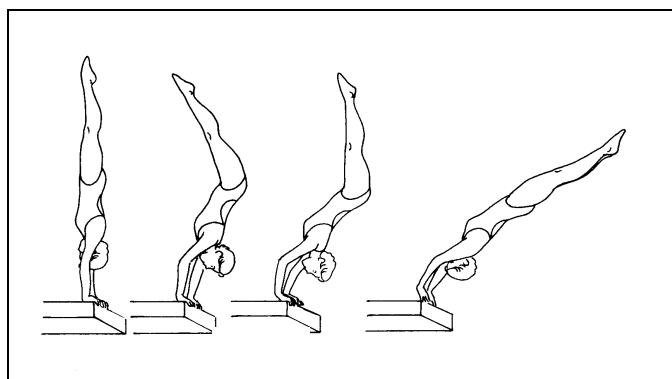


FINA

FEDERATION INTERNATIONALE
DE NATATION



FOUNDED IN 1908



DIVING OFFICIALS MANUAL

November 2006

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Preface

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

If an explanation is accompanied by a citation of a diving rule number, that number refers to the FINA Handbook 2005 – 2009 edition.

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

Rule changes for FINA Diving Rules (D) and FINA Masters Diving Rules (MD) can be decided by the FINA Technical Congresses. The next FINA Technical Congress for Diving will be in the year 2009 and for the Masters Diving in the year 2006. Rule changes in FINA Facilities Rules (FR) can be decided by the FINA General Congresses only (the next one in the year 2009).

1. Organisation of an international diving competition

1.1 Officials

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

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

1.2 Equipment and requisites

- a) At least two 1-m boards and two 3-m boards (the level and anchoring of the boards should be inspected at least one week before the arrival of the participants) and one diving board in reserve in case one breaks;
- b) A satisfactory non-slip surface with a sharp (90 degrees) front edge on all platforms and (outdoors) preferably a wind cover on the 10-m platform;
- c) Surface agitation which can be directed at different angles and with adjustable water pressure or a corresponding device with air bubbles;
- d) High water temperature, preferable 29 - 30 degrees Celsius (84 - 86 degrees Fahrenheit) but never less than 26 degrees C (79 degrees F);
- e) Good light in indoor pools (600 lux one metre above water surface, 1500 lux for Olympics and World Championships);
- f) Warm room, warm shower or warm water pool so close to the diving facilities that the divers can go there between each dive during the event;
- g) Barriers behind the springboards so that nobody except divers can pass there during the event;
- h) Chairs for the judges (at least 2m above the water level for 3m and platform competition) with numbers on both sides; normal chairs for 1m springboard competitions;
- i) Chairs or similar for the participants and for the coaches, placed so that the coaches can see the dives from the side and assist the divers during the event;
- j) Table and chairs for the secretariat and the referee, placed so that the referee can see the dives from the side;
- k) For outdoor competitions, rain cover for the secretariat, coaches and participants, and rain cover or rain coats for the judges;

- l) Microphone and loud speaker (with a megaphone in reserve if the loud speaker breaks down);
- m) Music tape / CD and a tape recorder / CD player for the parades, flags and national anthems for the victory ceremonies;
- n) A letter box near the diving tower where the divers can submit their diving forms;
- o) A display board near the diving tower for information to judges, coaches and divers;
- p) Coffee or other beverage for the judges and secretaries;
- q) Awards platform and medals or other prizes for the participants;
- r) Programme for the spectators and programme and other written information for the press;
- s) A meeting room for main officials close to the diving pool with lockers and letter boxes;
- t) Diving forms, whistle and a rule book for the referee. Diving forms and composition of the judging panel for the announcer;
- u) Diving forms, 4 rapid calculators and pencils for the manual secretariat;
- v) Computer, printer, adding machine (for manual secretariat), photocopier, and paper for the printer and the photocopier;
- w) A manual table for the display of dive number and position (serves as reserve if an electronic scoreboard is used);
- x) Electronic scoreboard (or manual tables) for the display of the diver's award and the diver's total points.

1.3 Invitation

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

- a) Date and place for the contest;
- b) Deadline for entries and the address to which entries should be sent;
- c) The financial conditions for participation;
- d) Dates of expected arrival and departure;
- e) Event qualification limits;
- f) Competition format (Olympic format, tournament system etc);
- g) Preliminaries or direct finals and number of finalists;
- h) Programme schedule;
- i) Time for training;
- j) Time and place for the technical meeting;
- k) Expected clothing for referees and judges;
- l) Outdoor or indoor pool;
- m) Type of boards (Maxiflex B, etc.);
- n) Height of available platforms;
- o) Name, address, telephone number, and fax number of the hotel(s);
- p) Hotel prices for single and double rooms with breakfast, half pension, and full pension;
- q) Name, address, telephone number, and fax number of the pool;
- r) Names of invited clubs / countries;
- s) Visa regulations if any.

1.4 Information upon arrival

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

- a) Same information as in f), g), h), i), j), and k) under point 1.3 above;
- b) Names and working tasks of main officials, and where they can be reached;

- c) Names of all participants;
- d) Diving forms and information where and when to deliver them;
- e) Transport between hotel and pool;
- f) Times for breakfast, lunch, and dinner;
- g) Where, when, and with whom to clear up the finances;
- h) Time and place for the farewell party and transportation to and from the party;
- i) General information about the town and a map with hotel and pool marked.

1.5 Hotel and meals

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

1.6 Transportation

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

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

1.7 Training

For Olympic Games and World Championships, the pool shall be open for training not less than eight days before the competition (BL 8.2.3). For other competitions it is recommended that the pool be open for training at least three days before competition.

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

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

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

1.8 Contest hours

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

1.9 Technical meeting

At the technical meeting the following should be discussed:

- a) Confirm that the entered divers will start (and assist the speaker by checking the correct pronunciation of the names), preferably using a computer and projector and making corrections with the assistance of the applicable federation representative; alternatively, if a projector is not available, all changes should be reviewed at the completion of the session to ensure completeness;
- b) Decide the start order by drawing of lots, preferably using a computer random generation program if available;
- c) Give information as to how and when the diving forms should be handed over;
- d) Where applicable, introduce the FINA delegate and name the Jury of Appeal;
- e) Check that the entered judges will officiate and if they are available for all events;
- f) Appoint judges (including at least one reserve judge for each event) or inform when and how the judges will be appointed if they have not been appointed before the meeting;
- g) If the double panel system is used, remind judges that the change will be after three rounds of dives;
- h) Give information as to how the judges should be dressed and when and where they are to assemble before each event;
- i) If electronic machinery is used, give instruction as to how the touch pads work;
- j) Give information about the ceremonies (opening ceremony, introduction of divers in each event, introduction of judges, victory ceremonies) and explain with the help of a map of the pool premises;
- k) Give information about training on competition days, including closing time for non competitors in the actual event and closing time for competitors;
- l) Give information about future meetings and social events during the competition days;
- m) Check if there are any changes in the teams' departure times;
- n) Give general information about the contest and provide an opportunity to ask questions;
- o) If the technical meeting is held in the presence of a representative for FINA or for some continental or other international body within diving, the meeting can also be used for exchange of views and information about decisions and plans that concern the international diving family.

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

1.10 Final preparations before the contest

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

- a) Check the diving forms at such an early stage that there is time enough left to contact the divers if corrections must be made and, at computerised competitions, time enough to write the series into the computer program and check them;
- b) Check the loud speaker at least one day before the contest and again some hours before the contest;
- c) Check the positions and the number of the judges' chairs (the closest chair on each side in line with the front edge of the springboard / platform and the chairs numbered clockwise in accordance with FR5.3.11.4 and FR5.3.12.5);
- d) Check that the surface agitation works satisfactorily;
- e) Run a test contest of some 15 minutes during the training some hours before the first event on the first day, pretending that the dives performed in training are competitive dives and check that all officials are performing their task and that all equipment and requisites are available and functioning (for details see also subsection 1.12(c) below);
- f) Post a list near the tower containing the divers' start order, a list of their dives if available, and the names of the judges;
- g) Check that all officials are present 15 minutes before the start;
- h) Advise the divers by loud speaker 10 minutes before the start and then again one minute before the start;
- i) If a contest is to start at a certain hour, the first dive should be made exactly at that hour. Announce the participants' names, start order, and the names of the judges three minutes before the beginning of the contest. If participants and judges are to parade, this should be done at the latest 10 minutes before the contest.

1.11 The announcer and the referee

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

The announcer should not make a pause after having announced the points of the previous dive; he should immediately announce the next dive. The same goes for the referee; he should make the comparison with the diving form during the announcement and give his whistle signal immediately after the announcement.

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

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

1.12 Secretariat at contests with electronic system

If the competition is computerised and the judging and calculation is run electronically, the following should be observed.

- a) If the computer software automatically gives the DD when entering dive number and position and if the DD does not correspond to the DD written by the competitor, don't take it for granted that the DD given by the computer is correct. It often happens that the diver has written a correct DD but a wrong dive number or a wrong position. Consequently, ask the referee to contact the diver and clear up any inconsistencies.
- b) When checking that the correct dives have been entered into the computer programme, don't trust reading from the monitor. It is much easier to observe mistakes if you make a printout on paper and compare the printed list with the competitors' original diving forms.
- c) A rehearsal with the judges is compulsory. The function of the touch pads should be demonstrated at the technical meeting but that is not sufficient. The complete electronic system must be tested in the pool with the judges seated in the judges' chairs. They shall not only practice entering various awards with full and half points (including 0, 0.5 and 10 points) but also deleting and substituting for already entered awards. This rehearsal, which preferably should be organised during a training session for the divers early on the first day of competition (see subsection 1.10(e) above), also has the purpose to check that the number of each touchpad corresponds to the number on the judges' chairs, and that the connection functions between both the touch pads and the computer and between the computer and the scoreboard.
- d) According to FINA Rule D 7.1, two independent secretariats should work during a diving competition. When a computer system is used, that system fulfils the tasks of the first secretariat. At such a competition, the second secretariat must be prepared for a possible breakdown of the computer and shall consist of three secretaries working manually and independently. They shall use copies of the divers' original diving forms and register the judges' marks, the scores of the dives and the total running points for each diver. As it must be assumed that the computer calculates correctly there is no reason for these three secretaries to make any calculations; registration of the figures is sufficient. (The reason for using three secretaries is that two can have different figures in which case a comparison can be made with the figures registered by the third secretary.)
- e) The referee shall check that the correct dive is displayed on the electronic scoreboard. For this purpose he must compare the displayed number with a copy of the diver's original diving form. A printout of the computer list may not be used by the referee since the number shown on the scoreboard is identical with the printout from the computer and the computer list may be different from the original diving form.
- f) When the judges have entered their awards on their touch pads, the referee (or assistant referee) shall check the awards on the monitor before giving a signal to the computer technician to send the awards to the scoreboard. As judges sometimes press the wrong button without observing it or without knowing how to correct it, the referee should follow this control procedure in order to prevent obviously wrong awards from being shown on the scoreboard. It is much more complicated and takes much more time to make corrections when the awards have already been shown on the scoreboard. Therefore it is important to check strange awards in advance by asking the judge concerned. However, if the awards already have been shown on the scoreboard, a correction should only be granted if it is obvious that a judge has pressed the wrong button. The system may not be used by judges who simply regret their award and try to adjust when they see the awards of the other judges. Example: If a judge has given 0.5 when the others have given 5 or 5.5, a correction should be granted, but not if the judge has given 4.5.
- g) If the computer breaks down, the calculation for the rest of the competition should be based upon the scores registered by the second secretariat. In that case two manual secretariats must be formed as described under point 1.13 below.

1.13 Secretariat at contests with manual system

At a contest without an electronic system for judging and calculation, it is recommended that the secretariat consist of the following 10 persons placed in the following order:

A B C D E F G H I J

- A = Reads the rapid calculator. Works together with B.
- B = Compiles the judges' awards. Works together with A.
- C = Handles the adding machine. Adds the previous total points of the diver with the points of the latest dive. Tells or shows the speaker the new total points. Observe that the dive's previous total points must be put into the adding machine before the diver performs his dive. C gets the previous total points from B who sits next to him, and adds the new points in the same instant as the speaker announces them.
- D = The speaker and the referee. (Can naturally be two persons, but in that case the referee should be seated between E and F.)
- E = Reads the rapid calculator. His task is to look at the awards when the judges show their flash cards, calculate the sum of the middle awards while the speaker announces the awards. Tells or shows the speaker the points for the dive in the same instant as the speaker finishes announcing the judges' awards. E is the most important person in the secretariat for a rapid contest and must, thus, be meticulous and be good in mental arithmetic.
- F = Compiles the judges' awards. Has the same task as B. Works together with G. Should be seated next to E in case E is uncertain and wishes to compare his sum. Observe that F + G shall work independently of A + B and independently of C + D + E, but that F shall compare his result with B after each dive. When F has compared the result with B, F hands over the diving form to H and I and gets it back a few moments later.
- G = Reads the rapid calculator and has the same task as A. Works together with F.
- H = Handles the computer. If the computer is used only for writing and printing and no calculation program is available, H gets the judges' awards, the points of the dive and the total points immediately after each dive from F, who hands over the diving form where all the figures are written. H gives back the diving form to F as soon as he has entered the figures into the computer. If the computer contains a calculation program, H listens to the speaker and writes the judges awards when they are dictated but he does not enter them finally until he has received the diving form from F and has been able to double check the figures. H works with I as assistant and hands over the printouts to the personnel responsible for copying immediately after the competition.
- I = Assists H and checks that H enters the correct figures. If the computer program cannot automatically print out the divers in the order they were placed in the competition, I dictates the final result list in correct order for H immediately after the completion of the contest.
- J = Secretary for overall control. Counts only if the two ordinary secretaries (B and F) do not reach the same result. Gets in that case the two diving forms, compares them, and corrects the form which is wrong. (As unexpected pauses disturb the competitors, the competition should continue while J is working and the correction should be announced when J has found the mistake.)
J continuously writes down all the judges' awards during the competition and keeps them "in reserve" in case the ordinary secretaries have different notations concerning the awards given on a dive.

1.14 Results

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

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

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

1.15 Press and public service

Diving needs good publicity. Therefore, appoint a special contact person for the press who is a diving expert and preferably speaks more than one language. He should contact the press long before the contest, gather the journalists before the contest, and give them written information and data about the divers. Write a simple description of the diving rules and rules for judging and hand it over to the journalists. Print the same description in the programme for the public. Arrange a press conference after the contest and see to it that the best divers and their coaches are present then. Let the contact person also instruct the photographers about how and when they may take photographs during the contest.

2. Judging scale

In the sport of diving, a judge's award can range from zero (0) to ten (10) points.

Awards are given in half point increments according to the following scale.

Completely Failed.....	0 points
Unsatisfactory	½ to 2 points
Deficient	2½ to 4½ points
Satisfactory	5 to 6 points
Good.	6 ½ to 8 points
Very Good	8 ½ to 10 points

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

To illustrate, in a Group C age group contest, a diver who performs a very good forward 1½ somersaults in pike position would be able to be awarded an 8 ½ under the "flexible" scale principle, even though we would expect to see a senior diver perform the dive with a stronger takeoff, higher jump, and tighter position on the entry.

If the straight scale principle were applied, it would be almost impossible for a Group C age group diver to be awarded higher than a 6, given what we would expect to see from a senior elite diver. Using the straight scale principle in this way may result in discouragement on the part of the younger, less experienced divers.

It also reduces a judge's ability to discriminate between dives because of the smaller range of awards to work with.

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

3. Elements of a dive

There are five elements of a dive to consider when judging the overall impression of a dive (see Figure 3.1):

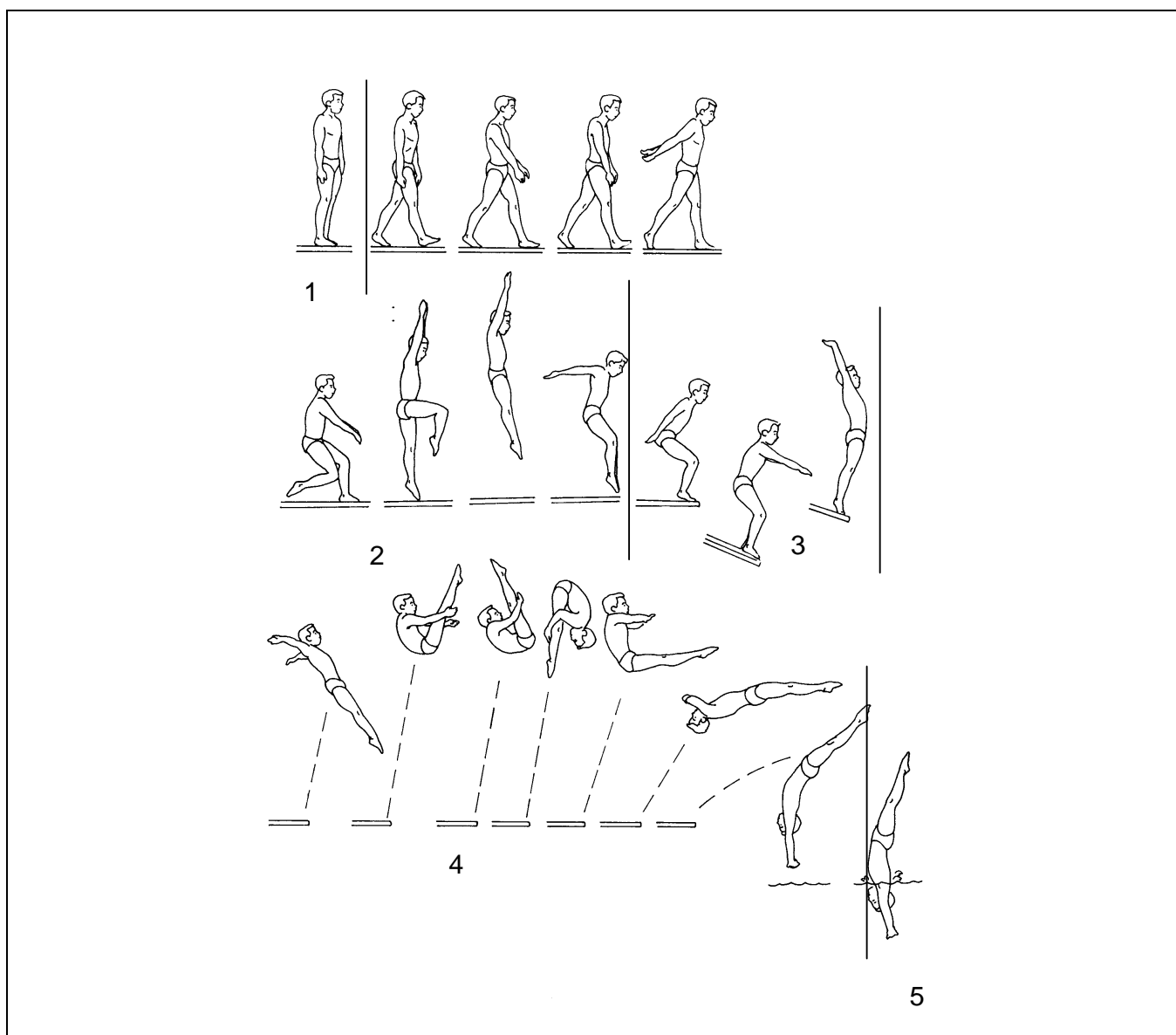


Fig. 3.1

1. Starting position
2. Approach
3. Takeoff
4. Flight
5. Entry into the water

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

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

3.1 Starting Position

Good posture - The diver should be standing straight and not be slouched, the head in line with the body, the elbows straight, and the feet together.

The starting position in armstand dives shall be assumed when both hands are on the front end of the platform and both feet are off the platform. Judging starts as soon as the feet leave the platform. Before the takeoff the diver should obtain an inverted straight position and show a steady balance.

3.2 Approach

Smooth flowing approach - the motions should be smooth and continuous towards the end of the springboard or platform.

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

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

3.3 Takeoff

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

3.4 Flight

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

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

Too distant - the distance should allow a good technique.

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

3.5 Entry

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

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

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

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

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

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

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

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

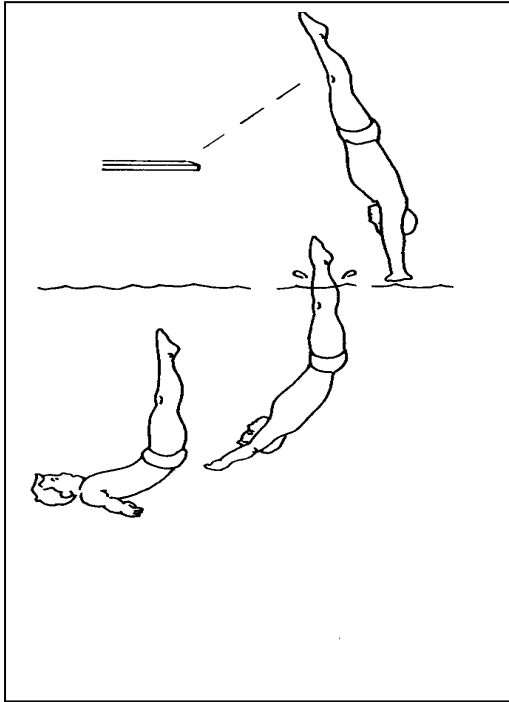


Fig. 3.2 a: Pike Save

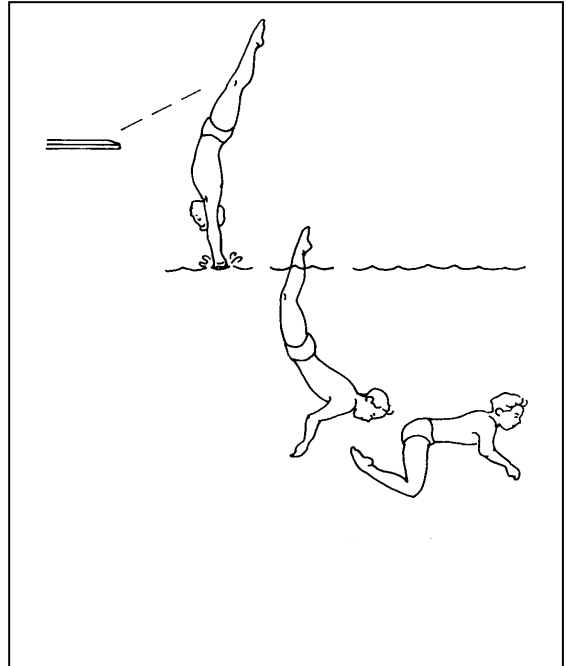


Fig. 3.2 b: Knee Save

4. The judges

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

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

In addition to these duties, other factors which come into play when judging will be discussed.

4.1 Judging diving - overview

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

That is why it is hard to judge diving. Even though there are criteria divers must meet for each dive, evaluations of the performance remains a subjective process. This is why a diving contest is not evaluated by just one judge, but rather a panel of judges.

4.2 Composition of a judging panel

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

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

For each competition in synchronised diving there shall be nine (9) judges, five of which shall judge solely the synchronisation of the divers and four assigned to the execution of the dive.

Two of the judges assigned to the execution of the dives shall judge one of the divers and the other two judges shall judge the other diver.

4.3 The placement of the judges

The referee shall place the judges close together and preferably divided evenly on both sides of the diving boards. If this is not possible, the judges could be placed together on one side. The numbering of judges' chairs shall be clockwise when facing the springboard/platform. For synchronised diving, the chairs for synchro shall be preferably in a line and be placed in between the execution judges on each side of the pool. The placement of judges' chairs shall be in compliance with FR5.3.12.5.

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

4.4 Specific duties of a judge

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

This includes:

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

After each dive, each of the judges, without communicating with one other, shall immediately enter their award into the electronic touch pads. When flash cards are used each of the judges, upon a signal given by the referee or the announcer, shall immediately and simultaneously, without communicating with one other, flash their award.

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

4.5 Requirements for good judging

The above-mentioned duties are a very important aspect of a judge's overall responsibility.

However, the art of judging is not only a question of having sufficient knowledge of the FINA Handbook. In reality, the written rules are the easiest part of judging. The difficulty lies in mastering the unwritten rules and factors which influence a judge (well known as "**The Golden Rules**") listed below:

- *Knowledge of the sport*

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

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

- *Patience, patience, patience*

There are several reasons a judge needs a lot of patience. First, most of the problems that occur during a diving contest are not described in the rules. No written rule describes, for instance, the difference between scores of 6 ½ and 7 ½ for a "good" dive. The small diversities are completely dependent on the judge's own opinion. The written rules leave the decision almost completely to the judge.

There are very few rules which describe exactly what the judge should do.

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

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

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

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

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

Every judge is affected by his preconceived opinions. For example, it is very easy for a judge to over-score the favourites, the “stars” who have been very successful in earlier contests. The judge expects to see a good dive from the “star” diver, and therefore believes that the dive is good. For that reason, a bad dive by a favourite may not get as low an award as a bad dive by an unknown diver.

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

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

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

These prejudices often affect judges unconsciously. It is important for judges to be aware of the existence of prejudices and to ask themselves constantly: “Do I judge the dive or the diver? Do I judge what I see or what I expect to see?”

- *Vary the judging*

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

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

Therefore, remember that good judging results in good diving.

- *Judge independently*

1. Of the other judges - a judge must judge independently of the other judges. If a judge’s award differs from the awards of the other judges, then that judge should, in principle, be convinced that he is the one who is right. This “quiet confidence” is an important component of judging. A judge who has done his conscientious best to score fairly should not worry if his opinion happens to differ from that of the rest of the panel. Judges sit in different positions and on different sides of the pool. From these different vantage points it follows that scores may also differ somewhat. Judging diving is not an exact science, which is why more than one judge is used in a contest. If a judge starts to adjust his scores to the others, he can easily lose the line and consistency in his judging. Remember, the goal of a judge is NOT to be part of a BINGO (where every judge gives the same score), but to give the right score for the right dive!
2. Of the audience - judges should never let the audience influence them. This can be very difficult to avoid, especially if a hometown favourite is in the contest. However, a judge’s task is to give the divers a fair contest, not to please the audience. A judge has to resist letting distractions, such as the applause of the crowd, influence his score. Remember, the judge is the expert, not the audience.

- *Do not make up for mistakes*

"I am the one who is right" is the correct attitude, but, as mentioned, only in principle. Of course, judges make mistakes sometimes. It happens to every judge in every contest.

Judges may ask themselves, "How can I make up for my mistake? The answer is - do not try to compensate by making the same mistake several times. Instead, accept that a mistake was made. For instance, if a judge believes that his award was too high an award on a twisted entry in the first round, he should not try to give an excessive award on all twisted entries in the entire contest. Similarly, if a judge scored a particular diver too high in one round, he should not score the diver low in the next round. In the long run, it is almost impossible to be consistent in that way. After a few rounds a judge is back in his normal way of judging whether he means it or not. So if a mistake was made when scoring a dive, a judge should just forget about it. This is why the two highest and two lowest scores are eliminated.

- *Biased judging*

Biased judging is an offence against the concept of sportsmanship and fair competition. All divers, coaches and judges agree on that. In spite of this, some judges believe that they are entitled to give their own divers a half point extra on each of their dives. This mistake should never be made! There is no "team" or even "national" duty to favour one's own diver. It is considered an unethical practice in the sport of diving.

- *Do not respond to biased judging*

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

Once judges respond to biased judging, they would no longer be entitled to criticise it because they would be engaging in it themselves.

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

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

- *"Am I trained enough to judge today?"*

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

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

It is the judges' responsibility to judge each dive as it is performed, without consideration of the final standings. The judge should not try to calculate the running score or current standing of the contestants. There is no need to observe the scoreboard when it displays the standings of current score totals.

5. The Referee

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

As the rules are an instrument of action, the referee should know them exactly (D 6).

The referee has many responsibilities associated with a diving contest.

These responsibilities can be organised into the following areas:

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

5.1 Duties before a contest

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

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

2. Check for proper water temperature. The water temperature shall be not less than 26 degrees Celsius (79 degrees Fahrenheit), but whenever possible should be 3 - 4 degrees warmer. Verifying the temperature well before the arrival of the athletes will allow time for changing it if necessary (FR 5.3.9).
3. Check for adequate water agitation. At some facilities the water agitation is not sufficient. The referee or meet director should take care that sufficient water agitation is placed under the diving equipment (FR 5.3.10).
4. Check for adequate lighting. Light can be a very disturbing factor if it comes from the ceiling or from glass walls in front or back from the boards. Poorly performed dives may result from inadequate lighting. The referee should take care that equal light conditions prevail over the entire diving area (FR 5.3.7 and FR 6.1).
5. Ensure spectator seating will not interfere with contest. At many competitions the spectators are placed too close to the judges or move around the diving area without care. The referee shall insist on blocking the area behind the diving boards and the tower. This area should be used only by the divers in the competition. Excessive movement in front of the diving equipment should also be controlled.
6. Arrange the seating of the judges. The referee shall place the judges close together and preferably divided evenly on both sides of the diving boards so that they have a profile view of the board (D 5.3.11 and D 5.3.12).
7. The referee shall inspect the list, and when the statement in the list is not according to the rules, the referee shall have it corrected before the beginning of the competition. The diver shall be informed of the referee's decision as soon as possible (D 6.3 and D 6.4).
8. Assistant referees. Under certain circumstances it will be necessary to appoint assistant referees to observe the divers on the platform, to confirm the awards prior to their announcement and, in synchronised diving, to observe the performance of the diver on the other side. The referee will advise the assistant referee about his duties (D 6.2).

5.2 Duties before a dive

1. When the dive is announced the referee should check the dive number board, ensure that the pool is clear, and give a signal to start which should not be given before the diver has assumed his position. The signal of preference is a whistle (D 6.11).
2. If the diver starts the dive before the referee has given this signal, the referee shall decide whether the dive is to be repeated (D 6.13).
3. A referee should give a warning to a diver who is taking an excessive amount of time preparing for a dive. If a diver takes more than one minute to execute a dive after he has been warned, the diver shall receive 0 points for the dive (D 6.12).

5.3 Duties during a dive

1. During the execution of the dive, the referee shall observe the dive to ensure it is in accordance with the rules, including (but not limited to) the following matters:
 - Any balks or double bounces by the diver (D 6.21, D 6.22, D 6.22, D 6.23 and D 8.2.5.3).
 - Confirm that the correct dive and dive position are being performed (D 6.17 and D 6.18).
 - Confirm that the arms are in the proper position at the time of entry (D 6.19).
 - Confirm that the diver has not over rotated or under rotated the twist or somersault by 90 degrees or more (D 8.5.13).
 - Listen to hear if a diver is receiving any assistance during the dive (D 6.20).
 - Be aware of any distractions that might cause the diver to request a repeat of the dive (D 6.15 and D 6.16).
2. In cases of questionable circumstances, the benefit will always go to the diver.

5.4 Duties after a dive

1. Ensure that all awards are being correctly displayed and recorded.
2. In the event the diver balks, the referee, upon completion of the diver's second attempt, shall instruct the announcer to reduce each judge's award by two points. If the diver balks twice, it is a failed dive. No further attempt shall be permitted. In cases of questionable circumstances, benefit will always go to the diver (D 6.15, D 6.16, D 6.18, D 6.20, D 6.21, D 6.22, D 6.23 and D 6.24).
3. If a dive is performed clearly in a position other than as written, the referee shall instruct the judges to award no more than two points (D 6.17).
4. When one or both arms are held in a feet first entry or below the head in a head first entry, the referee shall instruct the judges to award no more than 4 ½ points (D 6.19).

5. When the referee is certain that a diver has performed a dive of a number other than that announced, the referee shall declare it a failed dive (D 6.18). If the feet enter the water before the hands in head first dives or the hands enter the water before the feet in feet first dives, the referee shall declare it a failed dive. Sometimes it is difficult for the referee to determine if a dive was failed or not (see Figure 5.1).

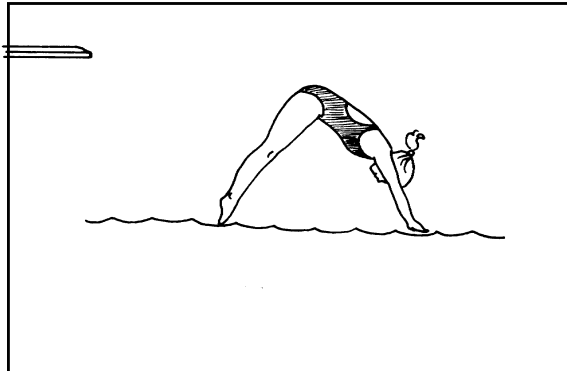


Fig. 5.1

In these cases, the referee will give a signal to the judges to show their scores. The judges can award zero even though the referee has not declared it to be a failed dive (D 6.17, D 8.1.7).

6. If a dive is incorrectly announced and is executed by the diver, the referee may cancel it and have the correct dive announced and performed immediately (D 6.10).
7. The referee may declare a dive to be failed if he determines that assistance has been given to the diver during the execution of the dive. The execution of the dive is considered to start when the signal is given by the referee (D 6.20).

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

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

8. The referee may allow a diver to repeat a dive if, in his opinion, there was some kind of major distraction during the execution of the dive (i.e. a very loud noise). (D 6.15).

There have been occasions where a sudden scream, a flash of light, movement by spectators or another major distraction has negatively influenced the execution of a dive. The referee must give careful consideration of the situation before allowing a dive to be repeated. The request to repeat a dive must be made by the diver or his representative immediately after the execution of the affected dive (D 6.16).

9. If a repetition of the dive is allowed by the referee it is important that the judge's awards for the first attempt be retained to use in the event that a protest is filed and approved.

5.5 Additional duties during the contest

1. When an incorrect dive has been performed or performed in the wrong position or a balk has been declared, the referee must be certain that the proper action has been taken by the secretariat and any other parties concerned.

2. The referee may exclude a diver from the competition if the diver disturbs the event by bad behaviour or other activities. If a member of a team, a coach or an official disturbs a contest, the referee may decide that this person shall not be allowed to stay in the competition area any longer for the duration of the event (D 6.25).
3. The referee may remove any judge whose judgement is regarded as unsatisfactory and replace him / her with another judge. Such a change of judges shall take place only at the end of a session or a round of dives (D 6.26 and D 6.27).

In order to run the competition as fairly as possible, the rules allow the referee to remove an incompetent judge. This is a very serious action and should be done only when obvious bias or incompetence is being displayed by a judge during a competition. The referee should make the change only upon careful consideration and with adequate justification.

4. The referee may find it necessary to interrupt or postpone a portion of the competition due to adverse weather or other unforeseen circumstances. If possible, this should be done after a full round of dives to allow for equal competitive conditions for all divers (D 6.5 and D 6.6).
5. The referee may give all competitors the right to make a re-start without a deduction of points if a strong wind disrupts the start of a dive. This allowance should only be made for the most extreme wind conditions and preferably announced before the start of the competition (D 6.7).

5.6 Duties after the contest

1. At the end of the contest, the referee should oversee the organisation of final results in co-ordination with the meet secretary to ensure for accuracy (D 6.28). This is important at any time but particularly so before releasing the results to Ceremonial and the Media at major meets.
2. In the event a diver qualifies to advance from the preliminary or semi-final rounds, but then becomes unable to compete due to illness or injury, the referee shall officially declare the diver as unable to continue and the diver in the next highest place will move to the semi-finals or finals (D 2.1.6).

5.7 Summary

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

- know the rules; understand their purpose; and apply them with common sense.
- be alert and aware of the general atmosphere in the field of play, always expecting the unexpected, and take action to enforce the rules. Every competition has the potential to bring its own drama.
- not take his eyes off the diver from the moment the referee gives the signal to start until the dive is completed.
- be in control. Do not be rushed or pushed by whatever circumstance. A referee in control of himself is in control of the meet and / or whatever crisis may arise. The manner of its handling can materially add the quality of the event.

As you can see, the referee plays an extremely vital role during a diving competition. The duties described in this chapter should not be taken lightly as the fairness and integrity of a diving contest depends largely on how the referee manages the event.

Although it is impossible to describe all of the situations that can take place during a competition, as long as the referee understands his duties and observes the rules of the contest, he should be able to successfully handle any situation that comes along.

6. Judging the dive

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

Therefore, in discussions regarding a dive, it is often difficult to isolate where one part ends and the other begins.

Judges are to award scores based on their overall impression of the dive. Judges should be aware that penalties associated with the individual parts of dives may or may not be cumulative. The most important factor in judging a dive is the final award given to the whole dive. Applying penalties or values to parts of dives is useful only as a guide. Most good judges are somewhat flexible in the range of their scores and accurate in the comparison of the skills of the divers in the contest.

6.1 Starting positions

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

Starting position - standing dives

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

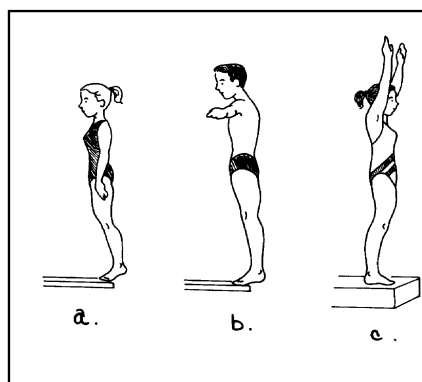


Fig. 6.1 a, b and c

Starting position - running dives

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

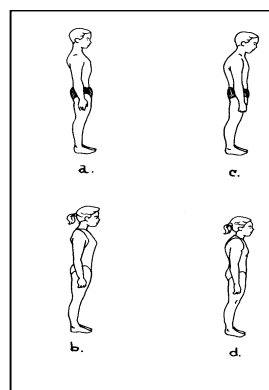


Fig. 6.2 a, b, c and d

Starting position - armstand dives

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

When the second attempt to obtain a balanced position is unsuccessful, the referee shall declare a failed dive. No further attempt shall be allowed (D 6.23).

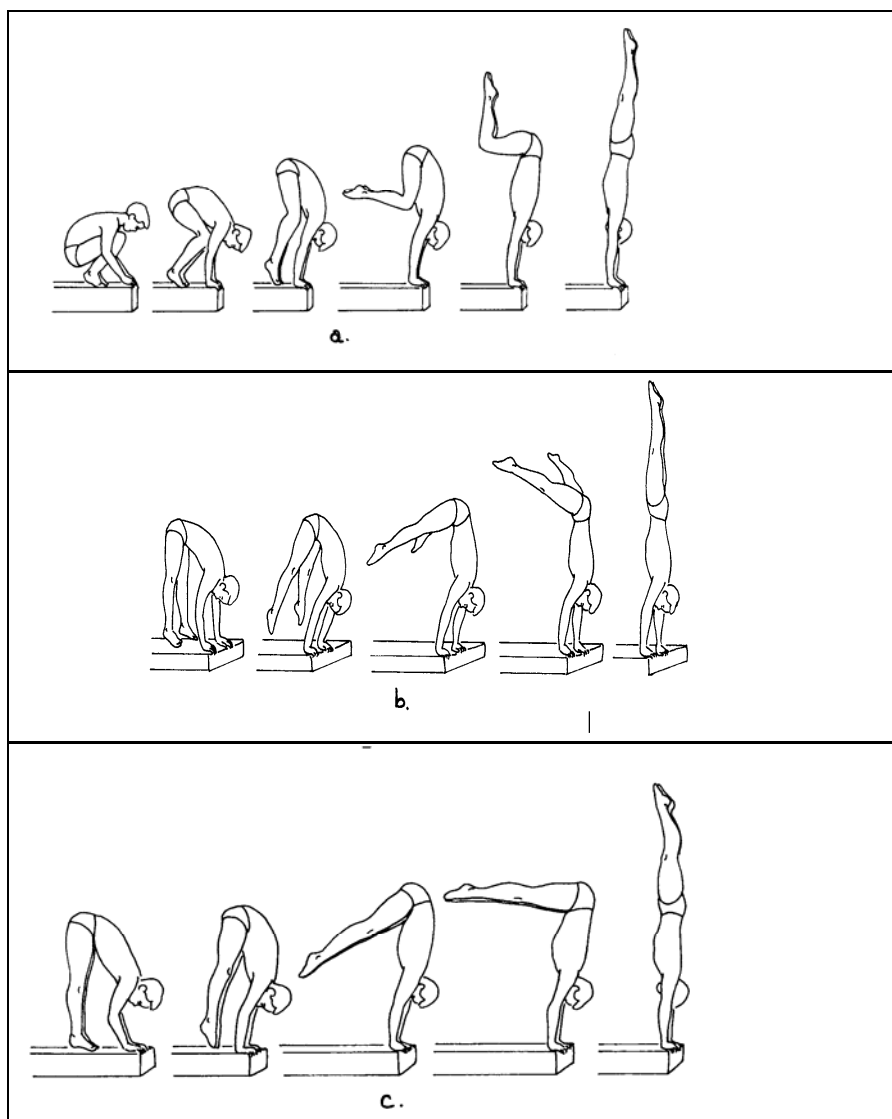


Fig. 6.3 a, b and c

Starting position - flaws

1. Posture - For standing and running dives, the most common error is poor posture, for example with forward head and rounded shoulders (see Figure 6.2 c and d on page 32). In these cases, where the correct starting position is not assumed, each judge shall deduct $\frac{1}{2}$ to 2 points according to the judge's individual opinion (D 8.2.2).

2. Unbalanced Position in Armstand – If the diver experiences difficulty in getting to a steady balance in a straight position in an armstand or if a steady balance in the straight position is not shown in the armstand portion of an armstand dive, the judges should deduct from $\frac{1}{2}$ to 2 points (see Figure 6.4).

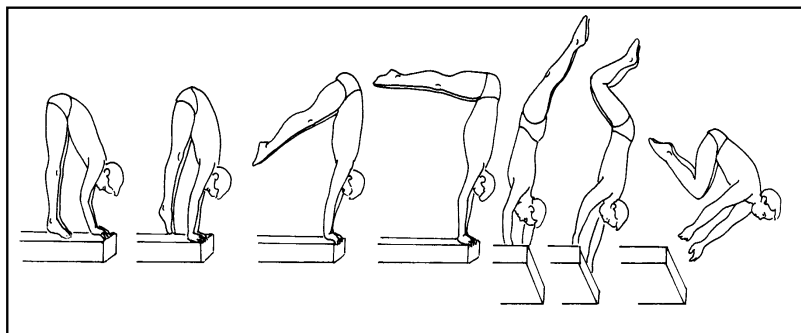


Fig. 6.4

6.2 Approach

A diver's movements during the approach element of a dive vary depending on whether a standing or running dive is being performed. In general, the diver's movements during the approach should be smooth and flowing to set up the proper position for takeoff.

Approach - standing dive

A standing dive commences when the arms leave the starting position (see Figure 6.5 a). When executing forward or backward standing dives, the diver should not rock the board excessively before takeoff. Judges may deduct if the rocking affects the overall impression of the dive but should deduct not more than one point for awkward or excessive movements during the armswing or excessive rocking or priming of the board. In addition, divers must not bounce on the board before the takeoff for standing dives, or the referee shall declare a maximum $4\frac{1}{2}$ from each judge (D 8.2.3.5).

A bounce is clearly an effort to double spring the board to gain greater elevation (see Figure 6.5 b). It may be differentiated from an inadvertent elevation off the board caused by the raising of the arms (commonly known as a "crow hop"). The referee should immediately recognise a bounce and declare a maximum of $4\frac{1}{2}$ points from each judge.

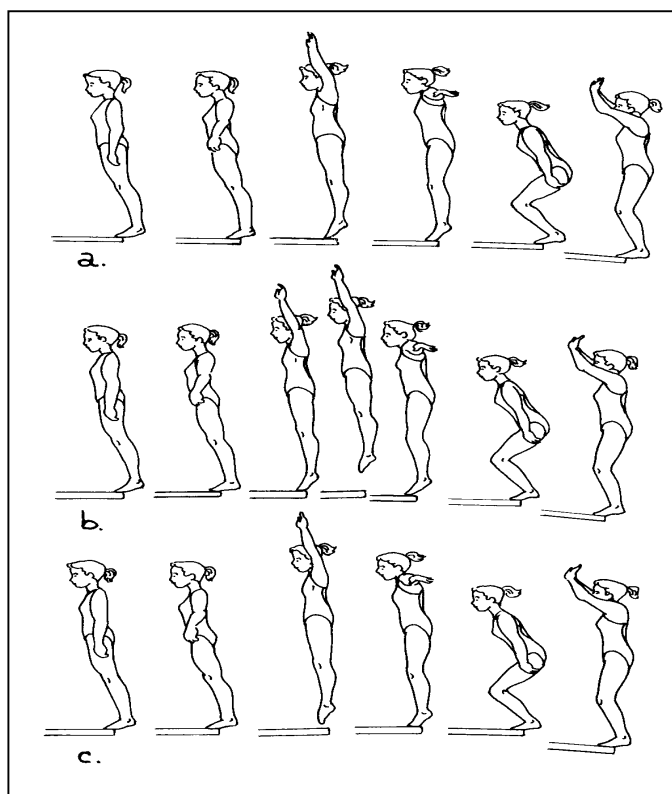


Fig. 6.5 a, b

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

Approach - running dives

The forward approach should be smooth, straight, forceful, and without hesitation.

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

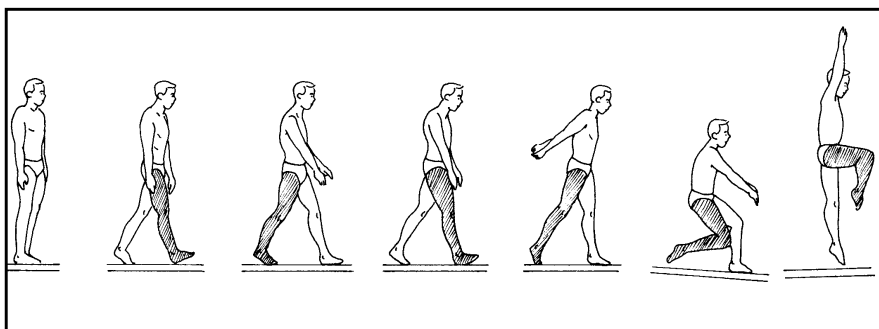


Fig. 6.6

The hurdle is described as the jump to the end of the springboard following the approach. The takeoff for the hurdle shall be from one foot only. Both feet shall contact the end of the springboard simultaneously following the hurdle (see Figure 6.7). When the final step is made from two feet or when the diver takes off with one foot from the springboard, the referee shall declare a failed dive.

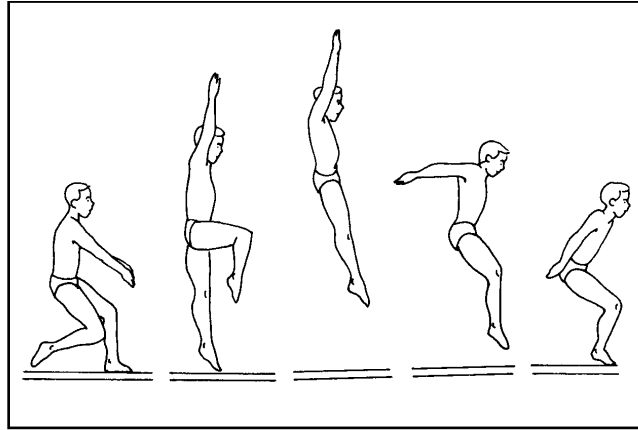


Fig. 6.7

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

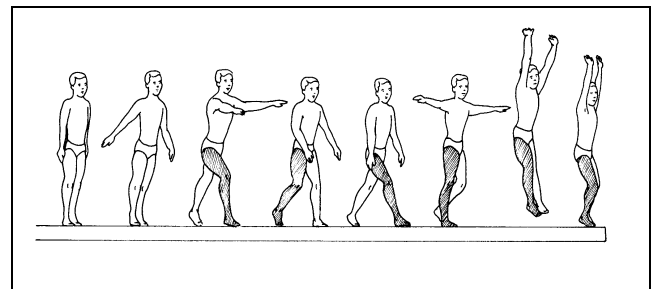


Fig. 6.8 a

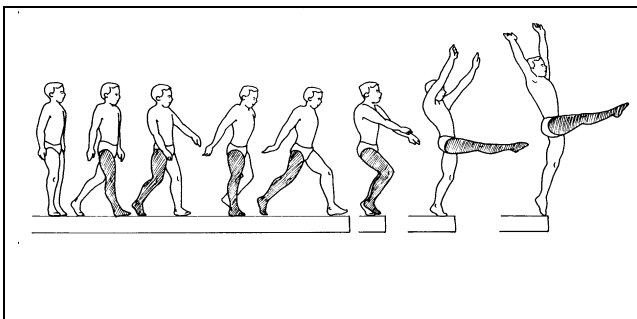


Fig. 6.8 b

When a diver takes his last step before the hurdle at or near the tip of the springboard or platform he is performing a spot hurdle (see Figure 6.9)

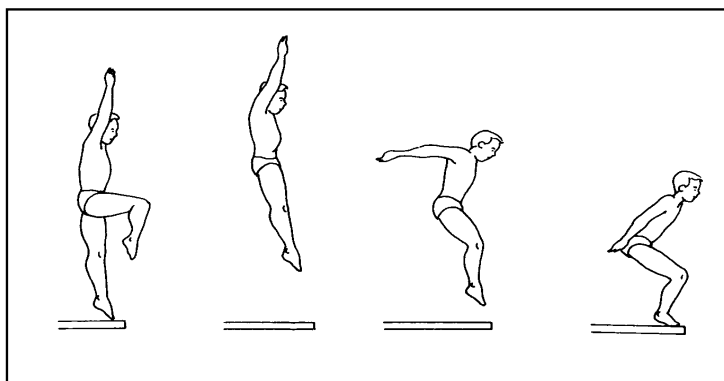


Fig. 6.9

In the event a diver begins the approach and then stops, the referee, on completion of the second attempt, shall declare a balk, for which two points will be deducted from each judge's score. If the diver balks twice, the referee shall declare it a failed dive and no further attempt shall be made. In cases of questionable circumstances, the benefit always goes to the diver.

6.3 Takeoff

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

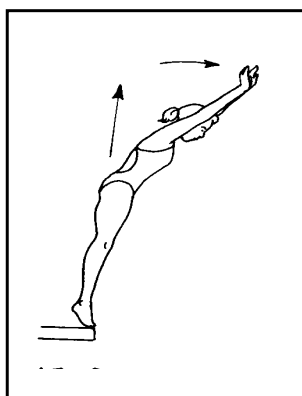


Fig. 6.10 a

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

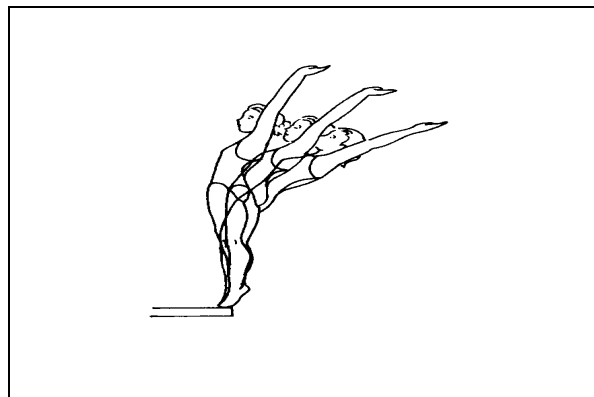
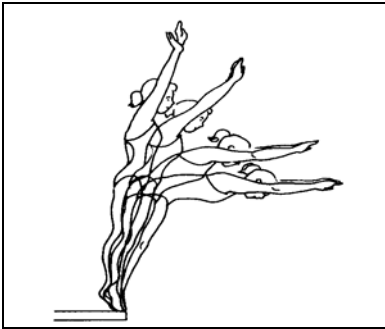


Fig. 6.10 b and c

Takeoff - standing dives

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

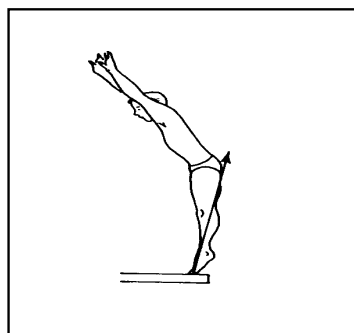


Fig. 6.11

Takeoff - running dives

In running dives, the takeoff from the springboard must be from both feet simultaneously, immediately following the hurdle. For a violation of this rule, the referee shall declare it a failed dive. For platform dives, the takeoff can be made from one foot.

Takeoff - armstand dives

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

The takeoff from the armstand position may look different depending on the dive being performed. For instance, a diver may fall into a slightly piked position before the hands leave the platform when executing an armstand double somersault (see Figure 6.12 b). This is done to initiate the somersaulting action for the dive. Likewise, for armstand reverse somersaulting dives, a diver may fall slightly (hands still on platform), then bend the legs and "kick" them into the tuck position as the hands leave the platform (see Figure 6.12 c). Whether any points should be taken off for these types of armstand takeoffs is left to the opinion of the judges.

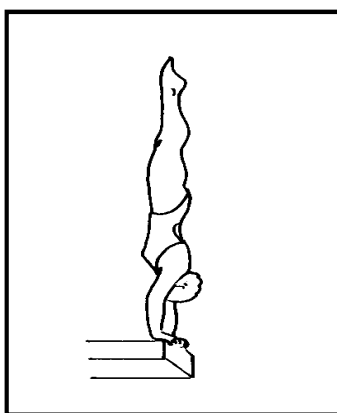


Fig. 6.12 a

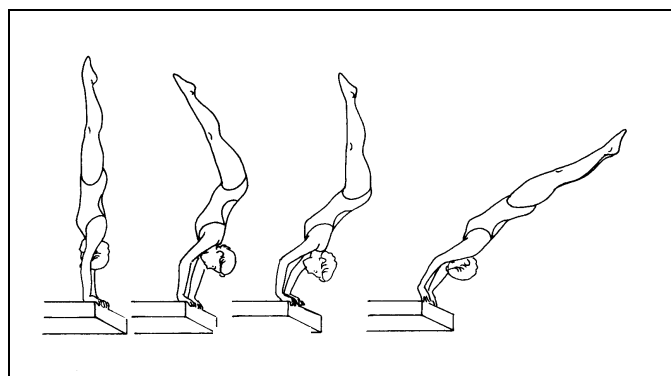


Fig. 6.12 b

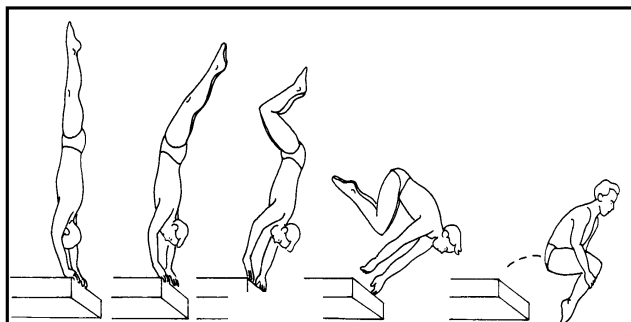


Fig. 6.12 c

Common faults in springboard takeoffs

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

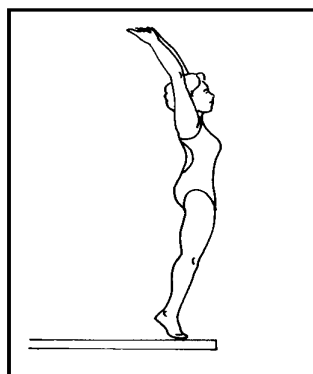
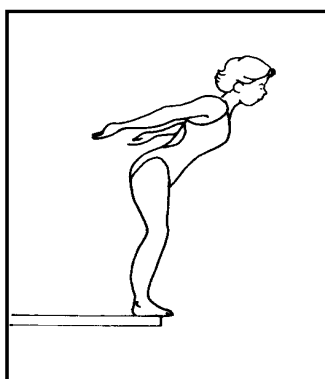


Fig. 6.13

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

Since this detracts from the overall impression of the dive, a deduction could be incurred.

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

Fig. 6.14

Judges guide on approach and takeoff

Fault	Range of deduction	Comments
Improper start position	½ - 2 points	More than 1 point unlikely
Double bounce	Maximum 4 ½	Intentional attempt to double spring
Awkward or ungraceful approach	½ to 2 points	More than 1 point unlikely
Excessive rocking of the board for standing take-offs	½ to 2 points	Some rocking is necessary and natural. More than 3 up/down motions is excessive but unlikely more than 1 point deduction.
Armstand balance position - no steady balance - momentary steady balance	½ to 2 points	Deduct 2 points Deduct ½ to 1½ points
Unbalanced take-off	½ to 2 points	
Improper angle of take-off	½ to 2 points	

6.4 Flight

A judge must evaluate several different elements during the flight of a dive. The height a diver achieves from the board or platform and distance away from the board or platform are two of these elements. Body position is another element. Is a diver's body position correct as defined by the dive being performed? Finally, the overall form of the diver must be considered. Were the diver's toes pointed and the body as tight as it could have been? A judge has much to evaluate in those one or two seconds that a diver is in the air.

Height

As mentioned in the takeoff section of this manual, the height a diver achieves on a dive is determined by the takeoff from the board or platform. A reasonable amount of height is

desirable, keeping in mind the type of dive being performed and the age level of the diver. Lack of height may be caused by poor balance, angle of takeoff, poorly co-ordinated movements or lack of strength. When a diver fails to reach a reasonable height, points shall be deducted. Where a diver obtains impressive height, it may affect the overall impression of the dive and result in a perceived “bonus points” award.

Distance from the board or platform

The distance a diver achieves from the board or platform is also determined by the takeoff. The FINA Handbook states, “When, in any dive, the diver touches the end of the board, or dives to the side of the direct line of flight, each judge shall deduct according to his opinion” (see Figure 6.15 a - b). The judge must consider the severity of the striking of the board and how it affects the execution of the remainder of the dive. If a diver dives to the side of the board in order to prevent hitting the board (see Figure 6.15 b) it should be judged more severely than the dive in line with the board that hits the end. The diver has committed two errors, diving to the side and coming too close. A judge has a responsibility to indicate that a dive performed dangerously close to the board will be penalised.

Sometimes a dive may touch the end of the board even though it is not performed dangerously close. For example, a diver may brush the board with hands or feet as a result of reaching out from the path the body takes when passing the board.

Obviously, this should result in a smaller deduction if the dive is not seriously affected.

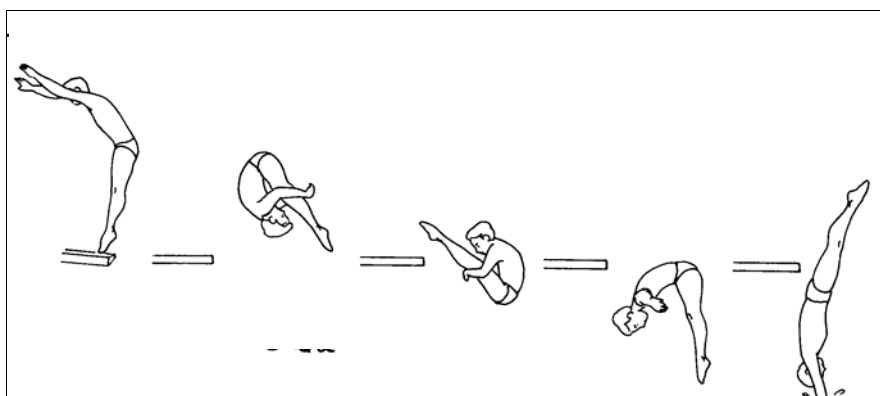


Fig. 6.15 a

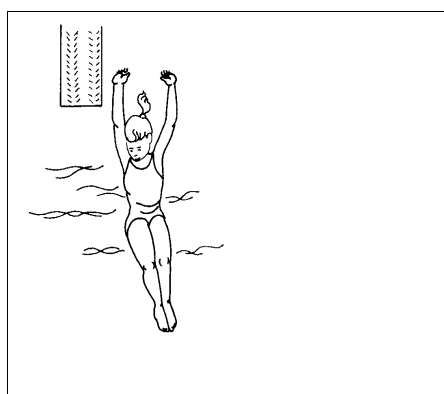


Fig. 6.15 b

Body position

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

Straight Position

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

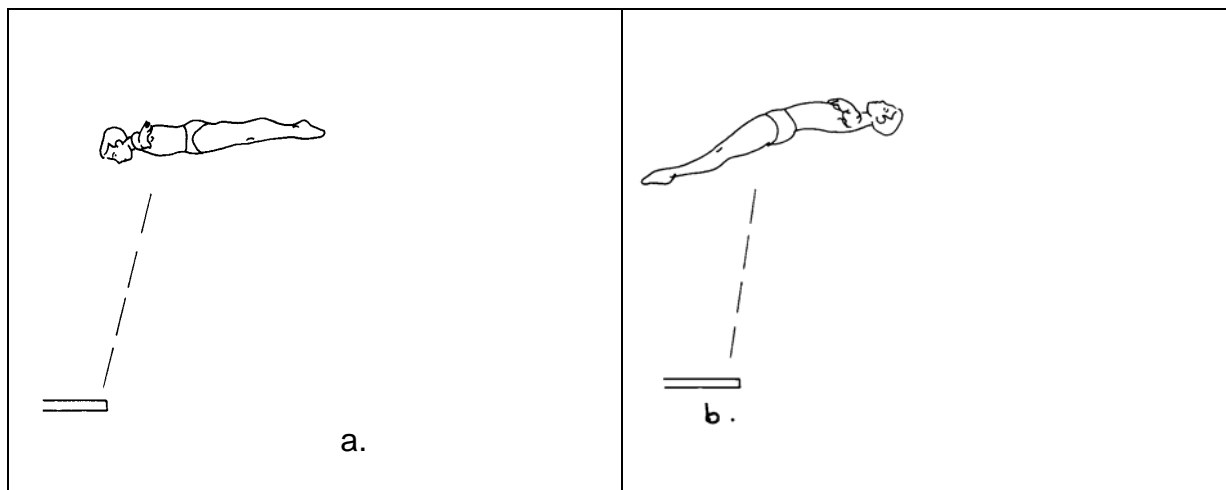


Fig. 6.16 a and b

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

1. *The body is slightly piked* (see Figure 6.16 c) - This usually occurs on forward or inward dives when a diver does not have the necessary rotation to make the dive enter the water vertically. To compensate, the diver pikes slightly in order to speed up the rotation. A judge should deduct for this depending on the severity of the pike.

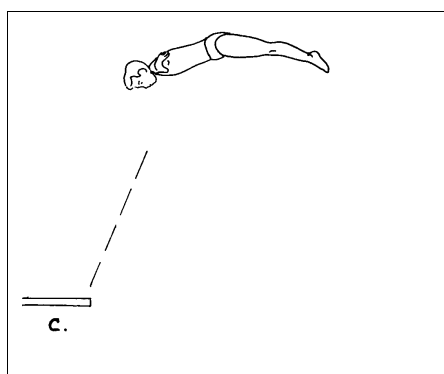


Fig. 6.16 c

2. *Excessive arching of the back* (see Figure 6.16 d) - This is more prevalent on back and reverse dives, when the diver does not have the rotation needed to make the dive go in straight. To compensate, the diver arches the back in order to pull the dive around so it

enters the water vertically. Again, the more severe the arch, the more severe the deduction. It should be noted that in multiple somersaulting dives in the straight position, such as a back 1½, slightly more back arch is allowable due to the rotation needed to complete the dive (see Figure 6.17 a).

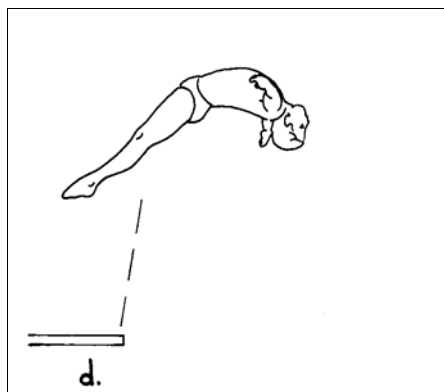


Fig. 6.16 d

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

When the knee bend is severe the judges should apply Rule D 8.1.7 which states: "When a dive is performed partially in a position other than that announced, the judges shall exercise their own opinion in making their award up to a maximum of 4 ½ points".

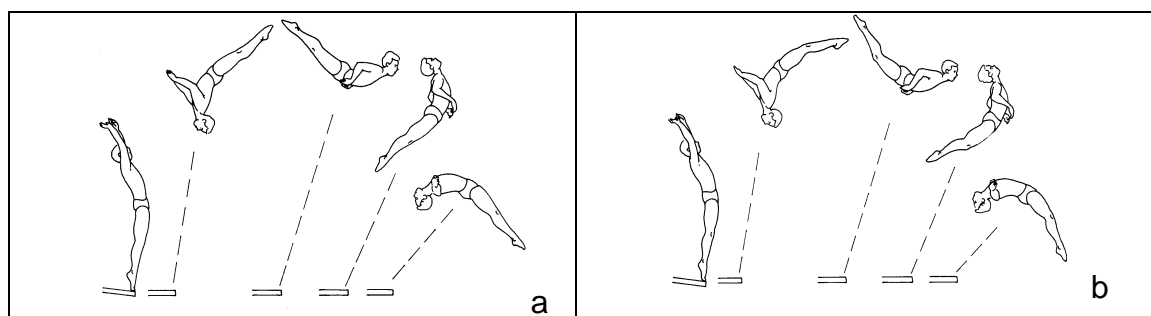


Fig. 6.17 a and b

Pike Position

In the pike position, the body should be bent at the hips, but the legs must be kept straight at the knees, and toes pointed with the legs together. The pike position should be as compact as possible. Like the straight position, arm placement is dictated by the particular dive or by the choice of the diver (see Figure 6.18 a - c).

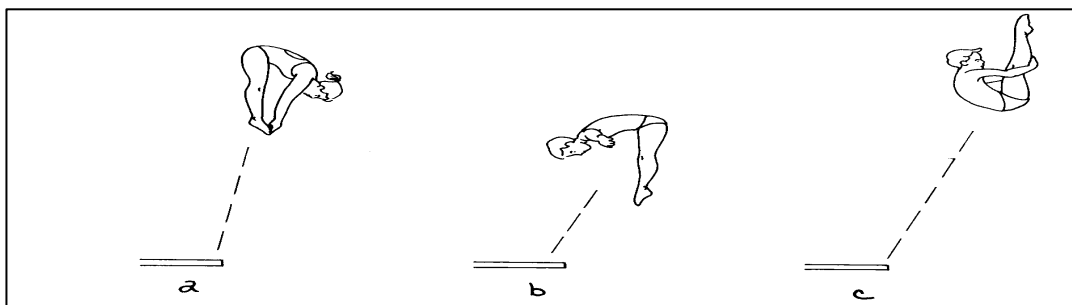


Fig. 6.18 a, b and c

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

1. *Knees and feet open (split) in the pike* (see Figure 6.19 a - b). This is usually done by a diver to either speed up the rotation of the dive or to assist in visual spotting. Following rule D 8.5.2 the judges shall deduct $\frac{1}{2}$ to 2 points for a split pike if the position is not aesthetically pleasing.

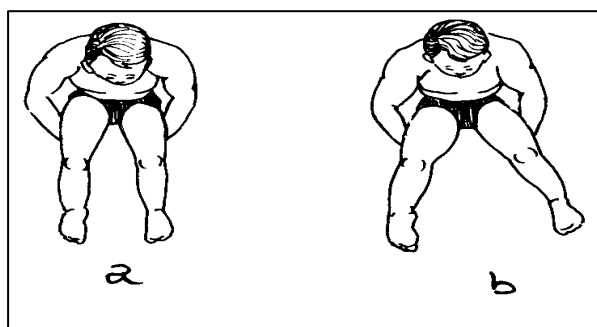


Fig. 6.19 a and b

2. *Loose pike (too open)* (Figure 6.20, a-b). This can happen in pike dives as well as multiple somersaults. One reason for a loose pike is lack of flexibility on the part of the diver. A deduction should be incurred for a loose pike position.

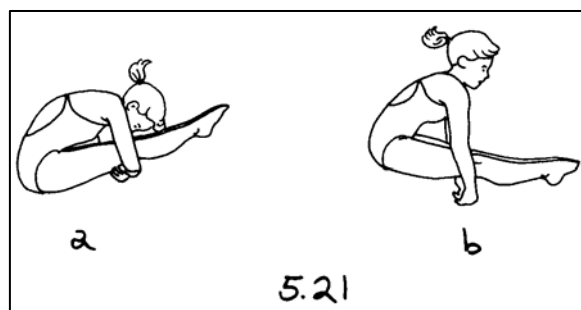


Fig. 6.20 a and b

3. *Legs slightly bent (crimped) in the pike* (see Figure 6.21 a - b). This is relatively common in multiple spinning dives. However, it is usually very hard for a judge to spot because the

bent knees are covered up by the diver's arms. If a judge sees a diver's knees bent in the pike, points should be deducted based on the severity of the bend.

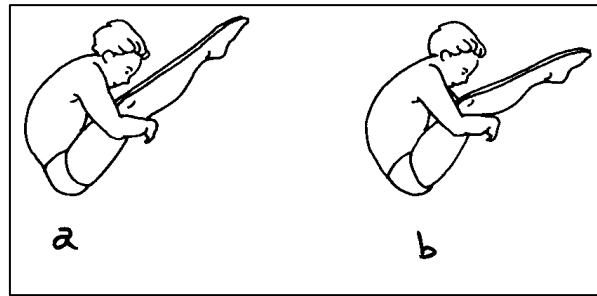


Fig. 6.21 a - b

Tuck position

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

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

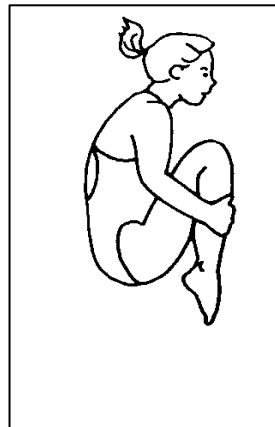


Fig. 6.22

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

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

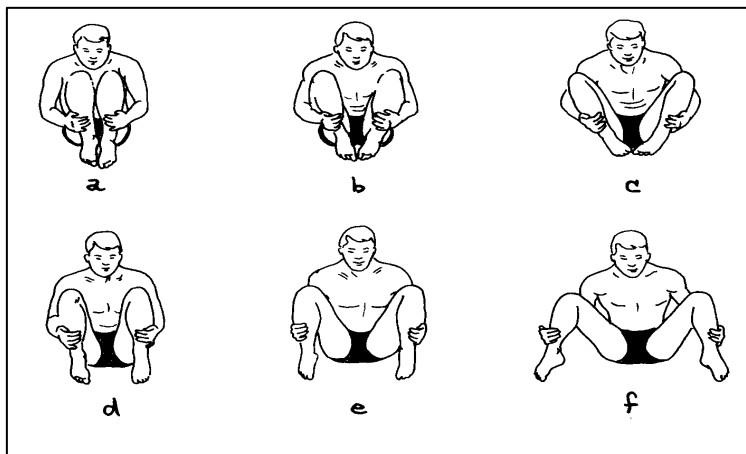


Fig. 6.23 a - f

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

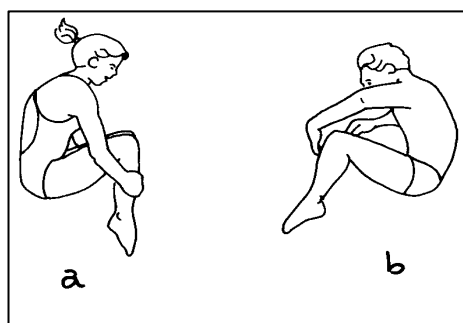


Fig. 6.24 a and b

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

Free position

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

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

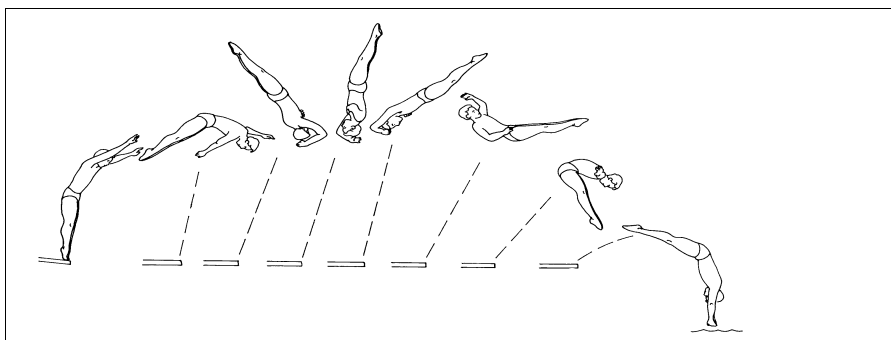


Fig. 6.25

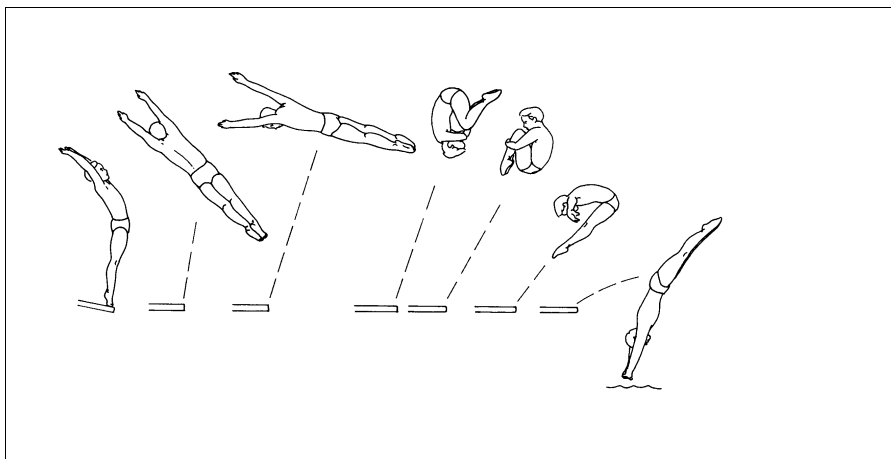


Fig. 6.26

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

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

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

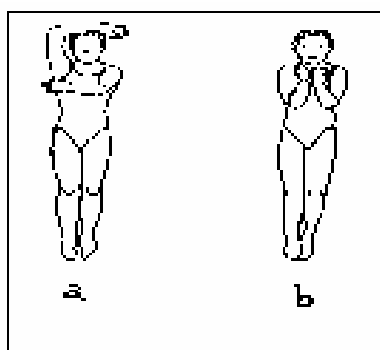


Fig. 6.27 a and b

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

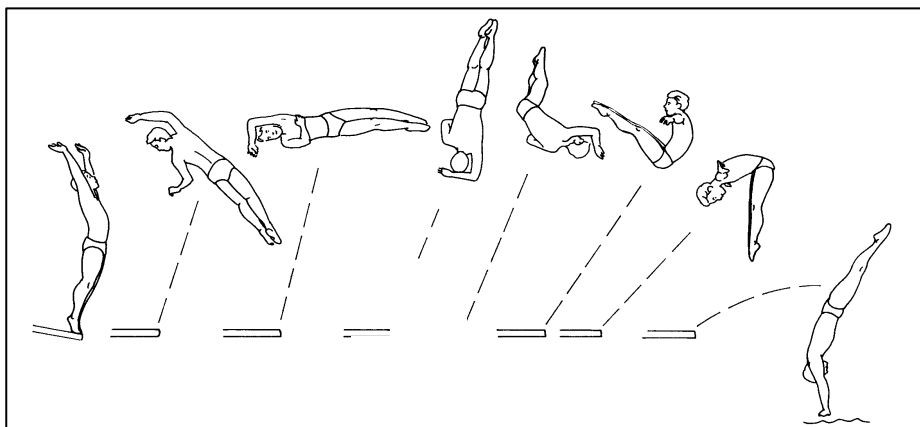


Fig. 6.28

Additional guidelines relating to body position

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

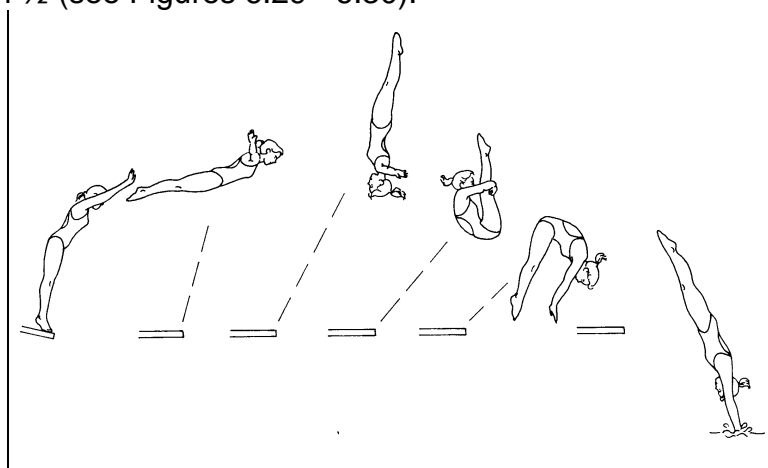
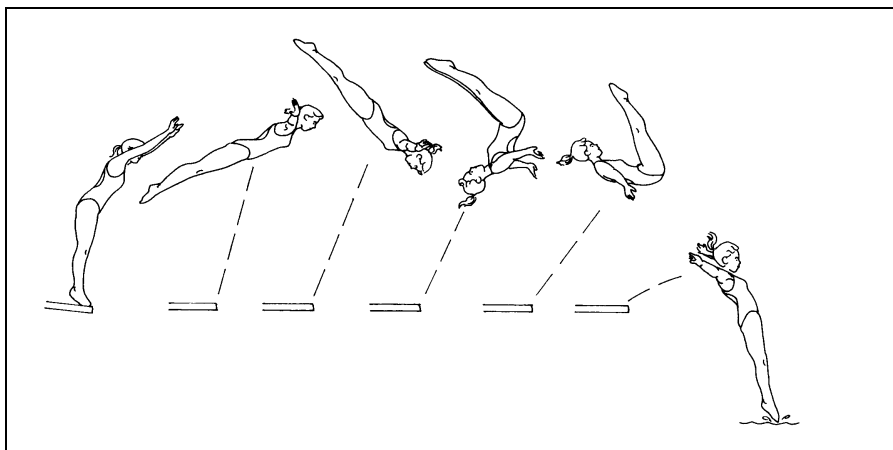


Fig. 6.29

**Fig. 6.30****Form**

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

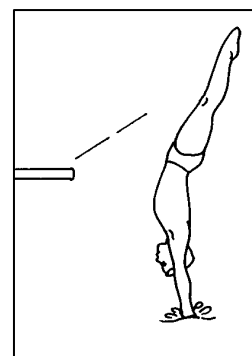
1. The diver's feet are flat (not pointed).
2. The legs and arms are loose or bent at inappropriate times during the flight.
3. The legs come apart during the dive.

Judges guide for flight

Fault	Range of deduction
Insufficient height	½ to 2 points
Dive too close to the board (does not hit the board)	½ to 2 points
Dive hits board (does not affect dive)	½ to 2 points
Dive hits board (affects dive)	4½ maximum award
Dive off to the side (would have hit the board and affected the dive)	4½ maximum award
Dive not in line with board	½ to 2 points

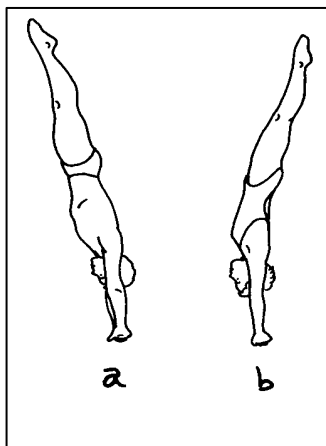
6.5 Entry

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

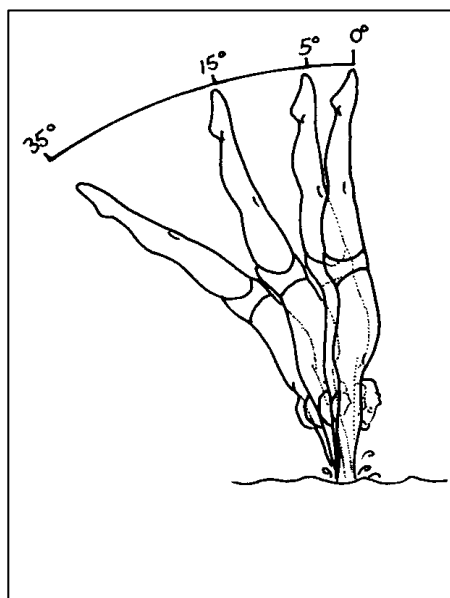
Fig 6.31

Angle of entry

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

Fig. 6.32

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

**Fig. 6.33**

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

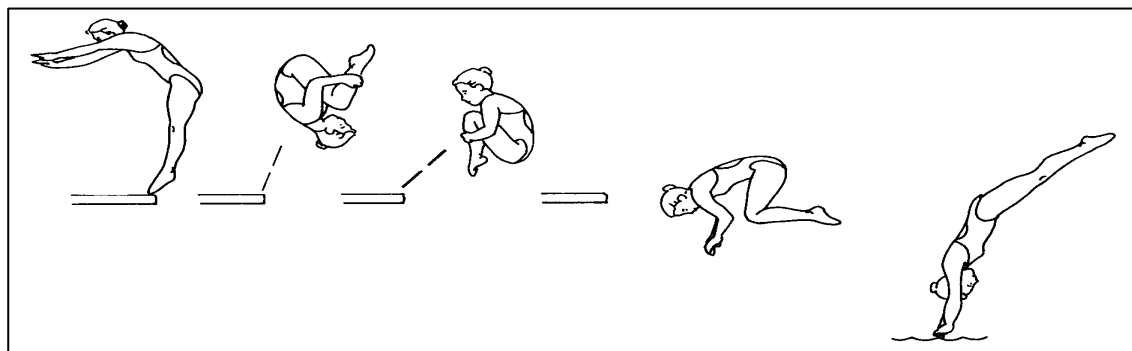


Fig. 6.34

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

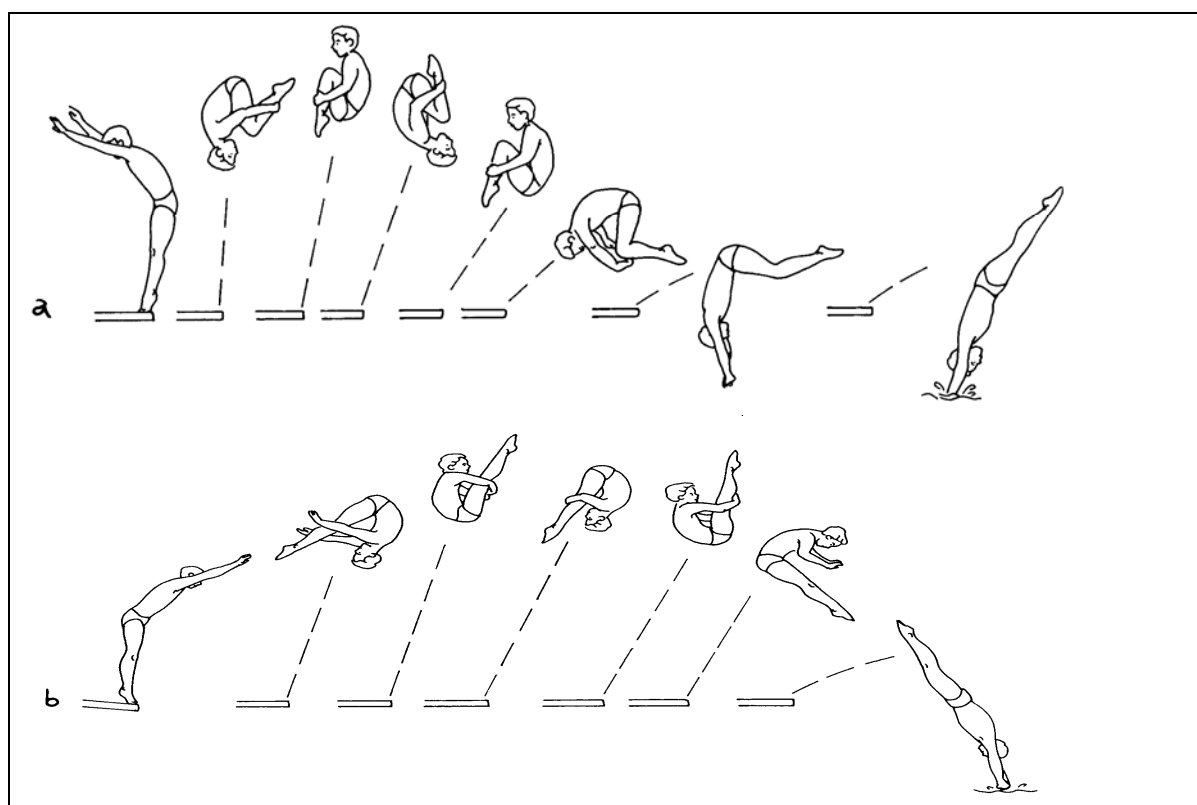


Fig. 6.35 a and b

Dives that are long could have been so due to the diver's miscalculation of the speed of rotation or because the dive was totally out of control at takeoff. As with dives that are short, the dive which was out of control or not stopped at all should be marked down more than the dive with a controlled takeoff which was long due to an error in judgement in the amount of rotation. Care should also be taken to differentiate between a long dive where the whole body is off vertical (see Figure 6.36 a) and one where the legs rotate to some extent as the

body is entering the water. Commonly called “washing over”, this is prevalent with backward spinning dives (see Figure 6.36 b).

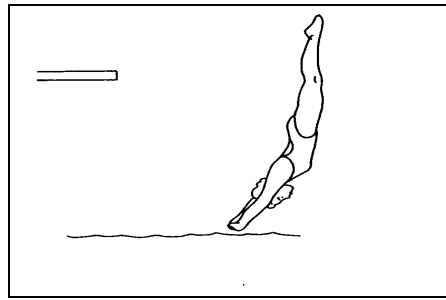


Fig. 6.36 a

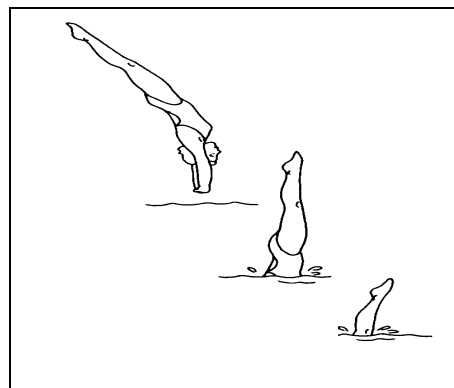


Fig. 6.36 b

Distance

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

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

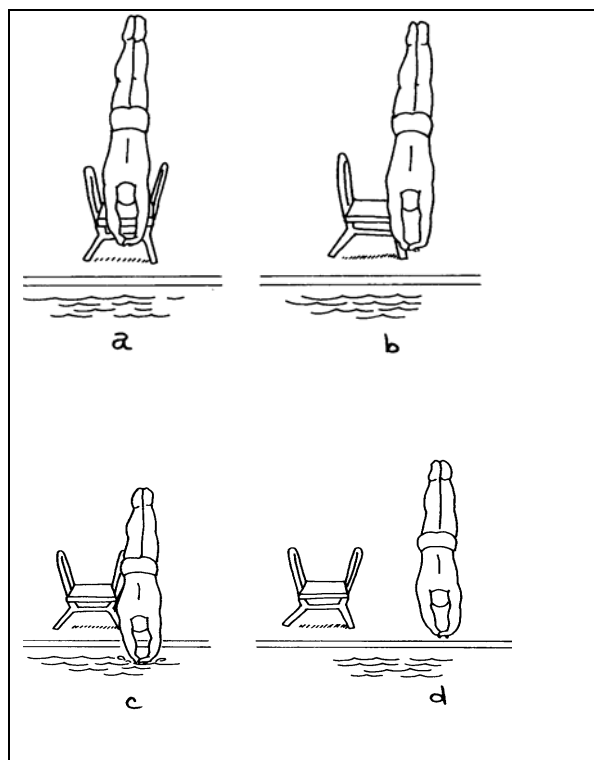


Fig. 6.37 a, b, c and d

Amount of splash

The development of the rip entry technique in recent years has been one of the major reasons for the judging fault of over-emphasising the entry when scoring a dive.

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

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

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

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

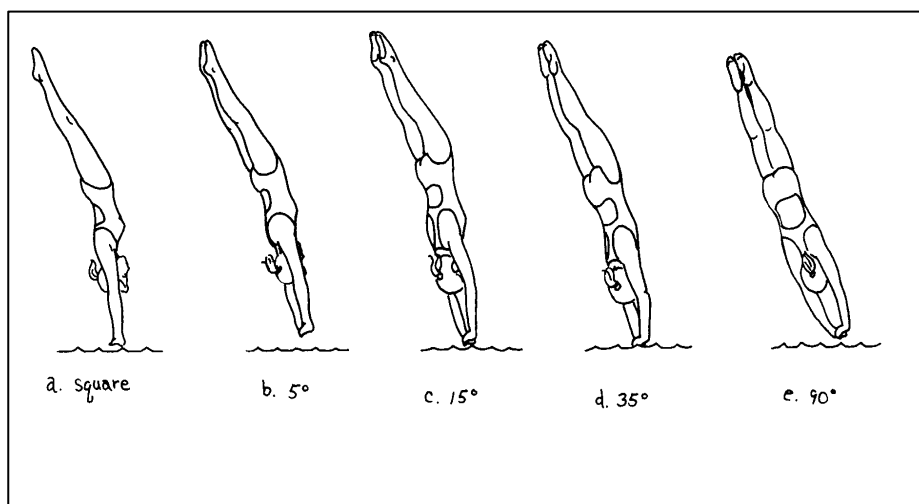
Squareness of entry

A “square” entry means that a diver enters the water such that a judge can only see the profile side of the body (see Figure 6.38 a). An entry is not square, and is said to be a twisted entry, if a judge is able to see a portion of either the front or back side of the body.

A twisted entry can occur on any dive, but is most prevalent on twisting dives, where the diver is unable to stop the twist (also called “squaring out” of the twist) at the proper time. A general guideline is that dives which are more than five degrees off square cannot be

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

Fig. 6.38 a - e



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

Body alignment on the entry

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

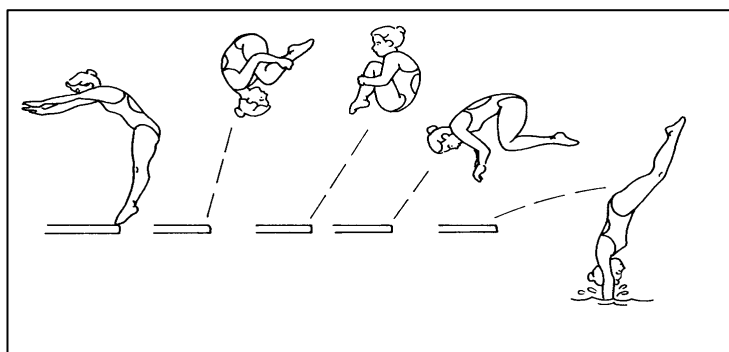
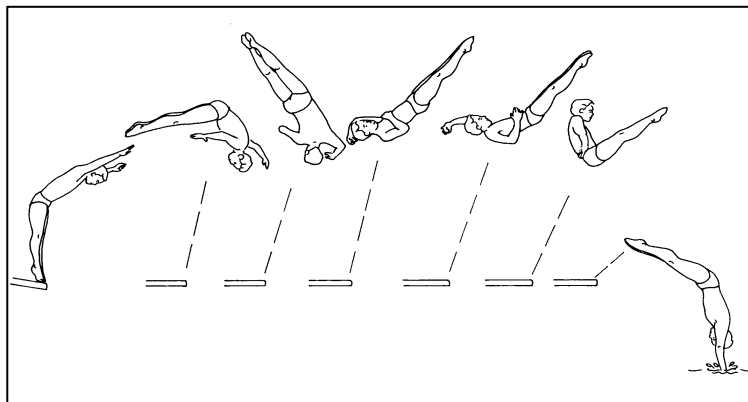


Fig. 6.39

Another common fault is that while the dive has been basically completed, the body is not fully straightened and enters the water with some bending at the hips, in a semi - pike position (see Figure 6.40). This has to be judged on its merits but would normally incur a ½ to 2 point penalty.

Fig. 6.40



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

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

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

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

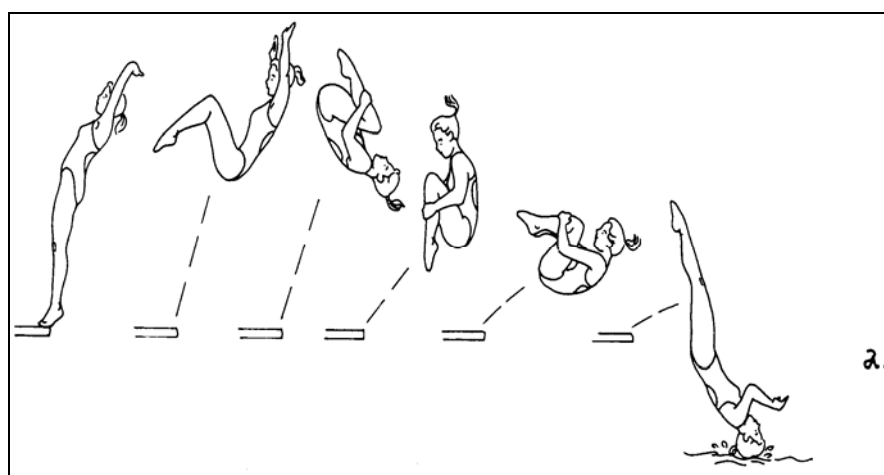


Fig 6.41 a

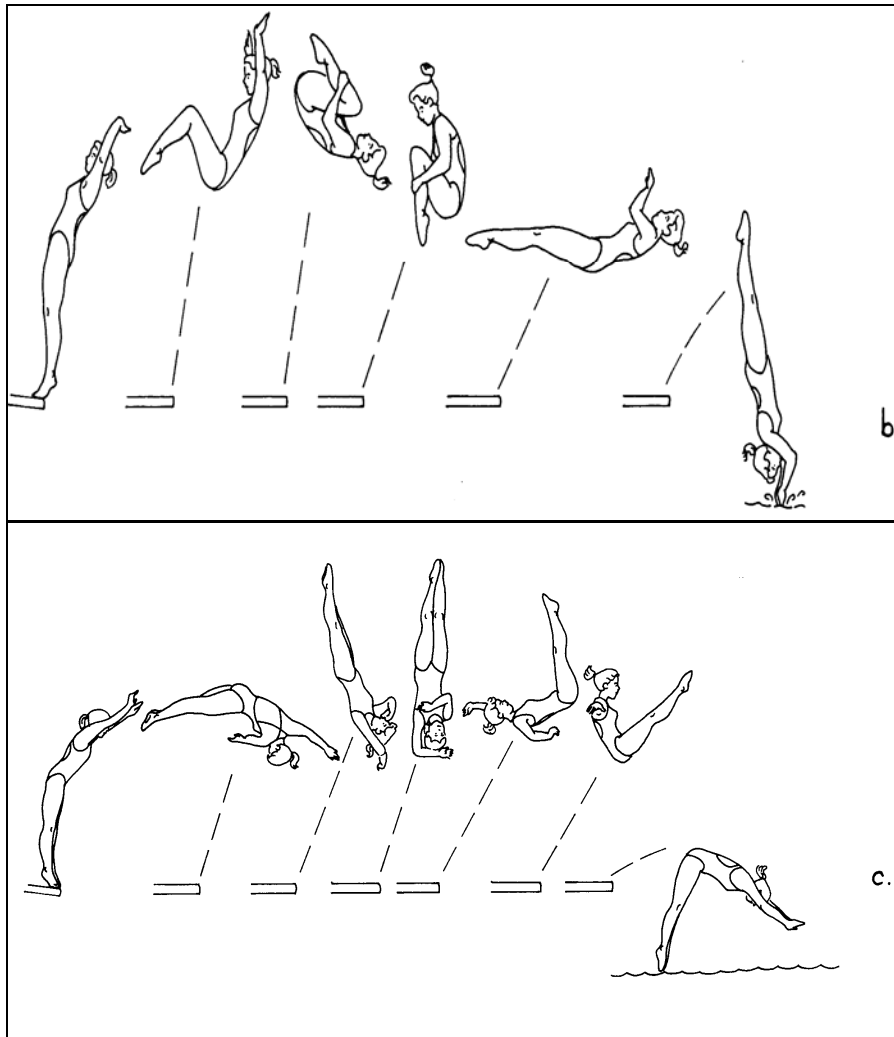


Fig. 6.41 b and c

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

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

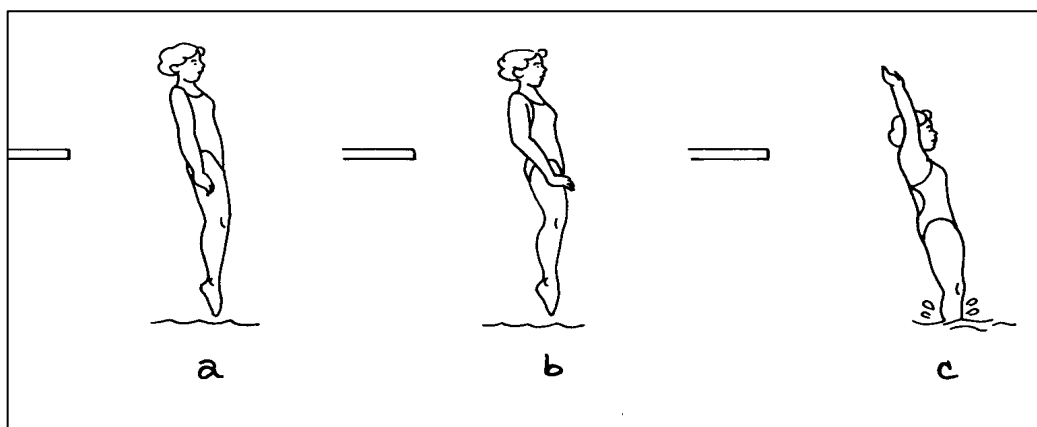


Fig. 6.42 a, b and c

7. Judging Synchronised Diving

7.1 The history of synchronised diving

At the 1995 FINA World Diving Cup in Atlanta, Georgia, USA, synchronised diving was for the first time in the history of diving an official event on a world-wide level. One year later it was demonstrated at the Atlanta Olympic Games. At the 1997 FINA World Cup in Mexico and the 1998 World Championships in Perth the four synchronised events were part of the official program. In 1997 at the European Championships in Seville, synchronised diving was for the first time an official event at continental championships. Additional opportunities were offered and test events were held in the U.S.A., at European Diving Cups and the 1995 Beijing World Cup some years earlier. Synchronised diving was already well-known in the U.S.A. as a show element in diving in the first part of the 20th century. Synchronised diving in 2000 in Sydney was for the first time in history an official diving event at the Olympic Games!

In the FINA Handbook 1996 – 1998 we find for the first time some recommendations for judging synchronised diving. At the Technical Diving Congress in Perth (1998), the delegates decided about the rules concerning diving competitions in synchronised diving and special judging considerations for synchronised diving and in Fukuoka (2001) some clarifications were approved by the Congress. Major changes to the rules for judging synchronised diving were made in Montreal 2005.

7.2 The written rules concerning synchronised diving and comments

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

Comments

- Referees should consider a synchronised dive as one dive. This can be confusing since there are two divers who perform dives and the execution of each dive is scored in addition to the two dives being scored for synchronisation. However, the two divers are performing one dive as a team. Thus if one diver should balk and both remain on the board, the 2 point deduction is taken on all scores, including the execution scores for both divers and the synchronised scores.
- However, if one diver should perform a dive in the wrong position, this error is considered an execution flaw. Thus the referee would announce a maximum of 2 points from the execution judges for the diver in question according to rule D6.17 and D9.2.

D 5.2.1 For each competition, ... and nine (9) judges shall be used for synchronised diving events (five shall judge the synchronisation of the dive, two shall judge the execution of one diver and two the execution of the other diver).

D 7.6 In synchronised diving, the secretaries shall cancel the highest and lowest judges' awards given for execution and the highest and lowest judges' award for synchronisation. When two or more judge's awards are equal, either of the equal awards may be cancelled.

D 7.14 In synchronised diving, when a judge (execution or synchronised) by reason of illness or other unforeseen circumstances, has made no award for a particular dive,

the award of the other execution judge of the same diver, or the average of the other four synchronised judges, shall be adopted as the missing award.

Comments

- In the dive list there must be a clear separation in execution judge's awards and synchronisation judge's awards.
- On the scoreboard an identification of the execution and synchronisation judge's awards must be ensured.
- The chairs for the judges must be numbered on both sides with E 1 - E 4 and S 1 - S 5 (see FR 5.3.12).
- The chairs for the execution judges must be allocated as follows: E 1 and E 2 on one side and E 3 and E 4 on the other side of the pool.
- The chairs for the synchronisation judges must be allocated as follows: S 1 to S 3 on one side and S 4 and S 5 on the other side of the pool.
- The chairs for the synchronisation judges should be placed so that all synchronisation judges are in line on one column on different levels.

D 9 Judging synchronised diving

- D 9.2 The rules for judging individual diving shall also apply to the execution of dives in synchronised diving.
- D 9.3 When judging the synchronisation of the divers, the overall impression of the dives must be taken into account.
- D 9.6 The execution judges must not be influenced by any factor other than the technique execution of the dive, not both dives, nor the synchronisation of the divers.
- D 9.7 When either or both divers perform a dive other than that announced, the Referee shall declare the dive a failed dive.
- D 9.8 When an execution judge considers that a dive of a different number has been performed he may award zero (0) points notwithstanding that the Referee has not declared it to be a failed dive. If both execution judges of one diver award zero (0) points, the Referee shall declare the dive a failed dive.

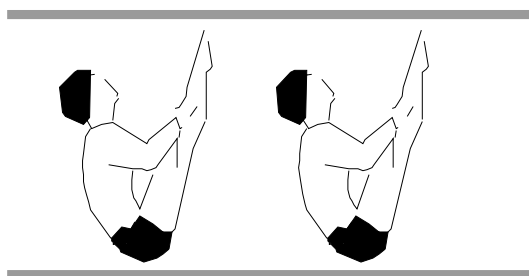
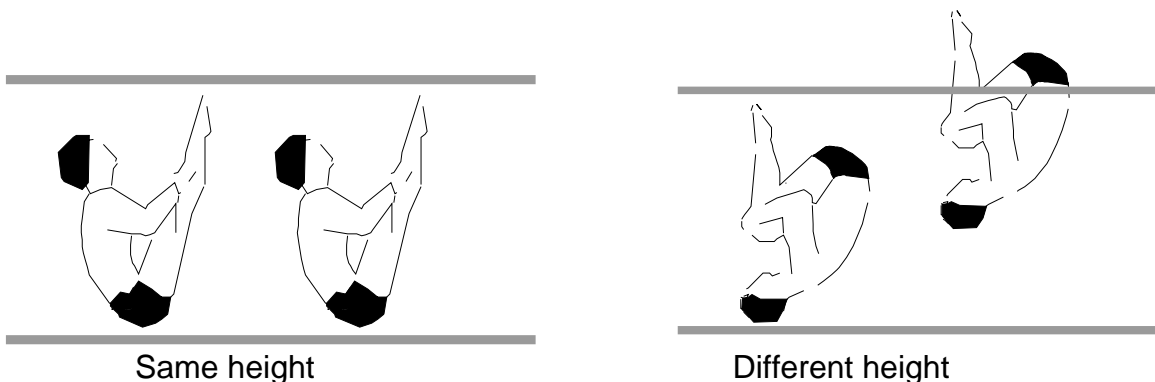
Comments

- If judging execution, try to see your diver only. If you can say after the competition: "I didn't realise that it was a synchro event", you were well concentrated on your task!
- Although it is the intention to treat it as a single dive for the team, the individual diving rules are to be applied when judging execution. For example, if one diver enters the water with his arms in an incorrect position, the execution judges for that diver shall deduct from 1/2-2 points in accordance with D8.6.5.

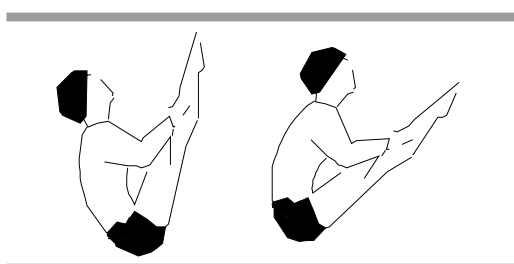
D 9.4 The factors to be considered in judging synchronised diving are:

- the approach
- the take-off, including the similarity of the height
- the co-ordinated timing of the movements during the flight
- the similarity of the angles of the entries
- the comparative distance from the board of the entry
- the co-ordinated timing of the entries.

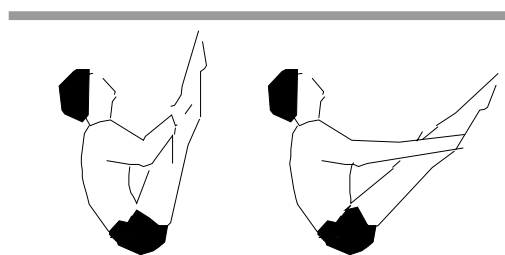
- D 9.5 If either diver enters the surface of the water before the other diver leaves the springboard or platform, the Referee shall declare it a failed dive.
- D 9.9 If all awards given for synchronisation are 0, the awards for the execution shall not be counted.
- D 9.8 The judges who are judging synchronisation must not be influenced by any factor other than the co-ordinated performance of the two divers. The dive is to be considered without regard to the approach to the starting position, the difficulty of the dive, any movement below the surface of the water or the execution of either dive.
- D 9.10 When any of the following are not shown, each judge who is judging synchronisation shall deduct from $\frac{1}{2}$ to 2 points for each fault:
1. Similarity of approach, take-off and height;
 2. Co-ordinated timing of the movements during the flight;
 3. Similarity of the angles of the entries;
 4. Comparative distance from the board or platform of the entry;
 5. Co-ordinated timing of the entries.



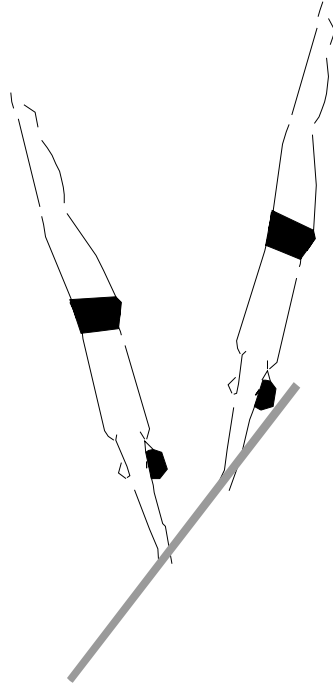
Co-ordinated timing of the movements during the flight



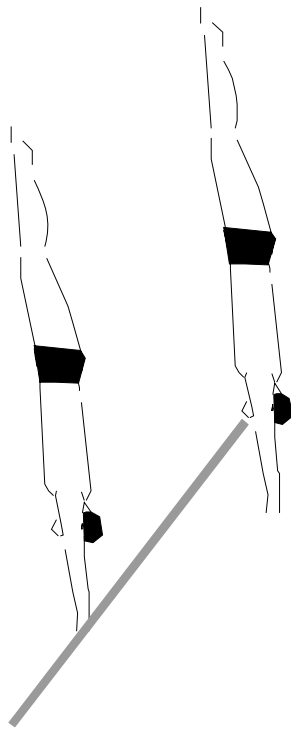
Different speed in the spin



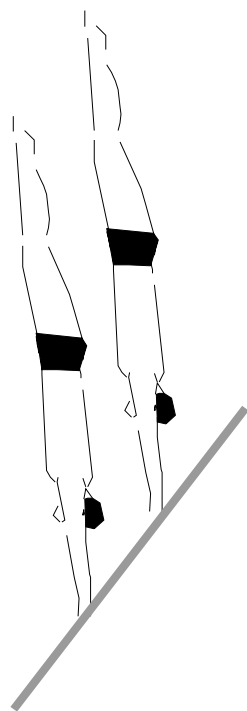
Different angle in the pike position



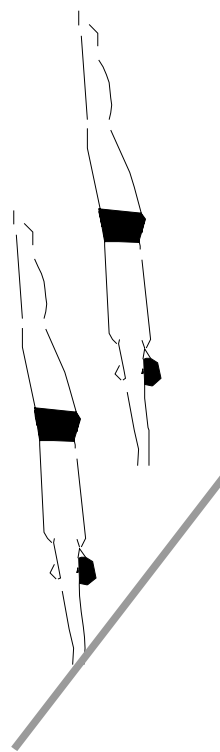
Difference in the angles of the bodies at the entries



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



Perfect timing of the entries



Difference in the co-ordinated timing of the entries

Comments

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

For example:

- | | |
|----------------------------------|------------------|
| • very good synchronisation | 8 ½ to 10 points |
| • good synchronisation | 6 ½ to 8 points |
| • satisfactory synchronisation | 5 to 6 points |
| • deficient synchronisation | 2½ to 4½ points |
| • unsatisfactory synchronisation | ½ to 2 points |
| • no synchronisation (failed) | 0 points |
- The judge should memorise the impressions in the different parts of a dive:
 - Same height, slightly different spin, same angle at entry, but big differences concerning distance from the board, excellent co-ordinated timing of the entries = 7.0.
 - Big Differences in the take-off and no co-ordination during the flight, absolutely same angles and distance at the entry, at least 1 ½ m difference of distance in the timing at the entry (3m board) = 5.0.
 - Where was the second diver? = 10.0!

Glossary

Approach - The portion of the dive immediately following the starting position. For standing dives, the approach commences when the arms leave the starting position.

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

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

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

Bounce - (Double bounce) An intentional jump (from both feet) and landing (on both feet) on the springboard or platform for the purpose of acquiring greater elevation. It is clearly an effort to double spring from the board or platform. It is a prohibited manoeuvre and should result in a maximum award of 4 ½ points as directed by the referee.

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

Crow hop - An involuntary movement where the diver lifts his feet slightly from the board or platform. This is considered a flaw in technique and should result in a 1 or 2 point deduction from by the judges.

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

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

Failed Dive - A dive that receives zero points.

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

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

Hurdle - A jump from one foot to a two-foot takeoff from the end of the springboard or platform.

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

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

One foot takeoff - A technique, allowed only in platform diving, used by some divers to aid in projecting running takeoffs up and away from the platform. It is most often used in reverse dives.

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

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

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

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

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

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

Short - A term used to describe a dive that is under-rotated.

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

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

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

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

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

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

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

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

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

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

FINA DIVING RULES

D 1 GENERAL

- D 1.1** These Rules shall govern all Diving competitions covered by BL 8 and GR 9 (Olympic Games and World Championships), BL 9 (World Diving Cup) and GR 10 (World Junior Championships).
- D 1.2** All diving installations, including the springboards and platforms, shall be in accordance with the FINA Facilities Rules and approved by the delegate of FINA and a member of the Technical Diving Committee no later than 90 days prior to the start of the competitions.
- D 1.3** When diving is sharing the same venue with any other discipline, all diving installations shall be available for use by entered diving competitors on competition days provided no competition is in progress. During swimming finals and water polo medal matches, diving is forbidden.
- D 1.4** Divers younger than 14 years on December 31st in the year of the competition shall not be permitted to compete at the Olympic Games, World Championships or World Cups.

D 1.5 Diving Number Designations

- D 1.5.1** All dives shall be designated by a system of 3 or 4 numerals followed by a single letter.
- D 1.5.2** The first digit shall indicate the group to which the dive belongs:
- 1 = Front
 - 2 = Back
 - 3 = Reverse
 - 4 = Inward
 - 5 = Twisting
 - 6 = Armstand
- D 1.5.3** In the Front, Back, Reverse and Inward groups, a 1 in the second digit indicates that the dive has a flying action during the dive. When there is no flying action the second digit shall be 0.
- D 1.5.4** The third digit shall indicate the number of half somersaults being performed. For example 1 = ½ somersault, 3 = 1½ somersaults etc.
- D 1.5.5** In Armstand dives the second digit indicates the group or direction to which the dive belongs:
- 1 = Front
 - 2 = Back
 - 3 = Reverse

- D 1.5.6** In the Twisting group (those dives beginning with the first digit 5) the second digit indicates the group or direction of the take-off as listed in D 1.5.2 above.
- D 1.5.7** In the Twisting and Armstand groups the fourth digit shall indicate the number of half twists being performed.
- D 1.5.8** The letter at the end of the dive number shall indicate the position in which the dive is performed:
- A = Straight
B = Pike
C = Tuck
D = Free
- D 1.5.9** Free position means any combination of the other positions and is restricted in its use to twisting dives.

D 1.6 Degree of Difficulty

- D 1.6.1** The degree of difficulty of each dive is calculated using the following formula (the component values of the above formula are outlined in Appendix 1):
- $$A + B + C + D + E = \text{DEGREE OF DIFFICULTY}$$
- D 1.6.2** As a guide, dives with their numbers and degrees of difficulty have been calculated and are tabled in Appendix 2.
- D 1.6.3** Any dive, which is not tabled in Appendix 2 but is used in a competition, shall be given the dive number and degree of difficulty as determined in accordance with Rules D 1.5 and D 1.6.
- D 1.6.4** In calculating the degree of difficulty for dives with twists, the following need to be noted:
- Dives with $\frac{1}{2}$ somersault and twists can only be executed in position A, B or C,
 - Dives with 1 or $1\frac{1}{2}$ somersaults and twists can only be executed in position D,
 - Dives with 2 or more somersaults and twists can only be executed in position B or C,
 - Armstand dives with 1, $1\frac{1}{2}$ or 2 somersaults and twists can only be executed in position D.

D 2 COMPETITIONS

D 2.1 General

- D 2.1.1** The order of diving shall be determined by a random draw prior to all preliminary competitions. The draw shall be held at the Technical

Meeting prior to the preliminary competition. When available, an electronic draw shall be used.

- D 2.1.2** In the semi-finals, the divers shall compete in reverse order of their ranking determined by the total scores at the end of the preliminary competition. In the case of a tie, the dive order shall be determined by a draw between the affected divers.
- D 2.1.3** In the final competition, 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 semi-final competition. In the case of a tie, the dive order shall be determined by a draw between the affected divers.
- D 2.1.4** When the tournament system is used, the divers shall compete in all remaining sessions of the competition in the reverse order of their ranking determined by the total scores at the end of the preliminary competition. In the case of a tie, the dive order shall be determined by a draw between the affected divers.
- D 2.1.5** The total number of dives executed in one session shall not exceed 210. In that event the session shall be divided into two or more sessions unless a double judges panel is used.
- D 2.1.6** If a diver is unable to compete in any session the diver ranked next shall advance to the next session in order to have the prescribed number of divers in each session.
- D 2.1.7** When two or more divers score the same number of points, a tie shall be declared for that particular place.
- D 2.1.8** In the individual events, the diver with the highest total points shall be declared the winner of that event.
- D 2.1.9** In the synchronised events, the team with the highest total points shall be declared the winner of that event.

The procedure for protests is outlined in GR 9.2

D 2.2 1 metre springboard

- D 2.2.1** At the World Championships there shall be a preliminary and final competition. The final competition shall be conducted in a tournament system, the details of which shall be decided by the Bureau on recommendation of the FINA Technical Diving Committee.
- D 2.2.2** The final shall comprise the top twelve (12) ranked divers from the preliminary competition.

D 2.3 3 metre springboard and 10 metre platform

- D 2.3.1** At the Olympic Games and World Championships there shall always be a preliminary, a semi-final and a final competition.
- D 2.3.2** The semi-final shall comprise the top eighteen (18) ranked divers from the preliminary competition and the final shall comprise the top twelve (12) ranked divers from the semi-final.
- D 2.3.3** The preliminary, semi-final and final competitions are separate events, each starting from zero (0) points.

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

- D 2.4.1** There shall be a preliminary and a final competition.
- D 2.4.2** At the World Championships, the final competition shall comprise the top twelve (12) teams from the preliminary round.
- D 2.4.3** The preliminary and final competitions are separate events, each starting from zero (0) points.
- D 2.4.4** In the case of the Olympic Games, if pre-qualification of the number of teams is required, competitions may be held separately and in advance at different venues to establish the teams that qualify.

D 3 COMPETITION FORMAT

- D 3.1** All individual and synchronised diving competitions for men shall comprise six (6) dives.
- D 3.2** All individual and synchronised diving competitions for women shall comprise five (5) dives.
- D 3.3** No dive shall be repeated within each six (6) or five (5) dives.
- D 3.4** A dive of the same number shall be regarded as the same dive.
- D 3.5 1 metre and 3 metres springboard - men and women**
- D 3.5.1** The Women's springboard competitions shall comprise five (5) dives from different groups without limit of degree of difficulty.
- D 3.5.2** The Men's springboard competitions shall comprise six (6) dives without limit of degree of difficulty, of which one dive shall be selected from each group, plus an additional dive which may be selected from any group.

D 3.6 Platform - men and women

- D 3.6.1** The Women's platform competitions shall comprise five (5) dives from different groups without limit of degree of difficulty.
- D 3.6.2** The Men's platform competitions shall comprise six (6) dives from different groups without limit of degree of difficulty.
- D 3.6.3** At all FINA competitions (Olympic Games, World Championships, World Cups and other FINA events, other than Age Group competitions) only dives from the 10-metre platform may be executed.

D 3.7 Synchronised diving

- D 3.7.1** The synchronised diving competition involves two competitors diving simultaneously from the springboards or platform. The competition is judged on how the two divers individually perform their dives and how the two divers as a team synchronise their performance.
- D 3.7.2** The competition at Olympic Games, World Championships, World Cups and Continental Championships shall comprise two competitors of the same Federation.
- D 3.7.3** Every competition for women on 3m springboard and platform shall comprise five (5) rounds of dives: Two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and three (3) rounds of dives without limit of degree of difficulty.
- D 3.7.4** Every competition for men on 3m springboard and platform shall comprise six (6) rounds of dives: Two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and four (4) rounds of dives without limit of degree of difficulty.
- D 3.7.5** The Women's competitions comprise five (5) rounds of dives from at least four (4) groups, with at least one dive forward facing, and which shall not be in a standing position on the springboard.
- D 3.7.6** The Men's competitions comprise six (6) rounds of dives from at least four (4) groups, with at least one dive forward facing, and which shall not be in a standing position on the springboard. Within the six (6) rounds, a group cannot be used more than twice.
- D 3.7.7** In each round the two divers must perform the same dive (same dive number in the same position).

D 4 STATEMENT OF DIVES

- D 4.1** Each diver shall deliver to the Referee, or his designated representative, a complete statement of the selected dives on the official form of the event for the preliminary competition and all the following sessions of the competition.
- D 4.2** Each diver is solely responsible for the accuracy of the statement in the list and the statement of dives shall be signed by the diver.
- D 4.3** The statement of dives shall be submitted no later than 24 hours before the commencement of the preliminary competition in each event.
- D 4.4** The Referee shall not accept any statement of dives submitted after the 24 hour deadline. No later than 3 hours prior to the start of the preliminary competition, a late submission may be accepted provided it is accompanied by a fee equivalent to 250 Swiss Francs.
- D 4.5** Unless the statement is presented within the time prescribed, a diver shall not be admitted to the competition.
- D 4.6** In all competitions, the diver may change the statement of dives before the commencement of any semi-final or final of the competition, provided the amended statement is lodged with the Referee, or his designated representative, no later than thirty (30) minutes after the end of the previous session of the competition. If a new statement of dives is not submitted within the prescribed time, the diver shall perform the dives as indicated in his initial submission.
- D 4.7** In any competition, in extenuating circumstances, a diver may be replaced by another diver of the same Federation up to 3 hours before the commencement of the preliminary competition. In synchronised diving events, the replacement may also take place prior to the start of the final competition. The Referee will accept a change in the statement of dives.
- D 4.8** In both individual and synchronised diving events, when the closing times have passed, no change in the statement of dives shall be permitted.
- D 4.9** The statement of dives shall contain the following information in the order of execution of the dives:
- D 4.9.1** The number of each dive according to Rules 1.5.1 to 1.5.7
 - D 4.9.2** The execution or position of the dive according to Rule 1.5.8
 - D 4.9.3** The height of the board or platform
 - D 4.9.4** The degree of difficulty as described in Rule D 1.6.
- D 4.10** The dives in each round shall be executed by all the divers consecutively, according to the starting order.

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

D 5 COMPETITION PROCEDURE

D 5.1 Control of Competitions

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

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

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

D 5.2 Composition of the Judges Panels

D 5.2.1 At the Olympic Games, World Championships and World Cups, seven (7) judges shall be used for individual events and nine (9) judges for synchronised diving events (five shall judge the synchronisation of the dive, two shall judge the execution of one diver and two the execution of the other diver).

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

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

D 5.2.4 When considered suitable, double panels of judges may be used in the same event. If double panels are used, the second panel is introduced in the fourth round of the competition.

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

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

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

D 5.2.8 After each dive, on a signal given by the Referee, each judge shall immediately and simultaneously, without communicating with one another, and in a distinct manner, indicate the award for the dive. When

an electronic judging device is used, the judges shall enter their awards into their score pads immediately after the performance of the dive.

- D 5.2.9** The judges' awards shall be displayed on an electronic scoreboard, preferably unseen by the judges.

D 6 DUTIES OF THE REFEREE AND ASSISTANT REFEREES

- D 6.1** The Referee shall be in control of the competition and located in a position so that he can manage the competition and ensure that the Rules are observed.
- D 6.2** The Referee may designate Assistant Referees, who:
- shall observe the diver(s) on the platform,
 - confirm the awards prior to their announcement,
 - in synchronised diving, will be positioned on the opposite side of the pool to observe the performance of the diver on that side.
- D 6.3** The Referee shall inspect the statements of dives. If a statement does not comply with the Rules, the Referee shall have it corrected before the beginning of the competition.
- D 6.4** The diver shall be informed by the Referee, as soon as possible, that a correction is required.
- D 6.5** In the case of unforeseen circumstances, the Referee may declare a short break, a postponement or a discontinuation of the competition. If possible, the break should be done after a full round of dives.
- D 6.6** Following an interruption, the competition shall be continued from where it was stopped. The points scored before the interruption shall be carried forward into the remaining portion of the competition, whenever it is held.
- D 6.7** When there is a strong wind, the Referee may give a diver the right to make a re-start without deduction of points.
- D 6.8** Before each dive, the Referee or the official announcer shall announce in the language of the host country the name of the diver and the dive to be executed. In competitions where different platforms are used, the height of the platform shall also be announced. If a scoreboard is used, all information concerning the dive shall be displayed and the announcement may be restricted to the identification of the diver.
- D 6.9** When a dive is incorrectly announced, the diver or his representative shall advise the Referee immediately, who shall then confirm the divers' statement of dives.
- D 6.10** If the incorrectly announced dive is executed by the diver, the Referee may cancel it and have the correct dive announced and performed immediately.

- D 6.11** The dive shall be executed after a signal given by the Referee. The signal shall not be given before the diver has assumed his position on the board or platform and the Referee has checked the indicator board. For backward and inward take-offs, the diver shall not proceed to the end of the springboard or platform until after the signal has been given by the Referee.
- D 6.12** Each diver shall be given sufficient time for the preparation and execution of the dive, but if the diver takes more than one minute after the Referee has given the diver a warning, the diver shall receive zero (0) points for the dive announced.
- D 6.13** When a diver executes a dive before the signal is given, the Referee shall decide whether the dive shall be repeated.
- D 6.14** The Referee shall declare a maximum of 4½ points if, when executing a standing dive, the diver bounces on the end of the springboard or platform.
- D 6.15** The Referee may have a dive repeated on request if, in his opinion, the execution of the dive was influenced by exceptional circumstances.
- D 6.16** The request for such a repetition must be made immediately by the diver or his representative.
- D 6.17** When it is quite clear that a 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 awards. If a judge then awards more than 2 points, the Referee shall declare the award from that judge to be 2 points.
- D 6.18** When the Referee is certain that a diver has performed a dive of a number other than that announced, the Referee shall declare it a failed dive.
- D 6.19** When one or both arms are held above the head in a feet first entry or below the head in a head first entry, the Referee shall declare the maximum award to be 4½ points. If a judge then awards more than 4½ points, the Referee shall declare the award from that judge to be 4½ points.
- D 6.20** The Referee may declare a dive to be failed if he considers that assistance has been given to the diver after the starting signal.
- D 6.21** When a diver stops his run before the end of the springboard or platform and then continues, the Referee shall deduct 2 points from the award of each judge.
- D 6.22** When there is a re-start in a running, standing or armstand dive, the Referee shall deduct 2 points from the award of each judge.
- D 6.23** When a second attempt (a re-start) is unsuccessful, the Referee shall declare it a failed dive.
- D 6.24** When a diver refuses to execute a dive, the Referee shall declare a failed dive.

- D 6.25** If a diver in a competition disturbs a contest, the Referee may exclude him from that competition. If a member of a Federation disturbs a contest, the Referee may exclude that person from the facility.
- D 6.26** The Referee may remove any judge from the competition whose judgement he regards as unsatisfactory and may appoint another judge to replace him. At the end of the competition the Referee shall make a written report to the Jury of Appeal.
- D 6.27** Such a change of judge shall take place only at the end of a session or round of dives performed by each diver.
- D 6.28** At the end of the competition the Referee shall confirm the final results by his signature on the score sheets / computer printout.

D 7 DUTIES OF THE SECRETARIAT

- D 7.1** The records of the competitions shall be kept by two independent secretaries.
- D 7.2** In order to facilitate scoring, a computer, a rapid calculator or a chart may be used.
- D 7.3** In individual events, the judges awards shall be announced in the seating order, and the first secretary shall record the awards as announced on the diver's statement of dives. In synchronised diving events, the judges awards shall be announced starting with the execution judges awards in seating order, followed by the synchronised judges awards, also in seating order. When a computer and a scoreboard is used, the announcement of the judges awards is not necessary and the secretary may record the awards directly from the monitor.
- D 7.4** The second secretary shall enter on the divers statement of dives the awards as shown by the judges. When a computer is used to determine the scores, the second secretary may record the awards directly from the monitor.
- D 7.5** In the individual events, when seven (7) judges are used, the secretaries shall cancel the two (2) highest and the two (2) lowest judges' awards. When more than two (2) awards are equal, only two of the equal awards shall be cancelled. If only five (5) judges are used, the secretaries shall cancel the highest and the lowest judges' awards.
- D 7.6** In synchronised diving, the secretaries shall cancel the highest and lowest judges' awards given for execution and the highest and lowest judges' awards for synchronisation. When two or more judges awards are equal, either of the equal awards may be cancelled.
- D 7.7** The secretaries shall independently add the remaining awards and multiply this total by the degree of difficulty for the dive to determine the score of the dive.

Example: ~~8.0~~, ~~7.5~~, 7.5, 7.5, 7.5, ~~7.5~~, ~~7.0~~ = 22.5 x 2.0 = 45.0

- D 7.8** 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 to the nearest half point and if this average results in 0.25 or 0.75 points, the award shall be rounded up to the next highest half point. If the calculated average produces an award with a decimal of other than 0.50 points, the calculated award shall be rounded up to the next half point or whole point.
- D 7.9** In synchronised diving, when a judge (execution or synchronised) by reason of illness or any other unforeseen circumstance, has made no award for a particular dive, the award of the other execution judge of the same diver, or the average award of the other four synchronised judges, shall be adopted as the missing award. The award shall be rounded to the nearest half point and if this average results in 0.25 or 0.75 points, the award shall be rounded up to the next highest half point. If the calculated average produces an award with a decimal of other than 0.50 points, the calculated award shall be rounded up to the next half point or whole point.
- D 7.10** At the end of the competition the two secretaries shall collate the score sheets.
- D 7.11** The result of the competition shall be obtained from the score sheets.
- D 7.12** The final result at FINA events shall be announced in one of the official languages of FINA (English or French).

D 8 JUDGING

D 8.1 General

- D 8.1.1** A judge shall award from 0 to 10 points for a dive according to his overall impression within the following criteria:
- | | |
|-------------------|-----------------|
| Completely failed | 0 points |
| Unsatisfactory | ½ to 2 points |
| Deficient | 2½ to 4½ points |
| Satisfactory | 5 to 6 points |
| Good | 6½ to 8 points |
| Very good | 8½ to 10 points |
- D 8.1.2** When judging a dive, the judge must not be influenced by any factor other than the technique and execution of the dive. The dive must be considered without regard to the approach to the starting position, the difficulty of the dive or any movement beneath the surface of the water.
- D 8.1.3** The points to be considered in judging the overall impression of a dive are the technique and grace of:
- the starting position and the approach
 - the take-off
 - the flight
 - the entry

- D 8.1.4** When a dive is performed clearly in a position other than that announced the dive shall be deemed unsatisfactory. The highest award for such a dive is 2 points.
- D 8.1.5** When a dive is performed partially in a position other than that announced, the judges shall exercise their own opinion in making their award up to a maximum of 4½ points.
- D 8.1.6** When a dive is not performed in the position Straight (A), Pike (B) or Tuck (C) as described below, the judge shall deduct from ½ to 2 points, according to his opinion.
- D 8.1.7** When a judge considers that a dive of a different number has been performed he may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.
- D 8.1.8** In exceptional circumstances, a Referee may allow a diver to repeat a dive without penalty. The awards for the first dive must be noted should a protest be lodged.
- D 8.1.9** During the execution of a dive, there shall be no assistance to the diver from any person. Assistance between dives shall be permitted.
- D 8.1.10** When the signal is given by the Referee, the diver shall proceed to the starting position for his dive.

D 8.2 The starting position

- D 8.2.1** The starting position shall be free and unaffected.
- D 8.2.2** When the correct starting position is not free and unaffected, each judge shall deduct ½ to 2 points, according to his opinion.
- D 8.2.3 Standing dives**
- D 8.2.3.1** The starting position in standing dives shall be assumed when the diver stands on the front end of the springboard or platform.
- D 8.2.3.2** The body shall be straight, head erect, with the arms straight in any position.
- D 8.2.3.3** The dive shall be deemed to have commenced when the arms leave the starting position.
- D 8.2.3.4** When a diver stops the movement for the take-off after the arm swing has commenced or after the legs have commenced to press, the Referee shall deduct 2 points from the award of each judge.

D 8.2.3.5 When executing a standing dive, the diver must not bounce on the springboard or platform before the take-off. In these circumstances, the Referee shall declare a maximum of 4½ points. Should the Referee not make a declaration, each judge may award up to a maximum of 4½ points for the dive.

D 8.2.4 Running dives

D 8.2.4.1 The starting position in a running dive shall be assumed when the diver is ready to take the first step of the run.

D 8.2.5 Armstand dives

D 8.2.5.1 The starting position in an armstand dive shall be assumed when both hands are on the front end of the platform and both feet are off the platform.

D 8.2.5.2 When, in an armstand dive, a steady balance in the straight vertical position is not shown, each judge shall deduct from ½ to 2 points, according to his opinion.

D 8.2.5.3 A re-start shall be allowed when a diver loses his balance, one or both feet return to the platform, or any other part of his body other than his hands touches the platform. When a diver loses his balance and moves one or both hands from the original position at the front end of the platform, this shall be deemed as a re-start.

D 8.3 The approach

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

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

D 8.4 The take-off

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

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

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

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

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

D 8.5 The flight

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

D 8.5.2 During the flight, the position of the dive shall be at all times aesthetically pleasing. Should any of the positions not be shown as described below, each judge shall deduct $\frac{1}{2}$ to 2 points, according to his opinion.

The dive can be executed in the following positions:

Straight (A)

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

D 8.5.4 In straight dives with twist, the twisting shall not be manifestly done from the springboard or platform. If the twisting is manifestly done from the springboard or platform each judge shall deduct $\frac{1}{2}$ to 2 points, according to his opinion.

D 8.5.5 In all flying dives a straight position shall be clearly shown and that position shall be assumed from the take off or after one somersault. When the straight position is not shown for at least one quarter of a somersault (90°) in dives with one somersault and at least one half of a somersault (180°) in dives with more than one somersault, the maximum award by the judges shall be $4\frac{1}{2}$ points.

Pike (B)

D 8.5.6 In the pike position the body shall be bent at the hips, but the legs must be kept straight at the knees, the feet shall be together and the toes pointed. The position of the arms is at the option of the diver.

D 8.5.7. In pike dives with twist, the pike position must be clearly shown. Should this position not be shown, each judge shall deduct $\frac{1}{2}$ to 2 points, according to his opinion.



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

Tuck (C)

- D 8.5.8** In the tuck position the body shall be compact, bent at the knees and hips with the knees and feet together. The hands shall be on the lower legs and the toes pointed.
- D 8.5.9** In tuck dives with twist, the tuck position must be clearly shown. Should this position not be shown, each judge shall deduct ½ to 2 points, according to his opinion.



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

Free position (D)

- D 8.5.10** In the free position, the body position is optional but the legs shall be together and the toes pointed at all times.
- D 8.5.11** In dives with twist, the twisting shall not be manifestly done from the springboard or platform. If the twisting is manifestly done from the springboard or platform each judge shall deduct ½ to 2 points, according to his opinion.
- D 8.5.12** In somersault dives with twist, the twist may be performed at any time during the dive.
- D 8.5.13** When a twist is greater or less than that announced by 90° or more, the Referee shall declare it a failed dive.

D 8.6 The entry

- D 8.6.1** The entry into the water shall in all cases be vertical, or nearly so, with the body straight, the feet together and the toes pointed.

- D 8.6.2** When the entry is short or over, the body not straight, the feet not together and the toes not pointed, each judge shall deduct according to his opinion.
- D 8.6.3** In head first entries, the arms shall be stretched beyond the head and in line with the body, with the hands close together. If one or both arms are held below the head on entry, the Referee shall declare a maximum award of 4½ points.
- D 8.6.4** In feet first entries, the arms shall be close to the body with no bending at the elbows. If one or both arms are held beyond the head on entry, the Referee shall declare a maximum award of 4½ points.
- D 8.6.5** Other than as provided in Rules D 8.6.3 and D 8.6.4, when the arms are not in the correct position in either the head first or feet first entry, each judge shall deduct ½ to 2 points, according to his opinion.
- D 8.6.6** The dive is deemed to have been completed when the whole of the body is completely under the surface of the water.

D 9 JUDGING SYNCHRONISED DIVING

- D 9.1** Synchronised diving is judged by the execution of the individual dives and the synchronisation of the divers.
- D 9.2** The rules for judging individual diving shall apply to the execution of dives in synchronised diving.
- D 9.3** When judging the synchronisation of the divers, the overall impression of the dives must be taken into account.
- D 9.4** The factors to be considered in judging synchronised diving are:
- the starting position, the approach and the take-off, including the similarity of the height
 - the co-ordinated timing of the movements during the flight
 - the similarity of the angles of the entries
 - the comparative distance from the springboard or platform of the entry
 - the co-ordinated timing of the entries
- D 9.5** If either diver enters the surface of the water before the other diver leaves the springboard or platform, the Referee shall declare it a failed dive.
- D 9.6** The execution judges must not be influenced by any factor other than the technique and execution of the dive, not both dives, nor the synchronisation of the divers.
- D 9.7** When either or both divers perform a dive other than that announced, the Referee shall declare the dive a failed dive.

- D 9.8** When an execution judge considers that a dive of a different number has been performed by a diver, the judge shall award zero (0) points notwithstanding that the Referee has not declared it to be a failed dive. If both execution judges of one diver award zero (0) points, the Referee shall declare the dive a failed dive.
- D 9.9** The synchronisation judges must not be influenced by any factor other than the co-ordinated performance of the two divers and not the execution of either dive.
- D 9.10** If all the synchronisation judges award zero (0) points, the Referee shall declare it a failed dive.
- D 9.11** When any of the following faults are shown, each synchronisation judge shall deduct from $\frac{1}{2}$ to 2 points, according to his opinion, for the lack of:
- similarity of the starting position, approach, take-off or height;
 - co-ordinated timing of the movement during the flight;
 - similarity of the angles of the entries;
 - comparative distance from the board or platform of the entry;
 - co-ordinated timing of the entries.

D 10 SUMMARY OF THE PENALTIES

Referee to declare "Failed Dive"; 0 points

- D 6.12** If the diver takes more than one minute, after a warning.
- D 6.18** If a diver has performed a dive of a number other than that announced.
- D 6.20** If assistance has been given to the diver after the starting signal.
- D 6.23** If a second attempt (a re-start) is unsuccessful.
- D 6.24** If a diver refuses to execute a dive.
- D 8.4.3** If the take-off from the springboard is not from both feet simultaneously.
- D 8.5.13** If a twist is greater or less than that announced by 90° or more.
- D 9.5** In synchronised diving, if either diver enters the surface of the water before the other diver leaves the springboard or platform.
- D 9.7** In synchronised diving, if one or both divers perform a dive other than that announced.
- D 9.8** In synchronised diving, if both execution judges for one diver awards zero (0) points.
- D 9.10** In synchronised diving, if all the judge awards for synchronisation are zero (0) points.

Referee to declare "2 points deduction"

- D 6.21** If a diver stops his run before the end of the springboard or platform and then continues.
- D 6.22** If a diver makes a re-start in a running, standing or armstand dive.
- D 8.2.3.4** If the diver stops the movement for the take-off after the arm-swing has commenced or after the legs have commenced to press.

Referee to declare "2 points maximum"

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

Referee to declare " 4 1/2 points maximum"

- D 6.14** If a diver bounces on the springboard or platform before the take-off.
- D 6.19** If a diver has one or both arms held above the head in a feet first entry or below the head in a head first entry dive.
- D 8.2.3.5** If a diver bounces on the springboard or platform before the take-off.
- D 8.6.3** If in head first entries, one or both arms are held below the head.
- D 8.6.4** If in feet first entries, one or both arms are held beyond the head.

Judges to award "0 points"

- D 8.1.7** If a dive of a different number has been performed.
- D 9.8** In synchronised diving, if a dive of a different number has been performed.

Judges to award "2 points maximum"

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

Judges to award "4 1/2 points maximum"

- D 8.1.5** If a dive is performed partially in a position other than that announced.
- D 8.2.3.5** If a diver bounces on a springboard or platform before the take-off.
- D 8.5.5** If in a flying dive, a straight position is not clearly 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.

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

- D 8.1.6** If a dive is not performed in a position as described.
- D 8.2.2** If the correct starting position is not assumed.
- D 8.2.5.2** If in an armstand dive, a steady balance in the straight vertical position is not shown.
- D 8.3.2** If the run is not smooth or aesthetically pleasing, or does not continue to the end of the springboard or platform.
- D 8.4.5** If the take-off is not bold, high and confident, or from the end of the springboard or platform.
- D 8.5.2** If any of the positions are not aesthetically pleasing during the flight.
- D 8.5.4** If in a straight dive with twist, the twisting is manifestly done from the springboard or platform.
- D 8.5.7** If in a pike dive with twist, the pike position is not clearly shown.
- D 8.5.9** If in a tuck dive with twist, the tuck position is not clearly shown.
- D 8.5.11** If in dives with twist, the twisting is manifestly done from the springboard or platform.
- D 8.6.5** If the arms are not in the correct position in either the head first or feet first entry dives.
- D 9.11** In synchronised diving, for the lack of:
- similarity of the starting position, approach, take-off or height;
 - co-ordinated timing of the movement during the flight;
 - similarity of the angles of the entries;
 - comparative distance from the board or platform of the entry;
 - co-ordinated timing of the entries.

Judges to deduct "according to individual opinion"

- D 8.5.1** If during the execution of a dive, a diver touches the end of the springboard or platform, or dives to the side of the direct line of flight.
- D 8.6.2** If the entry into the water is short or over, the body not straight, the feet not together and the toes not pointed.

FINA DEGREE OF DIFFICULTY / FORMULA AND COMPONENTS

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

A Somersaults

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

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

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

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

C Twists

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

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

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

	Forward	Back	Reverse	Inward ½-1 Somersault	Inward 1½-3½ Somersault
1m and 5m	0	0.2	0.3	0.6	0.5
3m and 7 ½ m	0	0.2	0.3	0.3	0.3
10 m	0	0.2	0.3	0.3	0.2

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

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

E Unnatural Entry Does not apply to twisting dives

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

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

Examples

Dive	Pos	Hght	A	B	C	D	E	DD
632	B	10	1.4	0.3	0	0.5	0.1	2.3
6243	D	10	1.9	0	1.3	0	0	3.2
6241	B	10	1.9	0.3	0.5	0	0	2.7
6162	C	10	2.5	0.1	1.2	0	0	3.8

Dive	Pos	Hght	A	B	C	D	E	DD
313	C	3	1.5	0.2	0	0.3	0.2	2.2
5132	D	3	1.5	0	0.6	0	0	2.1
5351	C	3	2.2	0	0	0.3	0	2.5
5371	C	3	2.8	0	0	0.3	0	3.1

FINA TABLE OF DEGREE OF DIFFICULTY

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

Springboard		1 metre				3 metre			
		Straight	Pike	Tuck	Free	Straight	Pike	Tuck	Free
Forward Group		A	B	C	D	A	B	C	D
101	Forward Dive	1.4	1.3	1.2	-	1.6	1.5	1.4	-
102	Forward Somersault	1.6	1.5	1.4	-	1.7	1.6	1.5	-
103	Forward 1 ½ Somersault	2.0	1.7	1.6	-	1.9	1.6	1.5	-
104	Forward Double Somersault	2.6	2.3	2.2	-	2.4	2.1	2.0	-
105	Forward 2 ½ Somersault		2.6	2.4	-	2.8	2.4	2.2	-
106	Forward Triple Somersault		3.2	2.9	-		2.8	2.5	-
107	Forward 3 ½ Somersault		3.3	3.0	-		3.1	2.8	-
109	Forward 4 ½ Somersault				-			3.5	-
112	Forward Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
113	Forward Flying 1 ½ Somersault	-	1.9	1.8	-	-	1.8	1.7	-
115	Forward Flying 2 ½ Somersault	-			-	-	2.7	2.5	-
Back Group		A	B	C	D	A	B	C	D
201	Back Dive	1.7	1.6	1.5	-	1.9	1.8	1.7	-
202	Back Somersault	1.7	1.6	1.5	-	1.8	1.7	1.6	-
203	Back 1 ½ Somersault	2.5	2.3	2.0	-	2.4	2.2	1.9	-
204	Back Double Somersault		2.5	2.2	-	2.5	2.3	2.0	-
205	Back 2 ½ Somersault		3.2	3.0	-		3.0	2.8	-
206	Back Triple Somersault		3.2	2.9	-		2.8	2.5	-
207	Back 3 ½ Somersault				-		3.7	3.4	-
212	Back Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
213	Back Flying 1 ½ Somersault	-			-	-		2.1	-
215	Back Flying 2 ½ Somersault	-			-	-	3.3	3.1	-
Reverse Group		A	B	C	D	A	B	C	D
301	Reverse Dive	1.8	1.7	1.6	-	2.0	1.9	1.8	-
302	Reverse Somersault	1.8	1.7	1.6	-	1.9	1.8	1.7	-
303	Reverse 1 ½ Somersault	2.7	2.4	2.1	-	2.6	2.3	2.0	-
304	Reverse Double Somersault	2.9	2.6	2.3	-	2.7	2.4	2.1	-
305	Reverse 2 ½ Somersault		3.2	3.0	-	3.4	3.0	2.8	-
306	Reverse Triple Somersault		3.3	3.0	-		2.9	2.6	-
307	Reverse 3 ½ Somersault				-		3.8	3.5	-
312	Reverse Flying Somersault	-	1.8	1.7	-	-	1.9	1.8	-
313	Reverse Flying 1 ½ Somersault	-	2.6	2.3	-	-	2.5	2.2	-
Inward Group		A	B	C	D	A	B	C	D
401	Inward Dive	1.8	1.5	1.4	-	1.7	1.4	1.3	-
402	Inward Somersault	2.0	1.7	1.6	-	1.8	1.5	1.4	-
403	Inward 1 ½ Somersault		2.4	2.2	-		2.1	1.9	-
404	Inward Double Somersault		3.0	2.8	-		2.6	2.4	-
405	Inward 2 ½ Somersault		3.4	3.1	-		3.0	2.7	-
407	Inward 3 ½ Somersault				-			3.4	-
409	Inward 4 ½ Somersault	-	-	-	-	-		4.2	-
412	Inward Flying Somersault	-	2.1	2.0	-	-	1.9	1.8	-
413	Inward Flying 1 ½ Somersault	-	2.9	2.7	-	-	2.6	2.4	-

FINA TABLE OF DEGREE OF DIFFICULTY

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

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

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

Platform		10 metre				7.5 metre				5 metre			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
Forward Group		A	B	C	D	A	B	C	D	A	B	C	D
101	Forward Dive	1.6	1.5	1.4	-	1.6	1.5	1.4	-	1.4	1.3	1.2	-
102	Forward Somersault	1.8	1.7	1.6	-	1.7	1.6	1.5	-	1.6	1.5	1.4	-
103	Forward 1 ½ Somersault	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
104	Forward Double Somersault	2.5	2.2	2.1	-	2.4	2.1	2.0	-	2.6	2.3	2.2	-
105	Forward 2 ½ Somersault	2.7	2.3	2.1	-		2.4	2.2	-		2.6	2.4	-
107	Forward 3 ½ Somersault		3.0	2.7	-		3.1	2.8	-			3.0	-
109	Forward 4 ½ Somersault			3.5	-				-				-
112	Forward Flying Somersault	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
113	Forward Flying 1 ½ Somersault	-	1.8	1.7	-	-	1.8	1.7	-	-	1.9	1.8	-
114	Forward Flying Double Somersault	-	2.4	2.3	-	-	2.3	2.2	-	-	2.5	2.4	-
115	Forward Flying 2 ½ Somersault	-	2.6	2.4	-	-		2.5	-	-			-
Back Group		A	B	C	D	A	B	C	D	A	B	C	D
201	Back Dive	1.9	1.8	1.7	-	1.9	1.8	1.7	-	1.7	1.6	1.5	-
202	Back Somersault	1.9	1.8	1.7	-	1.8	1.7	1.6	-	1.7	1.6	1.5	-
203	Back 1 ½ Somersault	2.4	2.2	1.9	-	2.4	2.2	1.9	-	2.5	2.3	2.0	-
204	Back Double Somersault	2.6	2.4	2.1	-	2.5	2.3	2.0	-		2.5	2.2	-
205	Back 2 ½ Somersault	3.3	2.9	2.7	-		3.0	2.8	-			3.0	-
206	Back Triple Somersault		3.0	2.7	-		2.8	2.5	-		3.2	2.9	-
207	Back 3 ½ Somersault		3.6	3.3	-			3.4	-				--
212	Back Flying Somersault	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
213	Back Flying 1 ½ Somersault Back	-	2.4	2.1	-	-	2.4	2.1	-	-	2.5	2.2	-
Reverse Group		A	B	C	D	A	B	C	D	A	B	C	D
301	Reverse Dive	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
302	Reverse Somersault	2.0	1.9	1.8	-	1.9	1.8	1.7	-	1.8	1.7	1.6	-
303	Reverse 1 ½ Somersault	2.6	2.3	2.0	-	2.6	2.3	2.0	-	2.7	2.4	2.1	-
304	Reverse Double Somersault	2.8	2.5	2.2	-	2.7	2.4	2.1	-	2.9	2.6	2.3	-
305	Reverse 2 ½ Somersault	3.3	2.9	2.7	-	3.4	3.0	2.8	-		3.2	3.0	-
306	Reverse Triple Somersault		3.1	2.8	-		2.9	2.6	-		3.3	3.0	-
307	Reverse 3 ½ Somersault			3.4	-				-				-
312	Reverse Flying Somersault	-	2.0	1.9	-	-	1.9	1.8	-	-	1.8	1.7	-
313	Reverse Flying 1 ½ Somersault	-	2.5	2.2	-	-	2.5	2.2	-	-	2.6	2.3	-
Inward Group		A	B	C	D	A	B	C	D	A	B	C	D
401	Inward Dive	1.7	1.4	1.3	-	1.7	1.4	1.3	-	1.8	1.5	1.4	-
402	Inward Somersault	1.9	1.6	1.5	-	1.8	1.5	1.4	-	2.0	1.7	1.6	-
403	Inward 1 ½ Somersault		2.0	1.8	-		2.1	1.9	-		2.4	2.2	-
404	Inward Double Somersault		2.6	2.4	-		2.6	2.4	-		3.0	2.8	-
405	Inward 2 ½ Somersault		2.8	2.5	-		3.0	2.7	-		3.4	3.1	-
407	Inward 3 ½ Somersault		3.5	3.2	-			3.4	-				-
409	Inward 4 ½ Somersault	-		4.1	-	-	-		-	-	-	-	-
412	Inward Flying Somersault	-	2.0	1.9	-	-	1.9	1.8	-	-	2.1	2.0	-
413	Inward Flying 1 ½ Somersault	-	2.5	2.3	-	-	2.6	2.4	-	-	2.9	2.7	-
Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
5111	Forward Dive ½ Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
5112	Forward Dive 1 Twist	2.2	2.1		-	2.2	2.1		-	2.0	1.9		-
5121	Forward Somersault Forward ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5122	Forward Somersault Forward 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5124	Forward Somersault Forward 2 Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5131	Forward 1 ½ Somersault ½ Twist	-	-	-	1.9	-	-	-	1.9	-	-	-	2.0
5132	Forward 1 ½ Somersault 1 Twist	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5134	Forward 1 ½ Somersault 2 Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5136	Forward 1 ½ Somersault 3 Twists	-	-	-	2.9	-	-	-	2.9	-	-	-	3.0
5138	Forward 1 ½ Somersault 4 Twists	-	-	-	3.3	-	-	-	3.3	-	-	-	3.4
5152	Forward 2 ½ Somersault 1 Twist	-	2.9	2.7	-	-	3.0	2.8	-	-	3.2	3.0	-
5154	Forward 2 ½ Somersault 2 Twists	-	3.3	3.1	-	-	3.4	3.2	-	-	3.6	3.4	-
5172	Forward 3 ½ Somersault 1 Twist	-	3.6	3.3	-	-	3.7	3.4	-	-			-
5211	Back Dive ½ Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
5212	Back Dive 1 Twist	2.2			-	2.2			-	2.0			-
5221	Back Somersault ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5222	Back Somersault 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9

FINA TABLE OF DEGREE OF DIFFICULTY

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

Platform		10 metre				7.5 metre				5 metre			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
5223	Back Somersault 1 ½ Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5225	Back Somersault 2 ½ Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
5231	Back 1 ½ Somersault ½ Twist	-	-	-	2.0	-	--	-	2.0	-	-	-	2.1
5233	Back 1 ½ Somersault 1 ½ Twists	-	-	-	2.4	-	-	-	2.4	-	-	-	2.5
5235	Back 1 ½ Somersault 2 ½ Twists	-	-	-	2.8	-	-	-	2.8	-	-	-	2.9
5237	Back 1 ½ Somersault 3 ½ Twists	-	-	-	3.2	-	-	-	3.2	-	-	-	3.3
5239	Back 1 ½ Somersault 4 ½ Twists	-	-	-	3.6	-	-	-	3.6	-	-	-	3.7
5251	Back 2 ½ Somersault ½ Twist	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5253	Back 2 ½ Somersault 1 ½ Twists	-	3.4	-	-	-	3.5	-	-	-	-	-	-
5255	Back 2 ½ Somersault 2 ½ Twists	-	3.8	3.6	-	-	-	-	-	-	-	-	-
5271	Back 3 ½ Somersault ½ Twist	-	3.2	2.9	-	-	-	-	-	-	-	-	-
5311	Reverse Dive ½ Twist	2.1	2.0	1.9	-	2.1	2.0	1.9	-	1.9	1.8	1.7	-
5312	Reverse Dive 1 Twist	2.3	-	-	-	2.3	-	-	-	2.1	-	-	-
5321	Reverse Somersault ½ Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	1.8
5322	Reverse Somersault 1 Twist	-	-	-	2.2	-	-	-	2.1	-	-	-	2.0
5323	Reverse Somersault 1 ½ Twists	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
5325	Reverse Somersault 2 ½ Twists	-	-	-	3.0	-	-	-	2.9	-	-	-	2.8
5331	Reverse 1 ½ Somersault ½ Twist	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5333	Reverse 1 ½ Somersault 1 ½ Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5335	Reverse 1 ½ Somersault 2 ½ Twists	-	-	-	2.9	-	-	-	2.9	-	-	-	3.0
5337	Reverse 1 ½ Somersault 3 ½ Twists	-	-	-	3.3	-	-	-	3.3	-	-	-	3.4
5339	Reverse 1 ½ Somersault 4 ½ Twists	-	-	-	3.7	-	-	-	3.7	-	-	-	-
5351	Reverse 2 ½ Somersault ½ Twist	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5353	Reverse 2 ½ Somersault 1 ½ Twists	-	3.4	3.2	-	-	3.5	3.3	-	-	-	3.5	-
5371	Reverse 3 ½ Somersault ½ Twist	-	3.3	3.0	-	-	-	-	-	-	-	-	-
5411	Inward Dive ½ Twist	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
5412	Inward Dive 1 Twist	2.1	1.8	1.7	-	2.1	1.8	1.7	-	2.2	1.9	1.8	-
5421	Inward Somersault ½ Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.9
5422	Inward Somersault 1 Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	2.1
5432	Inward 1 ½ Somersault 1 Twist	-	-	-	2.3	-	-	-	2.4	-	-	-	2.7
5434	Inward 1 ½ Somersault 2 Twists	-	-	-	2.7	-	-	-	2.8	-	-	-	3.1
5436	Inward 1 ½ Somersault 3 Twists	-	-	-	3.3	-	-	-	-	-	-	-	-
Armstand Group		A	B	C	D	A	B	C	D	A	B	C	D
600	Armstand Dive	1.6	-	-	-	1.6	-	-	-	1.5	-	-	-
611	Armstand Forward ½ Somersault	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
612	Armstand Forward 1 Somersault	2.0	1.9	1.7	-	1.9	1.8	1.6	-	1.8	1.7	1.5	-
614	Armstand Forward Double Somersault	-	2.4	2.1	-	-	2.3	2.0	-	-	2.5	2.2	-
616	Armstand Forward Triple Somersault	-	3.3	3.0	-	-	-	-	-	-	-	-	-
621	Armstand Backward ½ Somersault	1.9	1.8	1.6	-	1.9	1.8	1.6	-	1.7	1.6	1.4	-
622	Armstand Backward Somersault	2.3	2.2	2.0	-	2.2	2.1	1.9	-	2.1	2.0	1.8	-
623	Armstand Backward 1 ½ Somersault	-	2.2	1.9	-	-	2.2	1.9	-	-	2.3	2.0	-
624	Armstand Backward Double Somersault	3.0	2.8	2.5	-	2.9	2.7	2.4	-	3.1	2.9	2.6	-
626	Armstand Backward Triple Somersault	-	3.5	3.2	-	-	3.3	3.0	-	-	-	3.4	-
631	Armstand Reverse ½ Somersault	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
632	Armstand Reverse 1 Somersault	-	2.3	2.1	-	-	2.2	2.0	-	-	2.1	1.9	-
633	Armstand Reverse 1½ Somersault	-	2.3	2.0	-	-	2.3	2.0	-	-	2.4	2.1	-
634	Armstand Reverse Double Somersault	-	2.9	2.6	-	-	2.8	2.5	-	-	3.0	2.7	-
636	Armstand Reverse Triple Somersault	-	-	3.3	-	-	-	3.1	-	-	-	-	-
6122	Armstand Forward Somersault 1 Twist	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
6124	Armstand Forward Somersault 2 Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
6142	Armstand Fwd. Double Somersault 1 Twist	-	-	-	3.1	-	-	-	3.0	-	-	-	3.2
6144	Armstand Fwd. Double Som. 2 Twists	-	-	-	3.4	-	-	-	3.3	-	-	-	3.5
6162	Armstand Fwd. Triple Somersault 1 Twist	-	-	3.8	-	-	-	-	-	-	-	-	-
6221	Armstand Back Somersault ½ Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.6
6241	Armstand Back Double Som. ½ Twist	-	2.7	2.4	-	-	2.6	2.3	-	-	2.8	2.5	-
6243	Armstand Back Double Som. 1 ½ Twists	-	-	-	3.2	-	-	-	3.1	-	-	-	3.3
6245	Armstand Back Double Som. 2 ½ Twists	-	-	-	3.6	-	-	-	3.5	-	-	-	3.7
6261	Armstand Back Triple Somersault ½ Twist	-	3.4	3.1	-	-	3.2	2.9	-	-	3.6	3.3	-

AGE GROUP RULES

DAG 1 FINA Rules of competition will apply in all Age Group competitions.

DAG 2 Age Categories

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

DAG 3 Diving Events

DAG 3.1

Group A

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

DAG 3.1.2 Competition Format

Girl's Springboard - 1 metre and 3 metre

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

Girl's Platform - 5 metre - 7.5 metre - 10 metre

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

Boys' Springboard - 1 metre and 3 metre

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

Boys' Platform - 5 metre - 7.5 metre - 10 metre

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

A / B combined

Girls' and Boys' Synchronised Diving - 3 metre

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

DAG 3.2 Group B

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

DAG 3.2.2 Competition Format

Girl's Springboard - 1 metre and 3 metre

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

Girl's Platform - 5 metre - 7.5 metre - 10 metre

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

Boys Springboard - 1 metre and 3 metre

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

Boys Platform - 5 metre - 7.5 metre - 10 metre

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

DAG 3.3 Group C

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

DAG 3.3.2 Competition Format

Girl's Springboard - 1 metre and 3 metre

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

Girl's Platform - 5 metre or 7.5 metre

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

Boys Springboard - 1 metre and 3 metre

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

Boys Platform - 5 metre or 7.5 metre

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

DAG 4 General Rules for Junior Diving World Championships

- DAG 4.1** Junior Diving World Championships shall be conducted every two years in Groups A and B.
- DAG 4.2** Each Federation is entitled to enter a maximum of two (2) divers in individual events and one (1) team in synchronised diving events.
- DAG 4.3** Each diver shall only compete in his age group.
- DAG 4.4** Each diver shall perform a full list of dives as indicated in his age group.
- DAG 4.5** Each competition may be a final competition, irrespective of the number of entrants and may be conducted in one, two or three sessions.
- DAG 4.5.1** When facilities and time permits, the top twelve (12) divers from the previous session will participate in a final competition performing only dives without limit. The scores of the dives with limit from the previous session will be carried forward and added to the scores in the final competition to determine the top twelve (12) rankings. Divers lower than twelfth place will be ranked by their preliminary scores.
- DAG 4.5.2** When facilities allow, the opportunity for simultaneous preliminary events may be scheduled subject to the approval of the Bureau on recommendation of the Technical Diving Committee.
- DAG 4.5.3** The program schedule shall be agreed by the Bureau upon recommendation of the FINA Technical Diving Committee.
- DAG 4.6** Either five (5) or seven (7) judges shall officiate in the individual events and nine (9) judges in the synchronised diving events.
- DAG 4.7** The Championships shall normally be conducted separately and not in conjunction with Swimming, Water Polo or Synchronised Swimming.
- DAG 4.8** The Championships shall be conducted in a minimum period of five (5) days.

FINA Facilities Rules

FACILITIES RULES

PREAMBLE

The Facilities Rules are intended to provide the best possible environment for competitive use and training. These Rules are not intended to govern issues related to the general public. It is the responsibility of the owner or controller of a facility to provide supervision of activities of the public.

FR 1 GENERAL

- FR 1.1 FINA Olympic Standard Pools.** All World Championships (except the Masters World Championships) and Olympic Games must be held in pools that comply with Rules FR 3, FR 6, FR 8, and FR 11.
- FR 1.2 FINA General Standard Pools.** Other FINA events should be held in FINA Olympic Standard Pools, but the Bureau may waive certain standards for existing pools if they do not materially interfere with the competitions.
- FR 1.3 FINA Minimum Standard Pools.** All other events held under FINA Rules should be conducted in pools that comply with all of the minimum standards contained in this Part.
- FR 1.4** In order to protect the health and safety of persons using swimming facilities for the purposes of recreation, training and competition, owners of public pools or pools restricted only to training and competition must comply with the requirements established by law and the health authorities in the country where the pool is situated.

FR 5 DIVING FACILITIES

FR 5.1 Springboard Diving

- FR 5.1.1** The boards shall be at least 4.8 metres long and 0.5 metre wide. At all FINA Events the type of springboard shall be determined by FINA.
- FR 5.1.2** The boards shall be provided with a satisfactory non-slip surface.
- FR 5.1.3** The springboards shall be provided with movable fulcrums easily adjustable by the diver.
- FR 5.1.4** The vertical distance from the level of the platform, which supports the fulcrum assembly to the level of the top of the springboard, shall be 0.365 meter. The distance from the front edge of the fulcrum assembly (which is 0.676 meter long) to the front edge of the supporting platform shall be a maximum of 0.68 meter. If the front edge of the platform projects past this point then the top surface past this point must be sloped down at a rate of 1 vertical to 3 horizontal.

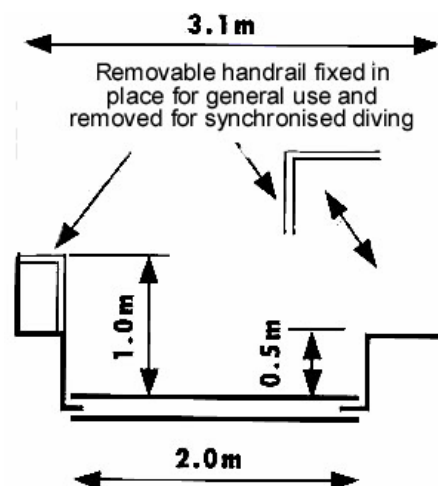
- FR 5.1.5** The minimum distance recommended from the rear to the centre line of the fulcrum shall be to the recommendation of the manufacturer of the springboard.
- FR 5.1.6** The springboards shall be installed dead level at the leading edge when the movable fulcrum is in all positions.
- FR 5.1.7** The springboards should be placed on either one or both sides of the platform. For Synchronised Diving, it is preferred that at least two springboards at the same height shall be placed side by side and no objects should obstruct the visibility in any part of the dive between the divers.

FR 5.2 Platform Diving

- FR 5.2.1** Each platform shall be rigid and horizontal.
- FR 5.2.2** The minimum dimensions of the platform shall be:

0.6m to 1.0m platform	0.6m width	5.0m length
2.6m to 3.0m platform	0.6m width	5.0m length (preferred 1.5m)
5.0m platform	1.5m width	6.0m length
7.5m platform	1.5m width	6.0m length
10.0m platform	3.0m width	6.0m length

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

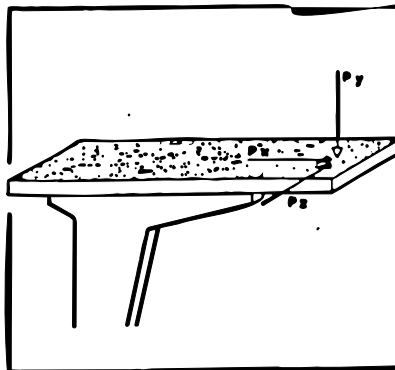


- FR 5.2.3** The preferred thickness of the front edge of the platform shall be 0.2 metre but not exceeding 0.3 metre, and can be vertical or inclined at an angle not greater than 10° to the vertical inside the plummet line.
- FR 5.2.4** The surface and the front edge of the platform shall be covered throughout with a resilient non-slip surface. The two surfaces shall be covered separately in order to achieve clean 90° angle or as described in FR 5.2.3.

- FR 5.2.5** The front of 10.0 metre and 7.5 metre platforms shall project at least 1.5 metres beyond the edge of the pool. For 2.6 metre - 3.0 metre and 5.0 metre platforms a projection of 1.25 metres is acceptable, and for 0.6 metre - 1.0 metre platforms a projection of 0.75 metre is acceptable.
- FR 5.2.6** Where a platform is directly underneath another platform the platform above shall project a minimum of 0.75 metre (preferred 1.25 metres) beyond the platform below.
- FR 5.2.7** The back and sides of each platform (except a 1.0 metre platform) shall be surrounded by handrails with a minimum clearance of 1.8 metres between pairs. The minimum height shall be 1.0 metre and they shall be with at least two crossbars placed outside the platform beginning 0.8 metre from the front edge of the platform.
- FR 5.2.8** Each platform shall be accessible by suitable stairs (not ladders).
- FR 5.2.9** It is preferable that a platform is not constructed directly under any other platform.
- FR 5.2.10** Requirements for the supporting structure. For platforms and supporting structure of the springboards the design load is $p = 350$ kiloponds (kilograms force) per lineal metre.

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

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



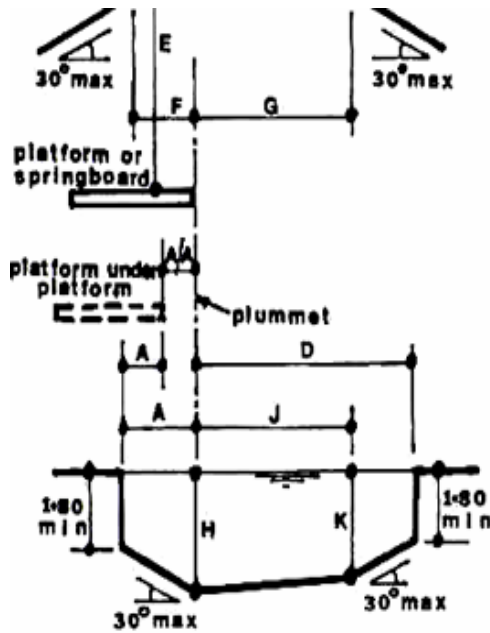
The spatial deformation of the front edge of the platforms as a result of $P_x = P_y = P_z = 100$ kiloponds (kilograms force) shall be a maximum of 1 mm (see drawing).

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

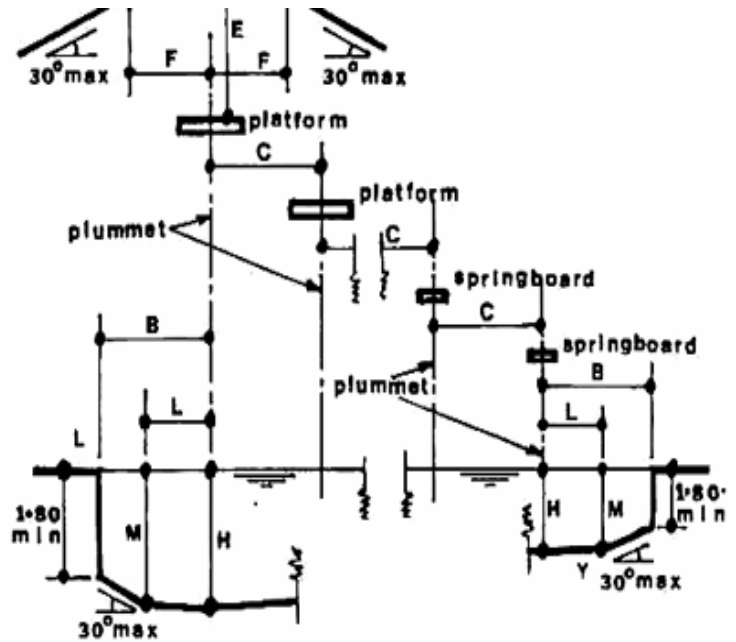
FR 5.3 General Requirements

- FR 5.3.1** For pools designed and constructed after March 1991 the minimum dimensions in metres for diving facilities as detailed on the “FINA Dimensions for Diving Facilities” table and on the “Diving Facilities Diagram” (see next pages) shall prevail, using, as a basic measuring point of reference, the plummet line, which is a vertical line extending through the centre of the front edge of the springboard or platform. It is recommended that the preferred dimensions be used for projects considered to have an important status.
- FR 5.3.2** The dimensions C from plummet to adjacent plummet in the “FINA Dimensions for Diving Facilities” table apply to platforms with widths as detailed in FR 5.2.2. If platform widths are increased then the dimensions C shall be increased by half the additional widths.
- FR 5.3.3** The height of the springboards and each platform above the water level may vary by plus 0.05 metre minus 0.00 metre from the heights prescribed in the Rules.
- FR 5.3.4** The end of a 5 metre platform must not project beyond the ends of the 3 metre springboards.
- FR 5.3.5** In the area of full water depth, the bottom of the pool may rise up to 2%. In the diving pool, the depth of water shall not be less than 1.8 metres at any point.
- FR 5.3.6** In outdoor pools, springboards and platforms are recommended to face north in the northern hemisphere and south in the southern hemisphere.
- FR 5.3.7** The minimum illumination at a level of 1 metre above the water surface shall not be less than 600 lux.
- FR 5.3.8** Sources of natural and artificial illumination shall be provided with controls to prevent glare.
- FR 5.3.9** The water temperature shall be not less than 26° Celsius.
- FR 5.3.10** Mechanical surface agitation shall be installed under the diving facilities to aid the divers in their visual perception of the surface of the water. In pools equipped with an underwater bubble machine, the machine should only be used for this purpose if it creates sufficient water agitation when working with a very low pressure; otherwise a horizontal water sprinkler system should only be used.

DIVING FACILITIES DIAGRAM



**LONGITUDINAL SECTION
DIAGRAMATTIC ONLY**



**CROSS SECTION
DIAGRAMATTIC ONLY**

FINA Dimensions for Diving Facilities As of 3 March 1991 (see FR 5.3.1)		Springboard				Platform										
		1 metre		3 metres		1 metre		3 metres		5 metres		7.5 metres		10 metres		
Length		4.80	4.80	5.00	5.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00		
Width		0.50	0.50	0.60	0.60	1.50	1.50	1.50	1.50	1.50	1.50	1.50	1.50	3.00		
Height		1.00	3.00	0.60-1.00	2.60-3.00	5.00	7.50	10.00								
		Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	
A	From Plummet BACK TO POOL WALL	Designation	A-1	A-3	A-1pl	A-3pl	A-5	A-7.5	A-10							
		Minimum	1.50	1.50	0.75	1.25	1.25	1.50	1.50							
		Preferred	1.80	1.80	0.75	1.25	1.25	1.50	1.50							
A/A	From plummet BACK TO PLATFORM plummet directly below	Designation					A/A 5/1	A/A 7.5/3,1	A/A 10/5,3,1							
		Minimum					0.75	0.75	0.75							
		Preferred					1.25	1.25	1.25							
B	From plummet to POOL WALL AT SIDE	Designation	B-1	B-3	B-1pl	B-3pl	B-5	B-7.5	B-10							
		Minimum	2.50	3.50	2.30	2.80	3.25	4.25	5.25							
		Preferred	2.50	3.50	2.30	2.90	3.75	4.50	5.25							
C	From plummet to ADJACENT PLUMMET	Designation	C 1-1	C-3-3,3-1	C1-1pl	C3-3pl,1pl	C5-3,5-1	C7.5-5,3,1	C-10-7.5,5,3,1							
		Minimum	2.00	2.20	1.65	2.00	2.25	2.50	2.75							
		Preferred	2.40	2.60	1.95	2.10	2.50	2.50	2.75							
D	From plummet to POOL WALL AHEAD	Designation	D-1	D-3	D-1pl	D-3pl	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-1pl	E-3pl	E-5	E-7.5	E-10							
		Minimum	5.00	5.00	3.25	3.25	3.25	3.25	3.25	4.00						
		Preferred	5.00	5.00	3.50	3.50	3.50	3.50	3.50	5.00						
F	CLEAR OVERHEAD behind and each side of plummet	Designation	F-1	F-3	F-1pl	F-3pl	F-5	F-7.5	F-10							
		Minimum	2.50	2.50	2.75	2.75	2.75	2.75	2.75	4.00						
		Preferred	2.50	2.50	2.75	2.75	2.75	2.75	2.75	5.00						
G	CLEAR OVERHEAD ahead of plummet	Designation	G-1	G-3	G-1pl	G-3pl	G-5	G-7.5	G-10							
		Minimum	5.00	5.00	5.00	5.00	5.00	5.00	5.00	6.00						
		Preferred	5.00	5.00	5.00	5.00	5.00	5.00	5.00	6.00						
H	DEPTH OF WATER At plummet	Designation	H-1	H-3	H-1pl	H-3pl	H-5	H-7.5	H-10							
		Minimum	3.40	3.70	3.20	3.50	3.70	4.10	4.50							
		Preferred	3.50	3.80	3.30	3.60	3.80	4.50	5.00							
J K	DISTANCE AND DEPTH ahead of plummet	Designation	J-1	J-3	J-1pl	J-3pl	J-5	J-7.5	J-10							
		Minimum	5.00	6.00	4.50	5.50	6.00	8.00	11.00	4.25						
		Preferred	5.00	6.00	4.50	5.50	6.00	8.00	11.00	4.75						
L M	DISTANCE AND DEPTH each side of plummet	Designation	L-1	L-3	L-1pl	L-3pl	L-5	L-7.5	L-10							
		Minimum	1.50	2.00	1.40	1.80	3.00	3.60	4.50	4.25						
		Preferred	2.00	2.50	1.90	2.30	3.50	3.70	4.50	4.75						
N	MAXIMUM SLOPE TO REDUCE DIMENSIONS beyond full requirements	POOL DEPTH	30 degrees		Note: Dimensions C (plummet to adjacent plummet) apply to Platforms with widths as detailed. If Platform widths are increased then C is to be increased by half the additional width(s).											
		CEILING HT	30 degrees													

FR 5.3.11 Individual diving:

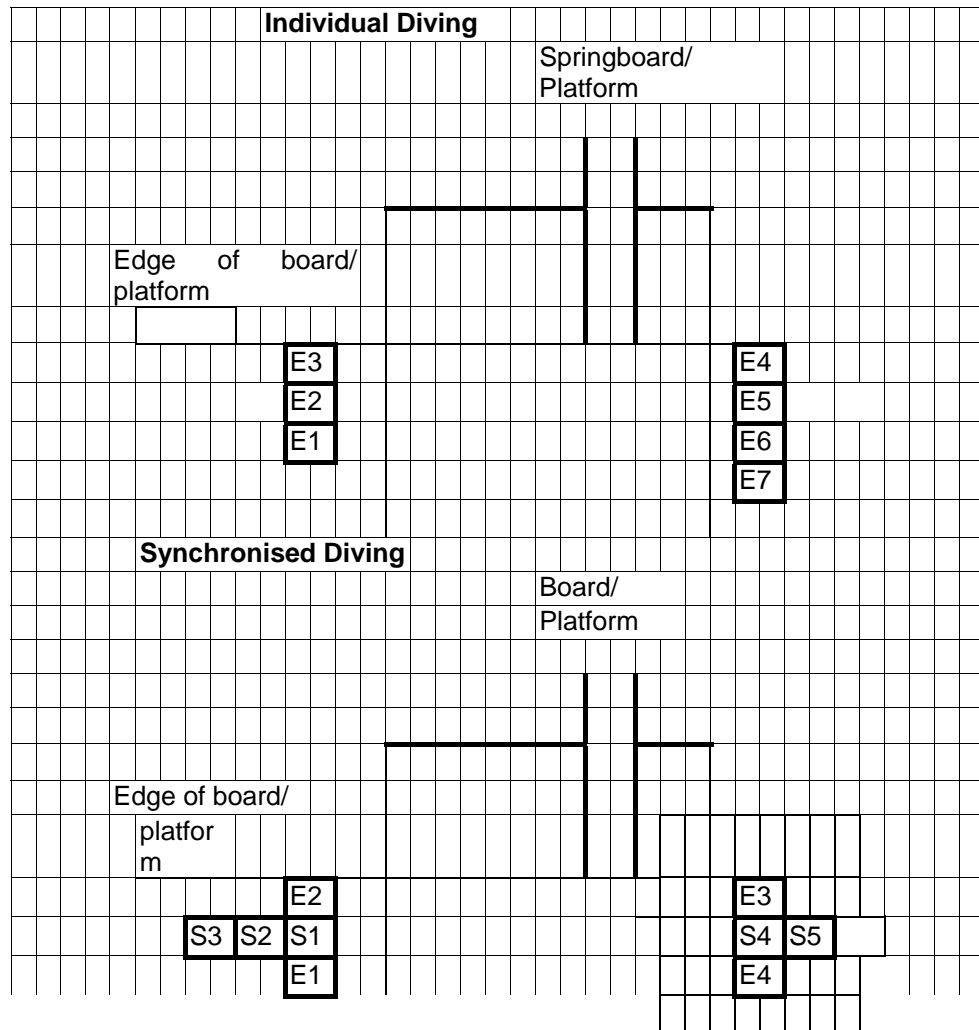
- FR 5.3.11.1** The judges will be placed side by side in a line on either side of the springboard / platform by the Referee.
- FR 5.3.11.2** When seven (7) / five (5) judges are used, four (4) / three (3) judges will be on the side closest to the competition.
- FR 5.3.11.3** No judge shall be seated behind the front edge of the springboard or platform.
- FR 5.3.11.4** The numbering of the judge chairs will be clockwise when facing the springboard / platform.
- FR 5.3.11.5** In the 1 metre springboard competitions, normal chairs shall be used.
- FR 5.3.11.6** In the 3 metre springboard competitions, the judges shall be seated at a height of not lower than two (2) metres above the water level.
- FR 5.3.11.7** In the 10 metres platform competitions, the chairs from the 3m springboard competitions can be used but if at all possible, the judges shall be seated at an even higher level.
- FR 5.3.11.8** To assist the judges in the 3 metre springboard and 10 metre platform competitions, the judge chairs must be positioned as far back from the edge of the pool as is practical.

FR 5.3.12 Synchronised diving:

- FR 5.3.12.1** Two (2) execution judges will be placed on either side of the springboard / platform.
- FR 5.3.12.2** The numbering of the execution judge chairs will be clockwise when facing the springboard / platform, namely E 1 and E 2 on the left side and E 3 and E 4 on the right side.
- FR 5.3.12.3** In between the execution judges on either side of the pool, the synchronised judges will be placed in a line.
- FR 5.3.12.4** Two (2) synchronised judges will be on the side closest to the competition springboard / platform, and the other three (3) synchronised judges on the opposite side.
- FR 5.3.12.5** The numbering of the synchronised judge chairs will start on the left-hand side of the pool with the lowest chair being S 1, and the highest chair on the right-hand side of the pool being S 5.
- FR 5.3.12.6** In the synchronised competitions, the synchronised judges closest to the pool edge, shall be seated at a height of not lower than 2.0 metres above the water level.
- FR 5.3.12.7** The subsequent heights for the remaining synchronised judges must increase no less than 0.5 metre per seat.

FR 5.3.12.8 There shall be no interference or movement in front of the judge chairs.

FR 5.3.12.9 The above recommendations are outlined in the sketch below.



FR 6 DIVING FACILITIES FOR OLYMPIC GAMES AND WORLD CHAMPIONSHIPS

FR 6.1 For Olympic Games and World Championships FR 5 in total shall apply, however the light intensity at a level of one metre above the water surface shall not be less than 1500 lux.

FR 6.2 In regard to dimensions for diving facilities preferred measurements given in the on the “FINA Dimensions for Diving Facilities” table must be observed.

FR 6.3 See FR 3.16.

FINA Masters Diving Rules

MD 1 The Diving Rules in Part V of this Handbook shall apply to Masters Diving with the following exceptions.

MD 1.1 The diver can freely choose the dives from the dive table given in the FINA Handbook. The only requirement is that in age groups 25 – 69 years, each dive performed has different dive number (as to FINA Handbook).

In age groups 70 – 80 + dives with the same dive number can be repeated, if performed in a different position (straight, pike, tuck or free position).

MD 2 Springboard Diving - Men and Women (1 metre and 3 metre)

MD 2.1 Age groups:

Age groups for Men and Women:

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

(five years age groups as long as necessary)

MD 2.2 3M Springboard Synchronized Diving

Age Group	Total number of dives required	
	Men	Women
25-49	2(*) +2	2(*) + 2
50+	2(*) +2	2(*) +2

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

MD 2.3 In synchronized diving events divers are allowed to compete in only one team in the 3m springboard competition

MD 3 Platform Diving**Women and Men (5 metre, 7.5 metre, or 10 metre)****MD 3.1 Age groups for Men and Women:**

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

(five years age groups as long as necessary)

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

MD 3.2 Platform Synchronized Diving

Age Group	Men	Women
25-49	2(*) +2	2(*) +2
50+ (x)	2(*) +1	2(*) +1

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

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

MD 3.3 In synchronized diving events divers are allowed to compete in only one club team in the platform competition.

MD 4 General Rules

MD 4.1 There shall be no limit on the number of divers taking part.

MD 4.2 Prizes shall be awarded to the divers placed first, second, third, fourth, fifth and sixth place. If there are less than six divers in an age group, only the first three medals shall be awarded.

MD 4.3 All divers shall perform a full series of dives in that age group and there shall be no preliminary or final contests.

MD 4.4 The international competitions shall be conducted in accordance with FINA Rules and either 5 or 7 judges shall officiate.

MD 5 The program of international competitions shall be carried out within a maximum of five (5) days according to the following schedule:

Event No.	Springboard	Sex	Age Group
1	3 metre	Men	25-34
2	1 metre	Women	25-34
3	3 metre	Men	35-49
4	1 metre	Women	35-49
5	3 metre	Men	50-64
6	1 metre	Women	50-64
7	3 metre	Men	65-80+
8	1 metre	Women	65-80+
9	3 metre	Women	65-80+
10	1 metre	Men	65-80+
11	3 metre	Women	50-64
12	1 metre	Men	50-64
13	3 metre	Women	35-49
14	1 metre	Men	35-49
15	3 metre	Women	25-34
16	1 metre	Men	25-34
Platform			
17	5, 7.5, 10 metre	Women	65-80+
18	5, 7.5, 10 metre	Men	65-80+
19	5, 7.5, 10 metre	Women	50-64
20	5, 7.5, 10 metre	Men	50-64
21	5, 7.5, 10 metre	Women	35-49
22	5, 7.5, 10 metre	Men	35-49
23	5, 7.5, 10 metre	Women	25-35
24	5, 7.5, 10 metre	Men	25-35
Synchronized			
26	3M/Platform	Women	25-29
27	3M/Platform	Men	25-29
28	3M/Platform	Women	50+
29	3M/Platform	Men	50+

MD 5.1 The meet director may choose to run events concurrently depending on the number of entries.

MD 5.2 Diving sheet shall be delivered to the diving secretary 24 hours prior to the event. Late sheets and changes to an existing sheet will be fined US\$ 10.--per sheet between 24 hours and 3 hours prior to the event. 3 hours is the deadline. No changes or dive sheets can be accepted after the deadline of 3 hours.

FINA Judges Regulations

Certification of FINA Diving Officials

A **CRITERIA FOR JUDGES**

FINA require that all judges must be able to meet the following criteria:

1. Education - Shall have a complete knowledge of the rules
2. Experience - Shall develop judging experience in competitions
3. Application - Shall demonstrate the practical application of the rules
4. Neutrality - Shall show no preference to any diver or nation
5. Consistency - Shall maintain a standard in the judging
6. Behaviour - Shall at all times conduct themselves in a professional manner

B **LIST PRINCIPLES**

FINA establish annually a list of FINA Diving Officials with certified judges.

Federations must reconfirm or delete their certified judges annually, not later than **November 30th** of each year. Submissions after November 30th will not be considered.

C **CERTIFICATION**

To receive certification a judge must attend a FINA Judging School.

FINA certification is valid for two years.

To maintain certification each judge must take the officials exam each year.

All certified judges must for re-certification attend a FINA Judging School every second year.

D **JUDGING SCHOOL**

Any Federation may request a FINA Judges School.

At least 10 schools will be held each year.

Structure

- Instructions will be given by a team of instructors
- The curriculum will be based on the FINA Officials Manual
- Both classroom and practical application of judging will be examined
- Instructors will recommend FINA Judge Certification following the school to FINA TDC.

E EVALUATION OF CERTIFIED JUDGES

All certified judges shall be evaluated into one of the following categories:

- 4 = very good
- 3 = good
- 2 = deficient
- 1 = unsatisfactory

1. Numerical

Comparison of the awards given by the judge and the opinion of the observer and categorised as follows:

- Less than 10% difference between the observer and the judge = **4**,
- Between 11% - 15% difference between the observer and the judge = **3**,
- Between 16% - 20% difference between the observer and the judge = **2**,
- More than 20% difference between the observer and the judge = **1**.

2. Behaviour

While judging the contest the judge must all times reflect appropriate international behaviour which includes

- Wearing the appropriate dress code,
- reporting for duty on schedule,
- be alert at all times,
- does not communicate with the other judges and coaches during the event,
- attend the meetings called by the referee,
- does not coach the diver from the chair,
- be prompt in the response to the referee for scores,
- concentrates on the field of play.

3. Neutrality

Does not show bias towards certain divers or Federations.

4. Knowledge of the rules

Ability to understand and apply the rules during the competition.

F EVALUATION PROCEDURE

1. The following diving events are the main venues for observation by TDC members or nominated experts:
 - a) All FINA Diving Grand Prix competitions
 - b) World Championships including World Junior Championships
 - c) FINA World Cups
 - d) Olympic Games
 - e) Continental Championships and Cups
 - f) Regional Championships
 - g) Special Championships (Universiade, Commonwealth Games)
2. Federations organising one of these events are expected to provide free admittance and working facilities for the appointed observers. The Organising Federation is also expected to use approved software to produce a judge's analysis. In case this is not possible prior to the end of the competition, the analysis shall be sent to the appointed observer as soon as possible.
3. All members of the TDC or nominated experts shall serve as appointed observers at the diving meets previously mentioned.
4. After each competition, an observation report shall be sent to the Chairman of the FINA Judges' Sub-Committee.
5. An overall report - worked out by the Judges' Sub-Committee - will be used by the FINA TDC to select the judges for the Olympic Games, the World Championships and the World Cup for recommendation to the FINA Bureau.

FINA Diving Figures

(Add figures from the FINA Handbook 2002 - 2005, pages 166 - 186)