

National Secondary School Diving Championships Rules

- **Individual Age Groups:**
 - Juniors (14 years and under on the 31st of december): Springboard - six dives with unlimited DD, Platform - five dives with unlimited DD
 - 15-16 years on the 31st of december): Springboard - six dives with unlimited DD, Platform - five dives with unlimited DD
 - Seniors (17 years and older on the 31st of december): Springboard - seven dives with unlimited DD, Platform - seven dives with unlimited DD

 - **Individual Age Group Rules:**
 - A dive number may be repeated once, but only from a different board.
 - No Jumps are permitted. All lineups will have a DD of 1.0
 - Any number of divers per school may be entered in the individual events.
 - There will be separate boys and girls individual events in each age-group

 - **Teams Events:**
 - Each school's team points will be determined by the individual placings in the individual events. A maximum of three divers per school per age group may contribute points for their school team. (ie the top three individual placings per school will count)
 - Boys and Girls individual scores will be put into one combined Age-Group results list before Team placing points for that Age Group are determined.
 - In addition to the individual placing points earned above, there will also be one final round of synchronized 3 metre diving per age group, with further placing points allocated to each school for that single round. Up to two synchronized placings per school per age group will count towards each school's score. Synchro pairs can be of the same or mixed gender
 - If teams cannot be made up from the same school then a mixed school team can be entered and receive half allocated points each towards overall team score
 - There will be an Overall Teams Event whereby the placing points from all age groups will be added together to determine each school's Total Score for the Overall Teams Event
 - ie: Juniors placing points + 15-16 years placing points + Seniors placing points = TOTAL
 - The school with highest combined points total will be the winner of the Overall Team Event.
- (Note – there is no requirement to declare specific contributing team members in advance)

National Intermediate School Diving Championships Rules

- Year 7 and 8 from any school
 - Springboard - five dives with unlimited DD, Platform - four dives with unlimited DD

- Individual Age Group Rules:
 - A dive number may be repeated once, but only from a different board.
 - No Jumps are permitted. All lineups will have a DD of 1.0
 - Any number of divers per school may be entered in the individual events.
 - There will be separate boys and girls event

- Teams Events:
 - There will be a team's event for each age group based on placing points
 - Each school's team points will be determined by the individual placings in the individual events. A maximum of three divers per school per age group may contribute points for their school team. (ie the top three individual placings per school will count)
 - Boys and Girls individual scores will be put into one combined results list before Team placing points for that school are determined.