

DIVING RULES 2009-2013

D 1 GENERAL

D 1.1 These Rules shall govern all Diving competitions covered by BL 8 and GR 9 (Olympic Games and World Championships), BL 9 (World Diving Cup), and GR 10 (World Junior Championships).

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

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

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

D 1.5 Diving Number Designations

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

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

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

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

D 1.5.4 The third digit shall indicate the number of half somersaults being performed. For example 1 = ½ somersault, 3 = 1½ somersaults etc.

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

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

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

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

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

- A = Straight
- B = Pike
- C = Tuck
- D = Free

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

D 1.6 Degree of Difficulty

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

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

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

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

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

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

D 2 COMPETITIONS

D 2.1 General

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

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

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

D 2.1.4 When the tournament system is used, the divers shall compete in all remaining sessions of the competition in the reverse order of their ranking determined by the total scores at the end of the preliminary competition. In the case of a tie, the order shall be determined by a draw between the affected divers.

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

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

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

D 2.1.8 In the individual events, the diver with the highest total points shall be declared the winner of that event.

D 2.1.9 In the synchronised events, the team with the highest total points shall be declared the winner of that event.

The procedure for protests is outlined in GR 9.2.

D 2.2 1 meter springboard

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

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

D 2.3 3 meter springboard and 10 meter platform

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

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

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

D 2.4 Synchronised Diving - 3 meter springboard and 10 meter platform

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

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

D 2.4.3 The preliminary, semi-final and final competition are separate events, each starting from zero (0) points.

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

D 3 COMPETITION FORMAT

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

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

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

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

D 3.5 1 meter and 3 meter springboard – men and women

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

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

D 3.6 Platform – men and women

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

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

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

D 3.7 Synchronised diving

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

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

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

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

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

D 4 STATEMENT OF DIVES

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

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

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

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

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

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

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

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

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

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

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

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

D 5 COMPETITION PROCEDURE

D 5.1 Control of Competition

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

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

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

D 5.2 Composition of the Judges Panels

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

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

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

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

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

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

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

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

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

D 6 DUTIES OF THE REFEREE AND ASSISTANT REFEREES

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

D 6.2 The Referee may designate Assistant Referees, who:

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

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

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

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

D 6.6 Following an interruption, the competition shall be continued from where it was stopped. The points scored before the interruption shall be carried forward into the remaining portion of the competition, whenever it is held. Note: If the competition cannot be continued, the result will be determined by the Jury of Appeal.

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

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

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

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

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

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

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

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

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

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

D 6.17 When it is quite clear that the dive has been performed in a position other than that announced, the Referee shall repeat the announcement, and declare that the maximum award shall be 2 points, before giving the judges the signal to show their marks. If a judge then awards more than 2 points, the Referee shall declare the award from that judge to be 2 points.

D 6.18 When the Referee is certain that a diver has performed a dive of a number other than that announced, the Referee shall declare it a failed dive.

D 6.19 When one or both arms are held above the head in a feet first entry or below the head in a head first entry, the Referee shall declare the maximum award to be 4½ points. If a judge then awards more than 4½ points, the Referee shall declare the award from that judge to be 4½ points.

D 6.19.1 In head first dives, if the feet enter the water before the head or hands, the Referee shall declare it a failed dive.

D 6.19.2 In feet first dives, if the head or hands enter the water before the feet, the Referee shall declare it a failed dive.

D 6.20 During the execution of a dive, there shall be no assistance to the diver from any person. Assistance between dives shall be permitted.

D 6.21 The Referee may declare a dive to be failed if he considers that assistance has been given to the diver after the starting signal.

D 6.22 When a diver in a running dive takes a step and stops or in a standing dive stops the movement for the take-off after the legs have commenced to press, the Referee shall declare there has been a re-start and shall deduct 2 points from the award of each judge.

D 6.23 When there is a restart in a running, standing, or armstand dive, the Referee shall deduct 2 points from the award of each judge.

D 6.24 When a second attempt (a re-start) is unsuccessful, the Referee shall declare a failed dive.

D 6.25 When a diver refuses to execute a dive, the Referee shall declare a failed dive.

D 6.26 If a diver in a competition disturbs a contest, the Referee may exclude him from that competition. If a member of a team, a coach or an official disturbs a contest, the Referee may exclude that person from the competition area.

D 6.27 The Referee may remove any judge from the competition whose judgement he regards as unsatisfactory and may appoint another judge to replace him. At the end of the competition the Referee shall make a written report to the Jury of Appeal.

D 6.28 Such a change of judge shall take place only at the end of a session or round of dives performed by each diver.

D 6.29 At the end of the competition the Referee shall confirm the final results by his signature.

D 7 DUTIES OF THE SECRETARIAT

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

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

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

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

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

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

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

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

Individual competitions

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

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

Synchronised Diving competitions

Nine (9) judges: Execution diver 1: ~~7.0~~, 6.5 Execution diver 2: 5.5, ~~5.5~~

Synchro awards: ~~8.5~~, 8.0, 8.0, 7.5, ~~7.5~~ = $35.5 : 5 \times 3 = 21.3 \times 2.8 = 59.64$

Eleven (11) judges: Execution diver 1: ~~7.0~~, 6.5, ~~6.0~~ Execution diver 2: ~~5.5~~, 5.5, ~~7.0~~

Synchro awards: ~~8.0~~, 8.0, 7.5, 8.0, ~~7.0~~ = $35.5 : 5 \times 3 = 21.3 \times 2.8 = 59.64$

D 7.9 When a judge by reason of illness or any other unforeseen circumstances, has made no award for a particular dive, the average of the awards of the other judges shall be adopted as the missing award. The award shall be rounded up or down to the nearest half point or whole point. Averages ending in .25 or higher shall be rounded to .50. Averages ending in .75 or higher shall be rounded to .00.

D 7.10 In synchronised diving, when a judge (execution or synchronised) by reason of illness or any other unforeseen circumstances, has made no award for a particular dive, in an eleven (11) judge panel, the average of the awards of the other two (2) execution judges of the same diver, or the average of the other four synchronised judges, shall be adopted as the missing award. The average award shall be rounded up or down to the nearest half point or whole point. Averages ending in .25 or higher shall be rounded to .50. Averages ending in .75 or higher shall be rounded up to .00. In a nine (9) judge panel, the award of the other execution judge of the same diver shall be adopted as the missing award

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

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

D 7.13 The final result at FINA events shall be announced in one of the official languages of FINA (English or French).

D 8 JUDGING

D 8.1 General

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

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

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

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

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

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

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

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

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

D 8.2 The starting position

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

D 8.2.2 The starting position shall be free and unaffected.

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

D 8.2.4 Standing dives

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

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

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

D 8.2.5 Running dives

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

D 8.2.6 Armstand dives

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

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

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

D 8.3 The approach

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

D 8.3.2 When the run is not smooth, aesthetically pleasing, or in a forward direction to the end of the springboard or platform, each judge shall deduct ½ to 2 points, according to his opinion.

D 8.3.3 When the final step is not from one foot, the Referee shall declare a failed dive.

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

D 8.4 The take-off

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

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

D 8.4.3 When the take-off from the springboard is not from both feet simultaneously, the Referee shall declare it a failed dive.

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

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

D 8.4.6 In dives with twist, the twisting shall not be manifestly done from the springboard or platform. If the twisting is manifestly done from the springboard or platform, each judge shall deduct ½ to 2 points, according to his opinion.

D 8.5 The flight

D 8.5.1 If during the execution of a dive, a diver touches the end of the springboard or platform, or dives to the side of the direct line of flight, each judge shall deduct according to his opinion.

D 8.5.2 During the flight, the position of the dive shall be at all times aesthetically pleasing. Should any of the positions not be shown as described below, each judge shall deduct ½ to 2 points, according to his opinion.

The dive can be executed in the following positions:

Straight (A)

D 8.5.3 In the straight position the body shall not be bent either at the knees or hips. The feet shall be together and the toes pointed. The position of the arms is at the option of the diver.

D 8.5.4 In all flying dives a straight position shall be clearly shown and that position shall be assumed from the take off or after one somersault. When the straight position is not shown for at least one quarter of a somersault (90°) in dives with one (1) somersault, and at least one half of a somersault (180°) in dives with more than one (1) somersault, the maximum award by the judges shall be 4½ points.

Pike (B)

D 8.5.5 In the pike position the body shall be bent at the hips, but the legs must be kept straight at the knees, the feet shall be together, and the toes pointed. The position of the arms is at the option of the diver.

D 8.5.6 In the pike dives with twist, the pike position must be clearly shown. Should this position not be shown, each judge shall deduct ½ to 2 points, according to his opinion.



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

Tuck (C)

D 8.5.7 In the tuck position the body shall be compact, bent at the knees and hips with the knees and feet together. The hands shall be on the lower legs and the toes pointed.

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



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

Free position (D)

D 8.5.9 In the free position, the body position is optional but the legs shall be together and the toes pointed.

D 8.5.10 In somersault dives with twist, the twist may be performed at any time during the dive.

D 8.6 The entry

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

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

D 8.6.3 In head first entries, the arms shall be stretched beyond the head and in line with the body, with the hands close together. If one or both arms are held below the head on entry, the Referee shall declare a maximum award of 4½ points.

D 8.6.4 In feet first entries, the arms shall be close to the body with no bending at the elbows. If one or both arms are held beyond the head on entry, the Referee shall declare a maximum award of 4½ points.

D 8.6.5 Other than as provided in Rules D 8.6.3 and D 8.6.4, when the arms are not in the correct position in either the head first or feet first entry, each judge shall deduct from ½ to 2 points, according to his opinion.

D 8.6.6 When a twist is greater or less than that announced by 90 degrees or more, the Referee shall declare it a failed dive

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

D 9 JUDGING SYNCHRONISED DIVING

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

D 9.2 The rules for judging individual diving shall apply to the execution of dives in synchronised diving, except that when a diver performs an incorrect or different dive, the Referee shall declare it a failed dive.

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

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

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

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

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

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

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

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

D 9.10 The synchronisation judges must not be influenced by any factor other than the co-ordinated performance of the two divers and not the execution of either dive.

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

D 9.12 When any of the following faults are shown, each synchronisation judge shall deduct from ½ to 2 points, according to his opinion, for the lack of:

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

D 10 SUMMARY OF THE PENALTIES

Referee to declare "Failed Dive"; 0 points

D 6.12 If the diver takes more than one minute, after a warning.

D 6.16 If a diver double bounces on the end of the springboard or platform before take-off.

D 6.18 If a diver has performed a dive of a number other than that announced.

D 6.19.1 If the feet enter the water before the head or hands in a head first dive.

D 6.19.2 If the head or hands enter the water before the feet in a feet first dive.

D 6.21 If assistance has been given to the diver after the starting signal.

D 6.24 When a second attempt (a re-start) is unsuccessful.

D 6.25 If a diver refuses the execution of a dive.

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

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

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

D 9.2 / 9.8 In synchronised diving if a diver performs an incorrect and different dive.

D 9.5 In synchronised diving if either diver enters the surface of the water before the other diver leaves the springboard or platform.

D 9.9 In synchronised diving if all execution judges for one diver award zero (0) points.

D 9.10 In synchronised diving if all synchronisation judges award zero (0) points.

Referee to declare "2 points deduction"

D 6.22 If a diver takes a step or stops the movement for the take-off after the legs has commenced to press.

D 6.23 If there is a re-start in a standing, running or armstand dive.

D 9.6 In synchronised diving if there is a re-start by one or both divers.

Referee to declare "2 points maximum"

D 6.17 If a diver performs a dive in a position other than that announced.

Referee to declare "4 1/2 points maximum"

D 6.19 If a diver has one or both arms held above the head in a feet first entry or below the head in a head first entry.

Judges to award "0 points"

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

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

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

Judges to award "2 points maximum"

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

Judges to award "4 1/2 points maximum"

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

D 8.5.4 If in a flying dive, a straight position is not clearly shown for at least one quarter of a somersault (90°) in dives with somersault and at least a half somersault (180°) in dives with more than 1 somersault.

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

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

Judges to deduct "from 1/2 to 2 points"

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

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

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

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

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

D 8.4.5 If the take-off is not bold, high and confident.

D 8.4.6 If in a twist dive, the twisting is manifestly done from the springboard or platform.

D 8.5.2 If the positions as described in the rules are not shown.

D 8.5.6 If in a pike dive with twist, the pike position is not clearly shown.

D 8.5.8 If in a tuck dive with twist, the tuck position is not clearly shown.

D 8.6.5 Notwithstanding Rules D 8.6.3 and D 8.6.4, the arms are not in the correct position in either the head first or feet first entry.

D 9.12 In synchronised diving if any of the following are not shown:

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

Judges to deduct "according to individual opinion"

D 8.5.1 If in a dive, the diver touches the end of the springboard or platform or dives to the side of the direct line of flight.

D 8.6.2 If the entry into the water is not vertical, or nearly so, or twisted with the body not straight, the feet not together and the toes not pointed.

APPENDIX 1

FINA DEGREE OF DIFFICULTY - FORMULA AND COMPONENTS

Note: Degree of Difficulty (DD) is calculated by adding: A + B + C + D + E
EFFECTIVE 15 SEPTEMBER 2009

A Somersaults

	0	½	1	1 ½	2	2 ½	3	3 ½	4 ½
1m and 5m	0.9	1.1	1.2	1.6	2.0	2.4	2.7	3.0	-
3m and 7 ½ m	1.0	1.3	1.3	1.5	1.8	2.2	2.3	2.8	3.5
10 m	1.0	1.3	1.4	1.5	1.9	2.1	2.5	2.7	3.5

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

	0 - 1 Somersault					1 ½ - 2 Somersault					2 ½ Somersault					3 - 3 ½ Somersault					4 ½ Somersaults			
	Fwd	Ba	Re	Inw	Arm	Fwd	Ba	Re	Inw	Arm	Fwd	Ba	Rev	Inw	Arm	Fwd	Ba	Rev	Inw	Arm	Fwd	Ba	Rev	Inw
C = Tuck	0.1	0.1	0.1	-0.3	0.1	0	0	0	0.1	0	0	0.1	0	0.2	0.1	0	0	0	0.3	0.2	0	0.1	0.3	0.4
B = Pike	0.2	0.2	0.2	-0.2	0.3	0.1	0.3	0.3	0.3	0.3	0.2	0.3	0.2	0.5	0	0.3	0.3	0.3	0.6	0.4	0.4	0.4	0.6	0.7
A = Straight	0.3	0.3	0.3	0.1	0.4	0.4	0.5	0.6	0.8	0.5	0.6	0.7	0.6	-	-	-	-	-	-	-	-	-	-	-
D = Free	0.1	0.1	0.1	-0.1	0	0	-0.1	-0.1	0.2	0	0	-0.1	-0.2	0.4	0	0	0	0	-	-	-	-	-	-
E = Fly	0.2	0.1	0.1	0.4	-	0.2	0.2	0.2	0.5	-	0.3	0.3	0.3	0.7	-	0.4	-	-	-	-	-	-	-	-

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

C Twists

	½ Twist ½ - 1 Som.	½ Twist 1 ½ - 2 Som.	½ Twist 2 ½ Som.	½ Twist 3 - 3 ½ Som.	1 Twist	1 ½ Twists ½ - 2 Som.	1 ½ Twists 2 ½ Som.	2 Twists	2 ½ Twists ½ - 2 Som.	2 ½ Twists 2 ½ Som.	3 Twists	3 ½ Twists	4 Twists	4 ½ Twists
Forward	0.4	0.4	0.4	0.4	0.6	0.8	0.8	1.0	1.2	1.2	1.5	1.6	1.9	2.0
Back	0.2	0.4	0	0	0.4	0.8	0.6	0.8	1.2	1.0	1.4	1.7	1.8	2.1
Reverse	0.2	0.4	0	0	0.4	0.8	0.6	0.8	1.2	1.0	1.4	1.7	1.8	2.1
Inward	0.2	0.4	0.2	0.4	0.4	0.8	0.8	0.8	1.2	1.2	1.5	1.6	1.9	2.0
Arm. Forward	0.4	0.5	0.5	0.4	1.2	1.3	1.3	1.5	1.7	1.7	-	-	-	-
Arm. Back/Reverse	0.4	0.5	0.5	0.5	1.2	1.3	1.3	1.3	1.7	1.7	-	-	-	-

In calculating the degree of difficulty for twisting dives with 1 or 1 ½ somersaults and in addition two somersaults in armstand twisting dives with 1, 1 ½, or 2 somersaults and one or more twists, the free position (D) shall be used in the calculation.

D Approach / Group 1. Forward, Back, Reverse, Inward Groups

	Forward ½ - 3 ½ Som.	Forward 4 - 4 ½ Som.	Back ½ - 3 Som.	Back 3 ½ - 4 ½ Som.	Reverse ½ - 3 Som.	Reverse 3 ½ - 4 ½ Som.	Inward ½ - 1 Som.	Inward 1 ½ - 4 ½ Som.
1m and 5m	0	0.5	0.2	0.5	0.3	0.5	0.6	0.5
3m and 7 ½ m	0	0.3	0.2	0.3	0.3	0.3	0.3	0.3
10 m	0	0.2	0.2	0.2	0.3	0.2	0.3	0.2

D Approach / Group 2. Armstand (Does not apply to twisting dives)

	Armstand Forward with 0 - 2 Somersaults	Armstand Forward with more than 2 Somersaults	Armstand Back with 0 - ½ Somersault	Armstand Back with 1 - 4 Somersaults	Armstand Reverse with 0 - ½ Somersault	Armstand Reverse with 1 - 4 Somersaults
5m / 7 ½ m / 10m	0.2	0.4	0.2	0.4	0.3	0.5

E Unnatural Entry Does not apply to twisting dives

	½ Somersault	1 Somersault	1 ½ Somersault	2 Somersault	2 ½ Somersault	3 Somersault	3 ½ Somersault	4 ½ Somersault
Forward / Inward	-	0.1	-	0.2	-	0.2	-	-
Back / Reverse	0.1	-	0.2	-	0.3	-	0.4	0.4
Armstand Back and Reverse	-	0.1	-	0.2	-	0.2	-	-
Armstand Forward	0.1	-	0.2	-	0.3	-	0.4	0.4

The diver does not see the water until dive action is substantially completed. The component is the same at all levels.

Examples

Dive	Pos	Hight	A	B	C	D	E	DD
636	C	10	2.5	0.2	0	0.5	0.2	3.4
5253	B	3	2.2	0.3	0.6	0.2	0	3.3
6241	B	10	1.9	0.3	0.5	0	0	2.7
5255	B	10	2.1	0.3	1.0	0.2	0	3.6

Dive	Pos	Hight	A	B	C	D	E	DD
313	C	3	1.5	0.2	0	0.3	0.2	2.2
5255	B	3	2.2	0.3	1.0	0.2	0	3.7
5355	B	3	2.2	0.2	1.0	0.3	0	3.7
5237	D	10	1.5	-0.1	1.7	0.2	0	3.3

APPENDIX 2

FINA TABLE OF DEGREE OF DIFFICULTY

In the following table, the dive (-) is not possible and the empty spaces have not been calculated.
EFFECTIVE 15 SEPTEMBER 2009

Springboard		1 metre				3 metre			
		Straight	Pike	Tuck	Free	Straight	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 1 ½ Somersault	2.0	1.7	1.6	-	1.9	1.6	1.5	-
104	Forward Double Somersault	2.6	2.3	2.2	-	2.4	2.1	2.0	-
105	Forward 2 ½ Somersault		2.6	2.4	-	2.8	2.4	2.2	-
106	Forward Triple Somersault		3.2	2.9	-		2.8	2.5	-
107	Forward 3 ½ Somersault		3.3	3.0	-		3.1	2.8	-
109	Forward 4 ½ Somersault				-		4.2	3.8	-
112	Forward Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
113	Forward Flying 1 ½ Somersault	-	1.9	1.8	-	-	1.8	1.7	-
115	Forward Flying 2 ½ Somersault	-			-	-	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 1 ½ Somersault	2.5	2.3	2.0	-	2.4	2.2	1.9	-
204	Back Double Somersault		2.5	2.2	-	2.5	2.3	2.0	-
205	Back 2 ½ Somersault		3.2	3.0	-		3.0	2.8	-
206	Back Triple Somersault		3.2	2.9	-		2.8	2.5	-
207	Back 3 ½ Somersault				-		3.8	3.5	-
209	Back 4 ½ Somersault				-		4.6	4.3	-
212	Back Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
213	Back Flying 1 ½ Somersault	-			-	-		2.1	-
215	Back Flying 2 ½ Somersault	-			-	-	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 1 ½ Somersault	2.7	2.4	2.1	-	2.6	2.3	2.0	-
304	Reverse Double Somersault	2.9	2.6	2.3	-	2.7	2.4	2.1	-
305	Reverse 2 ½ Somersault		3.2	3.0	-	3.4	3.0	2.8	-
306	Reverse Triple Somersault		3.3	3.0	-		2.9	2.6	-
307	Reverse 3 ½ Somersault				-		3.8	3.5	-
309	Reverse 4 ½ Somersault				-		4.8	4.5	-
312	Reverse Flying Somersault	-	1.8	1.7	-	-	1.9	1.8	-
313	Reverse Flying 1 ½ Somersault	-	2.6	2.3	-	-	2.5	2.2	-
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 1 ½ Somersault		2.4	2.2	-		2.1	1.9	-
404	Inward Double Somersault		3.0	2.8	-		2.6	2.4	-
405	Inward 2 ½ Somersault		3.4	3.1	-		3.0	2.7	-
407	Inward 3 ½ Somersault				-			3.4	-
409	Inward 4 ½ Somersault				-		4.5	4.2	-
412	Inward Flying Somersault	-	2.1	2.0	-	-	1.9	1.8	-
413	Inward Flying 1 ½ Somersault	-	2.9	2.7	-	-	2.6	2.4	-
Twisting Group		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 1 ½ Somersault ½ Twist	-	-	-	2.0	-	-	-	1.9
5132	Forward 1 ½ Somersault 1 Twist	-	-	-	2.2	-	-	-	2.1
5134	Forward 1 ½ Somersault 2 Twists	-	-	-	2.6	-	-	-	2.5

Springboard		1 metre				3 metre			
		Straight	Pike	Tuck	Free	Straight	Pike	Tuck	Free
Twisting Group		A	B	C	D	A	B	C	D
5136	Forward 1 ½ Somersault 3 Twists	-	-	-	3.1	-	-	-	3.0
5138	Forward 1 ½ Somersault 4 Twists	-	-	-	3.5	-	-	-	3.4
5151	Forward 2 ½ Somersault ½ Twist	-	3.0	2.8	-	-	2.8	2.6	-
5152	Forward 2 ½ Somersault 1 Twist	-	3.2	3.0	-	-	3.0	2.8	-
5154	Forward 2 ½ Somersault 2 Twists	-	3.6	3.4	-	-	3.4	3.2	-
5156	Forward 2 ½ Somersault 3 Twists	-			-	-	3.9	3.7	-
5172	Forward 3 ½ Somersault 1 Twist	-			-	-	3.7	3.4	-
5211	Back Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5212	Back Dive 1 Twist	2.0			-	2.2			-
5221	Back Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5222	Back Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5223	Back Somersault 1 ½ Twists	-	-	-	2.3	-	-	-	2.4
5225	Back Somersault 2 ½ Twists	-	-	-	2.7	-	-	-	2.8
5227	Back Somersault 3 ½ Twists	-	-	-	3.2	-	-	-	3.3
5231	Back 1 ½ Somersault ½ Twist	-	-	-	2.1	-	-	-	2.0
5233	Back 1 ½ Somersault 1 ½ Twists	-	-	-	2.5	-	-	-	2.4
5235	Back 1 ½ Somersault 2 ½ Twists	-	-	-	2.9	-	-	-	2.8
5237	Back 1 ½ Somersault 3 ½ Twists	-	-	-		-	-	-	3.3
5239	Back 1 ½ Somersault 4 ½ Twists	-	-	-		-	-	-	3.7
5251	Back 2 ½ Somersault ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5253	Back 2 ½ Somersault 1 ½ Twists	-			-	-	3.3	3.1	-
5255	Back 2 ½ Somersault 1 ½ Twists	-			-	-	3.7	3.5	-
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 1 ½ Twists	-	-	-	2.4	-	-	-	2.5
5325	Reverse Somersault 2 ½ Twists	-	-	-	2.8	-	-	-	2.9
5331	Reverse 1 ½ Somersault ½ Twist	-	-	-	2.2	-	-	-	2.1
5333	Reverse 1 ½ Somersault 1 ½ Twists	-	-	-	2.6	-	-	-	2.5
5335	Reverse 1 ½ Somersault 2 ½ Twists	-	-	-	3.0	-	-	-	2.9
5337	Reverse 1 ½ Somersault 3 ½ Twists	-	-	-	3.5	-	-	-	3.4
5339	Reverse 1 ½ Somersault 4 ½ Twists	-	-	-		-	-	-	3.8
5351	Reverse 2 ½ Somersault ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5353	Reverse 2 ½ Somersault 1 ½ Twists	-	3.5	3.3	-	-	3.3	3.1	-
5355	Reverse 2 ½ Somersault 2 ½ Twists	-	3.9	3.7	-	-	3.7	3.5	-
5371	Reverse 3 ½ Somersault ½ Twist	-			-	-	3.4	3.1	-
5411	Inward Dive ½ Twist	2.0	1.7	1.6	-	1.9	1.6	1.5	-
5412	Inward Dive 1 Twist	2.2	1.9	1.8	-	2.1	1.8	1.7	-
5421	Inward Somersault ½ Twist	-	-	-	1.9	-	-	-	1.7
5422	Inward Somersault 1 Twist	-	-	-	2.1	-	-	-	1.9
5432	Inward 1 ½ Somersault 1 Twist	-	-	-	2.7	-	-	-	2.4
5434	Inward 1 ½ Somersault 2 Twists	-	-	-	3.1	-	-	-	2.8
5436	Inward 1 ½ Somersault 3 Twists	-	-	-		-	-	-	3.5

Platform		10 metre				7.5 metre				5 metre			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
Forward Group		A	B	C	D	A	B	C	D	A	B	C	D
101	Forward Dive	1.6	1.5	1.4	-	1.6	1.5	1.4	-	1.4	1.3	1.2	-
102	Forward Somersault	1.8	1.7	1.6	-	1.7	1.6	1.5	-	1.6	1.5	1.4	-
103	Forward 1 ½ Somersault	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
104	Forward Double Somersault	2.5	2.2	2.1	-	2.4	2.1	2.0	-	2.6	2.3	2.2	-
105	Forward 2 ½ Somersault	2.7	2.3	2.1	-		2.4	2.2	-		2.6	2.4	-
107	Forward 3 ½ Somersault		3.0	2.7	-		3.1	2.8	-			3.0	-
109	Forward 4 ½ Somersault		4.1	3.7	-				-				-
112	Forward Flying Somersault	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
113	Forward Flying 1 ½ Somersault	-	1.8	1.7	-	-	1.8	1.7	-	-	1.9	1.8	-
114	Forward Flying Double Somersault	-	2.4	2.3	-	-	2.3	2.2	-	-	2.5	2.4	-
115	Forward Flying 2 ½ Somersault	-	2.6	2.4	-	-		2.5	-	-			-
Back Group		A	B	C	D	A	B	C	D	A	B	C	D
201	Back Dive	1.9	1.8	1.7	-	1.9	1.8	1.7	-	1.7	1.6	1.5	-
202	Back Somersault	1.9	1.8	1.7	-	1.8	1.7	1.6	-	1.7	1.6	1.5	-
203	Back 1 ½ Somersault	2.4	2.2	1.9	-	2.4	2.2	1.9	-	2.5	2.3	2.0	-
204	Back Double Somersault	2.6	2.4	2.1	-	2.5	2.3	2.0	-		2.5	2.2	-
205	Back 2 ½ Somersault	3.3	2.9	2.7	-		3.0	2.8	-			3.0	-
206	Back Triple Somersault		3.0	2.7	-		2.8	2.5	-		3.2	2.9	-
207	Back 3 ½ Somersault		3.6	3.3	-			3.5	-				-
209	Back 4 ½ Somersault		4.5	4.2	-				-				-
212	Back Flying Somersault	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
213	Back Flying 1 ½ Somersault Back	-	2.4	2.1	-	-	2.4	2.1	-	-	2.5	2.2	-
Reverse Group		A	B	C	D	A	B	C	D	A	B	C	D
301	Reverse Dive	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
302	Reverse Somersault	2.0	1.9	1.8	-	1.9	1.8	1.7	-	1.8	1.7	1.6	-
303	Reverse 1 ½ Somersault	2.6	2.3	2.0	-	2.6	2.3	2.0	-	2.7	2.4	2.1	-
304	Reverse Double Somersault	2.8	2.5	2.2	-	2.7	2.4	2.1	-	2.9	2.6	2.3	-
305	Reverse 2 ½ Somersault	3.3	2.9	2.7	-	3.4	3.0	2.8	-		3.2	3.0	-
306	Reverse Triple Somersault		3.1	2.8	-		2.9	2.6	-		3.3	3.0	-
307	Reverse 3 ½ Somersault		3.6	3.3	-				-				-
309	Reverse 4 ½ Somersault		4.7	4.4	-				-				-
312	Reverse Flying Somersault	-	2.0	1.9	-	-	1.9	1.8	-	-	1.8	1.7	-
313	Reverse Flying 1 ½ Somersault	-	2.5	2.2	-	-	2.5	2.2	-	-	2.6	2.3	-
Inward Group		A	B	C	D	A	B	C	D	A	B	C	D
401	Inward Dive	1.7	1.4	1.3	-	1.7	1.4	1.3	-	1.8	1.5	1.4	-
402	Inward Somersault	1.9	1.6	1.5	-	1.8	1.5	1.4	-	2.0	1.7	1.6	-
403	Inward 1 ½ Somersault		2.0	1.8	-		2.1	1.9	-		2.4	2.2	-
404	Inward Double Somersault		2.6	2.4	-		2.6	2.4	-		3.0	2.8	-
405	Inward 2 ½ Somersault		2.8	2.5	-		3.0	2.7	-		3.4	3.1	-
407	Inward 3 ½ Somersault		3.5	3.2	-			3.4	-				-
409	Inward 4 ½ Somersault		4.4	4.1	-				-				-
412	Inward Flying Somersault	-	2.0	1.9	-	-	1.9	1.8	-	-	2.1	2.0	-
413	Inward Flying 1 ½ Somersault	-	2.5	2.3	-	-	2.6	2.4	-	-	2.9	2.7	-
Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
5111	Forward Dive ½ Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
5112	Forward Dive 1 Twist	2.2	2.1		-	2.2	2.1		-	2.0	1.9		-
5121	Forward Somersault Forward ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5122	Forward Somersault Forward 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5124	Forward Somersault Forward 2 Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5131	Forward 1 ½ Somersault ½ Twist	-	-	-	1.9	-	-	-	1.9	-	-	-	2.0
5132	Forward 1 ½ Somersault 1 Twist	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5134	Forward 1 ½ Somersault 2 Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5136	Forward 1 ½ Somersault 3 Twists	-	-	-	3.0	-	-	-	3.0	-	-	-	3.1
5138	Forward 1 ½ Somersault 4 Twists	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5152	Forward 2 ½ Somersault 1 Twist	-	2.9	2.7	-	-	3.0	2.8	-	-	3.2	3.0	-
5154	Forward 2 ½ Somersault 2 Twists	-	3.3	3.1	-	-	3.4	3.2	-	-	3.6	3.4	-
5156	Forward 2 ½ Somersault 3 Twists	-	3.8	3.6	-	-			-	-			-
5172	Forward 3 ½ Somersault 1 Twist	-	3.6	3.3	-	-	3.7	3.4	-	-			-

Platform		10 metre				7.5 metre				5 metre			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
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 1 ½ Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5225	Back Somersault 2 ½ Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
5231	Back 1 ½ Somersault ½ Twist	-	-	-	2.0	-	--	-	2.0	-	-	-	2.1
5233	Back 1 ½ Somersault 1 ½ Twists	-	-	-	2.4	-	-	-	2.4	-	-	-	2.5
5235	Back 1 ½ Somersault 2 ½ Twists	-	-	-	2.8	-	-	-	2.8	-	-	-	2.9
5237	Back 1 ½ Somersault 3 ½ Twists	-	-	-	3.3	-	-	-	3.3	-	-	-	3.4
5239	Back 1 ½ Somersault 4 ½ Twists	-	-	-	3.7	-	-	-	3.7	-	-	-	3.8
5251	Back 2 ½ Somersault ½ Twist	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5253	Back 2 ½ Somersault 1 ½ Twists	-	3.2	3.0	-	-	3.3	3.1	-	-			-
5255	Back 2 ½ Somersault 2 ½ Twists	-	3.6	3.4	-	-			-	-			-
5271	Back 3 ½ Somersault ½ Twist	-	3.2	2.9	-	-			-	-			-
5311	Reverse Dive ½ Twist	2.1	2.0	1.9	-	2.1	2.0	1.9	-	1.9	1.8	1.7	-
5312	Reverse Dive 1 Twist	2.3			-	2.3			-	2.1			-
5321	Reverse Somersault ½ Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	1.8
5322	Reverse Somersault 1 Twist	-	-	-	2.2	-	-	-	2.1	-	-	-	2.0
5323	Reverse Somersault 1 ½ Twists	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
5325	Reverse Somersault 2 ½ Twists	-	-	-	3.0	-	-	-	2.9	-	-	-	2.8
5331	Reverse 1 ½ Somersault ½ Twist	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5333	Reverse 1 ½ Somersault 1 ½ Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5335	Reverse 1 ½ Somersault 2 ½ Twists	-	-	-	2.9	-	-	-	2.9	-	-	-	3.0
5337	Reverse 1 ½ Somersault 3 ½ Twists	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5339	Reverse 1 ½ Somersault 4 ½ Twists	-	-	-	3.8	-	-	-	3.8	-	-	-	-
5351	Reverse 2 ½ Somersault ½ Twist	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5353	Reverse 2 ½ Somersault 1 ½ Twists	-	3.2	3.0	-	-	3.3	3.1	-	-		3.3	-
5355	Reverse 2 ½ Somersault 2 ½ Twists	-	3.6	3.4	-	-	3.7	3.5	-	-		3.7	-
5371	Reverse 3 ½ Somersault ½ Twist	-	3.3	3.0	-	-			-	-			-
5411	Inward Dive ½ Twist	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
5412	Inward Dive 1 Twist	2.1	1.8	1.7	-	2.1	1.8	1.7	-	2.2	1.9	1.8	-
5421	Inward Somersault ½ Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.9
5422	Inward Somersault 1 Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	2.1
5432	Inward 1 ½ Somersault 1 Twist	-	-	-	2.3	-	-	-	2.4	-	-	-	2.7
5434	Inward 1 ½ Somersault 2 Twists	-	-	-	2.7	-	-	-	2.8	-	-	-	3.1
5436	Inward 1 ½ Somersault 3 Twists	-	-	-	3.4	-	-	-		-	-	-	
Armstand Group		A	B	C	D	A	B	C	D	A	B	C	D
600	Armstand Dive	1.6	-	-	-	1.6	-	-	-	1.5	-	-	-
611	Armstand Forward ½ Somersault	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
612	Armstand Forward 1 Somersault	2.0	1.9	1.7	-	1.9	1.8	1.6	-	1.8	1.7	1.5	-
614	Armstand Forward Double Somersault		2.4	2.1	-		2.3	2.0	-		2.5	2.2	-
616	Armstand Forward Triple Somersault		3.3	3.1	-				-				-
621	Armstand Backward ½ Somersault	1.9	1.8	1.6	-	1.9	1.8	1.6	-	1.7	1.6	1.4	-
622	Armstand Backward Somersault	2.3	2.2	2.0	-	2.2	2.1	1.9	-	2.1	2.0	1.8	-
623	Armstand Backward 1 ½ Somersault		2.2	1.9	-		2.2	1.9	-		2.3	2.0	-
624	Armstand Backward Double Somersault	3.0	2.8	2.5	-	2.9	2.7	2.4	-	3.1	2.9	2.6	-
626	Armstand Backward Triple Somersault		3.5	3.3	-		3.3	3.1	-			3.5	-
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 Somersault		2.3	2.0	-		2.3	2.0	-		2.4	2.1	-
634	Armstand Reverse Double Somersault		2.9	2.6	-		2.8	2.5	-		3.0	2.7	-
636	Armstand Reverse Triple Somersault			3.4	-			3.2	-				-
6122	Armstand Forward Somersault 1 Twist	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
6124	Armstand Forward Somersault 2 Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
6142	Armstand Fwd. Double Som. 1 Twist	-	-	-	3.1	-	-	-	3.0	-	-	-	3.2
6144	Armstand Fwd. Double Som. 2 Twists	-	-	-	3.4	-	-	-	3.3	-	-	-	3.5
6162	Armstand Fwd. Triple Som. 1 Twist	-	-	3.9	-	-	-	-	-	-	-	-	-
6221	Armstand Back Somersault ½ Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.6
6241	Armstand Back Double Som. ½ Twist	-	2.7	2.4	-	-	2.6	2.3	-	-	2.8	2.5	-
6243	Armstand Back Double Som. 1 ½ Twists	-	-	-	3.2	-	-	-	3.1	-	-	-	3.3
6245	Armstand Back Double Som. 2 ½ Twists	-	-	-	3.6	-	-	-	3.5	-	-	-	3.7
6261	Armstand Back Triple Som. ½ Twist	-	3.4	3.2	-	-	3.2	3.0	-	-	3.6	3.4	-

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

DAG 2 Age Categories

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

DAG 3 Diving Events

DAG 3.1 Group A

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

DAG 3.1.2 Competition Format

Girls' Springboard – 1 metre and 3 metre

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

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

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

Boys' Springboard – 1 metre and 3 metre

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

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

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

A / B combined

Girls' and Boys' Synchronised Diving - 3 metre

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

DAG 3.2 Group B

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

DAG 3.2.2 Competition Format

Girls' Springboard – 1 metre and 3 metre

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

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

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

Boys' Springboard – 1 metre and 3 metre

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

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

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

DAG 3.3 Group C

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

DAG 3.3.2 Competition Format

Girls' Springboard – 1 metre and 3 metre

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

Girls' Platform – 5 metre or 7.5 metre

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

Boys' Springboard – 1 metre and 3 metre

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

Boys' Platform – 5 metre or 7.5 metre

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

DAG 4 General Rules for Junior Diving World Championships

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

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

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

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

DAG 4.5 Each competition may be a final competition, irrespective of the number of entrants and may be conducted in one, two or three sessions.

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

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

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

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

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

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