

## **V. High Diving Rules**

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## 1. GENERAL

1.1 These Rules shall govern all World Aquatics High Diving competitions including World Aquatics Championships and High Diving World Cups.

1.2 All high diving installations shall be in accordance with the World Aquatics Facilities Rules, inspected and approved by the delegate of World Aquatics, and a member of the Technical High Diving Commission no later than 120 days prior to the start of the competitions. Construction of new installations should be subject to an inspection of the proposed site and environmental conditions prior to commencement.

1.1 Divers younger than 18 years on December 31<sup>st</sup> in the year of the competition shall not be permitted to compete at the World Aquatics Championships or World Cups.

### 1.3 Diving Number Designations

1.3.1 All dives shall be designated by a system of 3, 4 or 5 numerals followed by a single letter.

1.3.2 The dives are divided into five (5) groups. The first digit (or the first two digits) shall indicate the group to which the dive belongs:

<b>Front and front twist:</b>	1 or 51
<b>Back and back twist:</b>	2 or 52
<b>Reverse and reverse twist:</b>	3 or 53
<b>Inward and inward twist:</b>	4 or 54
<b>Armstand and armstand twist:</b>	6

1.3.3 In the Front, Back, Reverse and Inward group with three (3) numerals, a one (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. The third digit shall indicate the number of half somersaults to be performed. For example: 2 = 1 somersault, 8 = 4 somersaults. When there are 5 or more somersaults there will be four digits with the third and fourth digit indicating the number of half somersaults. For example 10 = 5 somersaults as 10(10) in a forward 5 somersaults.

1.3.4 In the Front, Back, Reverse and Inward group with four (4) numerals, a five (5) in the first digit indicates that the dive includes a twist. The second digit indicates the group or direction to which the dive belongs (for Example 5163 = front). The third digit indicates the number of half somersaults to be performed (for example 6 = 3 somersaults). The fourth digit indicates the number of half twists to be performed (for example 3 = 1 ½ twists). When there are five (5) or more twists, the last two digits indicates the number of ½ twists. For example, 524(10) in

2 somersaults back with five twists. In this case the number designation contains 5 numerals.

1.3.5 In the Armstand group with three digits (with the first digit 6) the second digit indicates the group or direction to which the dive belongs:

61 = Front

62 = Back

63 = Reverse

The third digit indicates the number of  $\frac{1}{2}$  somersault.

1.3.6 In the Armstand group with four digits, the fourth digit indicates the number of half twists to be performed. When there are 5 or more twists the last two digits indicate the number of  $\frac{1}{2}$  twists. For example, 625(10) in Armstand back 2  $\frac{1}{2}$  somersault with 5 twists. In this case the number designation contains 5 numerals.

1.3.7 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

E = 3 positions

1.3.8 "Free" position means any combination of one or more positions and is restricted in its use in some dive with twist.

1.3.9 3 positions means that during the dive all positions A, B and C must be shown. The straight position (A) must be shown as second position.

## 1.4 Degree of Difficulty

1.4.1 The degree of difficulty of each dive is calculated using the following formula (the component values of the formula are outlined in the table of V.12.1 (Appendix 6)):

$$A + B + C + D + E + F = \text{DEGREE OF DIFFICULTY (DD)}$$

1.4.2 As a guide, dives with their numbers and DD are tabled in V.12.2 (Appendix 7).

1.4.3 Any dive which is not tabled in V.12.2 (Appendix 7), but is used in a competition, shall be given the dive number and DD as determined in accordance

with Rules V.1.3 and V.1.4.

1.4.4 In calculating the degree of difficulty for dives with twists, the following needs to be noted:

Somersaults	Standing twisting dives			
1 or 2	D			
3	Forward and Inward		Back and Reverse	
	½ - 2 ½ twist	3 or more twists	½ - 3 twist	3 ½ or more twists
	B or C	D	B or C	D
4 or more	B or C			

Somersaults	Armstand twisting dives			
1 ½	D			
2 ½	Forward		Back	
	½ - 1 ½ twists	2 or more twists	½ - 2 twists	2 ½ or more twists
	B or C	D	B or C	D
3 1/2	B or C			

1.4.5 The *Appendices 6 and 7* are established by the World Aquatics Technical High Diving Committee (THDC) and approved by the World Aquatics Bureau.

## 2. COMPETITIONS

### 2.1 General

2.1.1 All entered high divers must submit evidence of safely executed dives for approval by the World Aquatics THDC in order to compete.

2.1.2 The order of diving shall be determined by a random draw. This shall be held at a technical meeting immediately after the final training session and prior to the first day of competition. When available an electronic draw shall be used.

2.1.3 At the World Aquatics Championships and other World Aquatics events there shall be a direct final competition. The last round of dives shall be performed in the reverse order of the ranking at the end of the previous round. In the case of a tie, the dive order shall be determined by a draw between the affected divers.

2.1.4 To determine the result, the scores of the dives of a diver are added. When two or more divers score the same number of points, a tie shall be declared for that particular place.

2.1.5 In all events, the diver with the highest total points shall be declared the

winner of that event. Their final points shall rank the remaining divers.

2.1.5.1 The procedure for protests is outlined in I.13

2.1.6 At the World Championships only dives prescribed by the World Aquatics Rules for High Diving shall be executed.

## 2.2 High Diving programme at World Aquatics Championships

<u>Men</u>	<u>Women</u>
27m	20m

## 2.3 Women 20m Platform

2.3.1 The height of the Women's competition shall be 20 metres. In special surroundings (i.e. natural), the height tolerance can be +/- 1 meter.

## 2.4 Men 27m Platform

2.4.1 The height of the Men's competition shall be 27 metres. In special surroundings (i.e. natural), the height tolerance can be +/- 1 meter.

## 3. HIGH DIVING COMPETITION FORMAT

3.1 The men's and women's competition is divided into two (2) sessions in a two (2) or three (3) day programme as agreed between World Aquatics and the OC.

3.2 The competitions for men and women shall comprise four (4) dives. A dive of the same number shall be regarded as the same dive.

## 3.3 Women 20m Platform

3.3.1 The Women's competitions shall comprise four (4) dives. Two (2) dives with a limit of (DD) 2.6 and from two different take off positions and two (2) optional dives without limit of DD from two different groups.

3.3.2 If the DD of the required dive is less than 2.6 the calculated DD following appendices 6 and 7 (V.12.1 and V.12.2) will be used. If a diver performs a dive above 2.6 they will only receive 2.6.

3.3.3 A diver may provide on the statement of dives two (2) reserve dives which may be substituted five (5) minutes before commencement of the final round of dives subject to the dive being compliant with the competition rules.

## 3.4 Men 27m Platform

3.4.1 The Men's competitions shall comprise four (4) dives. One (1) required dives

with a maximum DD of 2.8, one (1) intermediate dive with a maximum DD of 3.6. These two dives must be performed from different take off position and two (2) dives without limit of DD from two different groups.

**3.4.2** If the DD of a required dive is less than 2.8 the calculated DD following appendices 6 and 7 (V.12.1 and V.12.2) will be used. If a diver performs a dive above 2.8 they will only receive 2.8.

**3.4.3** If a diver performs a dive from the same take off position or from the same group the referee will declare it a fail dive.

**3.4.4** If the DD of the intermediate dive is less than 3.6 the calculated DD following appendices 6 and 7 (V.12.1 and V.12.2) will be used. If a diver performs a dive above 3.6 they will only receive 3.6.

**3.4.5** A diver may provide on the statement of dives two (2) reserve dives, which may be substituted five (5) minutes before commencement of the final round of dives subject to the dive being compliant with the competition rules.

#### **4. STATEMENT OF DIVES**

- 4.1** Each diver shall deliver to the Referee, a complete statement of the selected dives on the official form of the event for the competition. A diver may provide two (2) reserve dives which may be substituted five (5) minutes before commencement of the final round of dives subject to the dive being compliant with the competition rules.
- 4.2** The diver is responsible for the accuracy of the statement in the list and the diver shall sign the statement of dives.
- 4.3** The statement of dives shall be submitted 24 hours before commencement of the competition.
- 4.4** The Referee may accept changes up to one hour after the end of the final published training session for each event. Changes may be made up to three (3) hours prior to the commencement of the competition, provided a fee accompanies it equivalent of 250 Swiss Francs.
- 4.5** Unless the statement is presented within the time prescribed, a diver shall not be admitted to the competition.
- 4.6** When the closing times have passed, no change in the statement of dives shall be permitted.

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

- The number of each dive according to Rules V.1.3.1 to V.1.3.6.
- The execution or position of the dive according to Rule V.1.3.7.
- The degree of difficulty as determined by the Formula described in Rule V.1.4.

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

4.9 The statement of dives shall take precedence over the scoreboard and any announcement.

## 5. **COMPETITION PROCEDURE**

### 5.1 **Control of Competition**

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

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

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

5.1.4 When electronic scoring equipment is not available the judges must have flash cards to display their awards. These flash cards must be capable of showing awards from 0 to 10 by half points.

### 5.2 **Composition of the Judges Panels**

5.2.1 Whenever possible, seven (7) judges from different Federations shall be used.

5.2.2 If not enough judges are available, five (5) judges from different Federations may be used.

5.2.3 The Referee shall place the judges on one side of the platform (detailed specifications see V.11.1.5).

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

5.2.5 When a judge is unable to continue to function after the competition has started, he/she shall be replaced by the reserve judge, preferably at the end of a round.

5.2.6 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 electronic score pads immediately after the performance of the dive.

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

## **6. DUTIES OF THE REFEREE AND ASSISTANT REFEREES**

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.

6.2 The Referee may designate Assistant Referees.

### **6.3 Duties of the Referee before the competition**

6.3.1 The Referee shall inspect the statements of dives. If the statement does not comply with the Rules, the Referee shall have it corrected before the beginning of the competition but in accordance with the rules of the event.

6.3.2 The diver shall be informed of the Referee's decision, that a correction is required, as soon as possible.

### **6.4 Duties of the Referee during the competition**

6.4.1 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.

6.4.2 Following an interruption, the competition shall be continued from where it was stopped. The points scored before the interruption shall be carried forward into the remaining portion of the competition, whenever it is held. The final results must be based on the last complete round of dives.

*NOTE: If the competition cannot be continued, the result will be determined by the Jury of Appeal.*



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

**6.4.4** 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. 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.

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

**6.4.6** If the incorrectly announced dive is executed by the diver, the Referee may cancel it and have the correct dive announced and performed immediately. The awards for the first dive must be noted should a protest be lodged.

**6.4.7** The dive shall be executed after a signal given by the Referee. The signal shall be given as soon as the diver has checked the position of the safety swimmers and has informed the Referee that he is ready to perform the dive, and after the Referee has checked the indicator board.

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

**6.4.9** When a diver refuses to execute a dive, the Referee shall declare a failed dive.

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

**6.4.11** 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.

**6.4.12** Such a change of judge shall take place only at the end of a session or round of dives.

## **6.5 Duties of the Referee during the dive**

- 6.5.1** 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.
- 6.5.2** When it is quite clear that the dive has been performed in a position other than that announced, the Referee shall repeat the announcement, and declare that the maximum award shall be 2 points, before giving the judges the signal to show their marks. If a judge then awards more than 2 points, the Referee shall declare the award from that judge to be 2 points.
- 6.5.3** When a dive is performed with a break of position during the flight, the Referee shall declare the maximum award to be 4 ½.
- 6.5.4** When the Referee is certain that in a dive with a flying action, the straight position is not shown for at least (90°), the Referee shall declare a maximum award of 4 ½ points.
- 6.5.5** If during the execution of a dive, a diver is unsafely close to the platform or touches the end of the platform with his head, the Referee shall declare a maximum award of 2 points. Preferable the Referee's decision is based on a measurement of the distance by a camera.
- 6.5.6** When a twist is greater or less than 90° at the entry, the Referee shall declare it a failed dive.
- 6.5.7** When one or both arms are held above the shoulder line at the entry, the Referee shall declare the maximum award to be 4½ points. If a judge then awards more than 4 ½ points, the Referee shall declare the award from that judge to be 4½ points.
- 6.5.8** During the execution of a dive, there shall be no assistance given to the diver from any person. Assistance between dives shall be permitted.
- 6.5.9** The Referee may declare a dive to be failed if he considers that assistance has been given to the diver after the starting signal.
- 6.5.10** When there is a restart in a running, standing or armstand dive, the Referee shall deduct 2 points from the award of each judge.
- 6.5.11** When a second attempt (a re-start) is unsuccessful the Referee shall deduct 4 points from the award of each judge.
- 6.5.12** When a third attempt is unsuccessful, the Referee shall declare a failed dive.

## 6.6 Duties of the Referee after the competition

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

## 6.7 Duties of the Assistant Referees

6.7.1 The Assistant Referee, positioned on the platform, shall:

- observe if the armstand is executed as prescribed,
- observe the air speed indicator,
- fulfil any other task delegated from the Referee to the Assistant Referee.

6.7.2 The Assistant Referee, positioned on the platform, shall report to the Referee:

- a re-start or failed dive in an armstand dive,
- when the average wind speed exceeds 40 km per hour.

## 7. DUTIES OF THE SECRETARIAT

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

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

7.3 The judges' awards shall be announced in their seating order and the first secretary shall record all awards as announced on the diver's statement of dives. When a computer and a scoreboard are used, the announcement of the judges' awards is not necessary and the secretary may record the awards directly from the monitor.

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

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

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

**Five (5) judges:**                    ~~8.0~~, 7.5, 7.5, 7.5, ~~7.0~~ =  $22.5 \times 3.8 = 85.5$

**Seven (7) judges:**                    ~~8.0~~, ~~7.5~~, 7.5, 7.5, 7.5, ~~7.5~~, ~~7.0~~ =  $22.5 \times 3.8 = 85.5$

- 7.7 When a judge by reason of illness or any other unforeseen circumstances, has made no award for a particular dive, the average of the awards of the other judges shall be adopted as the missing award. The award shall be rounded up or down to the nearest half point or whole point. Averages ending in .01 to .24 shall be lost. Averages ending in .25 to .74 shall be rounded to .50. Averages ending in .75 or higher shall be rounded up to the next whole point.
- 7.8 At the end of the competition the two secretaries shall compare the score sheets.
- 7.9 The result of the competition shall be obtained from the score sheets.
- 7.10 If electronic officiating equipment is in use, it is allowable to use only one secretariat. The secretariat records the awards and the electronic result only, to make sure that the final result can be calculated in a case that the electronic officiating equipment breaks down.
- 7.11 The final result shall be announced in one of the official languages of World Aquatics (English or French).

## 8. JUDGING

### 8.1 General

8.1.1 A judge, seated at the side of the platform, shall award from 0 to 10 points for a dive according to his overall impression within the following criteria:

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

- 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.
- 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 take-off
  - the flight

- the entry

## 8.2 Starting position

8.2.1 The starting position in standing dives shall be assumed when the diver stands at the front edge of the platform, in a running dive when the diver is ready to take the first step of the run and in an armstand dive when both hands are on the front end of the platform and both feet are off the platform.

8.2.2 When, in an armstand dive, a stationary and steady balance in the straight vertical position is not shown, each judge shall deduct from  $\frac{1}{2}$  to 2 points, according to his opinion.

8.2.3 A re-start shall be allowed when a diver:

1. in a standing or running dive stops and then continues,
2. in an armstand dive loses the balance, one or both feet return to the platform, or any other part of his body other than his hands touches the platform,
3. in an armstand dive loses his balance and moves one or both hands from the original position at the front end of the platform.
4. This shall be deemed a re-start and the Referee shall declare a 2 point deduction from each judge and a 4 point deduction after the second re- start.

## 8.3 The take-off

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

8.3.2 The take-off shall be balanced, powerful and with an appropriate distance to the platform.

8.3.3 When the take-off is not balanced, powerful and with an appropriate distance to the platform, each judge shall deduct from  $\frac{1}{2}$  to 2 points according to his opinion.

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

## 8.4 The flight

The dive can be executed in the following positions:

### 8.4.1 Straight (A)

8.4.1.1 In the straight position, the body shall not be bent either at the

knees or hips. The feet shall be together and the toes pointed. The position of the arms is at the option of the diver.

8.4.1.2 If the straight position is not shown as prescribed, each judge shall deduct from  $\frac{1}{2}$  to 2 points, according to his opinion.

#### 8.4.2 Pike (B)

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



*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.*

8.4.2.2 If the pike position is not shown as prescribed, each judge shall deduct from  $\frac{1}{2}$  to 2 points, according to his opinion.

#### 8.4.3 Tuck (C)

8.4.3.1 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.



*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.*

8.4.3.2 If the tuck position is not shown as prescribed, each judge shall deduct from  $\frac{1}{2}$  to 2 points, according to his opinion.

#### 8.4.4 Free position (D)

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

8.4.4.2 In somersault dives with twist, the twist may be performed at any time during the flight.

8.4.4.3 If the free position is not shown as prescribed, each judge shall deduct from  $\frac{1}{2}$  to 2 points, according to his opinion.

#### 8.4.5 Three (3) positions (E)

**8.4.5.1** During the dive all three positions (A, B and C) must be shown. The straight position (A) must be shown as second position.

**8.4.5.2** If the 3 positions are not shown as prescribed, each judge shall deduct from  $\frac{1}{2}$  to 2 points, according to his opinion.

#### **8.4.6 Flying (F)**

**8.4.6.1** In all flying dives a straight position shall be clearly shown and that position shall be assumed from the take-off. When the straight position is not shown for at least one quarter of a somersault ( $90^\circ$ ) the maximum award by the judges shall be  $4\frac{1}{2}$  points, notwithstanding that the Referee has not declared maximum  $4\frac{1}{2}$  points.

**8.4.6.2** When a diver touches the platform during the flight with his feet or hands, each judge shall deduct according to his opinion.

**8.4.6.3** When a diver is unsafely close to the platform or touches the end of the platform during the flight with his head, each judge shall award up to 2 points, notwithstanding that the Referee has not declared a maximum award of 2 points. If the majority of the judges (at least three (3) in a 5 judge panel / at least four (4) in a 7 judge panel) award two (2) or less points, all higher scores shall be two (2) points.

**8.4.6.4** 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.

**8.4.6.5** 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, notwithstanding that the Referee has not repeated the announcement and declared maximum 2 points.

**8.4.6.6** When a dive is performed with a break of position during the flight, the highest award for such a dive is  $4\frac{1}{2}$  points, notwithstanding that the Referee has not declared maximum  $4\frac{1}{2}$  points.

**8.4.6.7** When a dive has a break in the position just at or before the entry, the judge shall deduct from  $\frac{1}{2}$  to 3 points, according to his discretion.

### **8.5 The entry**

**8.5.1** The entry into the water shall in all cases be vertical, not twisted, with the body straight and the feet together.

**8.5.2** When the entry is short or over or twisted each judge shall deduct according to his opinion.

**8.5.3** At the entry the arms shall be at the body below the navel. If one or both arms are held above the shoulder line on entry, the highest award for such an entry is  $4\frac{1}{2}$  points, notwithstanding that the Referee has not declared maximum  $4\frac{1}{2}$  points.

8.5.4 Other than as provided in Rule V.8.5.3, when the arms are not in the correct position each judge shall deduct from ½ to 2 points, according to his opinion.

8.5.5 When a twist is greater or less than that announced by 90 degrees or more, the judges shall award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

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

## 9. SUMMARY OF THE PENALTIES

### 9.1 Referee to declare "Failed Dive"; 0 points

**V.6.4.8** If a diver use more than one minute after the Referee has given warning.

**V.6.4.9** If a diver refuses to execute a dive.

**V.6.5.1** If a diver has performed a dive of a number other than that announced.

**V.6.5.6** If a twist is more or less than 90° at the entry than that announced.

**V.6.5.9** If assistance has been given to the diver after the starting signal.

**V.6.5.12** When a third attempt (a re-start) is unsuccessful.

### 9.2 Referee to declare "2 points deduction"

**V.6.5.10 (also V.8.2.3)** If there is a re-start in a standing, running, or armstand dive.

### 9.3 Referee to declare "4 points deduction"

**V6.5.11** If there is a second re-start in a standing, running, or armstand dive.

### 9.4 Referee to declare "2 points maximum"

**V.6.5.2** If a diver performs a dive in a position other than that announced.

**V.6.5.5** If a diver is unsafely close to the platform or touches the platform with his head.

### 9.5 Referee to declare "4 ½ points maximum"

**V.6.5.3** If a dive is performed with a break of position during the flight.

**V.6.5.4** If the straight position in a dive with flying action is not shown for at least 90°.

**V.6.5.7** If a diver held one or both arms above the shoulder at the entry.



**9.6 Judges to award "0 points"**

**V.8.4.6.4** If a dive of a different number was executed.

**V.8.5.5** If a twist is greater or less than that announced by 90° or more.

**9.7 Judges to award "2 points maximum"**

**V.8.4.6.3** If a diver is unsafely close to the platform or touches the platform with his head.

**V.8.4.6.5** If a dive is performed clearly in a position other than that announced.

**9.8 Judges to award "4 ½ points maximum"**

**V.8.4.6.1** If in a flying dive, a straight position is not clearly shown for at least one quarter of a somersault (90°).

**V.8.4.6.6** If a dive is performed with a break of position during the flight.

**V.8.5.3** If the arms are above the shoulder line at the entry.

**9.9 Judges to deduct "from ½ to 2 points"**

**V.8.2.2** If in an armstand dive, a stationary and steady balance in the straight vertical position is not shown.

**V.8.3.3** If the take-off is not balanced, powerful and with an appropriate distance to the platform.

**V.8.3.4** If in a twist, the twisting is manifestly done from the platform.

**V.8.4.1.2** If the straight position is not shown as prescribed.

**V.8.4.2.2** If the pike position is not shown as prescribed.

**V.8.4.3.2** If the tuck position is not shown as prescribed.

**V.8.4.4.3** If the free position is not shown as prescribed.

**V.8.4.5.2** If the 3 positions are not shown as prescribed.

**V.8.5.4** If the arms are not in the correct position at the entry.

**9.10 Judges to deduct "from ½ to 3 points"**

**V.8.4.6.7** If there is a break in the position at, or just before, the entry.

**9.11 Judges to deduct "according to individual opinion"**

**V.8.4.6.2** If a diver touches the platform during the flight with his feet or hands.

**V.8.5.2** If the entry is short or over or twisted.

## **10. AGE GROUP RULES**

**10.1** World Aquatics Rules of competition will apply in all age group competitions

### **10.2 Age Categories**

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

### **10.3 High Diving Events**

#### **10.3.1 Group A**

**10.3.1.1** Age: 17 or 18 years on December 31<sup>st</sup> of the year of the competition.

*Note: The divers at the age of 18 years would not be restricted from diving in the senior events if they are competent to do so.*

#### **10.3.1.2 Competition Format**

##### **10.3.1.2.1 Girls' and Boy's Platform 15 meter**

This competition shall comprise four (4) different standing dives from at least three (3) groups.

Two (2) dives with an assigned degree of difficulty of 2.5 and two (2) dives without limit of degree of difficulty.

At least one (1) dive must have a Barani and at least one (1) dive must have an unnatural entry (back or reverse rotating entries).

#### **10.3.2 Group B**

**10.3.2.1** Age: 15 or 16 years on December 31<sup>st</sup> of the year of the competition.

#### **10.3.2.2 Competition Format**

##### **10.3.2.2.1 Girls' and Boy's Platform 12 meter**

This competition shall comprise four (4) different standing dives from at least two (2) groups.

Two (2) dives with an assigned degree of difficulty of 2.4 and two (2) dives without limit of degree of difficulty.

At least one (1) dive must have a Barani and at least one (1) dive must have an unnatural entry (back or reverse rotating entries).

### **10.4 General Rules for World Aquatics Junior High Diving Championships**

**10.4.1** World Aquatics Junior High Diving Championships shall be

conducted every two years in Groups A and B.

**10.4.2** Each Federation is entitled to enter a maximum of three (3) divers in each event.

**10.4.3** Each diver shall only compete in his age group.

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

**10.4.5** Each event shall be a direct final competition, irrespective of the number of entrants.

**10.4.5.1** In the fourth and final round, the divers will start in the reverse order of their ranking after the third round.

**10.4.6** The program schedule shall be agreed by the Bureau upon recommendation of the Technical High Diving Committee.

**10.4.7** Preferably seven (7) judges shall officiate.

**10.4.8** The Championships shall be conducted in the period of two (2) days or three (3) days.

## **11. HIGH DIVING FACILITIES AND EQUIPMENT**

### **11.1 High Diving Facilities**

#### **11.1.1 General requirements and definitions**

World Aquatics High Diving is preferably performed in controlled environments with customised from fabricated diving towers in conjunction with fabricated pools. Rectangular dimensions are the preferred option for permanent artificial pools. Temporary round pools can be used in special circumstances.

High Diving can also be performed from fabricated platforms on existing buildings or natural cliff faces into open water (sea, lakes or rivers etc). Special permission and guidance is required from World Aquatics under these circumstances.

Dimensions in metres for all high diving facilities as detailed in V.11.5.2 and V.11.5.3, shall be observed. The Diagrams in V.11.5.1, V.11.5.2, V.11.5.3, V.11.4 and V.11.5.5 are established by the World Aquatics experts in cooperation with the World Aquatics Technical High Diving Committee and approved by the World Aquatics Bureau.

In special surroundings the dimensions and requirements can be adjusted to the local situation upon recommendation by the World Aquatics facilities experts and

the World Aquatics THDC and approved by the World Aquatics Bureau.

**Security:** The dimensions of these facilities are only for the use of expert athletes and they are not suitable for public use. It is required by the local organising committees and local authorities to provide security guards and / or lockable structures or gates to prevent any unauthorised persons to climb the diving towers.

### 11.1.2 Platform High Diving

11.1.2.1 Each platform shall be rigid and horizontal.

11.1.2.2 The dimensions of the platform shall be:

Platform	Width	Length
3 m	2.00 m (1.50 m *)	5.00 m (2.0 m *)
5 m	2.00 m (1.50 m *)	5.00 m (2.0 m *)
7.5 m	2.00 m (1.50 m *)	5.00 m (2.0 m *)
10 m	2.00 m (1.50 m *)	5.00 m (2.0 m *)
15 m (11 m – 19 m)	2.00 m (1.50 m *)	5.00 m (2.0 m *)
20 m	2.00 m	5.00 m
21 m – 26 m	2.00 m (1.50 m *)	5.00 m (2.0 m *)
27 m	2.00 m	5.00 m

\* Accepted for events other than World Aquatics Championships and World Cups

11.1.2.3 The thickness of the front edge of the platform shall not exceed 0.20 metre and can be vertical or inclined at an angle not greater than 10° to the vertical inside the plummet line.

11.1.2.4 The entire surface of all platforms shall be covered with slip-resistant material that shall have a tread pattern that provides sufficient traction in wet and dry conditions such that the divers are prevented from slipping when performing dives in all directions.

11.1.2.4.1 If an unknown surface material is proposed, a physical sample must be sent to the World Aquatics THDC for testing and approval before it can be used.

11.1.2.4.2 Terracotta is the preferred colour of the platform surface material. Black, white and blue coloured surface material is not permitted.

**11.1. 2.4.3** The colour of the carpet on the pool deck must not be blue. Grey is the preferred option.

11.1.2.5 The back and sides of each platform shall be surrounded by handrails up to 1m from the edge of the platform with a minimum clearance

of 1.8 metres between vertical pairs. The minimum height shall be 1.0 metre and they shall be with at least two horizontal crossbars placed outside the platform beginning 1.00 metre from the front edge of the platform.

**11.1.2.6** Each platform shall be accessible by suitable slip-resistant stairs (not ladders) as required by the country's building regulations and or health and safety standards that are applicable.

**11.1.2.7** It is preferable that a platform is not constructed directly under any other platform however in circumstances where this cannot be avoided then the dimensions in V.11.5.2 (Appendix 2) must be observed.

**11.1.2.8** The platform shall be a concrete, steel or other rigid material construction as approved by World Aquatics. The longitude and latitude movement/oscillation allowance for the entire 27 metres high tower structure shall be 2.7 cm (1/1000 from 27m). The maximum wind speed for the tower oscillation stability is 54km/hour (banners will affect the stability). The downward flex at the diving end of the platform shall not exceed 2-3mm and approved by the local authority of the area.

### **11.1.3 General Requirements**

**11.1.3.1** For High Diving platforms designed and constructed after 31<sup>st</sup> December 2017 the minimum dimensions in metres for high diving facilities as detailed on the tables V.11.5.2 (Appendix 2) and V.11.5.4 (Appendix 4) 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 platforms.

**11.1.3.2** The platforms shall face north in the northern hemisphere and south in the southern hemisphere where possible.

**11.1.3.3** The water temperature should be not less than 18°C in open water venues and preferable not less than 26°C degrees in venues with an artificial pool.

**11.1.3.4** A certificate of suitability for use of the venue shall be issued by the appropriate local health and safety authorities. In general terms the certification must also relate to the general water quality for human use.

**11.1.3.5** The surface agitation shall be done by a strong horizontal water spray and the scuba divers must also provide additional splash when necessary. The water spray must not be mounted higher than 1.50m above the water level. The water spray should be strong and provide foamy white water for better visibility for the athletes. The spray or the foam must be

strong enough to cover the landing area.

**11.1.3.6** If the wind speed exceeds 40kph (kph= kilometre per hour) then the Referee shall decide if the competition can continue or must be interrupted until the wind speed is below 40kph. A transportable air speed indicator must be available for use on the 20m and 27m platforms.

If lightning strikes are within 3km of the dive site then the training or the competition must be suspended until the storm distance is greater than 3km. If lightning is within 3km of the site then the competition is to be postponed until the lightning subsides or moves away from the venue.

#### **11.1.4 Security and Emergency Rescue Requirements**

**11.1.4.1** For all High Diving competitions and training from 20m or higher medical staff, scuba teams and rescue equipment must be on duty and in position at the venue.

**11.1.4.2** The minimum medical staff shall consist of two (2) doctors, with knowledge in trauma injuries, two to three (2-3) staffed ambulances on site and a designated hospital with an Orthopaedic surgery unit on alert.

**11.1.4.3** The water safety team consists of two (2) apnea safety swimmers, one or two (1-2) reserve apnea safety swimmers, one (1) scuba safety diver and one (1) water safety captain. In venues with an artificial pool, the scuba safety diver is not required, unless specified by the water safety captain.

**11.1.4.4** The rescue equipment comprises:

- 2 rescue boats (in natural surroundings)
- 2 spinal boards
- 5 stiff neck collars
- 2 defibrillators
- 2 oxygen tanks
- Blankets
- General first aid kit

**11.1.4.5 For recovery**

- 2 x Ice baths (minimum width 0.8 m, length 1.2 m, depth 1.0 m) or 14° C water tubs.

#### **11.1.5 Judges Seating**

**11.1.5.1** The judges shall be placed side by side in two lines on one side of

the platform with the sunlight in the back or above the judges. In indoor facilities and special circumstances, the Referee may decide that the judges are placed on both sides of the platforms.

**11.1.5.2** No judge shall be seated behind the front edge of the platform.

**11.1.5.3** The judges shall be seated at a distance of not less than 30 meters and not more than 40 meters from the entry point of the platforms, and in a position elevated between three (3) and six (6) metres above the water level. Special local circumstances may influence the position of the judges.

## **11.2 High Diving Facilities for World Aquatics Championships**

Rules VI.11.1 to VI.11.1.5.3 apply to the World Aquatics Championships.

## **11.3 Automatic Officiating Equipment for High Diving**

**11.3.1** Electronic Officiating equipment records the judges awards for each diver and determines the final score for each dive as required by Rule V.7.

**11.3.2** Preferred Equipment must be able to:

**11.3.2.1** Record judges awards by whole and half points

**11.3.2.2** Be able to display all recorded and calculated information for each diver both before and after each dive

**11.3.2.3** Be able to display the scores for all divers before and after each dive

**11.3.2.4** Be able to display the rank order and scores for all divers after each round of dives

**11.3.2.5** The equipment must provide each judge with an electronic judging device that will permit each judge to enter their award and to see their award on a window on the device. After the referee has accepted the judges awards, all awards shall be displayed on each electronic judging device

**11.3.2.6** Judges analysis is to be provided at the conclusion of each event or series

**11.3.2.7** The referee must be provided with a monitor on which he/she will be able to view the awards of all the judges prior to the awards then being displayed on the score board, and preferable with a video camera, to observe the divers performance if needed.

**11.3.2.8** There is a requirement for a print out of the following information:

- 1) The draw for the diving order
- 2) A start list for each session or event
- 3) A ranking of dives at the end of each round
- 4) A ranking of dives at the end of each event
- 5) Judges awards and scores for each diver at the end of each

## 11.4 Dry Land Facilities

11.4.1 For the safety, practice and development of high divers and competitions, it is strongly recommended that the guidelines presented below be incorporated into the facility and placed adjacent to the competitive high diving area / facilities.

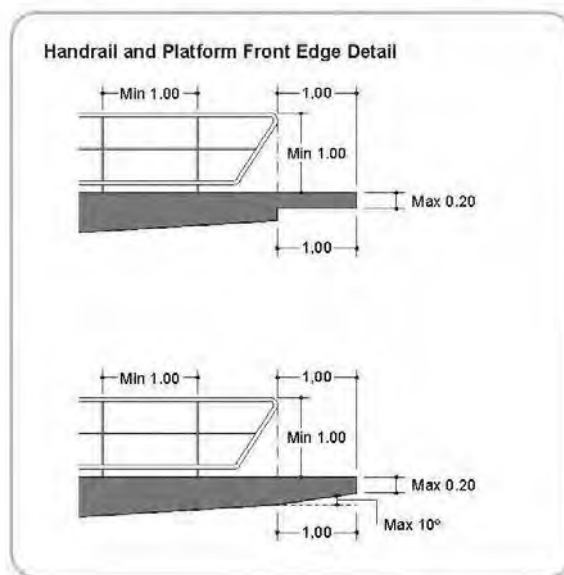
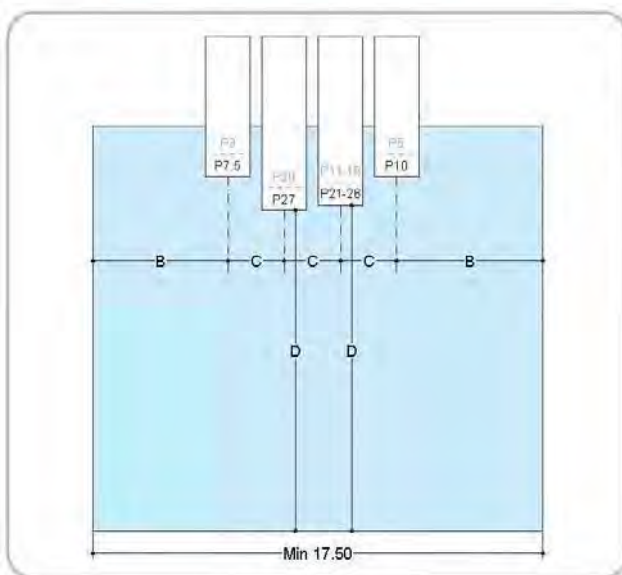
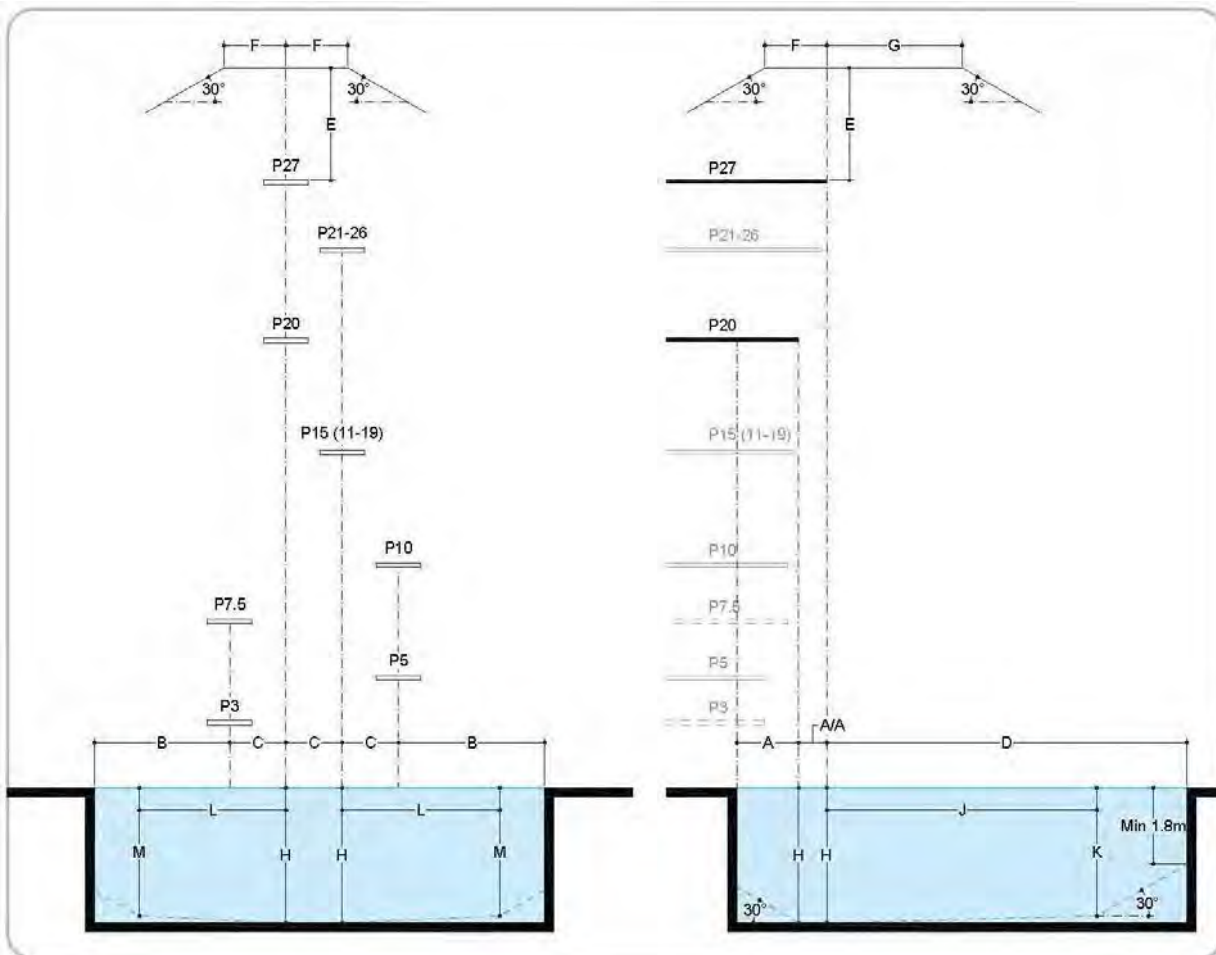
### 11.4.2 Recommended equipment in dry land area

- 1 x Trampoline, Olympic standard, length 5.2 m, width 3.05 m, height 1.15 m
- 4 x Foam Crash Mats, minimum length 1.4 m, width 1.0 m, height 0.25 m
- 2 x Somersault Boxes, minimum length 1.0 m, width 1.0 m, height 0.3 m
- 25 x Exercise mats, length 1.8 m, width 0.5 m, height 0.02 m
- 5 x Spinning Bikes



## 11.5 Appendices

### 11.5.1 Appendix 1 - Diagram / General Standard Facilities



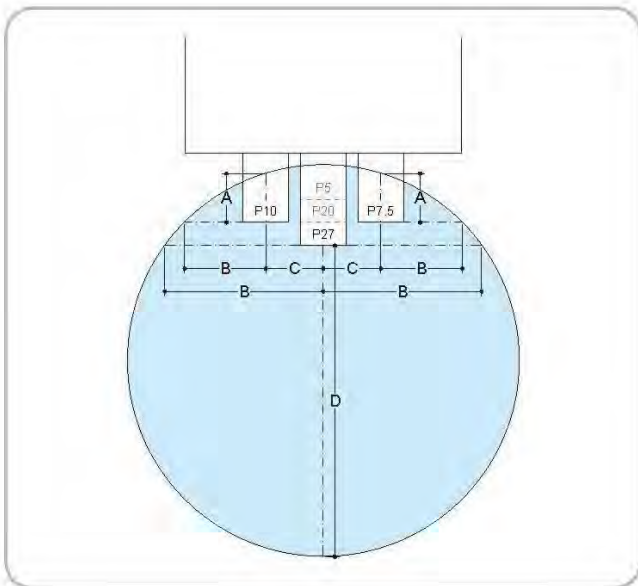
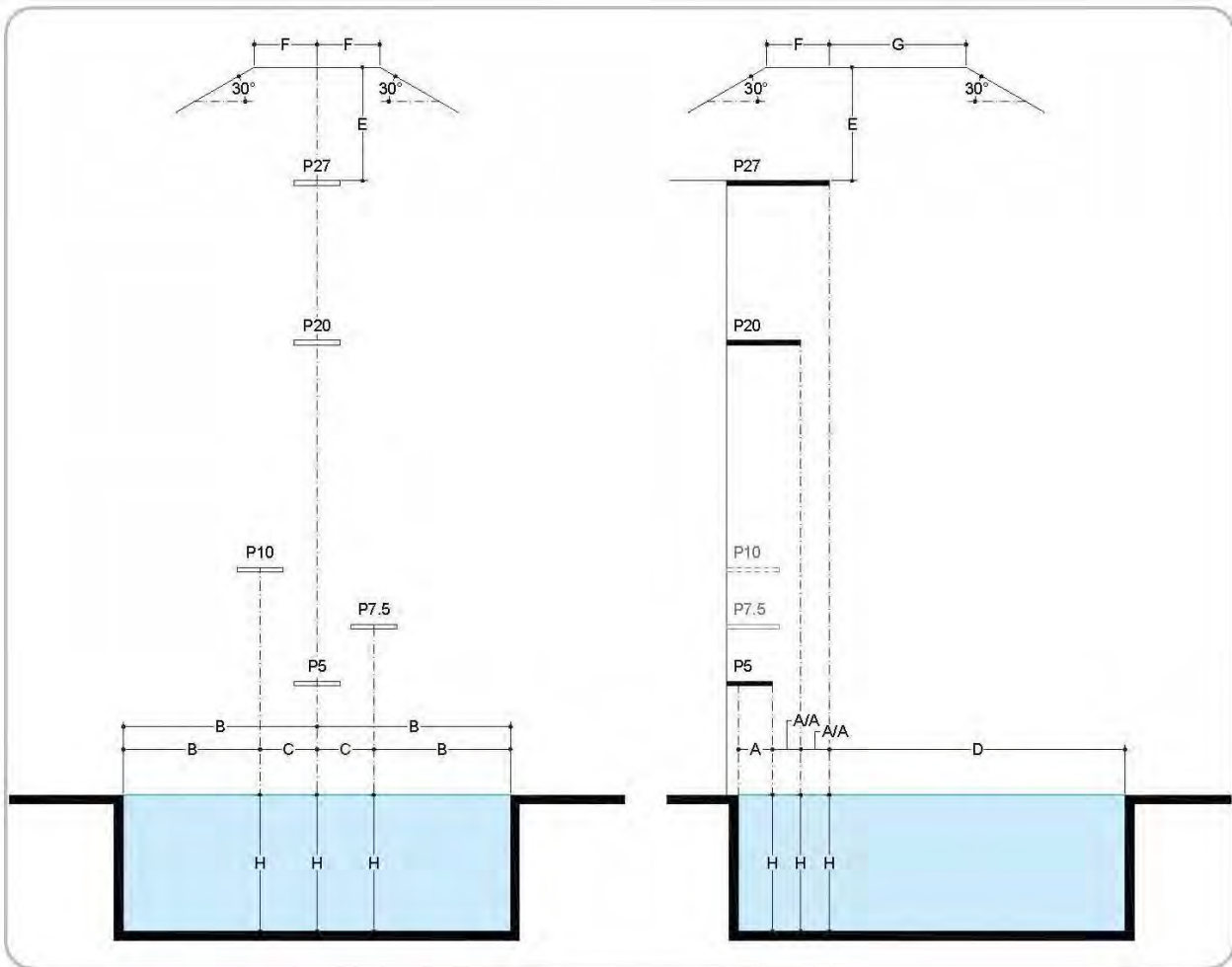
## 11.5.2 Appendix 2– Table / General Standard Facilities Dimensions

World Aquatics			PLATFORM															
Dimensions for High Diving Facilities			P 3		P 5		P 7.5		P 10		P 15 (P 11-19) <sup>1)</sup>		P 20		P 21-26		P 27	
	Length	Minimum <sup>3)</sup>	5.00		5.00		5.00		5.00		5.00		5.00		5.00		5.00	
	Width	Minimum <sup>3)</sup>	2.00		2.00		2.00		2.00		2.00		2.00		2.00		2.00	
	Height		3.00		5.00		7.50		10.00		15.00		20.00		21.00 - 26.00		27.00	
		Tolerance <sup>4)</sup>	± 0.05		± 0.05		± 0.05		± 0.05		± 0.05		± 0.05		± 0.05		± 0.05	
			Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert
<b>A</b>	From plummets <b>BACK TO POOL WALL</b> or <b>OBSTACLE</b>	Designation	<b>A-P3</b>		<b>A-P5</b>		<b>A-P7.5</b>		<b>A-P10</b>		<b>A-P15</b>		<b>A-P20</b>		<b>A-(P21-26)</b>		<b>A-P27</b>	
		Minimum	1.25		1.25		1.25		1.50		1.75		2.00		2.00		2.00	
<b>A/A</b>	From plummets <b>BACK TO PLATFORM</b> plummet directly below	Designation			<b>A/A-P5</b>		<b>A/A-P7.5</b>		<b>A/A-P10</b>		<b>A/A-P15</b>		<b>A/A-P20</b>		<b>A/A-(P21-26)</b>		<b>A/A-P27</b>	
		Minimum			1.00		1.00		1.00		1.00		1.00		1.00		1.00	
<b>B</b>	From plummets to <b>POOL WALL</b> or <b>OBSTACLE AT SIDE</b>	Designation	<b>B-P3</b>		<b>B-P5</b>		<b>B-P7.5</b>		<b>B-P10</b>		<b>B-P15</b>		<b>B-P20</b>		<b>C-(P21-26)</b>		<b>B-P27</b>	
		Minimum	3.50		3.75		4.50		5.50		5.50		6.00		6.50		7.00	
<b>C</b>	From plummets to <b>ADJACENT PLUMMET</b> <sup>1)</sup>	Designation	<b>C-P3</b>		<b>C-P5</b>		<b>C-P7.5</b>		<b>C-P10</b>		<b>C-P15</b>		<b>C-P20</b>		<b>C-(P21-26)</b>		<b>C-P27</b>	
		Minimum	2.50		2.50		2.50		2.50		2.50		2.50		2.50		2.50	
<b>D</b>	From plummets to <b>POOL WALL</b> or <b>OBSTACLE AHEAD</b>	Designation	<b>D-P3</b>		<b>D-P5</b>		<b>D-P7.5</b>		<b>D-P10</b>		<b>D-P15</b>		<b>D-P20</b>		<b>D-(P21-26)</b>		<b>D-P27</b>	
		Minimum	9.50		10.25		11.00		13.50		14.00		14.00		15.00		15.00	
<b>E</b>	On plummets, from <b>PLATFORM TO CEILING /</b> <b>PLATFORM ABOVE</b>	Designation		<b>E-P3</b>		<b>E-P5</b>		<b>E-P7.5</b>		<b>E-10</b>		<b>E-P15</b>		<b>E-P20</b>		<b>E-(P21-26)</b>		<b>E-P27</b>
		Minimum		4.00		4.00		4.00		4.00		4.00		4.00		4.00		4.00
<b>F</b>	Clear Overhead <b>BEHIND AND EACH SIDE</b> of plummets	Designation	<b>F-P3</b>	<b>E-P3</b>	<b>F-P5</b>	<b>E-P5</b>	<b>F-P7.5</b>	<b>E-P7.5</b>	<b>F-P10</b>	<b>E-P10</b>	<b>F-P15</b>	<b>E-P15</b>	<b>F-P20</b>	<b>E-P20</b>	<b>F-(P21-26)</b>	<b>E-(P21-26)</b>	<b>F-P27</b>	<b>E-P27</b>
		Minimum	2.75	3.50	2.75	4.00	2.75	4.00	2.75	4.00	2.75	4.00	2.75	4.00	2.75	4.00	2.75	4.00
<b>G</b>	Clear Overhead <b>AHEAD</b> of plummets	Designation	<b>G-P3</b>	<b>E-P3</b>	<b>G-P5</b>	<b>E-P5</b>	<b>G-P7.5</b>	<b>E-P7.5</b>	<b>G-P10</b>	<b>E-P10</b>	<b>G-P15</b>	<b>E-P15</b>	<b>G-P20</b>	<b>E-P20</b>	<b>G-(P21-26)</b>	<b>E-(P21-26)</b>	<b>G-P27</b>	<b>E-P27</b>
		Minimum	5.00	4.00	5.00	4.00	5.00	4.00	6.00	4.00	6.00	4.00	6.00	4.00	6.00	4.00	6.00	4.00
<b>H</b>	<b>DEPTH OF WATER</b> at plummets <sup>2)</sup>	Designation		<b>H-P3</b>		<b>H-P5</b>		<b>H-P7.5</b>		<b>H-P10</b>		<b>H-P15</b>		<b>H-20</b>		<b>H-(P21-26)</b>		<b>H-P27</b>
		Minimum		3.60		3.60		4.50		5.00		5.50		5.80		5.80		5.80
<b>J</b> <b>K</b>	<b>DISTANCE and</b> <b>DEPTH AHEAD</b> of plummets for all stands	Designation	<b>J-P3</b>	<b>K-P3</b>	<b>J-P5</b>	<b>K-P5</b>	<b>J-P7.5</b>	<b>K-P7.5</b>	<b>J-P10</b>	<b>K-P10</b>	<b>J-P15</b>	<b>K-P15</b>	<b>J-P20</b>	<b>K-P20</b>	<b>J-(P21-26)</b>	<b>K-(P21-26)</b>	<b>J-P27</b>	<b>K-P27</b>
		Minimum	5.50	3.40	6.00	3.60	8.00	4.30	11.00	4.80	11.50	5.30	12.00	5.60	12.00	5.60	12.00	5.60
<b>L</b> <b>M</b>	<b>DISTANCE and DEPTH</b> <b>EACH SIDE</b> of plummets	Designation	<b>L-P3</b>	<b>M-P3</b>	<b>L-P5</b>	<b>M-P5</b>	<b>L-7.5</b>	<b>M-7.5</b>	<b>L-P10</b>	<b>M-P10</b>	<b>L-P15</b>	<b>M-P15</b>	<b>L-P20</b>	<b>M-P20</b>	<b>L-(P21-26)</b>	<b>M-(P21-26)</b>	<b>L-P27</b>	<b>M-P27</b>
		Minimum	2.30	3.40	3.50	3.60	4.50	4.30	5.25	4.80	5.50	5.30	6.00	5.60	6.50	5.60	7.00	5.60
<b>N</b>	Maximum Slope to reduce dimensions beyond full requirements for pool depth and ceiling height = 30 Degrees																	

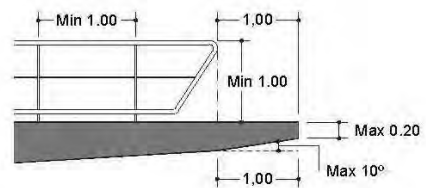
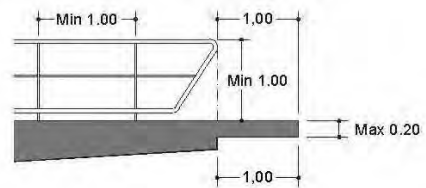
### Notes

- The appropriate local authorities must certify that the minimum requirements are observed.
- 1) The side distance between platforms must not be less than 0.50 metre.
- 2) Legacy pools are pools built prior to December 31, 2017. They are permitted to have a minimum depth of 5 metres.
- 3) or High Diving events other than World Aquatics Championships and World Aquatics World Cups the following minimum platform dimensions are accepted: Length 2.0m / width 1.5m; adjacent platform distances between platforms to be adjusted accordingly with respect the 0.50 metre distance between the platforms
- 4) in natural surroundings (sea, lakes, rivers etc.) height tolerance: ± 1 metre.
- 5) 15.00m is an official height for Junior A competitions and dimensions valid for all heights between 11.00 - 19.00 metres.

### 11.5.3 Appendix 3 - Diagram / Temporary Round Pools



Handrail and Platform Front Edge Detail



## 11.5.4 Appendix 4 - Table - Temporary Round Pools – Dimensions

WORLD AQUATICS			PLATFORM				
Dimensions for High Diving temporary round pools			P 5	P 7.5	P 10	P 20	P 27
Round pool diameter 17 m	Length	Minimum	5.00	5.00	5.00	5.00	5.00
	Width	Minimum	2.00	2.00	2.00	2.00	2.00
	Height		5.00	7.50	10.00	20.00	27.00
		Tolerance		± 0.05	± 0.05	± 0.05	± 0.05
A	From plummet <b>BACK TO POOL WALL</b>		1.50	1.85	1.85	2.25	3.00
A/A	From plummet <b>BACK TO PLATFORM</b> plummet direct below					0.75	0.75
B	From plummet to <b>POOL WALL AT SIDE</b>		4.80	3.20	3.20	5.70	6.40
C	From plummet to <b>ADJACENT PLUMMET</b> <sup>1)</sup>		2.50	2.50	2.50	2.50	2.50
D	From plummet to <b>POOL WALL AHEAD</b>		14.00	14.00	14.00	14.00	14.00
H	<b>DEPTH OF WATER</b> at plummet		5.80	5.80	5.80	5.80	5.80

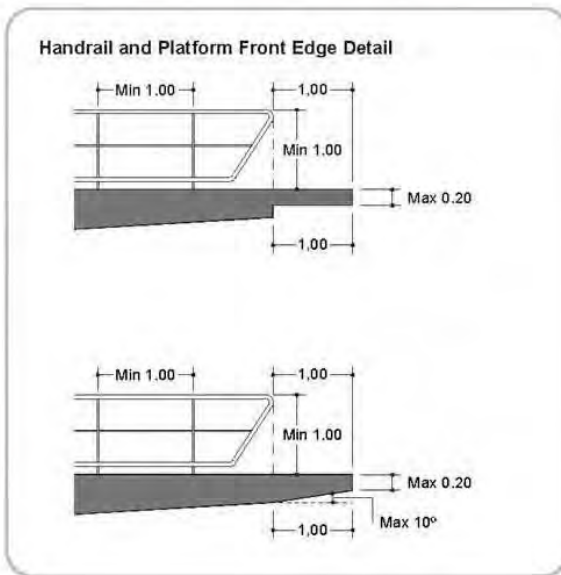
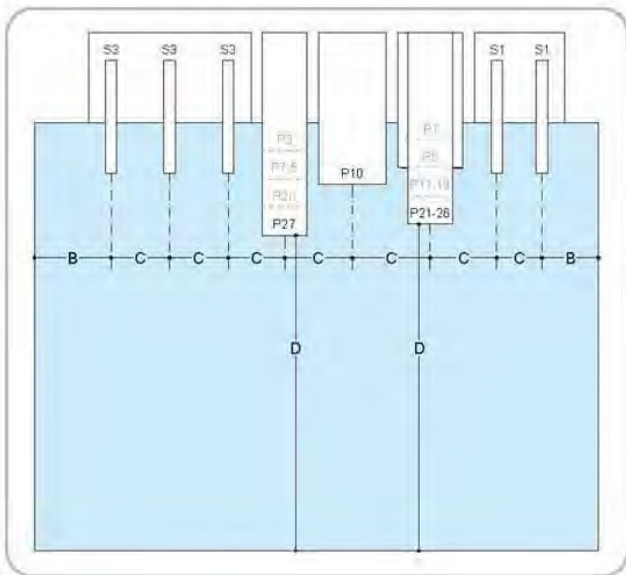
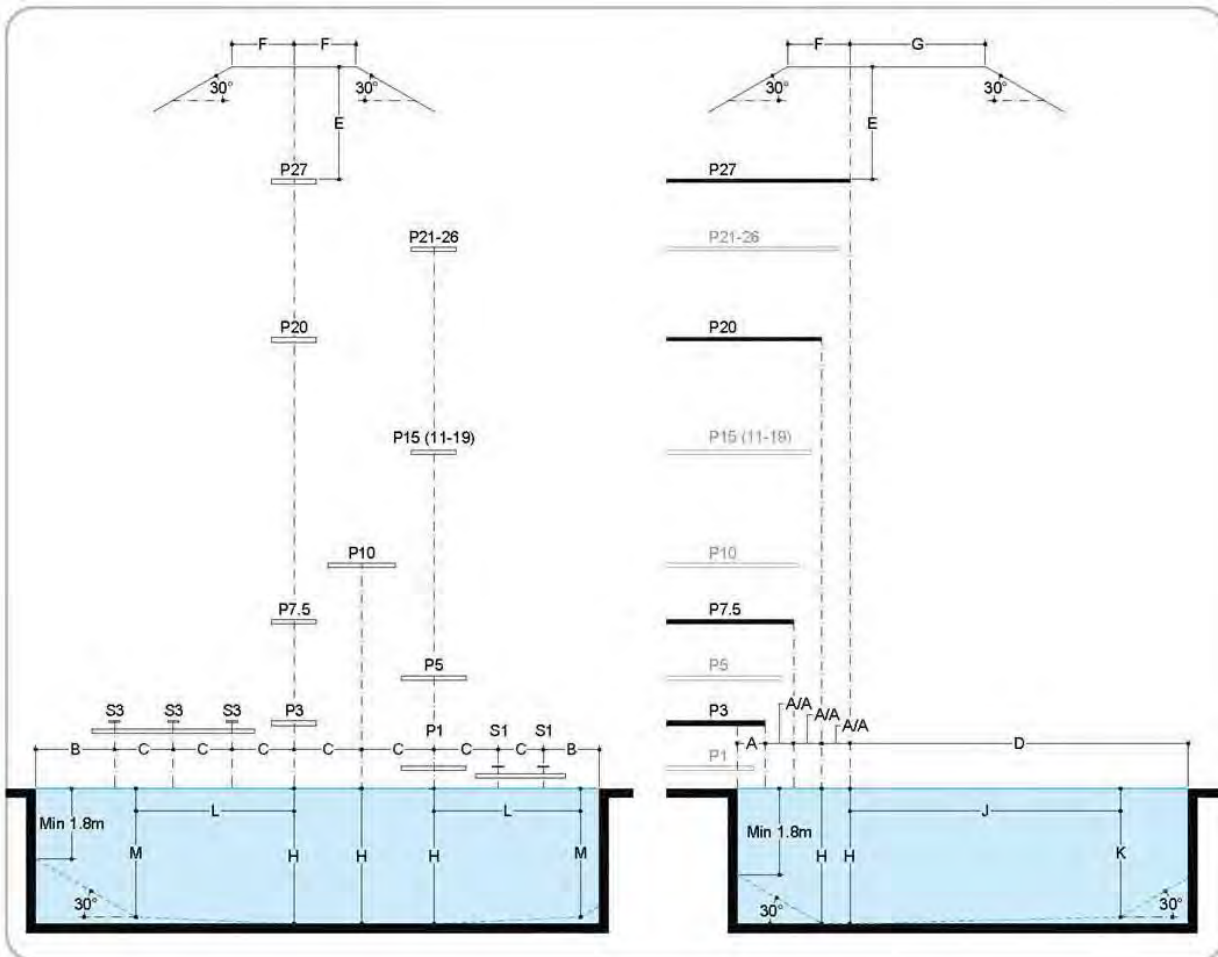
### Notes

- The appropriate local authorities must certify that the minimum requirements are observed.
- <sup>1)</sup> The side distance between platforms must not be less than 0.50 metre.
- The use of temporary round pools (TRP) is restricted to sanctioned World Aquatics competitions.

### Comment

The same dimensions and configuration of the platforms can be achieved in a rectangular pool with the following dimensions: 14.00 x 17.00 metres.

### 11.5.5 Appendix 5 - Diagram / General Standard Facilities combined with Diving





12. APPENDICES  
 12.1 Appendix 6: World Aquatics Degree of Difficulty – Formula and Components – High Diving

HIGH DIVING: 12 METERS

STANDING DIVES A+B+C+D+E+F+DD		ARMSTAND DIVES A1+B1+C1+D1+E1+F1+DD																																																																								
FORWARD (GROUP 1) 1 - 51		FORWARD (GROUP 5) 61																																																																								
A. SOMERSAULTS	<table border="1"> <tr><td>1</td><td>3</td><td>1/2 SS</td><td>8</td><td>10</td></tr> <tr><td>2</td><td>3</td><td>1/2 SS</td><td>9</td><td>7</td><td>9</td></tr> <tr><td>2,3</td><td>2,6</td><td>3,4</td><td>4,7</td><td></td></tr> </table>	1	3	1/2 SS	8	10	2	3	1/2 SS	9	7	9	2,3	2,6	3,4	4,7		A1. SOMERSAULTS	<table border="1"> <tr><td>1</td><td>3</td><td>1/2 SS</td><td>7</td><td>9</td></tr> <tr><td>2,3</td><td>2,6</td><td>3,4</td><td>4,7</td><td></td></tr> </table>	1	3	1/2 SS	7	9	2,3	2,6	3,4	4,7																																														
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D. TWISTS BLIND ENTRY	<table border="1"> <tr><td>1/2 TW</td><td>2</td><td>4</td><td>6</td><td>8</td><td>10</td></tr> <tr><td>1</td><td>0,4</td><td>0,6</td><td>0,9</td><td>1,3</td><td></td></tr> <tr><td>3</td><td>-</td><td>1,0</td><td>1,6</td><td>-</td><td></td></tr> <tr><td>5</td><td>-</td><td>1,8</td><td>-</td><td>-</td><td></td></tr> <tr><td>7</td><td>-</td><td>2,9</td><td>-</td><td>-</td><td></td></tr> </table>	1/2 TW	2	4	6	8	10	1	0,4	0,6	0,9	1,3		3	-	1,0	1,6	-		5	-	1,8	-	-		7	-	2,9	-	-		D1. TWISTS BLIND ENTRY	<table border="1"> <tr><td>1</td><td>3</td><td>5</td><td>7</td><td>9</td></tr> <tr><td>1</td><td>0,3</td><td>0,5</td><td>0,9</td><td>1,3</td><td></td></tr> <tr><td>3</td><td>-</td><td>1,0</td><td>1,5</td><td>-</td><td></td></tr> <tr><td>5</td><td>-</td><td>1,8</td><td>2,4</td><td>-</td><td></td></tr> <tr><td>7</td><td>-</td><td>2,8</td><td>3,5</td><td>-</td><td></td></tr> </table>	1	3	5	7	9	1	0,3	0,5	0,9	1,3		3	-	1,0	1,5	-		5	-	1,8	2,4	-		7	-	2,8	3,5	-													
1/2 TW	2	4	6	8	10																																																																					
1	0,4	0,6	0,9	1,3																																																																						
3	-	1,0	1,6	-																																																																						
5	-	1,8	-	-																																																																						
7	-	2,9	-	-																																																																						
1	3	5	7	9																																																																						
1	0,3	0,5	0,9	1,3																																																																						
3	-	1,0	1,5	-																																																																						
5	-	1,8	2,4	-																																																																						
7	-	2,8	3,5	-																																																																						
E. BACK ROTATION CONTROL ENTRY	<table border="1"> <tr><td>2</td><td>4</td><td>6</td><td>8</td><td>10</td></tr> <tr><td>0,2</td><td>0,4</td><td>0,6</td><td>1,0</td><td></td></tr> </table>	2	4	6	8	10	0,2	0,4	0,6	1,0		E1. BACK ROTATION CONTROL ENTRY	<table border="1"> <tr><td>1</td><td>3</td><td>1/2 SS</td><td>7</td><td>9</td></tr> <tr><td>0,2</td><td>0,4</td><td>0,6</td><td>0,8</td><td></td></tr> </table>	1	3	1/2 SS	7	9	0,2	0,4	0,6	0,8																																																				
2	4	6	8	10																																																																						
0,2	0,4	0,6	1,0																																																																							
1	3	1/2 SS	7	9																																																																						
0,2	0,4	0,6	0,8																																																																							

# HIGH DIVING: 15 METERS

STANDING DIVES		ARMSTAND DIVES	
A+B+C+D+E+F=DD		A1+B1+C1+D1+E1+F1=DD	

### FORWARD (GROUP 1)

**1 - 51**

A. SOMERSAULTS

1	2	3	4	5	6	7	8	9	10
2.4	2.7	3.2	4.2	4.2	5.7	-	-	-	-

B. APPROACH

1	2	3	4	5	6	7	8	9	10
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

C. TWISTS BARANI ENTRY

1	2	3	4	5	6	7	8	9	10
0.0	0.2	0.4	0.4	0.6	0.6	0.8	1.0	1.0	1.1
3	-	0.5	0.9	1.4	-	-	-	-	-
5	-	0.9	1.5	-	-	-	-	-	-
7	-	1.1	1.7	-	-	-	-	-	-
9	-	2.0	-	-	-	-	-	-	-

D. TWISTS BLIND ENTRY

1	2	3	4	5	6	7	8	9	10
0.8	1.3	1.3	2.0	-	-	-	-	-	-
4	-	1.3	2.0	-	-	-	-	-	-
6	-	1.9	-	-	-	-	-	-	-

E. BLIND ENTRY

1	2	3	4	5	6	7	8	9	10
0.2	0.5	0.8	1.2	-	-	-	-	-	-
2	-	0.5	0.8	1.2	-	-	-	-	-
4	-	0.8	1.2	-	-	-	-	-	-

### INWARD (GROUP 4)

**4 - 54**

A. SOMERSAULTS

2	3	4	5	6	7	8	9	10
2.4	2.7	3.2	4.2	4.2	5.7	-	-	-

B. APPROACH

2	3	4	5	6	7	8	9	10
0.2	0.4	0.6	0.8	0.8	1.0	1.0	1.1	1.1

C. TWISTS BARANI ENTRY

2	3	4	5	6	7	8	9	10
0.1	0.2	0.4	0.4	0.7	0.7	1.0	1.1	1.1
3	-	0.6	1.0	1.5	-	-	-	-
5	-	0.9	1.5	-	-	-	-	-
7	-	1.1	1.7	-	-	-	-	-
9	-	2.0	-	-	-	-	-	-

D. TWISTS BLIND ENTRY

2	3	4	5	6	7	8	9	10
1.0	1.5	1.5	2.2	-	-	-	-	-
4	-	1.5	2.2	-	-	-	-	-
6	-	2.3	-	-	-	-	-	-

E. BLIND ENTRY

2	3	4	5	6	7	8	9	10
0.4	0.6	0.9	1.4	1.4	2.0	-	-	-
4	-	0.6	0.9	1.4	2.0	-	-	-
6	-	0.9	1.4	2.0	-	-	-	-

### FORWARD (GROUP 5)

**61**

A1. SOMERSAULTS

1	2	3	4	5	6	7	8	9	10
2.4	2.7	3.2	4.2	4.2	5.7	-	-	-	-

B1. APPROACH

1	2	3	4	5	6	7	8	9	10
0.0	0.1	0.3	0.3	0.5	0.5	0.7	0.9	0.9	1.0

C1. TWISTS BARANI ENTRY

1	2	3	4	5	6	7	8	9	10
0.0	0.1	0.3	0.3	0.5	0.5	0.7	0.9	0.9	1.0
3	-	0.6	0.9	1.4	-	-	-	-	-
5	-	1.2	-	-	-	-	-	-	-
7	-	1.4	-	-	-	-	-	-	-

D1. TWISTS BLIND ENTRY

1	2	3	4	5	6	7	8	9	10
0.9	1.4	1.4	2.1	-	-	-	-	-	-
4	-	1.4	2.1	-	-	-	-	-	-
6	-	1.6	-	-	-	-	-	-	-

E1. BLIND ENTRY

1	2	3	4	5	6	7	8	9	10
0.1	0.4	0.8	1.2	1.2	1.6	-	-	-	-
2	-	0.4	0.8	1.2	1.6	-	-	-	-
4	-	0.8	1.2	1.6	-	-	-	-	-

### REVERSE (GROUP 3)

**3 - 53**

A. SOMERSAULTS

2	3	4	5	6	7	8	9	10
2.4	2.7	3.2	4.2	4.2	5.7	-	-	-

B. APPROACH

2	3	4	5	6	7	8	9	10
0.2	0.3	0.5	0.7	0.7	0.9	0.9	1.0	1.0

C. TWISTS BARANI ENTRY

2	3	4	5	6	7	8	9	10
0.2	0.3	0.4	0.6	0.6	0.9	0.9	1.1	1.1
4	-	0.7	1.1	-	-	-	-	-
6	-	1.2	-	-	-	-	-	-
8	-	1.8	-	-	-	-	-	-
10	-	2.3	-	-	-	-	-	-

D. TWISTS BLIND ENTRY

2	3	4	5	6	7	8	9	10
0.4	0.6	0.9	1.3	1.3	1.8	-	-	-
4	-	0.6	0.9	1.3	1.8	-	-	-
6	-	1.0	1.6	-	-	-	-	-
8	-	1.6	-	-	-	-	-	-
10	-	2.3	-	-	-	-	-	-

F. BACK ROTATION CONTROL ENTRY

2	3	4	5	6	7	8	9	10
0.1	0.3	0.6	1.0	1.0	1.3	1.3	1.6	1.6

### BACK (GROUP 2)

**2 - 52**

A. SOMERSAULTS

2	3	4	5	6	7	8	9	10
2.4	2.7	3.2	4.2	4.2	5.7	-	-	-

B. APPROACH

2	3	4	5	6	7	8	9	10
0.2	0.3	0.5	0.7	0.7	0.9	0.9	1.0	1.0

C. TWISTS BARANI ENTRY

2	3	4	5	6	7	8	9	10
0.1	0.2	0.3	0.4	0.6	0.6	0.9	0.9	1.1
4	-	0.5	0.8	-	-	-	-	-
6	-	0.9	1.4	-	-	-	-	-
8	-	1.5	2.1	-	-	-	-	-
10	-	2.1	-	-	-	-	-	-

D. TWISTS BLIND ENTRY

2	3	4	5	6	7	8	9	10
0.3	0.5	0.8	1.1	1.1	1.6	-	-	-
4	-	0.5	0.8	1.1	1.6	-	-	-
6	-	1.3	2.0	-	-	-	-	-
8	-	2.0	2.8	-	-	-	-	-

F. BACK ROTATION CONTROL ENTRY

2	3	4	5	6	7	8	9	10
0.1	0.2	0.5	0.8	0.8	1.1	1.1	1.3	1.3

### REVERSE (GROUP 5)

**63**

A1. SOMERSAULTS

1	2	3	4	5	6	7	8	9	10
2.4	2.7	3.2	4.2	4.2	5.7	-	-	-	-

B1. SOMERSAULTS

1	2	3	4	5	6	7	8	9	10
0.1	0.3	0.5	0.8	0.8	1.1	1.1	1.3	1.3	1.6

F1. BACK ROTATION CONTROL ENTRY

1	2	3	4	5	6	7	8	9	10
0.2	0.4	0.8	1.2	1.2	1.6	-	-	-	-
2	-	0.4	0.8	1.2	1.6	-	-	-	-
4	-	0.8	1.2	1.6	-	-	-	-	-

**POSITIONS VALUES FOR ALL GROUPS**

STAND. 1/2 SS	1	2	3	4	5	6	7	8	9	10
APPR. 1/2 SS	1	2	3	4	5	6	7	8	9	10
A	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
B	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
B Flying	0.1	0.1	0.1	0.2	0.4	-	-	-	-	-
B Mid-turn	0.1	0.1	0.1	0.2	0.4	-	-	-	-	-
C Flying	0.1	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3
C Mid-turn	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
D	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
E	0.1	0.1	0.1	0.2	0.2	0.4	-	-	-	-



# HIGH DIVING: 20 METRES

## STANDING DIVES A+B+C+D+E+F=DD

## ARMSTAND DIVES A1+B1+C1+D1+E1+F1=DD

### FORWARD (GROUP 1)

**1 - 51**

A. SOMERSAULTS

	2	4	6	8	10
1/2 ss	2.5	2.8	3.4	4.4	5.9

B. APPROACH

	2	4	6	8	10
1/2 ss	0.0	0.0	0.0	0.0	0.0

C. TWISTS BARANI ENTRY

	2	4	6	8	10
1/2 tw	1	0.0	0.0	0.0	0.0
1	0.0	0.0	0.0	0.0	0.0
3	0.2	0.3	0.5	0.7	0.9
5	0.5	0.7	1.1	1.5	1.9
7	0.9	1.2	1.8	2.4	3.0
9	1.4	1.8	2.6	3.4	4.2

D. TWISTS BLIND ENTRY

	2	4	6	8	10
1/2 tw	2	0.4	0.6	0.9	1.3
2	0.4	0.6	0.9	1.3	1.7
4	--	1.1	1.6	2.2	--
6	--	1.7	2.4	3.2	--
8	--	2.5	3.3	--	--

E. BLIND ENTRY

	2	4	6	8	10
1/2 ss	0.2	0.3	0.4	0.6	0.8

### FORWARD (GROUP 5)

**4 - 54**

A. SOMERSAULTS

	2	4	6	8	10
1/2 ss	2.5	2.8	3.4	4.4	5.9

B. APPROACH

	2	4	6	8	10
1/2 ss	0.2	0.4	0.5	0.8	1.0

C. TWISTS BARANI ENTRY

	2	4	6	8	10
1/2 tw	1	0.0	0.0	0.0	0.0
1	0.0	0.0	0.0	0.0	0.0
3	0.2	0.4	0.6	0.8	1.0
5	0.5	0.9	1.3	1.7	2.1
7	0.9	1.5	2.1	2.7	3.3
9	1.4	2.2	3.0	3.8	4.6

D. TWISTS BLIND ENTRY

	2	4	6	8	10
1/2 tw	2	0.5	0.8	1.1	1.5
2	0.5	0.8	1.1	1.5	1.9
4	--	1.4	1.9	2.5	--
6	--	2.1	2.8	3.6	--
8	--	2.9	3.8	--	--

E. BLIND ENTRY

	2	4	6	8	10
1/2 ss	0.3	0.4	0.5	0.7	0.9

### FORWARD (GROUP 9)

**61**

A1. SOMERSAULTS

	2	4	6	8	10
1/2 ss	2.5	2.8	3.4	4.4	5.9

B1. APPROACH

	2	4	6	8	10
1/2 ss	0.0	0.1	0.3	0.5	0.7

C1. TWISTS BARANI ENTRY

	2	4	6	8	10
1/2 tw	1	0.0	0.0	0.0	0.0
1	0.0	0.0	0.0	0.0	0.0
3	0.2	0.3	0.4	0.6	0.8
5	0.5	0.7	0.9	1.3	1.7
7	0.9	1.2	1.5	2.1	2.7
9	1.4	1.8	2.2	3.0	3.8

D1. TWISTS BLIND ENTRY

	2	4	6	8	10
1/2 tw	1	0.0	0.0	0.0	0.0
2	0.0	0.0	0.0	0.0	0.0
4	--	1.1	1.5	2.1	--
6	--	1.7	2.2	--	--
8	--	2.2	--	--	--

E1. BLIND ENTRY

	2	4	6	8	10
1/2 ss	0.1	0.3	0.5	0.7	0.9

### FORWARD (GROUP 13)

**63**

A1. SOMERSAULTS

	2	4	6	8	10
1/2 ss	2.5	2.8	3.4	4.4	5.9

B1. APPROACH

	2	4	6	8	10
1/2 ss	0.0	0.1	0.3	0.5	0.7

C1. TWISTS BARANI ENTRY

	2	4	6	8	10
1/2 tw	1	0.0	0.0	0.0	0.0
1	0.0	0.0	0.0	0.0	0.0
3	0.2	0.3	0.4	0.6	0.8
5	0.5	0.7	0.9	1.3	1.7
7	0.9	1.2	1.5	2.1	2.7
9	1.4	1.8	2.2	3.0	3.8

D1. TWISTS BLIND ENTRY

	2	4	6	8	10
1/2 tw	1	0.0	0.0	0.0	0.0
2	0.0	0.0	0.0	0.0	0.0
4	--	1.1	1.5	2.1	--
6	--	1.7	2.2	--	--
8	--	2.2	--	--	--

E1. BLIND ENTRY

	2	4	6	8	10
1/2 ss	0.1	0.3	0.5	0.7	0.9

**POSITIONS VALUES FOR ALL GROUPS**

STAND. 1/2 SS	2	4	6	8	10
ARM. 1/2 SS	1	3	5	7	9

A	0.2	0.2	0.0	0.0	0.0
B	0.0	0.0	0.0	0.0	0.0
Flying B	0.1	0.1	0.2	0.4	0.0
Mid-turn B	-	-	-	-	-
C	-0.1	-0.2	-0.1	0.3	0.5
Flying C	0.0	0.1	-0.1	-0.2	-
Mid-turn C	-	-	-	-	-
D	0.0	0.0	0.0	0.0	0.0
E	0.1	0.1	0.1	0.2	0.4

### BACK (GROUP 2)

**2 - 52**

A. SOMERSAULTS

	2	4	6	8	10
1/2 ss	2.5	2.8	3.4	4.4	5.9

B. APPROACH

	2	4	6	8	10
1/2 ss	0.2	0.3	0.4	0.5	0.6

C. TWISTS

	2	4	6	8	10
1/2 tw	2	0.0	0.0	0.0	0.0
2	0.0	0.0	0.0	0.0	0.0
4	0.0	0.0	0.0	0.0	0.0
6	0.2	0.3	0.5	0.7	0.9
8	0.5	0.7	1.1	1.5	1.9
10	0.9	1.3	1.9	2.5	3.1

D. TWISTS BLIND ENTRY

	2	4	6	8	10
1/2 tw	1	0.2	0.3	0.5	0.7
1	0.2	0.3	0.5	0.7	0.9
3	--	0.6	1.0	1.4	--
5	--	1.1	1.7	2.3	--
7	--	1.8	2.6	3.4	--
9	--	2.7	3.7	--	--

F. BACK ROTATION CONTROL ENTRY

	2	4	6	8	10
1/2 ss	0.0	0.1	0.2	0.3	0.5

### BACK (GROUP 6)

**3 - 53**

A. SOMERSAULTS

	2	4	6	8	10
1/2 ss	2.5	2.8	3.4	4.4	5.9

B. APPROACH

	2	4	6	8	10
1/2 ss	0.2	0.3	0.5	0.7	0.9

C. TWISTS

	2	4	6	8	10
1/2 tw	2	0.0	0.0	0.0	0.0
2	0.0	0.0	0.0	0.0	0.0
4	0.0	0.0	0.0	0.0	0.0
6	0.2	0.3	0.5	0.7	0.9
8	0.5	0.7	1.1	1.5	1.9
10	0.9	1.3	1.9	2.5	3.1

D. TWISTS BLIND ENTRY

	2	4	6	8	10
1/2 tw	1	0.2	0.3	0.5	0.7
1	0.2	0.3	0.5	0.7	0.9
3	--	0.7	1.1	1.5	--
5	--	1.3	1.9	2.5	--
7	--	2.1	2.9	3.7	--
9	--	3.1	4.1	--	--

F. BACK ROTATION CONTROL ENTRY

	2	4	6	8	10
1/2 ss	0.0	0.1	0.2	0.3	0.5

### BACK (GROUP 10)

**62**

A1. SOMERSAULTS

	2	4	6	8	10
1/2 ss	2.5	2.8	3.4	4.4	5.9

B1. APPROACH

	2	4	6	8	10
1/2 ss	0.0	0.1	0.3	0.5	0.7

C1. TWISTS

	2	4	6	8	10
1/2 tw	1	0.0	0.0	0.0	0.0
1	0.0	0.0	0.0	0.0	0.0
3	0.2	0.3	0.4	0.6	0.8
5	0.5	0.7	0.9	1.3	1.7
7	0.9	1.2	1.5	2.1	2.7
9	1.4	1.8	2.2	3.0	3.8

D1. TWISTS BLIND ENTRY

	2	4	6	8	10
1/2 tw	1	0.2	0.3	0.5	0.7
1	0.2	0.3	0.5	0.7	0.9
3	--	0.6	1.0	1.4	--
5	--	1.1	1.7	2.3	--
7	--	1.7	2.5	3.3	--
9	--	2.4	3.4	--	--

F1. BACK ROTATION CONTROL ENTRY

	2	4	6	8	10
1/2 ss	0.1	0.2	0.3	0.4	0.6

### BACK (GROUP 14)

**63**

A1. SOMERSAULTS

	2	4	6	8	10
1/2 ss	2.5	2.8	3.4	4.4	5.9

B1. SOMERSAULTS

	2	4	6	8	10
1/2 ss	0.1	0.3	0.5	0.7	0.9

F1. BACK ROTATION CONTROL ENTRY

	2	4	6	8	10
1/2 ss	0.1	0.2	0.3	0.4	0.6



# HIGH DIVING: 27 METRES

## STANDING DIVES

A+B+C+D+E+F=DD

## ARMSTAND DIVES

A1+B1+C1+D1+E1+F1=DD

### FORWARD (GROUP 1)

**1 - 51**

A. SOMERSAULTS

2	4	6	8	10
2.6	2.9	3.4	4.1	5.1

B. APPROACH

2	3	5	8	10
0.0	0.0	0.0	0.0	0.0

C. TWISTS BARANI ENTRY

1/2 TW	2	4	6	8	10
1	0.0	0.0	0.0	0.0	0.0
3	0.2	0.3	0.4	0.6	0.8
5	0.5	0.7	0.9	1.3	1.7
7	0.9	1.2	1.5	2.1	2.7
9	1.4	1.8	2.2	3.0	3.8

D. TWISTS BLIND ENTRY

1/2 TW	2	4	6	8	10
2	0.4	0.6	0.8	1.2	1.6
4	--	1.1	1.4	2.0	--
6	--	1.7	2.1	2.9	--
8	--	--	2.9	--	--

E. BLIND ENTRY

2	4	6	8	10
0.2	0.3	0.4	0.6	0.8

### INWARD (GROUP 4)

**4 - 54**

A. SOMERSAULTS

2	4	6	8	10
2.6	2.9	3.4	4.1	5.1

B. APPROACH

2	4	6	8	10
0.0	0.2	0.4	0.6	0.8

C. TWISTS BARANI ENTRY

1/2 TW	2	4	6	8	10
1	0.0	0.0	0.0	0.0	0.0
3	0.3	0.4	0.5	0.7	0.9
5	0.7	0.9	1.1	1.5	1.9
7	1.2	1.5	1.8	2.4	3.0
9	1.8	2.2	2.6	3.4	4.2

D. TWISTS BLIND ENTRY

1/2 TW	2	4	6	8	10
2	0.6	0.8	1.0	1.4	1.8
4	--	1.4	1.7	--	--
6	--	2.1	2.5	--	--
8	--	--	2.5	--	--

E. BLIND ENTRY

2	4	6	8	10
0.3	0.4	0.5	0.7	0.9

### FORWARD (GROUP 5)

**61**

A1. SOMERSAULTS

1	3	5	7	9
2.6	2.9	3.4	4.1	5.1

B1. APPROACH

1	3	5	7	9
0.0	0.1	0.3	0.5	0.7

C1. TWISTS BARANI ENTRY

1/2 TW	1	3	5	7	9
1	0.0	0.0	0.0	0.0	0.0
3	0.2	0.3	0.4	0.6	0.8
5	0.5	0.7	0.9	1.3	1.7
7	0.9	1.2	1.5	2.1	2.7
9	1.4	1.8	2.2	3.0	3.8

D1. TWISTS BLIND ENTRY

1/2 TW	1	3	5	7	9
2	0.6	0.9	1.3	--	--
4	--	1.1	1.5	2.1	--
6	--	--	2.2	--	--
8	--	--	--	2.2	--

E1. BLIND ENTRY

1	3	5	7	9
0.1	0.3	0.5	0.7	0.9

### BACK (GROUP 2)

**2 - 52**

A. SOMERSAULTS

2	4	6	8	10
2.6	2.9	3.4	4.1	5.1

B. APPROACH

2	4	6	8	10
0.1	0.2	0.3	0.4	0.5

C. TWISTS BARANI ENTRY

1/2 TW	2	4	6	8	10
2	0.0	0.0	0.0	0.0	0.0
4	0.2	0.3	0.4	0.6	0.8
6	0.5	0.7	0.9	1.3	1.7
8	0.9	1.2	1.5	2.1	2.7
10	1.5	1.9	2.3	3.1	3.9

D. TWISTS BLIND ENTRY

1/2 TW	2	4	6	8	10
1	0.2	0.3	0.5	0.7	0.9
3	--	0.6	0.9	1.3	--
5	--	1.1	1.5	2.1	--
7	--	1.7	2.2	3.0	--
9	--	2.5	3.1	--	--

F. BACK ROTATION CONTROL ENTRY

2	4	6	8	10
0.0	0.0	0.1	0.1	0.2

### REVERSE (GROUP 3)

**3 - 53**

A. SOMERSAULTS

2	4	6	8	10
2.6	2.9	3.4	4.1	5.1

B. APPROACH

2	4	6	8	10
0.1	0.2	0.4	0.6	0.8

C. TWISTS BARANI ENTRY

1/2 TW	2	4	6	8	10
2	0.0	0.0	0.0	0.0	0.0
4	0.3	0.4	0.6	0.8	1.0
6	0.7	0.9	1.3	1.7	2.1
8	1.2	1.5	2.1	2.7	3.3
10	1.9	2.3	3.1	3.9	4.7

D. TWISTS BLIND ENTRY

1/2 TW	2	4	6	8	10
1	0.2	0.3	0.5	0.7	0.9
3	--	0.7	1.1	1.5	--
5	--	1.3	1.9	2.5	--
7	--	2.0	2.8	3.6	--
9	--	2.9	3.7	--	--

F. BACK ROTATION CONTROL ENTRY

2	4	6	8	10
0.0	0.0	0.1	0.1	0.2

### BACK (GROUP 5)

**62**

A1. SOMERSAULTS

1	3	5	7	9
2.6	2.9	3.4	4.1	5.1

B1. APPROACH

1	3	5	7	9
0.0	0.1	0.2	0.4	0.6

C1. TWISTS BARANI ENTRY

1/2 TW	1	3	5	7	9
2	0.0	0.0	0.0	0.0	0.0
4	0.3	0.4	0.5	0.7	0.9
6	0.7	0.9	1.1	1.5	1.9
8	1.2	1.5	1.8	2.4	3.0
10	1.8	2.2	2.6	3.4	4.2

D1. TWISTS BLIND ENTRY

1/2 TW	1	3	5	7	9
1	0.2	0.3	0.5	0.7	0.9
3	--	0.7	1.0	1.4	--
5	--	1.3	1.7	2.3	--
7	--	2.0	2.5	3.3	--
9	--	2.8	3.4	--	--

F1. BACK ROTATION CONTROL ENTRY

1	3	5	7	9
0.0	0.1	0.2	0.3	0.4

POSITIONS VALUES FOR ALL GROUPS

STAND	1/2 SS	2	4	6	8	10	12
ARM	1/2 SS	1	3	5	7	9	11
A		0.2	0.2	0.0	0.0	0.0	0.0
B		0.0	0.0	0.0	0.0	0.0	0.0
Flying B		-0.1	0.1	0.2	0.4	--	--
Mid-turn B		--	--	-0.1	0.1	0.3	0.5
C		-0.1	-0.2	-0.2	-0.3	-0.3	-0.3
Flying C		0.0	-0.1	-0.1	-0.2	--	--
Mid-turn C		--	--	0.0	0.0	0.0	0.2
D		0.0	0.0	0.0	0.0	0.0	0.0
E		0.1	0.1	0.2	0.4	--	--

### REVERSE (GROUP 5)

**63**

A1. SOMERSAULTS

1	3	5	7	9
2.6	2.9	3.4	4.1	5.1

B1. APPROACH

1	3	5	7	9
0.1	0.3	0.5	0.7	0.9

F1. BACK ROTATION CONTROL ENTRY

1	3	5	7	9
0.0	0.1	0.2	0.3	0.4

## ARMSTAND DIVES

## ARMSTAND DIVES

### FORWARD (GROUP 1)

**1 - 51**

A. SOMERSAULTS

2	4	6	8	10
2.6	2.9	3.4	4.1	5.1

B. APPROACH

2	3	5	8	10
0.0	0.0	0.0	0.0	0.0

C. TWISTS BARANI ENTRY

1/2 TW	2	4	6	8	10
1	0.0	0.0	0.0	0.0	0.0
3	0.2	0.3	0.4	0.6	0.8
5	0.5	0.7	0.9	1.3	1.7
7	0.9	1.2	1.5	2.1	2.7
9	1.4	1.8	2.2	3.0	3.8

D. TWISTS BLIND ENTRY

1/2 TW	2	4	6	8	10
2	0.4	0.6	0.8	1.2	1.6
4	--	1.1	1.4	2.0	--
6	--	1.7	2.1	2.9	--
8	--	--	2.9	--	--

E. BLIND ENTRY

2	4	6	8	10
0.2	0.3	0.4	0.6	0.8

### INWARD (GROUP 4)

**4 - 54**

A. SOMERSAULTS

2	4	6	8	10
2.6	2.9	3.4	4.1	5.1

B. APPROACH

2	4	6	8	10
0.0	0.2	0.4	0.6	0.8

C. TWISTS BARANI ENTRY

1/2 TW	2	4	6	8	10
1	0.0	0.0	0.0	0.0	0.0
3	0.3	0.4	0.5	0.7	0.9
5	0.7	0.9	1.1	1.5	1.9
7	1.2	1.5	1.8	2.4	3.0
9	1.8	2.2	2.6	3.4	4.2

D. TWISTS BLIND ENTRY

1/2 TW	2	4	6	8	10
2	0.6	0.8	1.0	1.4	1.8
4	--	1.4	1.7	--	--
6	--	2.1	2.5	--	--
8	--	--	2.5	--	--

E. BLIND ENTRY

2	4	6	8	10
0.3	0.4	0.5	0.7	0.9

### FORWARD (GROUP 5)

**61**

A1. SOMERSAULTS

1	3	5	7	9
2.6	2.9	3.4	4.1	5.1

B1. APPROACH

1	3	5	7	9
0.0	0.1	0.3	0.5	0.7

C1. TWISTS BARANI ENTRY

1/2 TW	1	3	5	7	9
1	0.0	0.0	0.0	0.0	0.0
3	0.2	0.3	0.4	0.6	0.8
5	0.5	0.7	0.9	1.3	1.7
7	0.9	1.2	1.5	2.1	2.7
9	1.4	1.8	2.2	3.0	3.8

D1. TWISTS BLIND ENTRY

1/2 TW	1	3	5	7	9
2	0.6	0.9	1.3	--	--
4	--	1.1	1.5	2.1	--
6	--	--	2.2	--	--
8	--	--	--	2.2	--

E1. BLIND ENTRY

1	3	5	7	9
0.1	0.3	0.5	0.7	0.9

### BACK (GROUP 2)

**2 - 52**

A. SOMERSAULTS

2	4	6	8	10
2.6	2.9	3.4	4.1	5.1

B. APPROACH

2	4	6	8	10
0.1	0.2	0.3	0.4	0.5

C. TWISTS BARANI ENTRY

1/2 TW	2	4	6	8	10
2	0.0	0.0	0.0	0.0	0.0
4	0.2	0.3	0.4	0.6	0.8
6	0.5	0.7	0.9	1.3	1.7
8	0.9	1.2	1.5	2.1	2.7
10	1.5	1.9	2.3	3.1	3.9

D. TWISTS BLIND ENTRY

1/2 TW	2	4	6	8	10
1	0.2	0.3	0.5	0.7	0.9
3	--	0.6	0.9	1.3	--
5	--	1.1	1.5	2.1	--
7	--	1.7	2.2	3.0	--
9	--	2.5	3.1	--	--

F. BACK ROTATION CONTROL ENTRY

2	4	6	8	10
0.0	0.0	0.1	0.1	0.2

### REVERSE (GROUP 3)

**3 - 53**

A. SOMERSAULTS

2	4	6	8	10
2.6	2.9	3.4	4.1	5.1

B. APPROACH

2	4	6	8	10
0.1	0.2	0.4	0.6	0.8

C. TWISTS BARANI ENTRY

1/2 TW	2	4	6	8	10
2	0.0	0.0	0.0	0.0	0.0
4	0.3	0.4	0.6	0.8	1.0
6	0.7	0.9	1.3	1.7	2.1
8	1.2	1.5	2.1	2.7	3.3
10	1.9	2.3	3.1	3.9	4.7

D. TWISTS BLIND ENTRY

1/2 TW	2	4	6	8	10
1	0.2	0.3	0.5	0.7	0.9
3	--	0.7	1.1	1.5	--
5	--	1.3	1.9	2.5	--
7	--	2.0	2.8	3.6	--
9	--	2.9	3.7	--	--

F. BACK ROTATION CONTROL ENTRY

2	4	6	8	10
0.0	0.0	0.1	0.1	0.2

### BACK (GROUP 5)

**62**

A1. SOMERSAULTS

1	3	5	7	9
2.6	2.9	3.4	4.1	5.1



## 12.2 Appendix 7: Word Aquatics Table of Degree of Difficulties – Platform High Diving

Dive Number	Dive description	DD TABLE - 12 mts					DD TABLE - 15 mts				
		A	B	C	D	E	A	B	C	D	E
<b>Group 1 - Forward</b>											
102	Forward 1 Somersault	2,7	2,5	2,4		2,6	2,8	2,6	2,5		2,7
104	Forward 2 Somersaults		3,1	2,9		3,2		3,2	3,0		3,3
106	Forward 3 Somersaults		4,2	4,0		4,4		4,0	3,8		4,2
108	Forward 4 Somersaults		5,9	5,6				5,4	5,1		
112	Forward Flying 1 Somersault		2,6	2,5				2,7	2,6		
114	Forward Flying 2 Somersaults		3,2	3,0				3,3	3,1		
116	Forward Flying 3 Somersaults		4,4	4,1				4,2	3,9		
5121	Forward 1 Somersault 1/2 Twist				2,3					2,4	
5141	Forward 2 Somersaults 1/2 Twist		2,8	2,6		2,9		2,9	2,7		3,0
5(1)141	Forward Flying 2 Somersaults 1/2 Twist		2,9	2,7				3,0	2,8		
5161	Forward 3 Somersaults 1/2 Twist		3,8	3,6		4,0		3,6	3,4		3,8
5(1)161	Forward Flying 3 Somersaults 1/2 Twist		4,0	3,7				3,8	3,5		
5161m	Forward 3 Somersaults 1/2 Twist mid-turn		3,9	3,8				3,7	3,6		
5181	Forward 4 Somersaults 1/2 Twist		5,3	5,0				4,8	4,5		
5(1)181	Forward Flying 4 Somersaults 1/2 Twist		5,7	5,1				5,2	4,6		
5181m	Forward 4 Somersaults 1/2 Twist mid-turn		5,6	5,3				5,1	4,8		
5142	Forward 2 Somersaults 1 Twist				3,4					3,5	
5143	Forward 2 Somersaults 1 1/2 Twist				3,1					3,2	
5144	Forward 2 Somersaults 2 Twists				4,0					4,0	
5145	Forward 2 Somersaults 2 1/2 Twists				3,6					3,6	
5146	Forward 2 Somersaults 3 Twists				4,8					4,6	
5147	Forward 2 Somersaults 3 1/2 Twists				4,3					4,1	
5149	Forward 2 Somersaults 4 1/2 Twists				5,2					4,7	
5162	Forward 3 Somersaults 1 Twist		4,7	4,5				4,5	4,3		
5163	Forward 3 Somersaults 1 1/2 Twist		4,3	4,1				4,1	3,9		
5164	Forward 3 Somersaults 2 Twists		5,5	5,3				5,2	5,0		
5165	Forward 3 Somersaults 2 1/2 Twists		5,0	4,8				4,7	4,5		
<b>Group 2 - Back</b>											
202	Back 1 Somersault	2,8	2,6	2,5		2,7	2,9	2,7	2,6		2,8
204	Back 2 Somersaults	3,3	3,1	2,9		3,2	3,4	3,2	3,0		3,3
206	Back 3 Somersaults		4,4	4,2		4,6		4,2	4,0		4,4
208	Back 4 Somersaults		6,2	5,9				5,7	5,4		
212	Back Flying 1 Somersault		2,7	2,6				2,8	2,7		
214	Back Flying 2 Somersaults		3,2	3,0				3,3	3,1		
5241	Back 2 Somersaults 1/2 Twist				3,4					3,5	
5242	Back 2 Somersaults 1 Twist				3,1					3,2	
5243	Back 2 Somersaults 1 1/2 Twist				3,8					3,8	
5244	Back 2 Somersaults 2 Twists				3,5					3,5	
5245	Back 2 Somersaults 2 1/2 Twists				4,5					4,3	
5246	Back 2 Somersaults 3 Twists				4,1					3,9	
5248	Back 2 Somersaults 4 Twists				4,9					4,5	
5261	Back 3 Somersaults 1/2 Twist		4,7	4,5				4,5	4,3		
5262	Back 3 Somersaults 1 Twist		4,2	4,0				4,0	3,8		
5263	Back 3 Somersaults 1 1/2 Twist		5,3	5,1				5,0	4,8		
5264	Back 3 Somersaults 2 Twists		4,8	4,6				4,5	4,3		
5265	Back 3 Somersaults 2 1/2 Twist		6,2	6,0				5,7	5,5		
5266	Back 3 Somersaults 3 Twists		5,6	5,4				5,1	4,9		
5282	Back 4 Somersaults 1 Twist		5,8	5,5				5,3	5,0		
<b>Group 3 - Reverse</b>											
302	Reverse 1 Somersault	2,9	2,7	2,6		2,8	2,9	2,7	2,6		2,8
304	Reverse 2 Somersaults		3,3	3,1		3,4		3,3	3,1		3,4
306	Reverse 3 Somersaults		4,5	4,3				4,3	4,1		
308	Reverse 4 Somersaults		6,4	6,1				5,9	5,6		
312	Reverse Flying 1 Somersault		2,8	2,7				2,8	2,7		
5341	Reverse 2 Somersaults 1/2 Twist				3,5					3,6	
5342	Reverse 2 Somersaults 1 Twist				3,2					3,3	
5343	Reverse 2 Somersaults 1 1/2 Twist				3,9					4,0	
5344	Reverse 2 Somersaults 2 Twists				3,6					3,7	

Dive Number	Dive description	DD TABLE - 12 mts					DD TABLE - 15 mts				
		A	B	C	D	E	A	B	C	D	E
5345	Reverse 2 Somersaults 2 1/2 Twists				4,7					4,6	
5346	Reverse 2 Somersaults 3 Twists				4,3					4,2	
5347	Reverse 2 Somersaults 3 1/2 Twists				5,8					5,3	
5348	Reverse 2 Somersaults 4 Twists				5,3					4,8	
5361	Reverse 3 Somersaults 1/2 Twist		4,8	4,6				4,6	4,4		
<b>Group 4 - Inward</b>											
402	Inward 1 Somersault		2,9	2,8		3,0		3,0	2,9		3,1
404	Inward 2 Somersaults		3,6	3,4				3,7	3,5		
406	Inward 3 Somersaults		4,9	4,7				4,7	4,5		
412	Inward Flying 1 Somersault		3,0	2,9				3,1	3,0		
5421	Inward 1 Somersault 1/2 Twist				2,6					2,7	
5441	Inward 2 Somersaults 1/2 Twist		3,2	3,0		3,3		3,3	3,1		3,4
5461	Inward 3 Somersaults 1/2 Twist		4,4	4,2				4,2	4,0		
5481	Inward 4 Somersaults 1/2 Twist		6,2	5,9				5,7	5,4		
5442	Inward 2 Somersaults 1 Twist				4,0					4,1	
5443	Inward 2 Somersaults 1 1/2 Twist				3,6					3,7	
<b>Group 5 - Armstand</b>											
611	Armstand Forward 1/2 Somersault	2,6	2,4	2,3			2,7	2,5	2,4		
613	Armstand Forward 1 1/2 Somersaults		3,1	2,9				3,2	3,0		
615	Armstand Forward 2 1/2 Somersaults		4,5	4,3				4,3	4,1		
6131	Arm. Forward 1 1/2 Somersault 1/2 Twist				2,8					2,9	
6151	Arm. Forward 2 1/2 Somersaults 1/2 Twist		4,0	3,8				3,8	3,6		
621	Arm. Back 1/2 Somersault	2,7	2,5	2,4			2,8	2,6	2,5		
623	Arm. Back 1 1/2 Somersault	3,2	3,0	2,8			3,3	3,1	2,9		
625	Arm. Back 2 1/2 Somersaults		4,4	4,2				4,2	4,0		
631	Arm. Reverse 1/2 Somersault	2,8	2,6	2,5			2,9	2,7	2,6		
633	Arm. Reverse 1 1/2 Somersault		3,3	3,1				3,4	3,2		
635	Arm. Reverse 2 1/2 Somersaults		4,5	4,3				4,3	4,1		
6132	Arm. Forward 1 1/2 Somersault 1 Twist				3,6					3,7	
6133	Arm. Forward 1 1/2 Somersault 1 1/2 Twist				3,3					3,4	
6134	Arm. Forward 1 1/2 Somersault 2 Twists				4,4					4,4	
6135	Arm. Forward 1 1/2 Somersault 2 1/2 Twists				4,0					4,0	
6152	Arm. Forward 2 1/2 Somersaults 1 Twist		5,2	5,0				4,9	4,7		
6153	Arm. Forward 2 1/2 Somersaults 1 1/2 Twist		4,7	4,5				4,4	4,2		
6271	Arm Back 3 1/2 Somersaults 1/2 Twist		6,5	6,2				6,0	5,7		
6272	Arm. Back 3 1/2 Somersaults 1 Twist		5,8	5,5				5,3	5,0		

	Blind entry
	Flying dive
	Back rotation control entry



Dive Number	Dive description	DD TABLE 27m					DD TABLE 20m				
		A	B	C	D	E	A	B	C	D	E
<b>Group 1 - Forward</b>											
102	Forward 1 Somersault		2,8	2,7		2,9		2,7	2,6		2,8
104	Forward 2 Somersaults		3,2	3,0		3,3		3,1	2,9		3,2
106	Forward 3 Somersaults		3,8	3,6				3,8	3,6		
108	Forward 4 Somersaults		4,7	4,4				5,0	4,7		
112	Forward Flying 1 Somersault		2,9	2,8				2,8	2,7		
114	Forward Flying 2 Somersaults		3,3	3,1				3,2	3,0		
116	Forward Flying 3 Somersaults		4,0	3,7				4,0	3,7		
5121	Forward 1 Somersault 1/2 Twist				2,6					2,5	
5141	Forward 2 Somersaults 1/2 Twist		2,9	2,7		3,0		2,8	2,6		2,9
5(1)141	Forward Flying 2 Somersaults 1/2 Twist		3,0	2,8				2,9	2,7		
5161	Forward 3 Somersaults 1/2 Twist		3,4	3,2		3,6		3,4	3,2		3,6
5(1)161	Forward Flying 3 Somersaults 1/2 Twist		3,6	3,3				3,6	3,3		
5161m	Forward 3 Somersaults 1/2 Twist mid-turn		3,5	3,4				3,5	3,4		
5181	Forward 4 Somersaults 1/2 Twist		4,1	3,8				4,4	4,1		
5(1)181	Forward Flying 4 Somersaults 1/2 Twist		4,5	3,9							
5181m	Forward 4 Somersaults 1/2 Twist mid-turn		4,4	4,1				4,7	4,4		
51(10)1	Forward 5 Somersaults 1/2 Twist		5,1	4,6							
51(12)1	Forward 6 Somersaults 1/2 Twist										
5142	Forward 2 Somersaults 1 Twist				3,5						3,4
5143	Forward 2 Somersaults 1 1/2 Twist				3,2						3,1
5144	Forward 2 Somersaults 2 Twists				4,0						3,9
5145	Forward 2 Somersaults 2 1/2 Twists				3,6						3,5
5146	Forward 2 Somersaults 3 Twists				4,6						4,5
5147	Forward 2 Somersaults 3 1/2 Twists				4,1						4,0
5149	Forward 2 Somersaults 4 1/2 Twists				4,7						4,6
5162	Forward 3 Somersaults 1 Twist		4,2	4,0				4,3	4,1		
5163	Forward 3 Somersaults 1 1/2 Twist		3,8	3,6				3,9	3,7		
5164	Forward 3 Somersaults 2 Twists		4,8	4,6				5,0	4,8		
5165	Forward 3 Somersaults 2 1/2 Twists		4,3	4,1				4,5	4,3		
5166	Forward 3 Somersaults 3 Twists				5,5						5,8
5167	Forward 3 Somersaults 3 1/2 Twists				4,9						
5169	Forward 3 Somersaults 4 1/2 Twists				5,6						
5182	Forward 4 Somersaults 1 Twist		5,3	5,0							
5183	Forward 4 Somersaults 1 1/2 Twist		4,7	4,4							
5185	Forward 4 Somersaults 2 1/2 Twists		5,4	5,1							
5187	Forward 4 Somersaults 3 1/2 twists		6,2	5,9							
<b>Group 2 - Back</b>											
202	Back 1 Somersault	2,9	2,7	2,6		2,8	2,9	2,7	2,6		2,8
204	Back 2 Somersaults	3,3	3,1	2,9			3,4	3,2	3,0		
206	Back 3 Somersaults		3,8	3,6				4,0	3,8		
208	Back 4 Somersaults		4,6	4,3				5,2	4,9		
20(10)	Back 5 Somersaults		5,8	5,3							
212	Back Flying 1 Somersault		2,8	2,7				2,8	2,7		
214	Back Flying 2 Somersaults		3,2	3,0				3,3	3,1		
216	Back Flying 3 Somersaults		4,0	3,7				4,2	3,9		
5241	Back 2 Somersaults 1/2 Twist				3,4						3,4
5242	Back 2 Somersaults 1 Twist				3,1						3,1
5243	Back 2 Somersaults 1 1/2 Twist				3,7						3,7
5244	Back 2 Somersaults 2 Twists				3,4						3,4
5245	Back 2 Somersaults 2 1/2 Twists				4,2						4,2
5246	Back 2 Somersaults 3 Twists				3,8						3,8
5247	Back 2 Somersaults 3 1/2 Twists				4,8						
5248	Back 2 Somersaults 4 Twists				4,3						4,4
524(10)	Back 2 Somersaults 5 Twists				5,0						
5261	Back 3 Somersaults 1/2 Twist		4,2	4,0				4,3	4,1		



Dive Number	Dive description	DD TABLE 27m					DD TABLE 20m				
		A	B	C	D	E	A	B	C	D	E
5262	Back 3 Somersaults 1 Twist		3,7	3,5				3,8	3,6		
5263	Back 3 Somersaults 1 1/2 Twist		4,6	4,4				4,8	4,6		
5264	Back 3 Somersaults 2 Twists		4,1	3,9				4,3	4,1		
5265	Back 3 Somersaults 2 1/2 Twist		5,2	5,0							
5266	Back 3 Somersaults 3 Twists		4,6	4,4				4,9	4,7		
5267	Back 3 Somersaults 3 1/2 Twists				5,9						
5268	Back 3 Somersaults 4 Twists				5,2						
526(10)	Back 3 Somersaults 5 Twists				6,0						
5281	Back 4 Somersaults 1/2 Twist		5,2	4,9							
5282	Back 4 Somersaults 1 Twist		4,5	4,2				4,9	4,6		
5282m	Back 4 Somersaults 1 Twist mid-turn		4,8	4,5							
5283	Back 4 Somersaults 1 1/2 Twist		5,8	5,5							
5284	Back 4 Somersaults 2 Twists		5,1	4,8							
5286	Back 4 Somersaults 3 Twists		5,8	5,5							
52(10)2	Back 5 Somersaults 1 Twist		5,6	5,1							
<b>Group 3 - Reverse</b>											
302	Reverse 1 Somersault	2,9	2,7	2,6		2,8	2,9	2,7	2,6		2,8
304	Reverse 2 Somersaults		3,1	2,9				3,2	3,0		
306	Reverse 3 Somersaults		3,9	3,7				4,1	3,9		
308	Reverse 4 Somersaults		4,8	4,5				5,4	5,1		
30(10)	Reverse 5 Somersaults		6,1	5,6							
312	Reverse Flying 1 Somersault		2,8	2,7				2,8	2,7		
5341	Reverse 2 Somersaults 1/2 Twist				3,4					3,4	
5342	Reverse 2 Somersaults 1 Twist				3,1					3,1	
5343	Reverse 2 Somersaults 1 1/2 Twist				3,8					3,8	
5344	Reverse 2 Somersaults 2 Twists				3,5					3,5	
5345	Reverse 2 Somersaults 2 1/2 Twists				4,4					4,4	
5346	Reverse 2 Somersaults 3 Twists				4,0					4,0	
5347	Reverse 2 Somersaults 3 1/2 Twists				5,1					5,2	
5348	Reverse 2 Somersaults 4 Twists				4,6						
534(10)	Reverse 2 Somersaults 5 Twists				5,4						
5361	Reverse 3 Somersaults 1/2 Twist		4,3	4,1				4,4	4,2		
5362	Reverse 3 Somersaults 1 Twist		3,8	3,6				3,9	3,7		
5363	Reverse 3 Somersaults 1 1/2 Twist		4,9	4,7							
5364	Reverse 3 Somersaults 2 Twists		4,4	4,2							
5365	Reverse 3 Somersaults 2 1/2 Twists		5,7	5,5							
5366	Reverse 3 Somersaults 3 Twists		5,1	4,9							
5381	Reverse 4 Somersaults 1/2 Twist		5,4	5,1							
5382	Reverse 4 Somersaults 1 Twist		4,7	4,4							
<b>Group 4 - Inward</b>											
402	Inward 1 Somersault		2,9	2,8				3,0	2,9		
404	Inward 2 Somersaults		3,5	3,3				3,6	3,4		
406	Inward 3 Somersaults		4,3	4,1				4,5	4,3		
408	Inward 4 Somersaults		5,4	5,1				5,9	5,6		
412	Inward Flying 1 Somersault		3,0	2,9				3,1	3,0		
5421	Inward 1 Somersault 1/2 Twist				2,6					2,7	
5441	Inward 2 Somersaults 1/2 Twist		3,1	2,9				3,2	3,0		
5461	Inward 3 Somersaults 1/2 Twist		3,8	3,6				4,0	3,8		
5481	Inward 4 Somersaults 1/2 Twist		4,7	4,4				5,2	4,9		
54(10)1	Inward 5 Somersaults 1/2 Twist		5,9	5,4							
5442	Inward 2 Somersaults 1 Twist				3,9						
5443	Inward 2 Somersaults 1 1/2 Twist				3,5					3,6	
5445	Inward 2 Somersaults 2 1/2 Twists				4,0					4,1	
5447	Inward 2 Somersaults 3 1/2 Twists				4,6						
5462	Inward 3 Somersaults 1 Twist		4,8	4,6							



Dive Number	Dive description	DD TABLE 27m					DD TABLE 20m				
		A	B	C	D	E	A	B	C	D	E
5463	Inward 3 Somersaults 1 1/2 Twist		4,3	4,1							
<b>Group 5 - Armstand</b>											
611	Armstand Forward 1/2 Somersault		2,7	2,6				2,6	2,5		
613	Armstand Forward 1 1/2 Somersaults		3,3	3,1				3,2	3,0		
615	Armstand Forward 2 1/2 Somersaults		4,2	4,0				4,2	4,0		
6131	Arm. Forward 1 1/2 Somersault 1/2 Twist				3,0					2,9	
6151	Arm. Forward 2 1/2 Somersaults 1/2 Twist		3,7	3,5				3,7	3,5		
6171	Arm. Forward 3 1/2 Somersaults 1/2 Twist		4,6	4,3							
621	Arm. Back 1/2 Somersault	2,8	2,6	2,5			2,8	2,6	2,5		
623	Arm. Back 1 1/2 Somersault	3,3	3,1	2,9			3,3	3,1	2,9		
625	Arm. Back 2 1/2 Somersaults		3,8	3,6				4,0	3,8		
627	Arm. Back 3 1/2 Somersaults		4,8	4,5							
629	Arm. Back 4 1/2 Somersaults		6,1	5,6							
631	Arm. Reverse 1/2 Somersault		2,7	2,6				2,7	2,6		
633	Arm. Reverse 1 1/2 Somersault		3,3	3,1				3,3	3,1		
635	Arm. Reverse 2 1/2 Somersaults		4,1	3,9				4,2	4,0		
637	Arm. Reverse 3 1/2 Somersaults		5,1	4,8				5,5	5,2		
6132	Arm. Forward 1 1/2 Somersault 1 Twist				3,6					3,5	
6133	Arm. Forward 1 1/2 Somersault 1 1/2 Twist				3,3					3,2	
6134	Arm. Forward 1 1/2 Somersault 2 Twists				4,1					4,0	
6135	Arm. Forward 1 1/2 Somersault 2 1/2 Twists				3,7					3,6	
6152	Arm. Forward 2 1/2 Somersaults 1 Twist		4,6	4,4				4,6	4,4		
6153	Arm. Forward 2 1/2 Somersaults 1 1/2 Twist		4,1	3,9				4,1	3,9		
6154	Arm. Forward 2 1/2 Somersaults 2 Twists				5,2						
6155	Arm. Forward 2 1/2 Somersaults 2 1/2 Twists				4,6						
6156	Arm. Forward 2 1/2 Somersaults 3 Twists				5,9						
6157	Arm. Forward 2 1/2 Somersaults 3 1/2 Twists				5,2						
6173	Arm. Forward 3 1/2 Somersaults 1 1/2 Twist		5,2	4,9							
6231	Arm Back 1 1/2 Somersault 1/2 Twist				3,3					3,2	
6232	Arm. Back 1 1/2 Somersault 1 Twist				3,0					2,9	
6233	Arm Back 1 1/2 Somersault 1 1/2 Twist				3,7					3,5	
6251	Arm Back 2 1/2 Somersault 1/2 Twist		4,1	3,9				4,2	4,0		
6252	Arm. Back 2 1/2 Somersaults 1 Twist		3,6	3,4				3,7	3,5		
6253	Arm Back 2 1/2 Somersaults 1 1/2 Twist		4,6	4,4				4,7	4,5		
6254	Arm. Back 2 1/2 Somersaults 2 Twists		4,1	3,9				4,2	4,0		
6255	Arm Back 2 1/2 Somersaults 2 1/2 Twists				5,3						
6256	Arm. Back 2 1/2 Somersaults 3 Twists				4,7					4,8	
6257	Arm Back 2 1/2 Somersaults 3 1/2 Twists				6,1						
6258	Arm. Back 2 1/2 Somersaults 4 Twists				5,4						
625(10)	Arm. Back 2 1/2 Somersaults 5 Twists				6,2						
6271	Arm Back 3 1/2 Somersaults 1/2 Twist		5,2	4,9							
6272	Arm. Back 3 1/2 Somersaults 1 Twist		4,5	4,2							
6273	Arm Back 3 1/2 Somersaults 1 1/2 Twist		5,9	5,6							
6274	Arm. Back 3 1/2 Somersault 2 Twists		5,2	4,9							

	Blind Entry
	Flying dive
	Back rotation control entry