

FR 3 DIVING

FR 3.1 DIVING FACILITIES

FR 3.1.1 Springboard Diving

General requirements: Dimensions in metres for all diving facilities as detailed in *Diving Diagrams, Annex DV 1 and DV 2*, shall be observed.

FR 3.1.1.1 The springboards shall be 4.88 metres long and 0.5 metre wide. At all FINA Events, the type of springboard which must have a slip-resistant surface shall be approved by FINA.

FR 3.1.1.2 The springboards shall be provided with movable fulcrums easily adjustable by the diver.

FR 3.1.1.3 For springboard diving facilities modified or constructed on concrete platforms after 1 October 2013, the following shall be observed

FR 3.1.1.3.1 The vertical distance from the level of the platform, which supports the fulcrum assembly, to the level of the top of the springboard, shall be 0.35 metre.

FR 3.1.1.3.2 The distance from the front edge of the fulcrum assembly (which is 0.741 metres in length) to the front edge of the supporting platform, shall be a maximum of 0.44 metre.

FR 3.1.1.3.3 If the front edge of the platform projects past this point then the fulcrum assembly and the rear hinge assembly must be moved forward so as to provide for a maximum of 0.44 metres from the front edge of the platform to the front of the fulcrum assembly.

FR 3.1.1.3.4 The concrete platform which supports the springboard shall be aligned with the pool wall or project over the pool.

FR 3.1.1.4 The minimum distance recommended from the rear to the centre line of the fulcrum shall be in accordance with the recommendation or specification of the springboard manufacturer.

FR 3.1.1.5 The springboards shall be installed dead level at the leading edge when the movable fulcrum is in all positions.

FR 3.1.1.6 The springboards should be placed on either one or both sides of the platform. For Synchronised Diving, it is required that at least two springboards at the same height shall be placed side by side and no objects should obstruct the visibility in any part of the dive between the divers.

See Diving Diagrams, Annex DV 1 and DV 2

FR 3.1.1.7 The back and sides of 3m springboards shall be surrounded by handrails with a minimum clearance of 1.0 metres between vertical pairs. The minimum height shall be 1.0 metre, measured from the level of the springboard, and they shall be with at least two horizontal crossbars placed outside the platform.

A solid transparent barrier is also permitted instead of a crossbar.

See Diagram: Annex DV 1

FR 3.1.2 Platform Diving

FR 3.1.2.1 Each platform shall be rigid and horizontal.

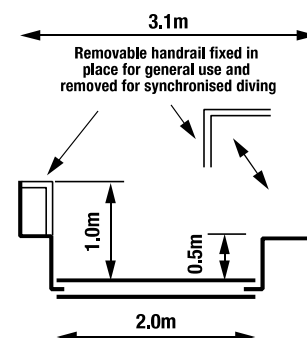
FR 3.1.2.2 The minimum dimensions of the platform shall be:

PLATFORM	WIDTH	LENGTH
0.6m to 1.0m	1.00m (2.90m preferred)	5.00m
2.6m to 3.0m	1.00m (2.00m preferred)	5.00m
5.0m	2.90m	6.00m
7.5m	2.00m	6.00m
10.0m	3.00m	6.00m

On 10m platforms, with a width of less than 3m, only the handrails on each side for a distance of at least 3.0m back from the front edge of the platform may be shaped as detailed next (see drawing).

It is recommended that an easily removable section of handrail be included for general use, which can be removed for synchronised diving.

See Diagram



FR 3.1.2.3 The thickness of the front edge of the platform shall be 0.2 metre but not exceeding 0.3 metre, and can be vertical or inclined at an angle not greater than 10° to the vertical inside the plummet line.

FR 3.1.2.4 The surface and the front edge of the platform shall be covered throughout with a resilient slip-resistant material. The two surfaces shall be covered separately in order to achieve a clean 90° angle or as described in FR 3.1.2.3. The front surface is to be applied first and then the top surface.

The platforms shall be covered in a slip-resistant material that shall have a tread pattern that provides sufficient traction in wet and dry conditions such that the divers are prevented from slipping when performing dives in all directions. The minimum thickness must be 6mm and the colour should give a contrast to the surrounding décor. The material shall be easily cleaned to maintain the slip-resistant feature of the product.

FR 3.1.2.5 The front edge of the 10 metre platform shall project at least 1.50 metres, the 7.5 metre, 5 metre and 2.6 – 3.0 metre platforms 1.25 metres, and the 0.6 – 1 metre platform 0.75 metre beyond the edge of the pool.

FR 3.1.2.6 Where a platform is directly underneath another platform the platform above shall project a minimum of 0.75 metre (preferred 1.25 metres) beyond the platform below.

FR 3.1.2.7 The back and sides of each platform (except 1.0 metre or lower platforms) shall be surrounded by handrails up to 1m from the edge of the platform with a minimum clearance of 1.0 metres between vertical pairs. The minimum height shall be 1.0 metre and they shall be with at least two horizontal crossbars placed outside the platform beginning 1.0 metre from the front edge of the platform.

A solid transparent barrier is also permitted instead of a crossbar.

FR 3.1.2.8 Each platform shall be accessible by suitable stairs (not ladders) as required by the countries building regulations and or health and safety standards that are applicable.

FR 3.1.2.9 It is preferable that a platform is not constructed directly under any other platform however in circumstance where this cannot be avoided then you must refer to ***Diving Diagrams, Annex DV 1 and DV 2.***

FR 3.1.2.10 Requirements for the supporting structure. For platforms and supporting structure of the springboards the design load is $p = 350$ kiloponds (kilograms force) per lineal metre.

In addition to the static requirements and for the comfort and safety of the user with respect to the movement of the towers, the following limits shall be observed, with respect to the platforms and springboard supports.

Fundamental frequency of platforms 10.0 Hz

TOLERANCES:

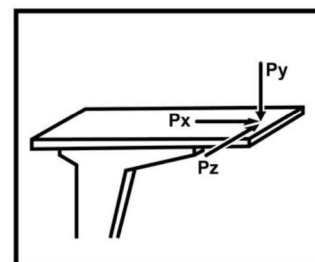
PLATFORM	MINIMUM	MAXIMUM
10m	10 Hz	20 Hz
7.5m, 5m, 3m and 1m	10 Hz	30 Hz

Fundamental frequency of tower 3.5 Hz

Total oscillation of total structure ± 2 mm

The spatial deformation of the front edge of the platforms as a result of $P_x = P_y = P_z = 100$ kiloponds (kilograms force) shall be a maximum of 1 mm.

See Drawing



These requirements can be met most adequately by a reinforced concrete structure. Proof of the dynamic behavior is to be obtained together with the static calculations for the whole structure.

FR 3.1.3 General Requirements

FR 3.1.3.1 For pools designed and constructed after 26th September 2013 the minimum dimensions in metres for diving facilities as detailed on the **Diving Diagrams, Annex DV 1 and DV 2** shall prevail, using, as a basic measuring point of reference, the plummet line, which is a vertical line extending through the centre of the front edge of the springboard or platform. It is recommended that the preferred dimensions be used for projects considered to have an important status.

FR 3.1.3.2 The dimensions C from plummet to adjacent plummet in the **Diving Diagrams, Annex DV 1 and DV 2** table apply to platforms with widths as detailed in FR 5.2.2. If platform widths are increased then the dimensions B and C shall be increased by half the additional widths.

FR 3.1.3.3 With regard to dimensions for diving facilities a combination of preferred and minimum measurements found in the **Diving Diagrams, Annex DV 1 and DV 2** shall be used. However, measurements less than minimum are not acceptable.

FR 3.1.3.4 The vertical height from the plummet of the diving board and or springboard at rest to the water surface at rest and before water sprays or bubbles are set in motion shall be specified in the Diving Facilities Dimensions table. These measurements should be certified by a surveyor or other qualified officials, appointed or approved by or the member of the country in which the pool is situated.

FR 3.1.3.5 The height of the springboards and each platform above the water level may vary by plus 0.05 metre and minus 0.00 metre from the heights prescribed in the Rules.

FR 3.1.3.6 The end of 5, 3, and 1 metre platforms must not project beyond the ends of the 3 and 1 metre springboards when they are adjacent to each other.

FR 3.1.3.7 In the area of full water depth, the bottom of the pool may rise up to 2%. In the diving pool, the depth of water shall not be less than 1.8 metres at any point.

FR 3.1.3.8 In outdoor pools, best practice suggests that springboards and platforms are recommended to face north in the northern hemisphere and south in the southern hemisphere.

FR 3.1.3.9 Pool walls shall be vertical and form 90 degree right angles to the surface of the water. They shall be constructed of solid material, with a slip-resistant surface.

The admissible tolerance in walls verticality will be ± 0.3 degrees.

Rest ledges along the pool walls are permitted; they must be not less than 1.2 metres below the water surface, and may be 0.1 metre to 0.15 metre wide. Only internal rest ledges are permitted.

FR 3.1.3.10 Mechanical surface agitation shall be installed under the diving facilities to aid the divers in their visual perception of the surface of the water. In pools equipped with an underwater bubble machine, the machine shall only be used for the purpose if it creates sufficient water agitation when working with a very low pressure; otherwise a horizontal water sprinkler system shall only be used.

FR 3.1.4 Lighting

FR 3.1.3.11.1 The minimum illumination at a level of 1 metre above the water surface shall not be less than 600 lux.

FR 3.1.3.11.2 Sources of natural and artificial illumination shall be provided with controls to prevent glare.

FR 3.1.5 Water temperature

The water temperature shall be not less than 28° Celsius.

FR 3.1.6 Lane markings

For Diving pools that will also be used for swimming, lane markings for Diving pools shall be of a dark contrasting colour, placed on the floor of the pool in the centre of each lane.

Width: minimum 0.2 metre, maximum 0.3 metre.

Length: 21.0 metres for 25 metre long pools.

Each lane line shall end 2.0 metres from the end wall of the pool with a distinctive cross line 1.0 metre long and of the same width as the lane line.

Target line shall be placed on the end of the walls or on the touch panels, in the centre of each lane, of the same width as the lane lines. A cross line 0.5 metre long shall be placed 0.3 metre below the water surface, measured to the centre point of the cross line. They shall extend without interruption from the deck edge (curb) to the floor or to a maximum of 3 metres.

FR 3.1.7 Placement and seating of diving judges

FR 3.1.7.1 Individual diving

FR 3.1.7.1.1 The judges will be placed side by side in a straight line on both sides of the diving pool by the Referee.

FR 3.1.7.1.2 When seven (7) judges are officiating, four (4) will be on the side of the pool closest to where the springboard or platform event is being contested. When five (5) judges are officiating, (3) will be on the side of the pool closest to where the springboard or platform event is being contested.

Note: The Referee may decide to place the majority of judges (i.e. four (4) / three (3) as outlined above) on the side of the pool farthest from the springboard or platform event being contested if reasonable to do so for logistical or situational purposes.

FR 3.1.7.1.3 No judge shall be seated inside or behind the direct line of the front edge of the springboards or platforms.

FR 3.1.7.1.4 The chairs used by judges will be numbered clockwise in consecutive order when facing the springboards / platforms.

FR 3.1.7.1.5 In 1 metre springboard competitions, chairs suitable for use placed directly on poolside shall be used.

FR 3.1.7.1.6 In 3 metre springboard competitions, the judges shall be seated at a height of not lower than two (2) metres above the water level.

FR 3.1.7.1.7 Three (3) or two (2) execution judges will be placed on both sides of the diving pool by the Referee.

FR 3.1.7.1.8 To assist the judges in the 3 metre springboard and platform competitions, the judges chairs must be positioned as far back from the edge of the pool as is practical.

FR 3.1.7.1.9 The above recommendations are shown in *Diving Diagram, Annex DV 3*.

FR 3.1.7.2 Synchronised diving and mixed synchronized diving

FR 3.1.7.2.1 Three (3) or two (2) execution judges will be placed on both sides of the diving pool by the Referee.

FR 3.1.7.2.2 The chairs used by execution judges in a synchronised event will be numbered clockwise in consecutive order when facing the springboard / platform, for example E 1, E 2 and E 3 (or E 1, E 2) on the left side and E 4, E 5 and E 6 (or E 3, E 4) on the right side.

FR 3.1.7.2.3 The synchronised judges will be placed in a straight line in between the execution judges on both sides of the pool. All synchronised judges on both sides of the pool must be placed at the same horizontal distance from the springboards or platforms (not side-to-side) but will be positioned at different heights to ensure that no judge's view is obstructed.

FR 3.1.7.2.4 Three (3) synchronised judges will be on the side of the pool closest to where the springboard or platform event is being contested, and the other two (2) synchronised judges on the opposite side.

FR 3.1.7.2.5 The chairs used by synchronised judges in a synchronised event will be numbered clockwise in consecutive order when facing the springboard or platform. Numbering will start at S1 with lowest chair on the left side of the pool, through to S5 for the highest chair on the right side of the pool.

FR 3.1.7.2.6 In synchronised competitions, the synchronised judges closest to the pool edge, shall ideally be seated at a height of not lower than 2 (two) metres above the water level.

FR 3.1.7.2.7 The subsequent chair heights for the remaining synchronised judges (or additional execution judge) must increase by at least 50 cm per seat.

FR 3.1.7.2.8 There shall be no interference or movement by any person in front of the judge chairs during a competition event.

FR 3.1.7.2.9 The above recommendations are shown in ***Diving Diagram, Annex DV 3***.

FR 3.2 DIVING FACILITIES FOR OLYMPIC GAMES AND WORLD CHAMPIONSHIPS

FR 3.2.1 Springboard Diving

For Olympic Games and World Championships FR 3.1.1 in total shall apply.

FR 3.2.2 Platform Diving

For Olympic Games and World Championships FR 3.1.2 in total shall apply.

FR 3.2.3 General Requirements

For Olympic Games and World Championships FR 3.1.3 in total shall apply.

FR 3.2.4 Lighting

The light intensity at the level of 1 metre above the water surface shall not be less than 1500 lux.

FR 3.2.5 Water temperature

The water temperature shall be not less than 26° Celsius.

FR 3.2.6 Lane markings

Lane markings for the diving well will consist of 3 lines running the width of the diving well 90 degree angle to the diver facing forward on the springboard or platform. These lines shall be as follows:

Width: minimum 0.2 metre, maximum 0.3 metres

Length: 21.0 metre for 25 metre wide diving well

The distance between the centre points of each lane shall be 2.5 metres.

The centre of the first line shall be directly under the plummet of the 3 metre springboard.
See *Diving Diagram, Annex DV 3*.

FR 3.2.7 Placement and seating of diving judges

For Olympic Games and World Championships FR 3.1.7 in total shall apply.

FR 3.2.8 Dry Land Facilities

The host facility must provide a trampoline with spotting equipment and a hot tub. It is preferred that there be two trampolines and a dry land area with a springboard and a platform take-off into foam landing pits as detailed in ***Diving Dry Land Facilities Diagrams, Annex DV 4, DV 5, DV 6 and DV 7***.

FR 3.2.9 Field of play

Field of Play for Olympic Games and World Championships as detailed in ***Diving Diagram, Annex DV 3***.

If the swimming pool and diving well are in the same area, the minimum distance separating the pools shall be of 8 metres, however 10 metres is preferred (see FR 3.17).

FR 3.3 ELECTRONIC OFFICIATING EQUIPMENT FOR DIVING

FR 3.3.1 General description

Electronic Officiating equipment records the judges awards for each diver and determines the final score for each dive as required by Rule D 7.

FR 3.3.2 Preferred Equipment must be able to;

FR 3.3.2.1 Record judges awards by whole and half points

FR 3.3.2.2 Be able to display all recorded and calculated information for each diver both before and after each dive

FR 3.3.2.3 Be able to display the scores for all divers before and after each dive

FR 3.3.2.4 Be able to display the rank order and scores for all divers after each round of dives

FR 3.3.2.5 The equipment must provide each judge with an electronic judging device that will permit each judge to enter their award and to see their award on a window on the device. After the referee has accepted the judges awards, all awards shall be displayed on each electronic judging device

FR 3.3.2.6 Judges analysis is to be provided at the conclusion of each event or series

FR 3.3.2.7 The referee must be provided with a monitor on which he/ she will be able to view the awards of all the judges prior to the awards then being displayed on the score board

FR 3.3.2.8 There is a requirement for a print out of the following information;

1. The draw for the diving order
2. A start list for each session or event
3. A ranking of dives at the end of each round
4. A ranking of dives at the end of each event
5. Judges awards and scores for each diver at the end of each session and event

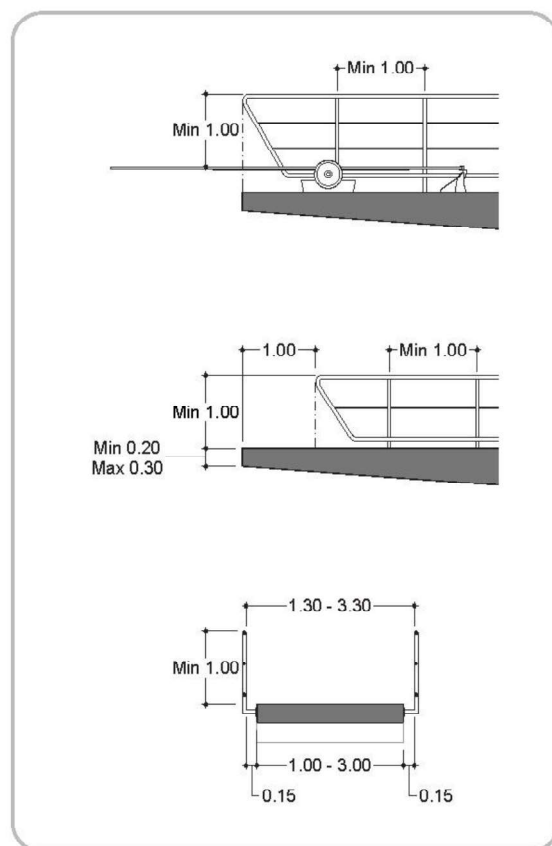
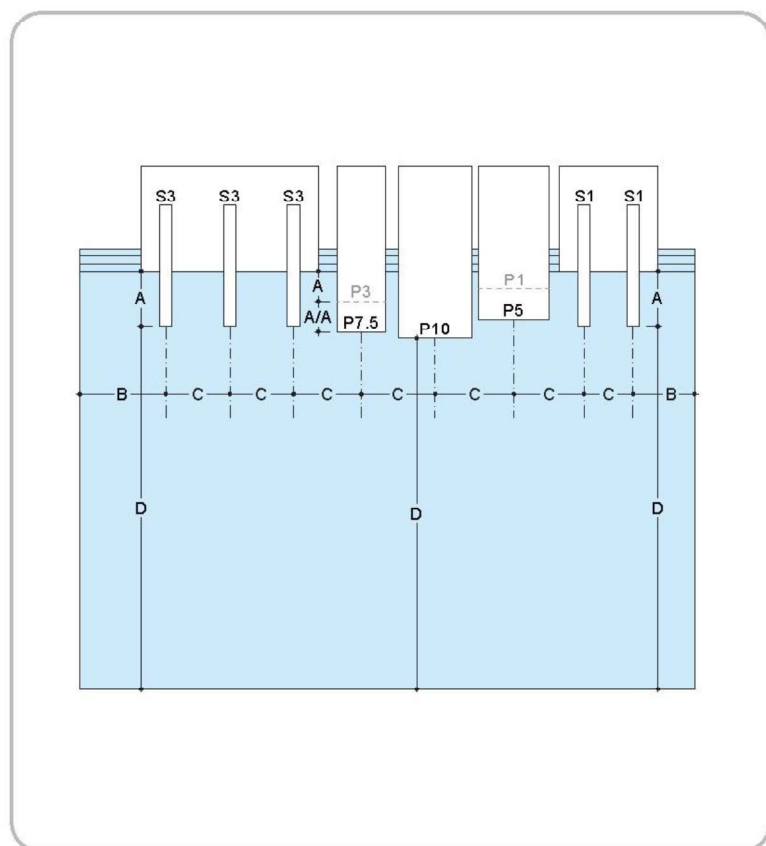
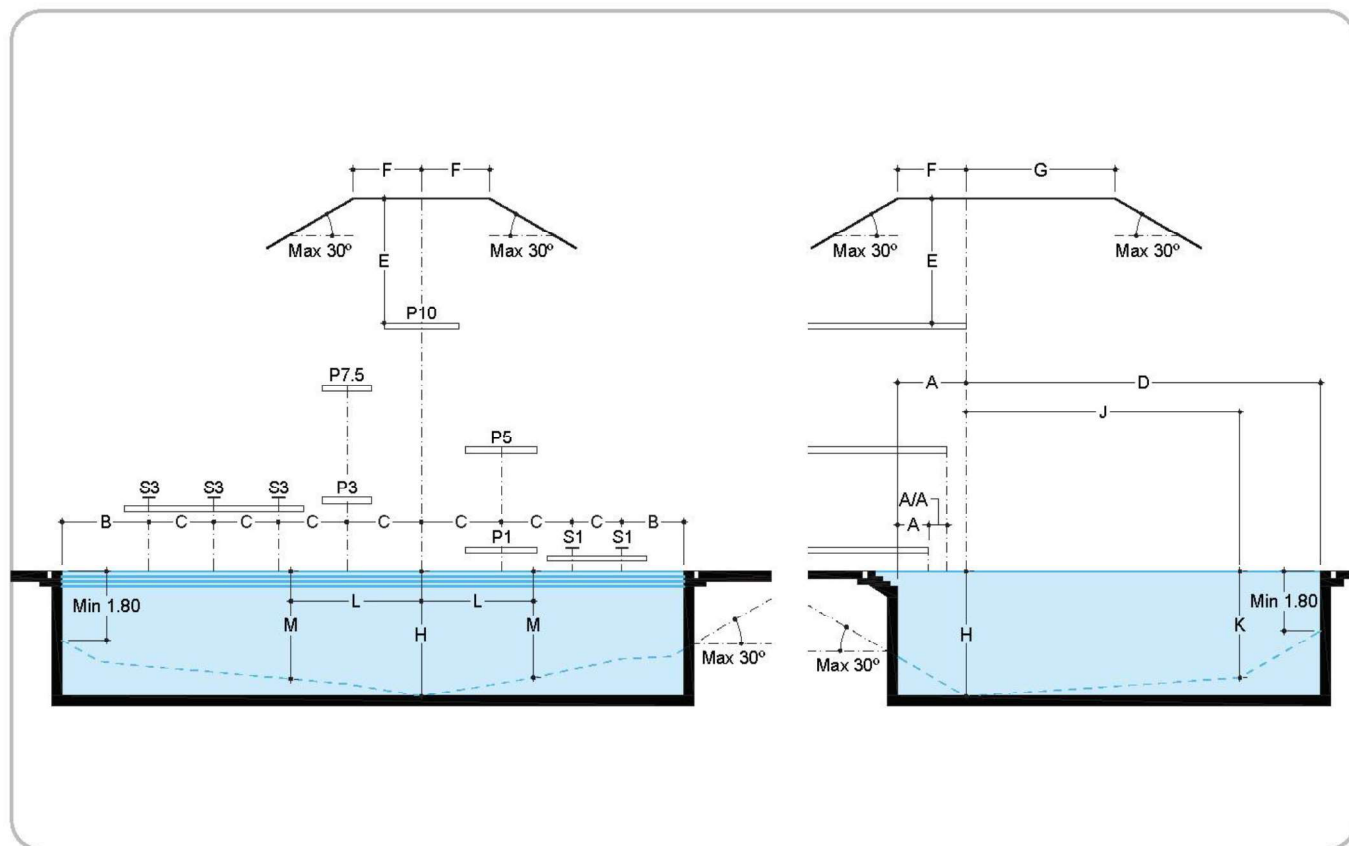
FR 3.4 DRY LAND FACILITIES

FR 3.4.1 General Requirements

Dimensions in metres for Dry Land Facilities as detailed in ***Diving Dry Land Facilities, Diagram, Annex DV 4, DV 5 and DV 6 and Diving Dry Land Facilities - Recommended Equipment, Diagram, Annex DV 7.***

FR 3.4.2 For the safety, practise and development of divers and competitions, it is strongly recommended that the guidelines presented below be incorporated into the facility and placed adjacent to the competitive diving area /facilities.

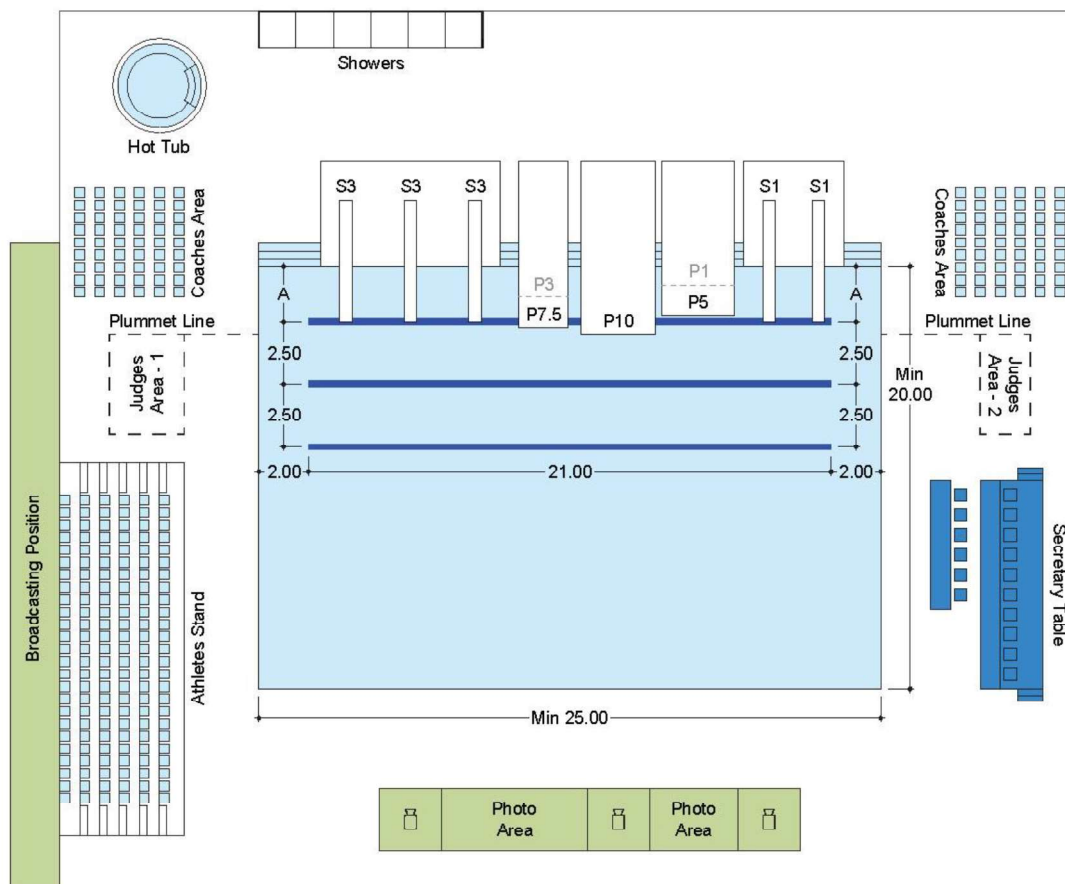
FR 3.4.3 When minimum dimensions are used in B and C a vertical mat or other protective surface should be attached to the appropriate forward and side walls.



FINA Dimensions for Diving Facilities			SPRINGBOARD				PLATFORM									
			1 metre		3 metres		1 metre		3 metres		5 metres		7.5 metres		10 metres	
		Length	4.88		4.88		5.00		5.00		6.00		6.00		6.00	
		Width	0.50		0.50		1.00 min 2.90 pref		1.00 min 2.00 pref		2.90		2.00		3.00	
		Height	1.00		3.00		0.60 min 1.00 pref		2.60 min 3.00 pref		5.00		7.50		10.00	
			Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert	Horiz	Vert
A	From plummet back to pool wall platform edge for Concrete Platform	Designation	A-1		A-3		A-1P		A-3P		A-5		A-7.5		A-10	
		Minimum	2.22		2.22		0.75		1.25		1.25		1.25		1.50	
		Preferred	2.22		2.22		0.75		1.25		1.25		1.25		1.50	
	From plummet back to pool wall for Pedestals and Metal Stands	Minimum	1.50		1.50											
		Preferred	1.83		1.83											
A/A	From plummet Back to Platform Plummet directly below	Designation									A/A 5/1		A/A 7.5/3,1		A/A 10/5,3,1	
		Minimum									0.75		0.75		0.75	
		Preferred									1.25		1.25		1.25	
B	From plummet to Pool Wall at Side	Designation	B-1		B-3		B-1P		B-3P		B-5		B-7.5		B-10	
		Minimum	2.50		3.50		2.50		3.00		4.00		4.50		5.75	
		Preferred	2.50		3.50		2.50		3.60		4.50		4.75		5.75	
C	From plummet to Adjacent Plummet	Designation	C1-1		C3-3,3-1		C1-1P		C3-3P,1P		C5-3,5-1		C7.5-5,3,1		C10-7.5,5,3,1	
		Minimum	2.00		2.20		1.85		2.20*		2.85*		2.75*		3.00*	
		Preferred	2.00		2.60		2.15		2.35*		2.85*		2.75*		3.00*	
D	From plummet to Pool Wall Ahead	Designation	D-1		D-3		D-1P		D-3P		D-5		D-7.5		D-10	
		Minimum	9.00		10.25		8.00		9.50		10.25		11.00		13.50	
		Preferred	9.00		10.25		8.00		9.50		10.25		11.00		13.50	
E	On plummet from Board to Ceiling	Designation	E-1		E-3		E-1P		E-3P		E-5		E-7.5		E-10	
		Minimum	5.00		5.00		3.25		3.25		3.25		3.25		4.00	
		Preferred	5.00		5.00		3.50		3.50		3.50		3.50		5.00	
F	Clear Overhead behind and each side of plummet	Designation	F-1	E-1	F-3	E-3	F-1P	E-1P	F-3P	E-3P	F-5	E-5	F-7.5	E-7.5	F-10	E-10
		Minimum	2.50	5.00	2.50	5.00	2.75	3.25	2.75	3.25	2.75	3.25	2.75	3.25	2.75	4.00
		Preferred	2.50	5.00	2.50	5.00	2.75	3.50	2.75	3.50	2.75	3.50	2.75	3.50	2.75	5.00
G	Clear Overhead ahead of plummet	Designation	G-1	E-1	G-3	E-3	G-1P	E-1P	G-3P	E-3P	G-5	E-5	G-7.5	E-7.5	G-10	E-10
		Minimum	5.00	5.00	5.00	5.00	5.00	3.25	5.00	3.25	5.00	3.25	5.00	3.25	6.00	4.00
		Preferred	5.00	5.00	5.00	5.00	5.00	3.50	5.00	3.50	5.00	3.50	5.00	3.50	6.00	5.00
H	Depth of Water at plummet	Designation	H-1		H-3		H-1P		H-3P		H-5		H-7.5		H-10	
		Minimum	3.40		3.70		3.20		3.50		3.70		4.10		4.50	
		Preferred	3.50		3.80		3.30		3.60		3.80		4.50		5.00	
J K	Distance and Depth ahead of plummet for all stands	Designation	J-1	K-1	J-3	K-3	J-1P	K-1P	J-3P	K-3P	J-5	K-5	J-7.5	K-7.5	J-10	K-10
		Minimum	5.00	3.30	6.00	3.60	4.50	3.10	5.50	3.40	6.00	3.60	8.00	4.00	11.00	4.25
		Preferred	5.00	3.40	6.00	3.70	4.50	3.20	5.50	3.50	6.00	3.70	8.00	4.40	11.00	4.75
L M	Distance and Depth each side of plummet	Designation	L-1	M-1	L-3	M-3	L-1P	M-1P	L-3P	M-3P	L-5	M-5	L-7.5	M-7.5	L-10	M-10
		Minimum	1.50	3.30	2.00	3.60	1.40	3.10	1.80	3.40	3.00	3.60	3.75	4.00	4.50	4.25
		Preferred	2.00	3.40	2.50	3.70	1.90	3.20	2.30	3.50	3.50	3.70	4.50	4.40	5.25	4.75
N	Maximum slope to reduce dimensions beyond full requirements for pool depth and ceiling height = 30 Degrees															

Notes

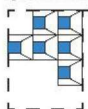
- The minimum distance between adjacent platforms must be at least 0.25 metres.
- Dimensions B (plummet to pool wall at side) and C (plummet to adjacent plummet) apply to Platforms with widths as detailed in FR.5.2.2. If Platform widths are increased then B and C shall be increased by half the additional width(s).
- The 10 Metre Platform must project 0.25 metres beyond any adjacent platform.
- All platforms must project 0.75 metres beyond any platform directly below.
- The leading edge of the concrete platforms for springboards must be at least constructed to be directly above the pool wall or beyond.
- FR 5.3.4 The end of 5, 3 and 1m platforms must not project beyond the ends of the 3 and 1m springboards when they are adjacent to each other.



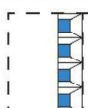
Diving Marking Lanes - Distance A: The centre of the first line shall be directly under the plummet of the 3 metre Springboard.

Judges Area - 1

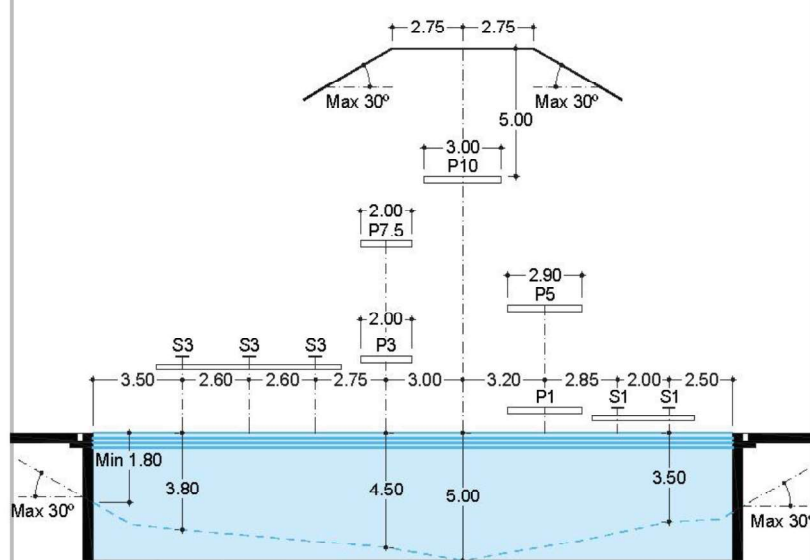
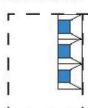
3m & 10m
Synchronized diving



3m & 10m
Individual diving

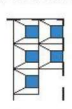


1m
Individual diving

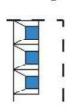


Judges Area - 2

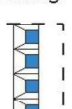
3m & 10m
Synchronized diving

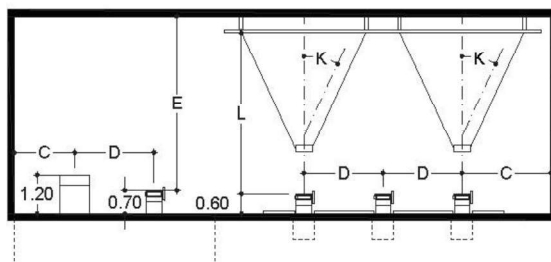


3m & 10m
Individual diving

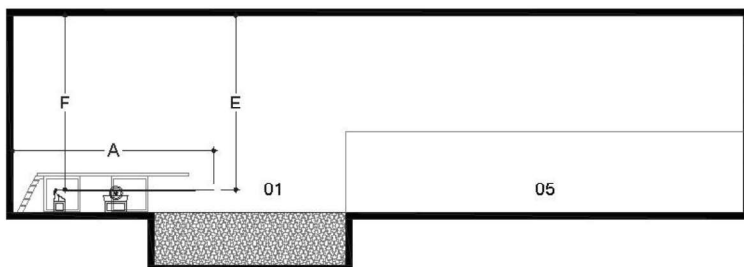


1m
Individual diving

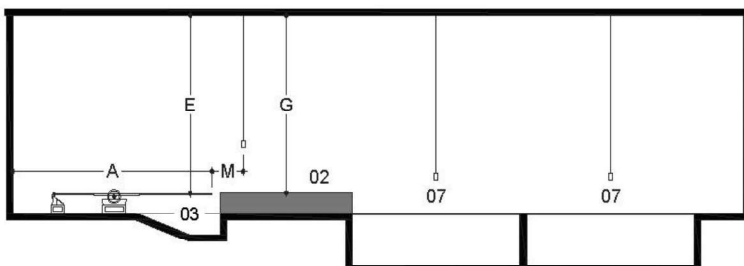




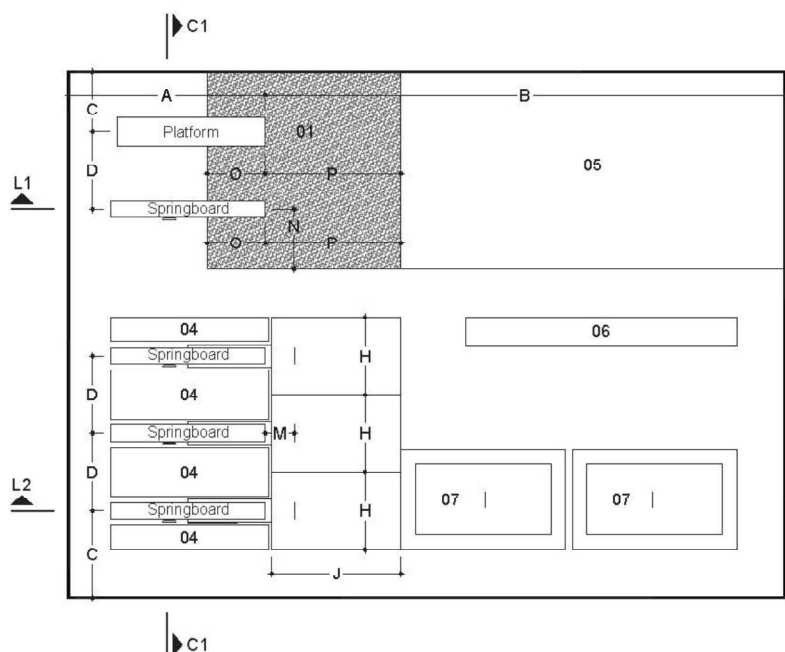
Cross Section - C1



Longitudinal Section - L1



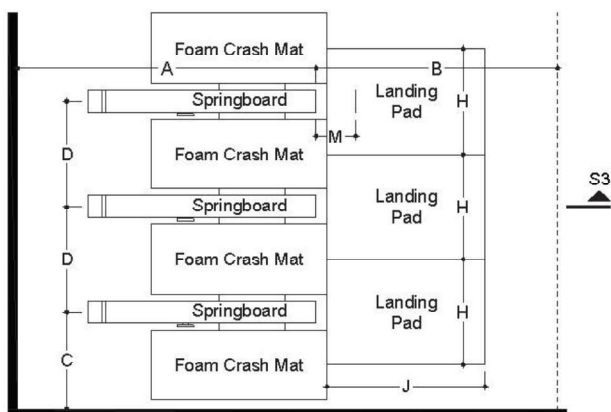
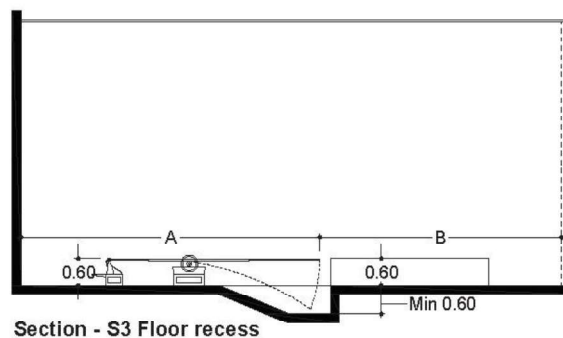
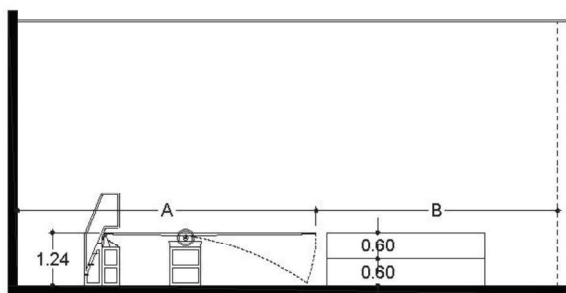
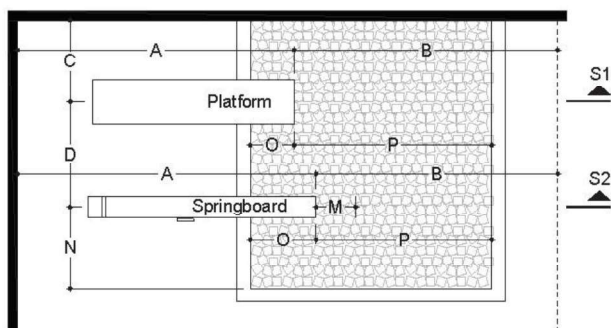
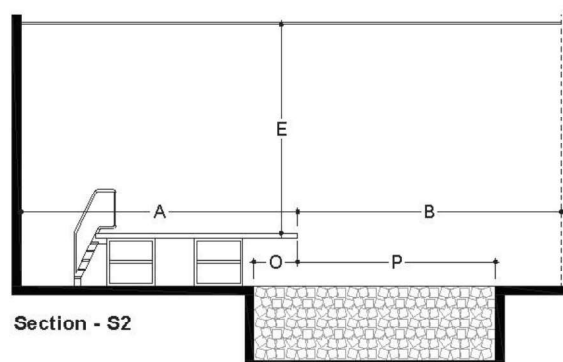
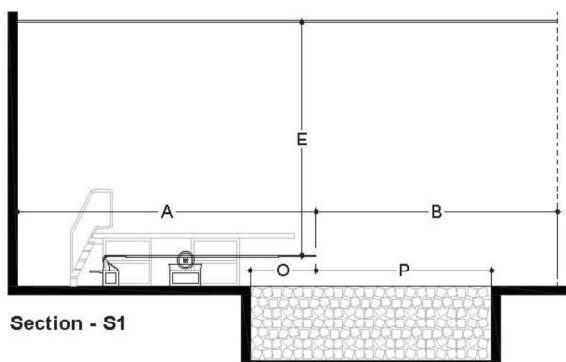
Longitudinal Section - L2



Diving Dry Land Equipment

1. Block Foam Land Pit
2. Landing Foam Pit
3. Pit*
4. Mat
5. Gymnastics Spring Floor
6. Padded Platform Bench
7. Trampoline Bed

*Minimum Pit Depth= 0.60m
(Depends on Springboard Supplier)



Diving Dry Land Facilities Design Guidelines			Springboard		Platform	
		Length	4.88		Varies	
		Width	0.50		Varies	
		Height	1.24		Varies	
			Horizontal	Vertical	Horizontal	Vertical
A	From plummet Back to Building Wall	Designation	A-1		A-PL	
		Minimum	4.88		Varies	
		Preferred	6.10		Infinity	
B	From plummet to Building Wall at Ahead	Designation	B-1		B-PL	
		Minimum	3.66		3.66	
		Preferred	Infinity		Infinity	
C	From plummet to Building Wall at Side	Designation	C-1		C-PL	
		Minimum	1.83		1.83	
		Preferred	Infinity		Infinity	
D	From plummet to Adjacent Plummet	Designation	D-1		D-PL	
		Minimum	2.00		2.00	
		Preferred	2.40		2.40	
E	On plummet from Board to Ceiling	Designation		E-1		E-PL
		Minimum		5.00		2.70
		Preferred		6.40		6.40
F	Clear Overhead behind and each side of plummet	Designation	F-1	F-1	F-PL	F-PL
		Minimum	2.50	4.50	1.50	2.70
		Preferred	Varies	6.40	Varies	6.40
G	Clear Overhead ahead of plummet	Designation	G-1	G-1	G-PL	G-PL
		Minimum	5.00	4.50	1.50	2.70
		Preferred	Varies	6.40	Varies	6.40
H	Width of Landing Pit in front of plummet	Designation	H-1		H-PL	
		Minimum	1.83		1.50	
		Preferred	Varies		Varies	
J	Length of Landing Pit in front of plummet	Designation	J-1		J-PL	
		Minimum	3.66		1.50	
		Preferred	Varies		Varies	
K	Angle of Spotting Rig Ropes	Designation		K-1		K-PL
		Minimum		30°		30°
		Preferred		30° ±		30° ±
L	Height of Spotting Rig above diving board or platform	Designation		L-1		L-PL
		Minimum		4.50		4.50
		Preferred		6.40		6.40
M	Distance in front of Plummet to Spotting Rig	Designation	M-1		M-PL	
		Minimum	0.76		0.76	
		Preferred	0.91		0.91	
N	From plummet to Pit Wall at Side	Designation	N-1		N-PL	
		Minimum	1.83		1.83	
		Preferred	Infinity		Infinity	
O	Overhanging	Designation	O-1		O-PL	
		Minimum	1.50		1.00	
		Preferred	1.50		1.00	
P	From Plummet to Pit Wall at Ahead	Designation	P-1		P-PL	
		Minimum	3.66		3.66	
		Preferred	Infinity		Infinity	

Use and installation guidelines for dry land facilities with in ground and above ground trampolines

Installation and use instructions for trampolines and related equipment, such as frame pads, mats, end decks, and spotting systems, shall be provided by the manufacturer and shall specify the minimum safe area dimensions required for each trampoline type and relating their products to centre or edge of the trampoline.

Clearance (trampolines): users should refer to the manufacturer's specifications for all clearance, which may vary depending upon the manufacturer, the size of the trampoline, the type of bed in place, the type of spotting system in place, if any, and other variables. In any event, adequate space should be provided so that intended users and equipment* will not come into contact with any obstacles during their anticipated use of the equipment.
*i.e., bottoming out a trampoline or dry land diving board.

Clearance (platforms): these specifications apply to facilities used by FINA level international athletes. Other specifications may be appropriate for junior or development programs, so long as adequate space is provided so that intended users and equipment will not come into contact with any obstacle during their anticipated use of the equipment.

Recommended Equipment in Dry Land Facility							
			Number		Suggested dimensions		
1	Diving Boards	Springboard as FR 5.1.1 mounted on diving stands with movable fulcrums.	Minimum	2			
			Preferred	4			
2	Diving Board Landing Pads	Foam landing pads for Dry land diving boards are located in front of the diving boards	Minimum	2	Floor	Width	Length
			Preferred	4	120 cm	1.50 m min.	1.50 m min.
3	Trampolines		Minimum	1			
			Preferred	3			
4	Foam Crash Mats		Minimum	2	Height	Width	Length
			Preferred	4	22 cm	2 m	3 m
5	Somersault Boxes		Minimum	2	Height	Width	Length
			Preferred	4	32 cm	1 m	1 m
6	Stretching Mats		Minimum	12	Height	Width	Length
			Preferred	24	12 cm	1 m	2 m
7	Large Mirrors	Should be placed on walls so divers can observe body movements while training on equipment.					
8	Video Replay System (Similar to TIVO)	With at least 2 cameras and 2 monitors. This allows divers to review acrobatic skills performed on springboard and trampoline.					
9	Weight Lifting Equipment	Combination of free weights and weight lifting machines.					
10	Cardio Conditioning Equipment	Treadmills and stationary bicycles.					
	* Please note: Foam crash mats may be stacked to a height of 120 cm for the foam landing pads, or Foam pits maybe used instead of landing pads.						