



WORLD  
AQUATICS

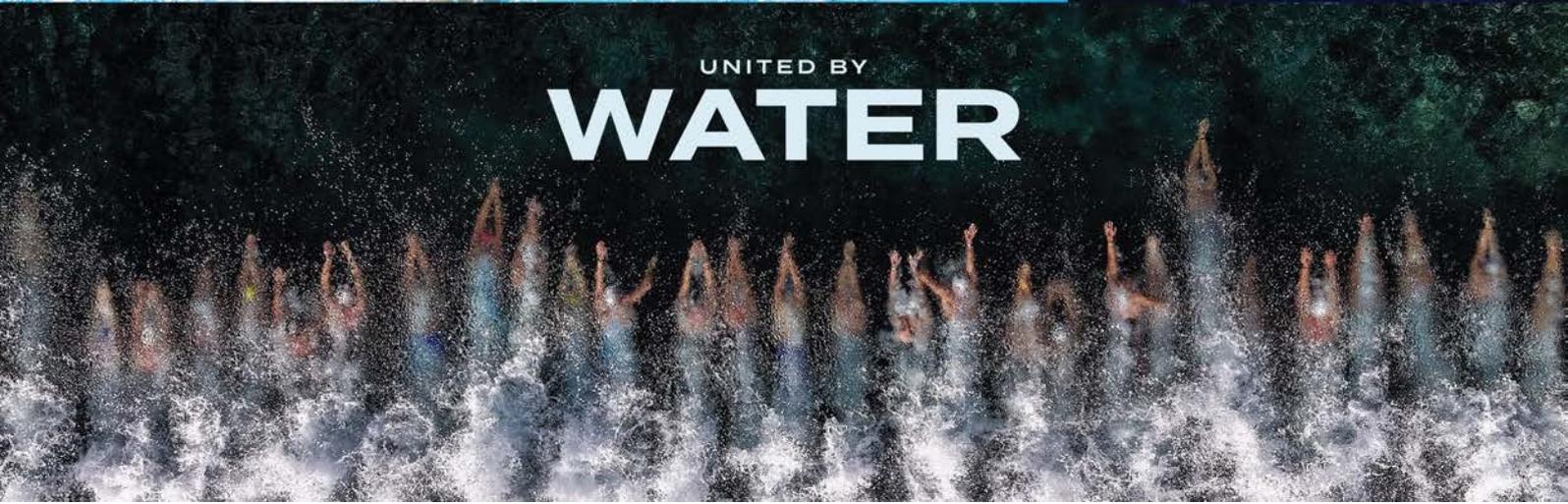
# COMPETITION REGULATIONS

In force as from February 2026



UNITED BY

**WATER**





## PART FOUR: DIVING RULES

### 1 GENERAL

**1.1** This Part Four applies to Diving competitions at the Olympic Games and at World Aquatics Events and any other events held under the rules of World Aquatics (specifically, the Competition Regulations).

**1.2** For the avoidance of doubt, this Part Four does not apply to High Diving, which is governed by the rules set out in Part Five.

**1.3** In springboard and platform Diving competitions at the Olympic Games and the World Aquatics Championships, Athletes may only execute dives prescribed by this Part Four.

**1.4** **The programme of dives at the Olympic Games is the following:**

Category	Men	Women
<b>Springboard</b>	3m	3m
<b>Platform</b>	10m	10m
<b>Synchronised</b>	3m, 10m	3m, 10m

**1.5** **The programme of dives at the World Aquatics Championships is the following:**

Category	Men	Women	Mixed
<b>Springboard</b>	1m, 3m	1m, 3m	3m
<b>Platform</b>	10m	10m	10m
<b>Synchronised</b>	3m, 10m	3m, 10m	3m, 10m
<b>3m, 10m, Synchronised</b>			Team

**1.6** All Diving facilities and equipment at World Aquatics Events and the Olympic Games, including springboards, platforms and dryland equipment, must comply with the requirements in Article 15 of this Part Four and be inspected and approved by World Aquatics no later than 120 days prior to the start of the competition in accordance with Article 15 of this Part Four.

**1.7** The pool used for Diving event(s) should if possible be used solely for Diving at that competition. Where that is not possible, and the pool is shared with any other sport at a competition, the Diving pool must be available on Diving competition days for training use by entered Diving Athletes, if possible for at least three (3) hours prior to start of Diving event(s), subject to the schedule and progress of the Diving and other events.

**1.8** Where these rules refer to age or age groups, age is determined by the age of the Athlete on 31 December in the year of the start date of the relevant competition unless otherwise stated.

**1.9** As required by the context, a reference in this Part Four to:

**1.9.1** an Athlete includes Athlete(s) diving in a pair or competing in a team ; and

**1.9.2** a 'team' includes a pair of Athletes performing a synchronised dive or a team in the mixed team event.



## 2 DIVING NUMBER DESIGNATIONS

**2.1** All dives are designated by a system of three (3) or four (4) numeral digits (the 'Number' of the dive), followed by a single letter indicating the Position of the dive).

**2.2** **The first digit always indicates the 'Group' to which the dive belongs (dive Group):**

Group	First Digit
Forward	1
Back	2
Reverse	3
Inward	4
Twisting	5
Armstand	6

**2.3** The Forward, Back, Reverse, and Inward Groups have three (3) digits followed by a single letter, except where there are more than 4 ½ somersaults.

**2.3.1** The first digit indicates the Group (as shown in the table at Article 2.2 of this Part Four).

**2.3.2** The second digit indicates whether a dive has a flying action (as described in Article 10.5.5.1.3 of this Part Four) during the dive. If yes, the number '1' is used. If no, the number '0' is used.

**2.3.3** The third digit indicates the number of half somersaults being performed. A ½ somersault is attributed the number 1. Each additional ½ somersault increases the numeral by a whole integer.

**2.3.3.1** For example, '3' is used to indicate 1½ somersaults.

**2.3.4** A fourth digit is used when the number of half somersaults exceed 4 ½ somersaults.

**2.3.4.1** For example, '11' is used as the third and fourth digits to indicate 5½ somersaults.

**2.4** The Armstand and Twisting Groups have four (4) digits followed by a single letter.

**2.4.1** The first digit indicates the dive Group (as shown in the table at Article 2.2 of this Part Four).

**2.4.2** **The second digit indicates the direction of the take-off to which the Armstand or Twisting Group dive belongs:**

Take-Off	Second Digit
Forward	1
Back	2
Reverse	3
Inward	4

**2.4.3** The third digit indicates the number of half somersaults being performed. A ½ somersault is attributed the number '1'. Each additional ½ somersault increases the numeral by a whole integer.

**2.4.4** The fourth digit indicates the number of half twists being performed. A ½ twist is attributed the number '1'. Each additional ½ twist increases the fourth digit by one.

**2.5** **For all Groups, the letter after the Number indicates the Position in which the dive is performed:**

Position	Letter
Straight	A
Pike	B
Tuck	C
Free	D

**2.5.1** The Straight, Pike and Tuck Positions are each described in Article 10.5. The Free Position means a dive containing any combination of those three (Straight, Pike and Tuck) Positions.



### **3 DEGREE OF DIFFICULTY**

- 3.1** The Degree of Difficulty for dives is established by the Technical Diving Committee and approved by the Bureau.
- 3.2** **The Degree of Difficulty of each dive is calculated using the following formula (the component values of the formula are outlined in Appendix 8 and Appendix 10):**

$$\mathbf{A + B + C + D + E = Degree\ of\ Difficulty}$$

- 3.3** As a guide, springboard dives with their Number, Position and calculated Degree of Difficulty are set out in Appendix 9 and platform dives with their Number, Position and calculated Degree of Difficulty are set out in Appendix 11.
- 3.4** Any dive that is not tabled in either Appendix 9 or Appendix 11, but is used in a competition, must be given a dive Number, Position and Degree of Difficulty, determined in accordance with Articles 2 and 3 of this Part Four.
- 3.5** The following restrictions apply in calculating the Degree of Difficulty for Twisting Group dives in competitions:
- 3.5.1** Dives with a ½ somersault and any number of twists may only be executed in Position A, B, or C.
- 3.5.2** Dives with 1 or 1 ½ somersaults and any number of twists may only be executed in Position D.
- 3.5.3** Dives with 2 or more somersaults and any number of twists may only be executed in Position B or C.
- 3.5.4** Armstand Group dives with 1, 1 ½, or 2 somersaults and one or more twists may only be executed in Position D.
- 3.5.5** Armstand Group dives with 2 ½ or more somersaults and any number of twists may only be executed in Position B or C.

### **4 COMPETITIONS**

#### **4.1 General provisions concerning Diving events:**

- 4.1.1** Diving events may be comprised of different stages, as decided by the Technical Diving Committee. For example, events may use the 'Olympic format', comprising preliminary, semi-final and final stages, or may use a tournament system comprising a preliminary stage and a main draw stage(s).
- 4.1.2** **In this Part Four:**
- 4.1.2.1** a reference to a 'stage' is to a phase within the format of the event, such as a preliminary, semi-final or final stage, which may itself comprise one or more sessions and a number of rounds; and
- 4.1.2.2** a reference to a 'session' is to a scheduled period of time during which Athletes or teams of Athletes will dive; and
- 4.1.2.3** a reference to a 'round' of dives is to a series of dives, with one dive performed by each Athlete (or one set of dives performed by each team, where applicable as set out in this Part Four) competing in that stage, in order.
- 4.1.3** In individual events, the Athlete with the most total points will be declared the winner of that event, or stage of the event. The remaining Athletes are ranked in descending order by their point totals at the end of the event or stage of the event.
- 4.1.4** In synchronised and team events, the team with the most total points will be declared the winner of that event or stage of the event. The remaining teams are ranked in descending order by their point totals at the end of the event or stage of the event.
- 4.1.5** If two or more Athletes or teams score the same number of total points at the end of an event or stage of an event, a tie is declared for that particular place.
- 4.1.6** The initial diving order for the preliminary or first stage of an event will be determined by a random draw at the Technical/Team Leaders' Meeting. An electronic drawing system must be used when available.
- 4.1.7** At the World Aquatics Championships, if there are more than 35 Athletes entered in an event, the Management Committee may split the preliminary stage by random draw into two preliminaries.
- 4.1.8** At the semi-final stage of an event, Athletes or teams will compete in the reverse order of their final ranking from the prior (e.g., preliminary) stage (i.e., the highest ranked Athlete or Team from the preliminary stage will dive last in



the semi-finals). In the case of a tie in the rankings, the dive order will be determined by a random draw between the tied Athletes or teams, conducted by the Referee.

**4.1.9** If the tournament system is used for an event, Athletes or teams will compete in each subsequent stage of the event for which they qualify in the reverse order of their final ranking in the preliminary stage. In the case of a tie in the preliminary stage:

**4.1.9.1** Athletes or teams that are tied in, and that qualify from, the preliminary stage will compete in the same group in the subsequent session.

**4.1.9.2** The order of the tied athletes or teams in each subsequent stage will be determined by a random draw between the tied Athletes or teams, conducted by the Referee.

**4.1.9.3** When there is a tie for the last qualifying position, both (or all) tied Athletes or teams will qualify for the next stage.

**4.1.10** If the tournament system is not used, after the random draw for the preliminary or first stage pursuant to Article 4.1.6 of this Part Four, the order of Athletes or teams for each subsequent stage of the event will be determined, in reverse order, by the rankings from in the previous stage of the event. In the case of a tie, the order will be determined by a random draw between the tied Athletes or teams, conducted by the Referee. If there is a tie for the last qualifying position, both (or all) tied Athletes or teams will qualify for the next stage.

**4.1.11** The total number of dives executed consecutively in any session, without a reasonable break, must not exceed 210. If a double panel system is used (as set out in Article 7.5 of this Part Four), the Judges Panel may be changed during the session so as not to exceed 210 consecutive dives.

**4.1.12** If, at the start of any stage, an Athlete or team is unable to compete and their withdrawal results in fewer than the prescribed number of Athletes in that stage, the next-ranked eligible Athlete from the previous stage will advance in the place of the Athlete unable to continue. If the next eligible Athlete from the previous stage had a tied ranking with one or more other Athletes, all tied Athletes will advance.

**4.1.13** Unless stated otherwise in the competition information or summons or otherwise by World Aquatics, each Athlete's or team's points total will start at zero in the first stage of an event, and reset to zero (0) at the start of each subsequent stage of the event.

**4.1.14** The procedure for appeals is outlined in Article 12 of Part One.

**4.2 Specific rules for 1 metre springboard events:**

**4.2.1 Taking place at the World Aquatics Championships:**

**4.2.1.1** The event will be comprised of a preliminary stage and a final stage.

**4.2.1.2** The top twelve (12) ranked Athletes from the preliminary stage will qualify for the final stage.

**4.3 Specific rules for individual 3 metre springboard and 10 metre platform events:**

**4.3.1 Taking place at the Olympic Games and World Aquatics Championships:**

**4.3.1.1** The events will be comprised of a preliminary stage, a semi-final stage, and a final stage.

**4.3.1.2** The top eighteen (18) ranked Athletes from the preliminary stage will qualify for the semi-final stage. The top twelve (12) ranked Athletes from the semi-final stage will qualify for the final stage.

**4.4 Specific rules for synchronised diving – 3 metre springboard and 10 metre platform events:**

**4.4.1 Taking place at the Olympic Games:**

**4.4.1.1** Each event will be comprised of a direct final stage.

**4.4.1.2** The diving order will be determined by the rankings in the qualification stage(s), if so required. Any qualification stage(s) will be held separately and in advance of the final stage to establish the teams that qualify, and will be set out in the qualification procedure published by World Aquatics at least two years prior to the event at the Olympic Games.

**4.4.2 Taking place at the World Aquatics Championships:**

**4.4.2.1** Each event will be comprised of a preliminary stage and a final stage.

**4.4.2.2** The top eight (8) ranked teams from the preliminary stage will qualify for the final stage.

**4.5** Specific rules for the mixed team event – 3 metre springboard and 10 metre platform combined events:



- 4.5.1** At the World Aquatics Championships, the event will be comprised of a direct final stage.
- 4.5.2** At other World Aquatics Events, the event may comprise a direct final stage or another format (including other stages), as determined by World Aquatics.
- 4.6** **Specific rules for mixed synchronised Diving events – 3 metre springboard and 10 metre platform events:**
- 4.6.1** At the World Aquatics Championships, each event will be comprised of a direct final stage.
- 4.6.2** At the Olympic Games and other World Aquatics Events, each event may comprise a direct final stage or another format (including other stages), as determined by World Aquatics.

## **5 COMPETITION FORMAT**

### **5.1 Specific rules for men's events:**

- 5.1.1** All men's individual and synchronised competitions will be comprised of six (6) dives per Athlete.
- 5.1.2** No dive of the same Number may be repeated by an Athlete within their six (6) dives.
- 5.1.3** **1 metre and 3 metre springboard events:**
- 5.1.3.1** Events will be comprised of six (6) dives per Athlete, from five (5) different Groups without any limit on the Degree of Difficulty.
- 5.1.4** **Platform events:**
- 5.1.4.1** Events will be comprised of six (6) dives per Athlete, from six (6) different Groups without any limit on the Degree of Difficulty.
- 5.1.4.2** In all senior events at World Aquatics Events, only dives from the 10 metre platform are permitted. For the avoidance of doubt, there is no such requirement in junior (age group) events.

### **5.2 Specific rules for women's events:**

- 5.2.1** All women's individual and synchronised competitions will be comprised of five (5) dives per Athlete.
- 5.2.2** No dive of the same Number may be repeated by an Athlete within their five (5) dives.
- 5.2.3** **1 metre and 3 metre springboard events:**
- 5.2.3.1** Events will be comprised of five (5) dives per Athlete, from five (5) different Groups without any limit on the Degree of Difficulty.
- 5.2.4** **Platform events:**
- 5.2.4.1** Events will be comprised of five (5) dives per Athlete, from five (5) different Groups without any limit on the Degree of Difficulty.
- 5.2.4.2** In all senior events at World Aquatics Events, only dives from the 10 metre platform are permitted. For the avoidance of doubt, there is no such requirement in junior (age group) events.

### **5.3 Specific rules for synchronised events:**

- 5.3.1** Synchronised events involve a pair (two (2) Athletes) simultaneously executing the same dive from the springboard or platform. Synchronised dives are judged on how the two (2) Athletes individually perform their dives and how the two Athletes as a team synchronise their performance.
- 5.3.2** At the Olympic Games and at World Aquatics Events, synchronised diving teams are comprised of Athletes from the same Member Federation.
- 5.3.3** **Format of men's synchronised events:**
- 5.3.3.1** The men's synchronised 3 metre springboard and 10 metre platform events are comprised of six (6) rounds of dives from five (5) different Groups.
- 5.3.3.2** The first two (2) rounds of dives are performed with an assigned Degree of Difficulty of 2.0 for each dive regardless of the formula otherwise prescribed for each dive, and the last four (4) rounds of dives are performed without any limit on the Degree of Difficulty.
- 5.3.3.3** All forward facing dives on a springboard must be performed with a running approach.


**5.3.4 Format of women's synchronised events:**

**5.3.4.1** The women's synchronised 3 metre springboard and 10 metre platform events are comprised of five (5) rounds of dives from five (5) different Groups.

**5.3.4.2** The first two (2) rounds of dives are performed with an assigned Degree of Difficulty of 2.0 for each dive regardless of the formula otherwise prescribed for each dive, and the last three (3) rounds of dives are performed without any limit on the Degree of Difficulty.

**5.3.4.3** All forward facing dives on a springboard must be performed with a running approach.

**5.3.5 Format of mixed synchronised events:**

**5.3.5.1** At all World Aquatics Events, mixed synchronised pairs are comprised of two (2) Athletes (one (1) male and one (1) female) from the same Member Federation.

**5.3.5.2** The 3 metre springboard and 10 metre platform events are comprised of five (5) rounds of dives from five (5) different Groups.

**5.3.5.3** The first two (2) rounds of dives are performed with an assigned Degree of Difficulty of 2.0 for each dive regardless of the formula otherwise prescribed for each dive, and the last three (3) rounds of dives are performed without any limit on the Degree of Difficulty.

**5.3.5.4** All forward facing dives on a springboard must be performed with a running approach.

**5.3.5.5** Additional mixed synchronised events may be conducted at the World Aquatics Championships, Diving World Cups and other World Aquatics Events at the discretion of the Technical Diving Committee.

**5.4 Specific rules for mixed team events:**

**5.4.1** Teams in mixed team events are comprised of at least one (1) female and one (1) male Athlete with a total of two (2) to four (4) Athletes each from the same Member Federation.

**5.4.2** Each mixed team event is comprised of six (6) different dives without any limit on the Degree of Difficulty from six (6) different Groups.

**5.4.3 As set out in the table below:**

**5.4.3.1** two (2) dives are executed by a female Athlete;

**5.4.3.2** two (2) dives are executed by a male Athlete;

**5.4.3.3** two (2) dives are executed by a mixed synchronised pair of one (1) male Athlete and one (1) female Athlete; and

**5.4.3.4** of those six dives, three (3) are executed from the 3 metre springboard and the other three (3) are executed from the 10 metre platform.

**5.4.4 Dives in the mixed team event are performed in the following rounds:**

<b>Round 1</b>	Dive 1	3m springboard	Female
	Dive 2	3m springboard	Male
<b>Round 2</b>	Dive 3	3m springboard	Mixed Synchronised
<b>Round 3</b>	Dive 4	10m platform	Female
	Dive 5	10m platform	Male
<b>Round 4</b>	Dive 6	10m platform	Mixed Synchronised


**5.5 Specific rules for Age Group A events (ages 16 – 18):**
**5.5.1 Age Group A Girls' springboard diving – 1 metre and 3 metre:**

**5.5.1.1** Events will comprise nine (9) different dives:

**5.5.1.1.1** five (5) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 9.5 for 3 metre events and 9.0 for 1 metre events; and

**5.5.1.1.2** four (4) dives without any limit on the Degree of Difficulty, each dive selected from a different Group.

**5.5.2 Age Group A Girls' platform diving – 5 metre, 7.5 metre, 10 metre:**

**5.5.2.1** Events will comprise eight (8) different dives:

**5.5.2.1.1** four (4) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 7.6;

**5.5.2.1.2** four (4) dives without any limit on the Degree of Difficulty, each dive selected from a different Group;

**5.5.2.1.3** across the eight (8) dives, dives from at least five (5) different Groups must be used.

**5.5.3 Age Group A Boys' springboard diving – 1 metre and 3 metre:**

**5.5.3.1** Events will comprise ten (10) different dives:

**5.5.3.1.1** five (5) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 9.5 for 3 metre events and 9.0 for 1 metre events; and

**5.5.3.1.2** five (5) dives without any limit on the Degree of Difficulty, each dive selected from a different Group.

**5.5.4 Age Group A Boys' platform diving – 5 metre, 7.5 metre, 10 metre:**

**5.5.4.1** Events will comprise nine (9) different dives:

**5.5.4.1.1** four (4) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 7.6;

**5.5.4.1.2** five (5) dives without any limit on the Degree of Difficulty, each dive selected from a different Group;

**5.5.4.1.3** across the nine (9) dives, all six (6) Groups must be used.

**5.6 Specific rules for Age Group B events (ages 14 – 15):**
**5.6.1 Age Group B Girls' springboard diving – 1 metre and 3 metre:**

**5.6.1.1** Events will comprise eight (8) different dives:

**5.6.1.1.1** five (5) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 9.5 for 3 metre events and 9.0 for 1 metre events; and

**5.6.1.1.2** three (3) dives without any limit on the Degree of Difficulty, each dive selected from a different Group.

**5.6.2 Age Group B Girls' platform diving – 5 metre, 7.5 metre, 10 metre:**

**5.6.2.1** Events will comprise seven (7) different dives:

**5.6.2.1.1** four (4) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 7.6;

**5.6.2.1.2** three (3) dives without any limit on the Degree of Difficulty, each dive selected from a different Group;

**5.6.2.1.3** across the seven (7) dives, at least five (5) different Groups must be used.

**5.6.3 Age Group B Boys' springboard diving – 1 metre and 3 metre:**

**5.6.3.1** Events will comprise nine (9) different dives:

**5.6.3.1.1** five (5) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 9.5 for 3 metre events and 9.0 for 1 metre events; and

**5.6.3.1.2** four (4) dives without any limit on the Degree of Difficulty, each dive selected from a different Group.

**5.6.4 Age Group B Boys' platform diving – 5 metre, 7.5 metre, 10 metre:**

**5.6.4.1** Events will comprise eight (8) different dives:

**5.6.4.1.1** four (4) dives each selected from a different Group, the total Degree of Difficulty shall not exceed 7.6;



**5.6.4.1.2** four (4) dives without any limit on the Degree of Difficulty, each dive selected from a different Group;

**5.6.4.1.3** across the eight (8) dives, at least five (5) different Groups must be used.

**5.7 Specific rules for combined Age Group A and Age Group B events (ages 14 – 18):**

**5.7.1 Combined Age Group A and Age Group B Girls' and boys' synchronised springboard diving – 3 metre:**

**5.7.1.1** Events will comprise five (5) dives:

**5.7.1.1.1** two (2) rounds of dives with an assigned Degree of Difficulty of 2.0 for each dive regardless of the formula otherwise specified for the dive;

**5.7.1.1.2** three (3) rounds of dives without any limit on the Degree of Difficulty;

**5.7.1.1.3** the five (5) dives must be selected from at least four (4) different Groups.

**5.7.1.2** All forward facing dives on a springboard must be performed with a running approach.

**5.7.2 Combined Age Group A and Age Group B Girls' and boys' synchronised platform diving – 5 metre, 7.5 metre, 10 metre:**

**5.7.2.1** Events will comprise five (5) dives:

**5.7.2.1.1** two (2) rounds of dives with an assigned Degree of Difficulty of 2.0 for each dive regardless of the formula otherwise specified for the dive;

**5.7.2.1.2** three (3) rounds of dives without any limit on the Degree of Difficulty;

**5.7.2.1.3** the five (5) dives must be selected from at least four (4) different Groups.

**5.7.3** Combined Age Group A and Age Group B Juniors mixed team event:

**5.7.3.1** The mixed team must consist of at least one female and one male Athlete but no more than four (4) Athletes. At least one Athlete in the team must be aged fourteen (14) or fifteen (15) in the year of the start date of the competition.

**5.7.3.2** Six (6) dives are performed in total, one from each Group. Those six (6) dives must include:

**5.7.3.2.1** Two (2) individual dives from 3 metres. One (1) must be performed by a male Athlete and one (1) by a female Athlete, each without any Degree of Difficulty limit.

**5.7.3.2.2** Two (2) individual dives from the 5 metre, 7.5 metre, or 10 metre platform. One (1) must be performed by a male Athlete and one (1) by a female Athlete, each without any Degree of Difficulty limit.

**5.7.3.2.3** Two (2) mixed synchronised dives. One (1) performed from the 3 metre springboard and one (1) from the 5, 7.5, or 10 metre platform, each without any Degree of Difficulty limit.

**5.7.3.3** **In accordance with this Article 5.7.3 of this Part Four, all teams in a Junior Mixed Team event will perform the following rounds:**

<b>Round 1</b>	Dive 1	3m springboard	Female
	Dive 2	3m springboard	Male
<b>Round 2</b>	Dive 3	3m springboard	Mixed Synchronised
<b>Round 3</b>	Dive 4	5m, 7.5m, or 10m platform	Female
	Dive 5	5m, 7.5m, or 10m platform	Male
<b>Round 4</b>	Dive 6	5m, 7.5m, or 10m platform	Mixed Synchronised


**5.8 Specific rules for Age Group C events (ages 12 – 13):**
**5.8.1 Age Group C Girls' springboard diving – 1 metre and 3 metre:**

**5.8.1.1** Events will comprise seven (7) different dives:

**5.8.1.1.1** five (5) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 9.5 for 3 metre events and 9.0 for 1 metre events; and

**5.8.1.1.2** two (2) dives without any limit on the Degree of Difficulty, each dive selected from a different Group.

**5.8.2 Age Group C Girls' platform diving – 5 metre or 7.5 metre:**

**5.8.2.1** Events will comprise six (6) different dives:

**5.8.2.1.1** four (4) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 7.6; and

**5.8.2.1.2** two (2) dives without any limit on the Degree of Difficulty, each dive selected from a different Group.

**5.8.3 Age Group C Boys' springboard diving – 1 metre and 3 metre:**

**5.8.3.1** Events will comprise eight (8) different dives:

**5.8.3.1.1** five (5) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 9.5 for 3 metre events and 9.0 for 1 metre events; and

**5.8.3.1.2** three (3) dives without any limit on the Degree of Difficulty, each dive selected from a different Group.

**5.8.4 Age Group C Boys' platform diving – 5 metre or 7.5 metre:**

**5.8.4.1** Events will comprise seven (7) different dives:

**5.8.4.1.1** four (4) dives each selected from a different Group, the total Degree of Difficulty of which will not exceed 7.6; and

**5.8.4.1.2** three (3) dives without any limit on the Degree of Difficulty, each dive selected from a different Group.

**5.9 Specific rules for the World Aquatics Junior Diving Championships**

**5.9.1** Subject to World Aquatics' discretion, the World Aquatics Junior Diving Championships will be held every two (2) years for Athletes in Age Group B (14 –15) and Age Group A (16 – 18).

**5.9.2** Each Member Federation is entitled to enter a maximum of two (2) Athletes in individual events, one (1) team in synchronised diving events and one (1) team in the mixed team event.

**5.9.3** Each Athlete may only compete in their age group.

**5.9.4** Each Athlete must perform a full list of dives as required for their age group.

**5.9.5** Each individual event will be comprised of a preliminary stage and a final stage, irrespective of the number of entrants, and may be conducted in more than one session:

**5.9.5.1** All entered Athletes will compete in the preliminary stage, performing dives with and without a Degree of Difficulty limit (as set out in Articles 5.5 to 5.7 of this Part Four).

**5.9.5.2** The top twelve (12) Athletes from the preliminary stage will qualify for the final stage. Athletes ranked lower than twelfth (12<sup>th</sup>) in the preliminary stage will be ranked according to their total scores at the end of the preliminary stage.

**5.9.5.3** In the final, each Athlete will perform dives without any limit on the Degree of Difficulty. Athletes may not repeat any dive which they performed in the portion of the preliminary stage which had a limit on the Degree of Difficulty.

**5.9.5.4** At the end of the final stage, the top twelve (12) Athletes will be ranked by the total of their scores from:

**5.9.5.4.1** the dives with a Degree of Difficulty limit performed in the preliminary stage; and

**5.9.5.4.2** the dives performed in the final stage.

**5.9.5.5** When facilities allow, events, or stages of events, at a competition may be scheduled simultaneously.

**5.9.5.6** The program schedule will be conducted over a minimum of seven (7) days.

**5.9.6** If available, seven (7) Judges will officiate individual events and eleven (11) Judges will officiate the synchronised events. If those numbers are not available, five (5) Judges will officiate individual events and nine (9) Judges will officiate synchronised diving events.

**5.9.7** The World Aquatics Junior Diving Championships will normally be (but is not required to be) conducted separately and not in conjunction with the championships of any other Aquatic sport.



## **6 STATEMENT OF DIVES**

### **6.1 Requirement to submit a Statement of Dives:**

**6.1.1** Each Athlete or team, or their representative, must deliver to the Referee or their designated Assistant Referee, a completed Statement of Dives on the official form provided for the event, for the preliminary stage and all subsequent stages of the event.

**6.1.2** The Athlete or team is responsible for the accuracy of their Statement of Dives. The Statement of Dives must be signed as applicable by the Athlete, an Athlete within the team, or their representative.

**6.2** Unless a Statement of Dives is submitted in accordance with this Article 6 of this Part Four, an Athlete will not be admitted to the event.

**6.3** Dives in each round will be executed one after the other, according to the starting order and Statement of Dives.

**6.4** The content of the Statement of Dives takes precedence over the information communicated on any indicator board and in any announcement.

### **6.5 Contents of the Statement of Dives:**

**6.5.1** The Statement of Dives must contain the following information for each dive in the order to be performed:

**6.5.1.1** Number.

**6.5.1.2** Position.

**6.5.1.3** Height of the springboard or platform.

**6.5.1.4** Degree of Difficulty (determined as set out in Article 3 of this Part Four).

### **6.6 Deadline to submit the Statement of Dives:**

**6.6.1** Subject to Article 6.6.2, the Statement of Dives must be submitted no later than twenty-four (24) hours before the start of the first stage of that event.

**6.6.2** The Referee will accept a Statement of Dives submitted within twenty-four (24) hours of the start of an event, so long as the Statement of Dives is submitted no later than three (3) hours before the start of the event. Where a Statement of Dives is submitted under this Article 6.6.2 of Part Four, the relevant Athlete or team will owe World Aquatics a fee of two-hundred and fifty (250) United States dollars (or an equivalent amount in the local currency in the country in which the competition is being held).

### **6.7 Changes to the Statement of Dives:**

**6.7.1** An Athlete, team or their representative that has submitted a Statement of Dives may change that Statement of Dives by submitting an official change of dives form prior to the (twenty-four (24) hours) deadline set out in Article 6.6.1 of this Part Four.

**6.7.2** Within twenty-four (24) and three (3) hours of the start of the relevant event, an Athlete, team or their representative may change their Statement of Dives by submitting an official change of dives form, and the relevant Athlete or team will owe World Aquatics two-hundred and fifty (250) United States dollars as set out in Article 6.6.2.

**6.7.3** During an event, an Athlete, team or their representative may change their Statement of Dives before the start of any semi-final or final stage of the event, provided an official change of dives form is submitted no later than thirty (30) minutes after the end of the previous stage of the event. If that form is not submitted within the prescribed time, the Athlete or team must perform the dives indicated in their original Statement of Dives.

**6.7.4** In each case, a change of dives must be made on the official form provided at the event or made available by World Aquatics, must be submitted to the Referee or their designated Assistant Referee and must be signed as applicable by the Athlete, an Athlete within the team, or their representative.

**6.8** The Referee, or their designated Assistant Referee, will inspect each Statement of Dives submitted (including where amended). If the Referee considers that the Statement of Dives does not comply with this Article 6 of this Part Four, the Referee, or their designated Assistant Referee, must request as soon as possible that the Athlete, team or their representative correct it before the start of the event (or the start of the next stage of the event, where applicable).



- 6.9** Notwithstanding Article 6.7 of this Part Four, the Athlete or team remains fully responsible for the accuracy and compliance of their Statement of Dives, and any inaccuracy or deficiency in a Statement of Dives will not be excused by virtue of a Referee or Assistant Referee's failure to identify it.
- 6.10** In exceptional circumstances, an Athlete in a team or synchronised event may be replaced by another Athlete of the same Member Federation up to thirty (30) minutes before the start of the event, if approved by the Technical Diving Committee:
- 6.10.1** The relevant Athlete or team must submit to the Referee an official substitution form provided for the event, signed by a team member or Member Federation official, together with evidence to support the exceptional circumstance(s).
- 6.10.2** The Referee must submit the substitution form to the Technical Diving Committee, which will decide whether to approve or reject the substitution request.
- 6.10.3** If the Technical Diving Committee is unavailable, the Referee will decide whether to approve or reject the substitution request.
- 6.11** **Changes to Athletes for direct finals:**
- 6.11.1** At the Olympic Games and the World Aquatics Championships, the Referee will only accept changes to the Athletes listed on a Statement of Dives for synchronised events, or any event that has only a direct final, if:
- 6.11.1.1** an Athlete is retiring or withdrawing from an event, or from a Team in an event, without replacement; or
- 6.11.1.2** an Athlete is replaced by another Athlete from the same Member Federation and an official substitution form as above signed by a team or Member Federation official is submitted to and signed by the Referee no later than (2) hours before the start the event.
- 6.11.2** At any competition other than the Olympic Games and the World Aquatics Championships, the Referee will only accept changes to the Athletes listed on a Statement of Dives for synchronised events, or any event that has only a direct final, if:
- 6.11.2.1** an Athlete(s) is/are replaced by another Athlete(s) of the same Member Federation; and
- 6.11.2.2** an official substitution form signed by a team or Member Federation official is submitted to and signed by the Referee no later than two hours before the start of the event.

## **7 TECHNICAL OFFICIALS**

- 7.1** Every competition must have a Referee together with Judges and a Secretariat to administer the competition. A Referee may be supported by one or more Assistant Referees. At the Olympic Games and World Aquatics Championships, Assistant Referees may be appointed by the Technical Diving Committee. At other World Aquatics Events, Assistant Referees may be appointed World Aquatics (including its delegate or nominee), the Management Committee, or by the Referee subject to the approval of such appointments by the Management Committee.
- 7.2** **Judges Panels will be composed as follows at the Olympic Games, World Aquatics Championships, and Diving World Cups:**
- 7.2.1** Whenever available, individual and team events must be judged by seven (7) Judges. If seven (7) Judges are not available, individual and team events must be judged by five (5) Judges.
- 7.2.2** **For synchronised events:**
- 7.2.2.1** Whenever available, synchronised events must be judged by eleven (11) Judges. Where eleven (11) Judges are used, five (5) will judge the synchronisation of the dive, three (3) will judge the execution of one Athlete and three (3) the execution of the other Athlete.
- 7.2.2.2** If eleven (11) Judges are not available, synchronised events must be judged by nine (9) Judges. Where nine (9) Judges are used, five (5) will judge the synchronisation of the dive, two (2) will judge the execution of one Athlete and two (2) the execution of the other Athlete.
- 7.2.3** There must always be at least one reserve Judge available to replace a member of the Judges Panel at an event.
- 7.3** **Judges Panels at all other World Aquatics Events will be composed as follows:**



- 7.3.1** Whenever possible, the number and composition of Judges set out in Article 7.2 of this Part Four should be used.
- 7.3.2** Where the number of Judges set out in Article 7.2 of this Part Four is not available, the Technical Diving Committee will determine the appropriate number of Judges on the Judges Panel. However:
- 7.3.2.1** Whenever available, individual and team events must be judged by five (5) Judges.
- 7.3.2.2** Whenever available, synchronised events must be judged by nine (9) Judges. Where nine (9) Judges are used, five (5) will judge the synchronisation of the dive, two (2) will judge the execution of one Athlete and two (2) will judge the execution of the other Athlete.
- 7.4** Provided sufficient Judges are available, the Judges Panel for the final stage of an event should if possible consist only of Judges whose Sport Nationality is different to that of any of the Athletes in the event.
- 7.5** At the discretion of the Technical Diving Committee, two panels of Judges may be used in the same event (referred to as 'double panels'). If double panels are used, the second Judges Panel will replace the first Judges Panel from the fourth round of the event. In exceptional circumstances, such as high heat and humidity, the Judges Panel may be changed after the end of any round (and any number of times).
- 7.6** Judges will be seated on each side of the springboard or platform in use, as outlined in Appendix 3 and as assigned by the Technical Diving Committee. When this is not practical, the Judges may be placed together on one side.
- 7.7** Once assigned a seat, a Judge must not change their seat unless permitted by the Referee.
- 7.8** If a Judge is unable to continue in their role for any reason after a competition has started, the Referee will replace them with the reserve Judge.
- 7.9** **Awards and scoring of dives by Judges:**
- 7.9.1** An indicator board must display both the Number and the Position of the dive to be performed in a location that is visible to both Athletes and Judges.
- 7.9.2** Where available, Diving competition software that enables Judges' awards to be displayed, approved for use by the Technical Diving Committee, must be used.
- 7.9.3** Where electronic scoring equipment is not available, the Judges must have flash cards to display their awards. These flash cards must be capable of displaying awards ranging from 0 to 10 by half points (i.e., 0.0, 0.5, 1.0, 1.5, 2.0, 2.5, etc).
- 7.9.4** After each dive, each Judge must immediately and simultaneously, without communicating with one another or any other person, enter their award into their electronic judging device. When electronic judging devices are not in use, each Judge must instead, in a clear manner, indicate their award for the dive immediately after a signal from the Referee (or their delegate).
- 7.9.5** The Judges' awards must be displayed on the electronic scoreboard if one is being used, if possible unseen by the Judges. The Judges' awards (without any other information about the standing of the event) must be seen by the Judges on their electronic score pads or other devices when these are being used at a competition.



## **8 DUTIES OF THE REFEREE AND ASSISTANT REFEREES**

**8.1** The Referee's general duty is to oversee and administer events, ensuring compliance with these Competition Regulations. Decisions or actions referred to in this Article 8 of Part Four which are subject to a decision or determination (however phrased) or which 'may' be taken, are unless otherwise specified, determined at the discretion of the Referee.

**8.2 Assistant Referees will undertake any duties delegated to them by the Referee, including but not limited to:**

**8.2.1** observing Athlete(s) on the platform (including where no camera is available); or

**8.2.2** observing Athletes' performance from the opposite side of the pool to the Referee, in synchronised diving.

**8.3** The Referee's duties before an event:

**8.3.1** The Referee will inspect the Statement of Dives and undertake any further required action in accordance with Article 6 of this Part Four.

**8.3.2** The Referee will address any late or amended Statement of Dive submissions in accordance with Articles 6.6 to 6.8 of this Part Four.

**8.3.3** The Referee will confirm any technology to be used during the event.

**8.4 The Referee's duties during an event:**

**8.4.1** In the event of any unforeseen circumstances, the Referee may (at their discretion) declare a break, a postponement, or a discontinuation of the event. If possible, any breaks should take place after a full round of dives.

**8.4.2** Following an interruption (including short breaks and postponements ordered by the Referee):

**8.4.2.1** if possible, the event must continue from where it was stopped, and the points scored before the interruption will be carried forward into the remaining portion of the event, whenever it is held;

**8.4.2.2** if the event can continue, the results will be determined at the end of the event in the usual manner. If the event cannot continue, the final results will be determined on the scores of all dives up to the last completed round of dives; or

**8.4.2.3** if the event cannot be continued, the results will be determined by the Jury of Appeal.

**8.4.3** When a dive or Athlete is incorrectly announced, the Athlete or their representative must advise the Referee immediately, who will then confirm the accuracy of the Athlete's Statement of Dives.

**8.4.4** If an Athlete performs an incorrectly announced dive (i.e., the Athlete performs the dive announced, which is not the dive prescribed in their Statement of Dives), the Referee may cancel the awards for the dive, have the correct dive announced and have the Athlete perform the correct dive immediately. The awards for the cancelled dive must be noted by the Secretariat, to be referred to in the event that an appeal is subsequently lodged.

**8.4.5** In exceptional circumstances, following a request for a repetition by the Athlete or their representative, the Referee may allow an Athlete to repeat a dive without a penalty. The awards for the first dive must be noted by the Secretariat should an appeal be lodged subsequently. The request for a repetition must be made as soon as practicable following the dive by the Athlete or their representative to the Referee.

**8.4.6** If the Referee is certain that an Athlete has performed a dive of a Number other than that announced (correctly, in accordance with the Athlete's Statement of Dives), the Referee will declare it a failed dive.

**8.4.7** If the Referee is certain that an Athlete has performed the correct dive Number but in a Position other than that announced (correctly, in accordance with the Athlete's Statement of Dives), the Referee will repeat the announcement, and declare that the maximum award is 2 points, before giving the Judges the signal to show their awards (or, where electronic judging device is used, as soon as possible). If a Judge then still awards more than 2 points, the Referee will declare the award from that Judge to be 2 points.

**8.4.8** If a person (including an Athlete) unreasonably disturbs or is unreasonably disturbing an event (including by interfering with other Athlete(s) or participants or the running of an event), the Referee may exclude them from the competition or event and/or the competition area and/or venue or facility.

**8.4.9** The Referee may remove any Judge from the competition whose judgement they regard as unsatisfactory, and will replace that Judge with the reserve Judge. Such change of Judge by the Referee for this reason may only take place at the end of a round or stage and, where this occurs, the Referee will at the end of the event write a report



to the Jury of Appeal, with a copy delivered to World Aquatics and the Technical Diving Committee, setting out the basis for the removal.

### **8.5 The Referee's duties prior to the performance of a dive:**

**8.5.1** If there is a strong wind at the time an Athlete is diving, the Referee may give an Athlete the right to restart the dive without deduction of points.

**8.5.2** Before each dive, the Referee will ensure that the dive to be executed and the name of the Athlete or team are announced. In events where different platforms are used the height of the platform must also be announced. If an electronic scoreboard is used, all information concerning the dive must be displayed on it and the announcement may be restricted to identifying the Athlete.

**8.5.3** The Referee will signal, by whistle or other clear signal, for the Athlete to perform their dive. The signal must not be given before the Athlete has assumed their position on the springboard or platform and the Referee has checked the indicator board. For Back and Inward take-offs, the Athlete must not proceed to the end of the springboard or platform until after the signal has been given by the Referee.

**8.5.4** Each Athlete must be given sufficient time for the preparation and execution of the dive. If the Athlete or team does not dive within a reasonable time frame after the Referee's signal to perform, the Referee will issue a warning.

**8.5.5** If the Athlete does not dive within one (1) minute after the Referee has issued a warning in accordance with Article 8.5.4 of this Part Four, the Referee will declare a failed dive, and the Athlete will receive 0 points for that dive.

**8.5.6** When an Athlete performs a dive before the Referee's signal is given, the Referee will decide whether the dive should be repeated (or, alternatively, whether the dive and the awards for it will stand).

**8.5.7** When an Athlete refuses to perform a dive, the Referee will declare it a failed dive.

### **8.6 The Referee's duties during the performance of a dive:**

#### **8.6.1 The Referee will declare a restart where:**

**8.6.1.1** during a running dive, an Athlete takes any step(s) during the approach and then stops; or

**8.6.1.2** during a standing dive, an Athlete stops the take-off movement after the legs have begun to bend or to press into the platform to initiate the take-off.

**8.6.2** The Referee may declare a restart during an Armstand dive, where they decide that:

**8.6.2.1** an Athlete lost their balance and moved one or both hands from their original position at the front edge of the platform;

**8.6.2.2** one or both of the Athlete's feet returned to the platform prior to the take-off; or

**8.6.2.3** a foot or any part of the Athlete's body other than their hands touched the platform after the Athlete has assumed the starting position.

**8.6.3** Where a restart is declared, the Referee will declare a restart and instruct the Secretariat to deduct 2 points from each Judge's award for the restarted dive.

**8.6.4** When there is a restart in a running, standing, or Armstand dive, the Referee will instruct the Secretariat to deduct 2 points from each Judge's award.

#### **8.6.5 The Referee will declare a failed dive when:**

**8.6.5.1** a second attempt (a restart) is unsuccessful;

**8.6.5.2** in a springboard dive, the Athlete double bounces during the approach or on the end of the springboard. A double bounce takes place when an Athlete jumps from both feet twice, consecutively, with both feet leaving the springboard;

**8.6.5.3** in a running dive, the Athlete's final step or jump before a two-footed take-off is also from two feet;

**8.6.5.4** the take-off from the springboard or the platform is not from both feet simultaneously, (except in the case of an Armstand dive);

**8.6.5.5** the twist in a dive at entry is greater or less than that announced by 90 degrees or more;

**8.6.5.6** in a head-first entry dive, the feet enter the water before the head or hands; or

**8.6.5.7** in a feet-first entry dive, the head or hands enter the water before the feet.



**8.6.6** In all circumstances where the Referee declares a failed dive, the Athlete or team will receive 0 points for that dive.

**8.6.7** **The Referee will declare that the maximum award by a Judge will be 4.5 points, and will instruct the Secretariat to record a Judge's score as 4.5 points if the Judge awards a score higher than 4.5 points, when:**

**8.6.7.1** in a feet-first entry dive, one or both arms are held above the head;

**8.6.7.2** in a head-first entry dive, one or both arms are held below the head; or

**8.6.7.3** in a dive with a flying action, the Straight Position is not shown for at least one quarter of a somersault (90 degrees) in dives with up to 1 somersault, and at least one half of a somersault (180 degrees) in dives with more than 1 somersault.

**8.7** During the performance of a dive following the Referee's signal, there must be no assistance from any person provided to an Athlete in any form (whether direct or indirect, physical or oral or otherwise). Assistance between dives is permitted. The Referee may declare a dive failed if they consider that assistance was given by anyone to the Athlete after the Referee's starting signal.

**8.8** **The Referee's duties after the event or stage of an event:**

**8.8.1** The Referee will confirm the results of the event or stage of an event by their signature, noting the time the event ended.

**8.8.2** The Referee will remain available for thirty (30) minutes following the conclusion of an event stage if a subsequent stage is to be held for that event.

## **9 DUTIES OF THE SECRETARIAT**

**9.1** **The duties of the Secretariat (and Secretaries) are:**

**9.1.1** Secretaries will record the Judge's awards and the results of the event, as set out in this Part Four.

**9.1.2** If electronic officiating equipment is used, one (1) Secretary may be used. If no electronic officiating equipment is used, two (2) Secretaries will each independently record the Judge's awards. References to Secretaries or a Secretary in this Part Four are to be construed as references to one or more Secretaries officiating during the Event.

**9.1.3** In order to facilitate the scoring, a computer, a rapid calculator, or a chart may be used by the Secretaries.

**9.1.4** In individual and team events, the Judges' awards must be announced in their seating order, and the Secretaries will record all awards as announced on the Athlete's Statement of Dives. In synchronised diving events, the Judges' awards must be announced, starting with the execution Judges' awards in seating order, followed by the synchronised Judges' awards 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.

**9.1.5** **Calculating the score for each dive:**

**9.1.5.1** In the individual and team events when seven (7) Judges are used, the Secretaries will cancel the two (2) highest and the two (2) lowest Judges' awards. When more than two (2) of either the highest or lowest awards are equal, only two (2) of each will be cancelled.

**9.1.5.2** If only five (5) Judges are used, the Secretaries will cancel the highest and the lowest award. When more than one (1) of either the highest or lowest awards are equal, only one (1) of each will be cancelled.

**9.1.5.3** In synchronised diving events, when eleven (11) Judges are used, the Secretaries will cancel: (a) the highest and the lowest Judges' awards given for execution for each Athlete; and (b) the highest and lowest Judges' awards given for synchronisation. When more than one (1) of either the highest or lowest awards are equal, only one (1) of each will be cancelled.

**9.1.5.4** In synchronised diving events, when nine (9) Judges are used, the Secretaries will cancel; (a) the highest and the lowest Judges' awards given for execution between both Athletes; and (b) the highest and lowest Judges' awards given for synchronisation. When more than one (1) of either the highest or lowest awards are equal, only one (1) of each will be cancelled.

**9.1.5.5** The Secretaries will then each add together the remaining awards and multiply this total by the Degree of Difficulty for the dive to determine the score of the dive. The following calculations are provided as examples:



Awards	Award total	Degree of Difficulty	Score of the dive
<b>Individual and team events</b>			
<b>Five (5) Judges</b>			
<del>8.0</del> , 7.5, 7.5, 7.5, <del>7.0</del>	22.5	2.0	45
<b>Seven (7) Judges</b>			
<del>8.0</del> , <del>7.5</del> , 7.5, 7.5, 7.5, <del>7.5</del> , <del>7.0</del>	22.5	2.0	45
<b>Synchronised events</b>			
<b>Nine (9) Judges</b>			
Execution, Athlete 1: <del>7.0</del> , 6.5 Execution, Athlete 2: 5.5, <del>5.5</del> Synchronisation: <del>8.5</del> , 8.0, 8.0, 7.5, <del>7.5</del>	35.5	35.5 × (3/5) = 21.3 21.3 × 2.8 = 59.64	59.64
<b>Eleven (11) Judges</b>			
Execution, Athlete 1: <del>7.0</del> , 6.5, <del>6.0</del> Execution, Athlete 2: <del>5.5</del> , 5.5, <del>7.0</del> Synchronisation: <del>8.5</del> , 8.0, 7.5, 8.0, 8.0, <del>7.0</del>	35.5	35.5 × (3/5) = 21.3 21.3 × 2.8 = 59.64	59.64

- 9.1.6** 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, prior to cancellations, will be adopted as the missing award. In each case, the 'averaged' award adopted must be rounded up or down to the nearest half point or whole point (i.e., averages ending in .01 to .24 are rounded down, averages ending in .25 to .74 are rounded to .50, and averages ending in .75 or higher are rounded up to the next whole point).
- 9.1.7** In synchronised diving events, when a Judge (execution or synchronised) by reason of illness or any other unforeseen circumstances, has made no award for a particular dive:
- 9.1.7.1** In a Judges Panel of eleven (11) Judges, a missing execution award will be replaced by the average of the awards of the other two (2) execution Judges of the same Athlete, and a missing synchronisation award will be replaced by the average of the other four (4) synchronised Judges.
- 9.1.7.2** In a Judges Panel of nine (9) Judges, a missing execution award will be replaced by the award of the other execution Judge of the same Athlete, and a missing synchronisation award will be replaced by the average of the other four (4) synchronised Judges.
- 9.1.8** The results of the event are determined by the scores recorded on the Secretaries' score sheet(s). Where more than one Secretary is used, the Secretaries will ensure there are no discrepancies in the results, in consultation with the Referee if so required.
- 9.1.9** If electronic officiating equipment is in use, a Secretary must also record the awards and electronic results manually to allow a final result to be calculated in the event of electronic officiating equipment failure.
- 9.1.10** The Secretaries will ensure that the final results are announced in English.



## 10 REFEREEING AND JUDGING DIVES

### 10.1 General criteria for judging dives:

10.1.1 A Judge must award a dive points between 0 to 10, at half-point increments, according to their overall impression within the following criteria:

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

10.1.2 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 preparations ahead of the starting position, the difficulty of the dive, or any movement beneath the surface of the water.

10.1.3 **The factors to be considered in judging the overall impression of a dive are the technique, grace, execution, and completion of the following elements of the dive:**

10.1.3.1 starting position;

10.1.3.2 approach;

10.1.3.3 take-off;

10.1.3.4 flight; and

10.1.3.5 entry.

10.1.4 When a dive is performed in any Position clearly other than that announced, the dive will be deemed very deficient. The highest award for such a dive is 2 points.

10.1.5 When a dive is performed partially in a Position(s) other than that announced, each Judge will deduct according to their opinion.

10.1.6 When a dive is not performed in the Straight (A), Pike (B), Tuck (C), or Free (D) Position as described, the Judge will deduct between 0.5 and 2 points.

10.1.7 When a Judge considers that a dive of a different Number has been performed, they may award 0 points, even if the Referee has not declared it to be a failed dive.

### 10.2 The starting position:

10.2.1 The Athlete will stand back from the front end of the springboard or platform and may take their starting position following a signal to do so given by the Referee.

10.2.2 In the starting position for standing or running dives, the Athlete's body must be straight, head erect and facing forward, with their arms straight along their body, perpendicular to their body, or above their head. When the Athlete does not assume a starting position that complies with this Article 10.2.2 of this Part Four, each Judge will deduct between 0.5 and 2 points.

#### 10.2.3 The starting position for standing dives:

10.2.3.1 The starting position is assumed at the front edge of the springboard or platform.

10.2.3.2 The Athlete's feet must then stay in contact with the springboard or platform until the take-off.

10.2.3.3 If the Athlete's feet then leave the springboard or platform before the take-off, each Judge will deduct between 0.5 and 2 points.

#### 10.2.4 The starting position for running dives:

10.2.4.1 The starting position is assumed when the Athlete is ready to take the first step of their run.

#### 10.2.5 The starting position for Armstand dives:

10.2.5.1 The starting position is assumed when both of the Athlete's hands are on the front edge of the platform and both of the Athlete's feet are off the platform.



- 10.2.5.2** If the Athlete is unable to hold a stationary and steady balance in the straight vertical (perpendicular to the platform) Armstand Position, or if the hands lose contact with the platform during the take-off, each Judge will deduct between 0.5 and 2 points.
- 10.3 The approach:**
- 10.3.1** When executing a running dive from either the springboard or the platform, the run should be smooth, aesthetically pleasing, and in a forward direction to the end of the springboard or platform, with the final step before the take-off being from one foot.
- 10.3.2** When the run is not smooth, aesthetically pleasing, or in a forward direction to the end of the springboard or platform, each Judge will deduct between 0.5 and 2 points.
- 10.3.3** If a Judge considers that during a running dive, the Athlete's final step or jump before a two-footed take-off is also from two feet, the Judge may award 0 points, even if the Referee has not declared it to be a failed dive.
- 10.3.4** When the Judge considers that in a springboard dive the Athlete has double bounced during the approach or on the end of the springboard, the Judge may award 0 points, even if the Referee has not declared it to be a failed dive.
- 10.4 The take-off:**
- 10.4.1** From the springboard, the take-off in Forward and Reverse dives may be performed either standing or running at the Athlete's discretion. The take-off in Back and Inward dives must be performed standing.
- 10.4.2** From the platform, the take-off in Forward dives may be performed from either a standing position or a running approach, at the Athlete's discretion. The take-off in Back Reverse and Inward dives must be performed standing.
- 10.4.3** The take-off from the springboard and the platform must be from both feet simultaneously.
- 10.4.4** If a Judge considers that the take-off from the springboard or the platform is not from both feet, the Judge may award 0 points, even if the Referee has not declared it to be a failed dive.
- 10.4.5** In running and standing dives, the take-off should be balanced and high and from the end of the springboard or platform.
- 10.4.6** When the take-off is not balanced and high, or from the end of the springboard or platform, each Judge will deduct between 0.5 and 2 points.
- 10.4.7** In twisting dives, the twisting should not be manifestly done (meaning that twisting has clearly begun) while the Athlete is still on the springboard or platform. If the twisting is manifestly done (has clearly begun) while the Athlete is still on the springboard or platform, each Judge will deduct between 0.5 and 2 points.
- 10.5 The flight:**
- 10.5.1** The flight of a dive describes the part of the dive after the take-off and up to the entry. The Athlete must not veer to the side of the direct line of flight.
- 10.5.2** If during the flight of a dive an Athlete veers to the side of the direct line of flight, each Judge will deduct, according to their opinion.
- 10.5.3** If during the flight of a dive, an Athlete touches the end of the springboard or platform with their feet or hands, each Judge will deduct according to their opinion.
- 10.5.4 If there is a potentially unsafe dive:**
- 10.5.4.1** If approved visual technology (meaning technology approved for use in that competition by the Technical Diving Committee) is available:
- 10.5.4.1.1** the Referee may review any dive they consider may have been unsafe (including, but not limited to, as a result of an Athlete having touched the springboard or platform with their head during the flight, or having been unsafely close to doing so); and
- 10.5.4.1.2** if the Referee considers that the performance of the dive was unsafe, the Referee will instruct the Secretariat to record a maximum of 2 points for each Judge's award.
- 10.5.4.2** If visual technology, approved by the Technical Diving Committee, is not available:
- 10.5.4.2.1** if a Judge considers the dive was unsafe (including, but not limited to, as a result of an Athlete having touched the springboard or platform with their head during the flight, or having been unsafely close to doing so), that Judge will: (a) award up to a maximum of 2 points for that dive; and (b) will indicate to the Referee, using electronic officiating equipment (or if that is not in use, by raising one hand), that they considered the dive to be unsafe; and
- 10.5.4.2.2** if the majority of the Judges Panel indicates that the dive was unsafe, the Referee will instruct the Secretariat to change any Judges' awards higher than 2 points, to 2 points.
- 10.5.5 The dive may be executed in the following Positions:**


**10.5.5.1 Straight (A):**

**10.5.5.1.1** The body must be straight and not bent either at the knees or hips. The feet should be kept together and the toes pointed. The position of the arms is at the Athlete's discretion.

**10.5.5.1.2** Should the Straight Position not be aesthetically pleasing and performed as described, each Judge will deduct between 0.5 and 2 points.

**10.5.5.1.3** In all dives with a flying action (meaning a movement within the flight of a dive in which the Straight Position is assumed, followed by a transition to a Pike or Tuck Position), a Straight Position must be clearly shown and assumed by the Athlete from the take-off or after 1 somersault. When the Straight Position is not shown for at least one quarter of a somersault (90 degrees) in dives with up to 1 somersault, and at least one half of a somersault (180 degrees) in dives with more than 1 somersault, the maximum award by the Judges must be 4.5 points.

**10.5.5.2 Pike (B):**

**10.5.5.2.1** The body must be bent at the hips, but the legs must be kept straight at the knees. The feet must be kept together and the toes pointed. The position of the arms is at the Athlete's discretion.

**10.5.5.2.2** Should the Pike Position not be aesthetically pleasing and performed as described, each Judge will deduct between 0.5 and 2 points.

**10.5.5.2.3** In Pike dives with twist, the Pike Position must be clearly shown. Should this not be evident, each Judge will deduct between 0.5 and 2 points.



**10.5.5.2.4** The above illustrations serve as a guide only.

**10.5.5.3 Tuck (C):**

**10.5.5.3.1** The body should be compact, bent at the knees and hips with the knees and feet close together within the bodyline of the shoulders. The hands must be on the lower legs and the toes pointed.



**10.5.5.3.2** Should the Tuck Position not be aesthetically pleasing and performed as described, each Judge will deduct between 0.5 and 2 points.

**10.5.5.3.3** In Tuck dives with twist, the Tuck Position must be clearly shown. Should this position not be evident, each Judge will deduct between 0.5 and 2 points.



**10.5.5.3.4** The above illustrations serve as a guide only.

**10.5.5.4 Free Position (D):**

**10.5.5.4.1** The Athlete's body position is optional (Straight, Pike, or Tuck Position(s) may be used) but the legs must be together, and toes pointed.

**10.5.5.4.2** Should the position not be performed as described, each Judge will deduct between 0.5 and 2 points.

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

**10.6 The entry:**



- 10.6.1** The entry into the water should for all dives be vertical (perpendicular to the water's surface), with the body straight, not bent or twisted, the feet kept together, and the toes pointed such that the water's surface is minimally disturbed.
- 10.6.2** When the entry is short (at an angle less than vertical) or long (at an angle exceeding vertical), the body is twisted or not straight, the feet not kept together, the toes not pointed, and/or the water's surface is significantly disturbed, each Judge will deduct according to their opinion.
- 10.6.3** In head-first entries, the arms should be stretched beyond the head and in line with the body, with the hands kept close together. If a Judge considers that one or both arms are held below the head on entry, the Judge may only award up to 4.5 points, even if the Referee has not declared a maximum award of 4.5 points in accordance with Article 8.6.7 of this Part Four.
- 10.6.4** In feet-first entries, the arms should be kept close to the body with no bending at the elbows. If a Judge considers that one or both arms are held beyond the head on entry, the Judge may only award up to 4.5 points, even if the Referee has not declared a maximum award of 4.5 points in accordance with Article 8.6.7 of this Part Four.
- 10.6.5** Other than as provided in Articles 10.6.3 and 10.6.4 of this Part Four, when the arms are not in the correct position in either the head-first or feet-first entry, each Judge will deduct between 0.5 and 2 points.
- 10.6.6** If a Judge considers that the twist in a dive at entry is greater or less than that announced by 90 degrees or more, the Judge may award 0 points, even if the Referee has not declared it to be a failed dive.
- 10.6.7** The dive is considered to have been completed when the Athlete's whole body is completely under the surface of the water.

## **11 REFEREEING AND JUDGING OF SYNCHRONISATION**

- 11.1** In addition to the judging criteria for the execution of a dive set out in Article 10 of this Part Four, synchronised dives are also judged by the synchronisation of the Athletes. The rules for judging individual diving shall apply except where otherwise stated in this Article 11 of this Part Four.
- 11.2** When one or both Athletes perform a dive of a different dive Number or Position other than that announced, the Referee will declare it a failed dive.
- 11.3** If either Athlete enters the surface of the water before the other Athlete leaves the springboard or platform, the Referee will declare it a failed dive.
- 11.4** The Referee will declare and instruct the Secretaries to deduct 2 points from each Judges' awards when there is a restart (whether required or caused by one or both Athletes).
- 11.5** In synchronised diving all forward facing dives on the springboard must be performed with a running approach (in accordance with Article 5.3 of this Part Four). If a forward facing dive is not performed with a running approach in a springboard synchronised diving event, the Referee will declare it a failed dive.
- 11.6 Execution Judges:**
- 11.6.1** Execution Judges must not be influenced by any factor other than the technique and execution of the dive by the Athlete they are judging, not both Athletes or the synchronisation of the Athletes. The technique or execution of the other Athlete, or the synchronisation of the dives, should not be considered.
- 11.6.2** When an execution Judge considers that a dive of a different dive Number or Position has been performed by an Athlete, the Judge may award 0 points, even if the Referee has not declared it to be a failed dive.
- 11.6.3** If all execution Judges for one Athlete award 0 points, the Referee will declare it a failed dive and 0 points are deemed awarded by all execution and synchronisation Judges for that team's dive.
- 11.7 Synchronisation Judges:**
- 11.7.1** When judging the synchronisation of the dives, synchronisation Judges will consider the overall impression of the synchronisation of the dives.
- 11.7.2** The synchronisation Judges must not be influenced by any other factor other than the coordinated performance of the two Athletes, as set out in Article 11.7.3 of this Part Four, and not the execution of each dive.
- 11.7.3** The factors to be considered in judging synchronised diving are the following:
- 11.7.3.1** starting position, the approach, and the take-off, including the similarity of the height;



- 11.7.3.2** coordinated timing of the movements during the flight;
- 11.7.3.3** similarity of the vertical angles of the entries;
- 11.7.3.4** comparative distance from the springboard or platform of the entry; and
- 11.7.3.5** coordinated timing of the entries.
- 11.7.4** Each synchronisation Judge will deduct between 0.5 and 2 points for the lack of:
  - 11.7.4.1** similarity of the starting position, approach, take-off or height;
  - 11.7.4.2** coordinated timing of the movements during the flight;
  - 11.7.4.3** similarity of the vertical angles of the entries;
  - 11.7.4.4** comparative distance from the springboard or platform of the entry; and/or
  - 11.7.4.5** coordinated timing of the entries.
- 11.7.5** If all the synchronisation Judges award 0 points, the Referee will declare it a failed dive and all awards for execution and synchronisation will be deemed to be 0 points.

## 12 SUMMARY OF PENALTIES

### 12.1 Referee to declare a failed dive (0 points):

Article	Fault
<b>8.4.6</b>	If an Athlete has performed a dive of a Number other than that announced.
<b>8.5.5</b>	If the Athlete fails to dive within a reasonable time frame after the Referee's warning (with a maximum of one (1) minute after the Referee's warning).
<b>8.5.7</b>	If an Athlete refuses or fails to perform a dive.
<b>8.6.5.1</b>	When a second attempt (a restart) is unsuccessful.
<b>8.6.5.2</b>	If in a springboard dive, an Athlete double bounces during the approach or on the end of the springboard.
<b>8.6.5.3</b>	If in a running dive, the Athlete's the final step or jump before a two-footed take-off is also from two feet.
<b>8.6.5.4</b>	If the take-off from the springboard or platform is not from both feet simultaneously.
<b>8.6.5.5</b>	If the twist in a dive at entry is greater or less than that announced by 90 degrees or more.
<b>8.6.5.6</b>	If in a head-first entry dive, the feet enter the water before the head or hands.
<b>8.6.5.7</b>	If in a feet-first entry dive, the head or hands enter the water before the feet.
<b>8.7</b>	If an Athlete receives assistance during the performance of a dive (after the Referee's starting signal).
<b>11.2</b>	In synchronised diving, if an Athlete, or both Athletes, perform a dive of a Number or Position other than that announced.
<b>11.3</b>	In synchronised diving, if either Athlete enters the surface of the water before the other Athlete leaves the springboard or platform.
<b>11.5</b>	If a forward facing dive in a synchronised springboard diving event is not performed with a running approach.
<b>11.6.3</b>	In synchronised diving, if all execution Judges for one Athlete award 0 points
<b>11.7.5</b>	In synchronised diving, if all synchronisation Judges award 0 points.


**12.2 Referee to declare a 2-point deduction:**

Article	Fault
<b>8.6.1.1</b>	If during a running dive, an Athlete takes any step(s) during the approach and then stops
<b>8.6.1.2</b>	If during a standing dive, an Athlete stops the take-off movement after the legs have begun to bend or to press into the platform to initiate the take-off.
<b>8.6.4</b>	When there is a restart in a running, standing, or Armstand dive.
<b>11.4</b>	In synchronised diving, if there is a restart (whether required or caused by one or both Athletes).

**12.3 Referee to declare a 2 point maximum award:**

Article	Fault
<b>8.4.7</b>	If an Athlete performs a dive in a Position other than that announced.
<b>8.6.3</b>	Where a restart is declared.
<b>10.5.4.1.1</b>	If the Referee considers that the performance of the dive was unsafe (having reviewed visual technology).
<b>10.5.4.2.2</b>	If the majority of the Judges Panel indicates that the dive was unsafe.

**12.4 Referee to declare a 4.5 point maximum award:**

Article	Fault
<b>8.6.7.1</b>	If in a feet-first entry dive, an Athlete has one or both arms held above the head.
<b>8.6.7.2</b>	If in a head-first entry-dive, an Athlete has one or both arms held below the head.
<b>8.6.7.3</b>	In a dive with a flying action, the Straight Position is not shown for at least one quarter of a somersault (90 degrees) in dives with up to 1 somersault, and at least one half of a somersault (180 degrees) in dives with more than 1 somersault.

**12.5 Judges to award 0 points:**

Article	Fault
<b>10.1.7</b>	If a dive of a Number other than that announced has been performed.
<b>10.3.3</b>	If during a running dive, the Athlete's final step or jump before a two-footed take-off is also from two feet.
<b>10.3.4</b>	If in a springboard dive, an Athlete double bounced during the approach or on the end of the springboard.
<b>10.4.4</b>	If the take-off from the springboard or platform is not from both feet simultaneously.
<b>10.6.6</b>	If a twist is in a dive at entry is greater or less than that announced by 90 degrees or more.
<b>11.6.2</b>	If an execution Judge considers that a dive of a Number other than that announced has been performed.

**12.6 Judges to award 2 points maximum:**

Article	Fault
<b>10.1.4</b>	If a dive is performed clearly in a Position other than that announced.
<b>10.5.4</b>	If in a dive, an Athlete is unsafely close to the springboard or platform or touches the end of the springboard or platform with their head.


**12.7 Judges to award 4.5 points maximum:**

Article	Fault
<b>10.5.5.1.3</b>	If in a flying dive, a Straight position is not clearly shown and assumed by the Athlete from the take-off or after 1 somersault, and shown for at least one quarter of a somersault (90 degrees) in dives with somersault and at least a half somersault (180 degrees) in dives with more than 1 somersault.
<b>10.6.3</b>	If in a head-first entry-dive, an Athlete has one or both arms held below the head.
<b>10.6.4</b>	If in a feet-first entry dive, an Athlete has one or both arms held above the head.

**12.8 Judges to deduct between 0.5 to 2 points:**

Article	Fault
<b>10.1.6</b>	If a dive is not performed in a Position as described.
<b>10.2.2</b>	If the starting position is not as described in Article 10.2.2 (body straight, head erect and facing forward, arms straight (along the body, perpendicular to the body or overhead).
<b>10.2.3.3</b>	If in the starting position for a standing dive, the Athlete's feet leave the springboard or platform before the take-off.
<b>10.2.5.2</b>	If in the starting position for an Armstand dive, the Athlete is unable to hold a stationary and steady balance in the straight vertical Armstand Position.
<b>10.2.5.2</b>	If during an Armstand dive, the hands lose contact with the platform during the take-off.
<b>10.3.2</b>	If during the approach, the run is not smooth, aesthetically pleasing and in a forward direction.
<b>10.4.6</b>	If in running and standing dives, the take-off is not balanced or high.
<b>10.4.7</b>	If in a twisting dive, the twist is manifestly done (meaning that twisting has clearly begun) on the springboard or platform.
<b>10.5.5.1.1 and 10.1.6</b>	If the Straight position is not as described or aesthetically pleasing.
<b>10.5.5.2.2 and 10.1.6</b>	If the Pike position is not shown as described or aesthetically pleasing.
<b>10.5.5.2.3</b>	If in a Pike dive with a twist, the Pike position is not clearly shown.
<b>10.5.5.3.2 and 10.1.6</b>	If the Tuck Position is not shown as described or aesthetically pleasing.
<b>10.5.5.3.3</b>	If in a Tuck dive with twist, the Tuck Position is not clearly shown.
<b>10.5.5.4 and 10.1.6</b>	If the Free position is not shown as described.
<b>10.6.5</b>	If, other than described in Articles 10.6.3 or 10.6.4, at entry the arms are not in the correct position in either a head-first or feet-first entry dive.
<b>11.7.3</b>	In synchronised diving if any of the following are not shown: <ul style="list-style-type: none"> <li>• similarity of the starting position, approach, take-off and height.</li> <li>• coordinated timing of the movement during the flight.</li> <li>• similarity of the vertical angles of the entries.</li> <li>• comparative distance from the springboard or platform of the entry.</li> <li>• coordinated timing of the entries.</li> </ul>

**12.9 Judges to deduct (by any amount, according to their opinion):**

Article	Fault
<b>10.1.5</b>	If a dive is performed partially in a Position other than that announced.
<b>10.5.2</b>	If during the flight of a dive, the Athlete does not maintain a straight line of flight.
<b>10.5.3</b>	If during the flight of a dive, an Athlete touches the end of the springboard or platform with their feet or hands.
<b>10.6.2</b>	If the entry is short or long (at an angle less than or exceeding vertical), or if at entry the body is twister or not straight, feet not together, toes not pointed and/or the water's surface is significantly disturbed.



## **13 AGE GROUP ELIGIBILITY**

- 13.1** To be eligible to compete at the Olympic Games, World Aquatics Championships, or Diving World Cups, an Athlete must be at least fourteen (14) years old as of 31 December in the year of the start date of the event.
- 13.2 To be eligible to compete at the World Aquatics Junior Diving Championships, an Athlete must be:**
- 13.2.1** Fourteen (14) or fifteen (15) years old as of 31 December in the year of the start date of the event to compete in the 14-15 years age group ('Age Group B') events.
- 13.2.2** Sixteen (16), seventeen (17), or eighteen (18) as of 31 December in the year of the start date of the event to compete in the 16-18 years age group ('Age Group A') events.
- 13.3** Member Federations and event organisers may adopt the same and/or alternative age group eligibility rules for competitions within their jurisdiction.
- 13.3.1** Where such competitions hold events for Athletes aged twelve (12) or thirteen (13) years old as of 31 December in the year of the start date of the event, that age group is referred to as 'Age Group C'.

## **14 REGISTRATIONS AND SPORTS ENTRIES**

- 14.1** At the Olympic Games and World Aquatics Championships, each Member Federation may enter a maximum of two (2) Athletes in each individual event and one (1) team of two (2) Athletes for each synchronised diving event.
- 14.2** As an exception to the general rule at Article 5.1.4 of Part One, following the Technical/Team Leaders' Meeting at the Olympic Games, a Member Federation may substitute an entered Athlete as a replacement Athlete in accordance with Article 6.8 of this Part Four, provided that the choice of replacement Athlete does not, in World Aquatics' view, breach or otherwise impact adversely the Athlete quota for Diving (determined and published by the IOC, in consultation with World Aquatics, as appropriate for each Olympic Games).
- 14.2.1** If the choice of replacement Athlete would, in World Aquatics' view, breach or otherwise adversely impact the allocated Athlete quota for Diving, the substitution will be permitted only in exceptional circumstances approved by the Bureau, and if the Member Federation pays to World Aquatics 10,000 United States dollars (or an equivalent amount in the local currency in the country in which the competition is being held) at the time it submits the substitution form.
- 14.3** The Bureau will determine and publish the principles and system of qualification for Diving events at Olympic Games, in collaboration with the IOC. World Aquatics will determine and publish the principles and system of qualification for Diving events for the World Aquatics Championships and the Diving World Cup.

## **15 DIVING FACILITIES AND EQUIPMENT**

- 15.1 Pool depths:**
- 15.1.1** Minimum and preferred depths for the water at the plummet line (which is a vertical line, perpendicular to the water's surface, extending through the centre of the front edge of either the springboard or platform) are set out in the table at Appendix 2.
- 15.1.2 At other World Aquatics Events:**
- 15.1.2.1** For diving facilities constructed after 1 January 2025, the pool should if possible have a minimum depth of 5 metres in the area of the pool under the springboards and platforms, but in any event must meet the minimum depth(s) set out for the relevant events, in accordance with Appendix 2.
- 15.1.2.2** For diving facilities constructed after 26 September 2013, the minimum dimensions for diving facilities detailed in Appendix 1 and Appendix 2 must be met, using, as a basic measuring point of reference, the plummet line.
- 15.1.3** In the area of full water depth (as prescribed in Articles 15.1.2 to 15.1.4 of this Part Four), the bottom of the pool may rise by 2%. In any case, the depth of water in the Diving pool must not be less than 1.8 metres at any point.


**15.2 Dimensions and design requirements for Diving facilities:**

**15.2.1** The required dimensions for all Diving facilities detailed in Appendices 1 and 2 must be met:

**15.2.1.1** If possible, the preferred dimensions set out in Appendices 1 and 2 should be met.

**15.2.1.2** However, in all cases, the minimum dimensions set out in Appendices 1 and 2 must be met.

**15.2.1.3** It is permissible for facilities to have a combination of measurements which meet and/or exceed the minimum dimensions (as set out in Appendices 1 and 2).

**15.2.2** The dimensions C from plummet to adjacent plummet in the tables of Appendices 1 and 2 apply to platforms with widths as detailed in Article 14.2.2 of Part Five. If platform widths are increased, then the dimensions B and C must be increased by half the additional widths.

**15.2.3** The vertical height from the plummet of the platform and or springboard at rest to the water surface at rest (undisturbed, without sprays, bubbles, or motion) must be specified in a 'diving facilities dimensions' table for the pool. These measurements must be certified by a surveyor or other qualified officials, appointed or approved by or the Member Federation of the country in which the pool is situated.

**15.2.4** 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 this Part Four.

**15.2.5** 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.

**15.2.6** In outdoor pools, where possible (best practice provides that) springboards and platforms should face north in the northern hemisphere and south in the southern hemisphere.

**15.2.7** Pool walls must be vertical and form 90-degree (right) angles to the surface of the water. They must be constructed of solid material, with a slip-resistant surface.

**15.2.8** The admissible tolerance in a wall's verticality will be  $\pm 0.3$  degrees.

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

**15.2.10** Mechanical surface agitation must be installed under the diving facilities to aid the Athletes in their visual perception of the surface of the water. A horizontal water sprinkler system must be used for this purpose.

**15.2.11 Lighting:**

**15.2.11.1** At the Olympic Games, World Aquatics Championships, World Aquatics Junior Diving Championships and at Diving World Cup events, the minimum illumination at a level of 1 metre above the water surface must not be less than 1500 lux throughout the pool.

**15.2.11.2** At other Diving events held under these Competition Regulations, the minimum illumination at a level of 1 metre above the water surface must not be less than 600 lux throughout the pool.

**15.2.11.3** Sources of natural and artificial illumination must be provided with controls to prevent glare.

**15.2.12 Water temperature:**

**15.2.12.1** The water temperature must be not less than 28 degrees Celsius.

**15.2.13 Lane markings:**

**15.2.13.1** Where Diving pools are also be used for Swimming events at the same competition, lane markings in the Diving pool must comply with Article 15.15 of Part Two.

**15.3 Springboard diving events at World Aquatics Events:**

**15.3.1** In accordance with Article 15.2 of this Part Four, the required dimensions for all Diving facilities detailed in Appendices 1 and 2 must be met.

**15.3.2** Springboards must be 4.88 metres long and 0.5 metre wide. Springboards must have a slip-resistant surface, which must be inspected and approved by World Aquatics prior to the start of the competition.

**15.3.3** Springboards must be provided with movable fulcrums which can easily be adjusted by Athletes. In addition, for springboards at Diving facilities modified or constructed on concrete platforms after 1st October 2013, the following requirements apply:



- 15.3.3.1** The vertical distance from the level of the platform which supports the fulcrum assembly, to the level of the top of the springboard, must be 0.35 metres.
- 15.3.3.2** The distance from the front edge of the fulcrum assembly (which must be 0.741 metres in length) to the front edge of the supporting platform, must be a maximum of 0.44 metre. If that requirement is not met, 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.
- 15.3.3.3** The concrete platform that supports the springboard must be aligned with the pool wall or project over the pool.
- 15.3.4** The minimum distance from the rear to the centre line of the fulcrum must be set in accordance with the recommendation or specification of the springboard manufacturer.
- 15.3.5** A pool must have at least two springboards installed at the same, 3 metre, height, to accommodate synchronised events. The springboards may be placed on either one or both sides of the platform. At least two springboards at the same (3 metre) height must be placed side by side and no objects may obstruct the visibility in any part of the dive between the Athletes (as shown in Appendix 1 and Appendix 2).
- 15.3.6** The springboards must be installed exactly level horizontally, so that their leading edges are exactly level no matter the position of the movable fulcrum.
- 15.3.7** The back of the 3 metre springboards must be surrounded (on three sides) by handrails with a minimum clearance of 1.0 metres between vertical pairs. The minimum height for those handrails is 1.0 metre, measured from the level of the springboard. Handrails must be accompanied by at least two horizontal crossbars placed outside the platform, or a solid transparent barrier (see Appendix 1).
- 15.3.8** The design load requirements for the supporting structure of springboards are set out in Article 15.4.13 of this Part Four.

**15.4 Platform Diving events at World Aquatics Events:**

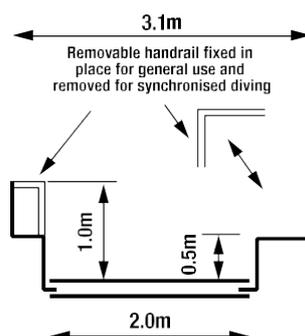
- 15.4.1** In accordance with Article 15.2, the required dimensions for all Diving facilities detailed in Appendices 1 and 2 must be met.
- 15.4.2** Each platform must be rigid and horizontal.

**15.4.3 The minimum dimensions of the platform are:**

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

- 15.4.4** Where a 10 metre platform has a width of less than 3 metres, the handrails on the sides of the platform may only have the shape detailed below (see drawing under Article 15.4.5 of this Part Four) up until 3 metres from the front edge of the platform.

- 15.4.5** It is recommended that an easily removable section of handrail be included for general use, which may be removed for synchronised diving. See figure immediately below.



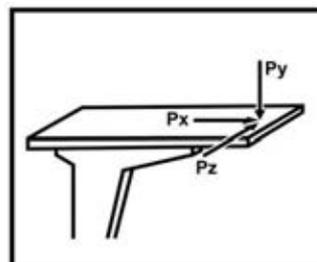


- 15.4.6** The thickness of the front edge of the platform must be between 0.2 and 0.3 metres and may be vertical or inclined at an angle no greater than 10 degrees to the vertical inside the plummet line.
- 15.4.7** The surface and the front edge of the platform must be covered throughout with a resilient slip-resistant material. The two surfaces must be covered separately in order to achieve a clean 90 degree angle or as described in Article 15.2.7 of this Part Four. The front surface should be applied first and then the top surface.
- 15.4.8** The platforms must be covered in a slip-resistant material that has a tread pattern that provides sufficient traction in wet and dry conditions such that the Athletes are prevented from slipping when performing dives in all directions. The minimum thickness of the slip-resistant material is 6mm and the colour must give a contrast to the surrounding décor. The material must be easily cleaned to maintain its slip-resistance.
- 15.4.9** The front edge of the 10 metre platform must project at least 1.50 metres beyond the edge of the pool. The 7.5 metre, 5 metre, and 2.6 – 3.0 metre platforms must project at least 1.25 metres beyond the edge of the pool. The 0.6 – 1-metre platform must project at least 0.75 metre beyond the edge of the pool.
- 15.4.10** It is preferable that a platform is not constructed directly under any other platform. However, in circumstances where this cannot be avoided or is already the case: where a platform is directly underneath another platform, the platform above must project a minimum of 0.75 metres (but preferably 1.25 metres) beyond the platform below; and the requirements in Appendix 1 and Appendix 2 must be met.
- 15.4.11** The back and sides of each platform (except the 1.0 metre or lower platforms) must be surrounded by handrails up to 1.0 metres from the front edge of the platform with a minimum clearance of 1.0 metres between vertical pairs. The minimum height must be 1.0 metre, and they must be accompanied by at least two horizontal crossbars, or a solid transparent barrier, placed outside the platform beginning 1.0 metre from the front edge of the platform.
- 15.4.12** Each platform must be accessible by suitable stairs (not ladders) as required by the relevant country's building regulations and or health and safety standards that are applicable.
- 15.4.13** For platforms and the supporting structures of springboard, the minimum design load is  $p = 350$  kiloponds (kilograms force) per lineal metre. In addition to that static requirement (and for the comfort and safety of the user with respect to the movement of the towers), the following limits must be observed, with respect to the platforms and springboard supports:

**15.4.13.1 The required range of platform frequencies are the following:**

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

- 15.4.13.2** The minimum frequency of diving towers is 3.5 Hz. The permitted total oscillation of the whole tower structure is  $\pm 2$ mm.
- 15.4.13.3** The spatial deformation of the front edge of the platforms as a result of  $P_x = P_y = P_z = 100$  kiloponds (kilograms force) must only be a maximum of 1 mm (see figure immediately below).



- 15.4.13.4** These requirements can be met most adequately by a reinforced concrete structure. Proof of the frequencies measured (the dynamic behaviour) is to be obtained together with the static calculations for the whole structure.


**15.5 Placement and seating of diving Judges:**
**15.5.1 The placement and seating of the Judges in individual Diving events must be as follows:**

**15.5.1.1** The Judges will be placed side by side in a straight line on both sides of the Diving pool by the Referee. The Judges shall be in a straight line parallel to the pool. See Appendix 3

**15.5.1.2** When seven (7) Judges are officiating, whenever possible, 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, whenever possible, three (3) Judges will be on the side of the pool closest to where the springboard or platform event is being contested.

**15.5.1.3** 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.

**15.5.1.4** No Judge may be seated alongside or behind the direct line of the front edge of the springboards or platform being used.

**15.5.1.5** The chairs used by Judges will be numbered in consecutive order, ascending clockwise starting from the left, when facing the springboards / platforms as shown in Appendix 3.

**15.5.1.6** In 1 metre springboard events, chairs suitable for poolside-use must be used.

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

**15.5.1.8** In the 10 metre platform competitions, the chairs from the 3 metre springboard competitions (or other chairs not lower than two (2) metres above the water level) can be used but. Wherever available, the Judges should be seated at an even higher level.

**15.5.1.9** 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.

**15.5.1.10** The above guidelines are shown in Appendix 3.

**15.5.2 The placement and seating of the Judges in synchronised Diving events (including mixed synchronised events) must be as follows:**

**15.5.2.1** The Judges will be placed side by side in a straight line on both sides of the Diving pool by Referee. The execution Judges must sit in a straight line parallel to the pool; the synchronised Judges must sit in a straight line perpendicular to the pool (see Appendix 3).

**15.5.2.2** Three (3) or two (2) execution Judges (as applicable) will be placed on each side of the Diving pool by the Referee.

**15.5.2.3** The chairs used by execution Judges in a synchronised event will be numbered clockwise in consecutive order when facing the springboard / platform as set out in the diagram in Appendix 3.

**15.5.2.4** The synchronisation Judges will be split evenly and placed in a straight line in between the execution Judges on each side of the pool. All synchronised Judges on each side of the pool must be placed at the same horizontal distance from the springboards or platform in use (i.e., in a line perpendicular to the side of the pool) but will be positioned in ascending height as the line gets further away from the pool, to ensure that no Judge's view is obstructed.

**15.5.2.5** In synchronised competitions, the synchronised Judges closest to the pool edge, will, if possible, be seated at a height not lower than 2 metres above the water level.

**15.5.2.6** The subsequent chair heights for the remaining synchronised Judges (or additional execution Judge) must increase by at least 50 cm per seat.

**15.5.2.7** The chairs used by synchronised Judges in a synchronised event will be numbered in ascending order from the pool edge, starting on the left, as shown in the diagram in Appendix 3. The third synchronised Judge (as applicable) may be seated on either side of the pool to permit the best viewing perspective to the field of play at the venue.

**15.5.2.8** There must be no interference or movement by any person in front of the Judges chairs during an event.

**15.5.2.9** The above guidelines are shown in Appendix 3.

**15.6 Diving Facilities for the Olympic Games and the World Aquatics Championships:**



- 15.6.1** The general rules set out for Diving facilities in Article 15.2 to 15.5 of this Part Four apply at the Olympic Games and World Aquatics Championships, unless otherwise stated.
- 15.6.2** **Lighting:**
- 15.6.2.1** The light intensity at the level of 1 metre above the water surface must not be less than 1500 lux.
- 15.6.3** **Lane markings:**
- 15.6.3.1** Lane markings for the Diving pool will consist of 3 lines running the width of the diving well 90-degree angle to the Athlete facing forward on the springboard or platform, with the same dimensions set out in Article 15 of Part Two. These lines must be prepared as follows:
- 15.6.3.1.1** The distance between the centre points of each lane must be 2.5 metres.
- 15.6.3.1.2** The centre of the first line must be directly under the plummet of the 3 metre springboard (see Appendix 3).
- 15.6.4** **Dry Land Facilities:**
- 15.6.4.1** There must be a trampoline with spotting equipment available at the venue. If available, two trampolines and a dry land area with a springboard and a platform take-off into foam landing pits are to be made available as detailed in Appendices 4 to 7.
- 15.6.5** **Field of Play:**
- 15.6.5.1** If the Diving pool and the Swimming pool are in the same competition area, the minimum distance separating the pools must be at least 8 metres, however 10 metres is preferred (see Article 16.2.17 of Part Two).
- 15.7** **Electronic officiating equipment for Diving events:**
- 15.7.1** Electronic officiating equipment records the Judges' awards for each Athlete and determines the final score for each dive as required by Article 7 of this Part Four.
- 15.7.2** Electronic officiating equipment must be able to:
- 15.7.2.1** Record Judges' awards by whole and half points.
- 15.7.2.2** Display all recorded and calculated information for each Athlete both before and after each dive.
- 15.7.2.3** Display the scores for all Athletes before and after each dive.
- 15.7.2.4** Display the rank order and scores for all Athletes after each round of dives.
- 15.7.2.5** 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. It must also be able to display all awards after the Referee has accepted the Judges' awards.
- 15.7.2.6** Provide a Judges' analysis at the conclusion of each event or series.
- 15.7.2.7** Provide Judges with a monitor on which they will be able to view the awards of all the Judges prior to the awards being displayed on the score board.
- 15.7.2.8** Print out the following information:
- 15.7.2.8.1** the draw for the diving order;
- 15.7.2.8.2** a start list for each round, stage, or event;
- 15.7.2.8.3** a ranking of dives at the end of each round;
- 15.7.2.8.4** a ranking of dives at the end of each stage;
- 15.7.2.8.5** a ranking of dives at the end of each event; and
- 15.7.2.8.6** Judges' awards and scores for each Athlete at the end of each stage, round, and event.
- 15.8** **Dry Land Facilities:**
- 15.8.1** The required dimensions in metres for dry land facilities are detailed Appendices 4 to 7.
- 15.8.2** For the safety, practice, and development of Athletes and competitions, it is strongly recommended that the guidelines presented in Appendix 6 below are displayed at the venue, adjacent to the competitive diving area and/or close to competition facilities.
- 15.8.3** When minimum dimensions are used in B and C (of Appendix 6), a vertical mat or other protective surface must be attached to the appropriate forward and side walls.



**16 MEDICAL AND SAFETY SPECIFIC REQUIREMENTS FOR DIVING**

**16.1** The medical requirements for World Aquatics Events are described in Article 8.2 of Part One. However, in addition, the below provisions apply to all Diving events.

**16.2 Location of the Medical Station:**

**16.2.1** Whenever possible, the Medical Station must be positioned where, or very close to where, Athletes exit the pool.

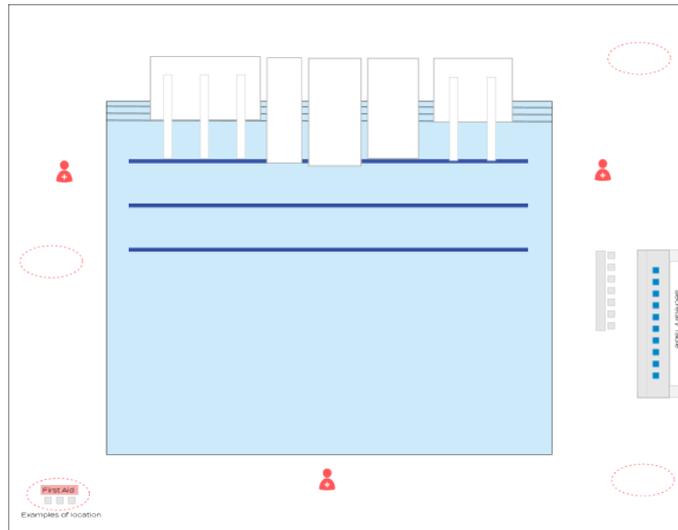
**16.3 Water rescue and lifeguards:**

**16.3.1** Lifeguards must be experienced in deep water rescue and in the management of suspected cervical spine injury.

**16.3.2** At least three (3) lifeguards are required at all times where training or events are taking place at competitions.

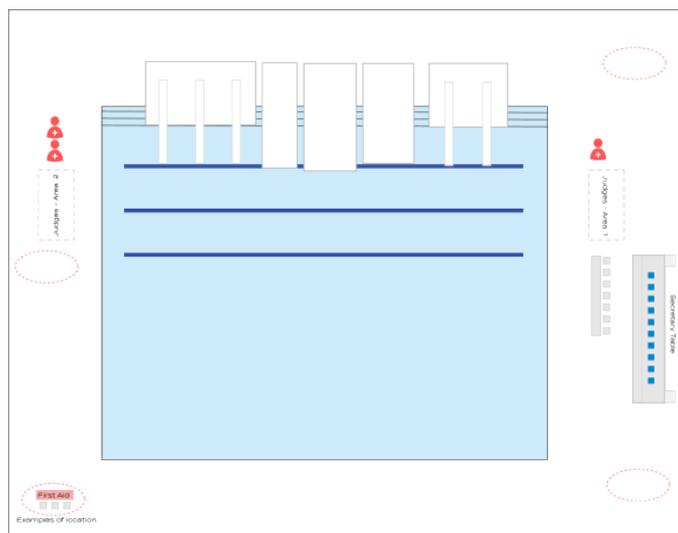
**16.4** Location of lifeguards during training:

**16.4.1** Three (3) lifeguards must be located on different sides of the pool to maximally cover the training area, as shown in the figure immediately below.



**16.5 Location of lifeguards during Diving events:**

**16.5.1** During all Diving events, two (2) lifeguards must be positioned on the side of the pool closest to the location of the dive (e.g., on the side of the 3 metre springboard). The third lifeguard must be located on the other side of the pool, as shown in the figure immediately below.



**16.6 First aid response in the dry land area:**

**16.6.1** A first-aid responder must be present in the dry land area and be in communication with the Medical Station on the Field of Play.

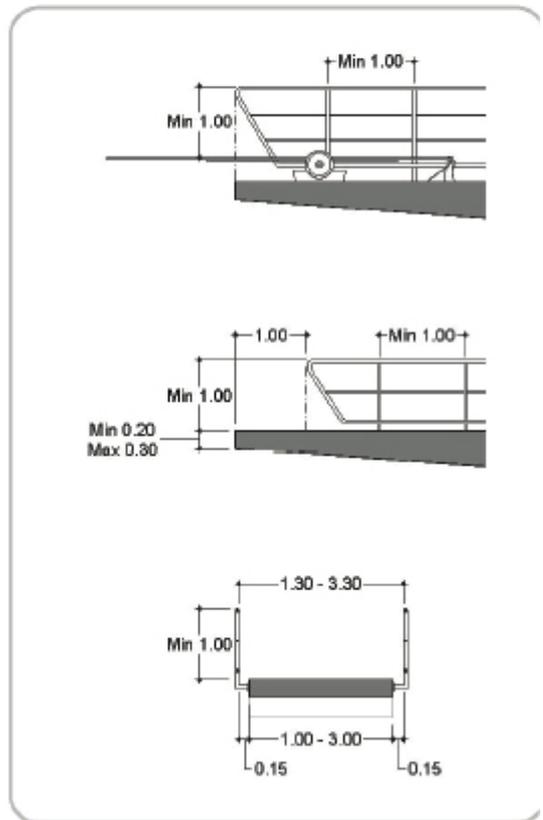
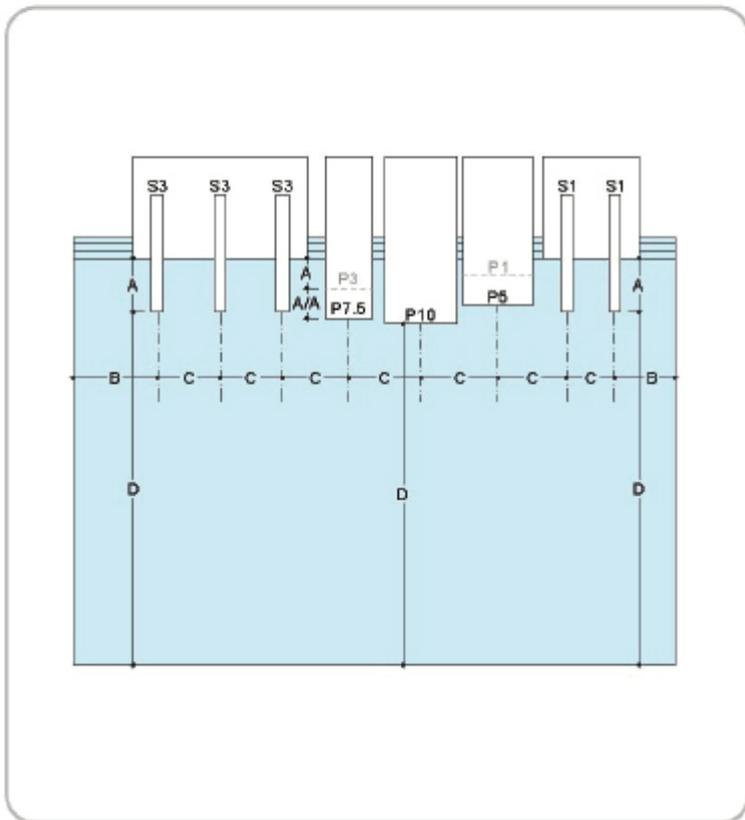
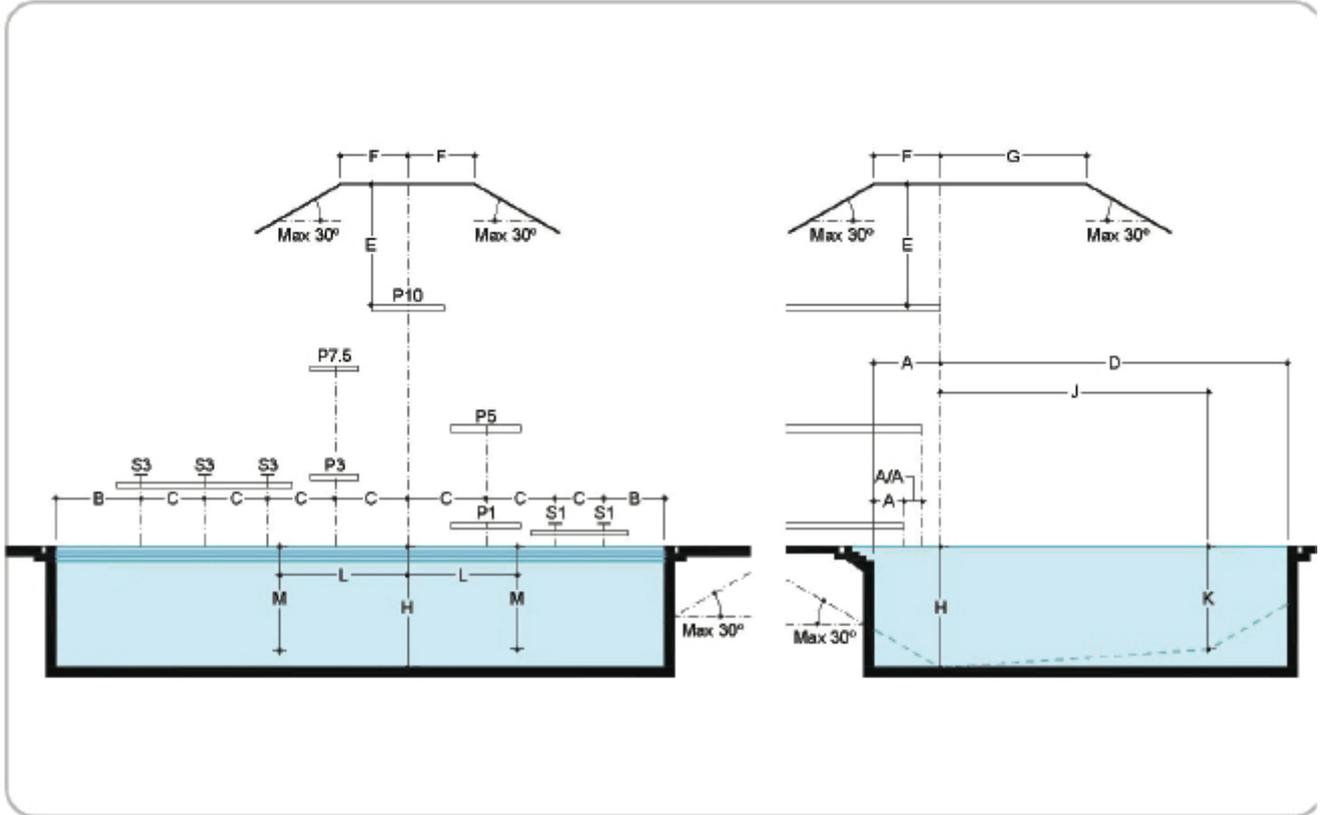

**17 APPENDICES**

<b>17.1</b>	APPENDIX 1 – REQUIRED DIMENSIONS FOR DIVING FACILITIES .....	154
<b>17.2</b>	APPENDIX 2 – DIVING FACILITY SPECIFICATIONS .....	155
<b>17.3</b>	APPENDIX 3 - DIVING FIELD OF PLAY FOR THE OLYMPIC GAMES AND WORLD AQUATICS CHAMPIONSHIPS .....	157
<b>17.4</b>	APPENDIX 4 – DIAGRAM OF DRY LAND FACILITIES FOR DIVING .....	158
<b>17.5</b>	APPENDIX 5 – DETAILS OF DRY LAND FACILITIES FOR DIVING.....	159
<b>17.6</b>	APPENDIX 6 – GUIDELINES FOR DRY LAND FACILITIES FOR DIVING.....	160
<b>17.7</b>	APPENDIX 7 - EQUIPMENT FOR DRY LAND FACILITIES FOR DIVING .....	161
<b>17.8</b>	APPENDIX 8 – DEGREES OF DIFFICULTY FOR SPRINGBOARD DIVES .....	162
<b>17.9</b>	APPENDIX 9 –TABLE OF DEGREES OF DIFFICULTY FOR SPRINGBOARD DIVES.....	164
<b>17.10</b>	APPENDIX 10 –DEGREES OF DIFFICULTY FOR PLATFORM DIVES.....	167
<b>17.11</b>	APPENDIX 11 – TABLE OF DEGREES OF DIFFICULTY FOR PLATFORM DIVES.....	169



17.1

APPENDIX 1 – REQUIRED DIMENSIONS FOR DIVING FACILITIES




**17.2 APPENDIX 2 – DIVING FACILITY SPECIFICATIONS**

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 <b>Concrete Platform</b>	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	
A/A	From plummet back to pool wall for <b>Pedestals and Metal Stands</b>	Minimum	1.50		1.50											
		Preferred	1.83		1.83											
		Designation									A/A 5/1		A/A 7.5/3,1		A/A 10/5, 3,1	
B	From plummet to <b>Pool Wall at Side</b>	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 <b>Adjacent Plummet</b>	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 <b>Minimum Pool Wall Ahead</b>	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 <b>Board to Ceiling</b>	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	<b>Clear Overhead</b> 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	<b>Clear Overhead</b> 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	<b>Depth of Water</b> 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	5.00		5.00		5.00		5.00		5.00		5.00		5.00	
J K	<b>Distance and Depth</b> 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	<b>Distance and Depth</b> 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	L-10	M-10
		Minimum	1.50	3.40	2.00	3.70	1.40	3.20	1.80	3.50	3.00	3.70	3.75	4.40	4.50	5.00
		Preferred	2.00	3.50	2.50	4.10	1.90	4.00	2.30	4.10	3.50	4.00	4.50	4.70	5.25	5.25
N	Maximum slope to reduce dimensions beyond full requirements for pool depth and ceiling height = 30 Degrees															

**Notes on Diving Facilities:**

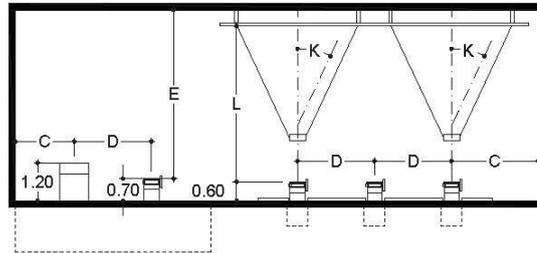
- The minimum distance between adjacent platforms must be at least 0.25 metres.
- Dimensions B (plummet to pool wall at side) and C (plummet to adjacent plummet) apply to platforms with widths as detailed in Article 14.2.2 of Part Five. If Platform widths are increased, then dimensions B and C shall 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.
- The end of 5, 3 and 1 metre platforms must not project beyond the ends of the 3 metre and 1 metre springboards when they are adjacent to each other.



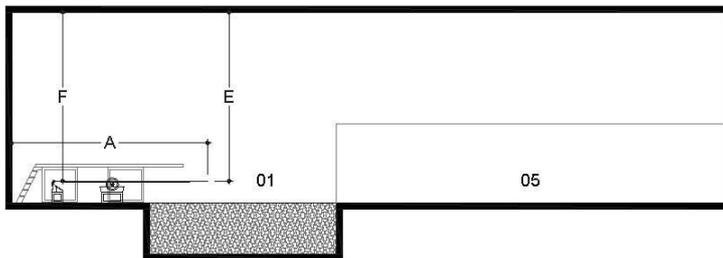




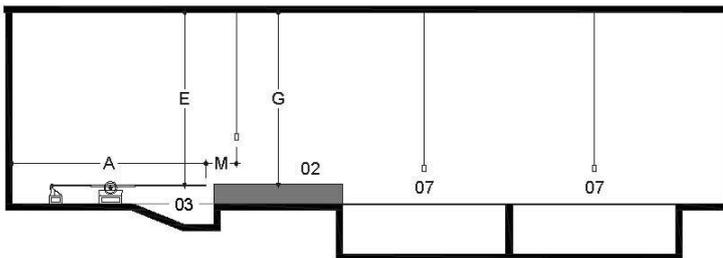
**17.4 APPENDIX 4 – DIAGRAM OF DRY LAND FACILITIES FOR DIVING**



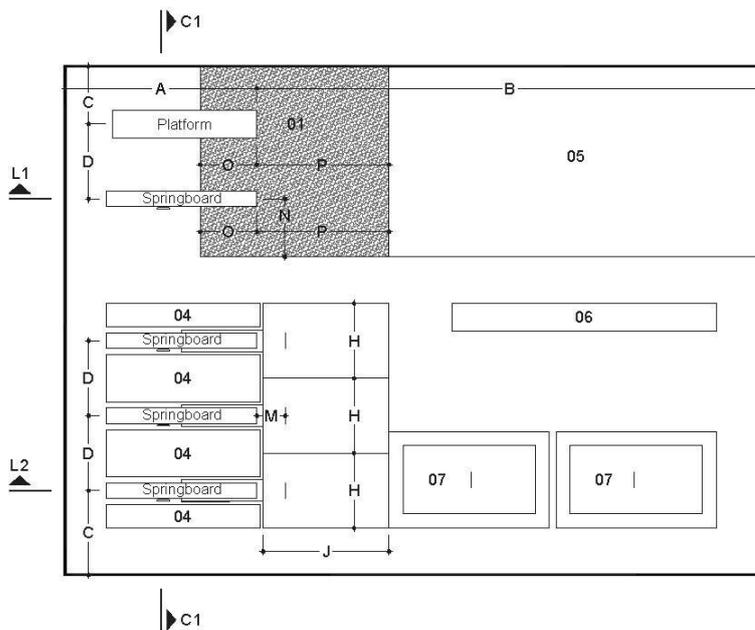
**Cross Section - C1**



**Longitudinal Section - L1**



**Longitudinal Section - L2**



**Diving Dry Land Equipment**

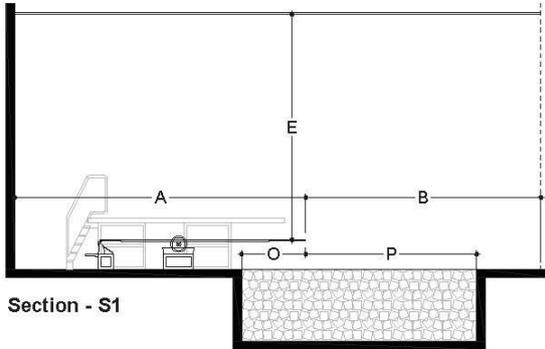
1. Block Foam Land Pit
2. Landing Foam Pit
3. Pit\*
4. Mat
5. Gymnastics Spring Floor
6. Padded Platform Bench
7. Trampoline Bed

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

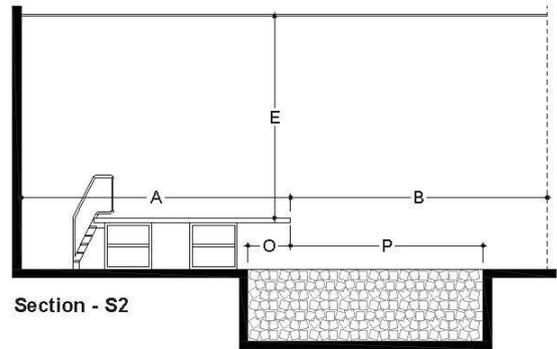


17.5

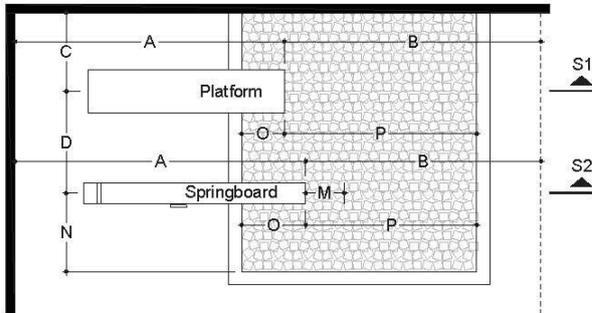
APPENDIX 5 – DETAILS OF DRY LAND FACILITIES FOR DIVING



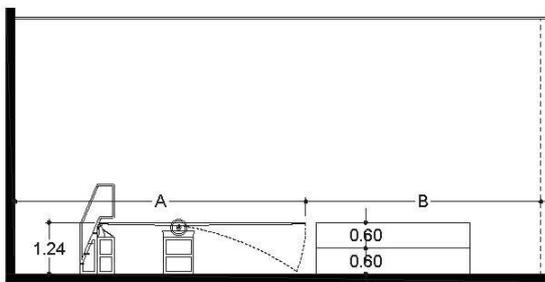
Section - S1



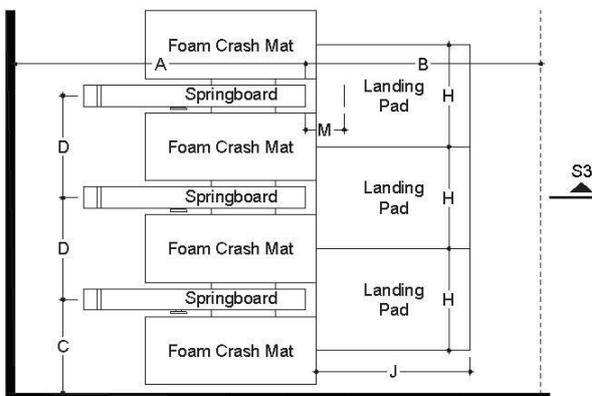
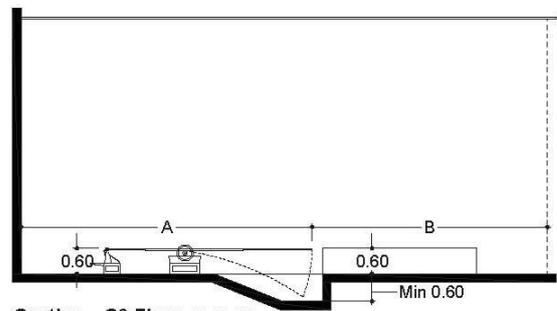
Section - S2



Section - S3 Flat floor



Section - S3 Floor recess





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 plumbet Back to Building Wall	Designation	A-1		A-PL
		Minimum	4.88		Varies
		Preferred	6.10		Infinity
B	From plumbet to Building Wall at Ahead	Designation	B-1		B-PL
		Minimum	3.66		3.66
		Preferred	Infinity		Infinity
C	From plumbet to Building Wall at Side	Designation	C-1		C-PL
		Minimum	1.83		1.83
		Preferred	Infinity		Infinity
D	From plumbet to Adjacent Plumbet	Designation	D-1		D-PL
		Minimum	2.00		2.00
		Preferred	2.40		2.40
E	On plumbet 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 plumbet	Designation	F-1	F-1	F-PL
		Minimum	2.50	4.50	1.50
		Preferred	Varies	6.40	Varies
G	Clear Overhead ahead of plumbet	Designation	G-1	G-1	G-PL
		Minimum	5.00	4.50	1.50
		Preferred	Varies	6.40	Varies
H	Width or Landing Pit in front of plumbet	Designation	H-1		H-PL
		Minimum	1.83		1.50
		Preferred	Varies		Varies
J	Length or Landing Pit in front of plumbet	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 Plumbet to Spotting Rig	Designation	M-1		M-PL
		Minimum	0.76		0.76
		Preferred	0.91		0.91
N	From plumbet 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 Plumbet 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.


**17.7 APPENDIX 7 - EQUIPMENT FOR DRY LAND FACILITIES FOR DIVING**

Recommended equipment in dry land facilities							
For a major event: Minimum of 350-400 square metres will be needed for the equipment. If necessary, the space can be divided into separate areas. For example, using an existing gymnasium and a separate area for dry boards, pits and other diving related equipment.							
World Aquatics minimum requirements for new and existing dry land facilities are minimum of 275 square metres.							
			Number		Suggested dimensions		
1	<b>Diving Boards</b>	Springboard as FR 5.1.1 mounted on diving stands with movable fulcrums.	Minimum	2			
			Preferred	4			
2	<b>Dry Land Stands</b>		Minimum	2			
			Preferred	4			
3	<b>Diving Board Landing mats</b>	Foam landing mats for Dry land diving boards are located in front of the diving boards	Minimum	2	Floor	Width	Length
			Preferred	4	120cm	1.50m min.	1.50m min.
4	<b>Trampolines</b>		Minimum	2			
			Preferred	4			
5	<b>Spotting rigs</b>	2 rigs over 2 of the 4 trampolines		2			
6	<b>Panel mats</b>		Minimum	8			
			Preferred	8			
7	<b>Stall bars</b>	Stall bars minimum use 4 people					
8	<b>Foam Crash Mats</b>		Minimum	2	Height	Width	Length
			Preferred	4	22cm	2m	3m
9	<b>Somersault Boxes</b>		Minimum	8	Height	Width	Length
			Preferred	8	0.3m	1m	1m
10	<b>Landing mats for somersault boxes</b>		Minimum	8			
			Preferred	8			
11	<b>Platform in to foam pit</b>			1	1-3m		
12	<b>Spring floor or air track one mat</b>				0.2m min.	1m min.	10m min.
13	<b>Stretching Mats</b>		Minimum	2	Height	Width	Length
			Preferred	4	0.3m	1m	2m
14	<b>Large Mirrors</b>	Should be placed on walls so Athletes can observe body movements while training on equipment.					
15	<b>Video Replay System (Similar to TIVO)</b>	With at least 2 cameras and 2 monitors. This allows Athletes to review acrobatic skills performed on springboard and trampoline.					
16	<b>Weightlifting Equipment</b>	Combination of free weights and weightlifting machines.					
17	<b>Cardio Conditioning Equipment</b>	stationary bicycles.	Minimum	2			
			Preferred	4			
*Please note: Foam crash mats may be stacked to a height of 120cm for the foam landing pads, or Foam pits maybe used instead of landing pads.							


**17.8**
**APPENDIX 8 – DEGREES OF DIFFICULTY FOR SPRINGBOARD DIVES**
**World Aquatics Degree of Difficulty – Formula and components**

Degree of Difficulty is calculated by adding:

$$A + B + C + D + E = \text{Degree of Difficulty}$$

**A. Somersaults**

Level / Somersault(s)	0	½	1	1½	2	2½	3	3½	4	4½
1 metre	0.9	1.1	1.2	1.6	2.0	2.4	2.7	3.0	3.3	3.8
3 metre	1.0	1.3	1.3	1.5	1.8	2.2	2.3	2.8	2.9	3.5

**B. Flight Position – for dives with a flying action 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
<b>C = Tuck</b>	0.1	0.1	0.1	-0.3	0	0	0	0.1	0	0.1	0	0.2	0	0	0	0.3	0	0.1	0.2	0.4
<b>B = Pike</b>	0.2	0.2	0.2	-0.2	0.1	0.3	0.3	0.3	0.2	0.3	0.2	0.5	0.3	0.3	0.3	0.6	0.4	0.4	0.5	0.8
<b>A = Str</b>	0.3	0.3	0.3	0.1	0.4	0.5	0.6	0.8	0.6	0.7	0.6	-	-	-	-	-	-	-	-	-
<b>D = Free</b>	0.1	0.1	0.1	-0.1	0	-0.1	-0.1	0.2	0	-0.1	-0.2	0.4	0	0	0	-	-	-	-	-
<b>E = Fly</b>	0.2	0.1	0.1	0.4	0.2	0.2	0.2	0.5	0.3	0.3	0.3	0.7	0.4	-	-	-	-	-	-	-

Seven of the above components have negative values. Dashes (-) indicate dives that currently are not completed in competition.

**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 Twist ½ - 2 Som.	2½ Twists 2½-3½ Som.	3 Twists	3½ Twists	4 Twists	4½ Twists
<b>Fwd.</b>	0.4	0.4	0.4	0.4	0.6	0.8	0.8	1.0	1.2	1.2	1.5	1.6	1.9	2.0
<b>Back</b>	0.2	0.4	0	0	0.4	0.8	0.7	0.8	1.2	1.1	1.4	1.7	1.8	2.1
<b>Rev.</b>	0.2	0.4	0	0	0.4	0.8	0.6	0.8	1.2	1.0	1.4	1.8	1.8	2.1
<b>Inw.</b>	0.2	0.4	0.2	0.4	0.4	0.8	0.8	0.8	1.2	1.2	1.5	1.6	1.9	2.0

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

Dives with 1 or 1½ somersaults and twists may only be executed in position D.

Dives with 2 or more somersaults and twists may 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 Athlete does not see the water before the entry. The component is the same at all levels. Dashes (-) indicate the Athlete does see the water before the entry. The component is the same at all levels.

**F.** Examples

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

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


**17.9**
**APPENDIX 9 –TABLE OF DEGREES OF DIFFICULTY FOR SPRINGBOARD DIVES**
World Aquatics Table of Degree of Difficulty

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

SPRINGBOARD		1 METRE				3 METRE			
		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 METRE				3 METRE			
		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 METRE				3 METRE			
		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 1 Twist	-	-	-	2.0	-	-	-	2.1
5323	Reverse Somersault 1½ Twists	-	-	-	2.4	-	-	-	2.5
5325	Reverse Somersault 2½ Twists	-	-	-	2.8	-	-	-	2.9
5331	Reverse 1½ Somersaults ½ Twist	-	-	-	2.2	-	-	-	2.1
5333	Reverse 1½ Somersaults 1½ Twists	-	-	-	2.6	-	-	-	2.5
5335	Reverse 1½ Somersaults 2½ Twists	-	-	-	3.0	-	-	-	2.9
5337	Reverse 1½ Somersaults 3½ Twists	-	-	-	3.6	-	-	-	3.5
5339	Reverse 1½ Somersaults 4½ Twists	-	-	-	-	-	-	-	3.8
5351	Reverse 2½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5353	Reverse 2½ Somersaults 1½ Twists	-	3.5	3.3	-	-	3.3	3.1	-
5355	Reverse 2½ Somersaults 2½ Twists	-	3.9	3.7	-	-	3.7	3.5	-
5371	Reverse 3½ Somersaults ½ Twist	-			-	-	3.4	3.1	-
5373	Reverse 3½ Somersaults 1½ Twists	-			-	-		3.7	-
5375	Reverse 3½ Somersaults 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


**17.10 APPENDIX 10 – DEGREES OF DIFFICULTY FOR PLATFORM DIVES**
**World Aquatics Degree of Difficulty – Formula and components**

Degree of Difficulty is calculated by adding:

$$A + B + C + D + E = \text{Degree of Difficulty}$$

**G. Somersaults**

Level	Somersault(s)										
	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

**H. Flight Position For dives with a flying action 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
<b>C = Tuck</b>	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>B = Pike</b>	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
<b>A = Str</b>	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	-	-
<b>D = Free</b>	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
<b>E = Fly</b>	0.2	0.1	0.1	0.4	-	0.2	0.2	0.2	0.5	-	0.3	0.3	0.3	0.7	-

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

Seven of the above components have negative values. Dashes (-) indicate dives that currently are not completed in competition.

**I. 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.
<b>Forward</b>	0.4	0.4	0.4	0.4	0.6	0.8	0.8	1.0	1.2	1.2	1.5	1.6	1.6	1.9	2.0	2.0
<b>Back</b>	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
<b>Reverse</b>	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
<b>Inward</b>	0.2	0.4	0.2	0.4	0.4	0.8	0.8	0.8	1.2	1.2	1.5	1.6	1.6	1.9	2.0	2.0
<b>Arm. Forw.</b>	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
<b>Arm. Back / Rev</b>	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 may only be executed in positions A, B, or C.

Dives with 1 or 1½ somersaults and twists may only be executed in position D.

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

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



Armstand dives with 2½ or more somersaults and twist may only be executed in positions B or C.

**J.** 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

**K.** 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.	Armstand Inward with 0-2 Soms.	Armstand Inward with more than 2 Soms.
5m/7.5m/10m	0.2	0.4	0.2	0.4	0.3	0.5	0.3	0.5

**L.** 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/Inward	0.1	-	0.2	-	0.3	-	0.4	-	0.4	0.0

A value indicates the Athlete does not see the water before the entry. The component is the same at all levels. Dashes (-) indicate the Athlete 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
309	B	10	3.5	0.6	0.0	0.3	0.4	4.8
309	C	10	3.5	0.3	0.0	0.3	0.4	4.5
5371	C	10	2.7	0.0	0.0	0.3	0.0	3.0
6247	D	10	1.9	0.0	2.1	0.0	0.0	4.0


**17.11 APPENDIX 11 – TABLE OF DEGREES OF DIFFICULTY FOR PLATFORM DIVES**
**World Aquatics Table of Degree of Difficulty**

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

PLATFORM		10 METRE				7.5 METRE				5 METRE			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUC K	FREE	STR	PIKE	TUC K	FREE
<b>Forward Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
101	Forward Dive	1.6	1.5	1.4	-	1.6	1.5	1.4	-	1.4	1.3	1.2	-
102	Forward 1 Somersault	1.8	1.7	1.6	-	1.7	1.6	1.5	-	1.6	1.5	1.4	-
103	Forward 1 ½ Somersaults	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
104	Forward 2 Somersaults	2.5	2.2	2.1	-	2.4	2.1	2.0	-	2.6	2.3	2.2	-
105	Forward 2 ½ Somersaults	2.7	2.3	2.1	-		2.4	2.2	-		2.6	2.4	-
106	Forward 3 Somersaults		3.0	2.7	-		2.8	2.5	-		3.2	2.9	-
107	Forward 3 ½ Somersaults		3.0	2.7	-		3.1	2.8	-			3.0	-
108	Forward 4 Somersaults		4.1	3.7	-				-				-
109	Forward 4 ½ Somersaults		4.1	3.7	-				-				-
1011	Forward 5 ½ Somersaults			4.7	-				-				-
112	Forward Flying Somersaults	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
113	Forward Flying 1 ½ Somersaults	-	1.8	1.7	-	-	1.8	1.7	-	-	1.9	1.8	-
114	Forward Flying 2 Somersaults	-	2.4	2.3	-	-	2.3	2.2	-	-	2.5	2.4	-
115	Forward Flying 2 ½ Somersaults	-	2.6	2.4	-	-		2.5	-	-			-

<b>Back Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
201	Back Dive	1.9	1.8	1.7	-	1.9	1.8	1.7	-	1.7	1.6	1.5	-
202	Back 1 Somersault	1.9	1.8	1.7	-	1.8	1.7	1.6	-	1.7	1.6	1.5	-
203	Back 1 ½ Somersaults	2.4	2.2	1.9	-	2.4	2.2	1.9	-	2.5	2.3	2.0	-
204	Back 2 Soms Somersaults	2.6	2.4	2.1	-	2.5	2.3	2.0	-		2.5	2.2	-
205	Back 2 ½ Somersaults	3.3	2.9	2.7	-		3.0	2.8	-		3.2	3.0	-
206	Back 3 Somersaults		3.0	2.7	-		2.8	2.5	-		3.2	2.9	-
207	Back 3 ½ Somersaults		3.6	3.3	-			3.5	-				-
208	Back 4 Somersaults		4.1	3.8	-		4.2	3.9	-		4.4	4.1	-
209	Back 4 ½ Somersaults		4.5	4.2	-				-				-
212	Back Flying Somersaults	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
213	Back Flying 1 ½ Somersaults	-	2.4	2.1	-	-	2.4	2.1	-	-	2.5	2.2	-
215	Back Flying 2 ½ Somersaults	-	3.2	3.0	-	-			-	-			-



PLATFORM		10 METRE				7.5 METRE				5 METRE			
		STR	PIKE	TUC K	FREE	STR	PIKE	TUC K	FREE	STR	PIKE	TUC K	FREE
<b>Reverse Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
301	Reverse Dive	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
302	Reverse 1 Somersault	2.0	1.9	1.8	-	1.9	1.8	1.7	-	1.8	1.7	1.6	-
303	Reverse 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 Somersaults 1½	-	2.5	2.2	-	-	2.5	2.2	-	-	2.6	2.3	-

<b>Inward Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
401	Inward Dive	1.7	1.4	1.3	-	1.7	1.4	1.3	-	1.8	1.5	1.4	-
402	Inward 1 Somersault	1.9	1.6	1.5	-	1.8	1.5	1.4	-	2.0	1.7	1.6	-
403	Inward 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 Somersaults 1½	-	2.5	2.3	-	-	2.6	2.4	-	-	2.9	2.7	-

<b>Twisting Group (Forward)</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
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 METRE				7.5 METRE				5 METRE			
		STR	PIKE	TUC K	FREE	STR	PIKE	TUC K	FREE	STR	PIKE	TUC K	FREE
<b>Twisting Group (Back)</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
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	-	-			-	-			-

<b>Twisting Group (Reverse)</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
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 METRE				7.5 METRE				5 METRE			
		STR	PIKE	TUC K	FREE	STR	PIKE	TUC K	FREE	STR	PIKE	TUC K	FREE
<b>Twisting Group (Inward)</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
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
610	Armstand Dive (Armstand with body back to water)	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	-	-	-	-	-	-	-	-	-

640	Armstand Dive (Armstand with body front to water)	1.7	-	-	-	1.7	-	-	-	1.6	-	-	-
641	Armstand Inward Somersault 1/2	-	2.0	1.8	-	-	2.0	1.8	-	-	1.8	1.6	-
642	Armstand Inward Somersault 1	-	2.0	1.8	-	-	1.9	1.7	-	-	1.8	1.6	-
644	Armstand Inward Somersaults 2	-	2.5	2.2	-	-	2.4	2.1	-	-	2.6	2.3	-
646	Armstand Inward Somersaults 3	-	3.4	3.2	-	-	-	-	-	-	-	-	-

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**