	2.3	2.0	-
304	Reverse 2 Somersaults	2.9	2.6	2.3	-	2.7	2.4	2.1	-
305	Reverse 2½ Somersaults		3.2	3.0	-	3.4	3.0	2.8	-
306	Reverse 3 Somersaults		3.3	3.0	-		2.9	2.6	-
307	Reverse 3½ Somersaults				-		3.8	3.5	-
308	Reverse 4 Somersaults				-		3.7	3.4	-
309	Reverse 4½ Somersaults				-		4.7	4.4	-
312	Reverse Flying Somersault	-	1.8	1.7	-	-	1.9	1.8	-
313	Reverse Flying 1½ Somersaults	-	2.6	2.3	-	-	2.5	2.2	-
<b>Inward Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
401	Inward Dive	1.8	1.5	1.4	-	1.7	1.4	1.3	-
402	Inward Somersault	2.0	1.7	1.6	-	1.8	1.5	1.4	-
403	Inward 1½ Somersaults		2.4	2.2	-		2.1	1.9	-
404	Inward 2 Somersaults		3.0	2.8	-		2.6	2.4	-
405	Inward 2½ Somersaults		3.4	3.1	-		3.0	2.7	-
407	Inward 3½ Somersaults				-		3.7	3.4	-
409	Inward 4½ Somersaults				-		4.6	4.2	--
412	Inward Flying Somersault	-	2.1	2.0	-	-	1.9	1.8	-
413	Inward Flying 1½ Somersaults	-	2.9	2.7	-	-	2.6	2.4	-



Twisting Group		1 METER				3 METER			
		A	B	C	D	A	B	C	D
5111	Forward Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5112	Forward Dive 1 Twist	2.0	1.9	-	-	2.2	2.1	-	-
5121	Forward Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5122	Forward Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5124	Forward Somersault 2 Twists	-	-	-	2.3	-	-	-	2.4
5126	Forward Somersault 3 Twists	-	-	-	2.8	-	-	-	2.9
5131	Forward 1½ Somersaults ½ Twist	-	-	-	2.0	-	-	-	1.9
5132	Forward 1½ Somersaults 1 Twist	-	-	-	2.2	-	-	-	2.1
5134	Forward 1½ Somersaults 2 Twists	-	-	-	2.6	-	-	-	2.5
5136	Forward 1½ Somersaults 3 Twists	-	-	-	3.1	-	-	-	3.0
5138	Forward 1½ Somersaults 4 Twists	-	-	-	3.5	-	-	-	3.4
5151	Forward 2½ Somersaults ½ Twist	-	3.0	2.8	-	-	2.8	2.6	-
5152	Forward 2½ Somersaults 1 Twist	-	3.2	3.0	-	-	3.0	2.8	-
5154	Forward 2½ Somersaults 2 Twists	-	3.6	3.4	-	-	3.4	3.2	-
5156	Forward 2½ Somersaults 3 Twists	-	-	-	-	-	3.9	3.7	-
5172	Forward 3½ Somersaults 1 Twist	-	-	-	-	-	3.7	3.4	-
5211	Back Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5212	Back Dive 1 Twist	2.0	-	-	-	2.2	-	-	-
5221	Back Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5222	Back Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5223	Back Somersault 1½ Twists	-	-	-	2.3	-	-	-	2.4
5225	Back Somersault 2½ Twists	-	-	-	2.7	-	-	-	2.8
5227	Back Somersault 3½ Twists	-	-	-	3.2	-	-	-	3.3
5231	Back 1½ Somersaults ½ Twist	-	-	-	2.1	-	-	-	2.0
5233	Back 1½ Somersaults 1½ Twists	-	-	-	2.5	-	-	-	2.4
5235	Back 1½ Somersaults 2½ Twists	-	-	-	2.9	-	-	-	2.8
5237	Back 1½ Somersaults 3½ Twists	-	-	-	-	-	-	-	3.3
5239	Back 1½ Somersaults 4½ Twists	-	-	-	-	-	-	-	3.7
5251	Back 2½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5253	Back 2½ Somersaults 1½ Twists	-	-	-	-	-	3.4	3.2	-
5255	Back 2½ Somersaults 2½ Twists	-	-	-	-	-	3.8	3.6	-
5311	Reverse Dive ½ Twist	1.9	1.8	1.7	-	2.1	2.0	1.9	-
5312	Reverse Dive 1 Twist	2.1	-	-	-	2.3	-	-	-
5321	Reverse Somersault ½ Twist	-	-	-	1.8	-	-	-	1.9
5322	Reverse Somersault 1 Twist	-	-	-	2.0	-	-	-	2.1
5323	Reverse Somersault 1½ Twists	-	-	-	2.4	-	-	-	2.5
5325	Reverse Somersault 2½ Twists	-	-	-	2.8	-	-	-	2.9
5331	Reverse 1½ Somersaults ½ Twist	-	-	-	2.2	-	-	-	2.1
5333	Reverse 1½ Somersaults 1½ Twists	-	-	-	2.6	-	-	-	2.5
5335	Reverse 1½ Somersaults 2½ Twists	-	-	-	3.0	-	-	-	2.9
5337	Reverse 1½ Somersaults 3½ Twists	-	-	-	3.6	-	-	-	3.5
5339	Reverse 1½ Somersaults 4½ Twists	-	-	-	-	-	-	-	3.8
5351	Reverse 2½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5353	Reverse 2½ Somersaults 1½ Twists	-	3.5	3.3	-	-	3.3	3.1	-
5355	Reverse 2½ Somersaults 2½ Twists	-	3.9	3.7	-	-	3.7	3.5	-
5371	Reverse 3½ Somersaults ½ Twist	-	-	-	-	-	3.4	3.1	-
5373	Reverse 3½ Somersaults 1½ Twists	-	-	-	-	-	-	3.7	-
5375	Reverse 3½ Somersaults 2½ Twists	-	-	-	-	-	-	4.1	-
5411	Inward Dive ½ Twist	2.0	1.7	1.6	-	1.9	1.6	1.5	-
5412	Inward Dive 1 Twist	2.2	1.9	1.8	-	2.1	1.8	1.7	-
5421	Inward Somersault ½ Twist	-	-	-	1.9	-	-	-	1.7
5422	Inward Somersault 1 Twist	-	-	-	2.1	-	-	-	1.9
5432	Inward 1½ Somersaults 1 Twist	-	-	-	2.7	-	-	-	2.4
5434	Inward 1½ Somersaults 2 Twists	-	-	-	3.1	-	-	-	2.8
5436	Inward 1½ Somersaults 3 Twists	-	-	-	-	-	-	-	3.5

## Appendix 6: DEGREE OF DIFFICULTY FORMULA, COMPONENTS AND TABLES – PLATFORM

Note: Degree of Difficulty (DD) is calculated by adding: A + B + C + D + E = DD

### A Somersaults

Level	0	1/2	1	1 1/2	2	2 1/2	3	3 1/2	4	4 1/2	5 1/2
5m	0.9	1.1	1.2	1.6	2.0	2.4	2.7	3.0	-	-	-
7 1/2m	1.0	1.3	1.3	1.5	1.8	2.2	2.3	2.8	3.5	3.5	-
10m	1.0	1.3	1.4	1.5	1.9	2.1	2.5	2.7	3.5	3.5	4.5

### B. Flight Position For flying dives add fly position (E) to either (B) or (C) Position

	0 - 1 Somersault					1 1/2 - 2 Somersaults					2 1/2 Somersaults					3 - 3 1/2 Somersaults					4 - 4 1/2 Somersaults					5 1/2 Som
	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd
C = Tuck	0.1	0.1	0.1	-0.3	0.1	0	0	0	0.1	0	0	0.1	0	0.2	0.1	0	0	0	0.3	0.2	0	0.1	0.3	0.4	0.3	0
B = Pike	0.2	0.2	0.2	-0.2	0.3	0.1	0.3	0.3	0.3	0.3	0.2	0.3	0.2	0.5	0	0.3	0.3	0.3	0.6	0.4	0.4	0.4	0.6	0.7	0.5	-
A = Strait	0.3	0.3	0.3	0.1	0.4	0.4	0.4	0.5	0.6	0.8	0.5	0.6	0.7	0.6	-	-	-	-	-	-	-	-	-	-	-	-
D = Free	0.1	0.1	0.1	-0.1	0	0	0	-0.1	-0.1	0.2	0	0	-0.1	-0.2	0.4	0	0	0	0	0	0	0	0	0	0	-
E = Fly	0.2	0.1	0.1	0.4	-	0.2	0.2	0.2	0.5	-	0.3	0.3	0.3	0.7	-	0.4	-	-	-	-	-	-	-	-	-	-

Seven of the above components have negative values. Dashes indicate dives that currently are not possible.

### C. Twists

Group	1/2 Twist	1/2 Twist	1/2 Twist	1/2 Twist	1	1 1/2	1 1/2	2	2 1/2	2 1/2	3	3 1/2	3 1/2	4	4 1/2	4 1/2
	1/2 - 1 Som.	1 1/2 - 2 Som.	2 1/2 Som.	3 - 3 1/2 Som.	Twist	Twists 1/2 - 2 Som.	Twists 2 1/2 - 3 1/2 Som.	Twists	Twists 1/2 - 2 Som.	Twists 2 1/2 - 3 1/2 Som.	Twists	Twists 1/2 - 2 Som.	Twists 2 1/2 - 3 1/2 Som.	Twists	Twists 1/2 - 2 Som.	Twists 2 1/2 - 3 1/2 Som.
Forward	0.4	0.4	0.4	0.4	0.6	0.8	0.8	1.0	1.2	1.2	1.5	1.6	1.6	1.9	2.0	2.0
Back	0.2	0.4	0	0	0.4	0.8	0.6	0.8	1.2	1.0	1.4	1.7	1.5	1.8	2.1	1.9
Reverse	0.2	0.4	0	0	0.4	0.8	0.6	0.8	1.2	1.0	1.4	1.7	1.5	1.8	2.1	1.9
Inward	0.2	0.4	0.2	0.4	0.4	0.8	0.8	0.8	1.2	1.2	1.5	1.6	1.6	1.9	2.0	2.0
Arm. Forw.	0.4	0.5	0.5	0.4	1.2	1.3	1.3	1.5	1.7	1.7	1.9	2.1	2.1	2.3	2.5	2.5
Arm. Back / Rev	0.4	0.5	0.5	0.5	1.2	1.3	1.3	1.3	1.7	1.7	1.9	2.1	2.1	2.3	2.5	2.5

- (1) Dives with 1/2 somersault and twists can only be executed in positions A, B, or C.
- (2) Dives with 1 or 1 1/2 somersaults and twists can only be executed in position D.
- (3) Dives with 2 or more somersaults and twists can only be executed in positions B or C.
- (4) Armstand dives with 1, 1 1/2, or 2 somersaults and one or more twists can only be executed in position D, and
- (5) Armstand dives with 2 1/2 or more somersaults and twist can only be executed in positions B or C

### D. Approach Forward, Back, Reverse, Inward, and Twisting Groups

Level	Forward 1/2 - 3 1/2 Soms.	Forward 4 - 5 1/2 Soms.	Back 1/2 - 3 Soms.	Back 3 1/2 - 4 1/2 Soms.	Reverse 1/2 - 2 Soms.	Reverse 2 1/2 - 3 Soms.	Reverse 3 1/2 - 4 1/2 Soms.	Inward 1/2 - 1 Soms.	Inward 1 1/2 - 4 1/2 Soms.
5m	0	0.5	0.2	0.5	0.3	0.4	0.6	0.6	0.5
7.5m	0	0.3	0.2	0.3	0.3	0.4	0.4	0.3	0.3
10m	0	0.2	0.2	0.2	0.3	0.4	0.3	0.3	0.2

### D. Approach Armstand Group (Does not apply to armstand dives with twists)

Level	Armstand Forward with 0 - 2 Soms.	Armstand Forward with more than 2 Soms	Armstand Back with 0 - 1/2 Soms.	Armstand Back with 1 - 4 Soms.	Armstand Reverse with 0 - 1/2 Soms.	Armstand Reverse with 1 - 4 Soms.
5m / 7.5m / 10m	0.2	0.4	0.2	0.4	0.3	0.5

### E. Unnatural Entry (does not apply to twisting dives)

Group	1/2 Som.	1 Som.	1 1/2 Som.	2 Som.	2 1/2 Som.	3 Som.	3 1/2 Som.	4 Som.	4 1/2 Som.	5 1/2 Som.
Forward / Inward	-	0.1	-	0.2	-	0.2	-	0.0	-	-
Back / Reverse	0.1	-	0.2	-	0.3	-	0.4	-	0.4	0.0
Armstand Back / Reverse	-	0.1	-	0.2	-	0.2	-	0.3	-	-
Armstand Forward	0.1	-	0.2	-	0.3	-	0.4	-	0.4	0.0

A value indicates the diver does not see the water before the entry. The component is the same at all levels.

(-) indicates the diver does see the water before the entry. The component is the same at all levels.

### Examples

Dive	Pos	Hght	A	B	C	D	E	DD
307	B	10	2.7	0.3	0.0	0.3	0.4	3.7
307	C	10	2.7	0.0	0.0	0.3	0.4	3.4
5371	B	10	2.7	0.3	0.0	0.3	0.0	3.3
5257	B	10	2.1	0.3	1.5	0.2	0.0	4.1

Dive	Pos	Hght	A	B	C	D	E	DD
309	B	10	3.5	0.6	0.0	0.3	0.4	4.8
309	C	10	3.5	0.3	0.0	0.3	0.4	4.5
5371	C	10	2.7	0.0	0.0	0.3	0.0	3.0
6247	D	10	1.9	0.0	2.1	0.0	0.0	4.0

In the following table, a dive with (-) is not possible and dives with empty spaces have not been calculated.

PLATFORM		10 METER				7.5 METER				5 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
<b>Forward Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
101	Forward Dive	1.6	1.5	1.4	-	1.6	1.5	1.4	-	1.4	1.3	1.2	-
102	Forward 1 Somersault	1.8	1.7	1.6	-	1.7	1.6	1.5	-	1.6	1.5	1.4	-
103	Forward 1 ½ Somersaults	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
104	Forward 2 Somersaults	2.5	2.2	2.1	-	2.4	2.1	2.0	-	2.6	2.3	2.2	-
105	Forward 2 ½ Somersaults	2.7	2.3	2.1	-		2.4	2.2	-		2.6	2.4	-
106	Forward 3 Somersaults		3.0	2.7	-		2.8	2.5	-		3.2	2.9	-
107	Forward 3 ½ Somersaults		3.0	2.7	-		3.1	2.8	-			3.0	-
108	Forward 4 Somersaults		4.1	3.7	-				-				-
109	Forward 4 ½ Somersaults		4.1	3.7	-				-				-
1011	Forward 5 ½ Somersaults			4.7	-				-				-
112	Forward Flying Somersaults	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
113	Forward Flying 1 ½ Somersaults	-	1.8	1.7	-	-	1.8	1.7	-	-	1.9	1.8	-
114	Forward Flying 2 Somersaults	-	2.4	2.3	-	-	2.3	2.2	-	-	2.5	2.4	-
115	Forward Flying 2 ½ Somersaults	-	2.6	2.4	-	-		2.5	-	-			-
<b>Back Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
201	Back Dive	1.9	1.8	1.7	-	1.9	1.8	1.7	-	1.7	1.6	1.5	-
202	Back 1 Somersault	1.9	1.8	1.7	-	1.8	1.7	1.6	-	1.7	1.6	1.5	-
203	Back 1 ½ Somersaults	2.4	2.2	1.9	-	2.4	2.2	1.9	-	2.5	2.3	2.0	-
204	Back 2 Soms Somersaults	2.6	2.4	2.1	-	2.5	2.3	2.0	-		2.5	2.2	-
205	Back 2 ½ Somersaults	3.3	2.9	2.7	-		3.0	2.8	-		3.2	3.0	-
206	Back 3 Somersaults		3.0	2.7	-		2.8	2.5	-		3.2	2.9	-
207	Back 3 ½ Somersaults		3.6	3.3	-			3.5	-				-
208	Back 4 Somersaults		4.1	3.8	-		4.2	3.9	-		4.4	4.1	-
209	Back 4 ½ Somersaults		4.5	4.2	-				-				-
212	Back Flying Somersaults	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
213	Back Flying 1 ½ Somersaults	-	2.4	2.1	-	-	2.4	2.1	-	-	2.5	2.2	-
215	Back Flying 2 ½ Somersaults	-	3.2	3.0	-	-			-	-			-
<b>Reverse Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
301	Reverse Dive	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
302	Reverse 1 Somersault	2.0	1.9	1.8	-	1.9	1.8	1.7	-	1.8	1.7	1.6	-
303	Reverse 1 ½ Somersaults	2.6	2.3	2.0	-	2.6	2.3	2.0	-	2.7	2.4	2.1	-
304	Reverse 2 Somersaults	2.8	2.5	2.2	-	2.7	2.4	2.1	-	2.9	2.6	2.3	-
305	Reverse 2 ½ Somersaults	3.4	3.0	2.8	-	3.5	3.1	2.9	-		3.3	3.1	-
306	Reverse 3 Somersaults		3.2	2.9	-		3.0	2.7	-		3.4	3.1	-
307	Reverse 3 ½ Somersaults		3.7	3.4	-				-				-
308	Reverse 4 Somersaults		4.4	4.1	-		4.5	4.2	-				-
309	Reverse 4 ½ Somersaults		4.8	4.5	-				-				-
312	Reverse Flying Somersaults	-	2.0	1.9	-	-	1.9	1.8	-	-	1.8	1.7	-
313	Reverse Flying 1 ½ Somersaults	-	2.5	2.2	-	-	2.5	2.2	-	-	2.6	2.3	-
<b>Inward Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
401	Inward Dive	1.7	1.4	1.3	-	1.7	1.4	1.3	-	1.8	1.5	1.4	-
402	Inward 1 Somersault	1.9	1.6	1.5	-	1.8	1.5	1.4	-	2.0	1.7	1.6	-
403	Inward 1 ½ Somersault		2.0	1.8	-		2.1	1.9	-		2.4	2.2	-



		10 METER				7.5 METER				5 METER			
Inward Group		A	B	C	D	A	B	C	D	A	B	C	D
404	Inward 2 Somersaults		2.6	2.4	-		2.6	2.4	-		3.0	2.8	-
405	Inward 2½ Somersaults		2.8	2.5	-		3.0	2.7	-		3.4	3.1	-
406	Inward 3 Somersaults		3.5	3.2	-		3.4	3.1	-		4.0	3.7	-
407	Inward 3½ Somersaults		3.5	3.2	-			3.4	-				-
408	Inward 4 Somersaults		4.4	4.1	-				-				-
409	Inward 4½ Somersaults		4.4	4.1	-				-				-
412	Inward Flying Somersaults	-	2.0	1.9	-	-	1.9	1.8	-	-	2.1	2.0	-
413	Inward Flying 1½ Somersaults	-	2.5	2.3	-	-	2.6	2.4	-	-	2.9	2.7	-
Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
5111	Fwd Dive ½ Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
5112	Fwd Dive 1 Twist	2.2	2.1		-	2.2	2.1		-	2.0	1.9		-
5121	Fwd Somersault ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5122	Fwd Somersault 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5124	Fwd Somersault 2 Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5131	Fwd 1½ Somersaults ½ Twist	-	-	-	1.9	-	-	-	1.9	-	-	-	2.0
5132	Fwd 1½ Somersaults 1 Twist	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5134	Fwd 1½ Somersaults 2 Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5136	Fwd 1½ Somersaults 3 Twists	-	-	-	3.0	-	-	-	3.0	-	-	-	3.1
5138	Fwd 1½ Somersaults 4 Twists	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5152	Fwd 2½ Somersaults 1 Twist	-	2.9	2.7	-	-	3.0	2.8	-	-	3.2	3.0	-
5154	Fwd 2½ Somersaults 2 Twists	-	3.3	3.1	-	-	3.4	3.2	-	-	3.6	3.4	-
5156	Fwd 2½ Somersaults 3 Twists	-	3.8	3.6	-	-			-	-			-
5172	Fwd 3½ Somersaults 1 Twist	-	3.6	3.3	-	-	3.7	3.4	-	-	-	-	-
5211	Back Dive ½ Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
5212	Back Dive 1 Twist	2.2			-	2.2			-	2.0			-
5221	Back Somersault ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5222	Back Somersault 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5223	Back Somersault 1½ Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5225	Back Somersault 2½ Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
5231	Back 1½ Somersaults ½ Twist	-	-	-	2.0	-	--	-	2.0	-	-	-	2.1
5233	Back 1½ Somersaults 1½ Twists	-	-	-	2.4	-	-	-	2.4	-	-	-	2.5
5235	Back 1½ Somersaults 2½ Twists	-	-	-	2.8	-	-	-	2.8	-	-	-	2.9
5237	Back 1½ Somersaults 3½ Twists	-	-	-	3.3	-	-	-	3.3	-	-	-	3.4
5239	Back 1½ Somersaults 4½ Twists	-	-	-	3.7	-	-	-	3.7	-	-	-	3.8
5251	Back 2½ Somersaults ½ Twist	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5253	Back 2½ Somersaults 1½ Twists	-	3.2	3.0	-	-	3.3	3.1	-	-			-
5255	Back 2½ Somersaults 2½ Twists	-	3.6	3.4	-	-			-	-			-
5257	Back 2½ Somersaults 3½ Twists	-	4.1	3.9	-	-			-	-			-
5271	Back 3½ Somersaults ½ Twist	-	3.2	2.9	-	-			-	-			-
5273	Back 3½ Somersaults 1½ Twist	-	3.8	3.5	-	-			-	-			-
5275	Back 3½ Somersaults 2½ Twist	-	4.2	3.9	-	-			-	-			-
5311	Reverse Dive ½ Twist	2.1	2.0	1.9	-	2.1	2.0	1.9	-	1.9	1.8	1.7	-
5312	Reverse Dive 1 Twist	2.3			-	2.3			-	2.1			-
5321	Reverse Somersault ½ Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	1.8
5322	Reverse Somersault 1 Twist	-	-	-	2.2	-	-	-	2.1	-	-	-	2.0
5323	Reverse Somersault 1½ Twists	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
5325	Reverse Somersault 2½ Twists	-	-	-	3.0	-	-	-	2.9	-	-	-	2.8
5331	Reverse 1½ Soms. ½ Twists	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5333	Reverse 1½ Soms. 1½ Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5335	Reverse 1½ Soms. 2½ Twists	-	-	-	2.9	-	-	-	2.9	-	-	-	3.0
5337	Reverse 1½ Soms. 3½ Twists	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5339	Reverse 1½ Soms. 4½ Twists	-	-	-	3.8	-	-	-	3.8	-	-	-	-
5351	Reverse 2½ Soms. ½ Twists	-	2.7	2.5	-	-	2.8	2.6	-	-	3.0	2.8	-



		10 METER				7.5 METER				5 METER			
Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
5353	Reverse 2½ Soms. 1½ Twists	-	3.3	3.1	-	-	3.4	3.2	-	-	-	3.4	-
5355	Reverse 2½ Soms. 2½ Twists	-	3.7	3.5	-	-	3.8	3.6	-	-	-	3.8	-
5371	Reverse 3½ Soms. ½ Twists	-	3.3	3.0	-	-	-	-	-	-	-	-	-
5373	Reverse 3½ Soms. 1½ Twist	-	-	3.6	-	-	-	-	-	-	-	-	-
5375	Reverse 3½ Soms. 2½ Twist	-	-	4.0	-	-	-	-	-	-	-	-	-
5411	Inward Dive ½ Twist	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
5412	Inward Dive 1 Twist	2.1	1.8	1.7	-	2.1	1.8	1.7	-	2.2	1.9	1.8	-
5421	Inward Somersault ½ Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.9
5422	Inward Somersault 1 Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	2.1
5432	Inward 1½ Somersaults 1 Twist	-	-	-	2.3	-	-	-	2.4	-	-	-	2.7
5434	Inward 1½ Somersaults 2 Twists	-	-	-	2.7	-	-	-	2.8	-	-	-	3.1
5436	Inward 1½ Somersaults 3 Twists	-	-	-	3.4	-	-	-	-	-	-	-	-
Armstand Group													
600	Armstand Dive	1.6	-	-	-	1.6	-	-	-	1.5	-	-	-
611	Armstand Forward ½ Somersault	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
612	Armstand Forward 1 Somersault	2.0	1.9	1.7	-	1.9	1.8	1.6	-	1.8	1.7	1.5	-
614	Armstand Forward 2 Somersaults	-	2.4	2.1	-	-	2.3	2.0	-	-	2.5	2.2	-
616	Armstand Forward 3 Somersaults	-	3.3	3.1	-	-	-	-	-	-	-	-	-
621	Armstand Back ½ Somersault	1.9	1.8	1.6	-	1.9	1.8	1.6	-	1.7	1.6	1.4	-
622	Armstand Back Somersault	2.3	2.2	2.0	-	2.2	2.1	1.9	-	2.1	2.0	1.8	-
623	Armstand Back 1½ Somersaults	-	2.2	1.9	-	-	2.2	1.9	-	-	2.3	2.0	-
624	Armstand Back 2 Somersaults	3.0	2.8	2.5	-	2.9	2.7	2.4	-	3.1	2.9	2.6	-
626	Armstand Back 3 Somersaults	-	3.5	3.3	-	-	3.3	3.1	-	-	-	3.5	-
628	Armstand Back 4 Somersaults	-	4.7	4.5	-	-	-	-	-	-	-	-	-
631	Armstand Reverse ½ Somersault	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
632	Armstand Reverse 1 Somersault	-	2.3	2.1	-	-	2.2	2.0	-	-	2.1	1.9	-
633	Armstand Reverse 1½ Soms.	-	2.3	2.0	-	-	2.3	2.0	-	-	2.4	2.1	-
634	Armstand Reverse 2 Soms.	-	2.9	2.6	-	-	2.8	2.5	-	-	3.0	2.7	-
636	Armstand Reverse 3 Soms.	-	3.6	3.4	-	-	-	3.2	-	-	-	-	-
638	Armstand Reverse 4 Soms.	-	4.8	4.6	-	-	-	-	-	-	-	-	-
6122	Armstand Fwd Som. 1 Twist	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
6124	Armstand Fwd Som. 2 Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
6142	Armstand Fwd 2 Soms. 1 Twist	-	-	-	3.1	-	-	-	3.0	-	-	-	3.2
6144	Armstand Fwd 2 Soms. 2 Twists	-	-	-	3.4	-	-	-	3.3	-	-	-	3.5
6162	Armstand Fwd 3 Soms. 1 Twist	-	-	3.9	-	-	-	-	-	-	-	-	-
6221	Armstand Back Som. ½ Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.6
6241	Armstand Back 2 Soms. ½ Twist	-	2.7	2.4	-	-	2.6	2.3	-	-	2.8	2.5	-
6243	Armstand Back 2 Soms 1½ Twists	-	-	-	3.2	-	-	-	3.1	-	-	-	3.3
6245	Armstand Back 2 Soms 2½ Twists	-	-	-	3.6	-	-	-	3.5	-	-	-	3.7
6247	Armstand Back 2 Soms 3½ Twists	-	-	-	4.0	-	-	-	-	-	-	-	-
6261	Armstand Back 3 Soms. ½ Twist	-	3.4	3.2	-	-	3.2	3.0	-	-	3.6	3.4	-
6263	Armstand Back 3 Soms 1½ Twists	-	4.2	4.0	-	-	-	-	-	-	-	-	-
6265	Armstand Back 3 Soms 2½ Twists	-	4.6	4.4	-	-	-	-	-	-	-	-	-



## Appendix 7: MASTERS RULES

The Masters programme shall promote fitness, friendship, understanding and competition through Swimming, Diving, Synchronised Swimming, Water Polo and Open Water Swimming among competitors with a minimum age of 25 years. (Note: exception in MWP 1.3 and MSS 1.6).

The Technical Rules for the different disciplines (SW, OW, D, WP and SS) in the FINA Handbook shall be followed with exceptions mentioned in the Masters part of the Handbook.

Please refer to BL section of the FINA Handbook for additional regulations related to FINA World Masters Championships. (BL 10)

**MGR 1** The Members shall register Masters competitors in a special category for each of the five recognised disciplines. A competitor who registers for Masters in any discipline will still retain his/her unrestricted right to compete in other competitions.

**MGR 2** Except for specific exceptions in the FINA Rules and regulations all other FINA Rules and Regulations shall apply to Masters Competitions.

**MGR 3** Individual entries shall only be accepted from persons representing clubs. No swimmer or team may be designated as representing a country or Federation.

**MGR 4** Age shall be determined as of December 31 of the year of competition.

**MGR 5** Masters Competitors must be aware of the need of being well prepared and medically fit before entering into Masters competitions. They shall assume full responsibility for the risks included in competing in such competitions. In consideration of their entry, they must agree to waive and release FINA, the Organising National Federation and the Organising Committee from any kind of liability for accidents, which may cause death, injury or property loss. Entry Forms containing a warning of the risks, an Accident Waiver and Release of Liability must be signed by each Masters competitor.





## MASTERS DIVING RULES (MD)

The Diving Rules in Part V of this Handbook shall apply to Masters Diving with the following exceptions.

### MD 1 Age Groups and Events

#### MD 1.1 Springboard Diving - Men and Women (1 metre and 3 metre)

Age Group (years)	Total number of dives required	
	Men	Women
25 – 29	7	6
30 – 34	7	6
35 – 39	7	6
40 – 44	7	6
45 – 49	7	6
50 – 54	6	5
55 – 59	6	5
60 – 64	6	5
65 – 69	6	5
70 – 74	5	4
75 – 79	5	4
80 +	4	3

(five years age groups as long as necessary)



**MD 1.2 Platform Diving - Men and Women (5 metre, 7.5 metre, or 10 metre)**

Age Groups (years)	Total number of dives required	
	Men	Women
25 – 29	6	6
30 – 34	6	6
35 – 39	6	6
40 – 44	6	6
45 – 49	6	6
50 – 54	5x	5x
55 – 59	5x	5x
60 – 64	5x	5x
65 – 69	5x	5x
70 – 74	4x	4x
75 – 79	4x	4x
80 +	3x	3x

(five years age groups as long as necessary)

(x) 10m limited: Only feet first entries are allowed from the 10m platform and any performed dive from the 10m must not exceed degree of difficulty of 2.0.

**MD 1.3 Synchronised Diving**

**MD 1.3.1 3M Springboard– Men and Women**

Age Group	Men	Women
50 - 99	2(*) +2	2(*) + 2
100+	2(*) +2	2(*) +2

(\*) Degree of difficulty of 2.0 for each dive regardless of the formula for degree of difficulty of the dive.

**MD 1.3.2 Platform Synchronised Diving – Men and Women**

Age Group	Men	Women
50 - 99	2(*) +2	2(*) +2
100+	2(*) +1	2(*) +1

(\*) Degree of difficulty of 2.0 for each dive regardless of the formula for degree of difficulty of the dive.

**MD 1.3.3** The Age Group in Synchronised Diving is decided by adding the ages of the two divers.

**MD 1.3.4** If in any of the two groups in Synchronised Diving the age of a diver is 50 years or more, the limitation from 10 m platform dives of only feet first and any dive from 10 m must not exceed degree of difficulty 2.0 applies for the pair.

## MD 2 Masters Diving Technical Rules

**MD 2.1** The diver can freely choose the dives from the dive table given in the FINA Handbook. The only requirement is that in age groups 25 – 69 years, each dive performed has different dive number (as to FINA Handbook).

In age groups 70 and older dives with the same dive number can be repeated, if performed in a different position (straight, pike, tuck or free position).

**MD 2.2** Forward facing dives can be performed with or without running approach.

**MD 2.3** In synchronised diving events two divers from different clubs within the same Federation are permitted to compete as a synchronised diving team in the 3m springboard and the platform synchronised diving competitions

**MD 2.4** In Synchronised Diving both divers must perform the same dive number and position. Otherwise, the Referees shall declare a failed dive (0 points)





## Appendix 8: FACILITIES RULES

### FR 1 GENERAL

**FR 1.1 FINA Olympic Standard Pools.** All World Championships (except the Masters World Championships) and Olympic Games must be held in pools that comply with Rules FR 3, FR 6, FR 8, and FR 11.

**FR 1.2 FINA General Standard Pools.** Other FINA events should be held in FINA Olympic Standard Pools, but the Bureau may waive certain standards for existing pools if they do not materially interfere with the competitions.

**FR 1.3 FINA Minimum Standard Pools.** All other events held under FINA Rules should be conducted in pools that comply with all of the minimum standards contained within these Facilities Rules.

**FR 1.4** In order to protect the health and safety of persons using swimming facilities for the purposes of recreation, training and competition, owners of public pools or pools restricted only to training and competition must comply with the requirements established by law and the health authorities in the country where the pool is situated.

**FR 1.5** New competition equipment (e.g. Starting blocks, lane-ropes, etc.) must be available by 1st January in the year of the Olympic Games and FINA World Championships.

### FR 5 DIVING FACILITIES

#### FR 5.1 Springboard Diving

General requirements: Dimensions in metres for all diving facilities as detailed in *Diving Diagram, Annex 1.1 & Annex 1.2*, shall be observed.

**FR 5.1.1** The springboards shall be at least 4.8 metres long and 0.5 metre wide. At all FINA Events, the type of springboard which must have a non-slip surface shall be approved by FINA.

**FR 5.1.2** The springboards shall be provided with movable fulcrums easily adjustable by the diver.

**FR 5.1.3** For springboard diving facilities modified or constructed on concrete platforms after 1 October 2013, the following shall be observed

**FR 5.1.3.1** The vertical distance from the level of the platform, which supports the fulcrum assembly, to the level of the top of the springboard, shall be 0.35metre.

**FR 5.1.3.2** The distance from the front edge of the fulcrum assembly (which is 0.741 metres in length) to the front edge of the supporting platform, shall be a maximum of 0.44 metre.

**FR 5.1.3.3** If the front edge of the platform projects past this point then the fulcrum assembly and the rear hinge assembly must be moved forward so as to provide for a maximum of 0.44 metres from the front edge of the platform to the front of the fulcrum assembly

**FR 5.1.4** The minimum distance recommended from the rear to the centre line of the fulcrum shall be in accordance with the recommendation or specification of the springboard manufacturer,

**FR 5.1.5** The springboards shall be installed dead level at the leading edge when the movable fulcrum is in all positions.

**FR 5.1.6** The springboards should be placed on either one or both sides of the platform. For Synchronised Diving, it is required that at least two springboards at the same height shall be placed side by side and no objects should obstruct the visibility in any part of the dive between the divers. See *Diving Diagram, Annex 2.1 & Annex 2.2*

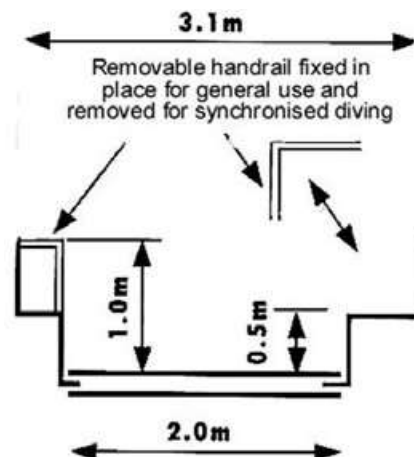
## FR 5.2 Platform Diving

**FR 5.2.1** Each platform shall be rigid and horizontal.

**FR 5.2.2** The minimum dimensions of the platform shall be:

0.6m to 1.0m platform	1.00m width (2.90m)	5.00m length
2.6m to 3.0m platform	1.00m width (2.00m)	5.00m length
5.0m platform	2.90 width	6.00m length
7.5m platform	2.00m width	6.00m length
10.0m platform	3.00m width	6.00m length

On 10m platforms, with a width of less than 3m, only the handrails on each side for a distance of at least 3.0m back from the front edge of the platform may be shaped as detailed below. It is recommended that an easily removable section of handrail be included for general use, which can be removed for synchronised diving (see diagram).





**FR 5.2.3** The preferred thickness of the front edge of the platform shall be 0.2 metre but not exceeding 0.3 metre, and can be vertical or inclined at an angle not greater than 10° to the vertical inside the plummet line.

**FR 5.2.4** The surface and the front edge of the platform shall be covered throughout with a resilient non-slip surface. The two surfaces shall be covered separately in order to achieve a clean 90° angle or as described in FR 5.2.3. The front surface is to be applied first and then the top surface.

**FR 5.2.5** The platforms shall be covered in an anti-slip material that shall have a tread pattern that provides sufficient traction in wet and dry conditions such that the divers are prevented from slipping when performing dives in all directions. The minimum thickness must be 6mm (- 0 / + 1mm) and the colour should give a contrast to the surrounding décor. The material shall be easily cleaned to maintain the anti-slip feature of the product. The installation of the non-slip platform covering shall respect FINA Rule FR 5.2.4.

**FR 5.2.6** The front edge of the 10 metre platform shall project at least 1.50 metres, the 7.5 metre, 5 metre and 2.6 – 3.0 metre platforms 1.25 metres, and the 0.6 – 1 metre platform 0.75 metre beyond the edge of the pool.

**FR 5.2.7** Where a platform is directly underneath another platform the platform above shall project a minimum of 0.75 metre (preferred 1.25 metres) beyond the platform below.

**FR 5.2.8** The back and sides of each platform (except 1.0 metre or lower platforms) shall be surrounded by handrails up to 1m from the edge of the platform with a minimum clearance of 1.8 metres between vertical pairs. The minimum height shall be 1.0 metre and they shall be with at least two horizontal crossbars placed outside the platform beginning 1.0 metre from the front edge of the platform.

**FR 5.2.9** Each platform shall be accessible by suitable stairs (not ladders) as required by the countries building regulations and or health and safety standards that are applicable.

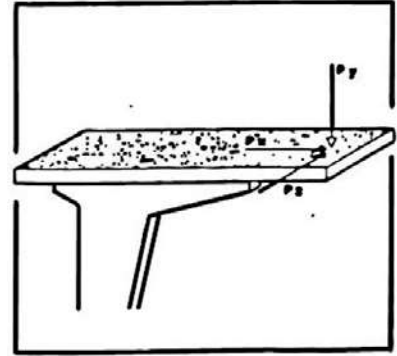
**FR 5.2.10** It is preferable that a platform is not constructed directly under any other platform however in circumstance where this cannot be avoided then you must refer to *Diving Diagram, Annex 1.1, 1.2, 2.1 & 2.2*.

**FR 5.2.11** Requirements for the supporting structure. For platforms and supporting structure of the springboards the design load is  $p = 350$  kiloponds (kilograms force) per lineal metre.

In addition to the static requirements and for the comfort and safety of the user with respect to the movement of the towers, the following limits shall be observed, with respect to the platforms and springboard supports.

Fundamental frequency of platforms 10.0 Hz  
 Fundamental frequency of tower 3.5 Hz  
 Oscillation of total structure 3.5 Hz

The spatial deformation of the front edge of the platforms as a result of  $P_x = P_y = P_z = 100$  kiloponds (kilograms force) shall be a maximum of 1 mm (see drawing).



These requirements can be met most adequately by a reinforced concrete structure. Proof of the dynamic behaviour is to be obtained together with the static calculations for the whole structure.

### FR 5.3 General Requirements

**FR 5.3.1** For pools designed and constructed after 26th September 2013 the minimum dimensions in metres for diving facilities as detailed on the “Diving Facilities Diagram” (Annex 1.2) shall prevail, using, as a basic measuring point of reference, the plummet line, which is a vertical line extending through the centre of the front edge of the springboard or platform. It is recommended that the preferred dimensions be used for projects considered to have an important status.

**FR 5.3.2** The dimensions C from plummet to adjacent plummet in the “FINA Dimensions for Diving”, Annex 1.2 table apply to platforms with widths as detailed in FR 5.2.2. If platform widths are increased then the dimensions B and C shall be increased by half the additional widths.

**FR 5.3.3** The height of the springboards and each platform above the water level may vary by plus 0.05 metre and minus 0.00 metre from the heights prescribed in the Rules.

**FR 5.3.4** The end of 5, 3, and 1 metre platforms must not project beyond the ends of the 3 and 1 metre springboards when they are adjacent to each other.

**FR 5.3.5** In the area of full water depth, the bottom of the pool may rise up to 2%. In the diving pool, the depth of water shall not be less than 1.8 metres at any point.

**FR 5.3.6** In outdoor pools, best practice suggests that springboards and platforms are recommended to face north in the northern hemisphere and south in the southern hemisphere.

**FR 5.3.7** The minimum illumination at a level of 1 metre above the water surface shall not be less than 600 lux.

**FR 5.3.8** Sources of natural and artificial illumination shall be provided with controls to prevent glare.

**FR 5.3.9** The water temperature shall be not less than 26° Celsius.



**FR 5.3.10** Mechanical surface agitation shall be installed under the diving facilities to aid the divers in their visual perception of the surface of the water. In pools equipped with an underwater bubble machine, the machine should only be used for this purpose if it creates sufficient water agitation when working with a very low pressure; otherwise a horizontal water sprinkler system should only be used.

**FR 5.3.11 For Diving Pools that will also be used for swimming.**

Lane markings for Diving pools shall be of a dark contrasting colour, placed on the floor of the pool in the centre of each lane.

Width: minimum 0.2 metre, maximum 0.3 metre. Length: 21.0 metres for 25 metre long pools.

Each lane line shall end 2.0 metres from the end wall of the pool with a distinctive cross line 1.1 metre long and of the same width as the lane line. Target line shall be placed on the end of the walls or on the touch panels, in the centre of each lane, of the same width as the lane lines. A cross line 0.5 metre long shall be placed 0.3 metre below the water surface, measured to the centre point of the cross line. They shall extend without interruption from the deck edge (curb) to the floor or to a maximum of 3 metres.

**FR 5.3.12 Individual Diving**

**FR 5.3.12.1** The Judges will be placed side by side in a line on each side of the springboard / platform by the Referee.

**FR 5.3.12.2** When seven (7) / five (5) Judges are used, four (4) / three (3) Judges will be on the side closest to the competition.

Note: The Referee may decide to place four (4) / three (3) Judges farthest from the competition depending of the local situation in the pool.

**FR 5.3.12.3** No Judge shall be seated behind the front edge of the springboard or platform.

**FR 5.3.12.4** The numbering of the Judge chairs will be clockwise when facing the springboard / platform.

**FR 5.3.12.5** In the 1 metre springboard competitions, chairs suitable for use on poolside shall be used.

**FR 5.3.12.6** In the 3 metre springboard competitions, the Judges shall be seated at a height of not lower than two (2) metres above the water level.

**FR 5.3.12.7** In the 10 metre platform competitions, the chairs from the 3m springboard competitions can be used but if at all possible, the Judges shall be seated at an even higher level.

**FR 5.3.12.8** To assist the Judges in the 3 metre springboard and 10 metre platform competitions, the Judge chairs must be positioned as far back from the edge of the pool as is practical.





### FR 5.3.13 Synchronised Diving

**FR 5.3.13.1** Three (3) / two (2) execution Judges will be placed on either side of the springboard / platform by the Referee.

**FR 5.3.13.2** The numbering of the execution Judge chairs will be clockwise when facing the springboard / platform, namely E 1, E 2 and E 3 (or E 1, E 2) on the left side and E 4, E 5 and E 6 (or E 3, E 4) on the right side.

**FR 5.3.13.3** In between the execution Judges on either side of the pool, the synchronised Judges will be placed in a line.

**FR 5.3.13.4** Three (3) synchronised Judges will be on the side closest to the springboard / platform competition, and the other two (2) synchronised Judges on the opposite side.

**FR 5.3.13.5** The numbering of the synchronised Judge chairs will start on the left-hand side on the pool with the lowest chair being S 1, and the highest chair on the right-hand side of the pool being S 5.

**FR 5.3.13.6** In the synchronised competitions, the synchronised Judges closest to the pool edge, shall be seated at a height of not lower than 2.0 metres above the water level.

**FR 5.3.13.7** The subsequent heights for the remaining synchronised Judges (or additional execution Judge) must increase no less than 0.5 metre per seat.

**FR 5.3.13.8** There shall be no interference or movement in front of the Judge chairs.

**FR 5.3.13.9** The above recommendations are shown in *Diving Diagram, Annex 2.1 & Annex 2.2*.

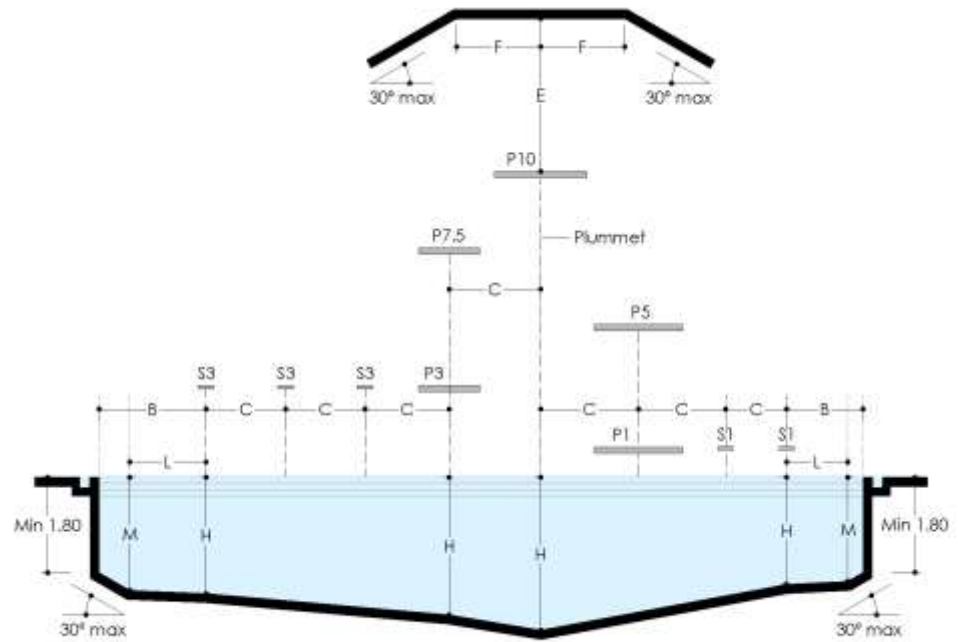
### FR 5.3.14 Dry Land Training Facilities

General Requirements: Dimensions in metres for Dry Land Training Facilities as detailed in *Diving Dry Land Training, Annex 3.1 & Annex 3.2* and *Diving Dry Land Recommended Equipment, Annex 3.3*

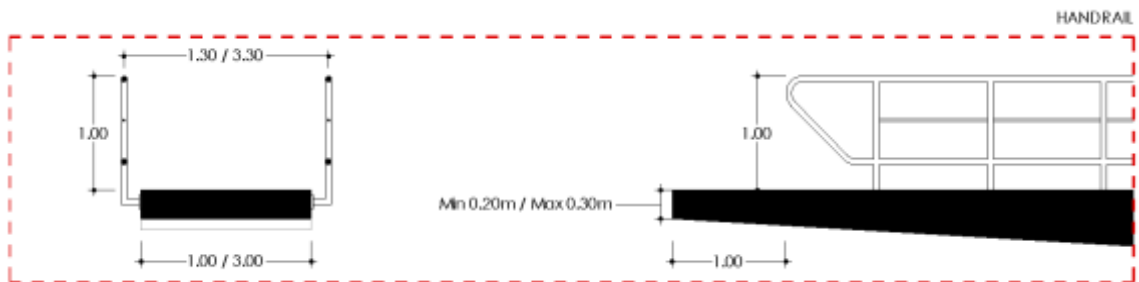
**FR 5.3.14.1** For the safety and development of divers in the learning of new and more difficult dives, it is strongly recommended that the guidelines presented below be incorporated into the facility and placed adjacent to the competitive diving area /facilities

**FR 5.3.14.2** When minimum dimensions are used in B and C a vertical mat or other protective surface should be attached to the appropriate forward and side walls.

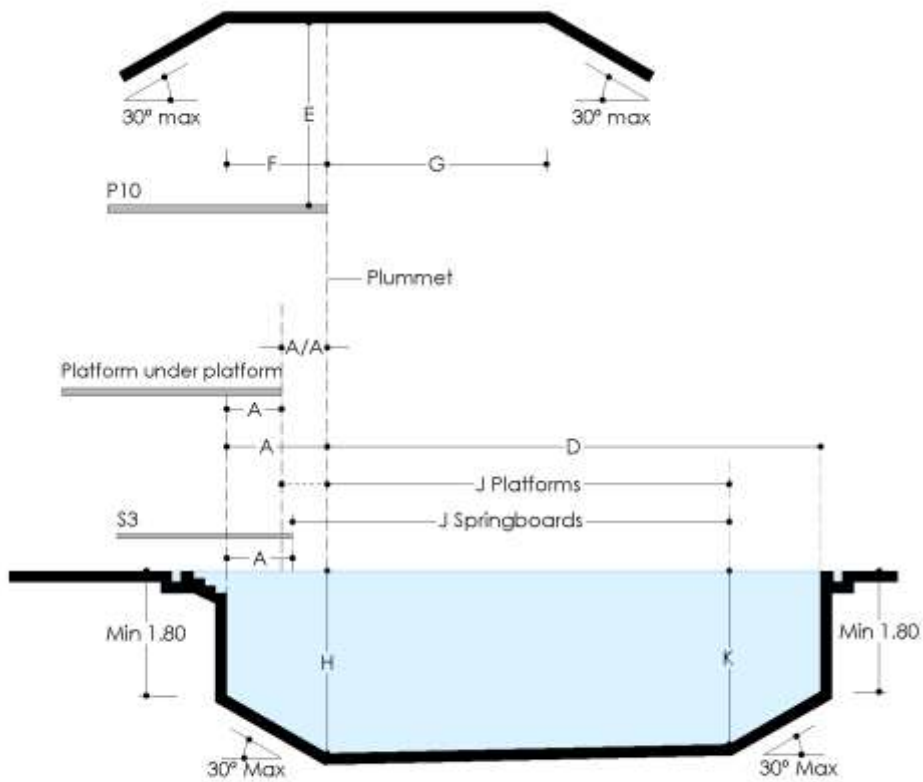
DIVING DIAGRAMS ANNEX 1.1



CROSS SECTION



HANDRAIL

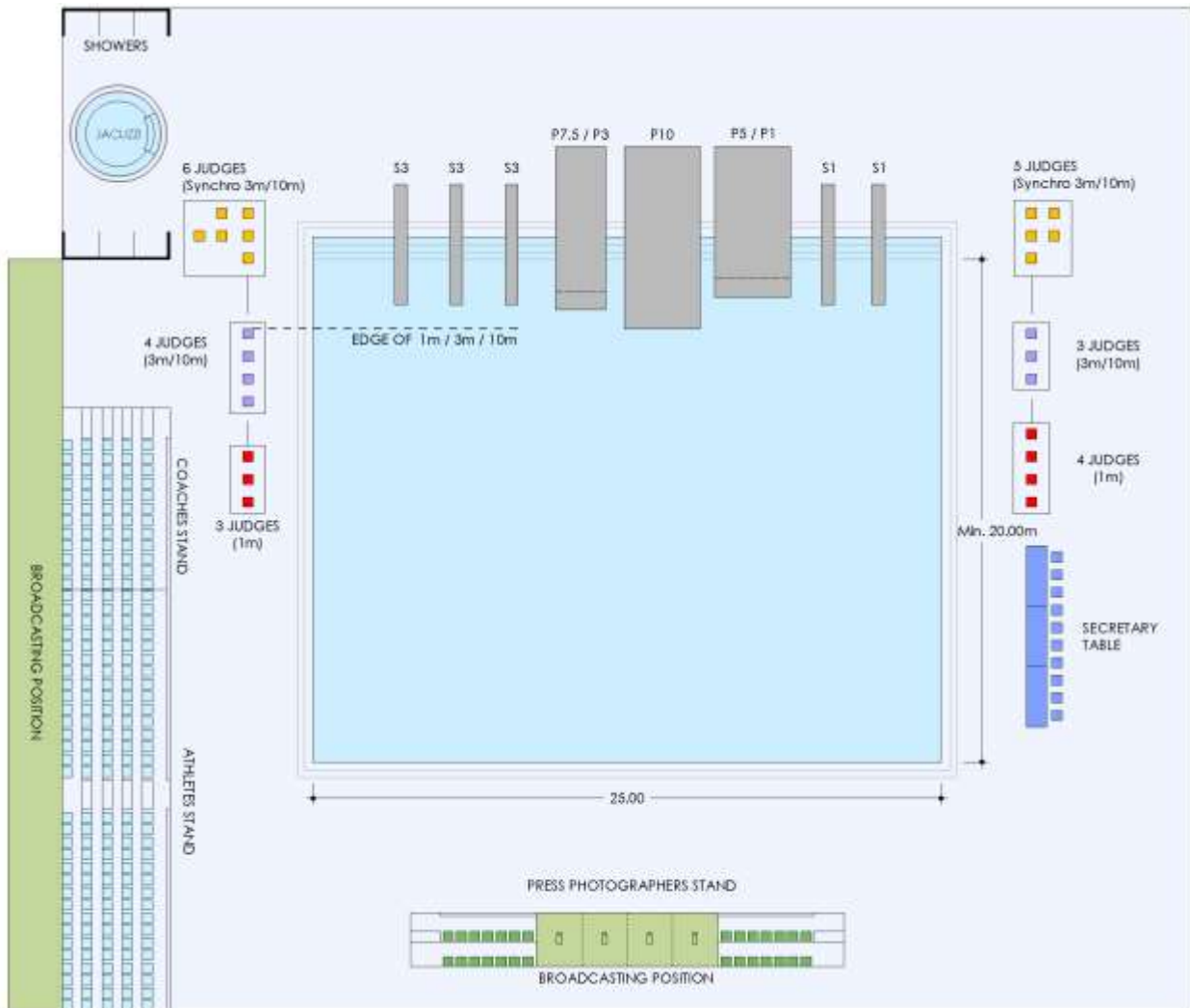


LONGITUDINAL SECTION

## DIVING DIAGRAMS ANNEX 1.2

FR 5.3 GENERAL REQUIREMENTS																
FINA Dimensions for Diving facilities:			SPRINGBOARD				PLATFORM									
			1 metre		3 metres		1 metre		3 metres		5 metres		7.5 metres		10 metres	
For pools constructed after September, 26th, 2013 (see FR 5.3.1)	Length		4.80		4.80		5.00		5.00		6.00		6.00		6.00	
	Width		0.50		0.50		1.00 min. 2.90 preferred		1.00 min. 2.00 preferred		2.90		2.00		3.00	
	Height		1.00		3.00		0.60 min. 1.00 preferred		2.60 min. 3.00 preferred		5.00		7.50		10.00	
A	From plumbet back to pool wall for CONCRETE PLATFORM	Designation	A-1		A-3		A-1 pl		A-3 pl		A-5		A-7.5		A-10	
		Minimum	2.22		2.22		0.75		1.25		1.25		1.25		1.50	
	Preferred	2.22		2.22		0.75		1.25		1.25		1.25		1.50		
	From plumbet back to pool wall for PEDESTALS AND METAL STANDS	Minimum	1.50		1.50											
Preferred		1.80		1.80												
A/A	From plumbet BACK TO PLATFORM Plumbet directly below	Designation									A/A 5/1		A/A 7.5/3.1		A/A 10/5.3.1	
		Minimum									0.75		0.75		0.75	
		Preferred									1.25		1.25		1.25	
B	From plumbet to POOL WALL AT SIDE	Designation	B-1		B-3		B-1 pl		B-3 pl		B-5		B-7.5		B-10	
		Minimum	2.50		3.50		2.50		3.00		4.00		4.50		5.75	
		Preferred	2.50		3.50		3.50		3.60		4.50		4.75		5.75	
C	From plumbet to ADJACENT PLUMBET	Designation	C-1-1		C3-3.3-1		C-1-1 pl		C3-3pl,1pl		C5-3, 5-1		C7.5-5.3.1		C10-7.5.5.3.1	
		Minimum	2.00		2.20		1.85		2.20*		2.85*		2.75*		3.00*	
		Preferred	2.00		2.60		2.15		2.35*		2.85*		2.75*		3.00*	
D	From plumbet to POOL WALL AHEAD	Designation	D-1		D-3		D-1 pl		D-3 pl		D-5		D-7.5		D-10	
		Minimum	9.00		10.25		8.00		9.50		10.25		11.00		13.50	
		Preferred	9.00		10.25		8.00		9.50		10.25		11.00		13.50	
E	On plumbet, from BOARD TO CEILING	Designation	E-1		E-3		E-1 pl		E-3 pl		E-5		E-7.5		E-10	
		Minimum	5.00		5.00		3.25		3.25		3.25		3.25		4.00	
		Preferred	5.00		5.00		3.50		3.50		3.50		3.50		5.00	
F	CLEAR OVERHEAD behind and each side of plumbet	Designation	F-1	E-1	F-3	E-3	F-1 pl	E-1 pl	F-3 pl	E-3 pl	F-5	E-5	F-7.5	E-7.5	F-10	E-10
		Minimum	2.50	5.00	2.50	5.00	2.75	3.25	2.75	3.25	2.75	3.25	2.75	3.25	2.75	4.00
		Preferred	2.50	5.00	2.50	5.00	2.75	3.50	2.75	3.50	2.75	3.50	2.75	3.50	2.75	5.00
G	CLEAR OVERHEAD ahead of plumbet	Designation	G-1	E-1	G-3	E-3	G-1 pl	E-1 pl	G-3 pl	E-3 pl	G-5	E-5	G-7.5	E-7.5	G-10	E-10
		Minimum	5.00	5.00	5.00	5.00	5.00	3.25	5.00	3.25	5.00	3.25	5.00	3.25	6.00	4.00
		Preferred	5.00	5.00	5.00	5.00	5.00	3.50	5.00	3.50	5.00	3.50	5.00	3.50	6.00	5.00
H	DEPTH OF WATER At plumbet	Designation	H-1		H-3		H-1 pl		H-3 pl		H-5		H-7.5		H-10	
		Minimum	3.40		3.70		3.20		3.50		3.70		4.10		4.50	
		Preferred	3.50		3.80		3.30		3.60		3.80		4.50		5.00	
J K	DISTANCE AND DEPTH ahead of plumbet for all stands	Designation	J-1	K-1	J-3	K-3	J-1 pl	K-1 pl	J-3 pl	K-3 pl	J-5	K-5	J-7.5	K-7.5	J-10	K-10
		Minimum	5.00	3.30	6.00	3.60	4.50	3.10	5.50	3.40	6.00	3.60	8.00	4.00	11.00	4.25
		Preferred	5.00	3.40	6.00	3.70	4.50	3.20	5.50	3.50	6.00	3.70	8.00	4.40	11.00	4.75
L M	DISTANCE AND DEPTH each side of plumbet	Designation	L-1	M-1	L-3	M-3	L-1 pl	M-1 pl	L-3 pl	M-3 pl	L-5	M-5	L-7.5	M-7.5	L-10	M-10
		Minimum	1.50	3.30	2.00	3.60	1.40	3.10	1.80	3.40	3.00	3.60	3.75	4.00	4.50	4.25
		Preferred	2.00	3.40	2.50	3.70	1.90	3.20	2.30	3.50	3.50	3.70	4.50	4.40	5.25	4.75
N	MAXIMUM SLOPE TO REDUCE DIMENSIONS BEYOND FULL REQUIREMENTS FOR POOL DEPTH and CEILING HEIGHT					30 DEGREES										
<p>* Note: The minimum distance between adjacent platforms must be at least 0.25 metres.                  Note: Dimensions B (plumbet to pool wall at side) and C (plumbet to adjacent plumbet) apply to Platforms with widths as detailed in FR.5.2.5. If Platform widths are increased then B and C shall be increased by half the additional width[s].                  Note: The 10 Metre Platform must project 0.25 metres beyond any adjacent platform.                  Note: All platforms must project 0.75 metres beyond any platform directly below.                  Note: The leading edge of the concrete platforms for springboards must be at least constructed to be directly above the pool wall or beyond.</p>																

## FIELD OF PLAY OLYMPIC GAMES & WORLD CHAMPIONSHIPS DIVING ANNEX 2.1





## FIELD OF PLAY OLYMPIC GAMES & WORLD CHAMPIONSHIPS DIVING ANNEX 2.2

DIVING DRY LAND TRAINING DESIGN GUIDELINES		GOVERNING BODY	FINA			
		LAST DATE UPDATED	10/26/2012		10/26/2012	
			SPRINGBOARD		PLATFORM	
		Length	4.80 m		VARIES	
		Width	0.50 m +/-		VARIES	
Height	1.24 m		VARIES			
			Horizontal	Vertical	Horizontal	Vertical
A	From plummets <b>BACK TO BUILDING WALL</b>	Designation	A-1		A-PL	
		Minimum	4.877 m		VARIES	
		Preferred	6.10 m		INFINITY	
B	From plummets to <b>BUILDING WALL AT AHEAD</b>	Designation	B-1		B-PL	
		Minimum	3.66 m		3.66 m	
		Preferred	INFINITY		INFINITY	
C	From plummets to <b>BUILDING WALL AT SIDE</b>	Designation	C-1		C-PL	
		Minimum	1.83 m		1.83 m	
		Preferred	INFINITY		INFINITY	
D	From plummets to <b>ADJACENT PLUMMET</b>	Designation	D-1		D-PL	
		Minimum	2.00 m		2.00 m	
		Preferred	2.40 m		2.40 m	
E	On plummets from <b>BOARD TO CEILING</b>	Designation		E-1		E-PL
		Minimum		5.00 m		2.70 m
		Preferred		6.40 m		6.40 m
F	<b>OVERHEAD</b> behind and each side of plummets	Designation	F-1	F-1	F-PL	F-PL
		Minimum	2.50 m	4.50 m	1.50 m	2.70 m
		Preferred	VARIES	6.40 m	VARIES	6.40 m
G	<b>CLEAR OVERHEAD</b> ahead of plummets	Designation	G-1	G-1	G-PL	G-PL
		Minimum	5.00 m	4.50 m	1.50 m	2.70 m
		Preferred	VARIES	6.40 m	VARIES	6.40 m
H	<b>WIDTH OF LANDING PIT</b> in front of plummets	Designation	H-1		H-PL	
		Minimum	1.83 m		1.50 m	
		Preferred	VARIES		VARIES	
J	<b>LENGTH OF LANDING PIT</b> in front of plummets	Designation	J-1		J-PL	
		Minimum	3.66 m		1.50 m	
		Preferred	VARIES		VARIES	
K	<b>ANGLE OF SPOTING RIG ROPES *</b>	Designation		K-1		K-PL
		Minimum		30 DEGREES		30 DEGREES
		Preferred		35 DEGREES ±		35 DEGREES ±
L	<b>HEIGHT OF SPOTING RIG</b> above diving board or platform	Designation		L-1		L-PL
		Minimum		4.50 m		4.50 m
		Preferred		6.40 m		6.40 m
M	<b>DISTANCE</b> in front of plummets to <b>SPOTING RIG</b>	Designation	M-1		M-PL	
		Minimum	0.76 m		0.76 m	
		Preferred	0.91 m		0.91 m	

The plummets is the point of measurement from the center front of the springboard.

\* A proximated real angle of spotting rig ropes = 65 DEGREES

### USE AND INSTALLATION GUIDELINES FOR DRY LAND TRAINING FACILITIES WITH IN GROUND AND ABOVE GROUND TRAMPOLINES

Installation and use instructions for trampolines and related equipment, such as frame pads, mats, end decks, and spotting systems, shall be provided by the manufacturer and shall specify the minimum safe area dimensions required for each trampoline type and relating their products to center or edge of the trampoline.

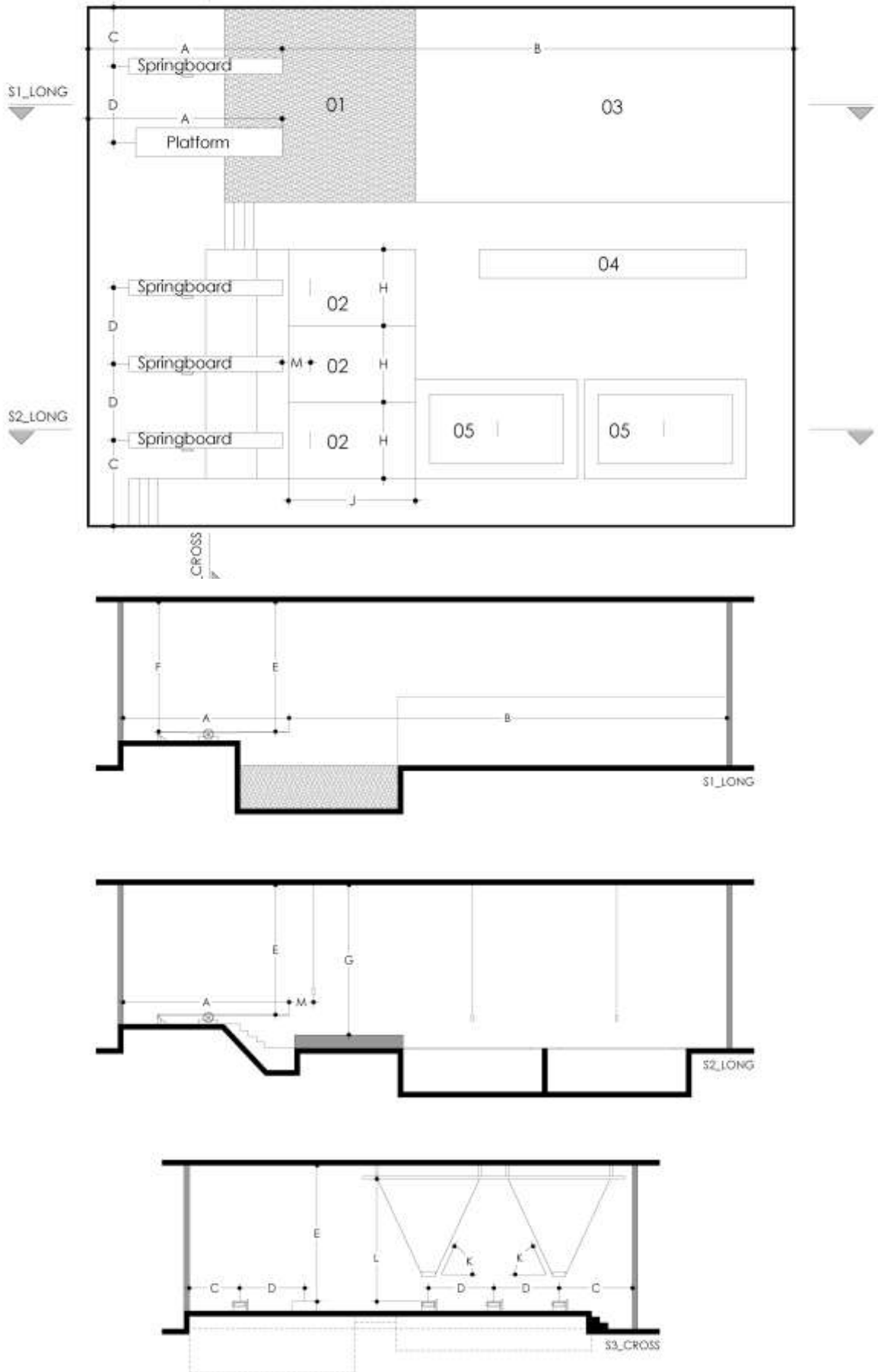
**Clearance (trampolines):** Users should refer to the manufacturer's specifications for all clearance, which may vary depending upon the manufacturer, the size of the trampoline, the type of bed in place, the type of spotting system in place, if any, and other variables. In any event, adequate space should be provided so that intended users and equipment\* will not come into contact with any obstacles during their anticipated use of the equipment.

\*i.e., bottoming out a trampoline or Dry land diving board.

**Clearance (platforms):** These specifications apply to facilities used by FINA level international athletes. Other specifications may be appropriate for junior or development programs, so long as adequate space is provided so that intended users and equipment will not come into contact with any obstacle during their anticipated use of the equipment.

DIVING DRY LAND TRAINING EQUIPMENT	
01	BLOCK FOAM LANDING PIT
02	LANDING FOAM PAD
03	GYMNASTICS SPRING FLOOR
04	PADDED PLATFORM BENCH
05	TRAMPOLINE BED

**DIVING DRY LAND TRAINING ANNEX 3.1**





DIVING DRY LAND TRAINING ANNEX 3.2

DIVING DRY LAND TRAINING DESIGN GUIDELINES		GOVERNING BODY	FINA			
		LAST DATE UPDATED	10/26/2012		10/26/2012	
			SPRINGBOARD		PLATFORM	
		Length	4.80 m		VARIES	
Width	0.50 m +/-		VARIES			
Height	1.24 m		VARIES			
		Horizontal	Vertical	Horizontal	Vertical	
A	From plummet BACK TO BUILDING WALL	Designation	A-1		A-PL	
		Minimum	4.877 m		VARIES	
		Preferred	6.10 m		INFINITY	
B	From plummet to BUILDING WALL AT AHEAD	Designation	B-1		B-PL	
		Minimum	3.66 m		3.66 m	
		Preferred	INFINITY		INFINITY	
C	From plummet to BUILDING WALL AT SIDE	Designation	C-1		C-PL	
		Minimum	1.83 m		1.83 m	
		Preferred	INFINITY		INFINITY	
D	From plummet to ADJACENT PLUMMET	Designation	D-1		D-PL	
		Minimum	2.00 m		2.00 m	
		Preferred	2.40 m		2.40 m	
E	On plummet from BOARD TO CEILING	Designation		E-1		E-PL
		Minimum		5.00 m		2.70 m
		Preferred		6.40 m		6.40 m
F	OVERHEAD behind and each side of plummet	Designation	F-1	F-1	F-PL	F-PL
		Minimum	2.50 m	4.50 m	1.50 m	2.70 m
		Preferred	VARIES	6.40 m	VARIES	6.40 m
G	CLEAR OVERHEAD ahead of plummet	Designation	G-1	G-1	G-PL	G-PL
		Minimum	5.00 m	4.50 m	1.50 m	2.70 m
		Preferred	VARIES	6.40 m	VARIES	6.40 m
H	WIDTH OF LANDING PIT in front of plummet	Designation	H-1		H-PL	
		Minimum	1.83 m		1.50 m	
		Preferred	VARIES		VARIES	
J	LENGTH OF LANDING PIT in front of plummet	Designation	J-1		J-PL	
		Minimum	3.66 m		1.50 m	
		Preferred	VARIES		VARIES	
K	ANGLE OF SPOTING RIG RIG ROPES *	Designation		K-1		K-PL
		Minimum		30 DEGREES		30 DEGREES
		Preferred		35 DEGREES ±		35 DEGREES ±
L	HEIGHT OF SPOTING RIG above diving board or platform	Designation		L-1		L-PL
		Minimum		4.50 m		4.50 m
		Preferred		6.40 m		6.40 m
M	DISTANCE in front of plummet to SPOTING RIG	Designation	M-1		M-PL	
		Minimum	0.76 m		0.76 m	
		Preferred	0.91 m		0.91 m	

The plummet is the point of measurement from the center front of the springboard.

\* Approximated real angle of spotting rig ropes = 65 DEGREES

USE AND INSTALLATION GUIDELINES FOR DRY LAND TRAINING FACILITIES WITH IN GROUND AND ABOVE GROUND TRAMPOLINES

Installation and use instructions for trampolines and related equipment, such as frame pads, mats, end decks, and spotting systems, shall be provided by the manufacturer and shall specify the minimum safe area dimensions required for each trampoline type and relating their products to center or edge of the trampoline.

**Clearance (trampolines):** Users should refer to the manufacturer's specifications for all clearance, which may vary depending upon the manufacturer, the size of the trampoline, the type of bed in place, the type of spotting system in place, if any, and other variables. In any event, adequate space should be provided so that intended users and equipment\* will not come into contact with any obstacles during their anticipated use of the equipment.

\*i.e., bottoming out a trampoline or Dry land diving board.

**Clearance (platforms):** These specifications apply to facilities used by FINA level international athletes. Other specifications may be appropriate for junior or development programs, so long as adequate space is provided so that intended users and equipment will not come into contact with any obstacle during their anticipated use of the equipment.

DIVING DRY LAND TRAINING EQUIPMENT	
01	BLOCK FOAM LANDING PIT
02	LANDING FOAM PAD
03	GYMNASTICS SPRING FLOOR
04	PADDED PLATFORM BENCH
05	TRAMPOLINE BED



### DIVING DRY LAND TRAINING ANNEX 3.3

RECOMMENDED EQUIPMENT IN DRY LAND TRAINING ROOM							
GOVERNING BODY		FINA					
			Number		Suggested dimensions		
1	DIVING BOARDS	The latest model of Duraflex Springboards mounted on diving stands with moveable fulcrums.	Minimum	2			
			Preferred	4			
2	DIVING BOARD LANDING PADS*	Foam landing pads for Dry land diving boards are located in front of the diving boards.	Minimum	2	Floor	Width	Length
			Preferred	4	120 cm	1.5 m min.	1.5 m min.
3	TRAMPOLINES		Minimum	1			
			Preferred	3			
4	FOAM CRASH MATS		Minimum	2	Height	Width	Length
			Preferred	4	22 cm	2 m	3 m
5	SOMERSAULT BOXES		Minimum	2	Height	Width	Length
			Preferred	4	32 cm	1 m	1 m
6	STRETCHING MATS		Minimum	12	Height	Width	Length
			Preferred	24	12 cm	1 m	2 m
7	LARGE MIRRORS	Should be placed on walls so divers can observe body movements while training on equipment.					
8	VIDEO REPLAY SYSTEM (similar to TIVO)	With at least 2 cameras and 2 monitors. This allows divers to review acrobatic skills performed on springboard and trampoline.					
9	WEIGHT LIFTING EQUIPMENT	Combination of free weights and weight lifting machines.					
10	CARDIO CONDITIONING EQUIPMENT	Treadmills and stationary bicycles.					

\* Please note: Foam crash mats may be stacked to a height of 120 cm for the foam landing pads, or Foam pits maybe used instead of landing pads.



## FR 6 DIVING FACILITIES FOR OLYMPIC GAMES AND WORLD CHAMPIONSHIPS

**FR 6.1 General requirements** - Dimensions in Metres for Diving Facilities as detailed in *Diving Diagram, Annex 1.1 & Annex 1.2* and 'Field of Play for Olympic Games and World Championships: *Diving Diagram, Annex 2.1 & Annex 2.2*.

**FR 6.1.1** For Olympic Games and World Championships FR 5 in total shall apply; however the light intensity at the level of 1 metre above the water surface shall not be less than 1500 lux.

**FR 6.2** With regard to dimensions for diving facilities a combination of preferred and minimum measurements found in the "*FINA Dimensions for Diving Facilities, Annex 1.1 & Annex 1.2* table may be used. However measurements less than minimum are not acceptable and may not be used. If the swimming pool and diving well are in the same area, the minimum distance separating the pools shall be of 8 metres, however 10 metres is preferred (see FR 3.16).

**FR 6.2.1** The vertical height from the plummet of the diving board and or springboard at rest to the water surface at rest and before water sprays or bubbles are set in motion shall be specified in the Diving Facilities Dimensions table. These measurements should be certified by a surveyor or other qualified officials, appointed or approved by the member of the country in which the pool is situated.

**FR 6.3** Line markings for the diving well will consist of 3 lines running the width of the diving well 90 degree angle to the diver facing forward on the springboard or platform. These lines shall be as follows:

Width: minimum 0.2 metre, maximum 0.3 metres Length: 21.0 metre for 25 metre wide diving well

The distance between the centre points of each lane shall be 2.5 metres

The centre of the first line shall be directly under the plummet of the 3 metre springboard. See *Diving Diagram, Annex 2.1 & Annex 2.2*

**FR 6.4** The host facility must provide a trampoline with spotting equipment and a hot tub. It is preferred that there be two trampolines and a dryland area with a springboard and a platform take-off into foam landing pits.



Photo: Nikon – Matthias Hangst



## Appendix 9: JUDGES REGULATIONS

### A CRITERIA FOR JUDGES

FINA require that all Judges must be able to meet the following criteria:

1. Education - Shall have a complete knowledge of the rules
2. Experience - Shall develop judging experience in competitions
3. Application - Shall demonstrate the practical application of the rules
4. Neutrality - Shall show no preference to any diver or nation
5. Consistency - Shall maintain a standard in the judging
6. Behavior - Shall at all times conduct themselves in a professional manner

### B LIST PRINCIPLES

FINA establish annually a list of FINA Diving Officials with certified Judges.

Federations can delete their certified Judges annually, after receiving the revised FINA Diving Officials List **not later than November 30 of each year. If no reply to FINA by December 15th, it shall be assumed all Judges appearing on the FINA Diving Officials list for that Federation are approved for the upcoming year.**

In special circumstances Federations are entitled to delete certified Judges during the year.

### C CERTIFICATION

1. To receive certification a Judge must attend a *FINA Diving Judges Certification Course (CC)*.
2. FINA certification is valid for two years.

For FINA recertification (two years), a certified Judge must do one of the following:

1. Attend a FINA Diving Judges Certification Course and pass the test with a minimum score of 85 % and be assessed with a minimum of 85% every two year. At each CC the Nationality of the officials will be verified by the lecturers (see GR 2.5 and BL 9.1).
2. Be evaluated within a two year period at three (3) different competitions (at 3 different places) with at least a 90% rating and recommended by the FINA TDC for a two year recertification.  
Please note the following competitions have a double weighting because they are evaluated by at least two (2) different FINA TDC members preferably from different Continents over a five (5) or more day period. Thus judging one of these competitions will equal two (2) competitions: FINA Junior Diving World Championships, FINA Diving World Cup, Universiade.
3. Be selected for *FINA Diving Seminar Program* as Judge for the Olympic Games, FINA World Championships and recommended by the FINA TDC for a two year recertification. The TDC will only consider those Judges who achieve a minimum of 90% agreement with observation.
4. In addition each certified Judge must take the on-line officials exam each year.

### D JUDGES CERTIFICATION COURSE

- Any Federation may request a *FINA Diving Judges Certification Course*
- Approximately 10 Courses will be held each year.
- A minimum of 10 participants, and a maximum of 30 participants
- Structure
  - Instructions will be given by a team of instructors
  - The curriculum will be based on the FINA Officials Manual
  - Both classroom and practical application of judging will be examined
  - Instructors will recommend FINA Judge Certification following the Course to FINA TDC.



## **E EVALUATION OF CERTIFIED JUDGES**

All certified Judges shall be evaluated into one of the following categories:

95 - 100 %	=	very good
90 – 94%	=	good
85 – 89 %	=	satisfactory
80 – 84 %	=	deficient
79 and under	=	unsatisfactory

### **1. Numerical**

Comparison of the awards given by the Judge and the opinion of the observer and classify as follows:

- Less than 5% difference between the observer and the Judge = very good
- Between 6% - 10% difference between the observer and the Judge = good
- Between 11% - 15% difference between the observer and the Judge = satisfactory
- Between 16% - 20% difference between the observer and the Judge = deficient
- More than 21% difference between the observer and the Judge = unsatisfactory

### **2. Behavior**

While judging the contest the Judge must all times reflect appropriate international behavior which includes

- Wearing the appropriate dress code,
- Reporting for duty on schedule and attend the meetings called by the Referee
- Be alert at all times,
- Does not communicate with the other Judges and coaches during the event,
- Does not coach the diver from the chair,
- Be prompt in the response to the Referee for scores,
- Concentrates on the Event and the field of play.

### **3.**

#### **Neutrality**

Does not show bias towards certain divers or Federations

### **4. Knowledge of the rules**

Ability to understand and apply the rules during the competition

## **F PARTICIPATION IN FINA World Cup and FINA World Junior Championships EVENTS**

In order a Judge to participate in FINA events such as FINA Diving World Cup and FINA World Juniors Diving Championships the following requirements are needed:

1. Attend a FINA Diving Judges Certification Course and pass the test with a minimum score of 85% and be assessed with a minimum of 85% every two year. At each CC the Nationality of the officials will be verified by the lecturers (see GR 2.5 and BL 9.1).
2. Be evaluated within the most recent two year period at three (3) different competitions (at 3 different places) with at least a 90% rating
3. The nominated Judges should be those included on the current FINA Diving Officials List.
4. Any FINA member Federation may nominate at own expense one or two Judges whether or not entering divers. Federations entering at least four (4) divers are expected to bring at least one Judge.



## **G EVALUATION PROCEDURE**

1. The following diving events are the main venues for observation by TDC members or nominated experts:
  - a) All FINA Diving World Series and FINA Grand Prix competitions
  - b) FINA World Championships including FINA World Junior Championships
  - c) FINA World Cups
  - d) Olympic Games
  - e) Youth Olympic Games
  - f) Continental Championships and Cups
  - g) Regional Championships
  - h) Special Championships (Universiade, Commonwealth Games)
  - i) Special Invitation of TDC Observer to National or Regional Championships
2. Federations organising one of these events are expected to provide free admittance and working facilities for the appointed observers. The organising Federation is also expected to use an approved software to produce a Judge's analysis. In case this is not possible prior to the end of the competition, the analysis shall be sent to the appointed observer as soon as possible.
3. Members of the TDC or nominated experts shall serve as appointed observers at the diving meets previously mentioned.
4. After each competition, an observation report shall be sent to the TDC Commission and to the FINA Judges' Sub-Committee coordinator.
5. An overall report - developed by the Judges' Sub-Committee - will be used by the FINA TDC to select the Judges for the Olympic Games and the FINA World Championships for recommendation to the FINA Bureau.

## **H FINA DIVING JUDGES DEVELOPMENT SCHOOL**

In order to begin the training as a Diving Judge, FINA offers to all National Federations "FINA Diving Judges Development Schools". Any Federation may request to host a FINA Diving Judges Development School.

Please note the following in relation to the Development Schools:

- Persons with just some basic knowledge of judging diving can participate.
- At the conclusion of the school, all participants will take a test. Participants having successfully completed the test will receive a Development School Diploma
- Instruction will be theoretical
- A Development school diploma (with a result of at least 85%) will entitle the holder to participate at a FINA Diving Judges Certification Course. However, a Development school diploma does not entitle the holder to integrate into the FINA Diving Judges List.

The following DO NOT need to attend a FINA Diving Judges Development School and may attend a Certification Course: former divers (not active) / coaches/ experienced national Judges, whose federation certify they have judged at a national-regional level and international events hosted by the Federation within the past 3 years.

## Appendix 10 CASE STUDIES

### *Case Study #1 (from page 22)*

#### D 6.22.1

##### **The Dive:**

In a one meter event a diver attempts a 103B. The take-off and execution are poorly performed as the diver leans backward on the take-off and barely achieves a pike position. As the diver releases for the entry, she lands flat on the water with her feet slightly elevated (as if landing in a back drop position on a trampoline).

**Action Taken:** The Referee declares a failed dive.

##### **TDC Recommendation:**

The Referee should allow the Judges to score the dive. Declaring a failed dive is no longer advisable with the rule clarification in the current FINA Handbook: D 6.22.1 states, "In head first dives, if the feet enter the water before the head or hands, the Referee shall declare it a failed dive." In this case, the feet did not enter the water before the head. If the Referee is not certain if the feet entered before the head or hands or if the divers body lands in such a way that the head and feet enter the water simultaneously, it is best to allow the Judges to enter their score and allow them to decide the correct award for the dive.

### *Case Study #2 (from page 28)*

#### D 8.2.4.3 & D 8.3.4

##### **The Dive:**

In a three meter springboard event, a diver attempts a 407C. During the take-off movements just before the diver initiates the summersault action, one of the Judges observed the feet of the diver leaving the board and then returning again. The dive is otherwise executed in the Very Good range (8.5-9.5) with excellent height, tight tuck, quick spin and a clean vertical entry.

##### **Action Taken:**

Judges awards range from 7.5 to 8 with the exception of the one Judge who observed the feet leaving the board during the take-off movements. This Judge awards 0 to the dive and argues that diver double bounced the board and under Rule D 8.3.4 should receive a score of 0.

##### **TDC Recommendation:**

No Judge should award 0. The difference between a "crow-hop" and a double bounce is something FINA Judges are expected to understand. In this case, the Judge observed a "crow-hop" and confused it with a double bounce. A double bounce is a "trampolining motion" (multiple jumps while swinging of the arms) that resembles bouncing on a trampoline. A "crow-hop" is a small bounce that has no trampolining motion associated with it.

In this case the dive that was "otherwise executed in the Very Good range," would earn awards from 8.5 to 9.5. But Rule D 8.2.4.3 allows Judges to make a deduction for a crow-hop "from ½ to 2 points." Awards for this dive of 7.5 – 8 would be correct.



### **Case Study #3 (from page 27)**

#### **D 6.26, D 6.27 & D 8.2.6.3**

##### **The Dive:**

A diver attempts a 616C, armstand forward triple somersault tuck from the ten meter platform. The diver presses into the handstand and begins to lose balance. The diver moves both of his hands (as if walking on his hands) to keep from falling off the platform and struggles unsuccessfully to regain his balance, finally giving up and both feet returning to the platform surface. The diver is permitted a restart and completes the dive. Two point deductions are taken for the restart as directed by the Referee.

##### **Action Taken:**

Immediately after the contest, two coaches approach the Referee to lodge a protest regarding the 616C restart. They argue that the diver should receive a 0 for the dive because he failed his second attempt. They claimed that the diver failed his first attempt to do the dive when he moved his hands (Rule D 6.26). He then failed his second attempt when he came down from the armstand and his feet touched the platform. They argue that at that point, Rule D 6.27 should be enforced.

##### **TDC Recommendation:**

A failed dive should only result when there are two distinct attempts. When a diver stops the motion of a take-off after obviously beginning, this is considered a “balk” or re-start. With armstands, a “balk” is very obvious as the dive begins once the feet leave the platform. Rule D 8.2.6.3 defines the armstand re-start when a diver loses his balance, one or both feet return to the platform, or any other part of his body other than his hands touches the platform. When a diver loses his balance and moves one or both hands from the original position at the front end of the platform, this shall be deemed as a re-start.” In one attempt of an armstand dive it is possible to have an occurrence of both “balk” instances defined in the rule. However, this is not to be considered two re-starts. It is not possible to re-start or “balk” twice in one attempt of an armstand dive.

### **Case Study #4 (from page 22)**

#### **D 6.23, D 6.24 & D 8.2.5.1**

##### **The Dive:**

A foreign diver who does not speak the language of the host country is preparing to do a 205B on three meter. However, the correct dive that has been announced and displayed on the number board is a 305B. The Referee checks the dive number board and blows the whistle indicating the diver may assume the starting position. The diver, not observing the dive number board, walks to the end of the springboard and turns around to prepare for the back take-off starting position. The announcer notices the error and calls it to the attention of the diver over the loud speakers. The diver immediately understands his mistake, he returns to the fulcrum area of the springboard, then assumes the starting position for the 305B. He then executes the announced dive and receives scores in the Good and Very Good range.

**Action Taken:**

A protest is made by several countries after the contest has concluded. These countries argue that the diver has made a restart and should have a 2 point deduction from each Judge's score. However the Referee argues that the diver never assumed the starting position for a 305B until after the error was pointed out to the diver by the announcer. The Referee accepts the dive and does not make any point deductions. The Jury of Appeal supports the Referee's decision and rejects the protest.

**TDC Recommendation:**

No deductions should be made. The Referee was correct in the application of Rule D 8.2.5.1 which states, "The starting position in a running dive shall be assumed when the diver is ready to take the first step of the run." It should be obvious when a diver is "ready to take the first step" and in this instance the diver never demonstrated he was in the starting position until the error was brought to his attention.

However, there is another concern regarding "assistance" as stated in Rule D 6.23 which states "During the execution of a dive, there shall be no assistance to the diver from any person." D6.24 permits the Referee to declare a failed dive where assistance is given to the diver after the starting signal has been given. Did the announcer offer assistance to the diver by pointing out the error? It is recommended that assistance during the execution of a dive occurs when there is a signal by another person to alert the diver to initiate a segment of the dive such as the entry. In this case the dive was not being executed and there was no assistance given to the diver to initiate a dive segment. Instead, a potential mistake was avoided. This is a desirable use of the table officials and Referee whose goal is to conduct an error free contest. FINA expects the Referee to adopt the philosophy that the result of a competition should be, as much as possible, decided by the divers executing their dives, not at the Referee's table.

**Case Study #5 (from page 50)****D 3.75 & D 9.8****The Dive:**

In a synchronised diving event two divers prepare to do a 107B in the men's three meter event. The number board and the announcement agree that the dive is a 107B and the Referee blows the whistle indicating the dive may begin. The divers are in good synchronisation in their approach and hurdle, but upon take-off, one diver has difficulty and his knees buckle making the flight path of his dive lower than his partner's. Furthermore, this diver bends his knees severely; he grabs behind his legs in a pike position, but must bend his knees resembling a tuck position in order to make the 107 a head first dive. The execution scores for one diver are 6.5-7.0, and for the diver who broke position they are 2.0 - 1.5; the synchronisation scores ranged from 3-6.

**Action Taken:**

The Referee observed the break in position of the diver whose knees buckled, considered it unintentional and allowed the Judges to score the dive.

**TDC Recommendation:**

The dive should be scored. The Referee made the correct interpretation of D 3.7.5 which states "In each round the two divers must perform the same dive (same dive number and same position)." The divers intended to do a 107B, that was the dive announced (D 9.8) but because of a performance error one diver broke position. Thus the Referee allowed the Judges to rely upon Rule D 8.1.5 which states "When a dive is performed partially in a position other than that announced, the Judges shall exercise their own opinion in making their award up to a maximum of 4 1/2 points." All of the execution scores for this dive were below 4 1/2 points.

The most important action of the Referee was to determine if the 107B was intentionally done in 107C. Clearly, it was not intentional: the diver broke position, the tuck position was not made as described in the Handbook and the Judges should be allowed to score the dive.

If the dive was determined to be intentionally performed as 107C, the Referee shall declare the dive a failed dive in accordance with D.9.8 and no scores shall be counted in accordance with D.9.9.

**Case Study #6 (from page 23)****D 6.5, D 6.14, D 6.15****The Dive:**

A diver prepares to do a 107 B from 10 meter platform. The Referee, standing on the pool deck, checks the number board and confirms the dive, he then blows the whistle. The diver begins the approach and when she lands on the platform surface for her take-off, her foot slips and she falls into the water with a failed dive. When she surfaces after the dive she signals to the Referee that she wants to do a re-dive. She tells the Referee the platform surface was unusually slippery.

**Action Taken:**

The Referee declares a short break in the competition to inspect the platform surface. After inspection, he was satisfied the surface conformed to FINA specifications. Next, the Referee observed that there was a video replay for the enjoyment of the spectators. Before he makes his ruling he asks that the dive replay be shown to him. When he reviews the replay, he notices that the diver used a towel on the platform surface. This was not something he could see from his position on the pool deck. The Referee then declined the diver's request for a re-dive.

**TDC Recommendation:**

As stated in Rule D 6.1 the Referee is in control of the competition. In this case the Referee took two actions that are commendable. First, when the diver alerted him to a possible safety issue with the equipment, he followed Rule D 6.5 by declaring a short break in the competition. FINA expects the Referee to respond to any questions of safety regarding equipment and to make inspections as soon as possible. If any problems are discovered the Referee may demand that the facility host make repairs before the competition resumes. However, in this case the platform surface was found to be in good order.





The second action taken by the Referee was to utilise the video replay that was available for the spectator's enjoyment. Upon seeing an angle that was not previously available to him, he realised the diver had altered the take-off surface of the platform by placing a towel on the take-off area. This was the responsibility of the diver, thus the denial of the request for a re-dive was the correct ruling. Divers may use towels on the platform for this purpose, but they do so at their own responsibility. Also, the Referee used good Judgement by utilizing the video replay to make the correct decision for this dive.

### **Case Study #7 (from page 51)**

#### **D 9.2, D 8.1.5**

##### **The Dive:**

In a platform synchronised diving event held outdoors, there are nine (9) Judges. A team prepares to perform a 401B. However, the sun is such that the Judges on one side of the pool must shade their eyes to see the divers. As the divers leave the platform, one diver breaks position and bends her knees severely. This diver does not place her hands on the lower legs, but her knees are clearly bent and not in the pike position. The synchronised dive is otherwise performed very well and both divers enter the water vertically and with a rip entry. The execution Judges who scored the diver with the break in position, had to shade their eyes because of the sun. One execution Judge saw the break in position and correctly awarded a 4.5. The other execution Judge missed the position break because of the sun and scored the dive 8.5. The execution scores for this dive were: 8.5, 4.5, 8, 8.5.

##### **Action Taken:**

The Secretariat cancelled the highest and the lowest awards for execution (D7.7) leaving 8 and 8.5 for the execution scores. The correct score of 4.5 was cancelled!

##### **TDC Recommendation:**

In this case of a 9 Judge synchronised panel, the one execution Judge who was temporarily blinded by the sun and missed the break in position made a costly mistake. The correct score of 4.5 was cancelled and the dive was incorrectly given an 8.5. The Judge should have alerted the Referee that he did not see the dive because of the sun. In this case, the Secretariat according to D7.10, would have adopted the score of the other execution Judge (4.5) which was correct. The Referee could then reposition the Judge to allow him to see the divers better.

Judges work as a team to arrive at the correct score. If a Judge misses a dive or part of a dive, the best action a Judge can take is to allow the other Judge's score to be used as outlined in the FINA Handbook. The worst thing a Judge can do is assume what they missed was not important and then Judge the dive!

Finally, this example reminds us that the 11 Judge synchronised panel is a better method of judging this event. It allows for more Judge input and thus better Judge teamwork to arrive at the correct score.



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