

USA Diving - Competition Requirements (springboard, platform & synchronized diving)

122.1 Order of Dives. The order of dives to be performed by all divers in a contest is determined by the age group and the height of the board or platform. The dives will be done in the order specified in 122.2.

122.2 Springboard Competition.

[Revised Sept. 13, 2003, effective Jan. 1, 2004]

(a) 9 & Under Boys and Girls (five dives). The contest shall consist of three voluntary dives from different groups with a total degree of difficulty not more than 5.0 on 1-meter and not more than 5.4 on 3-meter followed by two optional dives from different groups.

[Amended Sept. 18, 2004, effective Jan. 1, 2005]

(b) 11 & Under Boys and Girls (six dives). For 1-meter and 3-meter springboard, divers will perform three voluntaries from different groups with a total degree of difficulty not more than 5.0 on one meter and not more than 5.4 on three meter, followed by three optional dives from different groups.

(c) 12/13 (13 & Under) Boys and Girls (seven dives). For 1-meter and 3-meter springboard, divers will perform four voluntaries from different groups with a total degree of difficulty not more than 7.2 on one meter and not more than 7.6 on three meter, followed by three optional dives from different groups.

(d) 14/15 (FINA Group B) Boys (nine dives). For 1-meter and 3-meter springboard, divers shall perform five voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for 1-meter and 9.5 for 3-meter, and four optional dives, from different groups.

[Amended Sept. 17, 2005, effective Jan. 1, 2006]

(e) 14/15 (FINA Group B) Girls (eight dives). For 1-meter and 3-meter springboard, divers shall perform five voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for 1-meter and 9.5 for 3-meter, and three optional dives, from different groups.

[Amended Sept. 17, 2005, effective Jan. 1, 2006]

(f) 16-18 (FINA Group A) Girls (nine dives). For 1- and 3-meter springboard, divers shall perform five voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for 1-meter and 9.5 for 3-meter, and four optional dives from four groups without limit.

[Amended Sept. 17, 2005, effective Jan. 1, 2006]

(g) 16-18 (FINA Group A) Boys (10 dives). For 1-meter and 3-meter springboard, divers shall perform five voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for 1-meter and 9.5 for 3-meter, and five optional dives from five groups without limit.

122.3 Platform.

[Revised Sept. 18, 2004, effective Jan. 1, 2005]

(a) 11 & Under Boys and Girls (five dives on 5-meter only). Divers shall perform three voluntary dives from different groups with total degree of difficulty not to exceed 5.4, and two optional dives from different groups.

(b) 12/13, 13& U Boys and Girls (seven dives on 5- or 7.5-meter only). Divers shall perform four voluntary dives from different groups with total degree of difficulty not to exceed 7.6 and three optional dives from different groups. The minimum degree of for optional dives in East/West Championships and Junior Nationals shall be 6.4.

(c) 14/15 (FINA Group B) Boys (eight dives on 5-, 7.5-, or 10-meter). Divers shall perform four voluntary dives with total degree of difficulty not to exceed 7.6 and four optional dives from different groups without limit. At least five different groups must be used in the competition. The minimum degree of difficulty for optional dives in East/West Championships and Junior Nationals shall be 9.6.

(d) 14/15 (FINA Group B) Girls (seven dives on 5-, 7.5-, or 10-meter). Divers shall perform four voluntary dives with total degree of difficulty not to exceed 7.6 and three optional dives from different groups without limit. At least five different groups must be used in the competition. The minimum degree of difficulty for optional dives in East/West Championships and Junior Nationals shall be 7.2.

(e) 16-18 (FINA Group A) Girls (eight dives on 5-, 7.5-, or 10-meter). Divers shall perform four voluntary dives from different groups with a total maximum degree of difficulty of 7.6, followed by four optional dives from different groups without limit. At least five different dive groups must be used in the competition. The minimum degree of difficulty for optional dives in East/West Championships and Junior Nationals shall be 9.6.

(f) 16-18 (FINA Group A) Boys (nine dives on 5-, 7.5-, or 10-meter). Divers shall perform four voluntary dives from different groups with a total maximum degree of difficulty of 7.6, followed by five optional dives from different groups without limit. All six dive groups must be used in the competition. The minimum degree of difficulty for optional dives in East/West Championships and Junior Nationals shall be 12.5.
[Amended Sept. 16, 2006, effective Jan. 1, 2007]

122.4 Choice of Dives. The optional dives may be from the same groups as the required dives or the voluntary dives.

122.5 Competition Requirement for Synchronized 3-Meter and Platform Events.

(a) A synchronized diving competition may be held at the invitational, association, and regional meets and involves two divers diving simultaneously from the springboards or platforms. The competition is predicated on how well the pairs synchronize their performance and on how well each performs the dives individually. In the 3-meter and platform events a team is composed of only two divers with no substitutes. The synchronized events are open to any age-group diver and members of a team may be from different age groups but are to be of the same sex.

(b) Synchronized competition format:

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

[Amended Sept. 17, 2005, effective Jan. 1, 2006].

(2) No dive number may be repeated in later rounds.

(3) The proper degree of difficulty will be used for each pair of dives.

(4) In the platform competition, divers may choose to perform their dives from any level of the platform, provided that both divers perform the dives from the same level of the platform.

[Amended Sept. 16, 2006, effective Jan. 1, 2007]