

Article 22 — Competition Requirements

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 springboard or platform. The dives will be done in the order specified in 122.2.

122.2 Springboard Competition.

(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 one meter and not more than 5.4 on three meter followed by two optional dives from different groups without limit.

(b) 11 & Under Boys and Girls (six dives). For one meter and three 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 without limit.

(c) 12/13 (FINA Group C) Girls (seven dives). For one meter and three meter springboard, divers will perform five (5) voluntaries from different groups with a total degree of difficulty not to exceed 9.0 on one meter and 9.5 on three meter, followed by two (2) optional dives from different groups without limit.

(d) 12/13 (FINA Group C) Boys (eight (8) dives). For one meter and three meter springboard, divers will perform five (5) voluntaries from different groups with a total degree of difficulty not to exceed 9.0 on one meter and 9.5 on three meter, followed by three (3) optional dives from different groups without limit.

(e) 14/15 (FINA Group B) Boys (nine dives). For one meter and three meter springboard, divers shall perform five voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by four optional dives, from different groups without limit.

(f) 14/15 (FINA Group B) Girls (eight dives). For one meter and three meter springboard, divers shall perform five voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by three optional dives, from different groups without limit.

(g) 16-18 (FINA Group A) Girls (ten (10) dives). For one and three meter springboard, divers shall perform five voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by five (5) optional dives from five (5) groups without limit.

(h) 16-18 (FINA Group A) Boys (eleven (11) dives). For one meter and three meter springboard, divers shall perform five voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by six (6) optional dives from five groups, with one group being repeated, without limit.

122.3 Platform.

(a) 11 & Under Boys and Girls (five dives on 5-meter only). Divers shall perform three voluntary dives from different groups with a total degree of difficulty not to exceed 5.4, followed by two optional dives from different groups without limit.

(b) 12/13 (FINA Group C) Girls (six (6) dives on 5- or 7.5-meter only). Divers shall perform four (4) voluntary

dives from different groups with a total degree of difficulty not to exceed 7.6, followed by two (2) optional dives from different groups without limit.

(c) 12/13 (FINA Group C) Boys (seven (7) dives on 5- or 7.5-meter only). Divers shall perform four (4) voluntary dives from different groups with a total degree of difficulty not to exceed 7.6, followed by three (3) optional dives from different groups without limit. (d) 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, followed by four optional dives from different groups without limit. At least five different groups must be used in the competition.

(e) 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, followed by three optional dives from different groups without limit. At least five different groups must be used in the competition.

(f) 16-18 (FINA Group A) Girls (nine (9) 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 (5) optional dives from different groups without limit.

(g) 16-18 (FINA Group A) Boys (ten (10) 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 six (6) optional dives from different groups without limit. All six dive groups must be used in the competition.

(h) Any minimum degree of difficulty for optional dives in the Summer Zone Championships, Age Group National Championships, and the Junior National Championships shall be determined by the Junior Rules Subcommittee.

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 Requirements for Synchronized Diving for 3-Meter and Platform Events.

(a) (1) A synchronized diving competition may be held at Invitational, Association, Regional Championships, East/West Championships, and Zone Championships.

(2) A team is composed of only two divers, with no substitutes, diving simultaneously from the springboards or platforms.

(3) The synchronized events are open to any age-group diver and members of a team may be from different clubs or "unattached" divers and may be from different age groups but are to be of the same sex. Divers may only compete for one team per event.

(4) The competition is judged on how the two divers individually perform their dives and how the two divers as a team synchronize their performance.

(b) Synchronized competition format:

(1) This competition shall comprise five rounds of dives: two rounds of

dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula values and three rounds of dives without limit of degree of difficulty. The five (5) dives must be from at least three (3) different groups.

For AB Age Groups- 3 rounds at assigned 2.0, 3 rounds optional dives for Girls, 4 rounds of optional dives for Boys, must use 5 categories for both. For CD Age-Groups 3 rounds at 2.0, 3 rounds optional dives for Girls, and Boys, must represent 3 categories.

Note: Although the last two sentences of Rule 122.5(b)(1) were passed by the General Assembly, this was not the format which the Rules Committee approved for forwarding to the General Assembly. As a result of this discrepancy, the Junior Rules Subcommittee, using the authority granted in The Code, Article 245.3 (e)(2)(iii), has suspended implementation of these last two sentences of this rule for the 2012 Synchronized Diving events.

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

(3) The proper degree of difficulty will be used for each pair of optional dives without limit of degree of difficulty.(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 for each dive.

(5) The optional dives may be from the same groups as the voluntary dives with limit of 2.0.

(6) Both divers must do the same dive, number and position.