



OFFICIAL RULEBOOK

2025 EDITION

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MESSAGE FROM USA DIVING

This compilation presents the Competitive & Technical Rules of USA Diving for the 2025 season. This Rulebook is a “clean text” presentation in which each section appears as most recently amended.

Every effort has been made to accurately incorporate changes. Any questions that arose during the editing process were addressed to and resolved by Board of Director or Rules Committee Chair.

As always, we welcome your ideas and input on how to improve the USA Diving rulebook. In order to be green, we are producing the 2025 rulebook online only. If you require a printed copy, a PDF version is available on the USA Diving website for printing.

In the event of a conflict, including, but not limited to, any statements about, copies of, or representations of the Corporation’s Competitive and Technical Rules and Bylaws that appear in any document or article, or on any website, the provisions of the Technical Rules of Diving and the official version of the Bylaws of USA Diving appearing on the Corporation’s website shall prevail.

THE PURPOSE AND MISSION OF USA DIVING

By Congressional Statute, the United States Olympic and Paralympic Committee (USOPC) has given to USA Diving the authority to serve as the national governing body of diving in the United States. USA Diving is a member of United States Aquatic Sports, Inc. (USAS), the United States member of World Aquatics (AQUA).

OUR MISSION

USA Diving is dedicated to providing a safe environment for its members and the diving community as a whole as we build the sport to achieve Olympic success.

RULES CHANGES

Board Approved Rules effective Jan 1, 2025:

Rule 302: USA Diving to shift Group D dive requirements to those of Pan Am Aquatics.

Rationale:

Based on rule proposals presented to the CCE on Group D Platform diving in 2024; with the understanding that World Aquatics has no Group D diving requirements, and that Pan Am Aquatics diving requirements are not directly in alignment with Group C World Aquatics diving requirements for Boys and Girls – the CCE recommends the above rule change to USA Diving Group D Boys and Girls Platform (not springboard).

Doing so allows Group D divers (beginners) to safely develop their basic platform list on 5 meter in a manner that's more appropriate for their age group/experience level and in a way that will be more inclusive for young divers to participate in the platform event at an earlier age in the USA. There have not been many Group D divers on 5m platform in recent years. Allowing a "line up" to replace a "voluntary dive" in the platform event falls in line with the Future Champions dive progressions/skills bank that has been promoted for young and developing divers in the USA since 2006.

NOTE: Any Group D boy or girl 5-meter platform divers who wants to be considered to represent Team USA at the Junior Pan Am Championships must compete a dive list that complies with the exact Pan Am Aquatics Group D Platform dive requirements (above in green highlight) at the Junior National Championships/Junior Pan Am Championships qualifying event.

PART ONE — GENERAL REGULATIONS

Article 101 — Facilities

101.1 Facility Requirements

- (a) For the Junior Region Championships, the springboard diving equipment shall consist of not fewer than two 1-meter and two 3-meter springboards. For all other classifications of diving competition (e.g. Association, Invitational, etc.), it is not necessary to have more than one 1-meter and one 3-meter springboard. For USA Diving Junior or Senior Diving Championships and USA Diving Zone Championships, two 1-meter and two 3-meter springboards are required. Along with the springboard requirements, platforms at the heights of 5, 7.5 & 10 meters are also required.
- (b) For pools designed and constructed after October 1, 2013, the minimum dimensions for diving facilities, in meters (as detailed in the tables in Appendix B), or in equivalent American customary units of measure (feet and inches), shall prevail, using the plummet line, which is a vertical line extending through the center point of the front edge of the platform or springboard, as the basic measuring point of reference. The USA Diving measurement for water depths at the plummet is 11 feet for 1-meter springboards and 12 feet for 3-meter springboards.

101.2 Equipment Regulations for Springboard

- (a) It is required by USA Diving that all springboards be installed dead level when the movable fulcrum is in all positions. The springboards shall be one meter and three meters above the water level. The height of the springboards above the water level may vary by plus 0.05 meters (2 inches) and minus 0.00 meters (0 inches) from the heights prescribed in the Rules. The springboard shall be approximately 20 inches (0.50 meters) wide and 16 feet (4.80 meters) long, and shall be covered along the whole length with adequate slip-resistant material.
- (b) For pedestals and metal stands, the front edge of the board shall project at least four feet 11 inches (1.50 meters), and preferably five feet 11 inches (1.80 meters), beyond the edge of the pool.
- (c) For short stands mounted on a platform, the front edge of the fulcrum box shall be no more than 17.33 inches (0.44 meters) and preferably 17.33 inches (.44 meters) from the front edge of the platform. Failure to meet these requirements could result in the board colliding with the edge of the platform.
- (d) It is required that all diving boards be maintained according to manufacturer requirements.
- (e) A mechanically adjustable fulcrum of a type readily moveable between dives shall be required for both the 1-meter and 3-meter standards. Manufacturers' specifications should be followed for all springboards and fulcrum locations and the dimensions of fulcrum to anchor should comply with the usable dimensions of the diving board to allow proper functioning of the board.
- (f) It is recommended that 3-meter springboard stands be equipped with safe guard rails that extend at least to the pool edge and that will prevent divers from falling off the board onto the deck at the sides.
- (g) The depths of water shall be in accordance with "Dimensions for Diving Facilities" (Appendix B) except for Depth of Water at Plummet, which is allowed to be as specified in 101.1 (b).
- (h) Mechanical surface agitation under the diving boards and platforms is recommended to aid the divers in their visual perception of the pool.

- (i) When lane markings as prescribed for swimming races are not present on the bottom of the diving area, alternative markings are recommended to be provided. These alternative markings shall be of a dark contrasting color and may include facility or event sponsorship logos or be similar to those in the swimming pool. It is preferred that these markings be in the area in front of the springboards and platforms.
- (j) USA Diving shall make available a list of approved diving boards.
- (k) Whenever a springboard is installed on a concrete platform, care must be exercised to determine the proper location of the fulcrum, as specified by the manufacturer, so as to guarantee that the springboard does not hit the platform while the divers are training and during competition.

101.3 Equipment Regulations for Platform

- (a) The 5 - meter, 7 ½-meter and 10 - meter platforms must not move and shall be at least 19' 8.25" (6 meters) long. For USA National Championships and USA Spring or Winter National Championships, the 10-meter platform shall be at least 9' 10" (3 meters) wide. The 5-meter platform should be at least 2.6 meters (8' 6.36") wide and the 7 ½ meter platform should be at least 2 meters (6' 6.75") wide.
- (b) Platform dimensions, heights and clearances shall be in accordance with the recommended dimensions for diving facilities listed in these Rules. The height of the platforms above the water level may vary by plus 0.05 meters (2 inches) and minus 0.00 meters (0 inches) from the heights prescribed in the rules. (See Appendix B.)
- (c) The back and the sides of each platform level must be surrounded by safe guard rails that can help prevent divers from falling off the platform onto the deck. Each level shall be accessible from the ground by suitable stairs. It is necessary that the surface of the water be agitated so that it may be distinguished easily by the divers.
- (d) The height of the high platform must be 10 meters. The intermediate platforms may be from 5 meters to 7 ½ meters. (Note: The degrees of difficulty for platforms of 5 to 6 meters will be as listed for 5 meters, and degrees of difficulty for platforms of 6 ½ to 7 ½ meters will be as listed for 7½ meters.)
- (e) The depths of the water shall comply with or exceed the dimensions listed in the table and as shown in the diagram in Appendix B.
- (f) All platform surfaces shall be covered with a non-slip surface material as approved by USA Diving.
- (g) For synchronized diving events, the 10-meter platform should be at least 8 feet wide and preferably 9' 10" wide (3 meters).

Article 102 — Classifications of Diving Competition Requirements for Participation

102.1 Senior Competitions

- (a) For Competition Athlete registered divers:
 - (1) International Competition,
 - (2) USA Diving National Championships,
 - (3) Other events established by USA Diving, and
 - (4) Zone Championships.
- (b) For Athlete registered divers:
 - (1) Association Championships,
 - (2) Invitational Meets.

102.2 Junior Competitions

For all registered divers 18 (sometimes 19) years of age and Under):

- (a) For Competition Athlete registered divers:
 - (1) International Competitions,
 - (2) Junior National Championships,
 - (3) Zone Championships, and
 - (4) Regional Championships.
- (b) For Athlete registered divers:
 - (1) Association Championships,
 - (2) Invitational meets, and
 - (3) Future Champions.

102.3 Masters Competitions

For Competition Athlete registered divers 21 years of age and over:

- (a) International meets,
- (b) National Invitational Championships,
- (c) Regional meets,
- (d) Association meets, and
- (e) Invitational meets.

102.4 Foreign Divers in the United States

- (a) Divers who are citizens of a foreign country, who are living and training in the United States and who are registered with USA Diving are eligible to compete in Association and Invitational meets, in Junior Regional Championships, USA Diving Zone Championships (if qualified), and Masters competition and must, as USA Diving members, adhere to all USA Diving Rules and Regulations.
- (b) In Junior Region and Zone events, non-US citizens will not take a qualifying spot or medal from a US citizen.
- (c) A non-U.S. citizen may not compete or participate in a Junior or Senior National Championships, unless determined otherwise by the USA Diving High Performance Department and the Committee for Competitive Excellence.

102.5 Scheduling Conflicts between International Competition and U.S. Championships

A diver who is representing the United States in an international competition during a Junior or Senior USA Diving Championship, or who has competed in an international meet five days prior to the Championship and does not compete in the Championship, does not lose any eligibility for future Championships.

102.6 Scheduling Conflicts between International Competition and U.S. Qualifying Meets

A diver who cannot attend a USA Diving National Preliminary due to participation in an international competition as a member of a U.S. Team will be permitted to enter the ensuing USA Diving Championships in any event for which the diver was qualified at the previous USA Diving Championships. The CCE may designate that individual and synchronized divers competing in international competition as a member of a U.S. Team, as well as synchronized partners of any such divers, be permitted to enter the ensuing U.S. Diving Championship. This rule can only be utilized if a diver returns home within 120 hours (five days) of the start of the qualification meet. This rule also includes conflicts with U.S. Diving Trials.

102.7 Pre-qualified Divers

Divers pre-qualified to a specifically named event are not required to attend a prior qualifying event. They may attend such qualifying events but will not be considered when assigning qualifying positions. They will hold a finish place and score team points where applicable.

Article 103 — Diving List

103.1 Dive Number Designations

- (a) All dives are designated by system of three or four numerals followed by a single letter. (e.g., 101C designates a forward dive, tuck position.) The entire character string, numbers and letter, is considered "the dive number."
- (b) The first digit indicates the group to which the dive belongs: 1 = Front, 2 = Back, 3 = Reverse, 4 = Inward, 5 = Twist, and 6 = Armstand.
- (c) The third digit indicates the number of half somersaults being performed: 1 = ½ somersault, 3 = 1 ½ somersault, etc. (When there are more than 4 ½ somersaults, there will be four digits with the third and fourth digits indicating the number of half somersaults – i.e. A forward 5 ½ somersault has been given the number 1011C.)
- (d) In the Front, Back, Reverse, and Inward groups, a one (1) for 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 zero (0). In all flying dives a straight position shall be clearly shown and that position shall be assumed from the takeoff or after one somersault. The straight position must be shown for at least one quarter of a somersault (90°) in dives with one somersault and at least one half of a somersault (180°) in dives with more than one somersault.
- (e) In Armstand dives the second digit indicates the group or direction to which the dive belongs: 1 = Front, 2 = Back, and 3 = Reverse.
- (f) In the Twisting group (those beginning with a 5), the second digit indicates the group or direction of the take off as listed in (b) above.
- (g) In the Twisting and Armstand groups, the fourth digit (if present) indicates the number of half twists being performed.
- (h) The letters at the end of the numbers indicates the position the dive is performed in: A = Straight, B = Pike, C = Tuck, and D = Free. For a detailed description of dive positions see 107.4(h)(4).
- (i) Free position means any combination of the other positions and is restricted in its use to some twisting dives.

103.2 Repeating Dives Prohibited

No dive, whether a required dive, a voluntary dive with limit, or an optional dive, may be repeated. All dives of the same number, whether performed in the free, straight, pike, or tuck position, are to be considered the same dive.

103.3 Dive Sheet Errors

- (a) The responsibility for the accuracy of the diving sheet must be accepted by the diver and/or the diver's coach.
- (b) If the announced dive is not performed, but the dive performed was properly listed on the diver's sheet, it will be considered an announcer's error and the dive judged as performed. If the diver executes a dive as announced and it is determined that the announcer was in error, the diver will be permitted to immediately perform the correct dive.

103.4 Dive description errors

- (a) In all sanctioned USA Diving competitions, diving sheets must provide a space for the dive number and position (e.g. 101A). The dive number is the official description of the dive and takes precedence over written description and the degree of difficulty.
- (b) In Future Champions meets, greater latitude in application, or full waiver, of this rule may be permitted.
- (c) Discovery of an error (too many dives from one group; same dive performed twice; DD too high or too low for qualifications; use of straight position where not allowed, etc.) may be brought to the attention of the referee, the appropriate Chair of the Senior or Junior Diving Committee, the meet director, or any of their designees, at any time after the execution of the dive up to one hour after the conclusion of the day's events. When an error is discovered after execution of the dive, the dive that should have been performed shall be declared failed.

Article 104 — Competition Procedures

104.1 Rules Manager

The Meet Director, or the Meet Director's designee or the Head Referee shall manage the rules of the competition and ensure that all regulations are observed. This person shall confer with the judges before the meet begins to review appropriate rules.

104.2 Postponing Events

- (a) When the majority of the officials and coaches present declare that a diving contest cannot be completed due to adverse weather or an act of God, the diving contest shall be postponed and held at a later time during the meet. If conditions still prevail whereby the contest cannot be completed during the meet and approximately two thirds (66 %) of the event has been completed, the final results of the event shall be determined by the rankings at the conclusion of the last complete round of dives. Examples: Five dive contest – third round, six dive contest – fourth round, seven dive contest – fifth round, eight dive contest – sixth round, nine dive contest – sixth round, ten dive contest – seventh round, eleven dive contest – eighth round. If the number of complete rounds as shown above cannot be completed then the event shall be declared “no contest” except as provided in (b) below.

- (b) The meet director, with the agreement of a majority of the coaches and officials present, may modify the list of dives to be performed in an event in order to qualify divers to the next level of competition (Zone Championships, Junior National Championships Preliminary, or USA Diving National Championships), but only if it is determined that it will be impossible to finish the competition as provided in the meet information.
- (c) Following an interruption, the competition shall be continued from where it was stopped. The points scored before the interruption shall be carried forward into the remaining portion of the competition, whenever it is held. The final results must be based on the last complete round of dives.

104.3 Determining Diving Order

- (a) The order of diving shall be determined by a random draw prior to all preliminaries or quarterfinals. When available, an electronic draw shall be used.
- (b) In the semifinals, the divers shall compete in reverse order of their ranking determined by the total scores at the end of the preliminaries or quarterfinals. In the case of a tie, the dive order shall be determined by a draw between the affected divers.
- (c) In the finals, except where the 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 semifinals. In the case of a tie, the dive order shall be determined by a draw between the affected divers.
- (d) 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 preliminaries or quarterfinals. In the case of a tie, the dive order shall be determined by a draw between the affected divers. When there is a tie for the last position, both divers will dive in the semifinal.
- (e) 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.

104.4 Announcing the Dive

- (a) Before each dive, the announcer shall announce the name of the competitor, the number and position of the dive, its degree of difficulty, and may announce a description of the dive. During the contest, the announcer shall not announce any affiliation or individual titles (i.e. Mr., Mrs., Captain, Dr., etc.) relating to the contestant.
- (b) In the event the diver has a hearing loss, the dive number and position shall be displayed to the diver after the announcer has stated the dive to be executed. The visual aid shall be provided by the diver if not otherwise available.

104.5 Correction of Announcing Error

During the contest, it is the responsibility of the diver to immediately correct the announcer if the dive or position is announced incorrectly. If a wrong dive is performed, it shall be considered a failed dive. If a dive is executed other than that which was announced, and is properly listed on the score sheet, it will be judged as a correct dive and considered an announcer error. If the diver executes a dive as announced and it is determined that the announcer was in error, the diver will be allowed to immediately perform the correct dive.

104.6 Declining a Dive

A diver may elect to take a one-time zero on any dive, without prejudice, and remain in the event. Declining a dive is considered a failed dive. Two failed dives will result in a disqualification from that event.

104.7 Diver's Presence

If a diver is not present to perform the dive when announced, and it is ascertained that the diver is not in the pool area, after three minutes the diver will be scratched from the event and no other diver will take the diver's place.

104.8 Mandatory Presence of Registered Coach

At all meets, each athlete must have a diving coach registered with USA Diving who has agreed to be responsible and shall be on deck for all practices and competitions with that athlete. Any athlete who does not have a USA Diving registered coach who has agreed to be responsible for that athlete, will not be allowed to train or compete.

PART TWO — SENIOR COMPETITION

Article 201 — Structure of Senior Diving

- (a) **Program Goals:** USA Diving, Inc. conducts a Senior diving program to provide a competitive diving track for the athletes of the United States that is fully integrated with the Junior diving track within USA Diving.
- (b) **Organization:** The U.S. Senior diving program is conducted at five levels of competition:
 - (1) International
 - (2) National
 - (3) National Preliminary
 - (4) Association
 - (5) Invitational
- (c) **Governance:** The control of these various levels is vested to the High Performance Department, the Committee for Competitive Excellence, the Athlete Advisory Council, the Coaches' Advisory Committee as established by the USA Diving, Inc. Bylaws.
- (d) All events, whether sponsored by the Corporation, the Local Diving Association, any member club or other entity, must be sanctioned by the Corporation and such sanction shall be obtained by following the procedures as outlined in Article 10 of the Bylaws.
- (e) **International:** The USA Diving High Performance Department and the Committee for Competitive Excellence have the responsibility of overseeing international competitions and exhibitions for Senior divers.
- (f) **National:** The USA Diving High Performance Department and the Committee for Competitive Excellence have the responsibility of overseeing national competition within the United States.
- (g) **National Preliminary or Zone Championships:** When deemed necessary by the USA Diving High Performance Department and the Committee for Competitive Excellence, the Preliminary or Zone Championships may be held and be part of the qualifying procedures for the National Championships. Zone Championships have been established to provide competition for highly skilled divers in six areas of the United States. These competitions are used as a method for progressing to the quarterfinals or preliminaries of the USA Diving National Championships and are under the direction of the USA Diving High Performance Department and the Committee for Competitive Excellence. The USA Diving Zone Championships are preliminary to and part of the USA Diving National Championships.
- (h) **Association:** Each Local Diving Committee is responsible for the conduct and/or supervision of Senior Diving in its Local Diving Association.
- (i) **Invitational:** Invitational Meets may be set up by Club Members, provided they are current USA Diving members.

Article 202 — Senior Competitions

202.1 International

All international diving competition, including the World Aquatic Championships, Pan American Games, Olympic Games, the AQUA/USA Diving Grand Prix, and any other international competition held in the United States, is governed by and conducted under AQUA Rules and Regulations.

202.2 USA Diving National Championships

Annually, USA Diving may conduct one or more national diving championships. To compete in any of these events, including the USA Diving Zone Championships, the registered athlete must be a citizen of the United States of America, unless a National Championship is organized as an international event.

202.3 Dual Citizenship Divers at the National Championships

- (a) If any qualifiers for the quarterfinals, semifinals, or finals are divers with dual citizenship who have declared their "sport nationality" for their other country and have competed for their other country, the number of competitors in the quarterfinals, semifinals, or finals shall be increased by the number of such dual citizenship divers who have qualified for the quarterfinals, semifinals, or finals.
- (b) This rule does apply to the synchronized diving events if one or both divers have declared their "sport nationality" and have competed for their other country.
- (c) Dual citizenship divers will affect the results in this manner for the time specified in the AQUA rules applying to changing their sport nationalities (currently one year after changing declaration).

202.4 Conditions for Performance

For USA Diving National Championships only:

- (a) After the competition is started, a diver may bounce the springboard after scores of the previous dive have been announced and before the referee's signal.
- (b) The dive number and position shall be displayed to the diver before the dive is executed in the quarterfinals, semifinals, and finals. If an electronic device is not available, a blackboard or some other visual aid is acceptable.
- (c) During the quarterfinals, semifinals, and finals at the USA Diving National Championships, the announcer shall read the diver's name, dive number and degree of difficulty. The announcer also may announce a description of the dive and the judges' awards.

202.5 Zone Championships

(a) Competition Format for Individual Springboard Events

- (1) **Men's 1-Meter:** The contest shall comprise six dives with a minimum cumulative degree of difficulty as outlined in the meet information. One dive shall be selected from each group and an additional dive will be selected from any group. The 12 highest finishers not previously qualified, plus the number of divers previously qualified who have placed in the top 12. They may repeat the same six optional dive list or, at the discretion of the diver, perform a different list that meets all requirements. The final places shall be determined by the total scores from the performance of the second list of optional dives.
- (2) **Men's 3-Meter:** The contest shall comprise six dives with a minimum cumulative degree of difficulty as outlined in the meet information. One dive shall be selected from each group and an additional dive will be selected from any group. The 12 highest finishers not previously qualified, plus the number of divers previously qualified who have placed in the top 12. They may repeat the same six optional dive list or, at the discretion of the diver, perform a different list that meets all requirements. The final places shall be determined by the total scores from the performance of the second list of optional dives.
- (3) **Women's 1-Meter:** The contest shall comprise five dives from different groups with a minimum cumulative degree of difficulty as outlined in the meet information. The 12 highest finishers not previously qualified, plus the number of divers previously qualified who have placed in the top 12. They may repeat the same five optional dive list or, at the discretion of the diver, perform a different list that meets all requirements. The final places shall be determined by the total scores from the performance of the second list of optional dives.
- (4) **Women's 3-Meter:** The contest shall comprise five dives from different groups with a minimum cumulative degree of difficulty as outlined in the meet information. The 12 highest finishers not previously qualified, plus the number of divers previously qualified who have placed in the top 12. They may repeat the same five optional dive list or, at the discretion of the diver, perform a different list that meets all requirements. The final places shall be determined by the total scores from the performance of the second list of optional dives.

(b) Competition Format for Individual Platform Events.

- (1) **Men's 10-Meter:** The contest shall comprise six dives from different groups with minimum cumulative degree of difficulty as outlined in the meet information. If there are 12 or fewer contestants entered into the contest, the contest shall be finals only. If a preliminary is held, the 12 highest finishers not previously qualified, plus the number of divers previously qualified who have placed in the top 12, shall advance to the finals, in which they may repeat the same six optional dive list or, at the discretion of the diver, a different list that meets all requirements. The final places shall be determined by the total scores from the final list of optional dives.
- (2) **Women's 10-Meter:** The contest shall comprise five dives from different groups with minimum cumulative degree of difficulty as outlined in the meet information. If there are 12 or fewer contestants entered into the contest, the contest shall be finals only. If a preliminary is held, the 12 highest finishers not previously qualified, plus the number of divers previously qualified who have placed in the top 12, shall advance to the finals, in which they may repeat the same five optional dive list or, at the discretion of the diver, a different list that meets all requirements. The final places shall be determined by the total scores from the final list of optional dives.

202.6 Competition Format for Synchronized 3-Meter and Platform Events at National Championships

(a) Synchronized Diving Team Composition:

- (1) Synchronized diving involves two divers diving simultaneously from springboards or platforms.
- (2) In the synchronized three-meter and platform events, a team is composed of only two divers, with no substitutes allowed.

(b) Synchronized competition format:

- (1) Synchronized diving competition for women on 3-meter springboard and platform shall comprise five (5) rounds of dives from five (5) different groups. The team shall perform two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive, regardless of the formula, followed by three (3) rounds of dives that meet at least the minimum degree of difficulty as outlined in the meet information. All forward-facing dives on springboard shall be done with a running approach.
- (2) Synchronized diving competition for men on 3-meter springboard and platform shall comprise six (6) rounds of dives from five (5) different groups. The team shall perform two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive, regardless of the formula, followed by four (4) rounds of dives that meet at least the minimum degree of difficulty set by the CCE for that event. All forward-facing dives on springboard shall be done with a running approach.
- (3) In each round, the two divers must perform the same dive (same dive number in the same position). No dive number may be repeated from the same height.
- (4) At the Winter and Synchro National Championships, the CCE shall set the competition format and requirements.

202.7 Mixed Synchronized Diving Events

(a) Senior Rules

- (1) The teams shall be comprised of two (2) divers (one male and one female).
- (2) Every competition for mixed synchronized on 3-meter springboard and 10-meter platform shall comprise five (5) rounds from five (5) groups.
- (3) Two (2) rounds of dives with an assigned degree of difficulty of 2.0 regardless of the formula and three (3) rounds of dives without limit of degree of difficulty.

(b) Junior Rules

- (1) AQUA Group A and B combined 5/10 meter.
- (2) Competition shall be comprised of five (5) dives; 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 degree of difficulty limit. The five (5) dives must be selected from at least four (4) groups.

202.8 Mixed Team Diving Events

(a) Senior Rules

- (1) The mixed senior team event consists of at least one (1) female and one (1) male diver but not more than four (4) divers.
- (2) Every competition shall comprise six (6) different dives without limit of degree of difficulty from six (6) different groups.
- (3) Two (2) dives shall be executed by the female competitor and two (2) dives by the male competitor. Two (2) dives shall be executed by a mixed synchronized team of one (1) male and one (1) female diver. Three (3) dives shall be executed from the 3-meter springboard and the other three dives from the 10-meter platform.
- (4) In the mixed senior team event the following rounds will be preformed. Round 1, female diver from 3-meter springboard. Round 2, male diver from 3-meter springboard. Round 3, mixed synchronized team (1 male and 1 female diver) from the 3-meter springboard. Round 4, female diver from 10-meter platform. Round 5, male diver from 10-meter platform. Round 6, mixed synchronized team (1 female, 1 male diver) from the 10-meter platform.

(b) Junior Rules

- (1) The mixed junior team event consists of at least one female and one male diver but no more than four (4) dives.
- (2) Within the team there must be at least one diver from B group. Six(6) dives are performed in total from all six (6) groups.
- (3) The mixed junior team event includes two (2) individual dives from 3-meter springboard: one performed by a male diver and one by a female diver. The dives are performed without degree of difficulty limit.
- (4) The mixed junior team event includes two (2) individual dives from 5-meter, 7.5-meter, or 10-meter platform: one performed by a male diver and one by a female diver. The dives are performed without degree of difficulty limit.
- (5) The mixed junior team event includes two (2) mixed synchronized dives: one performed from 3-meter springboard and one from 5-meter, 7.5-meter, or 10-meter platform. The dives are performed without degree of difficulty limit.
- (6) In the mixed junior team event the following rounds will be performed. Round 1, female diver from the 3-meter springboard. Round 2, male diver from the 3-meter springboard. Round 3, mixed synchronized team (1 female and 1 male diver) from the 3-meter springboard. Round 4, female diver from 5-meter, 7.5-meter, or 10-meter platform. Round 5 male diver from the 5-meter, 7.5-meter, or 10-meter platform. Round 6, mixed synchronized team (1 female and 1 male diver) from 5-meter, 7.5-meter, or 10-meter platform.

Article 203 — Eligibility

203.1 Eligibility for Individual Springboard and Platform Events at USA Diving National Championships

Eligibility requirements for all USA Diving National Championships will be determined by the High Performance Department and the Committee for Competitive Excellence.

203.2 Eligibility for USA Diving Synchronized National Championships

The High Performance Department and the Committee for Competitive Excellence will determine eligibility criteria for the synchronized events at all USA Diving events.

PART THREE — JUNIOR COMPETITION

Article 301 — Structure: General

301.1 Structure of Junior Diving

- (a) **Program Goals:** USA Diving conducts a Junior diving program to provide a developmental diving and physical fitness program for the youth of the United States and to teach them the fundamentals of the sport of diving and the benefits of participation in athletic competitions. In addition, the structure of competition within USA Diving's junior diving program is intended to integrate with the senior competitive structure into a cohesive competitive track of diving competition intended to allow each athlete to reach his or her greatest potential within the sport of diving.
- (b) **Organization:** The USA Diving Junior diving program is conducted at seven levels of competition. These levels are:
 - (1) International,
 - (2) National,
 - (3) Zone,
 - (4) Regional,
 - (5) Association,
 - (6) Invitationals, and
 - (7) Future Champions.
- (c) **Governance:** The control of these various levels is vested to the High Performance Department, the Committee for Competitive Excellence, the Athletes Advisory Council, the Coaches' Advisory Committee, and/or individual club Members as established by USA Diving in its Bylaws.
- (d) **Sanctions:** All events, whether sponsored by the Corporation, the Local Diving Association, any member club or other entity, must be sanctioned by the Corporation and such sanction shall be obtained by following the procedures as outlined in Article 10 of the Bylaws.
- (e) **International:** The USA Diving High Performance Department and the Committee for Competitive Excellence have the responsibility of overseeing international competitions and exhibitions for Junior divers.
- (f) **National:** The USA Diving High Performance Department and the Committee of Competitive Excellence have the responsibility of overseeing competition within the United States.
- (g) **Zone:** Zones have been established to provide competition for diver in six areas of the United States. These competitions are used as a method for progressing to the Junior National Championships. The USA Diving High Performance Department and the Committee of Competitive Excellence have the responsibility of overseeing the zone competitions
- (h) **Regional:** Regionals have been established to provide competition for divers in 12 areas of the United States. These competitions are used as a method for progressing to the Zone Championships. They are organized and conducted by Regional Committees under the guidance of the High Performance Department and the Committee for Competitive Excellence
- (i) **Associations:** Each Local Diving Committee is responsible for the conduct and/or supervision of Junior Diving in its Local Diving Association.
- (j) **Invitationals:** Invitational meets may be set up by Club Members, provided they are current USA Diving members.
- (k) **Future Champions:** Future Champions may be set up by Club Members, provided they are current USA Diving members.

301.2 Dual Citizenship Divers at the Junior and National Championships

- (a) If any of the qualifiers for the preliminaries or finals are divers with dual citizenship who have declared their "sport nationality" for their other country and have competed for their other country, the number of competitors in the preliminaries or finals shall be increased by the number of such dual citizenship divers who have qualified for the preliminaries, semifinals, or finals.
- (b) This does apply to the synchronized diving events if one or both divers have declared their "sport nationality" and have competed for their other country.
- (c) Dual citizenship divers will affect the results in this manner for the time specified in the AQUA rules applying to changing their sport nationalities (currently one year after changing declaration).

301.3 Aspects of Competition Specific to Junior Diving

- (a) Divers participating in the Regionals/Zones/Nationals must dive in their World Aquatics defined age group (as defined by their age on Dec. 31 of that year). World Aquatics 19 Divers may participate as 16-18 year-olds until they have celebrated their 19th birthday.
- (b) **Age Groups at Regionals, Zones, and Nationals:**
 - (1) **Springboard competition:** At the Regional Championships, the Zone Championships, and the National Championships, competition will be conducted on springboard in the following age groups: 11 & Under (PanAm Aquatics Group D), 12/13 (AQUA Group C), 14/15 (AQUA Group B), and 16-18 (AQUA Group A).
 - (2) **Platform competition:** At the Zone Championships and the National Championships competition will be conducted on platform in the following age groups: 11 & Under (PanAm Aquatics Group D), 12/13 (AQUA Group C), 14/15 (AQUA Group B), and 16-18 (AQUA Group A).
 - (3) At the Synchronized National Championships, competition will be conducted in synchronized diving in the combined 14-18 age group and a 13 & under age group.
- (c) **Age groups for other events:**
 - (1) Any other springboard competition may be conducted in each of the following age groups for both Boys and Girls: 9 & Under, 10/11, 11 & Under (PanAm Aquatics Group D), 12/13 (World Aquatics Group C), 13 & Under, 14/15 (World Aquatics Group B), 16-18 (World Aquatics Group A), 16/17, and 18/19.
 - (2) Any other platform competition may be conducted in each of the following age groups for both Boys and Girls: 9 & Under, 10-11, 11 & Under (PanAm Aquatics Group D), 12/13 (World Aquatics Group C), 13 & Under, 14/15 (World Aquatics Group B), 16-18 (World Aquatics Group A), 16/17, and 18/19.
 - (3) Synchronized diving competition may be conducted in any age group but is normally offered for the combined age grouping of 14 to 18 (AQUA Groups A and B).
 - (4) The Regional Championship meet directors, at their discretion, may hold 9 & Under springboard events and platform events.
 - (5) The meet directors at the Regional Championships and the Zone Championships, at their discretion, may hold synchronized diving events.
 - (6) The optional springboard, platform, and synchronized events mentioned in (d)(4) to (5) above shall not be included in team scoring.

- (d) A diver may elect to take a zero on any dive, without prejudice, and remain in the contest. In Regional Championships, the Zone Championships and the National Championships, any diver who has a total score of zero (fails a dive and/or elects to take zeros) on two or more dives may not advance.

Article 302 — Competition Formats

302.1 Springboard Competition

(a) **Group D Girls & Boys**

- (1) **Age:** 11 and under years on December 31st of the year of the competition.
- (2) **One meter competition format:** The competition shall comprise of six (6) different dives: four dives, voluntarily selected from four different groups with a total degree of difficulty not higher than 7.0 and two dives without degree of difficulty limit from two different groups.
- (3) **Three meter competition format:** The competition shall comprise six (6) different dives: four dives, voluntarily selected from four different groups with a total degree of difficulty not higher than 7.6 and two dives without degree of difficulty limit from two different groups.

(b) **Group C Girls**

- (1) **Age:** 12 or 13 years on December 31st of the year of the competition.
- (2) **Competition Format:** 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 meter events and 9.0 for 1 meter events, and two (2) dives without limit of degree of difficulty, each dive selected from a different group.

(c) **Group C Boys**

- (1) **Age:** 12 or 13 years on December 31st of the year of the competition.
- (2) **Competition Format:** 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 meter events and 9.0 for 1 meter events, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

(d) **Group B Girls**

- (1) **Age:** 14 or 15 years on December 31st of the year of the competition.
- (2) **Competition Format:** 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 meter events and 9.0 for 1 meter events, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

(e) **Group B Boys**

- (1) **Age:** 14 or 15 years on December 31st of the year of the competition.
- (2) **Competition Format:** 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 meter events and 9.0 for 1 meter events, and four (4) dives without limit of degree of difficulty, each dive selected from a different group.

(f) **Group A Girls**

- (1) **Age:** 16, 17, or 18 years until the day they become 19 years old
- (2) **Competition Format:** 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 meter events and 9.0 for 1 meter events, and four (4) dives without limit of degree of difficulty, each dive selected from a different group.

(g) **Group A Boys**

- (1) **Age:** 16, 17, or 18 years until the day they become 19 years old
- (2) **Competition Format:** 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 meter events and 9.0 for 1 meter events, and five (5) dives without limit of degree of difficulty, each dive selected from a different group.

302.2 Platform Competition

(h) **Group D Girls & Boys**

- (1) **Age:** 11 and under years on December 31st of the year of the competition.
- (2) **Platform Levels:** 5 meter
- (3) **Competition Format:** The competition shall comprise six (6) different dives: four dives, voluntarily selected from three different groups with a total degree of difficulty not higher than 7.6 - up to one "voluntary dive" may be a front or back lineup in any position (001, or 002) at degree of difficulty 1.0, and two dives without degree of difficulty limit from two different groups.

(i) **Group C Girls**

- (1) **Age:** 12 or 13 years on December 31st of the year of the competition.
- (2) **Platform Levels:** 5 meter or 7.5 meter
- (3) **Competition Format:** 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.

(j) **Group C Boys**

- (1) **Age:** 12 or 13 years on December 31st of the year of the competition.
- (2) **Platform Levels:** 5 meter or 7.5 meter
- (3) **Competition Format:** 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.

(a) **Group B Girls**

- (1) **Age:** 14 or 15 years on December 31st of the year of the competition.
- (2) **Platform Levels:** 5 meter, 7.5 meter, and 10 meter
- (3) **Competition Format:** 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.

(b) **Group B Boys**

- (1) **Age:** 14 or 15 years on December 31st of the year of the competition.
- (2) **Platform Levels:** 5 meter, 7.5 meter, and 10 meter
- (3) **Competition Format:** 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.

(c) **Group A Girls**

- (1) **Age:** 16, 17, or 18 years until the day they become 19 years old
- (2) **Platform Levels:** 5 meter, 7.5 meter, and 10 meter
- (3) **Competition Format:** 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.

(d) **Group A Boys**

- (1) **Age:** 16, 17, or 18 years until the day they become 19 years old
- (2) **Platform Levels:** 5 meter, 7.5 meter, and 10 meter
- (3) **Competition Format:** 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.

302.3 Competition Formats for Junior Synchronized Diving

(a) **Synchronized Diving Criteria:**

- (1) A synchronized diving competition may be held at Invitational, Association, Regional Championships, and Zone Championships.
- (2) A team is composed of only two divers, with no substitutes, diving simultaneously from the springboards or platforms.
- (3) The synchronized events are open to any age-group diver and members of a team maybe from different clubs or "unattached" divers and may be from different age groups but are to be of the same gender, unless it is a mixed event.
- (4) The competition is judged on how the two divers individually perform their dives and how the two divers as a team synchronize their performance.
- (5) Both divers must do the same dive, number and position.
- (6) No dive number may be repeated in later rounds.
- (7) In the platform competition, divers may choose to perform their dives from any level of the platform, provided that both divers perform the dives from the same level for each dive. 13-and-under platform events shall be from 5-meter only.

(b) **Synchronized competition format:**

(1) **Group A/B Girls & Boys – Springboard**

- i. **Age:** 14, 15, 16, 17, or 18 years until the day they become 19 years old.
- ii. **Competition Format:** This competition shall comprise five (5) dives; two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and three (3) rounds of dives without limit of degree of difficulty. The five (5) dives must be selected from at least four (4) different groups.

(2) **Group A/B Girls & Boys – Platform**

- i. **Age:** 14, 15, 16, 17, or 18 years until the day they become 19 years old.
- ii. **Platform Levels:** 5 meter, 7.5 meter, and 10 meter
- iii. **Competition Format:** This competition shall comprise five (5) dives; two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and three (3) rounds of dives without limit of degree of difficulty. The five (5) dives must be selected from at least four (4) different groups.

- (3) **Group C/D Girls & Boys – Springboard and Platform**
- i. **Age:** 13 years and younger on December 31st of the year of the competition.
 - ii. **Competition Format:** The 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) rounds of dives must be selected from at least three (3) different groups.

Article 303 — Junior National Championships

- (a) Annually, there shall be a USA Diving National Championships.
- (b) **Eligibility for National Championships:** Divers who are U.S. citizens and meet one of the following standards for an event are eligible to compete in the junior events at the USA Diving National Championships in individual events:
 - (1) From each Zone Championships,
 - (i) The top three (3) divers in each springboard event in all age groups shall qualify for the semifinals of the National Championships in those events and the divers placed fourth through 10th will qualify for the preliminaries of the National Championships in those events.
 - (ii) The top three (3) divers in the platform event in all age groups shall qualify for the semifinals of the National Championships in those events and the divers placed fourth through seventh will qualify for the preliminaries of the National Championships in that event.
 - (iii) Should any of the qualifiers in places one (1) through three (3) from the Zone Championships be unable participate in the Junior National Championships, there shall be no advancement by the next placing diver.
 - (iv) Should any of the qualifiers in places four (4) through 10 on a springboard event or four (4) through seven (7) on a platform event from any of the Zone Championships be unable to participate in the National Championships, the Meet Director of the Zone Championships so affected shall contact the next finalist in order of finish in that event to complete the qualifiers for that event. No diver who finishes below 16th place shall be considered. Prequalified divers will not be included in this search.
 - (2) **Alaska:** One male and one female diver per age group, registered and training in the state of Alaska, may compete in the preliminaries of the National Championships in their AQUA age group without attending a Zone Championships. These divers must be designated by the Chair of their Association and submit their qualifications to the Junior Rules Subcommittee Chair no fewer than 30 days prior to the National Championships.
 - (3) **Hawaii:** One male and one female diver per age group, registered and training in the state of Hawaii, may compete in the preliminaries of the National Championships in their AQUA age group without attending a Zone Championships. These divers must be designated by the Chair of their Association and submit their qualifications to the Junior Rules Subcommittee Chair no fewer than 30 days prior to the National Championships.
 - (4) Current National YMCA Champions in all age groups shall be qualified for the preliminaries of the National Championships only in the events they won.
 - (5) There shall be no exhibition divers in the National Championships.

- (6) **Military Dependent Accommodation.** If a diver has a parent who is in the military and has been relocated at a time that prevents a diver from competing in a qualifying meet, that diver can advance to the next level qualifying meet automatically. For example, if a diver misses a Region Championship because of a military relocation, then that diver can automatically be advanced to a Zone Championship. If they qualified to Zones from regionals but would miss zones, then they can automatically advance to the preliminaries of the national championship in all events. Military orders would need to be submitted to USA Diving as verification that the move transpired as stated.
- (c) **Competition Format for the National Championships:** The number of dives to be performed in each individual event is set forth in Article 302.
 - (1) **Preliminaries:** The divers placed fourth through 10th on springboard events and fourth through seventh on platform events at the Zone Championships will compete in the preliminary event for Groups A, B, C and D at the National Championships.
 - (2) **Semifinals:** The top three divers from each of the Zone Championships plus the top six divers from the preliminaries of the National Championships will compete in the semifinals for Groups A, B, C and D.
 - (3) **Finals:** The top 12 divers from the semifinals at the National Championships for Groups A, B, C and D will compete in the finals. The scores of the dives with limit from the semifinal session will be carried forward and added to the scores in the final competition to determine the 12 rankings. Divers finishing between 12th and 30th place will be ranked by their semifinal scores. Divers finishing below 30th place will be ranked by their preliminary scores.
- (d) **Order of Events:** The schedule for each National Championship event shall be set by the High Performance Department, the Committee for Competitive Excellence and with consultation from the Meet Director.

Article 304 — Zone Championships Competition

- (a) The number of dives to be performed in each event is as set forth in Article 302.
- (b) In all springboard and platform events at the Zone Championships, all divers shall do their entire list of dives without cuts.
- (c) For platform events, there will be a minimum cumulative degree of difficulty outlined in the meet information.
- (d) The schedule for each Zone Championship shall be set by the meet director but must be approved by the High Performance Department.

Article 305 — Other Junior Competition

- (a) Local meets may be modified to accommodate local conditions, preferences, limited facilities and personnel.
- (b) All meets must be sanctioned by USA Diving as outlined in Article 10 of the Bylaws.
- (c) Eligibility for participation is open to all USA Diving registered athletes.
- (d) In Invitational Junior Meets, fees to be charged and any differences in the rules (such as age grouping, the events, the number of dives to be performed by each age group, the diving order, or the number of finalists), must be clearly stated in the meet information.
- (e) Athletes registered as competition athletes have the choice to dive at the Future Champions, Junior, Senior, or Masters competitive level in all sanctioned meets, as long as they meet the age range, and any other competition requirements as outlined in the meet information.
- (f) For information on Future Champions competition, Part Four.

PART FOUR — FUTURE CHAMPIONS COMPETITION

Article 401 — Grass Roots Diving

401.1 Future Champions Competition

- (a) Future Champion divers are beginning divers who, through competition experience, may develop interest, involvement and improvement in the sport of diving.
- (b) Eligibility for participation in the Future Champions diving competition is the same as for the Junior program. Future Champions divers shall hold athlete or competitive athlete membership cards issued by USA Diving.
- (c) Future Champions diving events are to be encouraged in Association and local Invitationals and in conjunction with Regional Championships as additional events offered during or after the Championships. All additional events must be pre-approved by the High Performance Department of USA Diving.

401.2 Skill Development Competition

The purpose of the Future Champions program is to encourage the learning of fundamental skills by a broad base of divers at the Association level. The choices listed in the Skill Bank reflect a list of safe progression performance options for any diver at almost any level of experience in the sport. These skills provide divers the opportunity to safely participate in competitions in the sport of diving at any age and/or level of experience.

401.3 Future Champions Developmental Levels

- (a) **Future Champions Level 1:**
6 actions; 6 skills chosen from the bank below. Skills may be reused in a different position/degree of twist (i.e., 100C and 100A may be performed as separate and distinct actions in the competition.)
- (b) **Future Champions Level 2:**
6 actions; 5 skills chosen from the bank below and any 1 dive. Skills may be reused in a different position/degree of twist. The dive may be 101, 201, 301, or 401 – any position with true DD; any other dive may instead be selected at DD of 1.0.
- (c) **Future Champions Level 3:**
6 actions; 4 skills chosen from the bank below and any 2 dives from different groups. The dives may be 101, 201, 301, or 401 – any position with true DD; any other dive may instead be selected at DD of 1.0.
- (d) **Future Champions Level 4:**
6 actions; 3 skills chosen from the bank below and any 3 dives from different groups. The dives may be 101, 201, 301, or 401 – any position with true DD; any other dive may instead be selected at DD of 1.0.
- (e) **Future Champions Level 5:**
7 actions; 3 skills chosen from the bank below, 2 voluntary dives from different groups and 2 optional dives from different groups. The voluntary dives shall be selected from 101, 201, 301, or 401 (any position) and will be given true DD. The optional dives may be any competitive dives and will be given the true DD.
- (f) **Future Champions Level 6:**
7 actions; 2 skills chosen from the bank below, 3 voluntary dives from different groups and 2 optional dives from different groups. The voluntary dives shall be selected from 101, 201, 301, or 401 (any position) and will be given true DD. The optional dives may be any competitive dives and will be given true DD.

- (g) **Future Champions Level 7:**
7 actions; 1 skill chosen from the bank below, 3 voluntary dives from different groups and 3 optional dives from different groups. The voluntary dives shall be 101, 201, 301, or 401 (any position) and will be given true DD. The optional dives may be any competitive dives and will be given true DD.
- (h) **Future Champions Level 8:**
7 actions; 4 voluntary dives from different groups and 3 optional dives from different groups. The voluntary dives shall be 101, 201, 301, and 401 (any position) and will be given true DD. The optional dives may be any competitive dives and will be given true DD.
- (a) **Skills Bank: Future Champions Levels 1-8:** All skills shall be assigned a degree of difficulty of 1.0.
- (1) 100 A, B, C
 - (2) 200 A, B, C
 - (3) 5101, 5102, 5104, 5201, 5203, 5205 A, B, C (These are jumps with degrees of twist)
 - (4) 001 A, B, C (no D position) – from standing takeoff
 - (5) 002 A, B, C (no D position) – from standing takeoff
 - (6) Platform: 611A, 6111A, 621A, 6211A
- (i) **Junior Level Diving Participation in the Future Champions Invitational:**
It is highly recommended that Junior level diving events be included in the Future Champions Invitational experience. In many previous Future Champions Invitationals, there have been multiple Junior National/International Champions in attendance and in competition with each other. Elite Junior athletes who choose to participate in Future Champions Invitationals assume a leadership role for aspiring young athletes, and enjoy a diving experience in which they may showcase their skills to a large audience of new members in the sport.
- (j) **Future Champions Invitational Individual and Team Point Calculations:**
- (1) **Combined Future Champions Levels 1-4 (per age group):**
 - (i) Top 4 places: 5-3-2-1
 - (2) **Combined Future Champions Levels 5-8 (per age group):**
 - (i) Top 8 places: 10-8-7-6-4-3-2-1
 - (3) **Future Champions Synchronized Events (any event with at least one skill at 1.0):**
 - (i) Top 4 places: 10-6-4-2
 - (4) **Junior:**
 - (i) Top 12 Places: 15-12-11-10-9-8-7-6-4-3-2-1

PART FIVE — MASTERS DIVING

Article 501 — Objectives

- (a) To offer the opportunity to continue or re-institute conditioning in those 21 years of age and older. Participation of those 21 through 24 years of age is recognized in the United States but is not recognized by AQUA International Masters' ages.
- (b) To encourage and promote physical fitness and improvements in health for all those over 21 years of age.
- (c) To offer encouragement to individuals, clubs, organizations, and communities in the organizing and conducting of life-long physical, recreational and competitive Masters programs.
- (d) To enhance fellowship among participants in Masters programs.
- (e) To stimulate interest in Masters programs at all levels of involvement: physical educators, clubs, organizations, recreation directors, communities, medical societies, and higher educational institutions.
- (f) To promote USA Diving throughout age-group, senior and masters programs.
- (g) To stimulate research in the physiology and psychology of Masters participation at basic and clinical research levels, and further, to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.
- (h) To outline safe Masters programs in diving for individuals over 21 years of age, taking recognition of previous diving prowess or participation, non-participation, gradual programming, physical condition and "medical wellness" of proposed participants.
- (i) To propose proper diving training for adult age groups.
- (j) To consider programs which will provide goals towards which older participants can work, and motivation for continuing exercise regimens in spite of the inconveniences and the stresses of adult life.
- (k) To set up proper age groupings in the establishment of Masters diving programs, with well- planned balancing of events and limitation of duration and stresses of competitive programs with relation to these factors.
- (l) To seek assistance for research programs in the medical aspects of Masters programs, and coordinate, if possible, present research programs in these areas.

Article 502 — Rules for Masters Diving

502.1 Rules

All rules and regulations as outlined in previous Articles shall apply to Masters Diving except as noted in these Articles. Articles or Sections specifically pertaining to Junior Diving or Senior Diving shall not apply unless indicated. Rules regarding execution of dives, degree of difficulty, selection of dives and scoring will govern all Masters competitions, except that in Masters Invitational Competition a diver may elect to change the dive any time prior to the execution of the dive. Divers must dive in their respective age group and at scheduled times and may not dive at other times in other events because of business or personal schedule/travel contingencies.

502.2 Registration

Masters competition is open to athletes 21 years of age and over possessing a USA Diving Competition Athlete membership, or in the case of foreign divers, possessing a registration card from their respective National Governing Body (NGB).

502.3 Age Groups

- (a) Group I: 21-29, 30-39, 40-49, 50-59, 60-69, 70 and up.
- (b) Group II: 21-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+.
- (c) Group III (platform diving): 21-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90 and up.
- (d) National Championship meets shall consist of the age grouping in Group II and III above.
- (e) Group I is suggested for regional and invitational meets. The number of required and optional dives may vary from the number required for national competition, as the discretion of the meet director.

502.4 Eligibility

The eligibility of a participant for a particular age group will be determined by their age as of the last day of the meet. Divers registered as Masters may dive in senior open competition if they qualify, and senior divers may dive in masters competition in their respective age group without forfeiting their senior eligibility.

Note: Internationally, the age determination date is Dec. 31 of the year in which the competition is held.

502.5 Local Meets

- (a) In local Invitational Meets, competition may be conducted on either the 1-meter or 3-meter springboard, or the competitions may be conducted on an either/or basis, allowing the use of both boards. The conditions will be determined by the meet director.
- (b) When platform facilities are available a meet may include the use of those facilities. The age breakdown and the number of dives required shall be at the discretion of the meet director.

Article 503 — Masters National Invitational Championship Meets

503.1 National Championships

Two USA Diving Masters National Invitational Diving Championships shall be awarded: Spring Masters National Invitational Diving Championships and Summer Masters National Invitational Diving Championships.

503.2 Schedule

The Spring Meet shall be held between April 1 and May 31. The summer meet shall be held between Aug. 1 and Sept. 30. National Invitational Championship meets may be held on Friday, Saturday, and Sunday - or - Saturday, Sunday, and Monday, at the discretion of the meet director. It is recommended that both of the U.S. Masters Diving National Invitational Championships are scheduled not to conflict with the corresponding USA Diving Senior National Championships.

503.3 Selection of Date and Site

Selection of dates and sites shall depend on applications. Site selection shall be determined by considering zone rotation.

503.4 Bid Awards

At the meeting held in conjunction with the Summer Masters National Invitational Diving Championships, both of the Masters National Invitational Diving Championship meets for the following year shall be awarded.

Note: Contact the Masters National Chair to request meet application materials. Potential hosts must provide pool supervision and adequate medical care (or access thereto) for all practice and competition sessions. Such arrangements must be guaranteed in the meet application of every potential host.

503.5 Entry Fees

Entry fees for National Invitational Championships shall be no less than \$125 per individual. This will apply to entry fees for all events and to the banquet ticket for each contestant. Additional banquet tickets will be made available for non-contestants based on the cost of the dinner and should not exceed \$55 apiece. Any changes to these prices must be approved by the USA Diving Masters Chair. There will be a late entry fee of \$25 if an entry is submitted or postmarked after the deadline date. There will be no refund of monies.

503.6 Financial report

For all Masters National Invitational Championships, a financial report must be completed and sent to the Masters National Chair no later than 60 days after completion of the meet. This report shall be forwarded to the National Office; copies shall be available to the membership upon request.

503.7 Order of events for National Invitational Championships:

(a) First Day in odd numbered years* (Simultaneous events)

- (1) **One Meter:** Women's 50+ and Men's 65+
Three Meter: Men's 50-64
- (2) **One Meter:** Women's 35-49
Three Meter: Women's 21-34
- (3) **One Meter:** Men's 35-49
Three Meter: Men's 21-34
- (4) Men's & Women's #3, #4 and #5 Grand Masters (50-64, 65-79, 80+)

(b) Second Day in odd numbered years* (Simultaneous events)

- (1) **One Meter:** Men's 21-34
Three Meter: Men's 35-49
- (2) **One Meter:** Women's 21-34
Three Meter: Women's 35-49
- (3) **One Meter:** Men's 50-64
Three Meter: Women's 50+ and Men's 65+
- (4) Men's & Women's #1 and #2 Grand Masters
(21-34 and 35-49)

*** In even numbered years 132.7 (a) and (b) will be swapped.**

(c) Third Day

In odd-numbered years:

- (1) Men's and Women's 50 and over platform
- (2) Men's and Women's 21-49 platform
- (3) Synchronized Diving schedule will be determined by the Meet Director

In even-numbered years:

- (1) Men's and Women's 21-49 platform
- (2) Men's and Women's 50 and over platform
- (3) Synchronized Diving schedule will be determined by the Meet Director

- (d) Every other year, the order of individual events on a single day as listed in sections 503.7 (a)-(c) will alternate order so that events listed as #1 and #2 would become events #3 and #4 in alternate years.
- (e) This is the recommended meet format and should facilitate an efficiently run event. This meet format may be changed only by approval of the Masters Chair (for that meet only) and must be distributed in the meet information. Events can be combined or further subdivided at the discretion of the Meet Director, but the relative order of events printed in the meet information must be maintained.

503.8 Grand Masters

Those eligible to compete in Grand Masters events shall be those: who have competed in an individual event at the Olympic Games (representing any country), or who have placed in the top three places in an individual event at a past US Senior National Diving Championships, or who have won a Masters World Championship in an individual open event, or who have won an individual open event at a previous USA Diving Masters National Invitational Championship.

Grand Masters competition will be held for men and women in five divisions:

(a) **#1 Grand Masters**

- (1) Ages 21-34
- (2) Six dives
- (3) The contest shall consist of 3 dives from different groups with a total degree of difficulty not to exceed 5.8; followed by 3 dives without limit of degree of difficulty, one of which must be from Groups 1 or 4, one from Groups 2 or 3, and one which must be selected from Group 5. Five groups must be represented within the 6-dive list.
- (4) Dives can be performed from any elevation (1M or 3M Springboard or 5M, 7.5M, or 10M Platform) at any time.

(b) **#2 Grand Masters**

- (1) Ages 35-49
- (2) Six dives
- (3) The contest shall consist of 3 dives from different groups with a total degree of difficulty not to exceed 5.8; followed by 3 dives without limit of degree of difficulty, one of which must be from Groups 1 or 4, one from Groups 2 or 3, and one which must be selected from Group 5. Five groups must be represented within the 6-dive list.
- (4) Dives can be performed from any elevation (1M or 3M Springboard or 5M, 7.5M, or 10M Platform) at any time.

(c) **#3 Grand Masters**

- (1) Ages 50-64
- (2) Six dives
- (3) The contest shall consist of 3 dives from different groups with total degree of difficulty not to exceed 5.8; followed by 3 dives without limit of degree of difficulty, one of which must be from Groups 1 or 4, one from Groups 2 or 3, and one which must be selected from Group 5. Five groups must be represented in the 6-dive list.
- (4) Dives can be performed from any elevation (1M or 3M Springboard or 5M, 7.5M, or 10M Platform) at any time.

(d) **#4 Grand Masters**

- (1) Ages 65-79
- (2) Six dives
- (3) The contest shall consist of 3 dives from different groups with a total degree of difficulty not to exceed 5.8; followed by 3 dives from different groups without limit of degree of difficulty. At least 4 groups of dives must be represented in the 6-dive list.
- (4) Dives can be performed from any elevation (1M or 3M Springboard or 5M, 7.5M, or 10M Platform) at any time.

(e) **#5 Grand Masters**

- (1) Ages 80 and over
- (2) Five dives
- (3) The contest shall consist of 3 dives from different groups with a total degree of difficulty not to exceed 5.8; followed by 2 dives from different groups without limit of degree of difficulty. At least 3 groups of dives must be represented in the 5-dive list.
- (4) Dives can be performed from any elevation (1M or 3M Springboard or 5M, 7.5M, or 10M Platform) at any time.

(f) Divers who qualified to compete in a Grand Masters event may choose to dive either with their natural age bracket or with a younger age bracket. Divers must compete in only one Grand Masters event per meet (it need not be the same one each meet) and shall never dive with those Grand Masters age brackets older than themselves.

(g) **Note:** 61_ dives can be used to fulfill 'Group 1 or 4' requirements, 62_ and 63_ dives can be used to fulfill 'Group 2 or 3' requirements, and 6_ _ _ dives can be used to fulfill 'Group 5' requirements in Grand Masters events.

503.9 Platform Diving Requirements

Age	Number of Dives	No. of Voluntary Dives from Different Groups (with limit)	No. of Dives from Different Groups (without limit)
21-29	6 dives	3 (5.7)	3
30-39	6 dives	3 (5.7)	3
40-49	5 dives	2 (3.8)	3
50-59	5 dives	2 (3.8)	3
60-69	4 dives	2 (3.8)	2
70-79	4 dives	2 (3.8)	2
80-89	3 dives	1 (1.9)	2
90 & up	2 or 3	1 or 2 (1.9)	1

503.10 Springboard Diving Requirements

Age	Number of Dives	No. of Voluntary Dives from Different Groups (with limit)	No. of Dives from Different Groups (without limit)
21-29	10 dives	5(9.5)	5
30-39	10 dives	5 (9.5)	5
40-49	9 dives	5 (9.5)	4
50-59	8 dives	4 (7.6)	4
60-69	7 dives	3 (5.7)	4
70-79	6 dives	3 (5.7)	3
80-89	5 dives	3 (5.7)	2
90 & up	3 or 4	2 or 3 (1.9)	1

503.11 Order of dives

Dives may be performed in any order except in the Grand Masters competition, which must follow the stated format. All events involving a list of 5 voluntary dives shall have a maximum total degree of difficulty on these dives of 9.5, and the dives shall be from 5 different groups. The dives constituting the 9.5 voluntary with-limit shall be marked with an asterisk (*) for identification and checking purposes. For all events requiring fewer than 5 voluntary dives, these dives shall be from different groups and shall have a maximum total degree of difficulty of 7.6 where four dives are required, 5.7 where three dives are required, 3.8 where two dives are required, and 1.9 where one dive is required.

503.12 Synchronized Diving Formats

- (a) There shall be three events for synchronized diving teams: men's doubles, women's doubles and mixed doubles. Within each event there shall be five age groups: 21-34, 35-49, 50-64, 65-79, and 80+. The age group of a synchronized diving team shall be determined by averaging the ages of the two team members. Divers may compete in more than one event (e.g. in men's doubles and mixed doubles), but only on one team within each event.

(b) **Dive requirements:**

Age	Voluntaries	Dives without Limit	Total
21-34	2 dives	3 dives	5
35-49	2 dives	3 dives	5
50-64	2 dives	2 dives	4
65-79	2 dives	2 dives	4
80+	2 dives	1 dive	3
The degree of difficulty on the voluntary dives with limit shall be 2.0 regardless of the book degree of difficulty.			

- (c) Dives may be performed at any level (1-meter, 3-meter, or platforms). The two teammates may perform either the same dive or different dives during their turn, so long as both team members dive simultaneously. Only one degree of difficulty shall be listed on the sheet for each paired-dive to be performed by the team. When different dives are performed by the teammates, their D.D. shall be averaged (and rounded up 0.05 of a point when necessary). No dive or paired-dive combination shall be repeated by a team during the contest.
- (d) Guidelines for judging Masters synchronized diving events.
- (1) When more than five judges are used (preferred), refer to Section 106.4 and 106.5 for judging and scoring calculation guidelines.
 - (2) When five judges are used, two judges will judge execution for only one diver each and three judges will judge only synchronization. The high and low scores are discarded.
- (e) When possible and with Meet Director approval, competitors in synchronized diving events shall receive awards distinctive from the Masters National Invitational Medal.
- (f) Special synchronized diving sheets, with room for description of both teammates' dives and their average D.D., should be used when possible. These can be obtained from the Masters Chair.

503.13 All-American Awards

A Masters Diver winning National Invitational Championships in two regular individual events, including Grand Masters, in one calendar year is designated as an All- American. In those years in which a AQUA World Masters Aquatics Championship and/or a World Masters Games event is held, any U.S. Masters Diver winning one or more events shall be eligible to use those events towards his or her All-American qualification.

503.14 Medical Examination

Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters training. In addition, it is also recommended that each competitor have a physical check-up immediately prior to Masters Competition in order to ensure the diver's physical readiness for participation. Medical evaluation forms are available upon request by writing to the National office.

503.15 Masters Novice

The Masters Novice events provide an opportunity for new and inexperienced divers to enjoy and compete in the Spirit of Diving at The USA Masters Nationals and local invitationals.

- (a) Age Groups for Master Novice will compete in 15-year increments
- (b) The number of dives required for participation in the Masters Novice events are below:

Springboard	Total Number	
Age Group	Men	Women
21-34	6	6
35-49	6	6
50-64	5	5
65-79	4	4
80+	3	3
Platform	Total Number (5, 7.5 or 10m)	
Age Group	Men	Women
21-34	5	5
35-49	5	5
50-64	4	4
65-79	3	3
80+	2	2

- (c) Masters Novice event participants can select dives to fulfill the list requirement described in 132.15(b) from the complete dive list table in the AQUA Handbook using true degree of difficulty and from the list of dives in the Skills Bank, all of which will be assigned a degree of difficulty of 1.0;
- (d) Skills Bank:
 - (1) 100 A, B, C
 - (2) 200 A, B, C
 - (3) 5301, 5102, 5303, 5104, 5201, 5203, 5205 A, B, C
 - (4) 001 A, B, C
 - (5) 002 A, B, C
 - (6) Platform: 620A
- (e) Masters Novice divers can repeat the same dive number in their list of dives, if the repeated dives are performed in a different position.
- (f) The inclusion of the Masters Novice Event at the National Championship meets is at the discretion of the meet director.
- (g) Divers who have previously won a AQUA world or United States Masters National Championship cannot dive in the novice event for the board (1-meter, 3-meter, and/or platform) in the same age group. Exceptions to this rule will be made at the discretion of the U.S. Masters Diving Chair prior to each championship.
- (h) Meet participants cannot dive in both the Novice event and the Regular event for the same board in the same competition.

PART SIX - POLICIES FOR ADMINISTRATION OF DIVING COMPETITIONS

Article 601 — Application

601.1 USA Diving Administered Competitions

- (a) All meets hosted by USA Diving and administered directly by the Staff of USA Diving shall be administered in compliance with the Policies of this Part Six. However, such policies may be modified on a case-by-case basis by the CEO, the High Performance Director or their designee to accommodate local conditions and any competition specific requirements.
- (b) USA Diving Staff will make reasonable efforts to conform the administration of USA Diving administered competition to the Policies of this Part Six.

601.2 Competitions Not Administered by USA Diving

The administration of all Region, Zone, and National Championship competitions not administered by the USA Diving Staff will be administered in accordance with the Policies set forth in Part Six. Notwithstanding the foregoing sentence, the appropriate Board Member, committee chair, or other designated official may make adjustments to the administration of a diving competition as provided elsewhere in the Rules or Bylaws for local conditions or circumstances.

601.3 Other USA Diving Sanctioned Competitions

All other USA Diving Sanctioned competitions are to be administered in accordance with the Policies of this Part Six. Deviations from these Policies should be noted in all meet information to avoid confusion and conflict amongst athletes, coaches, officials and other interested persons.

601.4 General Policies

Except as provided elsewhere in this Part Six, General Policies shall be applicable to all Senior and Junior Diving Competitions.

601.5 Board of Directors Authority

- (a) The Board of Directors has the sole discretion to amend the policies of Part Six, and may do so at any time, either upon its own motion or as result of proposal submitted by the National Office Staff or any member of USA Diving.
- (b) All changes made to Part Six, by the Board shall be communicated to the membership by prominent posting of the information on the USA Diving website within ten (10) business days.

Article 602 — Policies Applicable to all Diving Competitions

602.1 Proof of Athlete Registration

If requested to do so, a diver must present a current USA Diving registration card (hard copy or electronic version) to the meet director in order to participate in any diving competition sanctioned by USA Diving.

602.2 Review of Dive Sheets

The meet director, or designated representative in all meets shall inspect all diving lists. All diving sheets found to be in error shall be brought to the attention of the athlete and/or athletes' representative. If an automated system is used to properly check for errors, this is not required. Any errors not detected are the responsibility of the diver.

602.3 Posting Diving Order

A written or printed list of the diving order shall be posted by the meet secretary before each event starts in a place convenient for the divers' observation.

602.4 Simultaneous Events

At all meets, the 1-meter, 3-meter, and/or platform events may be run simultaneously. At junior level meets, multiple events may be run if the pool configuration allows.

602.5 Competition Practice Schedules and Policies

- (a) Practice schedules for all National Championship meets shall be set by the High Performance Department with consultation from the Committee for Competitive Excellence and the meet director.
- (b) For all Region, Zone and USA Diving National Championship meets, only athletes entered in the meet may use the diving boards or platforms for workout during scheduled practice times, including open workout times. Exceptions to be determined by the High Performance Department and the Committee for Competitive Excellence.
- (c) For diving meets other than the Regional Championships, the Zone Championships, and all National Championships, the use of the pool before competition and practice times shall be at the discretion of the pool management and meet director. The practice times shall be stated in the meet information.
- (d) For platform practices at a facility in which the landing zones for various levels overlap:
 - (1) A current member of USA Diving must be assigned responsibility for calling the towers.
 - (2) The person calling towers should use a microphone.
 - (3) Divers must be instructed to dive only when their tower level is called and to immediately swim from underneath the platform back to the pool deck.

602.6 Confirmation of Coach Registrations

- (a) At the Regional Championships, the Zone Championships, and all National Championships, the meet director will ascertain that each coach participating in any manner in the competition as a coach is currently registered and certified with USA Diving as a coach member. The National Office will provide the meet director of each such meet an up-to-date list of coach members of the Corporation not earlier than three days before the competition. Any person not on the list of coach members shall be conclusively presumed not to be registered currently and will be refused participation in the competition as a coach. It is the responsibility of the person seeking to be recognized as a coach member of the Corporation to comply in a timely manner with the membership requirements indicated in the Bylaws in order that the coach's name will appear on the current

list of registered coach members prior to the competition.

- (b) In competitions where computerized or electronic meet entry procedures are used for diver registration, coaches desiring to participate in any manner in the competition must register for the meet. The specific registration procedure will be approved by the meet director for use in such competitions, and the procedure shall be communicated to all coaches and participants prior to the registration deadline. A coach member who fails to register before the deadline may still participate in the competition by registering at the meet site and paying a late registration fee.
- (c) Coaches who register for a meet must have an athlete competing in the event.

602.7 Designation of Coaches

The deadline for designating a diver's coach of record is the start of the first event of the first day of competition.

602.8 Tobacco, Intoxicants Prohibited

During all USA Diving sanctioned meets, no official (referee, judge, secretary, table official, etc.), coach or diver will be permitted to smoke or use tobacco in any other way or to consume any intoxicant while on the pool deck area as defined by the meet director.

602.9 Awards Presentation

- (a) The meet director shall be responsible for the awards presentations.
- (b) The awards will be presented as soon as possible after the completion of a contest.
- (c) The finalists who are to receive awards will gather at a site designated by the meet director.

602.10 Disruptive Activities

Any spectator, coach, official, diver, or support personnel who is disruptive or detrimental to the conduct of the diving competition may be removed from the facility or asked to relocate.

602.11 Fees and Entry Procedures

- (a) **Fees**
 - (1) The entry fee to be charged for each event entered at Regional Championships, Zone Championships, and all National Championships shall be determined by the National Office and provisions regarding the division of the fees are modified to be consistent with the actions of the Board of Directors.
 - (2) Entry fees for all other meets will be established by the meets' directors and must be listed on the meet information material.
- (b) **Entry Procedures**
 - (1) Entry procedures for the Regional Championships, Zone Championships, and all National Championships shall be determined by policy established by the Board of Directors and implemented and enforced by the National Office. These shall include entry forms, entry fees, late entry fees, deadlines, late sheet fees and the distribution of those fees, and such other matters that are deemed appropriate.
 - (2) In the event divers do not register online prior to the established deadline, they may still enter the meet on deck by paying a penalty fee which shall be established by the Board of Directors after recommendation by the Finance and Audit Committee. This penalty fee

- is to be paid in addition to the regular entry fee for each event entered.
- (3) Entry deadlines for any other diving competition are at the discretion of the meet director for that competition and shall be so specified on the entry form.

602.12 Reporting of Results

As soon as possible following the completion of the meet, the meet director of a Regional Championships, Zone Championships, or National Championships must upload the results using an online scoring system.

602.13 Financial Reports

For all USA Diving National Championships, Zone Championships and Region Championships:

- (a) **Preliminary Report:** Meet Directors are required to submit preliminary financial reports of the meet to the National Office so that the reports are received by the National Office no later than 60 days before the start of the meet.
- (b) **Final Report:** Meet Directors are required to submit a final financial report to the National Office so that the reports are received by the National Office no later than 60 days after completion of the meet.

602.14 Disbursement of Funds

- (a) For all Regional Championships, Zone Championships, and National Championships, a percent of each entry fee shall be distributed as specified by the Board of Directors.
- (b) Complete information on the fees to be charged shall be included in the meet information.
- (c) Distribution of additional funds from the USA Diving National Championships may be determined per contract between the meet host and USA Diving. A copy of this contract may be obtained at any time from the National Office.

602.15 Site Selection

- (a) **Zone Championships, National Preliminaries and National Championship Meets at the Junior and Senior level**
- (1) A prospective host must submit a completed bid application form by the deadline designated for each particular event.
 - (2) Facilities must meet or exceed requirements set forth for each specific meet to be considered as a host site
 - (3) The National Office will review bid applications and select host sites.
- (b) **Junior Regional Championships.** Each year, the site for the Regional Championships two years hence will be voted on by the clubs that are geographically located within the Region being selected. The Meet Host, or designee, will have minutes of the selection process submitted to the National Office no later than 10 days after the conclusion of the current year's Regional Championships. The procedure for selecting a host site shall be as stipulated below:
- (1) Each club shall receive one vote
 - (2) Votes shall be publicly recorded in the minutes.
 - (3) The host site will be the first site which indicates a willingness to host and which receives affirmative votes from a majority of the coaches present.
 - (4) Should the Regional Championships primary site and backup site not meet the facility site selection requirements or are unable to confirm

availability one year prior to the scheduled start of the Regional Championships, the USA Diving National Office reserves the right to select another host.

602.16 Meet Information

For all Regional Championships, Zone Championships and National Championships, the Meet Director shall prepare meet information material as requested by the National Office and send it to the National Office for posting on the website. Ideally, this information should be sent no later than 120 days before the first event.

602.17 Submission of Diving Sheets

- (a) All competitors at the Regional Championships, Zone Championships and all USA Diving National Championships must submit a complete and final list of dives by the deadline provided by the National Office for that particular meet. The list must be submitted using the designated online registration service provider offering dive sheet submission.
- (b) At all of the above-mentioned competitions, no changes are allowed to the dive sheets after three hours prior to the start of the event. It remains the diver's responsibility to conform to competition parameters, such as degree of difficulty limits, and to satisfy dive group requirements.
- (c) Each competitor in all diving competitions is entirely responsible for the accuracy of the statements on this list.
- (d) This list of dives must be signed by the competitor if the competition is not being run electronically. The signed portion of the score sheet shall be considered the competitor's official list of dives. Failure to sign or check off the list of dives shall be an indication that the diver agrees with the list and plans to perform the dives as listed.
- (e) Divers may change the dives in their dive list without penalty up to the time specified by the meet information the day before the corresponding event. After this pre-described deadline, the diver may still make changes up to three hours prior to the start of the first event each day of competition with a penalty as prescribed elsewhere in these rules. By submitting changes online the diver confirms the changes are made and assumes responsibility for the accuracy of the dive list.
- (f) Dive sheets submitted after the sheet entry deadline and before the three-hour deadline will be considered late entries. Late entry divers may still compete by paying a fine as determined by the Board of Directors and, at the discretion of the meet director, dive first in the diving order. Late entry fees should be made payable as directed by the Meet Director.
- (g) In all other diving meets, the Meet Directors, at their own discretion, may arrange for a deadline for turning in diving lists different from that stated above, for the convenience of meet procedure and/or the Meet Secretary. The deadline should not be less than one hour before the particular event and in all cases this information must be clearly stated on the entry information form.
- (h) When the next session of an event is on the same day, the divers in the next session may submit new lists of dives within 30 minutes of the end of the completion of the previous session.
- (i) When the finals are conducted on a later date, new lists of dives may be submitted up until three hours prior to the start of the finals. If a new list of dives is not submitted by a diver within the time provided, the diver shall perform the same dives performed in the previous session.

602.18 Correction of Dive Sheets

Changes to dive sheets are permitted at no charge prior to the deadline communicated by the Meet Host. Changes may be made after the deadline until three hours prior to the scheduled start of the event with a fee set forth by the USA Diving Board of Directors. In person and/or online dive changes are permitted.

602.19 Awards and Team Scoring

- (a) Medals will be awarded to the top three finishers in each event at Region Championships, Zone Championships and the USA Diving National Championships. In junior events only, places 4-12 may also receive medals or an item of recognition.
- (b) At each Region Championship, a team award will be given to the team that scores the most combined points. Additional awards may be given at the discretion of the meet director.
- (c) At each Zone Championship, a team award will be given to the team with the most combined (boys & girls) points. Additional awards may be given at the discretion of the meet director.
- (d) At the USA Diving National Championships, the three teams with the most combined (boys & girls) points will receive team awards.
- (e) Team points shall be awarded to the top 12 places in each event as follows: 15-12-11-10-9-8-7-6-4-3-2-1. In the event of a tie, the points allocated to the tied place shall be added to those allocated to the next place or places, the sum divided by the number of divers who have tied, and that amount added to the score for each team.

602.20 Spring, Summer, or Winter National Championships

- (a) USA Diving may conduct a USA Diving Spring, Summer, or Winter National Championship events to be determined at the discretion of the High Performance Department in consultation with the Committee for Competitive Excellence.
- (b) The USA Diving Spring or Winter National Championship may include 1-meter and 3-meter springboard and 10-meter platform individual events, and 3-meter springboard and platform synchronized events, for men and women. Specific competitive requirements will be established by the High Performance Department and the Committee for Competitive Excellence.
- (c) The USA Diving High Performance Department and the Committee for Competitive Excellence shall set specific criteria for competitor eligibility.
- (d) In the event a corporate partnership is secured for the USA Diving National Championships meets any or all of these meets may bear the name of such partner, i.e., "The XYZ USA Diving National Championships." The name will be approved by the CEO.
- (e) All diving equipment so approved by the Committee Chair shall be inspected one week before the USA Diving National Championships by the meet director or an appointed representative. The facilities shall not be changed or altered after inspection except when a springboard is broken or should repair or modification be necessary.

602.21 Association Championships

- (a) It is recommended that Association Championships be conducted as closely as possible to all the rules governing the USA Diving Championships.
- (b) In Association Championships, fees to be charged and any differences in the rules, such as the number of dives to be performed, the order of dives, the delivery of the diving list, or the number of finalists must be clearly stated in the pre-meet information.
- (c) Association Championships are open to both Athlete and Competition Athlete registered divers.

602.22 Invitational Meets

- (a) Local meets may be modified to accommodate local conditions, preferences, limited facilities and personnel.
- (b) Eligibility for participation is open to all USA Diving registered athletes in accordance with the USA Diving Bylaws.
- (c) It is recommended that invitational meets be conducted as closely as possible to all the rules governing the USA Diving Championships.
- (d) In Invitational meets, fees to be charged and any differences in the rules, such as the number of dives to be performed, the order of dives, the delivery of the diving list, or the number of finalists, must be clearly stated in the pre-meet information.
- (e) In Invitational meets, Junior divers are permitted to compete in Senior events as long as they meet the competition requirements.

Article 603 — Policies Applicable to Junior Diving Competitions

603.1 Regional Championships

- (a) Coaches within each of the 12 Diving Regions shall organize and conduct a Junior Region Championships. These meets shall be open to all registered athletes who are junior divers.
- (b) Regional Championships shall be conducted in each of the 12 Junior Diving Regions no earlier than the second weekend of April and no later than the second weekend of May. The dates for the Regional Championships will be selected by the meet host, but subject to approval by the USA Diving National Office.
- (c) A Region host may conduct their event outside the above parameters by requesting and obtaining approval from the CCE and High Performance department.
- (d) If a Region is found unable or unfit to host their own Championship within the prescribed Region geographical area, another Region geographical area may be submitted to USA Diving for approval to host that event.
- (e) Divers may compete in the Regional Championships of their choice.
- (f) Additional optional events may be added to the schedule of events with the approval of the USA Diving High Performance Department. No team points will be awarded for any optional events. The inclusion of approved additional optional events does not preclude a diver from participating in the Regional competition on springboard at one Regional and competing on additional optional events in a different Regional meet. If a diver then competes at zones, he or she must attend the zone meet that corresponds to the region meet in which the diver competed in the springboard events, not the optional events.
- (g) The top fifteen (15) finishers in a springboard event who are U.S. citizens shall be eligible in that event only to compete at a Zone Championships. (Rules 102.9 and 120.2 shall apply).

- (h) Meet Directors must make cuts at Regional Championships if more than 40 divers are registered in any 16-18 age group event. If the projected finish time of the meet runs past dark in outdoor pools, or unreasonably late into the evening, or if an unusual delay prevents timely completion of the meet, Meet Directors may impose cuts in the 16-18 events according to the following procedure:
 - (1) If cuts are made, dives without limit of DD will be performed first, followed by voluntaries.
 - (2) After completion of the dives without limit of DD, a cut to 24 divers will be made.
- (i) Meet Directors may use the following forms of competition to reduce the number of divers per event to eliminate the need for cuts.
 - (1) Split Boards: Athletes in affected events are randomly assigned to specific boards prior to the first day of training.
 - (i) Each board will be run as separate events simultaneously.
 - (ii) In the event there are more than 40 divers per board, even with the split board format, cuts must be made following the procedures in (f) above. In this case each board will cut to the top 24 divers.
 - (2) Split Events: Athletes in the affected events are randomly assigned to two or more groups. Each group will run as a separate event.

603.2 Regional Alignment

- (a) **Region 1:** Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island and Vermont
- (b) **Region 2:** Delaware, Maryland, New Jersey, North Carolina, Pennsylvania and Virginia as well as the District of Columbia
- (c) **Region 3:** Alabama, Florida, Georgia and South Carolina
- (d) **Region 4:** Arkansas, Louisiana, Mississippi, Oklahoma and Texas (excluding the portion of the North Texas Association that is west of I-35 [for regional purposes, the Dallas/Fort Worth metro area is considered east of I-35])
- (e) **Region 5:** Michigan, Ohio and West Virginia
- (f) **Region 6:** Indiana, Kentucky and Tennessee
- (g) **Region 7:** Illinois and Missouri
- (h) **Region 8:** Iowa, Minnesota, North Dakota, South Dakota and Wisconsin
- (i) **Region 9:** Colorado, Kansas, Nebraska and Wyoming
- (j) **Region 10:** Alaska, parts of California (Northern and Central California Associations), Idaho, Nevada (minus Clark County/Las Vega), Montana, Oregon, Utah and Washington
- (k) **Region 11:** Arizona, New Mexico and a portion of the state of Texas (the portion of the North Texas Association that is west of I-35 [For regional purposes, the Dallas/Fort Worth metro area is considered east of I-35])
- (l) **Region 12:** The portion of California that is in the Southern Pacific Association, Hawaii, and the portion of Nevada that is within Clark County (Las Vegas area).
- (m) At the beginning of each Olympic Quadrennial, or as needed, the Regional demographic data shall be reviewed and the Regions realigned if necessary. This realignment would establish the Junior Regions for that quadrennium.

603.3 Zone Championships

- (a) The USA Diving Zone Championships will be held in each of the six diving Zones. The dates will be selected by the Committee for Competitive Excellence and National Office.
- (b) No individual zone event shall exceed 55 divers (80 divers if split boards are utilized).
- (c) A Zone host may conduct their event outside the above parameters by requesting and obtaining approval from the CCE and High Performance department.
- (d) If a Zone is found unable or unfit to host their own Championship within the prescribed Zone geographical area, another Zone geographical area may be submitted to USA Diving for approval to host that event.
- (e) Divers must compete in the Zone Championships determined Section 602.20.
- (a) The top fifteen (15) finishers in any springboard event in a Region Championships who are U.S. citizens shall be eligible to compete in that event only at the Zone Championships, provided the divers have competed full lists of dives. Any diver who has a total score of zero (fails a dive and/or elects to take zeros) on two or more dives may not advance.
- (b) Any diver achieving the recalculated average score or higher for Regional events will also qualify for the appropriate Zone Championships. The procedure for calculating this average follows: the scores of the 15th diver (or the last diver if there are fewer than 15 event entries) in each event from each Region will be averaged and that average will be considered a possible qualifying score. Any region score not within one standard deviation (as per divemeets.com calculation) of the average will be deleted and the average will be recalculated.
- (c) Divers who are U.S. citizens and meet appropriate age requirements may submit an entry to dive in the platform event at the Zone Championships. Divers who compete in a Region Championships are only eligible to compete in the Zone Championships determined by the Region Championships in which they participated. This restriction applies even if a diver fails to qualify for springboard competition from the Region Championships to a Zone Championships. Divers who do not compete at a Regional Championships may participate in the platform event at the Zone Championships of their choosing.
- (d) **Alaska:** One male and one female diver per age group, registered and training in the state of Alaska, may compete without attending a Regional Championships. These divers must be designated by the Chair of their Association and submit their qualifications to the Junior Rules Subcommittee Chair no fewer than 30 days prior to the Zone Championships.
- (e) **Hawaii:** One male and one female diver per age group, registered and training in the state of Hawaii, may compete without attending a Regional Championships. These divers must be designated by the Chair of their Association and submit their qualifications to the Junior Rules Subcommittee Chair no fewer than 30 days prior to the Zone Championships.
- (f) A pre-qualified diver for a National Championship who is participating in a Zone Championship shall not take a qualifying position. The qualifying spot will be awarded to the next placing diver.

603.4 Zone Alignment

- (a) **Zone A:** Regions 1 and 2
- (b) **Zone B:** Regions 3 and 4
- (c) **Zone C:** Regions 5 and 6
- (d) **Zone D:** Regions 7 and 8
- (e) **Zone E:** Regions 9 and 10
- (f) **Zone F:** Regions 11 and 12

PART SEVEN - JUDGING

Article 701 – Judging Rules

701.1 General Regulations

- (a) Any individual serving as a judge or referee in USA Diving events must be a member in good standing with the organization as a coach or judge.
- (b) After each dive, each judge shall immediately and simultaneously indicate his or her award in a distinct manner without communicating with any other judge. When an electronic judging device is used, the judges shall give their awards immediately after the performance of the dive.
- (c) In platform diving contests, a balk judge shall be designated and charged with observing the divers' takeoffs and notifying the referee when a balk has occurred. The balk judge must be positioned to have a clear and unobstructed view of the divers and the platform surface throughout the takeoff. A camera and monitor may be used to fulfill this requirement.

701.2 Duties of the Referee

- (a) The referee shall be in sole control of the competition and shall be located in a position so that he or she can manage the competition and ensure that the rules are observed and the statutory penalties are imposed.
- (b) The referee shall inspect the diving sheet. If the diving sheet does not comply with the rules, the referee shall have it corrected before the beginning of the competition.
- (c) Affected divers shall be informed, as soon as possible, of any decision made by the referee.
- (d) If the referee finds it necessary, because of adverse weather or other unforeseen circumstances, he or she may declare a short break or postpone a portion of the competition. If possible, this should be done after a full round of dives.
- (e) Following a postponement, the competition shall be continued from where it was stopped, and points scored before the postponement shall be carried forward into the remaining portion of the competition, whenever it is held.
- (f) When there is a strong wind, the referee may give a diver the right to make a restart without deduction of points.
- (g) Before each dive, the referee or the official announcer shall announce the name of the diver and the dive which is to be executed. In competitions where different platforms are used, the height of the platform shall be announced. If a scoreboard is used, all information concerning the dive shall be displayed. The verbal announcement may be restricted to the identification of the diver.
 - (1) When a dive is incorrectly announced, the diver or the diver's representative shall have it rectified at once, and, if possible, before execution.
 - (2) If an incorrectly announced dive is executed by a diver, the referee may cancel it and have the correct dive announced and performed immediately. The awards for the first dive must be noted, should a protest be lodged.
- (h) 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 0 points for the dive announced.

- (i) The referee may have a dive repeated on request if, in the referee's opinion, the execution of the dive was influenced by exceptional circumstances. The awards for the first dive must be recorded should a protest be lodged.
 - (1) A request for such a repetition must be made immediately by the diver or the diver's representative.
- (j) 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.
- (k) In the event a diver performs a dive on a platform level other than announced, the referee shall declare a fail dive.
- (l) 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.
- (m) In head-first dives, if the feet enter the water before the head or hands, the referee shall declare a failed dive.
- (n) In feet-first dives, if the head or hands enter the water before the feet, the referee shall declare a failed dive.
- (o) 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 4 ½ points.
- (p) The referee shall declare a dive to be failed if they consider that assistance has been given by anyone to the diver after the starting signal.
- (q) When a diver stops a run before the end of the board and then continues, it shall be deemed to be a restart and the referee shall deduct 2 points from the award of each judge.
 - (1) When a second attempt (a restart) is unsuccessful in the following circumstances, the referee shall declare it a failed dive:
 - (i) Standing dive after the arm swing has begun,
 - (ii) Running dive after the run has begun,
 - (iii) Second attempt at an armstand.
- (r) Once an event has begun, if it is discovered that a diver does not meet the degree of difficulty requirement for that contest, the diver shall be disqualified.
- (s) If a diver in a competition disturbs the contest, the referee may exclude that diver from that competition. If a member of a team, a coach or an official disturbs a contest, the referee may exclude that person from the facility.
- (t) The referee may remove any judge from the competition whose judgment the referee regards as unsatisfactory and may appoint another judge to replace him or her. At the end of the competition, the referee shall make a written report to the meet manager. Such a change of judge shall take place only at the end of a session or round of dives performed by each diver.
- (u) When official live and direct visual technology is available, a referee may review immediately a dive to ensure that the correct dive has been performed.
- (v) The jury of appeal has the authority to eliminate any dive if, in the meet director's or meet referee's opinion, circumstances exist which might place the diver in undue danger. Jury of appeal members include the meet director, head referee, and one other neutral party.

701.3 Duties of the Assistant Referee

- (a) The referee shall designate assistants to observe the performances of the divers.
- (b) An assistant will observe divers on the platform if no camera is available.
- (c) This assistant referee will be responsible for indicating to the referee by a raised hand that a diver has failed a dive. When the referee concurs with this assistant referee's judgment then a failed dive shall be declared.
- (d) In synchronized diving, the assistant referee will be positioned on the opposite side of the pool to observe the performance of the diver on that side.

701.4 Starting Signal from Referee

- (a) The dive shall be executed after a signal given by the referee. The signal shall not be given before the diver has assumed a ready position on the board or platform and the referee has checked the indicator board. For backward and inward takeoffs, the diver shall not proceed to the end of the springboard or platform until the signal has been given by the referee.
- (b) The dive shall be performed after the signal is given by the referee. Such signal shall be given only after the referee has checked the indicator board or the computer printout. When the signal is given by the referee, the diver shall proceed to the starting position for his or her dive.
- (c) For all takeoffs starting in a stationary position at the end of the springboard or platform in which the diver is performing a back, reverse, inward, or armstand takeoff, the diver shall wait until a signal is given by the referee before advancing to the end of the board.
- (d) When a diver executes a dive before the signal is given, the referee shall decide whether the dive shall be repeated.
- (e) An audible signal device shall not be used during simultaneous events.

701.5 Unassisted Performance

- (a) All dives must be executed by the competitor, without assistance from any other person after the referee's signal.
- (b) The penalty for obvious assistance shall result in a failed dive for that diver on that dive, to be determined by the referee. Assistance between dives is permitted.
- (c) In all USA Diving sanctioned competitions, there shall be a referee's signal after the announcement of the dive and prior to the execution of the dive. After that signal, there shall be no other communication or interruption allowed, excepting that in Future Champions competition there may be communication with a penalty of a two-point deduction per judge's award.

701.6 Undue Delay

Under normal circumstances, divers should not unduly delay a contest. If, in the opinion of the referee, a diver is unduly delaying a contest, the referee shall instruct the diver that one further minute is allowed in which to complete the dive. In the event the diver does not proceed within the one-minute time limit, the referee shall declare a failed dive.

701.7 Withdrawal from Competition

In the event that an individual diver or a member of a synchronized team has qualified in the preliminary, quarterfinal, or semifinal round and then is injured and officially declared by the referee and/or meet physician as unable to begin the next session or the diver cannot continue for some other reason, the diver or synchronized team in the next highest place will move up to the quarterfinal, semifinal, or final session. If more than one individual diver or synchronized diving pair cannot continue, the referee will continue down the list of event participants, in order of finish, to fill the field from the immediately preceding session.

Article 702 — Judging the execution of dives for Springboard and Platform

702.1 Judging Individual Events

(a) Execution of the Dive

- (1) Points or half points shall be awarded from 0-10 according to the opinions of the judges and the following table:

Quality	Award
Excellent	10 points
Very Good	8½ to 9½ points
Good	7 to 8 points
Satisfactory	5 to 6½ points
Deficient	2½ to 4½ points
Unsatisfactory	½ to 2 points
Completely Failed	0 points

- (2) All dives shall be executed by the divers themselves, without any assistance from any other person. Assistance between dives shall be permitted.
- (3) When judging a dive, judges 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.
- (4) The points to be considered are the technique and grace of the:
- (i) starting position, the approach and the takeoff,
 - (ii) flight,
 - (iii) position, and
 - (iv) entry.
- (5) A diver who refuses the execution of a dive shall receive 0 points.
- (6) When a dive is performed in a position clearly other than that announced, the dive shall be deemed unsatisfactory. The highest award for such a dive is 2 points.
- (7) When a dive is performed in a position partially other than that announced, each judge shall deduct according to his/her opinion.
- (8) When a dive is not performed in straight (a), pike (b), tuck (c), or free position (d) as described below, the judges shall deduct from ½ to 2 points, according to their opinions.
- (9) When judges consider that a dive of a different number has been performed, they may award 0 points, notwithstanding that the referee has not declared a failed dive.
- (10) A dive may be repeated without penalty under the following circumstances. When such a repetition is granted, the first dive shall be judged and the marks noted, to be used if a protest is accepted.
- (i) A strong wind,
 - (ii) An incorrectly announced dive,
 - (iii) A diver's performance of a dive before the signal, or
 - (iv) A dive was influenced by exceptional circumstances.

(b) The Starting Position

- (1) When the signal is given by the Referee, the diver shall take the starting position.
- (2) The starting position shall be free and unaffected.
- (3) When the correct starting position is not assumed, judges shall deduct according to their opinions.

(c) Standing Dives

- (1) The starting position in standing dives shall be assumed when the diver stands on the front end of the board or platform.
- (2) When the body in the starting position is not straight, head erect, with the arms in any position, each judge shall deduct $\frac{1}{2}$ to 2 points, according to his/her opinion.
- (3) The dive shall be deemed to have commenced when the arms leave the starting position.
- (4) If the feet leave the springboard or the platform before the takeoff the judge shall deduct $\frac{1}{2}$ to 2 points.
- (5) The diver must not double bounce on the end of the springboard or double jump on the end of the platform before the takeoff. When a judge considers that the diver has double bounced or double jumped in a dive, the judge may award zero points, notwithstanding that the referee has not declared it to be a failed dive. NOTE: Double bounce on the springboard or double jump on the platform: Feet leave the springboard or platform with a double arm swing and/or two distinct knee bends before takeoff.

(d) Running Dives

- (1) The starting position in a running dive shall be assumed when the diver is ready to take the first step of the run.

(e) Armstand Dives

- (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.
- (2) When, in an armstand dive, a stationary and steady balance in the straight vertical position is not shown, or if the hands lose contact with the platform during the takeoff, each judge shall deduct from $\frac{1}{2}$ to 2 points.
- (3) A restart shall be permitted when a diver loses balance, or when one or both feet return to the platform, or any part of their body other than their hands touches the platform. When a diver moves one hand or both hands from the original position from the front end of the platform, this shall be deemed a restart.
- (4) Except as provided by specific deductions, judges may deduct according to their opinions when judging any dive wherein the correct starting position is not assumed.

(f) The Approach

- (1) When executing a running dive from the springboard or the platform, the run shall be smooth and in a forward direction to the end of the springboard or platform, with the final step being from one foot.
- (2) When the run is not smooth and in a forward direction to the end of the springboard or platform, the judges shall deduct $\frac{1}{2}$ to 2 points, according to their opinions.
- (3) When the final step is not from one foot, the Referee shall declare a failed dive.
- (4) If the diver double bounces on the end of the springboard or double jumps on the end of the platform before takeoff, the referee shall declare a failed dive. **NOTE:** Double bounce on the springboard or double jump on the platform: Feet leave the springboard or platform with a double arm swing and/or two distinct knee bends before takeoff.

- (5) When a diver makes a restart in a running dive, the referee shall deduct 2 points from the award of each judge. The same applies if the diver stops a run before the end of the board or platform and then continues.

(g) The Take-off

- (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.
- (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.
- (3) When the take-off from the springboard is not from both feet simultaneously, the referee shall declare it a failed dive.
- (4) In running and standing dives, the take-off shall be balanced and high, and shall be from the end of the board or platform.
- (5) When the take-off is not balanced and high, or is not from the end of the board or platform, judges shall deduct $\frac{1}{2}$ to 2 points according to their opinions.

(h) The Flight

- (1) During the execution of a dive, the dive shall be in direct line of flight. If, during the execution of a dive, a diver dives to the side of the direct line of flight, each judge shall deduct according to his/her opinion.
- (2) If, during the execution of a dive, a diver touches the end of the springboard or platform with his or her feet or hands, the judges shall deduct according to their opinions.
- (3) If, during the execution of a dive, where visual technology is unavailable, a diver is unsafely close to the springboard or platform or touches the end of the springboard or platform with his or her head, the judges shall award up to a maximum of 2 points. If the majority of the judges, i.e. three (3) judges in a five (5) judge panel or four (4) judges in a seven (7) judge panel, award two (2) or fewer points, then all awards above two (2) will be changed to two (2). Note: Where visual technology is available the referee will receive a signal from the appointed technology partner that an unsafe dive has been performed. An award of a maximum of 2 points from each judge will be recorded.
- (4) During the passage through the air, the body can be carried in the following positions:

(i) Straight (A)

1. In the straight position, the body shall not be bent either at the knees or hips. The feet shall be together and the toes pointed. The position of the arms is at the option of the diver.
2. In straight dives with twist, the twisting shall not be manifestly done from the board or platform.
3. In all flying dives a straight position shall be clearly shown and that position shall be assumed from the take off or after one somersault in Dive Number 115. When the straight position is not shown for at least one quarter of a somersault (90 degrees) in dives with one somersault and at least one half of a somersault (180 degrees) in dives with more than one somersault, the maximum award by the judges shall be $4\frac{1}{2}$ points.
4. Should the straight position not be aesthetically pleasing and shown as described, each judge shall deduct $\frac{1}{2}$ to 2 points, according to his/her opinion.

(ii) **Pike (B)**

1. In the pike position, the body shall be bent at the hips, but the legs must be kept straight at the knees, the feet shall be together and the toes pointed. The position of the arms is at the option of the diver.
2. Should the pike position not be aesthetically pleasing and shown as described, each judge shall deduct $\frac{1}{2}$ to 2 points, according to his/her opinion.

(iii) **Tuck (C)**

1. In the tuck position, the body shall be compact, bent at the knees and hips with the knees and feet close together within the body line of the shoulders. The hands shall be on the lower legs and the toes pointed.
2. Should the tuck position not be aesthetically pleasing and shown as described, each judge shall deduct $\frac{1}{2}$ to 2 points, according to his/her opinion.
3. The pike and tuck positions shall be shown as described in Rules 107.4(h)(4)(ii) and (iii) above, and at all times shall be aesthetically pleasing. When viewed from the side the tuck shall be compact, that is, the front of the thighs close to the chest and the backs of the lower legs close to the backs of the thighs. When judges consider that these requirements have not been met, they shall deduct from $\frac{1}{2}$ to 2 points.

(iv) **Free Position (D)**

1. In the free position, the body position is optional but the legs shall be together and the toes pointed.
2. Should the free position not be shown as described, each judge shall deduct from $\frac{1}{2}$ to 2 points, according to his/her opinion.

(v) **Dives with twist**

1. The twisting shall not be manifestly done from the board or platform. If the twisting is manifestly done from the springboard or platform, the judges shall deduct $\frac{1}{2}$ to 2 points, according to their opinions.
2. In the pike dives with twist, the twist shall not be started until there has been a marked piked position.
3. In somersault dives with twist, the twist may be performed at any time during the flight.
4. When a twist is greater or less than that announced by 90 degrees or more, the referee shall declare it a failed dive.

(i) **The Entry**

- (1) The entry into the water shall in all cases be vertical, or nearly so, not twisted, with the body straight, the feet together and the toes pointed. When the entry is short or over, twisted, the body not straight, the feet not together, or the toes not pointed, the judges shall deduct according to their opinions.
- (2) 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 maximum award shall be 4 $\frac{1}{2}$ points.
- (3) 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 maximum award shall be 4 $\frac{1}{2}$ points.
- (4) Other than as provided in points (2) and (3), when the arms are not in the correct position in either the head-first or feet-first entry, all judges shall deduct from $\frac{1}{2}$ to 2 points from their awards.
- (5) The dive is considered completed when the whole of the body is under the surface of the water.

702.2 Judging Synchronized Diving Events

- (a) The rules for individual diving shall also apply to the execution of dives in synchronized diving.
- (b) When judging synchronized diving, the overall impression of the dives, as one dive, must be taken into account and the dives must be vertical.
- (c) The factors to be considered in judging synchronization are the:
 - (1) starting position and the approach;
 - (2) take-off, including the similarity of the height;
 - (3) coordinated timing of the movements during the flight;
 - (4) similarity of the vertical angles of the entries.
 - (5) comparative distance from the board and platform of the entry; and
 - (6) coordinated timing of the entries.
- (d) In synchronized diving all forward facing dives on the springboard must be performed with a running approach. If a forward-facing dive is not performed with a running approach the referee shall declare it a failed dive.
- (e) If one diver enters the surface of the water before the other diver leaves the springboard or platform, the referee shall declare a failed dive.
- (f) The execution judges must not be influenced by any factor other than the technique and execution of the dive – not both dives, and not the synchronization of the divers.
- (g) When either or both divers perform a dive other than that announced, the referee shall declare the dive failed.
- (h) When an execution judge considers that a dive of a different number than announced has been performed by a diver, the judge shall award zero (0) points, notwithstanding that the referee has not declared a failed dive. If all execution judges of one diver award zero (0) points, the referee shall declare the dive failed.
- (i) The synchronization judges must not be influenced by any other factor other than the coordinated performance of the two divers. Specifically, they shall not be influenced by execution of either dive.
- (j) If all the synchronization judges award zero (0) points, the referee shall declare the dive a failed dive.
- (k) When any of the following aspects of synchronization are found lacking, the synchronization judges shall deduct from $\frac{1}{2}$ to 2 points, according to their opinions:
 - (1) Similarity of starting position, approach, take-off or height;
 - (2) Coordinated timing of the movement during the flight;
 - (3) Similarity of the angles of the entries;
 - (4) Comparative distance from the board or platform of the entry;
 - (5) Coordinated timing of the entries.
- (l) The Referee shall declare a two-point deduction from all judges when there is a restart by one or both divers.

Article 703 — Recording and Calculating Judge Scores

703.1 Degree of Difficulty

- (a) The degree of difficulty of each dive is calculated according to the following formula: $\text{DEGREE OF DIFFICULTY} = A + B + C + D + E$ (as prescribed by tables for component values of formula in Appendix C).
- (b) As a guide, a list of previously calculated dives with their numbers and degree of difficulties are listed in Appendix D. Dives designated with a “-” on the table may not be performed in competition.
- (c) Any dive that is not on the list in Appendix D but entered into a competition shall have the dive number and the degree of difficulty that is determined by the referee in accordance with 104.1 and 104.2(a) and (d).
- (d) In calculating the degree of difficulty for dives with twists, the following need to be noted:
 - (1) Dives with $\frac{1}{2}$ somersault and twists can only be executed in position A, B or C;
 - (2) Dives with 1 or $1\frac{1}{2}$ somersaults and twists can only be executed in position D;
 - (3) Dives with 2 or more somersaults and twists can only be executed in position B or C;
 - (4) Armstand dives with 1, $1\frac{1}{2}$, or 2 somersaults and one or more twists can only be executed in position D; and
 - (5) Armstand dives with $2\frac{1}{2}$ or more somersaults and twists can only be executed in positions B or C.

703.2 Recording Awards

- (a) In each diving contest, there shall be a referee, judges, a secretary, two or more scoring table clerks, and an announcer. The use of a computerized scoring system may alter the number of scoring table personnel needed.
- (b) The scoring table clerks shall document the individual awards placed one by one in the same consecutive order on a score sheet, cancel the appropriate highest and lowest awards, then pass the score sheet to the secretary. In individual events, when nine or seven judges are used, the two highest and two lowest awards will be canceled. When five judges are used only the highest and lowest awards will be canceled. Electronically scored meets shall also use the procedure described in this section.
- (c) When possible, a computer programmed with adequate capability to produce a judging analysis shall be used.

703.3 Calculating Scores

- (a) After cancellation of the necessary high and low awards, the secretary shall announce the sum total of the remaining awards and the degree of difficulty to the calculator clerk, who shall compute the total points for that dive and shall announce the total points to the secretary. The secretary will then enter the points thus established on the score sheet. When nine judges' awards are used, it is recommended that a $\frac{3}{5}$ calculator be used. If one is not available, then the sum of the middle five awards is multiplied by the degree of difficulty and then by 0.6 to obtain the equivalent of a three- judge score according to the following examples:

Awards that are stricken below are to be deleted in making calculations.

Individual Competitions:

Five (5) Judges: ~~6.0~~, 7.5, 7.5, 7.5, ~~7.5~~ = $22.5 \times 2.0 = 45.00$

Seven (7) Judges: ~~6.0~~, 7.5, ~~6.5~~, 7.5, ~~7.5~~, ~~7.5~~, 7.5 = $22.5 \times 2.0 = 45.00$

- (b) 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 calculated up or down to the nearest half point or whole point. Averages ending in .01 or higher to 0.24 shall be rounded down to the whole number. Averages ending in .25 or higher to .74 shall be rounded to .50. Averages ending in .75 and higher shall be rounded up to the next whole number.

703.4 Calculations for Synchronized Events

- (a) When eleven (11) judges are used, the highest and lowest awards given by the execution judges for each diver and the highest and lowest awards given for synchronization shall be canceled.
- (b) When nine (9) judges are used, the highest and lowest awards given for execution and the highest and lowest awards given for synchronization shall be canceled.
- (c) When seven (7) judges are used, the highest and lowest awards given for execution shall be canceled. No synchronization awards are to be canceled.
- (d) Where two or more awards of those that are to be canceled are equal, either of them can be canceled.
- (e) When five awards remain after the appropriate cancellation, the total of the five awards is then multiplied by the degree of difficulty using a 3/5 calculator, or multiplied by the degree of difficulty and then by 0.6, to obtain the equivalent of a three-judge score.
- (f) In an eleven (11) judge synchronized diving panel, when an execution judge, by reason of illness or any other unforeseen circumstance, has made no award for a particular dive, the average of the other two execution judges of the same diver shall be adopted as the missing award. When a synchronization judge, by reason of illness or any other unforeseen circumstance, has made no award for a particular dive, the average of the other four synchronization judges shall be adopted as the missing award. The average award shall be rounded up or down to the nearest half point or whole point. Averages ending in .01 or higher to 0.24 shall be rounded down to the whole number. Averages ending in .25 or higher to .074 shall be rounded to .50. Averages ending in .75 or higher shall be rounded up to the next whole number. In a nine (9) judge panel, the award of the other execution judge of the same diver shall be adopted as the missing award for that diver.

Awards shall be canceled according to the following examples. Awards that are stricken below are to be deleted in making calculations.

Synchronized Diving Competitions:

Seven (7) Judges:

Execution Diver 1: ~~7.0~~, 6.5

Execution Diver 2: 5.5, ~~5.5~~

Synchro Awards: 8.5, 8.0, 7.5

$36.0 \div 5 \times 3 = 21.6 \times 2.8 = 60.48$

Nine (9) Judges:

Execution Diver 1: 7.0, 6.5

Execution Diver 2: 5.5, ~~5.5~~

Synchro Awards: ~~8.5~~, 7.5, 8.0, ~~7.5~~, 8.0

$35.5 \div 5 \times 3 = 21.3 \times 2.8 = 59.64$

Eleven (11) Judges:

Execution Diver 1: ~~7.0~~, 6.5, ~~6.0~~

Execution Diver 2: 5.5, ~~5.5~~, ~~7.0~~
Synchro Awards: ~~8.5~~, 7.5, 8.0, ~~7.5~~, 8.0
 $35.5 \div 5 \times 3 = 21.3 \times 2.8 = 59.64$

703.5 Displaying Judges' Awards

- (a) A scoring device that shows the judges' awards to the public is desired.
- (b) After each dive, all of the judges shall immediately and simultaneously flash their awards without communicating with any other judge.

703.6 Determining Outcome

- (a) The final places shall be determined by the total score, highest to lowest, obtained by each diver or synchro team in the preliminary, quarterfinal, semifinal, or final sessions, respectively.
- (b) If two or more competitors or synchro teams obtain the same number of points in the same session, a tie shall be declared.

703.7 Finalizing Results

A contest shall be considered complete and the results final for all purposes one hour following the completion of the day's events. Matters timely protested to the meet director or event referee, within one hour following the completion of the day's events, are excepted. In Future Champions meets, greater latitude in application of this rule may be permitted up to a period of 24 hours following the completion of the last day's events.

Article 704 — Protest Procedures

704.1 Timing

- (a) Verbal protests of rule interpretations shall be made by a coach or diver immediately to the referee and judging panel.
- (b) A protest, the reason of which is known before the beginning of a contest, shall be made before the start of the contest.

704.2 Judges' Awards

No protest shall be made against the marks awarded by the judges.

704.3 Review

Decisions which, in the opinion of a referee, need clarification shall be submitted by the referee to the Committee for Competitive Excellence.

Article 705 — Judge Panel Selection Criteria at USA Diving events

705.1 General Information

- (a) All events at Regions, Zones and National Championships, including any qualifying meets shall have a Head Referee, that is a current AQUA certified judge, to oversee the entire Championship.
- (b) The judging panel shall comprise the referee, the judges, and may include assistants.
- (c) Judges who are selected for a contest are responsible for judging that entire contest. If a judge needs to be replaced for any reason, a replacement will be selected from a pool of alternates named by the head referee. Every effort shall be made to replace a AQUA certified neutral judge with another judge of the same qualifications.
- (d) In exceptional circumstances (high heat or humidity), panels can be changed at the end of any round.
- (e) **Double Panels:**
 - a. When considered suitable, double panels of seven or five judges may be used in the individual events. If double panels are used, they should alternate after a maximum of three rounds of dives. If possible, each panel should judge the same total number of dives. Note: In exceptional circumstances, such as high temperature, high humidity, and a large field of entrants, the panels may be changed after the end of each round.
 - b. Should the total number of dives to be executed in one session exceed 210, that session shall be divided into two or more sessions unless a double judges' panel is used.

705.2 Regional Championships

Judges may be selected either by a blind draw, a sign-up sheet, endorsement of a list prepared in advance by the meet director or the director's designee, or by requiring potential judges to enter online with the designated meet management system. Insofar as possible, the pool of available judges shall be distributed so as to provide relatively equal geographic representation of the athletes and must be designated by team names or by coach name if diver is unattached.

705.3 Zone Championships

Judge selection shall take place at the coaches' meeting prior to the first day's events. Judges may be selected by a blind draw, a sign- up sheet, endorsement of a list prepared in advance by the meet director or the director's designee, or by requiring potential judges to enter online with the designated meet management system. Insofar as possible, the pool of available judges shall be utilized so as to provide relatively equal geographic representation of the athletes. Judges must be designated by team names or by the diver's name if the diver is unattached.

705.4 Junior National Championships

- (e) The method of selection of judges at the National Championships for the individual events shall be determined by the Judge's Commission and may require potential judges to enter online with a designated meet management system.
- (f) Judging panels for the National Championships shall be selected from the same zone alignment prescribed in 136.27.
- (g) **Judging Panels for the Preliminaries of Individual Events:**
 - (1) In the Preliminaries there shall be two panels of seven judges. Each panel shall have one judge from each of the six Zones as shown in the following table.

Event	Panel A	Panel B
Event #1	ABCDEF A	BCDEFAB
Event #2	CDEFAB C	DEFABCD
Event #3	EFABCD E	FABCDEF
...and so on through all events		

- (2) One alternate per judging zone will be drawn for each event.
 - (3) The Zone Meet Director shall serve as the Zone Judging Chair.
 - (4) The Zone Judging Chairs, or their designees, will be prepared to provide at least three judges and one alternate per event and shall submit the name of a contact for that Zone to be present at the National Championships. Each Zone Judging Chair shall find and submit at least three names of neutral judges to judge the finals of each event.
 - (5) No two judges shall be from the same Association in an event.
 - (6) Calculations for scores with seven judges shall be computed by deleting the two high and two low awards, then multiplying the sum of the remaining three awards by the Degree of Difficulty.
- (h) **Judging Panel Rotations for Individual Events:** At the National Championships, there shall be a referee in charge of each panel, and two panels of seven judges, each of which shall rotate according to the following schedule in the Preliminary rounds.
 - (i) In the Boys' and Girls' 11 & Under Platform contests, the panels will rotate as follows:
 - Panel A: rounds 1, 2, and 5
 - Panel B: rounds 3, 4
 - (ii) In the Boys' and Girls' 11 & Under Springboard and the Girls' 12-13 Platform contests, the panels will rotate as follows:
 - Panel A: rounds 1, 2, and 6
 - Panel B: rounds 3, 4, 5
 - (iii) In the Girls' 12-13 Springboard, and the Boys' 12-13 and Girls' 14-15 Platform contests, the panels will rotate as follows:
 - Panel A: rounds 1, 2, and 5, 6
 - Panel B: rounds 3, 4, and 7

In the unlikely event that the dives without limit of DD must be performed first in a seven-dive contest, the panel rotation shall be the same.
 - (iv) In the Boys' 12-13 and Girls' 14-15 Springboard and the Boys' 14-15 Platform contests, the panels will rotate as follows:
 - Panel A: rounds 1, 2 and 5, 6
 - Panel B: rounds 3, 4, and 7, 8

In the unlikely event that the dives without limit of DD must be performed first in an eight-dive contest, the panel rotation shall be the same.

- (v) In the Boys' 14-15 Springboard contests, the panels will rotate as follows:
 Panel A: rounds 1, 2, 3, and 6, 7
 Panel B: rounds 4, 5, and 8, 9
 In the unlikely event that the dives without limit of DD must be performed first in a nine-dive springboard contest, the panels shall rotate as follows:
 Panel A: 1, 2, and 5, 6, 7
 Panel B: 3, 4, and 8, 9
- (vi) In Girls' 16-18 Springboard contests, the panels will rotate as follows:
 Panel A: rounds 1, 2, 3, and 7, 8
 Panel B: rounds 4, 5, 6, and 9, 10
 In the unlikely event that the dives without limit of DD must be performed first in a 10-dive springboard contest, the panels shall rotate as follows:
 Panel A: 1, 2, 3 and 6, 7
 Panel B: 4, 5 and 8, 9, 10
- (vii) In Boys' 16-18 springboard contests, the panels will rotate as follows:
 Panel A: rounds 1, 2, 3, and 7, 8, 9
 Panel B: rounds 4, 5, 6, and 10, 11
 In the unlikely event that the dives without limit of DD must be performed first in an 11-dive springboard contest, the panels shall rotate as follows:
 Panel A: 1, 2, 3 and 7, 8, 9
 Panel B: 4, 5, 6 and 10, 11
- (viii) In the Girls' 16-18 platform contests, the panels will rotate as follows:
 Panel A: rounds 1, 2 and 5, 6, 7
 Panel B: rounds 3, 4 and 8, 9
 In the unlikely event that the dives without limit of DD must be performed first in a nine- dive platform contest, the panels shall rotate as follows:
 Panel A: 1, 2, 3, and 6, 7
 Panel B: 4, 5, and 8, 9
- (ix) In the Boys' 16-18 platform contests, the panels will rotate as follows:
 Panel A: rounds 1, 2 and 5, 6, 7
 Panel B: rounds 3, 4 and 8, 9, 10
 In the unlikely event that the dives without limit of DD must be performed first in a 10-dive platform contest, the panels shall rotate as follows:
 Panel A: 1, 2, 3, and 7, 8
 Panel B: 4, 5, 6, and 9, 10

(i) **Judging Panels for Finals of Individual Events.**

- (1) The judging panel for the finals shall consist of a single panel of seven judges who judged the preliminaries for that event. If not enough judges from the preliminary event's panels are available to serve on the panel for an event's final, then judges shall be selected from outside the preliminary event's panels. Judges' representation by Zones shall be selected according to the below table. If a Zone does not have an entry in an event, then the duplicate (repeat) Zone judges shall be replaced by judges from Zones which have no diver in the contest.

First Event	ABCDEF A
Second Event	BCDEFAB
Third Event	CDEFABC
Fourth Event	DEFABCD
Fifth Event	EFABCDE
Sixth Event	FABCDEF
...and so on through all events	

- (2) No two judges in an event shall be from the same Association.
- (j) Other parties desiring to judge shall, at their convenience, contact the Judging Chair from their Zone.
- (k) Parents, spouses, or siblings will not be permitted to judge or be a referee in an event in which an offspring, spouse, or sibling competes. Two members of the same family will not be permitted to judge and/or be a referee on the same panel. The announcer/third referee shall be exempt from this provision.

705.4 Senior National Championships

- (a) Judges at Senior National Championships will be selected based on the recommendations of the Judges Commission.
- (b) Whenever possible, seven (7) judges shall be used for individual events and eleven (11) judges for synchronized diving events, five judges of which shall judge the synchronization, three (3) of which shall judge the execution of one diver and three (3) the execution of the other diver.
- (c) In the final, there shall be one panel of seven judges (when possible), drawn from all available certified judges by the Judges Commission.
- (d) Panels shall rotate according to the following schedule:

- (1) Women's 1-meter, 3-meter, and 10-meter (five-dive contests):

Panel A: rounds 1, 2, and 3

Panel B: rounds 4 and 5

Note: When the same panels are used for the preliminary or quarterfinal and semifinal, panels A and B shall be reversed. However, when neutral judges are provided by USA Diving, panels A and B may be adjusted as necessary.

- (2) Men's 1-meter, 3-meter, and 10-meter(six-dive contests):

Panel A: rounds 1, 2, and 3

Panel B: rounds 4, 5, and 6

Note: When the same panels are used for the preliminary or quarterfinal and semifinal, panels A and B shall be reversed. However, when neutral judges are provided by USA Diving, panels A and B may be adjusted as necessary.

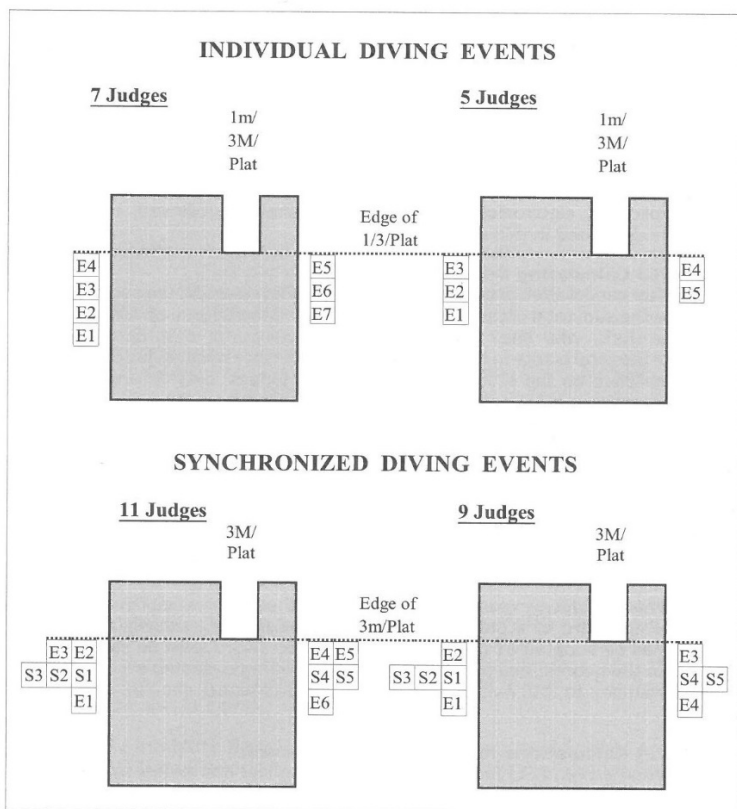
- (3) For synchronized diving events, there shall be eleven (11) judges, when possible, at the USA Diving National Championships and there may be nine or seven judges at the USA Diving National Preliminaries.
- (e) In the unlikely event neutral judges are not selected by the Judges Commission, the necessary number of judge names shall be drawn consecutively from three containers representing the three geographic areas listed in the table below. Not more than one judge from a State and/or Local Diving Association (unless an LDA contains more than one state, then not more than one judge from the same state within the LDA) may judge on the same panel, whenever possible. The remaining names shall be drawn to serve as alternates. Replacement by alternates from the same area shall be made whenever possible. The same procedure shall be used for each event. This selection may also be made electronically.
- (f) The areas for judge selection shall be:

EAST	CENTRAL	WEST
New England	Ohio	Gulf
Northern New York	Lake Erie	South Texas
Southern New York	Indiana	Northwest Texas
Connecticut	Michigan	Rocky Mountain
New Jersey	Illinois	New Mexico
Potomac Valley	Wisconsin	Arizona
Pennsylvania	Iowa	Idaho/Utah
Carolinas	Minnesota	Nevada
Georgia	Missouri Valley	Washington
Florida	Arkansas	Montana
Florida Gold Coast	Oklahoma	Oregon
Southern Virginia	Nebraska/Dakotas	Northern California
	Southeastern	Central California
	Southern	Southern Pacific
		Hawaii
		Alaska

- (g) When necessary, the Chairman of the Judges Commission will appoint judges from the people present at the meet and willing to judge. This shall happen as soon as possible before the start of each event, but no later than the performance of the first dive.
- (h) Parents, spouses, offspring, or siblings will not be permitted to judge or be a referee in an event in which an offspring, spouse, parent, or sibling competes. Two members of the same family will not be permitted to judge and/or be a referee in the same event.

705.5 Placement of Judges at the National Championships

- (a) The judges shall be placed by the referee close together and, preferably, divided evenly on both sides of the diving boards. They must maintain their respective places throughout the entire contest. If it is not possible to separate the judges, they shall be placed together on one side.
- (b) The position of each judge shall be identified by a distinctive number. Once placed, a judge shall not change position unless so directed by the referee, and then only in exceptional circumstances.
- (c) No judge shall be seated inside the front edge of the springboard or platform.
- (d) In the 1-meter springboard competitions deck level chairs shall be used for the judges.
- (e) In the 3-meter springboard competitions the judges shall be seated at a height of not lower than 1.5 meters (5 feet) above the water level.
- (f) In platform competitions, when possible, the judges should be seated 1.5 meters (5 feet) or higher.
- (g) To assist the judges in the 3-meter springboard and platform competitions, the judges' seats must be positioned as far back from the pool as practical.
- (h) If the judges must be placed on one side, they shall not be in one line, but instead placed in two rows with one half plus one in the front row and the remaining judges on a second row in an elevated position above the first row so the second row of judges can see over the heads of the first row.
- (i) Synchronized Diving Judges' Positions:
 - (1) In synchronized diving competition, the judges must be placed on both sides of the pool. There will always be five (5) synchronized judges per event.
 - (2) Three (3) or two (2) execution judges will be placed on each side of the springboard or platform by the referee based on the total number of judges used.
 - (3) The synchronized judges will be placed in between the execution judges on each side of the pool.
 - (4) In synchronized diving competition, when possible, the judges seated closest to the pool edge shall be seated at a height of not lower than 1.5 meters (5 feet) above the water level.
 - (5) The subsequent heights for the remaining synchronized judges (or additional execution judges) must increase by not less than 0.5 meters (1' 6") per seat.
- (j) The above recommendations are outlined in the sketches labeled "Individual Diving Events" and "Synchronized Diving Events".



Article 706 – Judging criteria specific to Future Champions

- (b) Scoring for all skills and dives is to be based on technical merit, form, accuracy, height, distance and aesthetic value during all phases (approach, takeoff, flight, entry) of each skill or dive.
- (c) All skills and dives performed are to become smooth and aesthetically pleasing during all phases of development in route to preparing the athlete for standard junior/senior levels of competitive dive requirements.

(1) **Approach:**

- (i) All skills and dives may be performed standing (with or without an arm swing) or with a hurdle approach (forward and reverse categories only).
- (ii) All dives or skills performed from a standing position from the end of the board must show a clear starting position prior to initiating an arm swing or jump.
- (iii) All line-up skills (001, 002) MUST be performed from the end of the board without a jump in all levels.
- (iv) The diver MUST show a clear starting position on the board before initiating any line-up

1. The starting position of any line-up is to be considered the position of the skill
2. i.e. Sitting tuck line-up with a pike out prior to entry is considered a line-up in the tuck position (001C)
3. All line-ups must be in either straight, tuck, or pike position. The "free" position is not used for any line-up, jump or twisting jump.

(2) **Take-Off:**

- (i) The diver must show balance and control during the approach and take-off.
- (ii) The take-off should be bold and confident from the end of the board from two feet either standing at the end of the board with a hurdle approach of any number of steps, or with a double jump approach.
- (iii) The diver should show a vertical body line and full reach extension of the arms directly over the head in an upright position as the diver leaves the board.
- (iv) The diver should demonstrate full and vertical reach extension from the diving board before initiating the position of a dive or skill:
 1. When a diver fails to show a full reach extension on the jump prior to initiating the tuck or pike position, the judges shall deduct ½ to 2 points at the judges' discretion.

(3) **Flight of the Dive:**

- (i) All positions during the flight phase of the dive should be in a sharp and concise motion following both AQUA and USAD rules for each position.
- (ii) All skills and dives should be performed at a safe distance of 2 to 4 feet from the end of the diving board.

(4) **Entry:**

- (i) The diver should show a tight body-line on the entry into the water by either a feet-first entry or a head-first entry.
- (ii) All head-first entries should show a vertical body-line with the hands grabbed and arms fully extended over the head.

(5) **Mandatory Scoring & Deductions:**

- (i) Coach-Assist Dive or Skill (verbal call-out or hand spot by a coach) – 2pt. deduction from each judges score.
- (ii) Clearly Wrong Position of a Dive or Skill – Maximum of 2 (Unsatisfactory) points for each judges score (per USAD & AQUA Rules).
- (iii) Partially Wrong Position of a Dive or Skill – Maximum of 4 ½ (Deficient) points for each judges score (per USAD & AQUA Rules).
- (iv) Failed Dive or Skill – Follow USAD & AQUA Rules.
- (v) Dive or Skill Performed Unsafely Close to the Diving Board – Maximum of 2 (Unsatisfactory) points for each judges score (AQUA Rule).

APPENDIX A — DESCRIPTION OF ASSOCIATION TERRITORIES OF USA DIVING

ALASKA ASSOCIATION – State of Alaska

ARIZONA ASSOCIATION – State of Arizona

ARKANSAS ASSOCIATION – State of Arkansas

CAROLINAS ASSOCIATION – States of North Carolina and South Carolina

CENTRAL CALIFORNIA ASSOCIATION – Counties of Mariposa, Madera, Fresno, Kings, Tulare, Inyo, Mono, Kern, and Merced in the State of California

CONNECTICUT ASSOCIATION – State of Connecticut

FLORIDA ASSOCIATION – State of Florida except Palm Beach, Broward, Dade, and Monroe counties and that part of Hendry county west of Route 833

FLORIDA GOLD COAST ASSOCIATION – Counties of Palm Beach, Broward, Dade, and Monroe and that part of Hendry county east of Route 833 in the State of Florida

GEORGIA ASSOCIATION – State of Georgia

GULF ASSOCIATION – That part of the State of Texas bounded on the North and including the counties of Robertson, Leon, Houston, Angelina, Nacogdoches, and Shelby; on the East by the State of Louisiana; on the South by the Gulf of Mexico; and on the West by and including the counties of Fort Bend, Wharton, Colorado, Waller, Grimes, Robertson, Brazos, and Matagorda

HAWAII ASSOCIATION – State of Hawaii

ILLINOIS ASSOCIATION – State of Illinois

INDIANA ASSOCIATION – State of Indiana

IOWA ASSOCIATION – State of Iowa

LAKE ERIE ASSOCIATION – That part of the State of Ohio bounded on the south by and including the counties of Mercer, Auglaize, Hardin, Wyandot, Crawford, Richland, Ashland, Holmes, Tuscarwas, Harrison, and Jefferson.

MICHIGAN ASSOCIATION – State of Michigan

MINNESOTA ASSOCIATION – State of Minnesota

MISSOURI VALLEY ASSOCIATION – All of the States of Kansas and Missouri

NEBRASKA / DAKOTAS ASSOCIATION – States of Nebraska, North Dakota and South Dakota

NEVADA ASSOCIATION – State of Nevada

NEW ENGLAND ASSOCIATION – States of Maine, Vermont, New Hampshire, Massachusetts, and Rhode Island

NEW JERSEY ASSOCIATION – State of New Jersey

NEW MEXICO ASSOCIATION – State of New Mexico

NORTHERN CALIFORNIA ASSOCIATION – State of California North of but not including the counties of San Luis Obispo, Mariposa, Madera, Fresno, Mono, and Merced

NORTHERN NEW YORK ASSOCIATION – All of the State of New York except the counties southeast of and excluding Broome, Delaware, Schoharie, Schenectady, and Rensselaer counties

NORTHWEST TEXAS ASSOCIATION – That part of the State of Texas bounded on the east by and including the counties of Bowie, Cass, Marion, Harrison, Panola, Rusk, Cherokee, Anderson, Freestone, and Limestone; on the south by and including the counties of Reeves, Pecos, Upton, Reagan, Irion, Tom Green, Concho, McCullough, San Saba, Mills, Corvell, McLennon, and Falls; on the west by the State of New Mexico and on the north by the State of Oklahoma

OHIO ASSOCIATION – All of the State of Ohio, except those counties in Lake Erie Association, and the State of Kentucky

OKLAHOMA ASSOCIATION – State of Oklahoma

OREGON ASSOCIATION – State of Oregon

PENNSYLVANIA ASSOCIATION – States of Pennsylvania and West Virginia

POTOMAC VALLEY ASSOCIATION – The District of Columbia, the States of Delaware and Maryland, the Virginia counties of Arlington, Fairfax, Fauquier, Loudoun, Prince William, and the independent cities of Alexandria and Falls Church

ROCKY MOUNTAIN ASSOCIATION – States of Colorado and Wyoming

SOUTH TEXAS ASSOCIATION – That part of the State of Texas bounded on the East by and including the counties of Milam, Burleson, Washington, Austin, Fayette, Lavaca, and Jackson; on the South by the Gulf of Mexico and the Republic of Mexico; on the west by and including the counties of Schleicher, Sutton, Valverde, Crockett, Terrell, Brewster, Jeff Davis, Culbertson, Hudspeth, and El Paso; and on the north by and including the counties of Bell, Lampasas, Burnett, Llano, Mason, and Menard

SOUTHEASTERN ASSOCIATION – States of Alabama and Tennessee

SOUTHERN ASSOCIATION – States of Louisiana and Mississippi

SOUTHERN NEW YORK ASSOCIATION – That portion of New York southeast of and including the counties of Broome, Delaware, Schoharie, Schenectady, and Rensselaer and including Long Island

SOUTHERN PACIFIC ASSOCIATION – The counties of San Luis Obispo, Ventura, Los Angeles, San Bernardino, Orange, Riverside, Santa Barbara, San Diego, and Imperial in the State of California

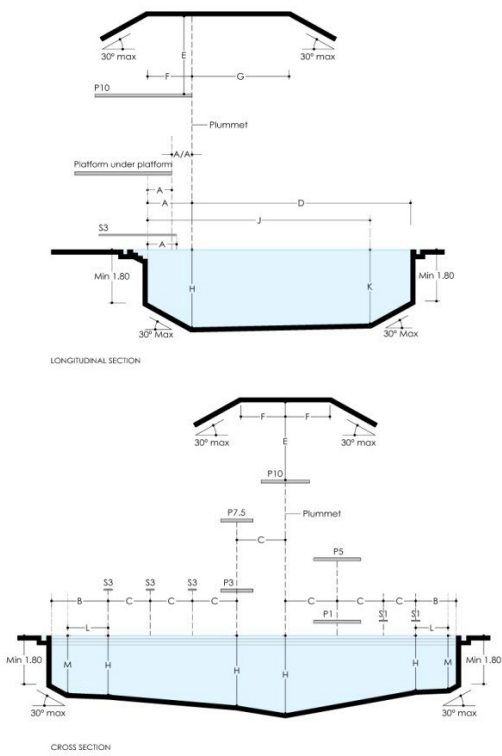
SOUTHERN VIRGINIA ASSOCIATION – All of the State of Virginia less the portion contained in the Potomac Valley Association

UTAH / IDAHO / MONTANA ASSOCIATION – States of Utah, Idaho, and Montana

WASHINGTON ASSOCIATION – State of Washington

WISCONSIN ASSOCIATION – State of Wisconsin

APPENDIX B —DIMENSIONS FOR DIVING FACILITIES



Dimensions for Diving Facilities			SPRINGBOARD				PLATFORM									
			1-meter		3-meter		1-meter		3-meter		5-meter		7.5-meter		10-meter	
For pools constructed after Sept. 26, 2013 (See FR 5.3.1)			Length	4.80		4.80		5.00		5.00		6.00		6.00		6.00
			Width	0.50		0.50		1.00 min 2.90 oref		1.00 min 2.00 oref		2.90		2.00		3.00
			Height	1.00		3.00		0.60 min 1.00 oref		2.60 min 3.00 oref		5.00		7.50		10.00
			Horiz	ert	Horiz	Vert	Horiz	ert	Horiz	ert	Horiz	ert	Horiz	ert	Horiz	ert
A	From plummet back to pool wall for CONCRETE PLATFORM	Designation	-1		tl		A-1 ol		A-3 ol		A-5		A-7.5		A-10	
		Minimum	.22		.22		.75		1.25		1.25		1.25		1.50	
		Preferred	.22		.22		.75		1.25		1.25		1.25		1.50	
	From plummet back to pool wall for PEDESTALS AND METAL STANDS	Minimum	.50		.50											
Preferred		.80		.80												
A / A	From plummet BACK TO PLATFORM Plummet directly below	Designation									A/A 5/1		A/A 7.5/3 I		AA 10/5 3 I	
		Minimum									0.75		0.75		0.75	
		Preferred									1.25		1.25		1.25	
B	From plummet to POOL WALL AT SIDE	Designation	B-1		B-3		B-1 pl		B-3 pl		B-5		B-7.5		B-10	
		Minimum	.50		3.50		2.50		3.00		4.00		4.50		5.75	
		Preferred	.50		3.50		3.50		3.60		4.50		4.75		5.75	
C	From plummet to ADJACENT PLUMMET	Designation	C-1-1		CJ-3 3-1		C-1-1 DI		CJ-Joi lol		C5-3 5-1		C7.5-5 3 1		C10-7.5 5 3 1	
		Minimum	.00		1.85		2.20*		2.85*		2.75*		3.00*			
		Preferred	.00		2.15		2.35*		2.85*		2.75*		3.00*			
D	From plummet to POOL WALL AHEAD	Designation	D-1		Q-1		D-1 DI		D-3 DI		D-5		D-7.5		D-10	
		Minimum	9.00		10.25		8.00		9.50		10.25		11.00		13.50	
		Preferred	9.00		10.25		8.00		9.50		10.25		11.00		13.50	
E	On plummet from BOARD TO CEILING	Designation	E-1		E-3		E-1 ol		E-3 ol		E-5		E-7.5		E-10	
		Minimum	3.00		5.00		3.25		3.25		3.25		3.25		4.00	
		Preferred	3.00		5.00		3.50		3.50		3.50		3.50		5.00	
F	CLEAR OVERHEAD behind and each side of plummet	Designation	F-1	E-1	F-3	E-3	F-1 ol	E-1 ol	F-3 ol	E-3 ol	F-5	E-5 ol	F-7.5	E-7.5	F-10	E-10
		Minimum	2.50	5.00	2.50	5.00	2.75	3.25	2.75	3.25	2.75	3.25	2.75	3.25	2.75	4.00
		Preferred	2.50	5.00	2.50	5.00	2.75	3.50	2.75	3.50	2.75	3.50	2.75	3.50	2.75	5.00
G	CLEAR OVERHEAD ahead of plummet	Designation	G-1	E-1	G-3	E-3	G-1 ol	E-1 ol	G-3 ol	E-3 ol	G-5	E-5 ol	G-7.5	E-7.5	G-10	E-10
		Minimum	5.00	5.00	5.00	5.00	5.00	3.25	5.00	3.25	5.00	3.25	5.00	3.25	6.00	4.00
		Preferred	5.00	5.00	5.00	5.00	5.00	3.50	5.00	3.50	5.00	3.50	5.00	3.50	6.00	5.00
H	DEPTH OF WATER* At plummet	Designation	H-1		H-3		H-1 nl		H-3 nl		H-5		H-7.5		H-10	
		Minimum					3.20		3.50		3.70		4.10		4.50	
		Preferred					3.50		3.60		3.80		4.30		5.00	
J / K	DISTANCE AND DEPTH ahead of plummet for all stands	Designation	J-1	K-1	J-3	K-3	J-1 ol	K-1 ol	J-3 ol	K-3 ol	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	6.0	3.60	8.00	4.00	11.00	4.25
		Preferred	5.00	3.40	6.00	3.70	4.50	3.20	5.50	3.50	6.00	3.70	8.00	4.40	11.00	4.75
L / M	DISTANCE AND DEPTH each side of plummet	Designation	L-1	M-1	L-3	M-3	L-1 ol	M-1 ol	L-3 ol	M-3 ol	L-5	M-5	L-7.5	M-7.5	L-10	M-10
		Minimum	1.50	3.30	2.00	3.60	1.40	3.10	1.80	3.40	3.00	3.60	3.75	4.00	4.50	4.25
		Preferred	2.00	3.40	2.50	3.70	1.90	3.20	2.30	3.50	3.50	3.70	4.50	4.40	5.25	4.75
N	MAXIMUM SLOPE TO REDUCE DIMENSIONS BEYOND FULL REQUIREMENTS FOR POOL DEPTH AND CEILING HEIGHT					30 Degrees										
	*Note: The minimum distance between adjacent platforms must be at least 0.25 meters. Note: Dimensions B (plummet to pool wall at side) and C (plummet to adjacent plummet) apply to platforms with widths as detailed in FR 5.2.5. If platform widths are increased then Band C shall be increased by half the additional width(s). Note: The 10-meter platform must project 0.25 meters beyond any adjacent platform. Note: All platforms must project 0.75 meters beyond any platform directly below. Note: The leading edge of the concrete platforms for springboards must be at least constructed to be directly above the pool wall or beyond. USA Divina and AQUA dimensions are the same with the exception of H. Section 101.1 (c)															

APPENDIX C —DEGREE OF DIFFICULTY FORMULA AND COMPONENTS

Degrees of difficulty for dives are calculated using the component values of the formula shown on the following two pages. The formula is:

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

Please note that the "D" component appears twice. Choose the version of component "D" that applies to dive being performed.

As a guide, a list of previously calculated degrees of difficulty follows the formula. In this table, empty spaces indicate the degree of difficulty has not been calculated. A " - " indicates the dive is not possible.

Every effort has been made to ensure the accuracy of the entries in the table, but if any entry varies from that arrived at through use of the formula, the formula-derived degree of difficulty is to be applied to the dive in question, according to the USA Diving Technical Diving Committee representative.

The source for this information is the DD Formula and Table of DDs posted by World Aquatics (AQUA, formerly FINA).

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

Springboard

A. Somersaults

Somersault	0	½	1	1½	2	2½	3	3½	4½	4½
1m	0.9	1.1	1.2	1.6	2.0	2.4	2.7	3.0	3.3	3.8
3m	1.0	1.3	1.3	1.5	1.8	2.2	2.3	2.8	2.9	3.5

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

	0 - 1 Somersault				1½ - 2 Somersaults				2½ Somersaults				3 - 3½ Somersault				4 - 4½ Somersaults			
	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw
C = Tuck	0.1	0.1	0.1	-0.3	0	0	0	0.1	0	0.1	0	0.2	0	0	0	0.3	0	0.1	0.2	0.4
B = Pike	0.2	0.2	0.2	-0.2	0.1	0.3	0.3	0.3	0.2	0.3	0.2	0.5	0.3	0.3	0.3	0.6	0.4	0.4	0.5	0.8
A = Strt	0.3	0.3	0.3	0.1	0.4	0.5	0.6	0.8	0.6	0.7	0.6	—	—	—	—	—	—	—	—	—
D = Free	0.1	0.1	0.1	-0.1	0	-0.1	-0.1	0.2	0	-0.1	-0.2	0.4	0	0	0	—	—	—	—	—
E = Fly	0.2	0.1	0.1	0.4	0.2	0.2	0.2	0.5	0.3	0.3	0.3	0.7	0.4	—	—	—	—	—	—	—

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

C. Twists

Group	½ Twist ½ - 1 Som.	½ Twist 1½ - 2 Som.	½ Twist 2 ½ Som.	½ Twist 3-3 ½ Som.	1 Twist	1½ Twists ½ - 2 Som.	1½ Twists 2½- 3½ Som.	2 Twists	2½ Twists ½ - 2 Som.	2 ½ Twists 2½- 3½ 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	0.7	0.8	1.2	1.1	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	1.8	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

(1) Dives with ½ somersault and twists can only be executed in position A, B, or C,

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

(3) Dives with 2 or more somersaults and twists can only be executed in position B or C

D. Approach

Level	Forward ½ - 3½ Som.	Forward 4 - 4½ Som.	Back ½ - 3 Som.	Back 3 ½ - 4½ Som.	Reverse ½ - 3 Som.	Reverse 3½ - 4½ Som.	Inward ½ - 1 Som.	Inward 1½ - 4½ Som.
1m	0	0.5	0.2	0.6	0.3	0.5	0.6	0.5
3m	0	0.3	0.2	0.4	0.3	0.3	0.3	0.3

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

Group	½ Som.	1 Som.	1½ Som.	2 Som.	2 ½ Som.	3 Som.	3 ½ Som.	4 Som	4½ Som
Forward/Inward	—	0.1	—	0.2	—	0.2	—	0.2	—
Back/Reverse	0.1	—	0.2	—	0.3	—	0.4	—	0.4

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

Examples

Dive	Pos	Height	A	B	C	D	E	D.D.
207	B	3	2.8	0.3	0.0	0.4	0.4	3.9
207	C	3	2.8	0.0	0.0	0.4	0.4	3.6
5253	B	3	2.2	0.3	0.7	0.2	0.0	3.4
5355	B	3	2.2	0.2	1.0	0.3	0.0	3.7

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

Platform

A. Somersaults

Level	0	½	1	1½	2	2½	3	3½	4	4½	5½
5m	0.9	1.1	1.2	1.6	2.0	2.4	2.7	3.0	—	—	—
7½m	1.0	1.3	1.3	1.5	1.8	2.2	2.3	2.8	3.5	3.5	—
10m	1.0	1.3	1.4	1.5	1.9	2.1	2.5	2.7	3.5	3.5	4.5

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

	0 - 1 Somersault					1½ - 2 Somersaults					2½ Somersaults					3 - 3½ Somersault					4 - 4½ Somersaults					5½
	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd
C=Tuck	0.1	0.1	0.1	-0.3	0.1	0	0	0	0.1	0	0	0.1	0	0.2	0.1	0	0	0	0.3	0.2	0	0.1	0.3	0.4	0.3	0
B=Pike	0.2	0.2	0.2	-0.2	0.3	0.1	0.3	0.3	0.3	0.3	0.2	0.3	0.2	0.5	0	0.3	0.3	0.3	0.6	0.4	0.4	0.4	0.6	0.7	0.5	—
A=Strt	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 that currently are not possible.

C. Twists

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

(1) Dives with 1/2 somersault and twists can only be executed in position A, B, or C,

(2) Dives with 1 or 1 1/2 somersaults and twists can only be executed in position D,

(3) Dives with 2 or more somersaults and twists can only be executed in position B or C,

(4) Armstand dives with 1, 1 1/2, or 2 somersaults and one or more twists can only be executed in position D, and

(5) Armstand dives with 2 1/2 or more somersaults and twists can only be executed in positions B or C.

D. Approach (Forward, Back, Reverse, Inward and Twisting Groups)

Level	Forward 1/2-3 1/2 Som.	Forward 4-5 1/2 Som.	Back 1/2 - 3 Som.	Back 3 1/2 - 4 1/2 Som.	Reverse 1/2-2 Som.	Reverse 2 1/2-3 Som.	Reverse 3 1/2-4 1/2 Som.	Inward 1/2 -1 Som.	Inward 1 1/2-4 1/2 Som.
5m	0	0.5	0.2	0.5	0.3	0.4	0.6	0.6	0.5
7 1/2m	0	0.3	0.2	0.3	0.3	0.4	0.4	0.3	0.3
10m	0	0.2	0.2	0.2	0.3	0.4	0.3	0.3	0.2

E. Approach (Armstand Group)

Level	Forward with 0-2 Som.	Forward with more than 2 Som.	Back with 0-1/2 Som.	Back with 1-4 Som.	Reverse with 0-1/2 Som.	Reverse with 1-4 Som.
5m, 7 1/2m, & 10m	0.2	0.4	0.2	0.4	0.3	0.5

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

Group	½ Som.	1 Som.	1½ Som.	2 Som.	2 ½ Som.	3 Som.	3 ½ Som.	4 Som.	4½ Som.	5½ Som.
Forward/Inward	—	0.1	—	0.2	—	0.2	—	0.0	—	—
Back/Reverse	0.1	—	0.2	—	0.3	—	0.4	—	0.4	0.0
Armstand Back&Reverse	—	0.1	—	0.2	—	0.2	—	0.3	—	—
Armstand Forward	0.1	—	0.2	—	0.3	—	0.4	—	0.4	0.0

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

Examples

Dive	Pos	Hght	A	B	C	D	E	D.D.
307	B	10	2.7	0.3	0	0.3	0.4	3.7
307	C	10	2.7	0.0	0	0.3	0.4	3.4
5371	B	10	2.7	0.3	0	0.3	0	3.3
5257	B	10	2.1	0.3	1.7	0.2	0	4.3

Dive	Pos	Hght	A	B	C	D	E	D.D.
309	B	10	3.5	0.6	0	0.3	0.4	4.8
309	C	10	3.5	0.3	0	0.3	0.4	4.5
5371	C	10	2.7	0	0	0.3	0	3.0
6247	D	10	1.9	0	2.1	0	0	4.0

APPENDIX D —TABLE OF DEGREES OF DIFFICULTY

SPRINGBOARD		1 METER				3 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Forward Group		A	B	C	D	A	B	C	D
101	Forward Dive	1.4	1.3	1.2	-	1.6	1.5	1.4	-
102	Forward Somersault	1.6	1.5	1.4	-	1.7	1.6	1.5	-
103	Forward 1½ Somersaults	2.0	1.7	1.6	-	1.9	1.6	1.5	-
104	Forward 2 Somersaults	2.6	2.3	2.2	-	2.4	2.1	2.0	-
105	Forward 2½ Somersaults		2.6	2.4	-	2.8	2.4	2.2	-
106	Forward 3 Somersaults		3.2	2.9	-		2.8	2.5	-
107	Forward 3½ Somersaults		3.3	3.0	-		3.1	2.8	-
108	Forward 4 Somersaults			4.0	-		3.8	3.4	-
109	Forward 4½ Somersaults			4.3	-		4.2	3.8	-
112	Forward Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
113	Forward Flying 1½ Somersaults	-	1.9	1.8	-	-	1.8	1.7	-
115	Forward Flying 2½ Somersaults	-			-	-	2.7	2.5	-
Back Group		A	B	C	D	A	B	C	D
201	Back Dive	1.7	1.6	1.5	-	1.9	1.8	1.7	-
202	Back Somersault	1.7	1.6	1.5	-	1.8	1.7	1.6	-
203	Back 1½ Somersaults	2.5	2.3	2.0	-	2.4	2.2	1.9	-
204	Back 2 Somersaults		2.5	2.2	-	2.5	2.3	2.0	-
205	Back 2½ Somersaults		3.2	3.0	-		3.0	2.8	-
206	Back 3 Somersaults		3.2	2.9	-		2.8	2.5	-
207	Back 3½ Somersaults				-		3.9	3.6	-
208	Back 4 Somersaults				-		3.7	3.4	-
209	Back 4½ Somersaults				-		4.7	4.4	-
212	Back Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
213	Back Flying 1½ Somersaults	-			-	-	2.4	2.1	-
215	Back Flying 2½ Somersaults	-			-	-	3.3	3.1	-

SPRINGBOARD		1 METER				3 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE

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	-

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	-

SPRINGBOARD	1 METER				3 METER			
	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE

Twisting Group	A	B	C	D	A	B	C	D
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5111	Forward Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5112	Forward Dive 1 Twist	2.0	1.9		-	2.2	2.1		-
5121	Forward Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5122	Forward Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5124	Forward Somersault 2 Twists	-	-	-	2.3	-	-	-	2.4
5126	Forward Somersault 3 Twists	-	-	-	2.8	-	-	-	2.9
5131	Forward 1½ Somersaults ½ Twist	-	-	-	2.0	-	-	-	1.9
5132	Forward 1½ Somersaults 1 Twist	-	-	-	2.2	-	-	-	2.1
5134	Forward 1½ Somersaults 2 Twists	-	-	-	2.6	-	-	-	2.5
5136	Forward 1½ Somersaults 3 Twists	-	-	-	3.1	-	-	-	3.0
5138	Forward 1½ Somersaults 4 Twists	-	-	-	3.5	-	-	-	3.4
5151	Forward 2½ Somersaults ½ Twist	-	3.0	2.8	-	-	2.8	2.6	-
5152	Forward 2½ Somersaults 1 Twist	-	3.2	3.0	-	-	3.0	2.8	-
5154	Forward 2½ Somersaults 2 Twists	-	3.6	3.4	-	-	3.4	3.2	-
5156	Forward 2½ Somersaults 3 Twists	-			-	-	3.9	3.7	-
5172	Forward 3½ Somersaults 1 Twist	-			-	-	3.7	3.4	-
5211	Back Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5212	Back Dive 1 Twist	2.0			-	2.2			-
5221	Back Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5222	Back Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5223	Back Somersault 1½ Twists	-	-	-	2.3	-	-	-	2.4
5225	Back Somersault 2½ Twists	-	-	-	2.7	-	-	-	2.8
5227	Back Somersault 3½ Twists	-	-	-	3.2	-	-	-	3.3
5231	Back 1½ Somersaults ½ Twist	-	-	-	2.1	-	-	-	2.0
5233	Back 1½ Somersaults 1½ Twists	-	-	-	2.5	-	-	-	2.4
5235	Back 1½ Somersaults 2½ Twists	-	-	-	2.9	-	-	-	2.8
5237	Back 1½ Somersaults 3½ Twists	-	-	-	-	-	-	-	3.3
5239	Back 1½ Somersaults 4½ Twists	-	-	-	-	-	-	-	3.7
5251	Back 2½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5253	Back 2½ Somersaults 1½ Twists	-			-	-	3.4	3.2	-
5255	Back 2½ Somersaults 2½ Twists	-			-	-	3.8	3.6	-

SPRINGBOARD	1 METER				3 METER			
	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE

Twisting Group	A	B	C	D	A	B	C	D
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5311	Reverse Dive ½ Twist	1.9	1.8	1.7	-	2.1	2.0	1.9	-
5312	Reverse Dive 1 Twist	2.1			-	2.3			-
5321	Reverse Somersault ½ Twist	-	-	-	1.8	-	-	-	1.9
5322	Reverse Somersault 1Twist	-	-	-	2.0	-	-	-	2.1
5323	Reverse Somersault 1½ Twists	-	-	-	2.4	-	-	-	2.5
5325	Reverse Somersault 2½ Twists	-	-	-	2.8	-	-	-	2.9
5331	Reverse 1½ Somersaults ½ Twist	-	-	-	2.2	-	-	-	2.1
5333	Reverse 1½ Somersaults 1½ Twists	-	-	-	2.6	-	-	-	2.5
5335	Reverse 1½ Somersaults 2½ Twists	-	-	-	3.0	-	-	-	2.9
5337	Reverse 1½ Somersaults 3½ Twists	-	-	-	3.6	-	-	-	3.5
5339	Reverse 1½ Somersaults 4½ Twists	-	-	-	-	-	-	-	3.8
5351	Reverse 2½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5353	Reverse 2½ Somersaults 1½ Twists	-	3.5	3.3	-	-	3.3	3.1	-
5355	Reverse 2½ Somersaults 2½ Twists	-	3.9	3.7	-	-	3.7	3.5	-
5371	Reverse 3½ Somersaults ½ Twist	-			-	-	3.4	3.1	-
5373	Reverse 3½ Somersaults 1½ Twists	-			-	-		3.7	-
5375	Reverse 3½ Somersaults 2 ½ Twists	-			-	-		4.1	-

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

PLATFORM		10 METER				7.5 METER				5 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Forward Group		A	B	C	D	A	B	C	D	A	B	C	D
101	Forward Dive	1.6	1.5	1.4	-	1.6	1.5	1.4	-	1.4	1.3	1.2	-
102	Forward 1 Somersault	1.8	1.7	1.6	-	1.7	1.6	1.5	-	1.6	1.5	1.4	-
103	Forward 1 ½ Somersaults	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
104	Forward 2 Somersaults	2.5	2.2	2.1	-	2.4	2.1	2.0	-	2.6	2.3	2.2	-
105	Forward 2½ Somersaults	2.7	2.3	2.1	-		2.4	2.2	-		2.6	2.4	-
106	Forward 3 Somersaults		3.0	2.7	-		2.8	2.5	-		3.2	2.9	-
107	Forward 3½ Somersaults		3.0	2.7	-		3.1	2.8	-			3.0	-
108	Forward 4 Somersaults		4.1	3.7	-				-				-
109	Forward 4½ Somersaults		4.1	3.7	-				-				-
1011	Forward 5½ Somersaults			4.7	-				-				-
112	Forward Flying Somersaults	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
113	Forward Flying 1½ Somersaults	-	1.8	1.7	-	-	1.8	1.7	-	-	1.9	1.8	-
114	Forward Flying 2 Somersaults	-	2.4	2.3	-	-	2.3	2.2	-	-	2.5	2.4	-
115	Forward Flying 2½ Somersaults	-	2.6	2.4	-	-		2.5	-	-			-
Back Group		A	B	C	D	A	B	C	D	A	B	C	D
201	Back Dive	1.9	1.8	1.7	-	1.9	1.8	1.7	-	1.7	1.6	1.5	-
202	Back 1 Somersault	1.9	1.8	1.7	-	1.8	1.7	1.6	-	1.7	1.6	1.5	-
203	Back 1½ Somersaults	2.4	2.2	1.9	-	2.4	2.2	1.9	-	2.5	2.3	2.0	-
204	Back 2 Soms Somersaults	2.6	2.4	2.1	-	2.5	2.3	2.0	-		2.5	2.2	-
205	Back 2½ Somersaults	3.3	2.9	2.7	-		3.0	2.8	-		3.2	3.0	-
206	Back 3 Somersaults		3.0	2.7	-		2.8	2.5	-		3.2	2.9	-
207	Back 3½ Somersaults		3.6	3.3	-			3.5	-				-
208	Back 4 Somersaults		4.1	3.8	-		4.2	3.9	-		4.4	4.1	-
209	Back 4½ Somersaults		4.5	4.2	-				-				-
212	Back Flying Somersaults	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
213	Back Flying 1½ Somersaults	-	2.4	2.1	-	-	2.4	2.1	-	-	2.5	2.2	-
215	Back Flying 2 ½ Somersaults	-	3.2	3.0	-	-			-	-			-

PLATFORM		10 METER				7.5 METER				5 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Reverse Group		A	B	C	D	A	B	C	D	A	B	C	D
301	Reverse Dive	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
302	Reverse 1 Somersault	2.0	1.9	1.8	-	1.9	1.8	1.7	-	1.8	1.7	1.6	-
303	Reverse 1½ Somersaults	2.6	2.3	2.0	-	2.6	2.3	2.0	-	2.7	2.4	2.1	-
304	Reverse 2 Somersaults	2.8	2.5	2.2	-	2.7	2.4	2.1	-	2.9	2.6	2.3	-
305	Reverse 2½ Somersaults	3.4	3.0	2.8	-	3.5	3.1	2.9	-		3.3	3.1	-
306	Reverse 3 Somersaults		3.2	2.9	-		3.0	2.7	-		3.4	3.1	-
307	Reverse 3½ Somersaults		3.7	3.4	-				-				-
308	Reverse 4 Somersaults		4.4	4.1	-		4.5	4.2	-				-
309	Reverse 4½ Somersaults		4.8	4.5	-				-				-
312	Reverse Flying Somersaults	-	2.0	1.9	-	-	1.9	1.8	-	-	1.8	1.7	-
313	Reverse Flying 1½ Somersaults	-	2.5	2.2	-	-	2.5	2.2	-	-	2.6	2.3	-
Inward Group		A	B	C	D	A	B	C	D	A	B	C	D
401	Inward Dive	1.7	1.4	1.3	-	1.7	1.4	1.3	-	1.8	1.5	1.4	-
402	Inward 1 Somersault	1.9	1.6	1.5	-	1.8	1.5	1.4	-	2.0	1.7	1.6	-
403	Inward 1½ Somersault		2.0	1.8	-		2.1	1.9	-		2.4	2.2	-
404	Inward 2 Somersaults		2.6	2.4	-		2.6	2.4	-		3.0	2.8	-
405	Inward 2½ Somersaults		2.8	2.5	-		3.0	2.7	-		3.4	3.1	-
406	Inward 3 Somersaults		3.5	3.2	-		3.4	3.1	-		4.0	3.7	-
407	Inward 3½ Somersaults		3.5	3.2	-			3.4	-				-
408	Inward 4 Somersaults		4.4	4.1	-				-				-
409	Inward 4½ Somersaults		4.4	4.1	-				-				-
412	Inward Flying Somersaults	-	2.0	1.9	-	-	1.9	1.8	-	-	2.1	2.0	-
413	Inward Flying 1½ Somersaults	-	2.5	2.3	-	-	2.6	2.4	-	-	2.9	2.7	-

PLATFORM		10 METER				7.5 METER				5 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
5111	Fwd Dive ½ Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
5112	Fwd Dive 1 Twist	2.2	2.1		-	2.2	2.1		-	2.0	1.9		-
5121	Fwd Somersault ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5122	Fwd Somersault 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5124	Fwd Somersault 2 Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5131	Fwd 1½ Somersaults ½ Twist	-	-	-	1.9	-	-	-	1.9	-	-	-	2.0
5132	Fwd 1½ Somersaults 1 Twist	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5134	Fwd 1½ Somersaults 2 Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5136	Fwd 1½ Somersaults 3 Twists	-	-	-	3.0	-	-	-	3.0	-	-	-	3.1
5138	Fwd 1½ Somersaults 4 Twists	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5152	Fwd 2½ Somersaults 1 Twist	-	2.9	2.7	-	-	3.0	2.8	-	-	3.2	3.0	-
5154	Fwd 2½ Somersaults 2 Twists	-	3.3	3.1	-	-	3.4	3.2	-	-	3.6	3.4	-
5156	Fwd 2½ Somersaults 3 Twists	-	3.8	3.6	-	-			-	-			-
5172	Fwd 3½ Somersaults 1 Twist	-	3.6	3.3	-	-	3.7	3.4	-	-	-	-	-

PLATFORM		10 METER				7.5 METER				5 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
5211	Back Dive ½ Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
5212	Back Dive 1 Twist	2.2			-	2.2			-	2.0			-
5221	Back Somersault ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5222	Back Somersault 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5223	Back Somersault 1½ Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5225	Back Somersault 2½ Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
5231	Back 1½ Somersaults ½ Twist	-	-	-	2.0	-	--	-	2.0	-	-	-	2.1
5233	Back 1½ Somersaults 1½ Twists	-	-	-	2.4	-	-	-	2.4	-	-	-	2.5
5235	Back 1½ Somersaults 2½ Twists	-	-	-	2.8	-	-	-	2.8	-	-	-	2.9
5237	Back 1½ Somersaults 3½ Twists	-	-	-	3.3	-	-	-	3.3	-	-	-	3.4
5239	Back 1½ Somersaults 4½ Twists	-	-	-	3.7	-	-	-	3.7	-	-	-	3.8
5251	Back 2½ Somersaults ½ Twist	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5253	Back 2½ Somersaults 1½ Twists	-	3.2	3.0	-	-	3.3	3.1	-	-			-
5255	Back 2½ Somersaults 2½ Twists	-	3.6	3.4	-	-			-	-			-
5257	Back 2½ Somersaults 3½ Twists	-	4.1	3.9	-	-			-	-			-
5271	Back 3½ Somersaults ½ Twist	-	3.2	2.9	-	-			-	-			-
5273	Back 3½ Somersaults 1½ Twist	-	3.8	3.5	-	-			-	-			-
5275	Back 3½ Somersaults 2½ Twist	-	4.2	3.9	-	-			-	-			-
5211	Back Dive ½ Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-

PLATFORM		10 METER				7.5 METER				5 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
5311	Reverse Dive ½ Twist	2.1	2.0	1.9	-	2.1	2.0	1.9	-	1.9	1.8	1.7	-
5312	Reverse Dive 1 Twist	2.3			-	2.3			-	2.1			-
5321	Reverse Somersault ½ Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	1.8
5322	Reverse Somersault 1 Twist	-	-	-	2.2	-	-	-	2.1	-	-	-	2.0
5323	Reverse Somersault 1½ Twists	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
5325	Reverse Somersault 2½ Twists	-	-	-	3.0	-	-	-	2.9	-	-	-	2.8
5331	Reverse 1½ Soms. ½ Twists	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5333	Reverse 1½ Soms. 1½ Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5335	Reverse 1½ Soms. 2½ Twists	-	-	-	2.9	-	-	-	2.9	-	-	-	3.0
5337	Reverse 1½ Soms. 3½ Twists	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5339	Reverse 1½ Soms. 4½ Twists	-	-	-	3.8	-	-	-	3.8	-	-	-	-
5351	Reverse 2½ Soms. ½ Twists	-	2.7	2.5	-	-	2.8	2.6	-	-	3.0	2.8	-
5353	Reverse 2½ Soms. 1½ Twists	-	3.3	3.1	-	-	3.4	3.2	-	-		3.4	-
5355	Reverse 2½ Soms. 2½ Twists	-	3.7	3.5	-	-	3.8	3.6	-	-		3.8	-
5371	Reverse 3½ Soms. ½ Twists	-	3.3	3.0	-	-			-	-			-
5373	Reverse 3½ Soms. 1½ Twist	-		3.6	-	-			-	-			-
5375	Reverse 3½ Soms. 2½ Twist	-		4.0	-	-			-	-			-
5275	Back 3½ Somersaults 2½ Twist	-	4.2	3.9	-	-			-	-			-
5211	Back Dive ½ Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-

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	-	-	-		-	-	-	

PLATFORM		10 METER				7.5 METER				5 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Armstand Group		A	B	C	D	A	B	C	D	A	B	C	D
600	Armstand Dive	1.6	-	-	-	1.6	-	-	-	1.5	-	-	-
611	Armstand Forward ½ Somersault	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
612	Armstand Forward 1 Somersault	2.0	1.9	1.7	-	1.9	1.8	1.6	-	1.8	1.7	1.5	-
614	Armstand Forward 2 Somersaults		2.4	2.1	-		2.3	2.0	-		2.5	2.2	-
616	Armstand Forward 3 Somersaults		3.3	3.1	-				-				-

621	Armstand Back ½ Somersault	1.9	1.8	1.6	-	1.9	1.8	1.6	-	1.7	1.6	1.4	-
622	Armstand Back Somersault	2.3	2.2	2.0	-	2.2	2.1	1.9	-	2.1	2.0	1.8	-
623	Armstand Back 1½ Somersaults		2.2	1.9	-		2.2	1.9	-		2.3	2.0	-
624	Armstand Back 2 Somersaults	3.0	2.8	2.5	-	2.9	2.7	2.4	-	3.1	2.9	2.6	-
626	Armstand Back 3 Somersaults		3.5	3.3	-		3.3	3.1	-			3.5	-
628	Armstand Back 4 Somersaults		4.7	4.5	-				-				-

631	Armstand Reverse ½ Somersault	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
632	Armstand Reverse 1 Somersault		2.3	2.1	-		2.2	2.0	-		2.1	1.9	-
633	Armstand Reverse 1½ Soms.		2.3	2.0	-		2.3	2.0	-		2.4	2.1	-
634	Armstand Reverse 2 Soms.		2.9	2.6	-		2.8	2.5	-		3.0	2.7	-
636	Armstand Reverse 3 Soms.		3.6	3.4	-			3.2	-				-
638	Armstand Reverse 4 Soms.		4.8	4.6	-				-				-

PLATFORM		10 METER				7.5 METER				5 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Armstand Group		A	B	C	D	A	B	C	D	A	B	C	D
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	-	-			-	-			-