

DIAA – SWIM COMMITTEE

Oct 10, 2025

Voluntary Dives for 2025-2026 Season

A **Voluntary** Dive must be the first dive performed by all Divers in Dual Meet diving competition. The Voluntary Dive may be any dive from the Diving Group specified for that competition week. For example, when the **Forward** Diving Group is specified, any Forward dive from Group 1 may be done – e.g., 101 Forward Dive, 103 Forward 1-1/2 Somersault, etc.; when the **Twist** Diving Group is specified, any Twist dive from Group 5 may be done – e.g., 5111 Forward 1/2-Twist, 5221 Back Somersault with 1/2-Twist, etc. The Voluntary Dive **must** be performed **first**. The Voluntary Dive will be scored at its degree of difficulty (**dd**) or 1.8, whichever is lower - i.e., dives with a **dd** greater than 1.8 will be scored at a **dd** = 1.8 . The remaining five **Optional** dives must include one dive from four of the five Diving Groups; the Optional dives may include another (different) dive from the Voluntary Dive Group for that week. The Voluntary Dive Group is scheduled for each week during the season. Note that the Reverse Group is the LAST group in the sequence.

The following procedures will apply to Diving:

1. The Voluntary Dive group in each week is the same for both the Girls and the Boys Diving competitions.
2. The Voluntary Dive group will be in effect for all Dual Meets held from Sunday through the following Saturday.
3. In the event that a Meet is postponed or rescheduled, the Voluntary Dive group shall be the dive specified for the week of the re-scheduled Meet.

Voluntary Dive Group for the 2025-26 season

Dec 3 thru 6	Forward
Dec 7 thru 13	Back
Dec 14 thru 20	Inward
Dec 21 thru 27	Twist
Dec 28 thru Jan 3	Reverse
Jan 4 thru 10	Forward
Jan 11 thru 17	Back
Jan 18 thru 24	Inward
Jan 25 thru 31	Twist
Feb 1 thru 7	Reverse
Feb 8 thru 14	Forward
Feb 15 thru 17	Back

NOTE: DIVERS MUST USE THE DIVING SHEET PROVIDED BY THE SWIM COMMITTEE. Please have Diving Sheets prepared before arriving at the Meet. Diving sheets should be presented to the Referee at least ten (10) minutes before the scheduled start of the Meet in order to be reviewed. A correct Diving Sheet is the responsibility of the Diver – regardless of whether it has been reviewed by the Referee or if subsequent errors are found.