

RULE WORKSHEET for 2007 Rule Changes

Prepared: 9:09 PM1/21/2007
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Revised 1/21/2007

- 1 Revision of Novice Rules to Future Champions
- 2 Reduced DD's for Senior events
- 3 Addition of USD Junior Synchro event for boys and girls.

USD, AAU & FINA COMPARISON

Prepared by Ann Vincent

AGE GROUP RULES Revised 2006 Ann Vincent

Synchro events listed following Senior

Boys 16-18 Group A FINA, AAU & USD

1M	10 dives	5 vol (5 groups max 9.0 DD) +5 opts (5 groups no limit)
3M	10 dives	5 vol (5 groups max 9.5 DD) +5 opts (5 groups no limit)
Platform 5, 7.5, 10m	9 dives	4 vol (4 groups max 7.6 DD) +5 opts (5 groups no limit) Combined 6 groups

NOTE: USD adds Platform 12.5 DD opt min for E/W

Boys 14-15 Group B FINA , AAU & USD

1M	9 dives	5 vol (5 groups max 9.0 DD) +4 opts (4 groups no limit)
3M	9 dives	5 vol (5 groups max 9.5 DD) +4 opts (4 groups no limit)
Platform 5, 7.5, 10m	8 dives	4 vol (4 groups max 7.6 DD) +4 opts (4 groups no limit) Combined 5 groups

NOTE: USD adds Platform 9.6 DD opt min for E/W

Boys 12-13 Group C FINA & AAU

1M	8 dives	5 vol (5 groups max 9.0 DD) +3 opts (3 groups no limit)
3M	8 dives	5 vol (5 groups max 9.5 DD) +3 opts (3 groups no limit)
Platform 5 & 7.5m	7 dives	4 vol (4 groups max 7.6 DD) +3 opts (3 groups no limit)

Boys 12-13 Group C USD

1M	7 dives	4 vol (4 groups max 7.2 DD) +3 opts (3 groups no limit)
3M	7 dives	4 vol (4 groups max 7.6 DD) +3 opts (3 groups no limit)
Platform 5 & 7.5m	7 dives	4 vol (4 groups max 7.6 DD) +3 opts (3 groups no limit)

NOTE: USD adds Platform 6.4 DD opt min for E/W

Boys 11& U Group D - AAU Rule Only

1M	5 dives	3 vol (3 groups max 5.4 DD) +2 opts (2 groups no limit)
3M	5 dives	3 vol (3 groups max 5.4 DD) +2 opts (2 groups no limit)
Platform 5m	5 dives	3 vol (3 groups max 5.4 DD) +2 opts (2 groups no limit)

Boys 11& U - USD Rule Only**11 & Under Boys & Girls are the same**

1M	6 dives	3 vol (3 groups max 5.0 DD) +3 opts (3 groups no limit)
3M	6 dives	3 vol (3 groups max 5.4 DD) +3 opts (3 groups no limit)
Platform 5m	5 dives	3 vol (3 groups max 5.4 DD) +2 opts (2 groups no limit)

Boys 9 & U Group E - AAU Rule Only

1M	4 dives	3 vol (3 groups max 5.4 DD) +1 opt
3M	4 dives	3 vol (3 groups max 5.4 DD) +1 opt
Platform 5m	4 dives	3 vol (3 groups max 5.4 DD) +1 opt

Boys 9 & U - USD Rule Only**9&U Boys & Girls are the same**

1M	5 dives	3 vol (3 groups max 5.0 DD) +2 opts (2 groups no limit)
3M	5 dives	3 vol (3 groups max 5.4 DD) +2 opts (2 groups no limit)

AGE GROUP RULES Revised 2006 Ann Vincent

Synchro events listed following Senior

Girls 16-18 Group A FINA, AAU & USD

1M	9 dives	5 vol (5 groups max 9.0 DD) +4 opts (4 groups no limit)
3M	9 dives	5 vol (5 groups max 9.5 DD) +4 opts (4 groups no limit)
Platform 5, 7.5, 10m	8 dives	4 vol (4 groups max 7.6 DD) +4 opts (4 groups no limit) Combined 5 groups

NOTE: USD adds Platform 9.6 DD opt min for E/W

Girls 14-15 Group B FINA, AAU & USD

1M	8 dives	5 vol (5 groups max 9.0 DD) +3 opts (3 groups no limit)
3M	8 dives	5 vol (5 groups max 9.5 DD) +3 opts (3 groups no limit)
Platform 5, 7.5, 10m	7 dives	4 vol (4 groups max 7.6 DD) +3 opts (3 groups no limit) Combined 5 groups

NOTE: USD adds Platform 7.2 DD opt min for E/W

Girls 12-13 Group C FINA & AAU

1M	7 dives	5 vol (5 groups max 9.0 DD) +2 opts (2 groups no limit)
3M	7 dives	5 vol (5 groups max 9.5 DD) +2 opts (2 groups no limit)
Platform 5 & 7.5m	6 dives	4 vol (4 groups max 7.6 DD) +2 opts (2 groups no limit)

Girls 12-13 Group C USD

1M	7 dives	4 vol (4 groups max 7.2 DD) +3 opts (3 groups no limit)
3M	7 dives	4 vol (4 groups max 7.6 DD) +3 opts (3 groups no limit)
Platform 5 & 7.5m	7 dives	4 vol (4 groups max 7.6 DD) +3 opts (3 groups no limit)

NOTE: USD adds Platform 6.4 DD opt min for E/W

Girls 11& U Group D - AAU Rule 11&U Boys & Girls are the same

1M	5 dives	3 vol (3 groups max 5.4 DD) +2 opts (2 groups no limit)
3M	5 dives	3 vol (3 groups max 5.4 DD) +2 opts (2 groups no limit)
Platform 5m	5 dives	3 vol (3 groups max 5.4 DD) +2 opts (2 groups no limit)

Girls 11& U - USD Rule Only

1M	6 dives	3 vol (3 groups max 5.0 DD) +3 opts (3 groups no limit)
3M	6 dives	3 vol (3 groups max 5.4 DD) +3 opts (3 groups no limit)
Platform 5m	5 dives	3 vol (3 groups max 5.4 DD) +2 opts (2 groups no limit)

Girls 9& U Group E - AAU Rule Only

1M	4 dives	3 vol (3 groups max 5.4 DD) +1 opt
3M	4 dives	3 vol (3 groups max 5.4 DD) +1 opt
Platform 5m	4 dives	3 vol (3 groups max 5.4 DD) +1 opt

Girls 9 & U - USD Rule Only 9&U Boys & Girls are the same

1M	5 dives	3 vol (3 groups max 5.0 DD) +2 opts (2 groups no limit)
3M	5 dives	3 vol (3 groups max 5.4 DD) +2 opts (2 groups no limit)

FUTURE CHAMPION RULES 2007**Skill Dive categories: Levels 1-8****DD for all skill dives is 1.0****Skill dives from this list can be in any order**

FRONT JUMP	100A	Front Jump Straight with arm swing
	100B	Front Jump Pike
	100C	Front Jump Tuck
BACK JUMP	200A	Back Jump Straight with arm swing
	200B	Back Jump Pike
	200C	Back Jump Tuck
TWIST	5101	Forward 1/2 Twist
	5102	Forward 1 Twist
	5201	Back 1/2 Twist
	5202	Back 1 Twist
	5203*	Back 1 1/2 Twist
FORWARD ENTRIES	001A	Front Lineup Straight
	001B	Front Lineup Pike
	001C	Front Lineup Tuck
BACK ENTRIES	002A	Back Lineup Straight
	002B	Back Lineup Pike
	002C	Back Lineup Tuck

* allowed only for levels 5-7

Note: Level 8 does not include skill dives

Future Champion Level 1

1M	6 dives	6 Skill Dives (1.0 DD) in any order. It is suggested that 5 categories be used.
3M	6 dives	6 Skill Dives (1.0 DD) in any order. It is suggested that 5 categories be used.

Future Champion Level 2

Additional dives are selected from the FINA Chart in any order and follow Skill Dives.

1M	6 dives	5 Skill Dives (1.0 DD) in any order + 1 Dive (1.0 DD). It is suggested that 5 categories be used.
3M	6 dives	5 Skill Dives (1.0 DD) in any order + 1 Dive (1.0 DD). It is suggested that 5 categories be used.

Future Champion Level 3 or 7 & Under

Additional dives are selected from the FINA Chart in any order and follow Skill Dives.

1M	6 dives	4 Skill Dives (1.0 DD) from 3 or more categories in any order + 2 Dives (1.0 DD)
3M	6 dives	4 Skill Dives (1.0 DD) from 3 or more categories in any order + 2 Dives (1.0 DD)

Future Champion Level 4 or 9 & Under

Additional dives are selected from the FINA Chart in any order and follow Skill Dives.

1M	6 dives	3 Skill Dives (1.0 DD) from 3 categories in any order + 3 Dives (1.0 DD)
3M	6 dives	3 Skill Dives (1.0 DD) from 3 categories in any order + 3 Dives (1.0 DD)

Future Champion Level 5 or 11 & Under

Additional dives are selected from the FINA Chart in any order and follow Skill Dives.

1M	7 dives	3 Skill Dives (1.0 DD) from 3 categories + 2 vol true DD (Max DD 3.6) dives from different groups + 2 opt dives from different groups true DD no max
3M	7 dives	3 Skill Dives (1.0 DD) from 3 categories + 2 vol true DD (Max DD 3.8) dives from different groups + 2 opt dives from different groups true DD no max
5M Platform (Proposed)	7 dives	3 Skill Dives (1.0 DD) from 3 categories + 2 vol true DD (Max DD 3.8) dives from different groups + 2 opt dives from different groups true DD no max

Future Champion Level 6 or 13 & Under

Additional dives are selected from the FINA Chart in any order and follow Skill Dives.

1M	7 dives	2 Skill Dives (1.0 DD) from 2 categories in any order + 3 vol true DD (Max DD 5.4) dives from different groups + 2 opt dives from different groups true DD no max
3M	7 dives	2 Skill Dives (1.0 DD) from 2 categories in any order + 3 vol true DD (Max DD 5.7) dives from different groups + 2 opt dives from different groups true DD no max
5M or 7M Platform (Proposed)	7 dives	2 Skill Dives (1.0 DD) from 2 categories in any order + 3 vol true DD (Max DD 5.7) dives from different groups + 2 opt dives from different groups true DD no max

Future Champion Level 7 or 14 - 15

Additional dives are selected from the FINA Chart in any order and follow Skill Dives.

1M	7 dives	1 Skill Dive from any category (1.0 DD) + 3 vol true DD (Max DD 5.4) dives from different groups + 3 opt dives from different groups true DD no max
3M	7 dives	1 Skill Dive from any category (1.0 DD) + 3 vol true DD (Max DD 5.7) dives from different groups + 3 opt dives from different groups true DD no max
5M or 7M Platform (Proposed)	7 dives	1 Skill Dive from any category (1.0 DD) + 3 vol true DD (Max DD 5.7) dives from different groups + 3 opt dives from different groups true DD no max

Future Champion Level 8 or 16 - 18

Additional dives are selected from the FINA Chart in any order and follow Skill Dives.

1M	7 dives	0 Skill Dive from any category (1.0 DD) + 4 vol true DD (Max DD 7.2) dives from different groups + 3 opt dives from different groups true DD no max
3M	7 dives	0 Skill Dive from any category (1.0 DD) + 4 vol true DD (Max DD 7.6) dives from different groups + 3 opt dives from different groups true DD no max
5M or 7M Platform (Proposed)	7 dives	0 Skill Dive from any category (1.0 DD) + 4 vol true DD (Max DD 7.6) dives from different groups + 3 opt dives from different groups true DD no max

NOVICE RULES 2006

Boys & Girls 16-18 Novice

1M 7 dives 2 specified (100, 200) +5 opt (3 groups no more than 2 dives from one group)
3M 8 dives 3 specified (100, 200,001D) + 5 opt (3 groups no more than 2 dives from one group)
Platform 3, 5, 7.5m 6 dives 3 specified (100, 001D,101A) + 3 opt (3 groups no limit) 200 ABC or 002D may be used as Optional

Boys & Girls 14-15 Novice

1M 7 dives 2 specified (100, 200) +5 opt (3 groups no more than 2 dives from one group)
3M 8 dives 3 specified (100, 200,001D) + 5 opt (3 groups no more than 2 dives from one group)
Platform 3, 5, 7.5m 6 dives 3 specified (100, 001D,101A) + 3 opt (3 groups no limit) 200 ABC or 002D may be used as Optional

Boys & Girls 12-13 Novice

1M 6 dives 2 specified (100, 200) +1 vol (101) set dd 1.8 +3 opt (3 groups 2.3 ceiling DD)
3M 7 dives 3 specified (100, 200,001D) +1 vol (101) set dd 1.9 +3 opt (3 groups 2.4 ceiling DD)
Platform 3, 5, 7.5m 4 dives 2 specified (100, 001D) +1 vol (101) +1 opt (All Dives 1.0 DD) 200 ABC or 002D may be used as Optional

Boys & Girls 11&U Novice

1M 5 dives 2 specified (100, 200) +3 opt (2 groups no limit) (All Dives have set 1.0 DD)
3M 6 dives 3 specified (100, 200,001D) + 3 opt (2 groups no limit) (All Dives have set 1.0 DD)
Platform 3 & 5m 3 dives 2 specified (100, 001D) + 1 opt (All Dives have set 1.0 DD) 200 ABC or 002D may be used as Optional

Boys & Girls 9 & Under Novice

1M 5 dives 2 specified (100, 200) +3 opt (2 groups no limit) (All Dives have set 1.0 DD)
3M 5 dives 2 specified (100, 200) +3 opt (2 groups no limit) (All Dives have set 1.0 DD)
Platform 3 & 5m 3 dives 2 specified (100, 001D) + 1 opt (All Dives have set 1.0 DD) 200 ABC or 002D may be used as Optional

Boys & Girls 7 & Under Novice

1M 3 dives 3 dives (any dives including skill dives) (All Dives have set 1.0 DD)
3M 3 dives 3 dives (any dives including skill dives) (All Dives have set 1.0 DD)

SENIOR EVENTS USD, FINA & NCAA(exceptions)

Mens Senior

1M	6 dives	6 opts (5 groups)	Note: USD requires min opts DD 15.4
3M	6 dives	6 opts (5 groups)	Note: USD requires min opts DD 16.8
Platform 10M	6 dives	6 opts (6 groups)	Note: USD requires min opts DD 16.3

NCAA: 6 dives allows 5M, 7M & 10M

Womens Senior

1M	5 dives	5 opts (5 groups)	Note: USD requires min opts DD 11.4
3M	5 dives	5 opts (5 groups)	Note: USD requires min opts DD 13.1
Platform 10M	5 dives	5 opts (5 groups)	Note: USD requires min opts DD 13.2

NCAA: 6 dives (5 groups) 1m Women

NCAA: 6 dives (5 groups) 3m Women

NCAA: 5 dives allows 5M, 7M & 10M

Dual Meet NCAA

Option to use full set of 6 optionals or existing 1vol, 5 opt rules

1m/3m 6 dives 1 vol 5opts (5 groups)

NCAA Div2 & 3 have option of using

Ops/Vol/Opts for championship contests

SYNCHRONIZED DIVING

Both Divers perform the same dive each round

In each competition at least one dive must be forward facing, not in a standing position

Mens 3M	6 dives	2 vol (set 2.0 DD) + 4 opts (4 groups from 6 dives)	USD: optional dive min DD 11.1
Mens 10M	6 dives	2 vol (set 2.0 DD) + 4 opts (4 groups from 6 dives)	USD: optional dive min DD 11.2

Womens 3M 5 dives 2 vol (set 2.0 DD) + 3 opts (4 groups from 5 dives) USD: optional dive min DD **7.5**Womens 10M 5 dives 2 vol (set 2.0 DD) + 3 opts (4 groups from 5 dives) USD: optional dive min DD **8.0**

Junior Synchronized diving 3M

USD allows 3M & Platform (Platform dives may be any level, but the same level for each diver)

USD allows any two divers of the same sex on a team regardless of age group.

FINA limits competition to only teams within groups A&B

Boys & Girls 5 dives 2 vol (set 2.0 DD) + 3 opts (3 groups from 5 dives)

NFHS Boys & Girls

6 dive Dual Meets 6 dives 1 vol (1.8 ceiling) + 5 opts Specific list of dives only

11 dive 11 dives 5 vol (5 groups max 9.0) + 6 opt (5 groups) All in specified order groupings
(rounds 1-5: 2vol, 3opts; rounds 6-8: 2 vol, 1opt; rounds 9-11: 1vol, 2 opts)
NOTE: No more than one optional dive per group is permitted in the first 8 rounds.
An additional twister 5227D was added in 2005 to the Specified list.