



Updated January 2025

SCHOOL SPORT VICTORIA DIVING VICTORIA

REGION AND STATE DIVING CHAMPIONSHIPS PRIMARY AND SECONDARY

These rules apply to State, Region and Division competitions. Any variations to these rules at Division levels will be found on the relevant page on the SSV website.

- Date:** Wednesday, 30th April, 2025
- Venue:** MSAC, Aughtie Drive, Albert Park
- Entries:** Divers will be required to enter for Region Competitions **by Tuesday 25th March 2025. NB. Entries will be taken by registration only.** To register, please use the following [link](#)
- NB. There are no restrictions on the number of divers who may enter each Region Competition
- Age Groups:** Diving will be offered in the following age groups for both Boys and Girls:
- 9-10 years
 - 11-12 years
 - 13-14 years
 - 15-16 years
 - 17-20 years
- Coaching Clinic:** In partnership with Diving Victoria, coaching clinics for inexperienced divers are being offered on the morning of competition (as per above schedule). Clinics will be conducted by experienced and qualified Diving Victoria coaches only.
- All new divers MUST attend the Coaching Clinic.
- Dive Requirements:** These requirements apply to Region and State Competitions.
- At Region competitions, divers may use a forward and/or backward jump, but will not be able to progress to the State Championships in the afternoon
- 9-10 Years & 11-12 Years**
- All divers will perform:
- Three (3) dives from two (2) groups
 - Compulsory Forward Group 101, 103 or 105 must be performed first
 - Restricted to the 1m springboard
 - No repeat dives
- 13-14 Years, 15-16 Years and 17-20 Years**
- All divers will perform:
- Four (4) dives from three (3) groups
 - Compulsory Forward Group 101, 103 or 105 must be performed first
 - The 1m and 3m springboards may be used
 - No repeat dives
- List of Dives Form:** A 'List of Dives' Form is available below & at <http://www.ssv.vic.edu.au/Downloads%20Library/Diving%20Form%20State%20Region.pdf>
- Divers will be required to complete a 'List of Dives Form' form prior to the start of competition.
- Experienced Divers:**
- Please bring the form with you and submit it on the day on arrival. See below for the Diving Form.
- New and Inexperienced Divers:**
- You will be assisted to complete your list of dives after you have completed your assigned clinic.
- Your clinic coach must sign off your 'List of Dives' Form.
- Conditions:** See the School Sport Victoria's '[General Conditions of Competition](#)'. All players, teachers, spectators and officials are bound by the '[SSV Codes of Conduct](#)' and the '[Participant Behaviour Policy](#)'.
- Conducted under FINA Diving Rules unless otherwise stated.
- NB. Board and football shorts are NOT to be worn.
- Rules:** The Convener reserves the right to disqualify any diver not participating with a bona fide effort.
- Any diver 'bombing' will be disqualified.
- Please see the [SSV Primary Schools Resource Manual](#) for more useful sport specific information.
- Qualification for State Championships:** Winners of each Region Competition plus the up to the next top eight (8) divers, who have met the dive requirements below, will progress to the State Championships in the afternoon.

Parking: There is metered parking in the Lakeside Stadium Car Park and Albert Drive. The week day costs are \$6.00 per hour or All Day parking costs approx. \$14.30.

Alternatively, car parking at MSAC (multi story & southern car parks) is free for the first hour, then \$6.00 per hour or part thereof; \$30 maximum daily rate.

Please note that information is correct at the time of printing.

Presentations: At the conclusion of events the first three placegetters, when announced, will be presented with awards. Placegetters are to wear their school tracksuit or school polo to presentations.

First Aid: First Aid Kit - Competing schools are responsible for ensuring that reasonable provision is made for the treatment of injuries. All schools participating in SSV Team Sports final are required to bring their own applicable first aid kit (appropriate to the location as there is potential for sporting activities to be some distance away from emergency services) – For more detailed information: [First Aid for Students & Staff & First Aid Kit Contents Checklist](#).

Sports Tape MUST be supplied by the student/competing team. Strapping for injury prevention as required MUST be performed by the student/competing team. NB. The First Aid Responder attending the state finals are NOT permitted to perform strapping.

MSAC Café: Lunches and refreshments may be bought at the MSAC Café.

Competition Schedule: **Region Competitions** – All Divers must register online as advised above in Entries.

Clinic #1 for Clinic Registered Athletes in: 9-10yrs (All), 11-12yrs (All) and 13-14yrs Boys

Registration: 7:45am

Clinic: 8:00am-8:45am

Dive Forms Completed in conjunction with DV Coaches

Clinic #2 Registered Athletes in: 13-14yrs Girls, 15-16yrs (All) and 17-20yrs (All)

Registration: 8:30am

Clinic: 8:45am-9:30am

Dive Forms Completed in conjunction with DV Coaches

NOTE: Clinics will be taken by qualified and Diving Victoria registered Coaches only

Information for Divers in Region Competitions Event 1 & 2 (see below) NOT attending a Clinic

Registration: No later than 9:30am

Non-Clinic Divers only: Dive forms must be submitted on the day on arrival.

REGION COMPETITIONS:

SCHEDULE AND TIMES ARE SUBJECT TO CHANGE ON THE DAY.

Event # and Time	Stand Side	Lake Side
Non-Clinic Divers Warm Up	9:30am-10:00am	
Event 1: 10:10am-10:45am	9-10 years Boys & Girls 11-12 years Boys	15-16 years Boys
Event 1: Results	10:45am– 11:00am	
Event 2: 11:00am-12:05pm	11-12 years Girls	13-14 years Boys & Girls
Event 2: Results	12:05pm – 12:20pm	
Event 3: 12:20pm-1:00pm	15-16 years Girls	17-20 years Boys & Girls
Event 3: Results	1:00pm – 1:20pm	

STATE CHAMPIONSHIPS

SCHEDULE AND TIMES ARE SUBJECT TO CHANGE ON THE DAY.

Event # and Time	Stand Side	Lake Side
Changes to Dives	1:10pm-1:20pm	
Warm Up for Finals	1:00pm-1:20pm	
Event 4: 1:30pm-2:15pm	9-10 years Boys & Girls 11-12 years Boys & Girls	13-14 years Boys & Girls
Event 4: Results	2:15pm-2:30pm	
Event 5: 2:30pm-3:10pm	15-16 years Boys & Girls	17-20 years Boys & Girls
Event 5: Results	3:10pm-3:20pm	



SCHOOL SPORT VICTORIA

FINA - DEGREE OF DIFFICULTY TABLE

Updated January 2018

SPRINGBOARD		1 METRE				3 METRE			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
FORWARD GROUP		A	B	C	D	A	B	C	D
101	Forward Dive	1.4	1.3	1.2		1.6	1.5	1.4	
102	Forward Somersault	1.6	1.5	1.4		1.7	1.6	1.5	
103	Forward 1½ Somersaults	2.0	1.7	1.6		1.9	1.6	1.5	
104	Forward 2 Somersaults	2.6	2.3	2.2		2.4	2.1	2.0	
105	Forward 2½ Somersaults		2.6	2.4		2.8	2.4	2.2	
106	Forward 3 Somersaults		3.2	2.9		2.8	2.5		
107	Forward 3½ Somersaults		3.3	3.0		3.1	2.8		
108	Forward 4 Somersaults			4.0		3.8	3.4		
109	Forward 4½ Somersaults			4.3		4.2	3.8		
112	Forward Flying Somersault		1.7	1.6		1.8	1.7		
113	Forward Flying 1½ Somersaults		1.9	1.8		1.8	1.7		
115	Forward Flying 2½ Somersaults					2.7	2.5		

SPRINGBOARD		1 METRE				3 METRE			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
TWISTING GROUP		A	B	C	D	A	B	C	D
5111	Forward Dive ½ Twist	1.8	1.7	1.6		2.0	1.9	1.8	
5112	Forward Dive 1 Twist	2.0	1.9			2.2	2.1		
5121	Forward Somersault ½ Twist				1.7				1.8
5122	Forward Somersault 1 Twist				1.9				2.0
5124	Forward Somersault 2 Twist				2.3				2.4
5126	Forward Somersault 3 Twists				2.8				2.9
5131	Forward 1½ Somersaults ½ Twist				2.0				1.9
5132	Forward 1½ Somersaults 1 Twist				2.2				2.1
5134	Forward 1½ Somersaults 2 Twists				2.6				2.5
5136	Forward 1½ Somersaults 3 Twists				3.1				3.0
5138	Forward 1½ Somersaults 4 Twists				3.5				3.4
5151	Forward 2½ Somersaults ½ Twist		3.0	2.8			2.8	2.6	
5152	Forward 2½ Somersaults 1 Twist		3.2	3.0			3.0	2.8	
5154	Forward 2½ Somersaults 2 Twists		3.6	3.4			3.4	3.2	
5156	Forward 2½ Somersaults 3 Twists						3.9	3.7	
5172	Forward 3½ Somersaults 1 Twist						3.7	3.4	

SPRINGBOARD		1 METRE				3 METRE			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
BACK GROUP		A	B	C	D	A	B	C	D
201	Back Dive	1.7	1.6	1.5		1.9	1.8	1.7	
202	Back Somersault	1.7	1.6	1.5		1.8	1.7	1.6	
203	Back 1½ Somersaults	2.5	2.3	2.0		2.4	2.2	1.9	
204	Back 2 Somersaults		2.5	2.2		2.5	2.3	2.0	
205	Back 2½ Somersaults		3.2	3.0		3.0	2.8		
206	Back 3 Somersaults		3.2	2.9		2.8	2.5		
207	Back 3½ Somersaults					3.9	3.6		
208	Back 4 Somersaults					3.7	3.4		
209	Back 4½ Somersaults					4.7	4.4		
212	Back Flying Somersault		1.7	1.6		1.8	1.7		
213	Back Flying 1½ Somersault					2.4	2.1		
215	Back Flying 2½ Somersault					3.3	3.1		

5211	Back Dive ½ Twist	1.8	1.7	1.6		2.0	1.9	1.8	
5212	Back Dive 1 Twist	2.0				2.2			
5221	Back Somersault ½ Twist				1.7				1.8
5222	Back Somersault 1 Twist				1.9				2.0
5223	Back Somersault 1½ Twists				2.3				2.4
5225	Back Somersault 2½ Twists				2.7				2.8
5227	Back Somersault 3½ Twists				3.2				3.3
5231	Back 1½ Somersaults ½ Twist				2.1				2.0
5233	Back 1½ Somersaults 1½ Twists				2.5				2.4
5235	Back 1½ Somersaults 2½ Twists				2.9				2.8
5237	Back 1½ Somersaults 3½ Twists								3.3
5239	Back 1½ Somersaults 4½ Twists								3.7
5251	Back 2½ Somersaults ½ Twist		2.9	2.7			2.7	2.5	
5253	Back 2½ Somersaults 1½ Twists						3.4	3.2	
5255	Back 2½ Somersaults 2½ Twists						3.8	3.6	

SPRINGBOARD		1 METRE				3 METRE			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
REVERSE GROUP		A	B	C	D	A	B	C	D
301	Reverse Dive	1.8	1.7	1.6		2.0	1.9	1.8	
302	Reverse Somersault	1.8	1.7	1.6		1.9	1.8	1.7	
303	Reverse 1½ Somersaults	2.7	2.4	2.1		2.6	2.3	2.0	
304	Reverse 2 Somersaults	2.9	2.6	2.3		2.7	2.4	2.1	
305	Reverse 2½ Somersaults		3.2	3.0		3.4	3.0	2.8	
306	Reverse 3 Somersaults		3.3	3.0		2.9	2.6		
307	Reverse 3½ Somersaults					3.8	3.5		
308	Reverse 4 Somersaults					3.7	3.4		
309	Reverse 4½ Somersaults					4.7	4.4		
312	Reverse Flying Somersault		1.8	1.7		1.9	1.8		
313	Reverse Flying 1½ Somersault		2.6	2.3		2.5	2.2		

5311	Reverse Dive ½ Twist	1.9	1.8	1.7		2.1	2.0	1.9	
5312	Reverse Dive 1 Twist	2.1				2.3			
5321	Reverse Somersault ½ Twist				1.8				1.9
5322	Reverse Somersault 1 Twist				2.0				2.1
5323	Reverse Somersault 1½ Twists				2.4				2.5
5325	Reverse Somersault 2½ Twists				2.8				2.9
5331	Reverse 1½ Somersaults ½ Twist				2.2				2.1
5333	Reverse 1½ Somersaults 1½ Twists				2.6				2.5
5335	Reverse 1½ Somersaults 2½ Twists				3.0				2.9
5337	Reverse 1½ Somersaults 3½ Twists				3.6				3.5
5339	Reverse 1½ Somersaults 4½ Twists								3.8
5351	Reverse 2½ Somersaults ½ Twist		2.9	2.7			2.7	2.5	
5353	Reverse 2½ Somersaults 1½ Twists		3.5	3.3			3.3	3.1	
5355	Reverse 2½ Somersaults 2½ Twists		3.9	3.7			3.7	3.5	
5371	Reverse 3½ Somersaults ½ Twist						3.4	3.1	
5373	Reverse 3½ Somersaults 1½ Twist							3.7	
5375	Reverse 3½ Somersaults 2½ Twist							4.1	

SPRINGBOARD		1 METRE				3 METRE			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
INWARD GROUP		A	B	C	D	A	B	C	D
401	Inward Dive	1.8	1.5	1.4		1.7	1.4	1.3	
402	Inward Somersault	2.0	1.7	1.6		1.8	1.5	1.4	
403	Inward 1½ Somersaults		2.4	2.2		2.1	1.9		
404	Inward 2 Somersaults		3.0	2.8		2.6	2.4		
405	Inward 2½ Somersaults		3.4	3.1		3.0	2.7		
407	Inward 3½ Somersaults					3.7	3.4		
409	Inward 4½ Somersaults					4.6	4.2		
412	Inward Flying Somersault		2.1	2.0		1.9	1.8		
413	Inward Flying 1½ Somersaults		2.9	2.7		2.6	2.4		

5411	Inward Dive ½ Twist	2.0	1.7	1.6		1.9	1.6	1.5	
5412	Inward Dive 1 Twist	2.2	1.9	1.8		2.1	1.8	1.7	
5421	Inward Somersault ½ Twist				1.9				1.7
5422	Inward Somersault 1 Twist				2.1				1.9
5432	Inward 1½ Somersaults 1 Twist				2.7				2.4
5434	Inward 1½ Somersaults 2 Twists				3.1				2.8
5436	Inward 1½ Somersaults 3 Twists								3.5

In the above table empty spaces have not been calculated.



SCHOOL SPORT VICTORIA

REGION AND STATE DIVING CHAMPIONSHIPS

LIST OF DIVES

EXPERIENCED DIVERS: COMPLETED FORMS TO BE SUBMITTED ON THE DAY ON ARRIVAL

INEXPERIENCED DIVERS: FORMS WILL BE COMPLETED AFTER YOUR CLINIC AND SIGNED BY YOUR CLINIC COACH. NB. INEXPERIENCED DIVERS DO NOT USE THIS FORM.

Diver's Name: _____

Diver's School: _____

Gender (please circle):

MALE

FEMALE

Age Group (please circle):

Age calculated as at 31st of December in the year of competition

9-10 yrs

11-12 yrs

13-14 yrs

15-16 yrs

17-20 yrs

Name	Dive #	Dive Position A, B, C or D	Board Height 1 or 3 m	Group 1-6	Flying	# Somersaults	# Twists	Degree of Difficulty

Explanation Notes:

- Dive requirements are listed above
- All age groups except 9-12 years must complete 4 dives
- Please use the table below to complete your list of dives
- A= a dive completed in the straight position
- B= a dive completed in the pike position
- C= a dive completed in the tuck position
- D= a dive completed in optional positions