

General Regulations

As international competitions are considered: World Championships, World Cup, World Tour, Grand Prix Meetings, Continental Championships or similar competitions with official titles and a minimum of 8 international participants.

Heights

22 - 27 meters for men

18 - 23 meters for women

Water Depth

Minimum 5 meters

Take Off Point/Platform

The take off point/platform must guarantee safety for all kind of take offs, best if front edge sticks out minimum 1 meter over the vertical drop line.

Security

A minimum of 2 rescue scuba divers and a standby medical team must be present, while diving above 20 meters. Athletes are not allowed to dive until the security staff is ready.

Jury

The jury has to be composed by five international judges, where of a minimum of one has to be a WHDF judge. The other judges have to be experienced FINA judges. The travel expenses and hotel as well as a compensation of actual EUR 250.- per judge are to include into the event budget.

Branding

Visibility of the WHDF logo shall be guaranteed in accordance with the World High Diving Federation committee.

Competition Rules

The women's and men's competition shall comprise of four (4) dives from at least three (3) different take-off groups. One (1) required dive with a maximum degree of difficulty (DD) of 2.8, one (1) intermediate dive with a maximum DD of 3.8 and two (2) dives without limit of DD.

The required and the intermediate dives must be from two (2) different take-off positions or a penalty of 1.0 will be applied at the intermediate dive.

If the DD of a required dive is less than 2.8, the calculated DD will be used. If a diver performs a dive above 2.8, he or she will only receive 2.8.

If the DD of an intermediate dive is less than 3.8, the calculated DD will be used. If a diver performs a dive above 3.8, he or she will only receive 3.8.

If the athlete does not show three (3) different take-off positions, a penalty of 0.5 will be applied at the third (3.) and/or fourth (4.) dive.

The athlete can repeat maximum one (1) dive, but a penalty of 1.0 will be applied at the repeated dive.

If the dive numbers of two dives are the same and only the execution is different, then the dives will be counted as the same dive.

In view of the number of athletes at a competition, the committee and judges can decide on an elimination procedure.

The required and intermediate dives are calculated for the 20 m platform, for lower heights a DD reduction will be applied:

Required dive: 2.8 (20 m) 2.5 (15 m) 2.4 (13 m)

Intermediate dive: 3.8 (20 m) 3.5 (15 m) 3.4 (13 m)

The athlete can choose from ten (10) different take-off positions. Only a barani does not count as a twist.

<u>Group</u>	<u>Take-Off Position</u>
1	Forward
2	Back
3	Reverse
4	Inward
5	Front Twist
6	Back Twist
7	Reverse Twist
8	Inward Twist
9	Armstand Forward / Reverse
10	Armstand Back

	B-piked back rotation	----	0.2	0.2	0.3	0.3	0.4	0.5	0.7	----	----
	B-piked forward rotation	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.3	0.4	----
	E-3 position	----	0.3	----	----	----	----	----	----	----	----
	fly 90° +	----	0.2	----	0.2	----	0.2	----	0.3	----	----
	split	----	0.1	----	0.1	----	0.1	----	0.1	----	0.1
	Untwisted back rotation	----	----	----	0.1	----	0.2	----	0.3	----	0.4
D.4	INWARD	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
	A-lay-out	0.4	0.7	----	----	----	----	----	----	----	----
	B-piked	0.1	0.2	0.2	0.3	0.3	0.4	0.4	0.6	----	----
	E-3 position	----	0.2	----	----	----	----	----	----	----	----
	fly 90° +	----	0.3	0.3	0.3	0.3	0.4	0.4	----	----	----
	split	----	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	----
D.9.1	ARMSTAND FORWARD	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
	A-lay-out	0.6	0.6	0.6	----	----	----	----	----	----	----
	B-piked	0.1	0.1	0.1	0.1	0.2	0.2	0.4	0.5	----	----
	fly 90° +	----	----	0.2	0.2	0.3	0.3	----	----	----	----
	split	----	0.1	0.1	0.1	0.1	0.1	0.1	0.1	----	----
D.9.2	ARMSTAND REVERSE	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
	A-lay-out	0.3	----	----	----	----	----	----	----	----	----
	B-piked back rotation	0.1	0.2	0.3	0.3	0.5	----	----	----	----	----
	B-piked forward rotation	0.1	0.1	0.1	0.1	0.2	0.2	0.4	0.5	----	----
	fly 90° +	----	----	0.2	----	0.2	----	0.3	----	----	----
	split	----	----	0.1	----	0.1	----	0.1	----	0.1	----
	Untwisted back rotation	----	----	0.1	----	0.2	----	0.3	----	0.4	----
D.10	ARMSTAND BACK	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5
	A-lay-out	0.3	0.3	0.6	0.6	----	----	----	----	----	----
	B-piked back rotation	----	0.2	0.3	0.3	0.4	0.4	0.6	----	----	----
	B-piked forward rotation	0.1	0.1	0.1	0.1	0.2	0.2	0.4	0.5	----	----
	fly 90° +	----	----	0.2	----	0.2	----	0.3	----	----	----
	split	----	----	0.1	----	0.1	----	0.1	----	0.1	----

	Untwisted back rotation	----	----	0.1	----	0.2	----	0.3	----	0.4	----
E	ENTRY IN WATER	20m	15m	13m							
	Entry head first	0.3	0.2	0.1							
	Blind entry (only feet first)	0.6	0.5	0.4							
	Barani (1/2 twist for entry)	0.1	0.1	0.1							
F	DEDUCTION	20m	15m	13m							
	Departure Height	---	- 0.3	- 0.4							