

## **MASTERS DIVING RULES (MD)**

### **MASTERS RULES**

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**MD 1** The Diving Rules in Part V of this Handbook shall apply to Masters Diving with the following exceptions.

**MD 1.1** The diver can freely choose the dives from the dive table given in the FINA Handbook. The only requirement is that in age groups 25 – 69 years, each dive performed has different dive number (as to FINA Handbook).

In age groups 70 – 80 + dives with the same dive number can be repeated, if performed in a different position (straight, pike, tuck or free position).

### **MD 2 Springboard Diving - Men and Women (1 metre and 3 metre)**

#### **MD 2.1** Age groups:

Age groups for Men and Women:

<b>Age Group (years)</b>	<b>Total number of dives required</b>	
	<b>Men</b>	<b>Women</b>
25 – 29	7	6
30 – 34	7	6
35 – 39	7	6
40 – 44	7	6
45 – 49	7	6
50 – 54	6	5
55 – 59	6	5
60 – 64	6	5
65 – 69	6	5
70 – 74	5	4
75 – 79	5	4
80 +	4	3

(five years age groups as long as necessary)

#### **MD 2.2 3M Springboard Synchronized Diving**

<b>Age Group</b>	<b>Total number of dives required</b>	
	<b>Men</b>	<b>Women</b>
25-49	2(*) +2	2(*) + 2
50+	2(*) +2	2(*) +2

(\*) Degree of difficulty of 2.0 for each dive regardless of the formula for degree of difficulty of the dive.

**MD 2.3** In synchronised diving events two divers from different clubs within the same Federation are permitted to compete as a synchronised diving team in the 3m diving competition.

### **MD 3 Platform Diving**

**Women and Men (5 metre, 7.5 metre, or 10 metre)**

### MD 3.1 Age groups for Men and Women:

Age Groups (years)	Total number of dives required	
	Men	Women
25 – 29	6	6
30 – 34	6	6
35 – 39	6	6
40 – 44	6	6
45 – 49	6	6
50 – 54	5x	5x
55 – 59	5x	5x
60 – 64	5x	5x
65 – 69	5x	5x
70 – 74	4x	4x
75 – 79	4x	4x
80 +	3x	3x

(five years age groups as long as necessary)

(x) 10m limited: Only feet first entries are allowed from the 10m platform and any performed dive from the 10m must not exceed degree of difficulty of 2.0.

### MD 3.2 Platform Synchronised Diving

Age Group	Men	Women
25-49	2(*) +2	2(*) +2
50+ (x)	2(*) +1	2(*) +1

(\*) Degree of difficulty of 2.0 for each dive regardless of the formula for degree of difficulty of the dive.

(x) 10m limited: Only feet first entries are allowed from 10m and any performed dive from 10m must not exceed a degree of difficulty of 2.0.

**MD 3.3** In synchronised diving events, divers from different clubs within the same Federation are permitted to compete as a synchronised diving team in the 10m platform competition.

### MD 4 General Rules

**MD 4.1** There shall be no limit on the number of divers taking part.

**MD 4.2** Prizes shall be awarded to the divers placed first, second, third, fourth, fifth and sixth place. If there are less than six divers in an age group, only the first three medals shall be awarded.

**MD 4.3** All divers shall perform a full series of dives in that age group and there shall be no preliminary or final contests.

**MD 4.4** The international competitions shall be conducted in accordance with FINA Rules and either 5 or 7 judges shall officiate.

**MD 5** The program of international competitions shall be carried out within a maximum of five (5) days according to the following schedule:

Event No.	Springboard	Sex	Age
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			<b>Group</b>
1	3 metre	Men	25-34
2	1 metre	Women	25-34
3	3 metre	Men	35-49
4	1 metre	Women	35-49
5	3 metre	Men	50-64
6	1 metre	Women	50-64
7	3 metre	Men	65-80+
8	1 metre	Women	65-80+
9	3 metre	Women	65-80+
10	1 metre	Men	65-80+
11	3 metre	Women	50-64
12	1 metre	Men	50-64
13	3 metre	Women	35-49
14	1 metre	Men	35-49
15	3 metre	Women	25-34
16	1 metre	Men	25-34
<b>Platform</b>			
17	5, 7.5, 10 metre	Women	65-80+
18	5, 7.5, 10 metre	Men	65-80+
19	5, 7.5, 10 metre	Women	50-64
20	5, 7.5, 10 metre	Men	50-64
21	5, 7.5, 10 metre	Women	35-49
22	5, 7.5, 10 metre	Men	35-49
23	5, 7.5, 10 metre	Women	25-35
24	5, 7.5, 10 metre	Men	25-35
<b>Synchronised</b>			
26	3m/Platform	Women	25-29
27	3m/Platform	Men	25-29
28	3m/Platform	Women	50+
29	3m/Platform	Men	50+

**MD 5.1** The meet director may choose to run events concurrently depending on the number of entries.

**MD 5.2** Diving sheet shall be delivered to the diving secretary 24 hours prior to the event. Late sheets and changes to an existing sheet will be fined US\$ 10.-- per sheet between 24 hours and 3 hours prior to the event. 3 hours is the deadline. No changes or dive sheets can be accepted after the deadline of 3 hours.