WORLD AQUATICS

DIVING

COMPETITION REGULATIONS

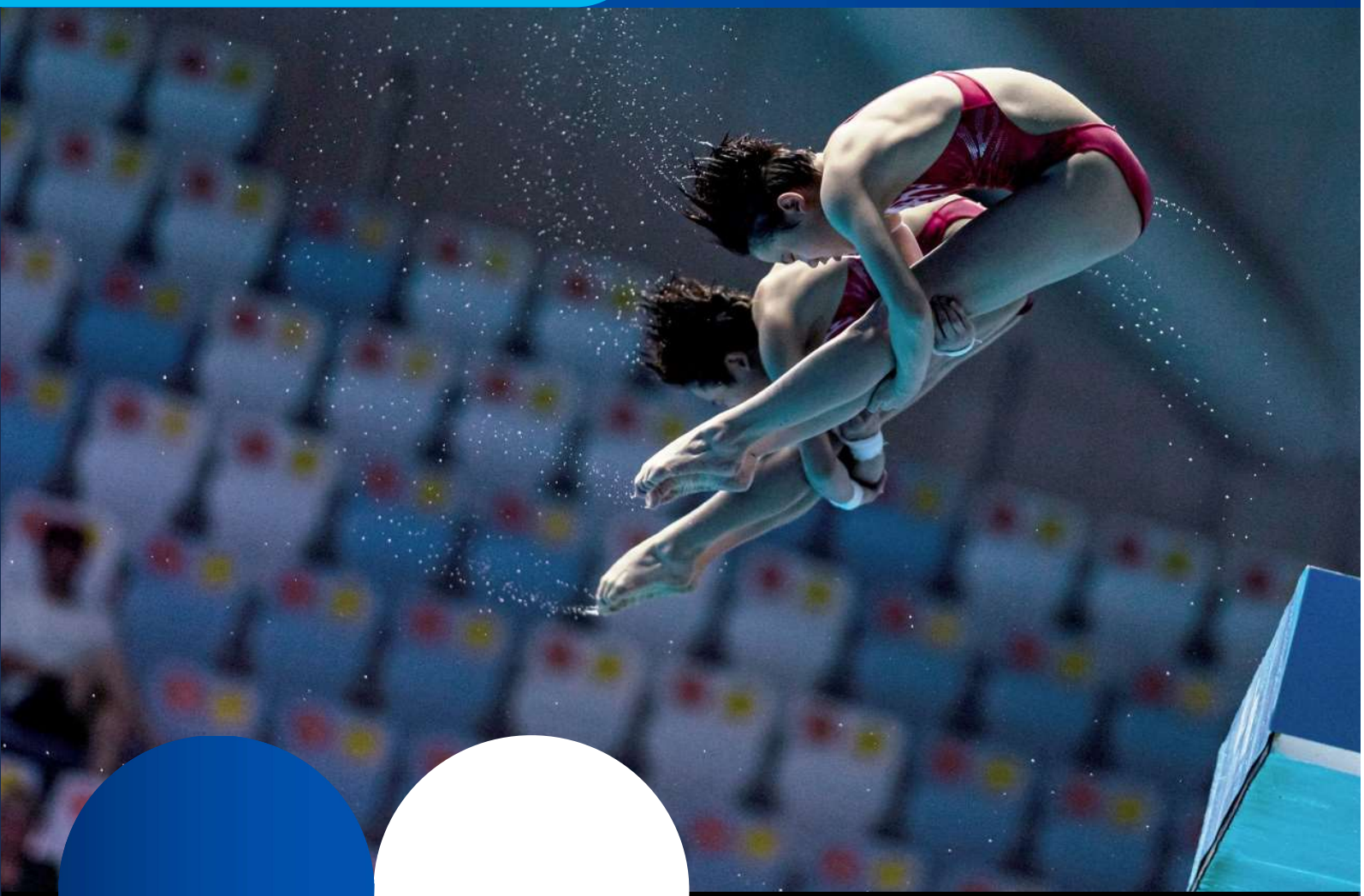


TABLE OF CONTENTS

PART FOUR: DIVING RULES

PART FOUR: DIVING RULES

1 GENERAL

1.1 These Rules shall govern all Diving competitions, including Olympic Games, World Aquatics Championships, Diving World Cup, and World Aquatics Junior Championships.

1.2 All diving installations, including the springboards and platforms, shall be in accordance with the World Aquatics Diving Facilities Rules, inspected and approved by the Delegate of World Aquatics no later than 120 days prior to the start of the competitions.

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

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 Aquatics Championships or Diving World Cups.

1.5 **Diving Number Designations**

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

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

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.

1.5.4 The third digit shall indicate the number of half somersaults being performed. For example 1 = ½ somersault, 9 = 4 ½ somersaults, etc. When there are more than 4 ½ somersaults there will be four digits with the third and fourth digits indicating the number of half somersaults. For example 11 = 5 ½ somersaults as 1011.

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

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 Part Four, Article 1.5.2 above.

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

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

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

1.6 **Degree of Difficulty**

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 Part Four, Article 14.1 (Appendix 8) and Part Four, Article 14.3 (Appendix 10):

A + B + C + D + E = DEGREE OF DIFFICULTY

1.6.2 As a guide, dives with their numbers and degrees of difficulty for springboard dives have been calculated and are tabled in Part Four, Article 14.2 (Appendix 9). Platform dives are tabled in Part Four, Article 14.4 (Appendix 11).

1.6.3 Any dive, which is not tabled in Part Four, Appendix 9 or 11 but is used in a competition, shall be given the dive number and degree of difficulty as determined in accordance with Part Four, Articles 1.5 and 1.6.

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

- Dives with ½ somersault and twists can only be executed in position A,B or C,
- Dives with 1 or 1 ½ somersaults and twists can only be executed inposition D,
- Dives with 2 or more somersaults and twists can only be executed inposition B or C,
- Armstand dives with 1, 1 ½, or 2 somersaults and one or more twistscan only be executed in position D, and
- Armstand dives with 2 ½ or more somersaults and twists can only beexecuted in position B or C.

1.6.5 The Appendixes 8, 9, 10 and 11 are established by the World Aquatics Technical Diving Committee (TDC) and approved by the World Aquatics Bureau.

2 COMPETITIONS

2.1 General

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.

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.

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.

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.

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.

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.

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

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.

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 Part One, 13.1.

2.2 1 metre springboard

2.2.1 At the World Aquatics Championships there shall be a preliminary and final competition.

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

2.3 3 metre springboard and 10 metre platform

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

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.

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

2.4 Synchronised Diving – 3 metre springboard and 10 metre platform

2.4.1 There shall be a direct final competition.

2.4.2 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.

2.5 **Team Diving – 3 metre springboard and 10 metre platform combined**

There shall be a direct final.

2.6 **Mixed Synchronised Diving – 3 metre springboard and 10 metre platform**

There shall be a direct final.

3 COMPETITION FORMAT

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

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

3.3 No dive of the same number shall be repeated within each six (6) or five (5) dives.

3.4 **1 metre and 3 metre springboard – men and women**

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

3.4.2 The Men's springboard competitions shall comprise six (6) dives from five (5) different groups without limit of degree of difficulty.

3.5 **Platform – men and women**

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

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

3.5.3 At all World Aquatics competitions (Olympic Games, World Aquatics Championships, Diving World Cups and other World Aquatics events, other than Age group competitions), only dives from the 10 metre platform may be executed.

3.6 **Synchronised diving**

3.6.1 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.

3.6.2 At Olympic Games and all World Aquatics Events the teams shall comprise two competitors of the same Federation.

3.6.3 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. The first 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.

3.6.4 Every competition for men on 3m springboard and platform shall comprise six (6) rounds of dives from five (5) different groups. The first 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.

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

3.7 **Mixed Team Event**

3.7.1 The Mixed Team Event consist of at least one female and one male diver but no more than four (4) divers.

3.7.2 At all World Aquatics Events the teams shall comprise competitors of the same Federation.

3.7.3 Every competition shall comprise six (6) different dives without limit of degree of difficulty from six (6) different groups.

3.7.4 Two (2) dives shall be executed by the female competitor and two (2) dives by the male competitor. Two (2) dives shall be executed by a mixed synchronised team of one male and one female diver. Three (3) dives shall be executed from the 3m springboard and the other three (3) dives from the 10m platform.

3.7.5 In the Mixed Team Event the following rounds will be performed.

Round 1: female diver from the 3m springboard

Round 2: male diver from the 3m springboard

Round 3: mixed synchronised team (1 female and 1 male diver) from the 3m springboard

Round 4: female diver from the 10m platform

Round 5: male diver from the 10m platform

Round 6: mixed synchronised team (1 female and 1 male diver) from the 10m platform.

3.8 Mixed Synchronised diving

3.8.1 At the World Aquatics Championships, Diving World Cups and other World Aquatics Diving Events additional Mixed Synchronised Diving Events can be conducted.

3.8.2 At all World Aquatics Events the teams shall comprise two (2) divers [one (1) male and one (1) female] of the same Federation.

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

3.8.4 The first 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.

4 STATEMENT OF DIVES

4.1 Each diver, or diver's representative, shall deliver to the Referee, or their 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.

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.

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

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 two-hundered fifty (250) Swiss Francs.

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

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 their 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 previous submission.

4.7 In any competition, (individual or synchronised), a diver may be replaced by another diver of the same Federation up to three (3) hours before the commencement of the preliminary competition. An official substitution form must be submitted and signed by the diver, coach and Referee. In synchronised diving events at the Olympic Games the replacement may also take place three (3) hours before the commencement of the final competition. The Referee will accept a change in the statement of dives.

4.8 In individual, synchronised and team events, when the closing times have passed (see Part Four, Article 4.3 and 4.4), no change may be made to the statement of dives.

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 Part Four, Article 1.5.1 to 1.5.7
- The position of the dive according to Part Four, Article 1.5.8
- The height of the board or platform
- The degree of difficulty as determined by the Formula described in Part Four, Article 1.6.

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

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

5 COMPETITION PROCEDURE

5.1 Control of Competition

5.1.1 Every competition shall be controlled by a Referee, and in some cases supported by Assistant Referees, together with Judges and a Secretariat.

5.1.2 The number and the position of the dive to be performed shall be displayed on an indicator board visible to both divers and judges.

5.1.3 Where possible a computer shall be used with the capability to run a competition and to produce a judging analysis.

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.

5.2 Composition of the Judges Panels

5.2.1 Whenever possible at the Olympic Games, World Aquatics Championships and Diving 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.

5.2.2 In all individual and team competitions other than the Olympic Games, World Aquatics Championships and Diving World Cups, five (5) judges may be used. In all synchronized diving competitions, other than Olympic Games, World Aquatics Championships and Diving 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.

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 the competition.

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 any round.

5.2.5 The Referee shall place the judges on each side of the springboard or platform in use, as outlined in Part Four, Article 15.3 (Appendix 3). When this is not practical, the judges may be placed together on one side.

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

5.2.7 When a judge is unable to continue to function after a competition has started, they shall be replaced by the reserve judge.

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.

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.

6 DUTIES OF THE REFEREE AND ASSISTANT REFEREES

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

6.2 **The Assistant Referees:**

- shall observe the diver(s) on the platform (if no camera is available),
- in synchronised diving, will be positioned on the opposite side of the pool to observe the performance of the diver on that side.

6.3 **Duties of the Referee before the competition**

6.3.1 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.

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

6.4 **Duties of the Referee during the competition**

6.4.1 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.

6.4.2 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.

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

6.4.4 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.

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

6.4.6 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.

6.4.7 The dive shall be executed after a signal given by the Referee. The signal shall not be given before the diver has assumed their 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.

6.4.8 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.

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

6.4.10 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.

6.4.11 The request for such a repetition must be made immediately by the diver or their representative.

6.4.12 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.

6.4.13 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.

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

6.4.15 The Referee may declare a dive to be failed if they consider that assistance has been given by anyone to the diver after starting signal.

6.4.16 When a diver refuses to execute a dive, the Referee shall declare a failed dive.

6.4.17 If a diver in a competition disturbs a contest, the Referee may exclude them 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.

6.4.18 The Referee may remove any judge from the competition whose judgement they regard as unsatisfactory and may appoint another judge to replace them. At the end of the competition the Referee shall make a written report to the Jury of Appeal.

6.4.19 Such a change of judge shall take place only at the end of a session or round of dives performed by each diver.

6.5 Duties of the Referee during the dive

6.5.1 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.

6.5.2 When there is a restart in a running, standing, or armstand dive, the Referee shall deduct 2 points from the award of each judge.

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

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

Note: Double bounce on the springboard: Feet leave the springboard, arm swing and two distinct knee bends before the take-off. Double jump on the platform: Feet leave the platform and two distinct knee bends before the take- off.

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

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

6.5.7 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.

6.5.8 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.

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

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

6.6 Duties of the Referee after the competition

6.6.1 At the end of the competition the Referee shall confirm the final results by their signature.

7 DUTIES OF THE SECRETARIAT

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

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

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.

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.

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.

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.

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.

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 x 2.0 =45.0

Seven (7) judges:

~~8.0~~, ~~7.5~~, 7.5, 7.5, 7.5, ~~7.5~~, ~~7.0~~ = 22.5 x 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 ÷ 5 x 3 = 21.3 x 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 ÷ 5 x 3 = 21.3 x 2.8 = 59.64

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.

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.

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

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

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.

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

8 JUDGING

8.1 General

8.1.1 A judge shall award from 0 to 10 points for a dive according to their 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
Very Deficient	0.5 – 2.0
Completely failed	0

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.

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

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.

8.1.5 When a dive is performed partially in a position other than that announced, each judge shall deduct according to their opinion.

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

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

8.2 The starting position

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

8.2.2 In the starting position the body shall be straight, head erect, with the arms straight in any position.

8.2.3 When the body in the starting position is not straight, head erect, with the arms straight in any position, each judge shall deduct ½ to 2 points, according to their opinion.

8.2.4 Standing dives

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

8.2.4.2 When executing a standing dive, the feet must stay in contact with the springboard or platform until the take-off.

8.2.4.3 If the feet leave the springboard or platform before the take-off, the judge shall deduct from ½ to 2 points, according to their opinion.

8.2.5 Running dives

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.

8.2.6 **Armstand dives**

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.

8.2.6.2 When, in an armstand dive, a stationary and steady balance in the straight vertical position is not shown, or if the hands lose contact with the platform during the take-off, each judge shall deduct from 0.5 to 2 points, according to their opinion.

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

8.3 **The approach**

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.

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 ½ to 2 points, according to their opinion.

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.

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

NOTE: Double bounce on the springboard or double jump on the platform: Feet leave the springboard or platform, double arm swing and/or two distinct knee bends before the take-off

8.4 **The take-off**

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.

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

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.

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

8.4.5 When the take-off is not balanced and high, or from the end of the springboard or platform, each judge shall deduct ½ to 2 points, according to their opinion.

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 ½ to 2 points, according to their opinion.

8.5 **The flight**

8.5.1 During the execution of a dive the dive shall be in the direct line of flight.

8.5.2 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 their opinion.

8.5.3 If during the execution of a dive, a diver touches the end of the springboard or platform with their feet or hands, each judge shall deduct according to their opinion.

8.5.4 If during the execution of a dive, where visual technology is unavailable a diver is unsafely close to the springboard or platform or touches the end of the springboard or platform with their 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 indicate 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 unsafely close execution of the dive. Where Video Assistant Referee is available, the Referee will receive a signal from the appointed technology partner that a potential unsafe dive has been performed and is available to review. An award of a maximum of two (2) points from each judge may be recorded subject to the Referee's decision.

The dive can be executed in the following positions:

Straight (A)

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.

8.5.6 Should the straight position not be aesthetically pleasing and shown as described, each judge shall deduct from ½ to 2 points, according to their opinion.

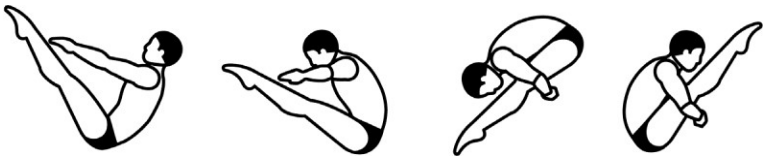
8.5.7 In all flying dives a straight position shall be clearly shown and that position shall be assumed from the take off or after one somersault. When the straight position is not shown for at least one quarter of a somersault (90°) in dives with one (1) somersault, and at least one half of a somersault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

Pike (B)

8.5.8 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.

8.5.9 Should the pike position not be aesthetically pleasing and shown as described, each judge shall deduct from ½ to 2 points, according to their opinion.

8.5.10 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 their 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)

8.5.11 In the tuck position the body shall be compact, bent at the knees and hips with the knees and feet close together within the bodyline of the shoulders. The hands shall be on the lower legs and the toes pointed.

8.5.12 Should the tuck position not be aesthetically pleasing and shown as described, each judge shall deduct from ½ to 2 points, according to their opinion.

8.5.13 In tuck dives with twist, the tuck position must be clearly shown. Should this position not be shown, each judge shall deduct ½ to 2 points, according to their 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)

8.5.14 In the free position, the body position is optional (A, B or C) but the legs shall be together and the toes pointed.

8.5.15 Should the free position not be shown as described, each judge shall deduct from ½ to 2 points, according to their opinion.

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

8.6 The entry

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.

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 their opinion.

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 ½ points, notwithstanding that the Referee has not declared a maximum award of 4 ½.

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 ½ points, notwithstanding that the Referee has not declared a maximum award of 4 ½.

8.6.5 Other than as provided in Rules IV.8.6.3 and IV.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 ½ to 2 points, according to their opinion.

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 (O) points, notwithstanding that the Referee has not declared it to be a failed dive.

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.

9 REFEREEING AND JUDGING SYNCHRONISED DIVING

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

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.

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

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.

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.

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

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.

9.8 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.

9.9 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.

9.10 If all the synchronisation judges award zero (0) points, the Referee shall declare it a failed dive.

9.11 When any of the following faults are shown, each synchronisation judge shall deduct from ½ to 2 points, according to their 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.

9.12 In synchronised diving all forward facing dives on the springboard must be performed with a running approach (see Part Four, Article 3.6.4). If a forward facing dive is not performed with a running approach the Referee shall declare it a failed dive.

10 SUMMARY OF THE PENALTIES

10.1 **Referee to declare "Failed Dive": 0 points** (as per Part Four, Article:)

6.4.8	If the diver takes more than one minute, after a warning.
6.5.4	If a diver double bounces on the end of the springboard or double jumps on the end of the platform before take-off.
6.5.5	If the final step is not from one foot.
6.5.6	If the take-off on the springboard is not from both feet simultaneously.
6.5.7	If a twist is greater or less than that announced by 90 degrees or more.
6.4.12	If a diver has performed a dive of a number other than that announced.
6.5.8.1	If the feet enter the water before the head or hands in a head first dive.
6.5.8.2	If the head or hands enter the water before the feet in a feet first dive.
6.4.15	If assistance has been given to the diver after the starting signal.
6.5.3	When a second attempt (a re-start) is unsuccessful.
6.4.16	If a diver refuses the execution of a dive.
9.2	In synchronised diving if a diver, or both divers, perform a dive of a different number or position.
9.5	In synchronised diving if either diver enters the surface of the water before the other diver leaves the springboard or platform.
9.8	In synchronised diving if all execution judges for one diver award zero (0) points
9.10	In synchronised diving if all synchronisation judges award zero (0) points.

10.2 **Referee to declare "2 points deduction"** (as per Part Four, Article:)

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

10.3 **Referee to declare "2 points maximum"** (as per Part Four, Article:)

6.4.13	If a diver performs a dive in a position other than that announced.

10.4 **Referee to declare "4 ½ points maximum"** (as per Part Four, Article:)

6.5.8	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.

10.5 **Judges to award "0 points"** (as per Part Four, Article:)

8.1.7	If a dive of a different number has been performed.
8.3.3	If the final step is not from one foot.
8.3.4	If a diver double bounces on the end of the springboard or double jumps on the end of the platform before the take-off.
8.4.3	If the take-off from the springboard is not from both feet simultaneously.
8.6.6	If a twist is greater or less than that announced by 90° or more.
9.8	If an execution judge considers that a dive of a different number has been performed.

10.6 **Judges to award "2 points maximum"** (as per Part Four, Article:)

8.1.4	If a dive is performed clearly in a position other than that announced.
8.5.4	If in a dive, a diver is unsafely close to the springboard or platform or touches the end of the springboard or platform with their head.

10.7 **Judges to award "4 ½ points maximum"** (as per Part Four, Article:)

8.5.7	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.
8.6.3	If the arms are held below the head in a head first entry.
8.6.4	If one or both arms are held above the head in a feet first entry.

10.8 **Judges to deduct "from ½ to 2 points"** (as per Part Four, Article:)

8.1.6	If a dive is not performed in a position as described.
8.2.3	If the starting position is not straight, head erect, with the arms straight in any position.
8.2.4.3	If the feet leave the springboard or platform (crow-hop) before the take- off in a standing dive.
8.2.6.2	If in an armstand dive, a stationary and steady balance in the straight vertical position is not shown.
8.3.2	If the run is not smooth, aesthetically pleasing in a forward direction to the end of the springboard or platform.
8.4.5	If the take-off is not bold, high, and confident.
8.4.6	If in a twist dive, the twisting is manifestly done from the springboard or platform.
8.5.6	If the straight position is not shown as described.
8.5.9	If the pike position is not shown as described.
8.5.10	If in a pike dive with twist, the pike position is not clearly shown.
8.5.12	If the tuck position is not shown as described.
8.5.13	If in a tuck dive with twist, the tuck position is not clearly shown.
8.5.15	If the free position is not shown as described.
8.6.5	If the arms are not in the correct position in either the head first or feet first entry.
9.11	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.

10.9 **Judges to deduct "according to individual opinion"** (as per Part Four, Article:)

8.1.5	If a dive is performed partially in a position other than that announced.
8.5.2	If in a dive, the diver dives to the side of the direct line of flight.
8.5.3	If in a dive, a diver touches the end of the springboard or platform with their feet or hands.
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.

11 DIVING AT THE WORLD AQUATICS CHAMPIONSHIPS AND OLYMPIC GAMES

At the Olympic Games and the World Aquatics Championships, in springboard and platform Diving contests, only dives prescribed by the World Aquatics Rules for Diving shall be executed.

11.1 Programme of the Olympic Games

	Men	Women
Springboard	3m	3m
Platform	10m	10m
Synchronised	3m, 10m	3m, 10m

11.2 Programme of the World Aquatics Championships

	Men	Women	Mixed Team Event
Springboard	1m, 3m	1m, 3m	3m
Platform	10m	10m	10m
Synchronised	3m, 10m	3m, 10m	3m, 10m

12 AGE GROUP RULES - DIVING

12.1 World Aquatics Rules of competition will apply in all age group competitions.

12.2 **Age Categories**

All age group divers remain qualified from the 1st of January to midnight of the following31st of December in the year of competition.

12.3 **Diving Events**

12.3.1 **Group A**

12.3.1.1 **Age**

16, 17, or 18 years on December 31st of the year of the competition.

12.3.1.2 **Competition Format**

12.3.1.2.1 **Individual Events**

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 ofdegree 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 ofdegree 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.

12.3.1.2.2 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.

Girls' and Boys' Synchronised Diving – platform (5m, 7.5m, 10m)

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.

Juniors Mixed Team Event

- The team consists of at least one female and one male diver but no more than four (4) divers.
- In the team there must be at least 1 diver from B group.
- 6 dives are performed in total and must include all 6 groups.
- Event includes 2 individual dives from 3m: one performed by a male diver and one by a female diver.
- The dives are performed without DD limit.
- Event includes 2 individual dives from 5, 7.5 or 10 meter platform height: one performed by a male diver and one by a female diver.
- The dives are performed without DD limit.
- Event includes 2 mixed synchronised dives: one performed from 3m springboard and one from 5, 7.5 or 10 meter platform height.
- The dives are performed without DD limit.

All teams follow the same format in each round (outlined below). In the Mixed Team Event the following rounds will be performed.

Round 1:	female diver from the 3m springboard
Round 2:	male diver from the 3m springboard
Round 3:	mixed synchronised team (1 female and 1 male diver) from the 3m springboard
Round 4:	female diver from 5, 7.5 or 10 meter platform
Round 5:	male diver from 5, 7.5, or 10 meter platform
Round 6:	mixed synchronised team (1 female and 1 male diver) from 5,7.5, or 10 meter platform.

12.3.2 Group B

12.3.2.1 Age

14 or 15 years on December 31st of the year of the competition.

12.3.2.2 Competition Format

12.3.2.2.1 Individual Events

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.

12.3.3 Group C

12.3.3.1 Age

12 or 13 years on December 31st of the year of the competition.

12.3.3.2 Competition Format

12.3.3.2.1 Individual Events

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.

12.4 General Rules for World Aquatics Junior Diving Championships

12.4.1 World Aquatics Junior Diving Championships shall be conducted every two years in Groups A and B.

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

12.4.3 Each diver shall only compete in their age group.

12.4.4 Each diver shall perform a full list of dives as indicated in their age group.

12.4.5 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.

12.4.5.1 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.

12.4.5.2 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.

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

12.4.6 Each diver shall only compete in their age group. 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.

12.4.7 The Championships shall normally be conducted separately and not in conjunction with Swimming, Water Polo or Artistic Swimming.

12.4.8 The World Aquatics Junior Diving Championships shall be conducted in a minimum period of seven (7) days.

13 DIVING FACILITIES AND EQUIPMENT

13.1 Diving Facilities

13.1.1 Springboard Diving

General requirements: Dimensions in metres for all diving facilities as detailed in Diving Diagrams, Part Four, Article 15.1 (Appendix 1) and Part Four, Article 15.2 (Appendix 2), shall be observed.

13.1.1.1 The springboards shall be 4.88 metres long and 0.5 metre wide. At all World Aquatics Events, the type of springboard which must have a slip-resistant surface shall be approved by World Aquatics.

13.1.1.2 The springboards shall be provided with movable fulcrums easily adjustable by the diver.

13.1.1.3 For springboard diving facilities modified or constructed on concrete platforms after 1st October 2013, the following shall be observed.

13.1.1.3.1 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 0.35 metre.

13.1.1.3.2 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.

13.1.1.3.3 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.

13.1.1.3.4 The concrete platform which supports the springboard shall be aligned with the pool wall or project over the pool.

13.1.1.4 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.

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

13.1.1.6 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 Diagrams Part Four, Article 15.1 (Appendix 1) and Part Four, Article 15.2 (Appendix 2).

13.1.1.7 The back and sides of 3m springboards shall be surrounded by handrails with a minimum clearance of 1.0 metres between vertical pairs. The minimum height shall be 1.0 metre, measured from the level of the springboard, and they shall be with at least two horizontal crossbars placed outside the platform.

A solid transparent barrier is also permitted instead of a crossbar.

See Diagram Part Four, Article 15.1 (Appendix 1)

13.1.2 Platform Diving

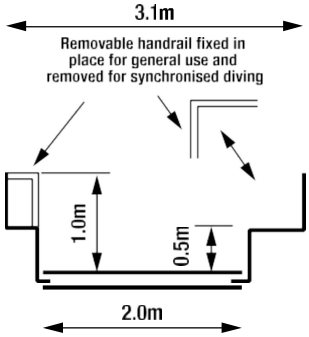
13.1.2.1 Each platform shall be rigid and horizontal.

13.1.2.2 The minimum dimensions of the platform shall be:

PLATFORM	WIDTH	LENGTH
0.6m to 1.0m	1.00m (2.90m preferred)	5.00m
2.6m to 3.0m	1.00m (2.00m preferred)	5.00m
5.0m	2.90m	6.00m
7.5m	2.00m	6.00m
10.0m	3.00m	6.00m

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 next (see drawing).

It is recommended that an easily removable section of handrail be included for general use, which can be removed for synchronised diving. See Diagram below.



13.1.2.3 The 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.

13.1.2.4 The surface and the front edge of the platform shall be covered throughout with a resilient slip-resistant material. The two surfaces shall be covered separately in order to achieve a clean 90° angle or as described in Part Four, Article 13.1.2.3. The front surface is to be applied first and then the top surface.

The platforms shall be covered in a slip-resistant 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 and the colour should give a contrast to the surrounding décor. The material shall be easily cleaned to maintain the slip-resistant feature of the product.

13.1.2.5 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.

13.1.2.6 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.

13.1.2.7 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 1.0 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.

A solid transparent barrier is also permitted instead of a crossbar.

13.1.2.8 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.

13.1.2.9 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 Part Four, Article 15.1 (Appendix 1) and Part Four, Article 15.2 (Appendix 2).

13.1.2.10 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.

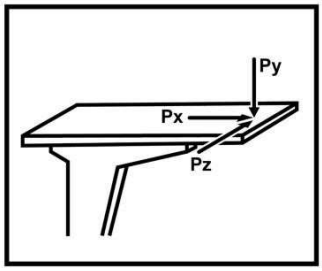
Fundamental frequency of platforms is 10.0 Hz.

TOLERANCES:

PLATFORM	MINIMUM	MAXIMUM
10m	10 Hz	20 Hz
7.5m, 5m, 3m and 1m	10 Hz	30 Hz

Fundamental frequency of tower 3.5 Hz Total oscillation of total structure ± 2mm

The spatial deformation of the front edge of the platforms as a result of Px = Py = Pz = 100 kiloponds (kilograms force) shall be a maximum of 1 mm. See Drawing below.



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

13.1.3 **General Requirements**

13.1.3.1 For pools designed and constructed after 26th September 2013 the minimum dimensions in metres for diving facilities as detailed on the Annexes Part Four, Article 15.1 (Appendix 1) and Part Four, Article 15.2 (Appendix 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.

13.1.3.2 The dimensions C from plummet to adjacent plummet in the tables of Annexes Part Four, Article 15.1 (Appendix 1) and Part Four, Article 15.2 (Appendix 2) apply to platforms with widths as detailed in Part Four, Article 13.1.2.2. If platform widths are increased then the dimensions B and C shall be increased by half the additional widths.

13.1.3.3 With regard to dimensions for diving facilities, a combination of preferred and minimum measurements found in Appendices of Part Four, Article 15.1 (Appendix 1) and 15.2 (Appendix 2) shall be used. However, measurements less than minimum are not acceptable.

13.1.3.4 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 or the member of the country in which the pool is situated.

13.1.3.5 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.

13.1.3.6 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.

13.1.3.7 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.

13.1.3.8 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.

13.1.3.9 Pool walls shall be vertical and form 90 degree right angles to the surface of the water. They shall be constructed of solid material, with a slip-resistant surface.

The admissible tolerance in walls verticality will be ±0.3 degrees.

Rest ledges along the pool walls are permitted; they must be not less than 1.2 metres below the water surface, and may be 0.1 metre to 0.15 metre wide. Only internal rest ledges are permitted.

13.1.3.10 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 shall only be used for the purpose if it creates sufficient water agitation when working with a very low pressure; otherwise a horizontal water sprinkler system shall only be used.

13.1.4 Lighting

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

13.1.4.2 Sources of natural and artificial illumination shall be provided with controls to prevent glare.

13.1.5 Water temperature

The water temperature shall be not less than 28° Celsius.

13.1.6 Lane markings

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 1.0 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.

13.1.7 Placement and seating of diving judges

13.1.7.1 Individual diving

13.1.7.1.1 The judges will be placed side by side in a in a straight line on both sides of the diving pool by the Referee.

13.1.7.1.2 When seven (7) judges are officiating, four (4) will be on the side of the pool closest to where the springboard or platform event is being contested. When five (5) judges are officiating, (3) will be on the side of the pool closest to where the springboard or platform event is being contested.

Note: The Referee may decide to place the majority of judges (i.e. four (4) / three (3) as outlined above) on the side of the pool farthest from the springboard or platform event being contested if reasonable to do so for logistical or situational purposes.

13.1.7.1.3 No judge shall be seated inside or behind the direct line of the front edge of the springboards or platforms.

13.1.7.1.4 The chairs used by judges will be numbered clockwise in consecutive order when facing the springboards / platforms.

13.1.7.1.5 In 1 metre springboard competitions, chairs suitable for use placed directly on poolside shall be used.

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

13.1.7.1.7 Three (3) or two (2) execution judges will be placed on both sides of the diving pool by the Referee.

13.1.7.1.8 To assist the judges in the 3 metre springboard and platform competitions, the judges chairs must be positioned as far back from the edge of the pool as is practical.

13.1.7.1.9 The above recommendations are shown in the Annex of Part Four, Article 15.3 (Appendix 3).

13.1.7.2 **Synchronised diving and mixed synchronized diving**

13.1.7.2.1 Three (3) or two (2) execution judges will be placed on both sides of the diving pool by the Referee.

13.1.7.2.2 The chairs used by execution judges in a synchronised event will be numbered clockwise in consecutive order when facing the springboard / platform, for example 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.

13.1.7.2.3 The synchronised judges will be placed in a straight line in between the execution judges on both sides of the pool. All synchronised judges on both sides of the pool must be placed at the same horizontal distance from the springboards or platforms (not side-to-side) but will be positioned at different heights to ensure that no judge's view is obstructed.

13.1.7.2.4 Three (3) synchronised judges will be on the side of the pool closest to where the springboard or platform event is being contested, and the other two (2) synchronised judges on the opposite side.

13.1.7.2.5 The chairs used by synchronised judges in a synchronised event will be numbered clockwise in consecutive order when facing the springboard or platform. Numbering will start at S1 with lowest chair on the left side of the pool, through to S5 for the highest chair on the right side of the pool.

13.1.7.2.6 In synchronised competitions, the synchronised judges closest to the pool edge, shall ideally be seated at a height of not lower than 2 (two) metres above the water level.

13.1.7.2.7 The subsequent chair heights for the remaining synchronised judges (or additional execution judge) must increase by at least 50 cm per seat.

13.1.7.2.8 There shall be no interference or movement by any person in front of the judge chairs during a competition event.

13.1.7.2.9 The above recommendations are shown in the Annex of Part Four, Article 15.3 (Appendix 3).

13.2 **Diving Facilities for Olympic Games and World Aquatics Championships**

13.2.1 **Springboard Diving**

For Olympic Games and World Aquatics Championships, Part Four, Article13.1.1 in total shall apply.

13.2.2 **Platform Diving**

For Olympic Games and World Aquatics Championships, Part Four, Article 13.1.2 in total shall apply.

13.2.3 **General Requirements**

For Olympic Games and World Aquatics Championships, Part Four, Article 13.1.3 in total shall apply.

13.2.4 **Lighting**

The light intensity at the level of 1 metre above the water surface shall not be less than 1500 lux.

13.2.5 **Water temperature**

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

13.2.6 **Lane markings**

Lane 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 Part Four, Article *15.3 (Appendix 3).*

13.2.7 **Placement and seating of diving judges**

For Olympic Games and World Aquatics Championships, the Part Four, Article 13.1.7 in total shall apply.

13.2.8 **Dry Land Facilities**

The host facility must provide a trampoline with spotting equipment and a hot tub. It is preferred that there be two trampolines and a dry land area with a springboard and a platform take-off into foam landing pits as detailed the appendices of Part Four, Article 15.4 (Appendix 4), Part Four, Article 15.5 (Appendix 5), Part Four, Article 15.6 (Appendix 6) and Part Four, Article 15.7 (Appendix 7).

13.2.9 Field of play

Field of Play for Olympic Games and World Aquatics Championships as detailed in Part Four, Article 15.3 (Appendix 3).

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 Part Two, Article 16.2.17).

13.3 Electronic Officiating Equipment for Diving

13.3.1 General description

Electronic Officiating equipment records the judges awards for each diver and determines the final score for each dive as required by Part Four, Article 7.

13.3.2 Preferred Equipment must be able to:

13.3.2.1 Record judges awards by whole and half points.

13.3.2.2 Be able to display all recorded and calculated information for each diver both before and after each dive.

13.3.2.3 Be able to display the scores for all divers before and after each dive.

13.3.2.4 Be able to display the rank order and scores for all divers after each round of dives.

13.3.2.5 The equipment must provide each judge with an electronic judging device that will permit each judge to enter their award and to see their award on a window on the device. After the referee has accepted the judges awards, all awards shall be displayed on each electronic judging device.

13.3.2.6 Judges analysis is to be provided at the conclusion of each event or series.

13.3.2.7 The referee must be provided with a monitor on which they will be able to view the awards of all the judges prior to the awards then being displayed on the score board.

13.3.2.8 There is a requirement for a print out of the following information;

The draw for the diving order

A start list for each session or event

A ranking of dives at the end of each round

A ranking of dives at the end of each event

Judges awards and scores for each diver at the end of each session and event

13.4 Dry Land Facilities

13.4.1 General Requirements

Dimensions in metres for Dry Land Facilities as detailed in Part Four, Article 15.4 (Appendix 4), Part Four, Article 15.5 (Appendix 5), Part Four, Article 15.6 (Appendix 6) and Part Four, Article 15.7 (Appendix 7).

13.4.2 For the safety, practise and development of divers and competitions, it is strongly recommended that the guidelines presented below be incorporated into the facility and placed adjacent to the competitive diving area /facilities.

13.4.3 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.

14 MEDICAL AND SAFETY SPECIFIC REQUIREMENT FOR DIVING

The Medical Requirements are described in the section Part One, Article 9.2. However, each sport has unique components.

14.1 Location of the FoP First Aid Treatment Area

When possible, the Field of Play (FoP) First Aid Treatment Area should be positioned where athletes exit.

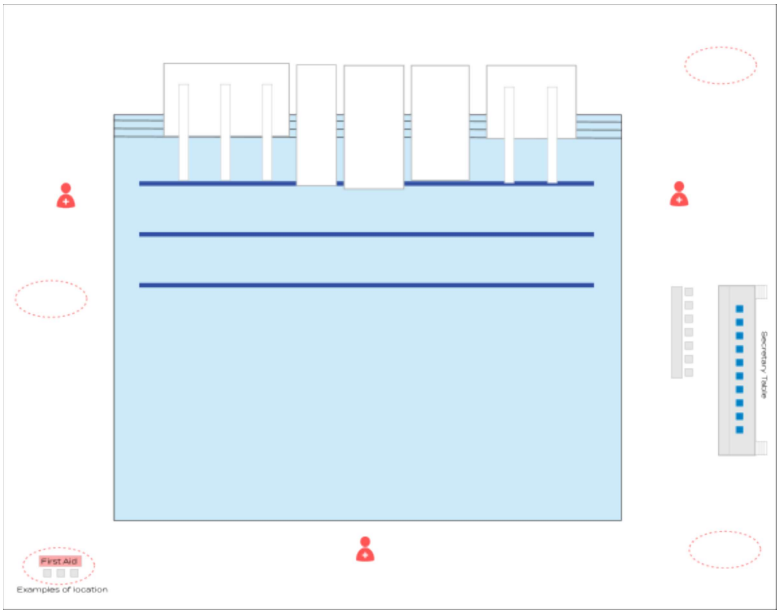
14.2 Water Rescue and Lifeguards

The lifeguards at the competitions shall be experienced in deep water rescue and in the management of suspected cervical spine injury. It may happen that the diver hits the board/the platform, or land horizontally, causing a wide of severe injuries that requires a special technique to protect the cervical spine. Three (3) lifeguards are required.

14.2.1 During Trainings

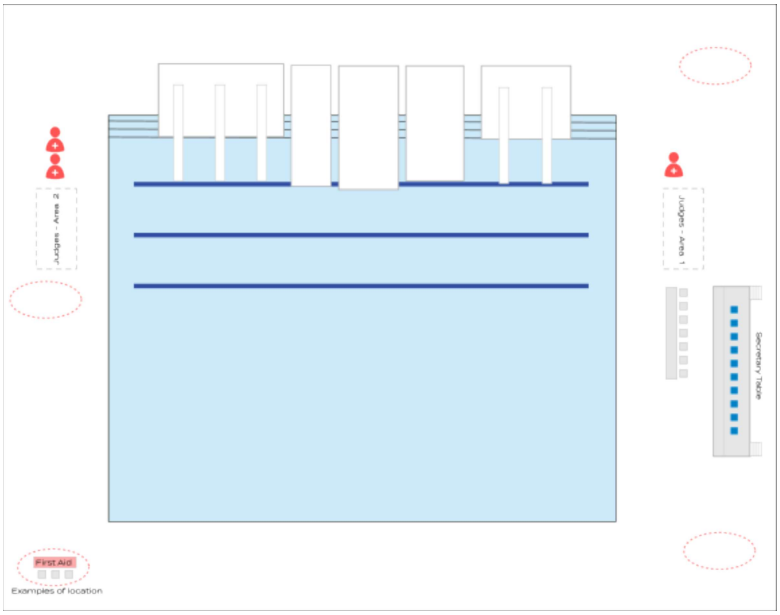
The three (3) lifeguards shall be located on the different sides of the pool to cover a maximum of the training area.

Diagram A – Example of lifeguards location



14.2.2 During Competition

During the Competition, two (2) lifeguards must be positioned on the side of the Event (e.g on the side of the 3m springboard). The third lifeguard shall be located on the other side of the pool.

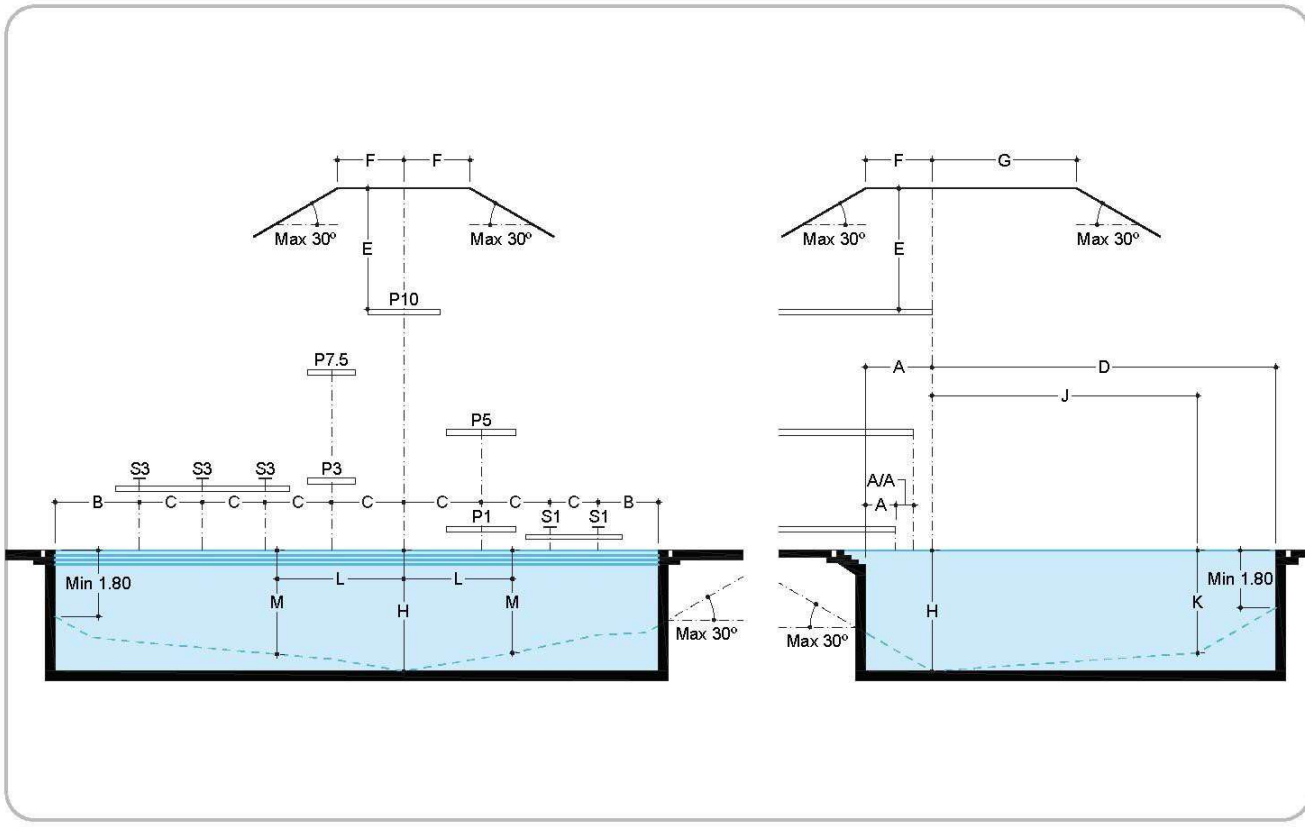


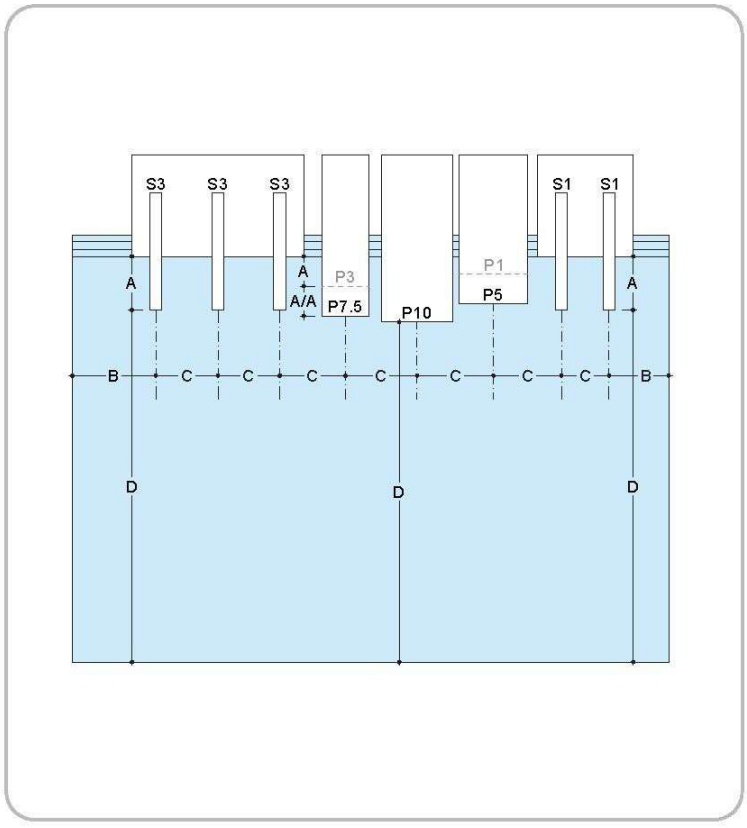
14.2.3 Dry Land

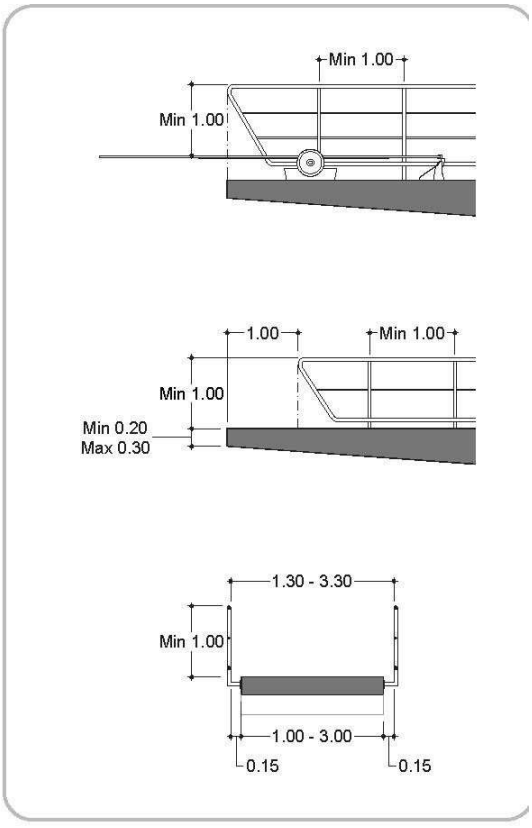
A first-aid responder shall be present in the dry land area and be connected to the FOP Medical Response Team.

15 APPENDICES

15.1 Appendix 1 – Diagram Diving Facilities







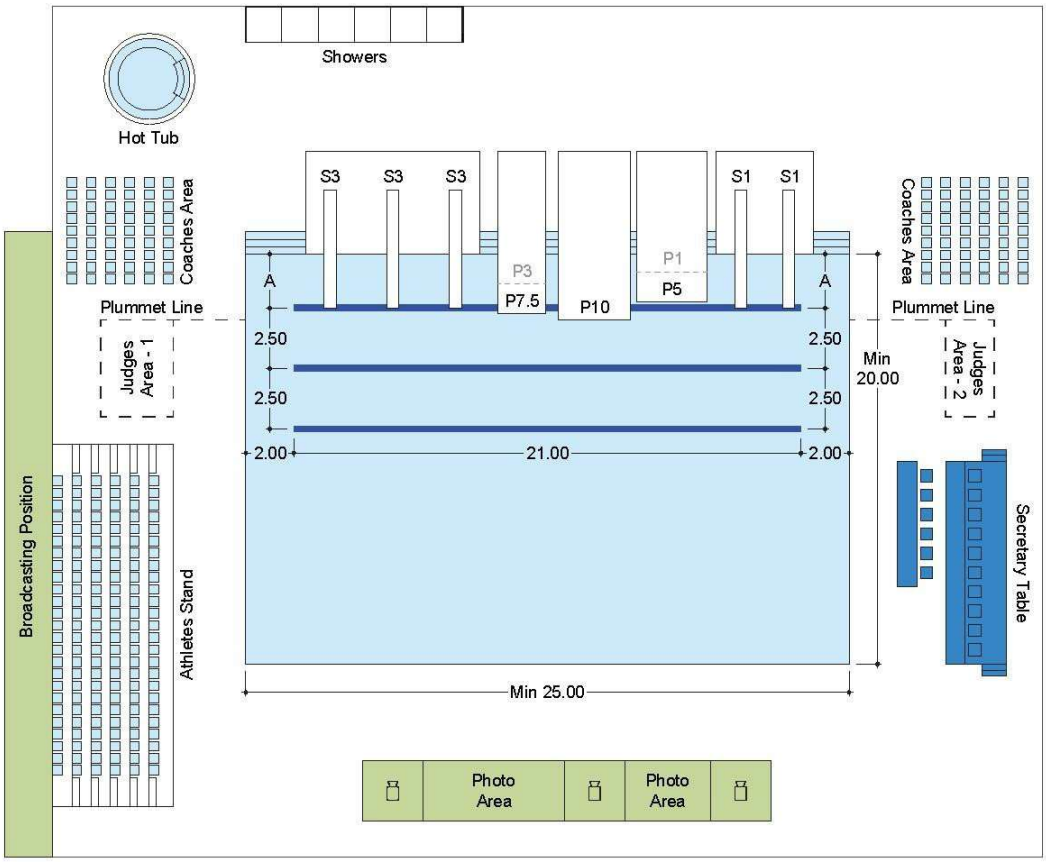
15.2 Appendix 2 – Table Diving Facilities

Dimensions for Diving Facilities			SPRINGBOARD				PLATFORM									
			1 metre		3 metres		1 metre		3 metres		5 metres		7.5 metres		10 metres	
		Length	4.88		4.88		5.00		5.00		6.00		6.00		6.00	
		Width	0.50		0.50		1.00 min. 2.90 pref.		1.00 min. 2.00 pref.		2.90		2.00		3.00	
		Height	1.00		3.00		0.60 min. 1.00 pref.		2.60 min. 3.00 pref.		5.00		7.50		10.00	
			Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert
A	From plummet back to pool wall platform edge for **Concrete Platform**	Designation	A-1		A-3		A-1P		A-3P		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 plummet back to pool wall for **Pedestals and Metal Stands**															
		Minimum	1.50		1.50											
		Preferred	1.83		1.83											
A/A	From plummet **Back to Platform** Plummet 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 plummet to **Pool Wall at Side**	Designation	B-1		B-3		B-1P		B-3P		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		2.50		3.60		4.50		4.75		5.75	
C	From plummet to **Adjacent Plummet**	Designation	C1-1		C3-3, 3-1		C1-1P		C3-3P, 1P		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 plummet to Minimum **Pool Wall Ahead**	Designation	D-1		D-3		D-1P		D-3P		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 plummet from **Board to Ceiling**	Designation		E-1		E-3		E-1P		E-3P		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 plummet	Designation	F-1	E-1	F-3	E-3	F-1P	E-1P	F-3P	E-3P	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 plummet	Designation	G-1	E-1	G-3	E-3	G-1P	E-1P	G-3P	E-3P	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	5.00	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	5.00	5.00
H	**Depth of Water** at plummet	Designation		H-1		H-3		H-1P		H-3P		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 plummet for all stands	Designation	J-1	K-1	J-3	K-3	J-1P	K-1P	J-3P	K-3P	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 plummet	Designation	L-1	M-1	L-3	M-3	L-1P	M-1P	L-3P	M-3P	L-5	M-5	L-7.5	M-7.5	M-10	L-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															

Notes

- The minimum distance between adjacent platforms must be at least 0.25 metres.
- Dimensions B (plummet to pool wall at side) and C (plummet to adjacent plummet) apply to Platforms with widths as detailed in V 13.1.2.2. If Platform widths are increased, then B and C shall be increased by half the additional width(s).
- The 10 Metre Platform must project 0.25 metres beyond any adjacent platform.
- All platforms must project 0.75 metres beyond any platform directly below.
- The leading edge of the concrete platforms for springboards must be at least constructed to be directly above the pool wall or beyond.
- V 13.1.3.6. The end of 5, 3 and 1m platforms must not project beyond the ends of the 3m and 1m springboards when they are adjacent to each other.

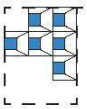
15.3 Appendix 3 – Diagram Diving Field of Play for Olympic Games and World Championships



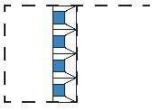
Diving Marking Lanes - Distance A: The centre of the first line shall be directly under the plummet of the 3 metre Springboard.

Judges Area - 1

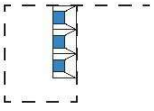
3m & 10m Synchronized diving

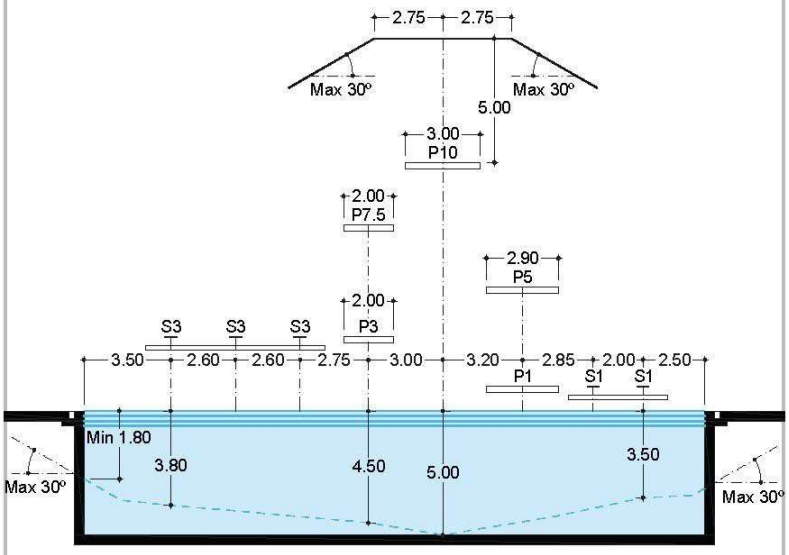


3m & 10m Individual diving



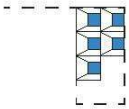
1m Individual diving



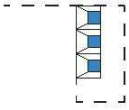


Judges Area - 2

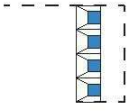
3m & 10m Synchronized diving



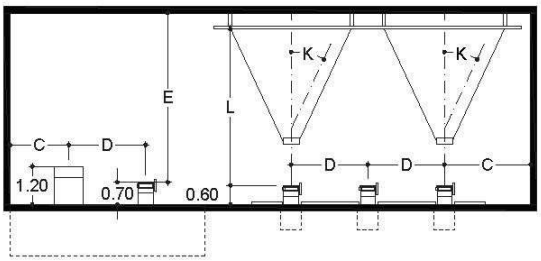
3m & 10m Individual diving



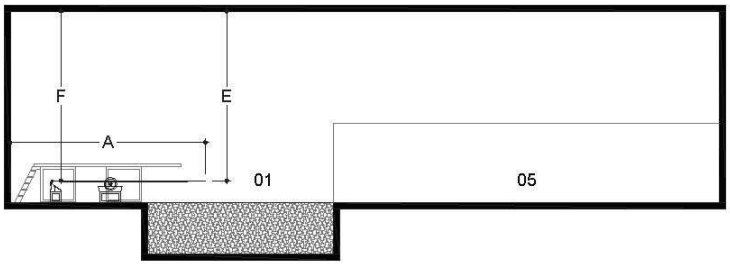
1m Individual diving



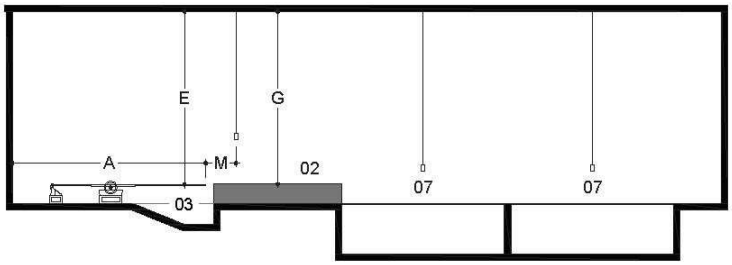
15.4 Appendix 4- Diagram Diving Dry Land Facilities



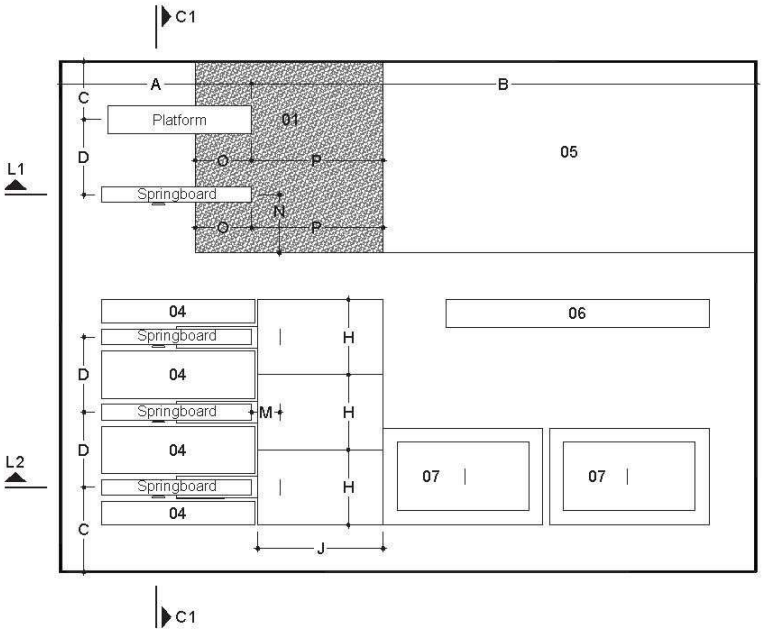
Cross Section - C1



Longitudinal Section - L1



Longitudinal Section - L2

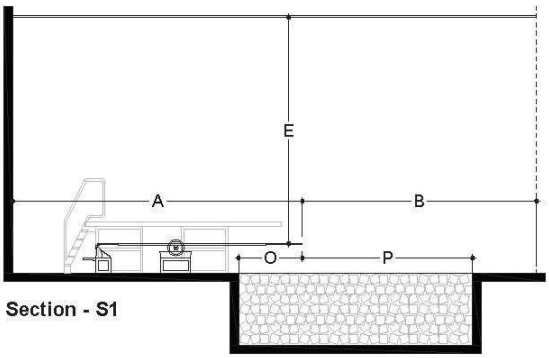


Diving Dry Land Equipment

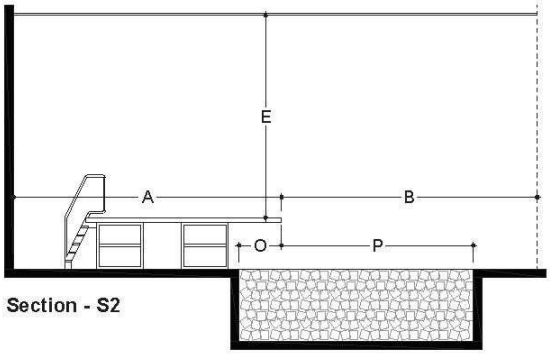
1. Block Foam Land Pit
2. Landing Foam Pit
3. Pit*
4. Mat
5. Gymnastics Spring Floor
6. Padded Platform Bench
7. Trampoline Bed

**Minimum Pit Depth= 0.60m*
(Depends on Springboard Supplier)

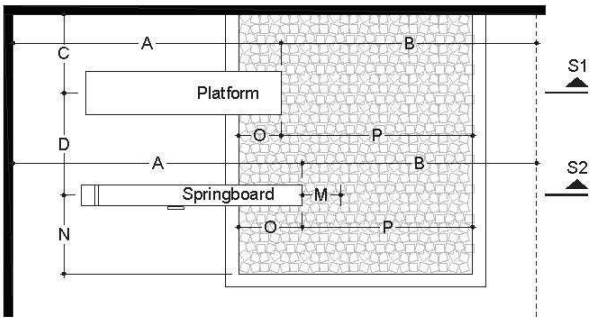
15.5 Appendix 5- Diagram Diving Dry Land Facilities Details

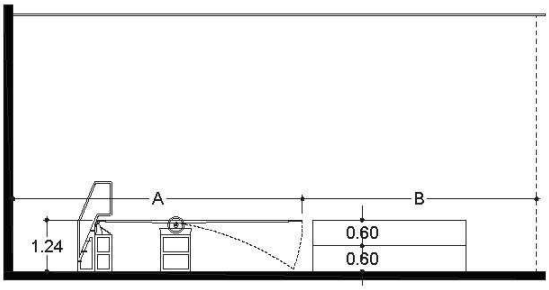


Section - S1

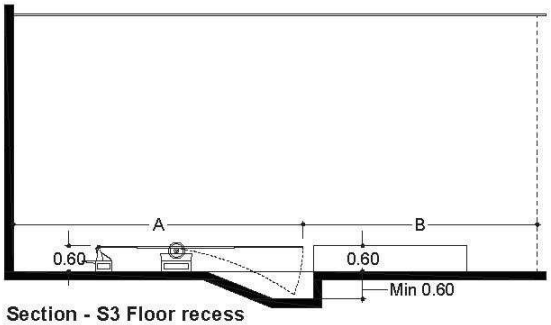


Section - S2

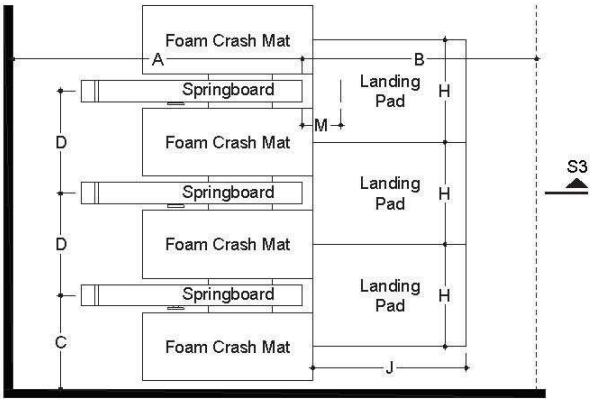




Section - S3 Flat floor



Section - S3 Floor recess



15.6 Appendix 6- Table Diving Dry land Facilities

Diving Dry Land Facilities Design Guidelines			Springboard		Platform	
		Length	4.88		Varies	
		Width	0.50		Varies	
		Height	1.24		Varies	
			Horizontal	Vertical	Horizontal	Vertical
A	From plummet **Back to Building Wall**	Designation	A-1		A-PL	
		Minimum	4.88		Varies	
		Preferred	6.10		Infinity	
B	From plummet to **Building Wall at Ahead**	Designation	B-1		B-PL	
		Minimum	3.66		3.66	
		Preferred	Infinity		Infinity	
C	From plummet to **Building Wall at Side**	Designation	C-1		C-PL	
		Minimum	1.83		1.83	
		Preferred	Infinity		Infinity	
D	From plummet to **Adjacent Plummet**	Designation	D-1		D-PL	
		Minimum	2.00		2.00	
		Preferred	2.40		2.40	
E	On plummet from **Board to Ceiling**	Designation		E-1		E-PL
		Minimum		5.00		2.70
		Preferred		6.40		6.40
F	**Clear Overhead** behind and each side of plummet	Designation	F-1	F-1	F-PL	F-PL
		Minimum	2.50	4.50	1.50	2.70
		Preferred	Varies	6.40	Varies	6.40
G	**Clear Overhead** ahead of plummet	Designation	G-1	G-1	G-PL	G-PL
		Minimum	5.00	4.50	1.50	2.70
		Preferred	Varies	6.40	Varies	6.40
H	**Width or Landing Pit** in front of plummet	Designation	H-1		H-PL	
		Minimum	1.83		1.50	
		Preferred	Varies		Varies	
J	**Length or Landing Pit** in front of plummet	Designation	J-1		J-PL	
		Minimum	3.66		1.50	
		Preferred	Varies		Varies	
K	**Angle or Spotting Rig Ropes**	Designation		K-1		K-PL
		Minimum		30°		30°
		Preferred		30° ±		30° ±
L	**Height or Spotting Rig** above diving board or platform	Designation		L-1		L-PL
		Minimum		4.50		4.50
		Preferred		6.40		6.40
M	**Distance** in front of Plummet to **Spotting Rig**	Designation	M-1		M-PL	
		Minimum	0.76		0.76	
		Preferred	0.91		0.91	
N	From plummet to **Pit Wall at Side**	Designation	N-1		N-PL	
		Minimum	1.83		1.83	
		Preferred	Infinity		Infinity	
O	**Overhanging**	Designation	O-1		O-PL	
		Minimum	1.50		1.00	
		Preferred	1.50		1.00	
P	From Plummet to **Pit Wall at Ahead**	Designation	P-1		P-PL	
		Minimum	4.00		3.66	
		Preferred	Infinity		Infinity	

Use and installation guidelines for dry land 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 centre 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 AQUA 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.

Caution: The specifications within this page should be carefully considered in relation to the design of the dryland training site, and all safety aspects should be thoroughly evaluated.

15.7 Appendix 7- Equipment in Dry Land Facilities

Recommended Equipment in Dry Land Facility								
			Number		Suggested dimensions		
1	**Diving Boards**	Springboard as FR 5.1.1 mounted on diving stands with movable 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	1.50 m min.	1.50 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 observer 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.						

15.8 **Appendix 8 – Springboard**

World Aquatics Degree of difficulty – Formula and components

Note: Degree of Difficulty (DD) is calculated by adding:

A + B + C + D + E = DD

A. Somersaults

Level / Somersault(s)	0	½	1	1½	2	2½	3	3½	4	4½
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				1½ - 2 Somersaults				2½ Somersaults				3 - 3½ Somersaults				4 - 4½ Somersaults			
	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw
C = Tuck	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 = Pike	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
A = Str	0.3	0.3	0.3	0.1	0.4	0.5	0.6	0.8	0.6	0.7	0.6	-	-	-	-	-	-	-	-	-
D =Free	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	-	-	-	-	-
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	½ Twist ½ - 1 Som.	½ Twist 1 ½ - 2 Som.	½ Twist 2 ½ Som.	½ Twist 3 - 3 ½ Som.	1 Twist	1 ½ Twists ½ - 2 Som.	1 ½ Twists 2½-3½ Som.	2 Twists	2 ½ Twist ½ - 2 Som.	2 ½ Twists 2½-3½ Som.	3 Twists	3 ½ Twists	4 Twists	4 ½ Twists
Fwd.	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
Back	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
Rev.	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
Inw.	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

Dives with ½ somersault and twists can only be executed in positions A, B, or C,

Dives with 1 or 1 ½ somersaults and twists can only be executed in position D,

Dives with 2 or more somersaults and twists can only be executed in positions B or C

D. Approach

Level	Forward ½ - 3½ Som.	Forward 4 – 4 ½ Som.	Back ½ - 3 Som.	Back 3½ - 4½ Som.	Reverse ½ - 3 Som.	Reverse 3½ - 4½ Som.	Inward ½ - 1 Som.	Inward 1½ - 4½ Som.
1 m	0	0.5	0.2	0.6	0.3	0.5	0.6	0.5
3 m	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	½ Som.	1 Som.	1½ Som.	2 Som.	2½ Som.	3 Som.	3½ Som.	4 Som.	4½ 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	**3.9**
207	C	3	2.8	0.0	0.0	0.4	0.4	**3.6**
5253	B	3	2.2	0.3	0.7	0.2	0	**34**
5355	B	3	2.2	0.2	1.0	0.2	0	**3.7**

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

15.9 Appendix 9 – Springboard

World Aquatics Table of Degree of difficulty

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
Forward Group		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
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	-

Back Group		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
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	-

Reverse Group		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
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	-

SPRINGBOARD		1 METER				3 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Inward Group		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
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 (Forward)		**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	-

Twisting Group (Back)		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
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	-

SPRINGBOARD		1 METER				3 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Twisting Group (Reverse)		A	B	C	D	A	B	C	D
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 1Twist	–	–	–	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 2 ½ Twists	–			–	–		4.1	–

Twisting Group (Inward)		A	B	C	D	A	B	C	D
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

15.10 **Appendix 10 – Platform**

World Aquatics Degree of difficulty – Formula and components

Note: Degree of Difficulty (DD) is calculated by adding:

A + B + C + D + E = DD

A. Somersaults

	Somersault(s)										
Level	**0**	**½**	**1**	**1½**	**2**	**2½**	**3**	**3½**	**4**	**4½**	**5½**
5 m	0.9	1.1	1.2	1.6	2.0	2.4	2.7	3.0	-	-	-
7½ m	1.0	1.3	1.3	1.5	1.8	2.2	2.3	2.8	3.5	3.5	-
10 m	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					1½ - 2 Somersaults					2½ Somersaults				
	Fwd	**Back**	**Rev**	**Inw**	**Arm**	**Fwd**	**Back**	**Rev**	**Inw**	**Arm**	**Fwd**	**Back**	**Rev**	**Inw**	**Arm**
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
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
A = Str	0.3	0.3	0.3	0.1	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	-0.1	-0.1	0.2	0	0	-0.1	-0.2	0.4	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	-

	3 - 3½ Somersaults					4 - 4½ Somersaults					5½ Som
	Fwd	**Back**	**Rev**	**Inw**	**Arm**	**Fwd**	**Back**	**Rev**	**Inw**	**Arm**	**Fwd**
C = Tuck	0	0	0	0.3	0.2	0	0.1	0.3	0.4	0.3	0
B = Pike	0.3	0.3	0.3	0.6	0.4	0.4	0.4	0.6	0.7	0.5	-
A = Str	-	-	-	-	-	-	-	-	-	-	-
D = Free	0	0	0	-	-	-	-	-	-	-	-
E = Fly	0.4	-	-	-	-	-	-	-	-	-	-

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

C. Twists

Group	½ Twist ½ - 1 Som.	½ Twist 1½ - 2 Som.	½ Twist 2½ Som.	½ Twist 3 - 3½ Som.	1 Twist	1½ Twists ½ - 2 Som.	1½ Twists 2½ - 3½ Som.	2 Twists	2½ Twists ½ - 2 Som.	2½ Twists 2½ - 3½ Som.	3 Twists	3½ Twists ½ - 2 Som.	3½ Twists 2½ -3½ Som.	4 Twists	4½ Twists ½ - 2 Som.	4½ Twists 2½ - 3½ 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

Dives with ½ somersault and twists can only be executed in positions A, B, or C,

Dives with 1 or 1½ somersaults and twists can only be executed in position D,

Dives with 2 or more somersaults and twists can only be executed in positions B or C,

Armstand dives with 1, 1½, or 2 somersaults and one or more twists can only be executed in position D, and

Armstand dives with 2½ 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 ½ - 3½ Soms.	Forward 4 - 5½ Soms.	Back ½ - 3 Soms.	Back 3½ - 4½ Soms.	Reverse ½ - 2 Soms.	Reverse 2½ - 3 Soms.	Reverse 3½ - 4½ Soms.	Inward ½ - 1 Soms.	Inward 1½ - 4½ Soms.
5 m	0	0.5	0.2	0.5	0.3	0.4	0.6	0.6	0.5
7.5 m	0	0.3	0.2	0.3	0.3	0.4	0.4	0.3	0.3
10 m	0	0.2	0.2	0.2	0.3	0.4	0.3	0.3	0.2

E. 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 - ½ Soms.	Armstand Back With 1 - 4 Soms.	Armstand Reverse With 0 - ½ Som.	Armstand Reverse With 1 – 4 Soms.
5m/7.5m/10m	0.2	0.4	0.2	0.4	0.3	0.5

F. unnatural Entry (does not apply to twisting dives)

Group	½ Som.	1 Som.	1½ Som.	2 Som.	2½ Som.	3 Som.	3½ Som.	4 Som.	4½ Som.	5½ 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	Height	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
5371	B	10	2.1	0.3	1.5	0.2	0.0	4.1

Dive	Pos	Height	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	27	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

15.12 Appendix 11 – Platform

World Aquatics Table of Degree of difficulty

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
Forward Group		A	B	C	D	A	B	C	D	A	B	C	D
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 2½ 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 3½ Somersaults		3.0	2.7	-		3.1	2.8	-			3.0	-
108	Forward 4 Somersaults		4.1	3.7	-				-				-
109	Forward 4½ Somersaults		4.1	3.7	-				-				-
1011	Forward 5½ Somersaults			4.7	-				-				-
112	Forward Flying Somersaults	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
113	Forward Flying 1½ 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 2½ Somersaults	-	2.6	2.4	-	-		2.5	-	-			-

Back Group		A	B	C	D	A	B	C	D	A	B	C	D
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 1½ 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 2½ 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 3½ 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 4½ Somersaults		4.5	4.2	-				-				-
212	Back Flying Somersaults	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
213	Back Flying 1½ Somersaults	-	2.4	2.1	-	-	2.4	2.1	-	-	2.5	2.2	-
215	Back Flying 2 ½ Somersaults	-	3.2	3.0	-	-			-	-			-

PLATFORM		10 METER				7.5 METER				5 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Reverse Group		A	B	C	D	A	B	C	D	A	B	C	D
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 1½ 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 2½ 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 3½ Somersaults		3.7	3.4	-				-				-
308	Reverse 4 Somersaults		4.4	4.1	–		4.5	4.2	-				-
309	Reverse 4½ Somersaults		4.8	4.5	-				-				-
312	Reverse Flying Somersaults	–	2.0	1.9	-	-	1.9	1.8	-	-	1.8	1.7	-
313	Reverse Flying 1½ Somersaults	–	2.5	2.2	-	-	2.5	2.2	-	-	2.6	2.3	-

Inward Group		A	B	C	D	A	B	C	D	A	B	C	D
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 1½ Somersault		2.0	1.8	–		2.1	1.9	–		2.4	2.2	–
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 (Forward)		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	-	-	-	-	-

PLATFORM		10 METER				7.5 METER				5 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Twisting Group (Back)		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
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	–	–			–	–			–

Twisting Group (Reverse)		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
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	–
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	–	–			–	–			–

PLATFORM		10 METER				7.5 METER				5 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Twisting Group (Inward)		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
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		**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**	**A**	**B**	**C**	**D**
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 Somersaults		2.3	2.0	–		2.3	2.0	–		2.4	2.1	–
634	Armstand Reverse 2 Somersaults		2.9	2.6	–		2.8	2.5	–		3.0	2.7	–
636	Armstand Reverse 3 Somersaults		3.6	3.4	–			3.2	–				–
638	Armstand Reverse 4 Somersaults		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	-	-			-	-			-

WORLD AQUATICS

HIGH DIVING

COMPETITION REGULATIONS

TABLE OF CONTENTS

PART FIVE:
HIGH DIVING RULES

PART FIVE: HIGH DIVING RULES

1 GENERAL

1.1 These Rules shall govern all World Aquatics High Diving competitions including World Aquatics Championships and High Diving World Cups.

1.2 All High Diving installations shall be in accordance with the World Aquatics Facilities Rules, inspected and approved by World Aquatics Delegate, and a member of the Technical High Diving Commission no later than 120 days prior to the start of the competitions. Construction of new installations should be subject to an inspection of the proposed site and environmental conditions prior to commencement.

1.3 Divers younger than 18 years on December 31st in the year of the competition shall not be permitted to compete at the World Aquatics Championships or World Cups.

1.4 **Diving Number Designations**

1.4.1 All dives shall be designated by a system of 3, 4 or 5 numerals followed by a single letter.

1.4.2 The dives are divided into five (5) groups. The first digit (or the first two digits) shall indicate the group to which the dive belongs:

Front and front twist:	1 or 51
Back and back twist:	2 or 52
Reverse and reverse twist:	3 or 53
Inward and inward twist:	4 or 54
Armstand and armstand twist:	6 or 61 – 62 – 63

1.4.3 In the Front, Back, Reverse and Inward group with three (3) numerals, a one (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. The third digit shall indicate the number of half somersaults to be performed. For example: 2 = 1 somersault, 8 = 4 somersaults. When there are 5 or more somersaults there will be four digits with the third and fourth digit indicating the number of half somersaults. For example 10 = 5 somersaults as 10(10) in a forward 5 somersaults.

1.4.4 In the Front, Back, Reverse and Inward group with four (4) numerals, a five (5) in the first digit indicates that the dive includes a twist. The second digit indicates the group or direction to which the dive belongs (for Example 5163 = front). The third digit indicates the number of half somersaults to be performed (for example 6 = 3 somersaults). The fourth digit indicates the number of half twists to be performed (for example 3 = 1 ½ twists). When there are five (5) or more twists, the last two digits indicates the number of ½ twists. For example, 524(10) in 2 somersaults back with five twists. In this case the number designation contains 5 numerals.

1.4.5 In the Armstand group with three digits (with the first digit 6) the second digit indicates the group or direction to which the dive belongs:

61 = Front

62 = Back

63 = Reverse

The third digit indicates the number of ½ somersault.

1.4.6 In the Armstand group with four digits, the fourth digit indicates the number of half twists to be performed. When there are 5 or more twists the last two digits indicate the number of ½ twists. For example, 625(10) in Armstand back 2 ½ somersaults with 5 twists. In this case the number designation contains 5 numerals.

1.4.7 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

E = 3 positions

1.4.8 "Free" position means any combination of one or more positions and is restricted in its use in some dive with twist.

1.4.9 3 positions means that during the dive all positions A, B and C must be shown. The straight position (A) must be shown as second position.

1.5 Degree of Difficulty

1.5.1 The degree of difficulty of each dive is calculated using the following formula (the component values of the formula are outlined in Part Five, Article 11.1):

A + B + C + D + E + F = DEGREE OF DIFFICULTY (DD)

1.5.2 As a guide, dives with their numbers and DD are tabled in Part Five, Article 11.2.

1.5.3 Any dive which is not tabled in Part Five, Article 11.2, but is used in a competition, shall be given the dive number and DD as determined in accordance with Part Five, Articles 1.4 and 1.5.

1.5.4 In calculating the degree of difficulty for dives with twists, the following needs to be noted:

Somersaults	**Standing twisting dives**			
1 or 2	D			
3	Forward and Inward		Back and Reverse	
	½ - 2 ½ twist	3 or more twists	½ - 3 twist	3 ½ or more twists
	B or C	D	B or C	D
4 or more	B or C			

Somersaults	**Armstand twisting dives**			
1 ½	D			
	Forward		Back	
2 ½	½ - 1 ½ twists	2 or more twists	½ - 2 twists	2 ½ or more twists
	B or C	D	B or C	D
3 1/2	B or C			

1.5.5 The Part Five, *Article 11.1 and 11.2* of these Competition Regulations are established by the World Aquatics Technical High Diving Committee (THDC) and approved by the World Aquatics Bureau.

2 COMPETITIONS

2.1 General

2.1.1 All entered high divers must submit evidence of safely executed dives for approval by the World Aquatics THDC in order to compete.

2.1.2 The order of diving shall be determined by a random draw. This shall be held at a Technical Meeting immediately after the final training session and prior to the first day of competition. When available an electronic draw shall be used.

2.1.3 At the World Aquatics Championships and other World Aquatics events there shall be a direct final competition. The last round of dives shall be performed in the reverse order of the ranking at the end of the previous round. In the case of a tie, the dive order shall be determined by a draw between the affected divers.

2.1.4 To determine the result, the scores of the dives of a diver are added. When two or more divers score the same number of points, a tie shall be declared for that particular place.

2.1.5 In all events, the diver with the highest total points shall be declared the winner of that event. Their final points shall rank the remaining divers.

2.1.6 The procedure for protests is outlined in Part One, Article 13.

2.2 **Women 20m Platform**

2.2.1 The height of the Women's competition shall be 20 metres. In special surroundings (i.e. natural), the height tolerance can be +/- 1 meter.

2.3 **Men 27m Platform**

2.3.1 The height of the Men's competition shall be 27 metres. In special surroundings (i.e. natural), the height tolerance can be +/- 1 meter.

3 HIGH DIVING COMPETITION FORMAT

3.1 The Men's and Women's competition is divided into two (2) sessions in a two (2) or three (3) day program as agreed between World Aquatics and the OC.

3.2 The competitions for men and women shall comprise four (4) dives. A dive of the same number shall be regarded as the same dive.

3.3 **Women 20m Platform**

3.3.1 The Women's competitions shall comprise four (4) dives. One (1) required dive with a maximum Degree of Difficulty (DD) of 2.6 and one (1) intermediate dive with a maximum DD of 3.4 from two (2) different groups, and two (2) optional dives without limit of DD from two (2) different groups.

3.3.2 If the DD of the required dive is less than 2.6 or of the intermediate dive less than 3.4, the calculated DD following Part Five, Articles 1.4, 1.5 and 11.1 will be used. If a diver performs a dive above 2.6 respectively 3.4 they will only receive 2.6 respectively 3.4.

3.4 **Men 27m Platform**

3.4.1 The Men's competitions shall comprise four (4) dives. One (1) required dives with a maximum DD of 2.8 and one (1) intermediate dive with a maximum DD of 3.6 from two (2) different groups, and two (2) optional dives without limit of DD from two (2) different groups.

3.4.2 If the DD of a required dive is less than 2.8 or of the intermediate dive less than 3.6, the calculated DD following Part Five, Articles 1.4, 1.5 and 11.1 will be used. If a diver performs a dive above 2.8 respectively 3.6 they will only receive 2.8 respectively 3.6.

4 STATEMENT OF DIVES

4.1 Each diver shall deliver to the Referee, a complete statement of the selected dives on the official form of the event for the competition. A diver may provide two (2) reserve dives which may be substituted five (5) minutes before commencement of the final round of dives subject to the dive being compliant with the competition rules.

4.2 The diver is responsible for the accuracy of the statement in the list and the diver shall sign the statement of dives.

4.3 The statement of dives shall be submitted 24 hours before commencement of the competition.

4.4 The Referee may accept changes up to one hour after the end of the final published training session for each event. Changes may be made up to three (3) hours prior to the commencement of the competition, provided a fee accompanies it equivalent of two-hundred-fifty (250) Swiss Francs.

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

4.6 When the closing times have passed, no change in the statement of dives shall be permitted.

4.7 The statement of dives shall contain the following information in the order of execution of the dives:

- The number of each dive according to Part Five, Articles 1.4.1 to 1.4.6.
- The execution or position of the dive according to Part Five, Article 1.4.7.
- The degree of difficulty as determined by the Formula described in Part Five, Article 1.5.

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

4.9 The statement of dives shall take precedence over the scoreboard and any announcement.

5 COMPETITION PROCEDURE

5.1 Control of Competition

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

5.1.2 The number of the dive to be performed and the position of execution shall be displayed on an indicator board visible to both divers and judges.

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

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.

5.2 Composition of the Judges Panels

5.2.1 Whenever possible, seven (7) judges from different Federations shall be used.

5.2.2 If not enough judges are available, five (5) judges from different Federations may be used.

5.2.3 The Referee shall place the judges on one side of the platform (for detailed specifications see Part Five, Article 11.1.5).

5.2.4 Once placed, a judge shall not change position unless at the discretion of the Referee, and then only in exceptional circumstances.

5.2.5 When a judge is unable to continue to function after the competition has started, this judge shall be replaced by the reserve judge, preferably at the end of a round.

5.2.6 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.

5.2.7 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.

6 DUTIES OF THE REFEREE AND ASSISTANT REFEREES

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

6.2 The Referee may designate Assistant Referees.

6.3 Duties of the Referee before the competition

6.3.1 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 but in accordance with the rules of the event.

6.3.2 The diver shall be informed of the Referee's decision, that a correction is required, as soon as possible.

6.4 Duties of the Referee during the competition

6.4.1 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.

6.4.2 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.

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

6.4.4 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. 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.

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

6.4.6 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.

6.4.7 The dive shall be executed after a signal given by the Referee. The signal shall be given as soon as the diver has checked the position of the safety swimmers and has informed the Referee that they is ready to perform the dive, and after the Referee has checked the indicator board.

6.4.8 Each diver shall be given sufficient time for the preparation and execution of the dive. 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.

6.4.9 When a diver refuses to execute a dive, the Referee shall declare a failed dive.

6.4.10 If a diver in a competition disturbs a contest, the Referee may exclude this diver 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.

6.4.11 The Referee may remove any judge from the competition whose judgement the Referee regards as unsatisfactory and may appoint another judge to replace this judge. At the end of the competition the Referee shall make a written report to the Jury of Appeal.

6.4.12 Such a change of judge shall take place only at the end of a session or round of dives.

6.5 Duties of the Referee during the dive

6.5.1 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.

6.5.2 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.

6.5.3 When a dive is performed with a break of position during the flight, the Referee shall declare the maximum award to be 4 ½.

6.5.4 When the Referee is certain that in a dive with a flying action, the straight position is not shown for at least (90°), the Referee shall declare a maximum award of 4 ½ points.

6.5.5 If during the execution of a dive, a diver is unsafely close to the platform or touches the end of the platform with their head, the Referee shall declare a maximum award of 2 points. Preferable the Referee's decision is based on a measurement of the distance by a camera.

6.5.6 When a twist is greater or less than 90° at the entry, the Referee shall declare it a failed dive.

6.5.7 When one or both arms are held above the shoulder line at the entry, the Referee shall declare the maximum award to be 4½ points. If a judge then awards more than 4 ½ points, the Referee shall declare the award from that judge to be 4½ points.

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

6.5.9 The Referee may declare a dive to be failed if they considers that assistance has been given to the diver after the starting signal.

6.5.10 When there is a restart in a running, standing or armstand dive, the Referee shall deduct 2 points from the award of each judge.

6.5.11 When a second attempt (a re-start) is unsuccessful the Referee shall deduct 4 points from the award of each judge.

6.5.12 When a third attempt is unsuccessful, the Referee shall declare a failed dive.

6.6 **Duties of the Referee after the competition**

6.6.1 At the end of the competition the Referee shall confirm the final results by the signature.

6.7 **Duties of the Assistant Referees**

6.7.1 The Assistant Referee, positioned on the platform, shall:

- observe if the armstand is executed as prescribed,
- observe the air speed indicator,
- fulfil any other task delegated from the Referee to the Assistant Referee.

6.7.2 The Assistant Referee, positioned on the platform, shall report to the Referee:

- a re-start or failed dive in an armstand dive,
- when the average wind speed exceeds 40 km per hour.

7 DUTIES OF THE SECRETARIAT

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

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

7.3 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. 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.

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

7.5 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.

7.6 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:

Five (5) judges:	~~8.0~~, 7.5, 7.5, 7.5, ~~7.0~~ = 22.5 x 3.8 = 85.5
Seven (7) judges:	8.0, ~~7.5~~, 7.5, 7.5, 7.5, ~~7.5~~, ~~7.0~~ = 22.5 x 3.8 = 85.5

7.7 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.

7.8 At the end of the competition the two secretaries shall compare the score sheets.

7.9 The result of the competition shall be obtained from the score sheets.

7.10 If electronic officiating equipment is in use, it is allowable to use only one secretariat. 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.

7.11 The final result shall be announced in one of the official languages of World Aquatics (English or French).

8 JUDGING

8.1 **General**

8.1.1 A judge, seated at the side of the platform, shall award from 0 to 10 points for a dive according to their 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

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.

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 take-off
- the flight
- the entry

8.2 Starting position

8.2.1 The starting position in standing dives shall be assumed when the diver stands at the front edge of the platform, in a running dive when the diver is ready to take the first step of the run and in an armstand dive when both hands are on the front end of the platform and both feet are off the platform.

8.2.2 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 their opinion.

8.2.3 A re-start shall be allowed when a diver:

- in a standing or running dive stops and then continues,
- in an armstand dive loses the balance, one or both feet return to the platform, or any other part of the body other than the hands touches the platform,
- in an armstand dive loses the balance and moves one or both hands from the original position at the front end of the platform.
- This shall be deemed a re-start and the Referee shall declare a 2 point deduction from each judge and a 4 point deduction after the second re- start.

8.3 The take-off

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

8.3.2 The take-off shall be balanced, powerful and with an appropriate distance to the platform.

8.3.3 When the take-off is not balanced, powerful and with an appropriate distance to the platform, the judges shall deduct from ½ to 2 points according to their opinion.

8.3.4 In dives with twist, the twisting shall not be manifestly done from the platform. If the twisting is manifestly done from the platform, the judges shall deduct ½ to 2 points, according to their opinion.

8.4 The flight

The dive can be executed in the following positions:

8.4.1 Straight (A)

8.4.1.1 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.

8.4.1.2 If the straight position is not shown as prescribed, the judges shall deduct from ½ to 2 points, according to their opinion.

8.4.2 Pike (B)

8.4.2.1 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.

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.

8.4.2.2 If the pike position is not shown as prescribed, the judges shall deduct from ½ to 2 points, according to their opinion.

8.4.3 **Tuck (C)**

8.4.3.1 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.

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.

8.4.3.2 If the tuck position is not shown as prescribed, the judges shall deduct from ½ to 2 points, according to their opinion.

8.4.4 **Free position (D)**

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

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

8.4.4.3 If the free position is not shown as prescribed, the judges shall deduct from ½ to 2 points, according to their opinion.

8.4.5 **Three (3) positions (E)**

8.4.5.1 During the dive all three positions (A, B and C) must be shown. The straight position (A) must be shown as second position.

8.4.5.2 If the 3 positions are not shown as prescribed, judges shall deduct from ½ to 2 points, according to their opinion.

8.4.6 **Flying (F)**

8.4.6.1 In all flying dives a straight position shall be clearly shown and that position shall be assumed from the take-off. When the straight position is not shown for at least one quarter of a somersault (90°) the maximum award by the judges shall be 4½ points, notwithstanding that the Referee has not declared maximum 4 ½ points.

8.4.6.2 When a diver touches the platform during the flight with the feet or hands, the judges shall deduct according to their opinion.

8.4.6.3 When a diver is unsafely close to the platform or touches the end of the platform during the flight with the head, the judges shall award up to 2 points, notwithstanding that the Referee has not declared a maximum award 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.

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

8.4.6.5 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, notwithstanding that the Referee has not repeated the announcement and declared maximum 2 points.

8.4.6.6 When a dive is performed with a break of position during the flight, the highest award for such a dive is 4 ½ points, notwithstanding that the Referee has not declared maximum 4 ½ points.

8.4.6.7 When a dive has a break in the position just at or before the entry, the judges shall deduct from ½ to 3 points, according to their discretion.

8.5 **The entry**

8.5.1 The entry into the water shall in all cases be vertical, not twisted, with the body straight and the feet together.

8.5.2 When the entry is short or over or twisted the judges shall deduct according to their opinion

8.5.3 At the entry the arms shall be at the body below the navel. If one or both arms are held above the shoulder line on entry, the highest award for such an entry is 4½ points, notwithstanding that the Referee has not declared maximum 4½ points.

8.5.4 Other than as provided in Part Five, Article 8.5.3, when the arms are not in the correct position, the judges shall deduct from ½ to 2 points, according to their opinion.

8.5.5 When a twist is greater or less than that announced by 90 degrees or more, the judges shall award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

8.5.6 The dive is considered to have been completed, when the whole of the body is completely under the surface of the water.

9 SUMMARY OF THE PENALTIES

9.1 **Referee to declare "Failed Dive"; 0 points**

Part Five, Article 6.4.8	If a diver use more than one minute after the Referee has given warning.
Part Five, Article 6.4.9	If a diver refuses to execute a dive.
Part Five, Article 6.5.1	If a diver has performed a dive of a number other than that announced.
Part Five, Article 6.5.6	If a twist is more or less than 90° at the entry than that announced.
Part Five, Article 6.5.9	If assistance has been given to the diver after the starting signal.
Part Five, Article 6.5.12	When a third attempt (a re-start) is unsuccessful.

9.2 **Referee to declare "2 points deduction"**

Part Five, Article 6.5.10 (also Article 8.2.3)	If there is a re-start in a standing, running, or armstand dive.

9.3 **Referee to declare "4 points deduction"**

Part Five, Article 6.5.11	If there is a second re-start in a standing, running, or armstand dive.

9.4 **Referee to declare "2 points maximum"**

Part Five, Article 6.5.2	If a diver performs a dive in a position other than that announced.
Part Five, Article 6.5.5	If a diver is unsafely close to the platform or touches the platform with the head.

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

Part Five, Article 6.5.3	If a dive is performed with a break of position during the flight.
Part Five, Article 6.5.4	If the straight position in a dive with flying action is not shown for at least 90°.
Part Five, Article 6.5.7	If a diver held one or both arms above the shoulder at the entry.

9.6 **Judges to award "0 points"**

Part Five, Article 8..6.4	If a dive of a different number was executed.
Part Five, Article 8.5.5	If a twist is greater or less than that announced by 90° or more.

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

Part Five, Article 8.4.6.3	If a diver is unsafely close to the platform or touches the platform with the head.
Part Five, Article 8.4.6.5	If a dive is performed clearly in a position other than that announced.

	Part Five, Article 8.4.6.1	If in a flying dive, a straight position is not clearly shown for at least one quarter of a somersault (90°).
	Part Five, Article 8.4.6.6	If a dive is performed with a break of position during the flight.
	Part Five, Article 8.5.3	If the arms are above the shoulder line at the entry.

9.9 Judges to deduct "from ½ to 2 points"

	Part Five, Article 8.2.2	If in an armstand dive, a stationary and steady balance in the straight vertical position is not shown.
	Part Five, Article 8.3.3	If the take-off is not balanced, powerful and with an appropriate distance to the platform.
	Part Five, Article 8.3.4	If in a twist, the twisting is manifestly done from the platform.
	Part Five, Article 8.4.1.2	If the straight position is not shown as prescribed.
	Part Five, Article 8.4.2.2	If the pike position is not shown as prescribed.
	Part Five, Article 8.4.3.2	If the tuck position is not shown as prescribed.
	Part Five, Article 8.4.4.3	If the free position is not shown as prescribed.
	Part Five, Article 8.4.5.2	If the 3 positions are not shown as prescribed.
	Part Five, Article 8.5.4	If the arms are not in the correct position at the entry.

9.10 Judges to deduct "from ½ to 3 points"

	Part Five, Article 8.4.6.7	If there is a break in the position at, or just before, the entry.

9.11 Judges to deduct "according to individual opinion"

	Part Five, Article 8.4.6.2	If a diver touches the platform during the flight with the feet or hands.
	Part Five, Article 8.5.2	If the entry is short or over or twisted.

10 AGE GROUP RULES

10.1 World Aquatics Competition Regulations will apply in all age group competitions.

10.2 Age Categories

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

10.3 High Diving Events

10.3.1 Group A

10.3.1.1 Age: 17 or 18 years on December 31st of the year of the competition.

Note: The divers at the age of 18 years would not be restricted from diving in the senior events if they are competent to do so.

10.3.1.2 Competition Format

10.3.1.2.1 Girls' and Boy's Platform 15 meter

This competition shall comprise four (4) different standing dives from at least three (3) groups.

Two (2) dives with an assigned degree of difficulty of 2.5 and two (2) dives without limit of degree of difficulty.

At least one (1) dive must have a Barani and at least one (1) dive must have an unnatural entry (back or reverse rotating entries).

10.3.2 Group B

10.3.2.1 Age: 15 or 16 years on December 31ST of the year of the competition.

10.3.2.2.1 **Girls' and Boy's Platform 12 meter**

This competition shall comprise four (4) different standing dives from at least two (2) groups.

Two (2) dives with an assigned degree of difficulty of 2.4 and two (2) dives without limit of degree of difficulty.

At least one (1) dive must have a Barani and at least one (1) dive must have an unnatural entry (back or reverse rotating entries).

10.4 **General Rules for World Aquatics Junior High Diving Championships**

10.4.1 World Aquatics Junior High Diving Championships shall be conducted every two years in Groups A and B.

10.4.2 Each Federation is entitled to enter a maximum of three (3) divers in each event.

10.4.3 The divers shall only compete in their age group.

10.4.4 The divers shall perform a full list of dives as indicated in their age group.

10.4.5 Each event shall be a direct final competition, irrespective of the number of entrants.

10.4.6 In the fourth and final round, the divers will start in the reverse order of their ranking after the third round.

10.4.7 The program schedule shall be agreed by the Bureau upon recommendation of the Technical High Diving Committee.

10.4.8 Preferably seven (7) judges shall officiate.

10.4.9 The Championships shall be conducted in the period of two (2) days or three (3) days.

11 HIGH DIVING FACILITIES AND EQUIPMENT

11.1 **High Diving Facilities**

11.1.1 **General requirements and definitions**

World Aquatics High Diving is preferably performed in controlled environments with customised from fabricated diving towers in conjunction with fabricated pools. Rectangular dimensions are the preferred option for permanent artificial pools. Temporary round pools can be used in special circumstances.

High Diving can also be performed from fabricated platforms on existing buildings or natural cliff faces into open water (sea, lakes or rivers etc). Special permission and guidance is required from World Aquatics under these circumstances.

Dimensions in metres for all high diving facilities as detailed in the Part Five, Appendix 2 and Appendix 3 , shall be observed. The Diagrams in Part Five, Appendices 1, 2, 3, 4 and 5, are established by the World Aquatics experts in cooperation with the World Aquatics THDC and approved by the World Aquatics Bureau.

In special surroundings the dimensions and requirements can be adjusted to the local situation upon recommendation by the World Aquatics facilities experts and the World Aquatics THDC and approved by the World Aquatics Bureau.

Security: The dimensions of these facilities are only for the use of expert athletes and they are not suitable for public use. It is required by the OCs and local authorities to provide security guards and / or lockable structures or gates to prevent any unauthorised persons to climb the diving towers.

11.1.2 **Platform High Diving**

11.1.2.1 Each platform shall be rigid and horizontal.

11.1.2.2 The dimensions of the platform shall be:

Platform	Width	Length
3 m	2.00 m (1.50 m *)	5.00 m (2.0 m *)
5 m	2.00 m (1.50 m *)	5.00 m (2.0 m *)
7.5 m	2.00 m (1.50 m *)	5.00 m (2.0 m *)
10 m	2.00 m (1.50 m *)	5.00 m (2.0 m *)
15 m (11 m – 19 m)	2.00 m (1.50 m *)	5.00 m (2.0 m *)
20 m	2.00 m	5.00 m
21 m – 26 m	2.00 m (1.50 m *)	5.00 m (2.0 m *)
27 m	2.00 m	5.00 m

* Accepted for events other than World Aquatics Championships and High Diving World Cups

11.1.2.3 The thickness of the front edge of the platform shall not exceed 0.20 metre and can be vertical or inclined at an angle not greater than 10° to the vertical inside the plummet line.

11.1.2.4 The entire surface of all platforms shall be covered with slip-resistant material that shall have a tread pattern that provides sufficient fraction in wet and dry conditions such that the divers are prevented from slipping when performing dives in all directions.

11.1.2.4.1 If an unknown surface material is proposed, a physical sample must be sent to the World Aquatics THDC for testing and approval before it can be used.

11.1.2.4.2 Terracotta is the preferred colour of the platform surface material. Black, white and blue coloured surface material is not permitted.

11.1.2.4.3 The colour of the carpet on the pool deck must not be blue. Grey is the preferred option.

11.1.2.5 The back and sides of each platform 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 1.00 metre from the front edge of the platform.

11.1.2.6 Each platform shall be accessible by suitable slip-resistant stairs (not ladders) as required by the country's building regulations and or health and safety standards that are applicable.

11.1.2.7 It is preferable that a platform is not constructed directly under any other platform however in circumstances where this cannot be avoided then the dimensions in Part Five, Article 11.5.2 (Appendix 2) must be observed.

11.1.2.8 The platform shall be a concrete, steel or other rigid material construction as approved by World Aquatics. The longitude and latitude movement/oscillation allowance for the entire 27 metres high tower structure shall be 2.7 cm (1/1000 from 27m). The maximum wind speed for the tower oscillation stability is 54km/hour (banners will affect the stability). The downward flex at the diving end of the platform shall not exceed 2-3mm and approved by the local authority of the area.

11.1.3 General Requirements

11.1.3.1 For High Diving platforms designed and constructed after 31st December 2017 the minimum dimensions in metres for high diving facilities as detailed on the tables in Appendix 2 and Appendix 4 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 platforms.

11.1.3.2 The platforms shall face north in the northern hemisphere and south in the southern hemisphere where possible.

11.1.3.3 The water temperature should be not less than 18°C in open water venues and preferable not less than 26°C degrees in venues with an artificial pool.

11.1.3.4 A certificate of suitability for use of the venue shall be issued by the appropriate local health and safety authorities. In general terms the certification must also relate to the general water quality for human use.

11.1.3.5 The surface agitation shall be done by a strong horizontal water spray and the scuba divers must also provide additional splash when necessary. The water spray must not be mounted higher than 1.50m above the water level. The water spray should be strong and provide foamy white water for better visibility for the athletes. The spray or the foam must be strong enough to cover the landing area.

11.1.3.6 If the wind speed exceeds 40kph (kph= kilometre per hour) then the Referee shall decide if the competition can continue or must be interrupted until the wind speed is below 40kph. A transportable air speed indicator must be available for use on the 20m and 27m platforms.

If lightning strikes are within 3km of the dive site then the training or the competition must be suspended until the storm distance is greater than 3km.

11.1.4 Security and Emergency Rescue Requirements

11.1.4.1 To take into consideration the different facilities in High Diving (natural surroundings with open water, temporary or permanent facilities with artificial pools and clear water and line of site of the pool), the security and emergency rescue requirements may vary.

11.1.4.2 The requirements for different High Diving facilities are described in the following table.

	Facilities with open water		Temporary Facilities with artificial pool [5]		Permanent Facilities	
	Training	Competition	Training	Competition	Training	Competition
Medical staff						
Doctors [1]	1 to 2	2	1 to 2	2		1 to 2
Staffed ambulance	1	2	1	2	[2]	1 to 2
Designated hospital [3]	1	1	1	1	1	1
Safety Team						
Safety captain	1	1	1	1	[4]	1 [5]
Scuba diver	1	1	1 [6]	1 [6]		1 [6]
Apnea swimmer	3	3	2	2		2 [5]
Reserve apnea sw.	2 to 3	2 to 3	1 to 2	2		1 to 2 [5]
Rescue equipment						
Rescue boats	2	2				
Spinal boards	2	2	2	2	2	2
Stiff neck collars	5	5	5	5	5	5
Defibrillators	2	2	2	2	2	2
Oxygen tanks	2	2	2	2	2	2
Blankets	4 to 5	4 to 5	4 to 5	4 to 5	4 to 5	4 to 5
General firs aid kit	1	1	1	1	1	1
For recovery						
Ice baths [7]	2	2	2	2	2	2

[1] Doctors with knowledge in trauma injuries.

[2] Staffed ambulace on alert within 15 minutes

[3] Hospital on alert with orthopedic surgery.

[4] For all High Diving training sessions from heights ranging from 10m up to 27m in permanent High Dive facilities with a constructed pool with clear water and line of site to the bottom of the pool it is recommended that at least two lifeguards should be dedicated to the High Diving pool and a third lifeguard on duty that can be called in to assist via radio, verbal call or via hand signals. The two lifeguards at the High Dive Pool should be stationed as close the pool edge as possible to minimize the response time in case of emergency. It is recommended that pool management conduct regular deep water rescue rehearsals.

[5] Facilities may implement qualified local staffing to cover part of, or all of these water safety requirements.

[6] In Facilities that are Temporary with an artificial pool or Permanent, the scuba safety diver is not required, unless specified by the water safety captain.

[7] minimum width 0.8 m, length 1.2 m, depth 1 m or 14 ° C water tubs.

8) Upon the occasion of a Temporary Platform constructed in a Permanent facility, the Safety Requirements outkined under Permant Facilities would apply.

11.1.4.3 Location of the Field of Play First Aid Treatment Area

The Medical Station and/or the Field of Play (FoP) Treatment Area are to be designated at each competitive venue. Due to the outdoor nature of the sport, it may happen that the Medical Station will not be nearby the competition venue. Therefore, the FoP Treatment Area should be organized based on the specificity of each site. For instance, it could be a Medical Boat in sea/ocean environment or on a temporary platform where the divers exit the water.

In indoor and controlled environment, the Medical Station and/or the FoP Treatment Area are easier to set up and the Area should be clearly labelled and be within easy access from the Field of Play.

Access to ambulance transport (whatever it may be: road, boat, helicopter) should also be easily reached from the treatment area.

11.1.4.4 Water Safety Team, Standard Procedure for each dive

11.1.4.4.1 General instructions

Instructions for the members of the water safety team (in the water):

- Determine the proper alignment around the point of entry of the High Divers. Return as quickly as possible to your position after any "action".
- Find reference points to make sure you are in the right spot.
- Be aware of any currents that can pull you out of position.
- Always look up to the platform to know when the divers are planning to dive.
- The High Divers will sometimes indicate to the water safety team members to move closer or further away from the point of entry with hand signals.
- The members of the water safety team must try to see the whole dive of the High Diver. As soon as the High Diver hits the water, the members of the water safety team dive down to approximately 3 meters in the direction of the High Diver and estimate the condition of the High Diver. Thereafter they come up to the surface with the High Diver.
- Once the High Diver gives the 'OK' sign on the surface of the water, the water safety members return to their position quickly and look back up at the platform.

11.1.4.4.2 Hazardous Entry or Landing

If the referee calls out on the emergency channel on the radio, 'BAD LANDING':

- The water safety captain in the boat or on the pool deck must signal the water safety team with a loud whistle or with a hand signal to immediately secure the High Diver on a spinal board with a stiff neck collar. If the High Diver is unable to breath, turn him/her on his/her back and keep the nose and mouth well out of the water. The High Diver must be secured on a spinal board while still in the water and only thereafter transferred onto land (deep water spinal injury management). Then proceed to the doctor's area or ambulance immediately.
- The doctor will make the call about further treatment. This could be treatment in the competition area (and no hospitalization), or transportation to a hospital. It is highly unlikely that the doctor will allow the diver to continue competition after a bad landing.

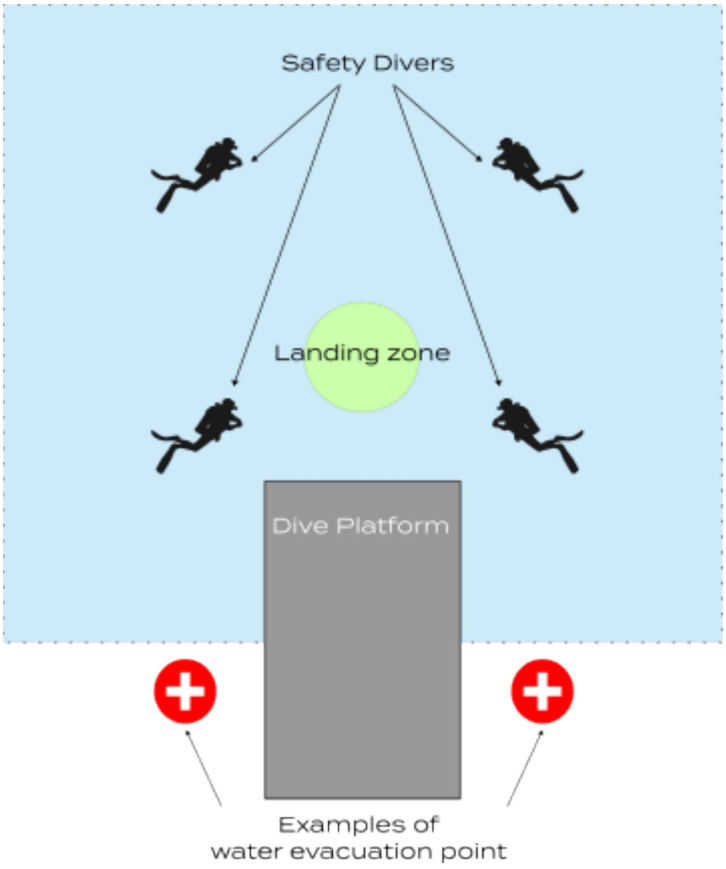
It's important that a designated World Aquatics representative could travel with the High Diver to the hospital.

Note: even without a bad landing a diver may sustain a serious injury or even be knocked unconscious.

It is important that High Divers are allowed to consult with medical professionals on site during the competition whether it is medically responsible to continue with the competition. High Divers can inform the referee at any time that they wish to withdraw from the competition.

11.1.4.4.3 Rescue Map

A clear evacuation path – which may vary at each event location - shall be clearly known by the rescue team.



11.1.5 **Judges Seating**

11.1.5.1 The judges shall be placed side by side in two lines on one side of the platform with the sunlight in the back or above the judges. In indoor facilities and special circumstances, the Referee may decide that the judges are placed on both sides of the platforms.

11.1.5.2 No judge shall be seated behind the front edge of the platform.

11.1.5.3 The judges shall be seated at a distance of not less than 30 meters and not more than 40 meters from the entry point of the platforms, and in a position elevated between three (3) and six (6) metres above the water level. Special local circumstances may influence the position of the judges.

11.2 **High Diving Facilities for World Aquatics Championships**

Provisions in Part Five, Articles 12.1 to 12.1.5.3 apply to the World Aquatics Championships.

11.3 **Automatic Officiating Equipment for High Diving**

11.3.1 Electronic Officiating equipment records the judges awards for each diver and determines the final score for each dive as required by Part Five, Article 7.

11.3.2 Preferred Equipment must be able to:

11.3.2.1 Record judges awards by whole and half points.

11.3.2.2 Be able to display all recorded and calculated information for each diver both before and after each dive.

11.3.2.3 Be able to display the scores for all divers before and after each dive.

11.3.2.4 Be able to display the rank order and scores for all divers after each round of dives.

11.3.2.5 The equipment must provide each judge with an electronic judging device that will permit each judge to enter their award and to see their award on a window on the device. After the referee has accepted the judges awards, all awards shall be displayed on each electronic judging device.

11.3.2.6 Judges analysis is to be provided at the conclusion of each event or series.

11.3.2.7 The referee must be provided with a monitor on which he/she will be able to view the awards of all the judges prior to the awards then being displayed on the score board, and preferable with a video camera, to observe the divers performance if needed.

11.3.2.8 There is a requirement for a print out of the following information:

The draw for the diving order.

A start list for each session or event.

A ranking of dives at the end of each round.

A ranking of dives at the end of each event.

Judges awards and scores for each diver at the end of each session and event.

11.4 Dry Land Facilities

11.4.1 For the safety, practice and development of high divers and competitions, it is strongly recommended that the guidelines presented below be incorporated into the facility and placed adjacent to the competitive High Diving area / facilities.

11.4.2 Recommended equipment in dry land area

- 1 x Trampoline, Olympic standard,
- length 5.2 m, width 3.05 m, height 1.15 m
- 4 x Foam Crash Mats,
- minimum length 1.4 m, width 1.0 m, height 0.25 m
- 2 x Somersault Boxes,
- minimum length 1.0 m, width 1.0 m, height 0.3 m
- 25 x Exercise mats,
- length 1.8 m, width 0.5 m, height 0.02 m
- 5 x Spinning Bikes

11.5 APPENDICES

APPENDIX 1 - Diagram / General Standard Facilities

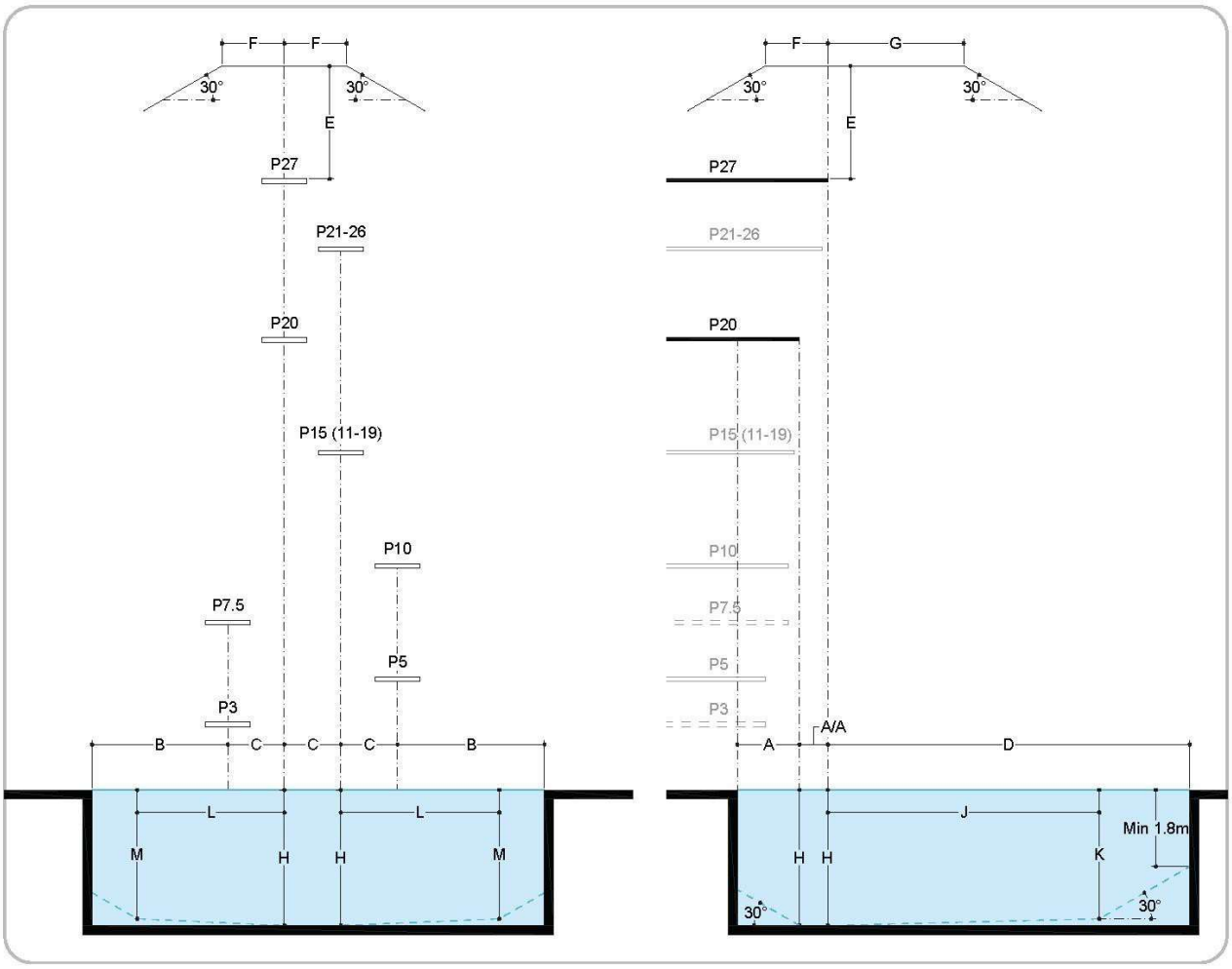
APPENDIX 2 – Table / General Standard Facilities Dimensions

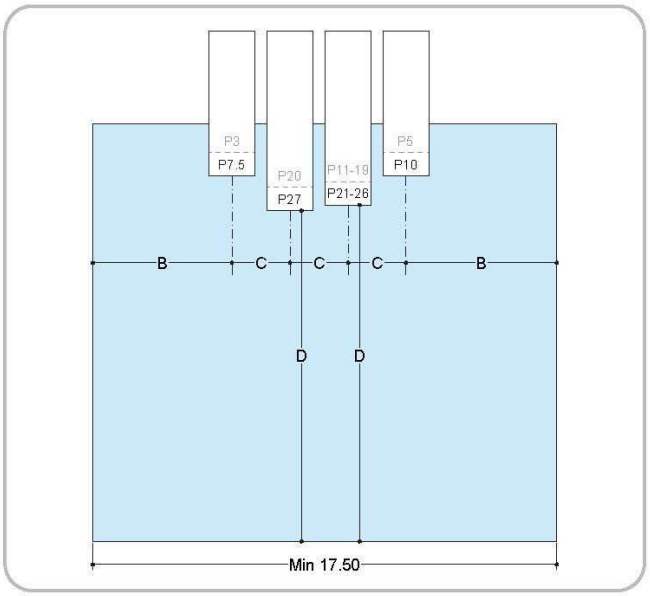
APPENDIX 3 - Diagram / Temporary Round Pools

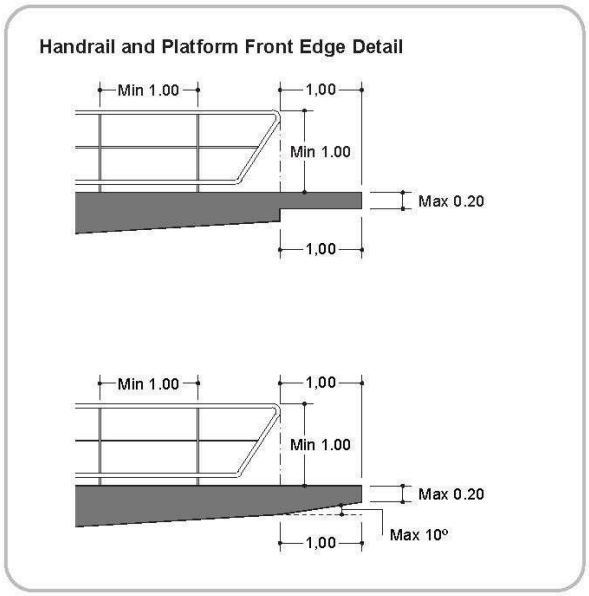
APPENDIX 4 - Table / Temporary Round Pools / Dimensions

APPENDIX 5 – Diagram / General Standard Facilities combined with Diving

11.5.1 Appendix 1 - Diagram / General Standard Facilities







11.5.2 Appendix 2– Table / General Standard Facilities Dimensions

WORLD AQUATICS			PLATFORM															
Dimensions for High Diving Facilities			P 3		P 5		P 7.5		P 10		P 15 (P 11-19)		P 20		P 21-26		P 27	
	Length	Minimum 3)	5.00		5.00		5.00		5.00		5.00		5.00		5.00		5.00	
	Width	Minimum 3)	2.00		2.00		2.00		2.00		2.00		2.00		2.00		2.00	
	Height		3.00		5.00		7.50		10.00		15.00		20.00		21.00 - 26.00		27.00	
		Tolerance 4)	± 0.05		± 0.05		± 0.05		± 0.05		± 0.05		± 0.05		± 0.05		± 0.05	
			Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert
A	From plummet	Designation	A-P3		A-P5		A-P7.5		A-P10		A-P15		A-P20		A-(P21-26)		A-P27	
	BACK TO POOL WALL or OBSTACLE	Minimum	1.25		1.25		1.25		1.50		1.75		2.00		2.00		2.00	
A/A	From plummet	Designation			A/A-P5		A/A-P7.5		A/A-P10		A/A-P15		A/A-P20		A/A-(P21-26)		A/A-P27	
	BACK TO PLATFORM plummet directly below	Minimum			1.00		1.00		1.00		1.00		1.00		1.00		1.00	
B	From plummet	Designation	B-P3		B-P5		B-P7.5		B-P1		B-P15		B-P20		C-(P21-26)		B-P27	
	POOL WALL or OBSTACLE AT SIDE	Minimum	3.50		3.75		4.50		5.50		5.50		6.00		6.50		7.00	
C	From plummet to	Designation	C-P3		C-P5		C-P7.5		C-P10		C-P15		C-P20		C-(P21-26)		C-P27	
	ADJACENT PLUMMET 1)	Minimum	2.50		2.50		2.50		2.50		2.50		2.50		2.50		2.50	
D	From plummet to	Designation	D-P3		D-P5		D-P7.5		D-P10		D-P15		D-P20		D-(P21-26)		D-P27	
	POOL WALL or OBSTACLE AHEAD	Minimum	9.50		10.25		11.00		13.50		14.00		14.00		15.00		15.00	
E	On plummet, from	Designation		E-P3		E-P5		E-P7.5		E-P10		E-P15		E-P20		E-(P21-26)		E-P27
	PLATFORM TO CEILING/ PLATFORM ABOVE	Minimum		4.00		4.00		4.00		4.00		4.00		4.00		4.00		4.00
F	Clear Overhead	Designation	F-P3	E-P3	F-P5	E-P5	F-P7.5	E-P7.5	F-P10	E-P10	F-P15	E-P15	F-P20	E-P20	F-(P21-26)	E-(P21-26)	F-P27	E-P27
	BEHIND AND EACH SIDE of plummet	Minimum	2.75	3.50	2.75	4.00	2.75	4.00	2.75	4.00	2.75	4.00	2.75	4.00	2.75	4.00	2.75	4.00
G	Clear Overhead	Designation	G-P3	E-P3	G-P5	E-P5	G-P7.5	E-P7.5	G-P10	E-P10	G-P15	E-P15	G-P20	E-P20	G-(P21-26)	E-(P21-26)	G-P27	E-P27
	AHEAD of plummet	Minimum	5.00	4.00	5.00	4.00	5.00	4.00	6.00	4.00	6.00	4.00	6.00	4.00	6.00	4.00	6.00	4.00
H	DEPTH OF WATER	Designation		H-P3		H-P5		H-P7.5		H-P10		H-P15		H-P20		H-(P21-26)		H-P27
	at plummet 2)	Minimum		3.60		3.80		4.50		5.00		5.50		5.80		5.80		5.80
J	DISTANCE and	Designation	J-P3	K-P3	J-P5	K-P5	J-P7.5	K-P7.5	J-P10	K-P10	J-P15	K-P15	J-P20	K-P20	J-(P21-26)	K-(P21-26)	J-P27	K-P27
K	DEPTH AHEAD																	
	of plummet for all stands	Minimum	5.50	3.40	6.00	3.60	8.00	4.30	11.00	4.80	11.50	5.30	12.00	5.60	12.00	5.60	12.00	5.60
L	DISTANCE and DEPTH	Designation	L-P3	M-P3	L-P5	M-P5	L-P7.5	M-P7.5	L-P10	M-P10	L-P15	M-P15	L-P20	M-P20	L-(P21-26)	M-(P21-26)	L-P27	M-P27
M	EACH SIDE of plummet	Minimum	2.30	3.40	3.50	3.60	4.50	4.30	5.25	4.80	5.50	5.30	6.00	5.60	6.50	5.60	7.00	5.60
N	Maximum Slope to reduce dimensions beyond full requirements for pool depth and ceiling height = 30 Degrees																	

Notes

The appropriate local authorities must certify that the minimum requirements are observed.

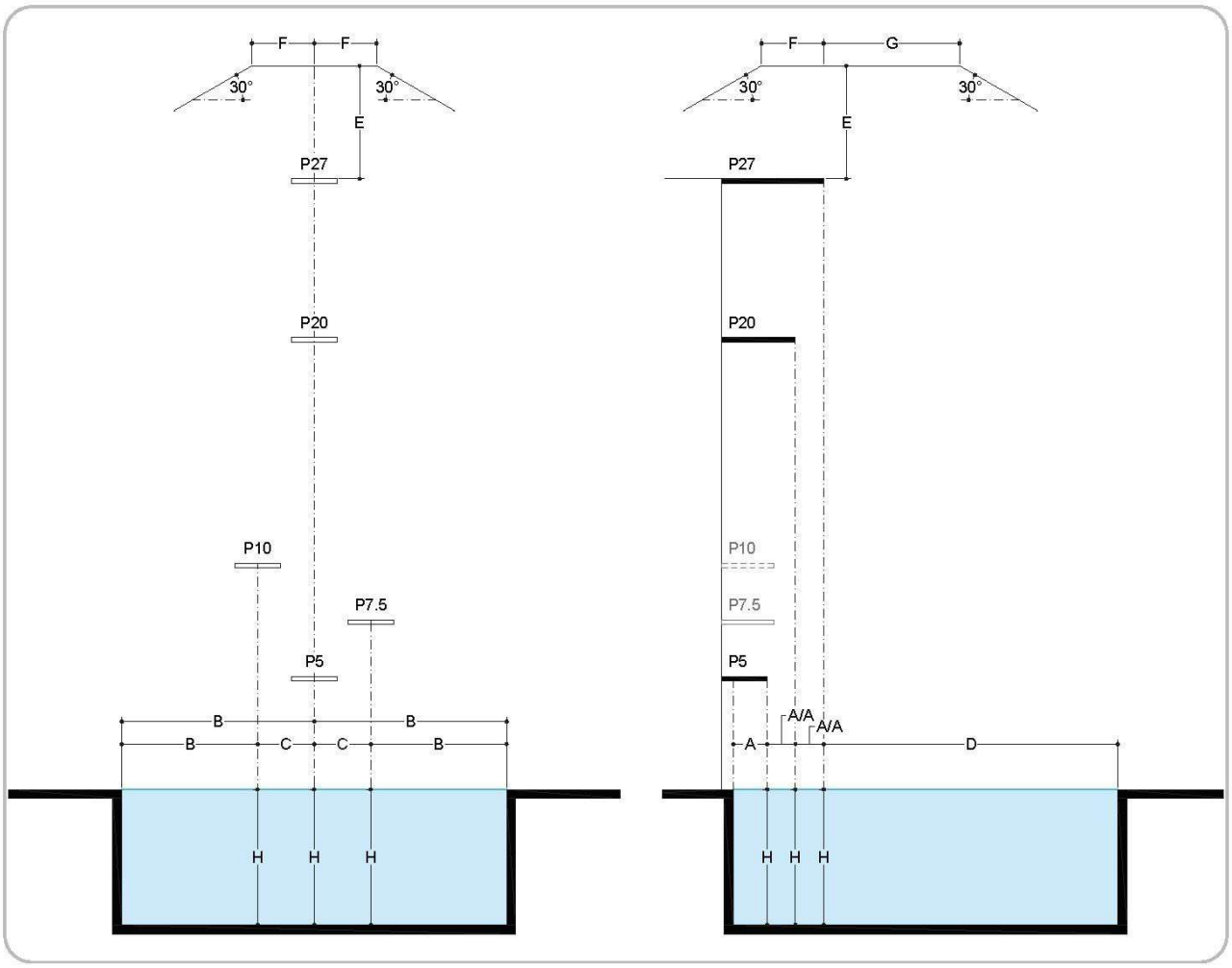
The side distance between platforms must not be less than 0.50 metre.

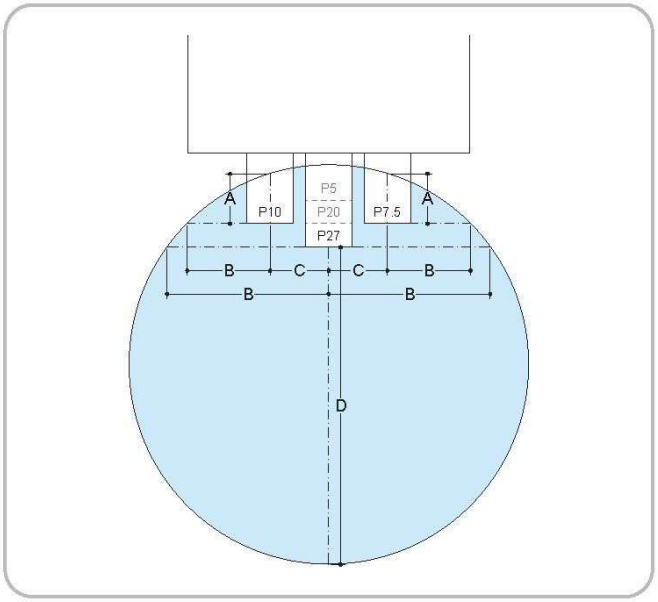
For High Diving events other than World Aquatics Championships and World Aquatics World Cups the following minimum platform dimensions are accepted: Length 2.0m / width 1.5m; adjacent platform distances between platforms to be adjusted accordingly with the respect of 0.50 metre distance between the platforms.

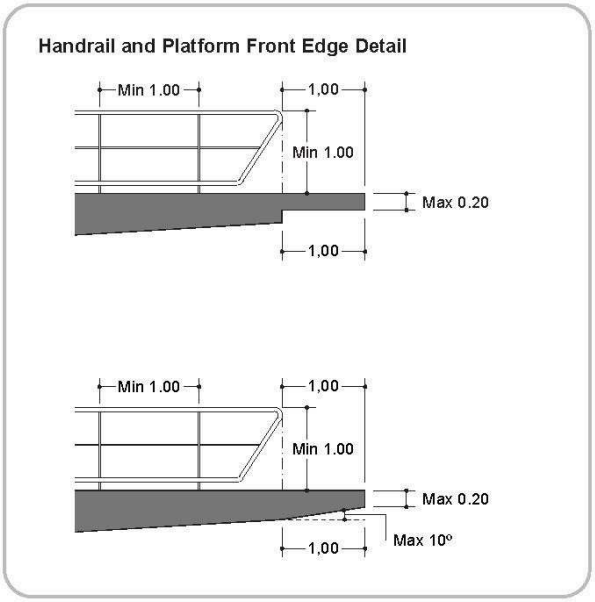
In natural surroundings (sea, lakes, rivers etc.) height tolerance: ± 1 metre.

15.00m is an official height for Junior A competitions and dimensions valid for all heights between 11.00 - 19.00 metres.

11.5.3 Appendix 3 - Diagram / Temporary Round Pools







11.5.4 Appendix 4 – Table / Temporary Round Pools / Dimensions

WORLD AQUATICS Dimensions for High Diving temporary round pools			PLATFORM				
			P 5	P 7.5	P 10	P 20	P 27
Round pool diameter 17 m	Length	Minimum	5.00	5.00	5.00	5.00	5.00
	Width	Minimum	2.00	2.00	2.00	2.00	2.00
	Height		5.00	7.50	10.00	20.00	27.00
		Tolerance	± 0.05	± 0.05	± 0.05	± 0.05	± 0.05
A	From plummet **BACK TO POOL WALL**		1.50	1.85	1.85	2.25	3.00
A/A	From plummet **BACK TO PLATFORM** plummet direct below					0.75	0.75
B	From plummet to **POOL WALL AT SIDE**		4.80	3.20	3.20	5.70	6.40
C	From plummet to **ADJACENT PLUMMET** [1)]		2.50	2.50	2.50	2.50	2.50
D	From plummet to **POOL WALL AHEAD**		14.00	14.00	14.00	14.00	14.00
H	**DEPTH OF WATER** at plummet		5.80	5.80	5.80	5.80	5.80

Notes

The appropriate local authorities must certify that the minimum requirements are observed.

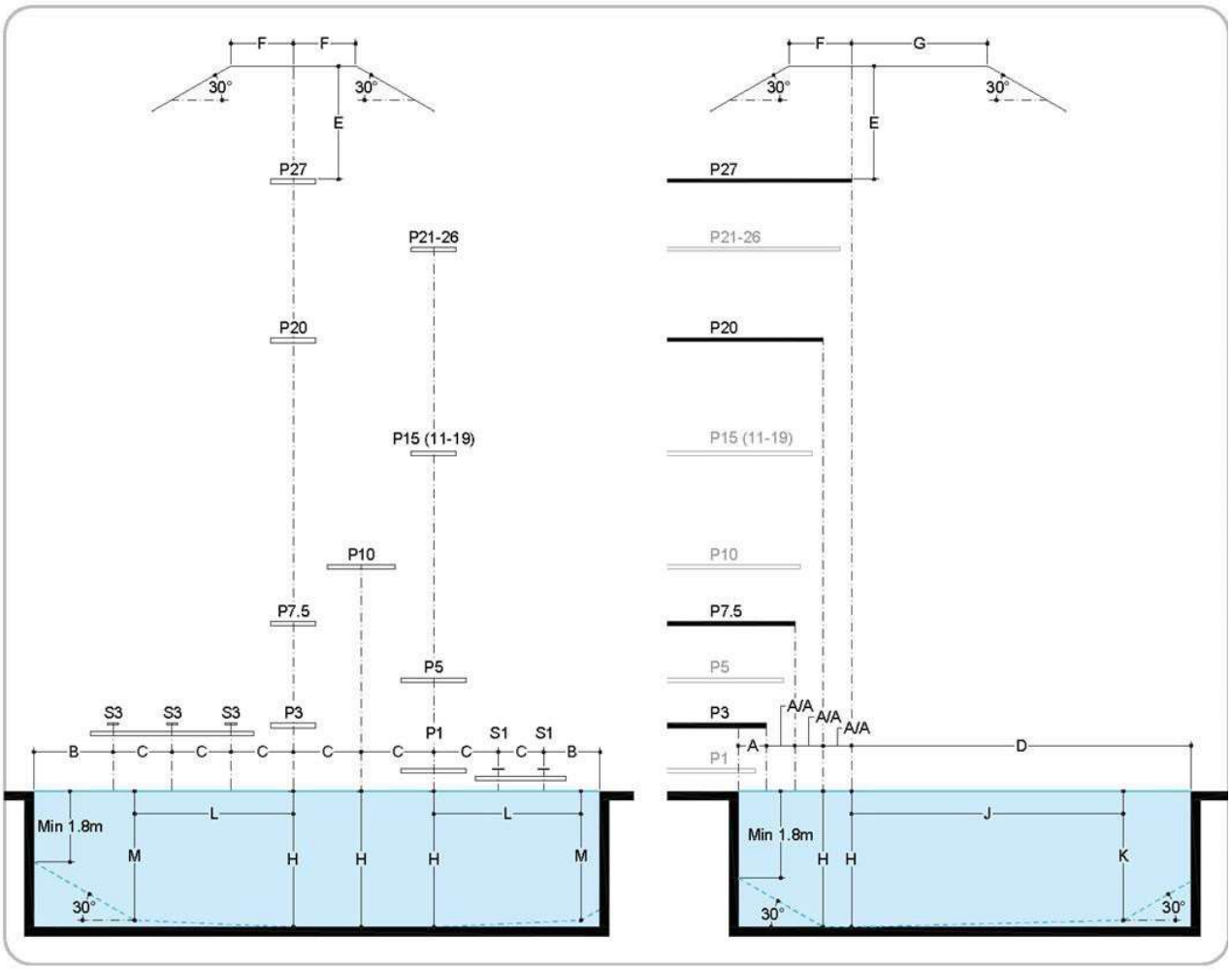
[1)] The side distance between platforms must not be less than 0.50 metre.

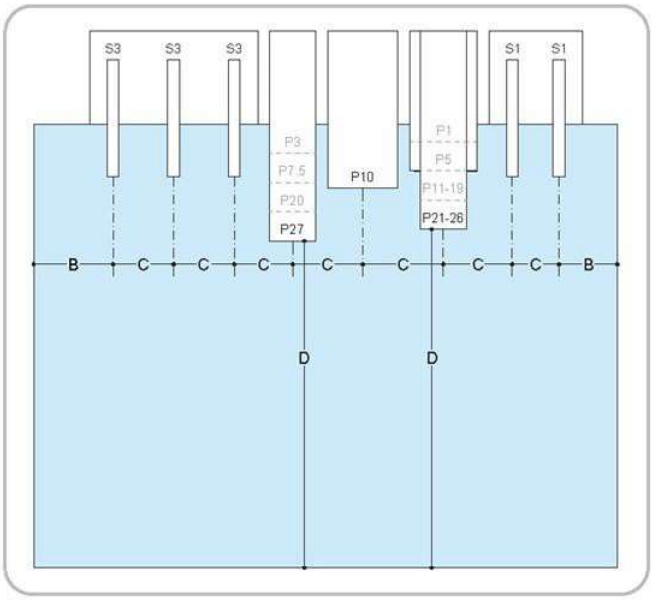
The use of temporary round pools (TRP) is restricted to sanctioned World Aquatics competitions.

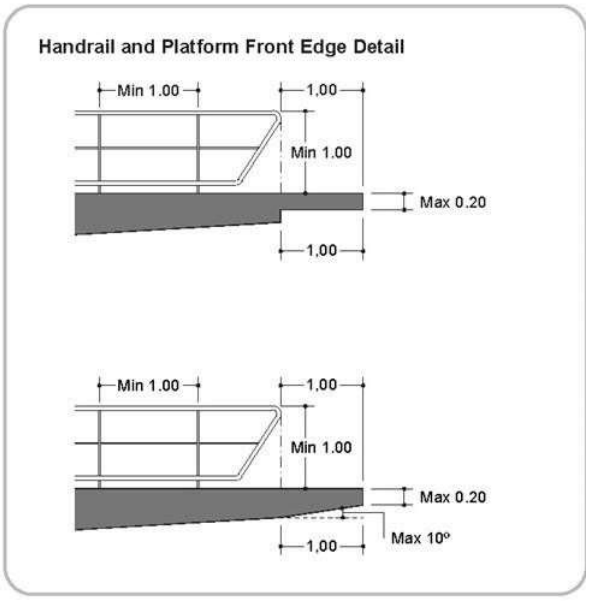
Comment

The same dimensions and configuration of the platforms can be achieved in a rectangular pool with the following dimensions: 14.00 x 17.00 metres.

11.5.5 Appendix 5 - Diagram / General Standard Facilities combined with Diving







12 DEGREE OF DIFFICULTY – FORMULA AND TABLES

12.1 Degree of Difficulty - Formula and Components

HIGH DIVING: 15 METERS

STANDING DIVES

A+B+C+D+E+F=DD

FORWARD (GROUP 1)

1 - 51

A. SOMERSAULTS

1/2 ss				
2	4	6	8	10
2,4	2,7	3,2	4,2	5,7

B. APPROACH

1/2 ss				
2	4	6	8	10
0,0	0,0	0,0	0,0	

C. TWISTS BARANI ENTRY

1/2 tw	1/2 ss 2	4	6	8	10
1	0,0	0,2	0,4	0,6	
3	-	0,5	0,9	1,4	
5	-	0,9	1,5	-	
7	-	1,4	-	-	
9	-	2,0	-	-	

D. TWISTS BLIND ENTRY

1/2 tw	1/2 ss 2	4	6	8	10
2		0,8	1,3	2,0	
4		1,3	2,0		
6		1,9			

E. BLIND ENTRY

1/2 ss				
2	4	6	8	10
0,2	0,5	0,8	1,2	

INWARD (GROUP 4)

4 - 54

A. SOMERSAULTS

1/2 ss				
2	4	6	8	10
2,4	2,7	3,2	4,2	5,7

B. APPROACH

1/2 ss				
2	4	6	8	10
0,2	0,4	0,6	0,8	1,0

C. TWISTS BARANI ENTRY

1/2 tw	1/2 ss 2	4	6	8	10
1	0,1	0,2	0,4	0,7	1,1
3	-	0,6	1,0	1,5	
5	-	1,1	1,7	-	
7	-	1,7	-	-	
	-	-	-	-	

D. TWISTS BLIND ENTRY

1/2 tw	1/2 ss 2	4	6	8	10
2		1,0	1,5	2,2	
4		1,6	2,3		
6		2,3			

E. BLIND ENTRY

1/2 ss				
2	4	6	8	10
0,4	0,6	0,9	1,4	2,0

BACK (GROUP 2)

2 - 52

A. SOMERSAULTS

1/2 ss				
2	4	6	8	10
2,4	2,7	3,2	4,2	5,7

B. APPROACH

1/2 ss				
2	4	6	8	10
0,2	0,3	0,5	0,7	0,9

C. TWISTS BARANI ENTRY

1/2 tw	1/2 ss 2	4	6	8	10
2	0,1	0,2	0,3	0,4	
4	-	0,5	0,8	-	
6	-	0,9	1,4	-	
8	-	1,5	2,1	-	
10	-	-	-	-	

D. TWISTS BLIND ENTRY

1/2 tw	1/2 ss 2	4	6	8	10
1	0,3	0,5	0,8	1,1	
3		0,8	1,3		
5		1,3	2,0		
7		2,0	2,8		

F. BACK ROTATION CONTROL ENTRY

1/2 ss				
2	4	6	8	10
0,1	0,2	0,5	0,8	

REVERSE (GROUP 3)

3 - 53

A. SOMERSAULTS

1/2 ss				
2	4	6	8	10
2,4	2,7	3,2	4,2	5,7

B. APPROACH

1/2 ss				
2	4	6	8	10
0,2	0,3	0,5	0,7	0,9

C. TWISTS BARANI ENTRY

1/2 tw	1/2 ss 2	4	6	8	10
2	0,2	0,3	0,4	0,6	0,9
4	-	0,7	1,1	-	
6	-	1,2	-	-	
8	-	1,8	-	-	
10	-	-	-	-	

D. TWISTS BLIND ENTRY

1/2 tw	1/2 ss 2	4	6	8	10
1	0,4	0,6	0,9	1,3	1,8
3		1,0	1,6		
5		1,6			
7		2,3			

F. BACK ROTATION CONTROL ENTRY

1/2 ss				
2	4	6	8	10
0,1	0,3	0,6	1,0	

ARMSTAND DIVES

A1+B1+C1+D1+E1+F1=DD

FORWARD (GROUP 5)

61

A1. SOMERSAULTS

1/2 ss				
1	3	5	7	9
2,4	2,7	3,2	4,2	5,7

B1. APPROACH

1/2 ss				
1	3	5	7	9
0,0	0,1	0,3	0,5	0,7

C1. TWISTS BARANI ENTRY

1/2 tw	1/2 ss 1	3	5	7	9
1	0,0	0,1	0,3	0,5	0,7
3	-	0,6	0,9	1,4	-
5	-	1,2	-	-	-
7	-	-	-	-	-
	-	-	-	-	-

D1. TWISTS BLIND ENTRY

1/2 tw	1/2 ss 1	3	5	7	9
2		0,9	1,4	2,1	
4		1,6			
6					

E1. BLIND ENTRY

1/2 ss				
1	3	5	7	9
0,1	0,4	0,8	1,2	1,6

BACK (GROUP 5)

62

A1. SOMERSAULTS

1/2 ss				
1	3	5	7	9
2,4	2,7	3,2	4,2	5,7

B1. APPROACH

1/2 ss				
1	3	5	7	9
0,0	0,0	0,3	0,5	0,7

C1. TWISTS BARANI ENTRY

1/2 tw	1/2 ss 1	3	5	7	9
2	0,1	0,2	0,4	0,6	0,9
4	-	0,5	0,9		-
6	-	0,9	1,6	-	-
8	-	1,4	2,5	-	-
10	-	-	-	-	-

D1. TWISTS BLIND ENTRY

1/2 tw	1/2 ss 1	3	5	7	9
1	0,3	0,5	0,9	1,3	1,8
3		0,8	1,4		
5		1,3	2,2		
7		1,9	3,2		

F1. BACK ROTATION CONTROL ENTRY

1/2 ss				
1	3	5	7	9
0,2	0,4	0,7	1,0	1,5

REVERSE (GROUP 5)

63

A1. SOMERSAULTS

1/2 ss				
1	3	5	7	9
2,4	2,7	3,2	4,2	5,7

B1. SOMERSAULTS

1/2 ss				
1	3	5	7	9
0,1	0,3	0,5	0,8	1,1

F1. BACK ROTATION CONTROL ENTRY

1/2 ss				
1	3	5	7	9
0,2	0,4	0,6	0,8	1,0

POSITIONS VALUES FOR ALL GROUPS

STAND. 1/2 ss	2	4	6	8	10
ARM. 1/2 ss	1	3	5	7	9
A	0,2	0,2		-	-
B	0,0	0,0	0,0	0,0	0,0
B Flying	0,1	0,1	0,2	0,4	-
B Mid-turn	-	-	0,1	0,3	0,5
C	-0,1	-0,2	-0,2	-0,3	-0,5
C Flying	0,0	-0,1	-0,1	-0,2	-
C Mid-turn	-	-	0,0	0,0	0,2
D	0,0	0,0	0,0	0,0	0,0
E	0,1	0,1	0,2	0,4	

HIGH DIVING: 20 METRES

STANDING DIVES

A+B+C+D+E+F=DD

FORWARD (GROUP 1)

1 - 51

A. SOMERSAULTS

1/2 ss				
2	4	6	8	10
2,5	2,8	3,4	4,4	5,9

B. APPROACH

1/2 ss				
2	4	6	8	10
0,0	0,0	0,0	0,0	0,0

C. TWISTS BARANI ENTRY

1/2 ss					
1/2 tw	2	4	6	8	10
1	0,0	0,0	0,0	0,0	0,0
3	0,2	0,3	0,5	0,7	0,9
5	0,5	0,7	1,1	1,5	1,9
7	0,9	1,2	1,8	2,4	3,0
9	1,4	1,8	2,6	3,4	4,2

D. TWISTS BLIND ENTRY

1/2 ss					
1/2 tw	2	4	6	8	10
2	0,4	0,6	0,9	1,3	1,7
4	--	1,1	1,6	2,2	--
6	--	1,7	2,4	3,2	--
8	--	2,5	3,3	--	--

E. BLIND ENTRY

1/2 ss				
2	4	6	8	10
0,2	0,3	0,4	0,6	0,8

4 - 54

A. SOMERSAULTS

1/2 ss				
2	4	6	8	10
2,5	2,8	3,4	4,4	5,9

B. APPROACH

1/2 ss				
2	4	6	8	10
0,2	0,4	0,6	0,8	1,0

C. TWISTS BARANI ENTRY

1/2 ss					
1/2 tw	2	4	6	8	10
1	0,0	0,0	0,0	0,0	0,0
3	0,2	0,4	0,6	0,8	1,0
5	0,5	0,9	1,3	1,7	2,1
7	0,9	1,5	2,1	2,7	3,3
9	1,4	2,2	3,0	3,8	4,6

D. TWISTS BLIND ENTRY

1/2 ss					
1/2 tw	2	4	6	8	10
2	0,5	0,8	1,1	1,5	1,9
4	--	1,4	1,9	2,5	--
6	--	2,1	2,8	3,6	--
8	--	2,9	3,8	--	--

E. BLIND ENTRY

1/2 ss				
2	4	6	8	10
0,3	0,4	0,5	0,7	0,9

BACK (GROUP 2)

2 - 52

A. SOMERSAULTS

1/2 ss				
2	4	6	8	10
2,5	2,8	3,4	4,4	5,9

B. APPROACH

1/2 ss				
2	4	6	8	10
0,2	0,3	0,4	0,5	0,6

C. TWISTS

1/2 ss					
1/2 tw	2	4	6	8	10
2	0,0	0,0	0,0	0,0	0,0
4	0,2	0,3	0,5	0,7	0,9
6	0,5	0,7	1,1	1,5	1,9
8	0,9	1,3	1,9	2,5	3,1
10	1,5	2,1	2,9	3,7	4,5

D. TWISTS BLIND ENTRY

1/2 ss					
1/2 tw	2	4	6	8	10
1	0,2	0,3	0,5	0,7	0,9
3	--	0,6	1,0	1,4	--
5	--	1,1	1,7	2,3	--
7	--	1,8	2,6	3,4	--
9	--	2,7	3,7	--	--

F. BACK ROTATION CONTROL ENTRY

1/2 ss				
2	4	6	8	10
0,0	0,1	0,2	0,3	0,5

3 - 53

A. SOMERSAULTS

1/2 ss				
2	4	6	8	10
2,5	2,8	3,4	4,4	5,9

B. APPROACH

1/2 ss				
2	4	6	8	10
0,2	0,3	0,5	0,7	0,9

C. TWISTS

1/2 ss					
1/2 tw	2	4	6	8	10
2	0,0	0,0	0,0	0,0	0,0
4	0,3	0,4	0,6	0,8	1,0
6	0,7	0,9	1,3	1,7	2,1
8	1,2	1,6	2,2	2,8	3,4
10	1,9	2,5	3,3	4,1	4,9

D. TWISTS BLIND ENTRY

1/2 ss					
1/2 tw	2	4	6	8	10
1	0,2	0,3	0,5	0,7	0,9
3	--	0,7	1,1	1,5	--
5	--	1,3	1,9	2,5	--
7	--	2,1	2,9	3,7	--
9	--	3,1	4,1	--	--

F. BACK ROTATION CONTROL ENTRY

1/2 ss				
2	4	6	8	10
0,0	0,1	0,2	0,3	0,5

ARMSTAND DIVES

A1+B1+C1+D1+E1+F1 =DD

FORWARD (GROUP 5)

61

A1. SOMERSAULTS

1/2 ss				
1	3	5	7	9
2,5	2,8	3,4	4,4	5,9

B1. APPROACH

1/2 ss				
1	3	5	7	9
0,0	0,1	0,3	0,5	0,7

C1. TWISTS BARANI ENTRY

1/2 ss					
1/2 tw	1	3	5	7	9
1	0,0	0,0	0,0	0,0	0,0
3	0,2	0,3	0,4	0,6	0,8
5	0,5	0,7	0,9	1,3	1,7
7	0,9	1,2	1,5	2,1	2,7
9	1,4	1,8	2,2	3,0	3,8

D1. TWISTS BLIND ENTRY

1/2 ss					
1/2 tw	1	3	5	7	9
2	--	0,6	0,9	1,3	1,7
4	--	1,1	1,5	2,1	--
6	--	--	2,2	--	--
8	--	--	--	--	--

E1. BLIND ENTRY

1/2 ss				
1	3	5	7	9
0,1	0,3	0,5	0,7	0,9

BACK (GROUP 5)

62

A1. SOMERSAULTS

1/2 ss				
1	3	5	7	9
2,5	2,8	3,4	4,4	5,9

B1. APPROACH

1/2 ss				
1	3	5	7	9
0,0	0,1	0,3	0,5	0,7

C1. TWISTS

1/2 ss					
1/2 tw	1	3	5	7	9
2	0,0	0,0	0,0	0,0	0,0
4	0,2	0,3	0,5	0,7	0,9
6	0,5	0,7	1,1	1,5	1,9
8	0,9	1,2	1,8	2,4	3,0
10	1,4	1,8	2,6	3,4	4,2

D1. TWISTS BLIND ENTRY

1/2 ss					
1/2 tw	1	3	5	7	9
1	0,2	0,3	0,5	0,7	0,9
3	--	0,6	1,0	1,4	--
5	--	1,1	1,7	2,3	--
7	--	1,7	2,5	3,3	--
9	--	2,4	3,4	--	--

F1. BACK ROTATION CONTROL ENTRY

1/2 ss				
1	3	5	7	9
0,1	0,2	0,3	0,4	0,6

63

A1. SOMERSAULTS

1/2 ss				
1	3	5	7	9
2,5	2,8	3,4	4,4	5,9

B1. SOMERSAULTS

1/2 ss				
1	3	5	7	9
0,1	0,3	0,5	0,7	0,9

F1. BACK ROTATION CONTROL ENTRY

1/2 ss				
1	3	5	7	9
0,1	0,2	0,3	0,4	0,6

POSITIONS VALUES FOR ALL GROUPS

STAND. 1/2 ss	2	4	6	8	10
ARM. 1/2 ss	1	3	5	7	9
A	0,2	0,2		-	-
B	0,0	0,0	0,0	0,0	0,0
Flying B	0,1	0,1	0,2	0,4	-
Mid-turn B	-	-	0,1	0,3	0,5
C	-0,1	-0,2	-0,2	-0,3	-0,5
Flying C	0,0	-0,1	-0,1	-0,2	-
Mid-turn C	-	-	0,0	0,0	0,2
D	0,0	0,0	0,0	0,0	0,0
E	0,1	0,1	0,2	0,4	

HIGH DIVING: 27 METRES

STANDING DIVES

A+B+C+D+E+F=DD

FORWARD (GROUP 1)

1 - 51

A. SOMERSAULTS

1/2 ss	2	4	6	8	10
	2,6	2,9	3,4	4,1	5,1

B. APPROACH

1/2 ss	2	4	6	8	10
	0,0	0,0	0,0	0,0	0,0

C. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
1	0,0	0,0	0,0	0,0	0,0
3	0,2	0,3	0,4	0,6	0,8
5	0,5	0,7	0,9	1,3	1,7
7	0,9	1,2	1,5	2,1	2,7
9	1,4	1,8	2,2	3,0	3,8

D. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
2	0,4	0,6	0,8	1,2	1,6
4	--	1,1	1,4	2,0	--
6	--	1,7	2,1	2,9	--
8	--	--	2,9	--	--

E. BLIND ENTRY

1/2 ss	2	4	6	8	10
	0,2	0,3	0,4	0,6	0,8

INWARD (GROUP 4)

4 - 54

A. SOMERSAULTS

1/2 ss	2	4	6	8	10
	2,6	2,9	3,4	4,1	5,1

B. APPROACH

1/2 ss	2	4	6	8	10
	0,0	0,2	0,4	0,6	0,8

C. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
1	0,0	0,0	0,0	0,0	0,0
3	0,3	0,4	0,5	0,7	0,9
5	0,7	0,9	1,1	1,5	1,9
7	1,2	1,5	1,8	2,4	3,0
9	1,8	2,2	2,6	3,4	4,2

D. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
2	0,6	0,8	1,0	1,4	1,8
4	--	1,4	1,7	--	--
6	--	2,1	2,5	--	--
8	--	--	--	--	--

E. BLIND ENTRY

1/2 ss	2	4	6	8	10
	0,3	0,4	0,5	0,7	0,9

BACK (GROUP 2)

2 - 52

A. SOMERSAULTS

1/2 ss	2	4	6	8	10
	2,6	2,9	3,4	4,1	5,1

B. APPROACH

1/2 ss	2	4	6	8	10
	0,1	0,2	0,3	0,4	0,5

C. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
2	0,0	0,0	0,0	0,0	0,0
4	0,2	0,3	0,4	0,6	0,8
6	0,5	0,7	0,9	1,3	1,7
8	0,9	1,2	1,5	2,1	2,7
10	1,5	1,9	2,3	3,1	3,9

D. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
1	0,2	0,3	0,5	0,7	0,9
3	--	0,6	0,9	1,3	--
5	--	1,1	1,5	2,1	--
7	--	1,7	2,2	3,0	--
9	--	2,5	3,1	--	--

F. BACK ROTATION CONTROL ENTRY

1/2 ss	2	4	6	8	10
	0,0	0,0	0,1	0,1	0,2

REVERSE (GROUP 3)

3 - 53

A. SOMERSAULTS

1/2 ss	2	4	6	8	10
	2,6	2,9	3,4	4,1	5,1

B. APPROACH

1/2 ss	2	4	6	8	10
	0,1	0,2	0,4	0,6	0,8

C. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
2	0,0	0,0	0,0	0,0	0,0
4	0,3	0,4	0,6	0,8	1,0
6	0,7	0,9	1,3	1,7	2,1
8	1,2	1,5	2,1	2,7	3,3
10	1,9	2,3	3,1	3,9	4,7

D. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	2	4	6	8	10
1	0,2	0,3	0,5	0,7	0,9
3	--	0,7	1,1	1,5	--
5	--	1,3	1,9	2,5	--
7	--	2,0	2,8	3,6	--
9	--	2,9	3,9	--	--

F. BACK ROTATION CONTROL ENTRY

1/2 ss	2	4	6	8	10
	0,0	0,0	0,1	0,1	0,2

ARMSTAND DIVES

A1+B1+C1+D1+E1+F1 =DD

FORWARD (GROUP 5)

61

A1. SOMERSAULTS

1/2 ss	1	3	5	7	9
	2,6	2,9	3,4	4,1	5,1

B1. APPROACH

1/2 ss	1	3	5	7	9
	0,0	0,1	0,3	0,5	0,7

C1. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	1	3	5	7	9
1	0,0	0,0	0,0	0,0	0,0
3	0,2	0,3	0,4	0,6	0,8
5	0,5	0,7	0,9	1,3	1,7
7	0,9	1,2	1,5	2,1	2,7
9	1,4	1,8	2,2	3,0	3,8

D1. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	1	3	5	7	9
2	--	0,6	0,9	1,3	
4	--	1,1	1,5	2,1	--
6	--	--	2,2	--	--
8	--	--	--	--	--

E1. BLIND ENTRY

1/2 ss	1	3	5	7	9
	0,1	0,3	0,5	0,7	0,9

BACK (GROUP 5)

62

A1. SOMERSAULTS

1/2 ss	1	3	5	7	9
	2,6	2,9	3,4	4,1	5,1

B1. APPROACH

1/2 ss	1	3	5	7	9
	0,0	0,1	0,2	0,4	0,6

C1. TWISTS BARANI ENTRY

1/2 tw \ 1/2 ss	1	3	5	7	9
2	0,0	0,0	0,0	0,0	0,0
4	0,3	0,4	0,5	0,7	0,9
6	0,7	0,9	1,1	1,5	1,9
8	1,2	1,5	1,8	2,4	3,0
10	1,8	2,2	2,6	3,4	4,2

D1. TWISTS BLIND ENTRY

1/2 tw \ 1/2 ss	1	3	5	7	9
1	0,2	0,3	0,5	0,7	0,9
3	--	0,7	1,0	1,4	--
5	--	1,3	1,7	2,3	--
7	--	2,0	2,5	3,3	--
9	--	2,8	3,4	--	--

F1. BACK ROTATION CONTROL ENTRY

1/2 ss	1	3	5	7	9
	0,0	0,1	0,2	0,3	0,4

REVERSE (GROUP 5)

63

A1. SOMERSAULTS

1/2 ss	1	3	5	7	9
	2,6	2,9	3,4	4,1	5,1

B1. APPROACH

1/2 ss	1	3	5	7	9
	0,1	0,3	0,5	0,7	0,9

F1. BACK ROTATION CONTROL ENTRY

1/2 ss	1	3	5	7	9
	0,0	0,1	0,2	0,3	0,4

POSITIONS VALUES FOR ALL GROUPS

STAND. 1/2 ss	2	4	6	8	10	12
ARM. 1/2 ss	1	3	5	7	9	11
A	0,2	0,2		-	-	-
B	0,0	0,0	0,0	0,0	0,0	0,0
Flying B	0,1	0,1	0,2	0,4	-	-
Mid-turn B	-	-	0,1	0,3	0,5	
C	-0,1	-0,2	-0,2	-0,3	-0,5	-0,5
Flying C	0,0	-0,1	-0,1	-0,2	-	-
Mid-turn C	-	-	0,0	0,0	0,2	
D	0,0	0,0	0,0	0,0	0,0	0,0
E	0,1	0,1	0,2	0,4		

12.2 Tables of Degree of Difficulties

		DD TABLE - 12 mts					DD TABLE - 15 mts				
Dive Number	Dive description	A	B	C	D	E	A	B	C	D	E
	Group 1 - Forward										
102	Forward 1 Somersault	2,7	2,5	2,4		2,6	2,8	2,6	2,5		2,7
104	Forward 2 Somersaults		3,1	2,9		3,2		3,2	3,0		3,3
106	Forward 3 Somersaults		4,2	4,0		4,4		4,0	3,8		4,2
108	Forward 4 Somersaults		5,9	5,6				5,4	5,1		
112	Forward Flying 1 Somersault		2,6	2,5				2,7	2,6		
114	Forward Flying 2 Somersaults		3,2	3,0				3,3	3,1		
116	Forward Flying 3 Somersaults		4,4	4,1				4,2	3,9		
5121	Forward 1 Somersault 1/2 Twist				2,3					2,4	
5141	Forward 2 Somersaults 1/2 Twist		2,8	2,6		2,9		2,9	2,7		3,0
5(1)141	Forward Flying 2 Somersaults 1/2 Twist		2,9	2,7				3,0	2,8		
5161	Forward 3 Somersaults 1/2 Twist		3,8	3,6		4,0		3,6	3,4		3,8
5(1)161	Forward Flying 3 Somersaults 1/2 Twist		4,0	3,7				3,8	3,5		
5161m	Forward 3 Somersaults 1/2 Twist mid-turn		3,9	3,8				3,7	3,6		
5181	Forward 4 Somersaults 1/2 Twist		5,3	5,0				4,8	4,5		
5(1)181	Forward Flying 4 Somersaults 1/2 Twist		5,7	5,1				5,2	4,6		
5181m	Forward 4 Somersaults 1/2 Twist mid-turn		5,6	5,3				5,1	4,8		
5142	Forward 2 Somersaults 1 Twist				3,4					3,5	
5143	Forward 2 Somersaults 1 1/2 Twist				3,1					3,2	
5144	Forward 2 Somersaults 2 Twists				4,0					4,0	
5145	Forward 2 Somersaults 2 1/2 Twists				3,6					3,6	
5146	Forward 2 Somersaults 3 Twists				4,8					4,6	
5147	Forward 2 Somersaults 3 1/2 Twists				4,3					4,1	
5149	Forward 2 Somersaults 4 1/2 Twists				5,2					4,7	
5162	Forward 3 Somersaults 1 Twist		4,7	4,5				4,5	4,3		
5163	Forward 3 Somersaults 1 1/2 Twist		4,3	4,1				4,1	3,9		
5164	Forward 3 Somersaults 2 Twists		5,5	5,3				5,2	5,0		
5165	Forward 3 Somersaults 2 1/2 Twists		5,0	4,8				4,7	4,5		
	Group 2 - Back										
202	Back 1 Somersault	2,8	2,6	2,5		2,7	2,9	2,7	2,6		2,8
204	Back 2 Somersaults	3,3	3,1	2,9		3,2	3,4	3,2	3,0		3,3
206	Back 3 Somersaults		4,4	4,2		4,6		4,2	4,0		4,4
208	Back 4 Somersaults		6,2	5,9				5,7	5,4		
212	Back Flying 1 Somersault		2,7	2,6				2,8	2,7		
214	Back Flying 2 Somersaults		3,2	3,0				3,3	3,1		
5241	Back 2 Somersaults 1/2 Twist				3,4					3,5	
5242	Back 2 Somersaults 1 Twist				3,1					3,2	
5243	Back 2 Somersaults 1 1/2 Twist				3,8					3,8	
5244	Back 2 Somersaults 2 Twists				3,5					3,5	
5245	Back 2 Somersaults 2 1/2 Twists				4,5					4,3	
5246	Back 2 Somersaults 3 Twists				4,1					3,9	
5248	Back 2 Somersaults 4 Twists				4,9					4,5	
5261	Back 3 Somersaults 1/2 Twist		4,7	4,5				4,5	4,3		
5262	Back 3 Somersaults 1 Twist		4,2	4,0				4,0	3,8		
5263	Back 3 Somersaults 1 1/2 Twist		5,3	5,1				5,0	4,8		
5264	Back 3 Somersaults 2 Twists		4,8	4,6				4,5	4,3		
5265	Back 3 Somersaults 2 1/2 Twist		6,2	6,0				5,7	5,5		
5266	Back 3 Somersaults 3 Twists		5,6	5,4				5,1	4,9		
5282	Back 4 Somersaults 1 Twist		5,8	5,5				5,3	5,0		
	Group 3 - Reverse										
302	Reverse 1 Somersault	2,9	2,7	2,6		2,8	2,9	2,7	2,6		2,8
304	Reverse 2 Somersaults		3,3	3,1		3,4		3,3	3,1		3,4
306	Reverse 3 Somersaults		4,5	4,3				4,3	4,1		
308	Reverse 4 Somersaults		6,4	6,1				5,9	5,6		
312	Reverse Flying 1 Somersault		2,8	2,7				2,8	2,7		
5341	Reverse 2 Somersaults 1/2 Twist				3,5					3,6	
5342	Reverse 2 Somersaults 1 Twist				3,2					3,3	
5343	Reverse 2 Somersaults 1 1/2 Twist				3,9					4,0	
5344	Reverse 2 Somersaults 2 Twists				3,6					3,7	

		DD TABLE - 12 mts					DD TABLE - 15 mts				
Dive Number	Dive description	A	B	C	D	E	A	B	C	D	E
5345	Reverse 2 Somersaults 2 1/2 Twists				4,7					4,6	
5346	Reverse 2 Somersaults 3 Twists				4,3					4,2	
5347	Reverse 2 Somersaults 3 1/2 Twists				5,8					5,3	
5348	Reverse 2 Somersaults 4 Twists				5,3					4,8	
5361	Reverse 3 Somersaults 1/2 Twist		4,8	4,6				4,6	4,4		
	Group 4 - Inward										
402	Inward 1 Somersault		2,9	2,8		3,0		3,0	2,9		3,1
404	Inward 2 Somersaults		3,6	3,4				3,7	3,5		
406	Inward 3 Somersaults		4,9	4,7				4,7	4,5		
412	Inward Flying 1 Somersault		3,0	2,9				3,1	3,0		
5421	Inward 1 Somersault 1/2 Twist				2,6					2,7	
5441	Inward 2 Somersaults 1/2 Twist		3,2	3,0		3,3		3,3	3,1		3,4
5461	Inward 3 Somersaults 1/2 Twist		4,4	4,2				4,2	4,0		
5481	Inward 4 Somersaults 1/2 Twist		6,2	5,9				5,7	5,4		
5442	Inward 2 Somersaults 1 Twist				4,0					4,1	
5443	Inward 2 Somersaults 1 1/2 Twist				3,6					3,7	
	Group 5 - Armstand										
611	Armstand Forward 1/2 Somersault	2,6	2,4	2,3			2,7	2,5	2,4		
613	Armstand Forward 1 1/2 SomersaultS		3,1	2,9				3,2	3,0		
615	Armstand Forward 2 1/2 SomersaultS		4,5	4,3				4,3	4,1		
6131	Arm. Forward 1 1/2 Somersault 1/2 Twist				2,8					2,9	
6151	Arm. Forward 2 1/2 Somersaults 1/2 Twist		4,0	3,8				3,8	3,6		
621	Arm. Back 1/2 Somersault	2,7	2,5	2,4			2,8	2,6	2,5		
623	Arm. Back 1 1/2 Somersault	3,2	3,0	2,8			3,3	3,1	2,9		
625	Arm. Back 2 1/2 Somersaults		4,4	4,2				4,2	4,0		
631	Arm. Reverse 1/2 Somersault	2,8	2,6	2,5			2,9	2,7	2,6		
633	Arm. Reverse 1 1/2 Somersault		3,3	3,1				3,4	3,2		
635	Arm. Reverse 2 1/2 Somersaults		4,5	4,3				4,3	4,1		
6132	Arm. Forward 1 1/2 Somersault 1 Twist				3,6					3,7	
6133	Arm. Forward 1 1/2 Somersault 1 1/2 Twist				3,3					3,4	
6134	Arm. Forward 1 1/2 Somersault 2 Twists				4,4					4,4	
6135	Arm. Forward 1 1/2 Somersault 2 1/2 Twists				4,0					4,0	
6152	Arm. Forward 2 1/2 Somersaults 1 Twist		5,2	5,0				4,9	4,7		
6153	Arm. Forward 2 1/2 Somersaults 1 1/2 Twist		4,7	4,5				4,4	4,2		
6271	Arm Back 3 1/2 Somersaults 1/2 Twist		6,5	6,2				6,0	5,7		
6272	Arm. Back 3 1/2 Somersaults 1 Twist		5,8	5,5				5,3	5,0		

	Blind entry
	Flying dive
	Back rotation control entry

212	Back Flying 1 Somersault		2,8	2,7				2,8	2,7		
214	Back Flying 2 Somersaults		3,2	3,0				3,3	3,1		
216	Back Flying 3 Somersaults		4,0	3,7				4,2	3,9		
5241	Back 2 Somersaults 1/2 Twist				3,4					3,4	
5242	Back 2 Somersaults 1 Twist				3,1					3,1	
5243	Back 2 Somersaults 1 1/2 Twist				3,7					3,7	
5244	Back 2 Somersaults 2 Twists				3,4					3,4	
5245	Back 2 Somersaults 2 1/2 Twists				4,2					4,2	
5246	Back 2 Somersaults 3 Twists				3,8					3,8	
5247	Back 2 Somersaults 3 1/2 Twists				4,8						
5248	Back 2 Somersaults 4 Twists				4,3					4,4	
524(10)	Back 2 Somersaults 5 Twists				5,0						
5261	Back 3 Somersaults 1/2 Twist		4,2	4,0				4,3	4,1		

		DD TABLE 27m					DD TABLE 20m				
Dive Number	Dive description	A	B	C	D	E	A	B	C	D	E
5262	Back 3 Somersaults 1 Twist		3,7	3,5				3,8	3,6		
5263	Back 3 Somersaults 1 1/2 Twist		4,6	4,4				4,8	4,6		
5264	Back 3 Somersaults 2 Twists		4,1	3,9				4,3	4,1		
5265	Back 3 Somersaults 2 1/2 Twist		5,2	5,0							
5266	Back 3 Somersaults 3 Twists		4,6	4,4				4,9	4,7		
5267	Back 3 Somersaults 3 1/2 Twists				5,9						
5268	Back 3 Somersaults 4 Twists				5,2						
526(10)	Back 3 Somersaults 5 Twists				6,0						
5281	Back 4 Somersaults 1/2 Twist		5,2	4,9							
5282	Back 4 Somersaults 1 Twist		4,5	4,2				4,9	4,6		
5282m	Back 4 Somersaults 1 Twist mid-turn		4,8	4,5							
5283	Back 4 Somersaults 1 1/2 Twist		5,8	5,5							
5284	Back 4 Somersaults 2 Twists		5,1	4,8							
5286	Back 4 Somersaults 3 Twists		5,8	5,5							
52(10)2	Back 5 Somersaults 1 Twist		5,6	5,1							
	Group 3 - Reverse										
302	Reverse 1 Somersault	2,9	2,7	2,6		2,8	2,9	2,7	2,6		2,8
304	Reverse 2 Somersaults		3,1	2,9				3,2	3,0		
306	Reverse 3 Somersaults		3,9	3,7				4,1	3,9		
308	Reverse 4 Somersaults		4,8	4,5				5,4	5,1		
30(10)	Reverse 5 Somersaults		6,1	5,6							
312	Reverse Flying 1 Somersault		2,8	2,7				2,8	2,7		
5341	Reverse 2 Somersaults 1/2 Twist				3,4					3,4	
5342	Reverse 2 Somersaults 1 Twist				3,1					3,1	
5343	Reverse 2 Somersaults 1 1/2 Twist				3,8					3,8	
5344	Reverse 2 Somersaults 2 Twists				3,5					3,5	
5345	Reverse 2 Somersaults 2 1/2 Twists				4,4					4,4	
5346	Reverse 2 Somersaults 3 Twists				4,0					4,0	
5347	Reverse 2 Somersaults 3 1/2 Twists				5,1					5,2	
5348	Reverse 2 Somersaults 4 Twists				4,6						
534(10)	Reverse 2 Somersaults 5 Twists				5,4						
5361	Reverse 3 Somersaults 1/2 Twist		4,3	4,1				4,4	4,2		
5362	Reverse 3 Somersaults 1 Twist		3,8	3,6				3,9	3,7		
5363	Reverse 3 Somersaults 1 1/2 Twist		4,9	4,7							
5364	Reverse 3 Somersaults 2 Twists		4,4	4,2							
5365	Reverse 3 Somersaults 2 1/2 Twists		5,7	5,5							
5366	Reverse 3 Somersaults 3 Twists		5,1	4,9							
5381	Reverse 4 Somersaults 1/2 Twist		5,4	5,1							
5382	Reverse 4 Somersaults 1 Twist		4,7	4,4							
	Group 4 - Inward										
402	Inward 1 Somersault		2,9	2,8				3,0	2,9		
404	Inward 2 Somersaults		3,5	3,3				3,6	3,4		
406	Inward 3 Somersaults		4,3	4,1				4,5	4,3		
408	Inward 4 Somersaults		5,4	5,1				5,9	5,6		
412	Inward Flying 1 Somersault		3,0	2,9				3,1	3,0		
5421	Inward 1 Somersault 1/2 Twist				2,6					2,7	
5441	Inward 2 Somersaults 1/2 Twist		3,1	2,9				3,2	3,0		
5461	Inward 3 Somersaults 1/2 Twist		3,8	3,6				4,0	3,8		
5481	Inward 4 Somersaults 1/2 Twist		4,7	4,4				5,2	4,9		
54(10)1	Inward 5 Somersaults 1/2 Twist		5,9	5,4							
5442	Inward 2 Somersaults 1 Twist				3,9						
5443	Inward 2 Somersaults 1 1/2 Twist				3,5					3,6	
5445	Inward 2 Somersaults 2 1/2 Twists				4,0					4,1	
5447	Inward 2 Somersaults 3 1/2 Twists				4,6						
5462	Inward 3 Somersaults 1 Twist		4,8	4,6							

		DD TABLE 27m					DD TABLE 20m				
Dive Number	Dive description	A	B	C	D	E	A	B	C	D	E
5463	Inward 3 Somersaults 1 1/2 Twist		4,3	4,1							
	Group 5 - Armstand										
611	Armstand Forward 1/2 Somersault		2,7	2,6				2,6	2,5		
613	Armstand Forward 1 1/2 Somersaults		3,3	3,1				3,2	3,0		
615	Armstand Forward 2 1/2 Somersaults		4,2	4,0				4,2	4,0		
6131	Arm. Forward 1 1/2 Somersault 1/2 Twist				3,0					2,9	
6151	Arm. Forward 2 1/2 Somersaults 1/2 Twist		3,7	3,5				3,7	3,5		
6171	Arm. Forward 3 1/2 Somersaults 1/2 Twist		4,6	4,3							
621	Arm. Back 1/2 Somersault	2,8	2,6	2,5			2,8	2,6	2,5		
623	Arm. Back 1 1/2 Somersault	3,3	3,1	2,9			3,3	3,1	2,9		
625	Arm. Back 2 1/2 Somersaults		3,8	3,6				4,0	3,8		
627	Arm. Back 3 1/2 Somersaults		4,8	4,5							
629	Arm. Back 4 1/2 Somersaults		6,1	5,6							
631	Arm. Reverse 1/2 Somersault		2,7	2,6				2,7	2,6		
633	Arm. Reverse 1 1/2 Somersault		3,3	3,1				3,3	3,1		
635	Arm. Reverse 2 1/2 Somersaults		4,1	3,9				4,2	4,0		
637	Arm. Reverse 3 1/2 Somersaults		5,1	4,8				5,5	5,2		
6132	Arm. Forward 1 1/2 Somersault 1 Twist				3,6					3,5	
6133	Arm. Forward 1 1/2 Somersault 1 1/2 Twist				3,3					3,2	
6134	Arm. Forward 1 1/2 Somersault 2 Twists				4,1					4,0	
6135	Arm. Forward 1 1/2 Somersault 2 1/2 Twists				3,7					3,6	
6152	Arm. Forward 2 1/2 Somersaults 1 Twist		4,6	4,4				4,6	4,4		
6153	Arm. Forward 2 1/2 Somersaults 1 1/2 Twist		4,1	3,9				4,1	3,9		
6154	Arm. Forward 2 1/2 Somersaults 2 Twists				5,2						
6155	Arm. Forward 2 1/2 Somersaults 2 1/2 Twists				4,6						
6156	Arm. Forward 2 1/2 Somersaults 3 Twists				5,9						
6157	Arm. Forward 2 1/2 Somersaults 3 1/2 Twists				5,2						
6173	Arm. Forward 3 1/2 Somersaults 1 1/2 Twist		5,2	4,9							
6231	Arm Back 1 1/2 Somersault 1/2 Twist				3,3					3,2	
6232	Arm. Back 1 1/2 Somersault 1 Twist				3,0					2,9	
6233	Arm Back 1 1/2 Somersault 1 1/2 Twist				3,7					3,5	
6251	Arm Back 2 1/2 Somersault 1/2 Twist		4,1	3,9				4,2	4,0		
6252	Arm. Back 2 1/2 Somersaults 1 Twist		3,6	3,4				3,7	3,5		
6253	Arm Back 2 1/2 Somersaults 1 1/2 Twist		4,6	4,4				4,7	4,5		
6254	Arm. Back 2 1/2 Somersaults 2 Twists		4,1	3,9				4,2	4,0		
6255	Arm Back 2 1/2 Somersaults 2 1/2 Twists				5,3						
6256	Arm. Back 2 1/2 Somersaults 3 Twists				4,7					4,8	
6257	Arm Back 2 1/2 Somersaults 3 1/2 Twists				6,1						
6258	Arm. Back 2 1/2 Somersaults 4 Twists				5,4						
625(10)	Arm. Back 2 1/2 Somersaults 5 Twists				6,2						
6271	Arm Back 3 1/2 Somersaults 1/2 Twist		5,2	4,9							
6272	Arm. Back 3 1/2 Somersaults 1 Twist		4,5	4,2							
6273	Arm Back 3 1/2 Somersaults 1 1/2 Twist		5,9	5,6							
6274	Arm. Back 3 1/2 Somersault 2 Twists		5,2	4,9							

Blind Entry
Flying dive
Back rotation control entry