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FINA FACILITIES RULES

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The Facilities Rules are intended to provide the best possible environment *for competitive use and training*. These Rules are not intended to govern issues related to the general public. It is the responsibility of the owner or controller of a facility to provide supervision for activities undertaken by the general public.

FR 1 GENERAL

FR 1.1 FINA Olympic Standard Pools. All World Championships (except the Masters World Championships) and Olympic Games must be held in pools that comply with Rules FR 3, FR 6, FR8, and FR 11.

FR 1.2 FINA General Standard Pools. Other FINA events should be held in FINA Olympic Standard Pools, but the Bureau may waive certain standards for existing pools if they do not materially interfere with the competitions.

FR 1.3 FINA Minimum Standard Pools. All other events held under FINA Rules should be conducted in pools that comply with all of the minimum standards contained within these Facilities Rules.

FR 1.4 In order to protect the health and safety of persons using swimming facilities for the purposes of recreation, training and competition, owners of public pools or pools restricted only to training and competition must comply with the requirements established by law and the health authorities in the country where the pool is situated.

FR 1.5 New competition equipment (e.g. Starting blocks, lane-ropes, etc.) must be available by 1st January in the year of the Olympic Games and FINA World Championships.

FR 2 SWIMMING POOLS

FR 2.1 Length

FR 2.1.1 50.000 metres. When touch panels of Automatic Officiating Equipment are used on the starting end, or additionally on the turning end, the pool must be of such length that ensures the required distance of 50.000 metres between the two panels. See Swimming Diagram 1. 50m Fig 1

FR 2.1.2 25.000 metres. When touch panels of Automatic Officiating Equipment are used on the starting end, or additionally on the turning end, the pool must be of such length that ensures the required distance of 25.000 metres between the two panels. See Swimming Diagram 2. 25m Fig 2

FR 2.2 Dimensional Tolerances

FR 2.2.1 Against the nominal length of 50.000 metres, a tolerance of plus 0.030 metre in each lane minus 0.000 metre on both end walls at all points from 0.300 metre above to 0.800 metre below the surface of the water is allowed. These measurements should be certified by a surveyor or other qualified official, appointed or approved by the Member in the country in which the pool is situated. Tolerances cannot be exceeded when touch panels are installed. See Swimming Diagram 1. 50m Fig 1

FR 2.2.2 Against the nominal length of 25.000 metres, a tolerance of plus 0.030 metre in each lane minus 0.00 metre on both end walls at all points from 0.300 metre above to 0.800 metre below the surface of the water is allowed. These measurements should be certified by a surveyor or other qualified official, appointed or approved by the Member in the country, in which the pool is situated. Tolerances cannot be exceeded when touch panels are installed. See Swimming Diagram 2. 25m Fig 2

FR 2.3 Depth - A minimum depth of 1.35 metres, extending from 1.0 metre to at least 6.0 metres from the end wall is required for pools with starting blocks. A minimum depth of 1.0 metre is required elsewhere.

FR 2.4 Walls

FR 2.4.1 End walls shall be vertical, parallel and form 90 degree right angles to the swimming course and to the surface of the water. They shall be constructed of solid material, with a non slip surface extending 0.8 metre below the water surface, so as to enable the competitor to touch and push off in turning without hazard.

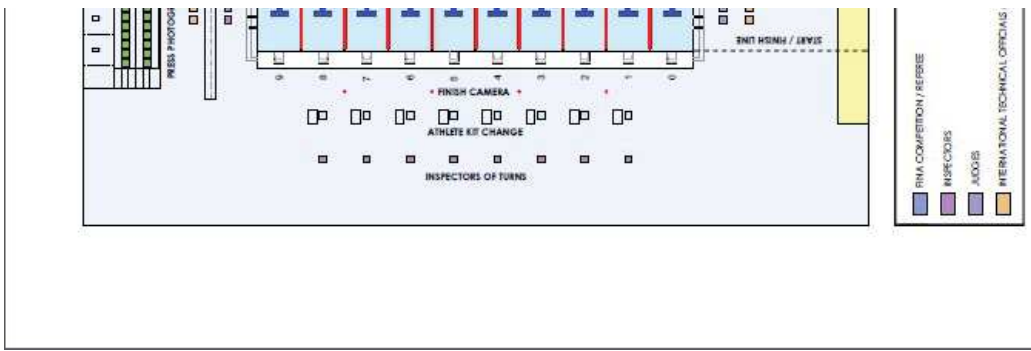
FR 2.4.2 Rest ledges along the pool walls are permitted; they must be not less than 1.2 metres below the water surface, and may be 0.1 metre to 0.15 metre wide. Both internal and external ledges are acceptable, however internal ledges are preferred.

FR 2.4.3 Gutters may be placed on all four walls of the pool. If end wall gutters are installed, they must allow for attachment of touch panels to the required 0.3 metre above the water surface. They must be covered with a suitable grill or screen.

FR 2.6.3 In 50 metre pools the floats shall be distinct to mark 25 metres.

FR 2.6.4 Lane numbers of soft material may be placed on the lane ropes at the start and turning end of the pool.

FR 2.6.5 Lane marking measurements, please read in conjunction with FR 2.6.6 Pool Diagram.



FR 5 DIVING FACILITIES

FR 5.1 Springboard Diving

General requirements: Dimensions in metres for all diving facilities as detailed in Diving Diagram, Annex 1.1 & Annex 1.2, shall be observed.

FR 5.1.1 The springboards shall be at least 4.8 metres long and 0.5 metre wide. At all FINA Events, the type of springboard which must have a non slip surface shall be approved by FINA.

FR 5.1.2 The springboards shall be provided with movable fulcrums easily adjustable by the diver.

FR 5.1.3 For springboard diving facilities modified or constructed on concrete platforms after 1 October 2013, the following shall be observed

FR 5.1.3.1 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 0.35metre.

FR 5.1.3.2 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 5.1.3.3 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 5.1.4 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 5.1.5 The springboards shall be installed dead level at the leading edge when the movable fulcrum is in all positions.

FR 5.1.6 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 Diagram, Annex 2.1 & Annex 2.2

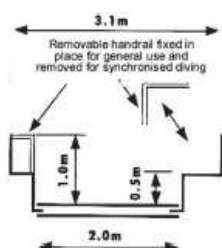
FR 5.2 Platform Diving

FR 5.2.1 Each platform shall be rigid and horizontal.

FR 5.2.2 The minimum dimensions of the platform shall be:

0.6m to 1.0m platform	1.00m width (2.90m preferred)	5.00m length
2.6m to 3.0m platform	1.00m width (2.00m preferred)	5.00m length
5.0m platform	2.90 width	6.00m length
7.5m platform	2.00m width	6.00m length
10.0m platform	3.00m width	6.00m length

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 below. 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 5.2.3 The preferred 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 5.2.4 The surface and the front edge of the platform shall be covered throughout with a resilient non-slip surface. The two surfaces shall be covered separately in order to achieve a clean 90° angle or as described in FR 5.2.3. The front surface is to be applied first and then the top surface.

FR 5.2.5 The platforms shall be covered in an anti-slip 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 (- 0 / + 1mm) and the colour should give a contrast to the surrounding décor. The material shall be easily cleaned to maintain the anti-slip feature of the product. The installation of the non-slip platform covering shall respect FINA Rule FR 5.2.4.

FR 5.2.6 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 5.2.7 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 5.2.8 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 1.8 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.

FR 5.2.9 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.

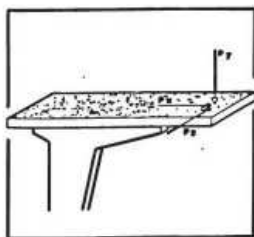
FR 5.2.10 It is preferable that a platform is not constructed directly under any other platform however in circumstance where this cannot be avoided then you must refer to Diving Diagram, Annex 1.1, 1.2, 2.1 & 2.2.

FR 5.2.11 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

Fundamental frequency of tower 3.5 Hz

Oscillation of total structure 3.5 Hz



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 behaviour is to be obtained together with the static calculations for the whole structure.

FR 5.3 General Requirements

FR 5.3.1 For pools designed and constructed after 26th September 2013 the minimum dimensions in metres for diving facilities as detailed on the “Diving Facilities Diagram” (Annex 1.2) 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 5.3.2 The dimensions C from plummet to adjacent plummet in the “FINA Dimensions for Diving”, Annex 1.2 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 5.3.3 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 5.3.4 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 5.3.5 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 5.3.6 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.

south in the southern hemisphere.

FR 5.3.7 The minimum illumination at a level of 1 metre above the water surface shall not be less than 600 lux.

FR 5.3.8 Sources of natural and artificial illumination shall be provided with controls to prevent glare.

FR 5.3.9 The water temperature shall be not less than 26 °Celsius.

FR 5.3.10 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 should only be used for this purpose if it creates sufficient water agitation when working with a very low pressure; otherwise a horizontal water sprinkler system should only be used.

FR 5.3.11 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 5.3.12 Individual diving

FR 5.3.12.1 The judges will be placed side by side in a line on each side of the springboard / platform by the Referee.

FR 5.3.12.2 When seven (7) / five (5) judges are used, four (4) / three (3) judges will be on the side closest to the competition.

Note: The Referee may decide to place four (4) / three (3) judges farthest from the competition depending of the local situation in the pool.

FR 5.3.12.3 No judge shall be seated behind the front edge of the springboard or platform.

FR 5.3.12.4 The numbering of the judge chairs will be clockwise when facing the springboard / platform.

FR 5.3.12.5 In the 1 metre springboard competitions, chairs suitable for use on poolside shall be used.

FR 5.3.12.6 In the 3 metre springboard competitions, the judges shall be seated at a height of not lower than two (2) metres above the water level.

FR 5.3.12.7 In the 10 metre platform competitions, the chairs from the 3m springboard competitions can be used but if at all possible, the judges shall be seated at an even higher level.

FR 5.3.12.8 To assist the judges in the 3 metre springboard and 10 metre platform competitions, the judge chairs must be positioned as far back from the edge of the pool as is practical.

FR 5.3.13 Synchronised diving

FR 5.3.13.1 Three (3) / two (2) execution judges will be placed on either side of the springboard / platform by the Referee.

FR 5.3.13.2 The numbering of the execution judge chairs will be clockwise when facing the springboard / platform, namely 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 5.3.13.3 In between the execution judges on either side of the pool, the synchronised judges will be placed in a line.

FR 5.3.13.4 Three (3) synchronised judges will be on the side closest to the springboard / platform competition, and the other two (2) synchronised judges on the opposite side.

FR 5.3.13.5 The numbering of the synchronised judge chairs will start on the lefthand side on the pool with the lowest chair being S 1, and the highest chair on the right-hand side of the pool being S 5.

FR 5.3.13.6 In the synchronised competitions, the synchronised judges closest to the pool edge, shall be seated at a height of not lower than 2.0 metres above the water level.

FR 5.3.13.7 The subsequent heights for the remaining synchronised judges (or additional execution judge) must increase no less than 0.5 metre per seat.

FR 5.3.13.8 There shall be no interference or movement in front of the judge chairs.

FR 5.3.13.9 The above recommendations are shown in Diving Diagram, Annex 2.1 & Annex 2.2.

FR 5.3.14 Dry Land Training Facilities General Requirements: Dimensions in metres for Dry Land Training Facilities as detailed in Diving Dry Land Training, Annex 3.1 & Annex 3.2 and Diving Dry Land Recommended Equipment, Annex 3.3

FR 5.3.14.1 For the safety and development of divers in the learning of new and more difficult dives, it is strongly recommended that the guidelines presented below be incorporated into the facility and placed adjacent to the competitive diving area /facilities

FR 5.3.14.2 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.

FR 5.4 Electronic Officiating Equipment

FR 5.4.1 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 5.4.2 Preferred Equipment must be able to;

FR 5.4.2.1 Record judges awards by whole and half points

FR 5.4.2.2 Be able to display all recorded and calculated information for each diver both before and after each dive

FR 5.4.2.3 Be able to display the scores for all divers before and after each dive

FR 5.4.2.4 Be able to display the rank order and scores for all divers after each round of dives

FR 5.4.2.5 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 5.4.2.6 Judges analysis is to be provided at the conclusion of each event or series

FR 5.4.2.7 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 5.4.2.8 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 6 DIVING FACILITIES FOR OLYMPIC GAMES AND WORLD CHAMPIONSHIPS

FR 6.1 General requirements - Dimensions in Metres for Diving Facilities as detailed in Diving Diagram, Annex 1.1 & Annex 1.2 and 'Field of Play for Olympic Games and World Championships: Diving Diagram, Annex 2.1 & Annex 2.2.

FR 6.1.1 For Olympic Games and World Championships FR 5 in total shall apply; however the light intensity at the level of 1 metre above the water surface shall not be less than 1500 lux.

FR 6.2 With regard to dimensions for diving facilities a combination of preferred and minimum measurements found in the "FINA Dimensions for Diving Facilities, Annex 1.1 & Annex 1.2 table may be used. However measurements less than minimum are not acceptable and may not be used. 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 3.16).

FR 6.2.1 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 the member of the country in which the pool is situated.

FR 6.3 Line 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 2.1 & Annex 2.2

FR 6.4 The host facility must provide a trampoline with spotting equipment and a hot tub. It is preferred that there be two trampolines and a dryland area with a springboard and a platform take-off into foam landing pits.

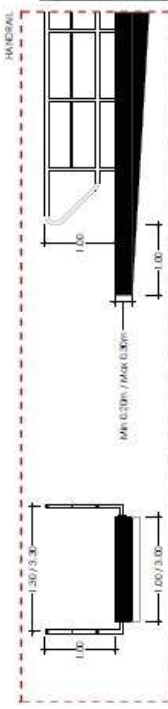
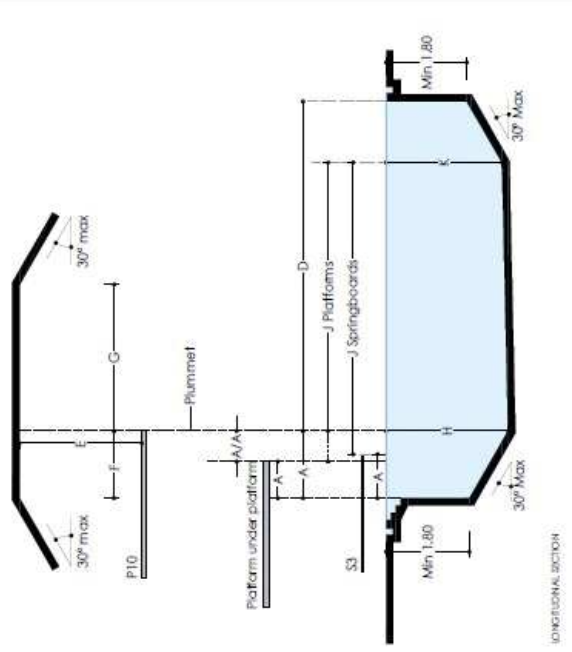
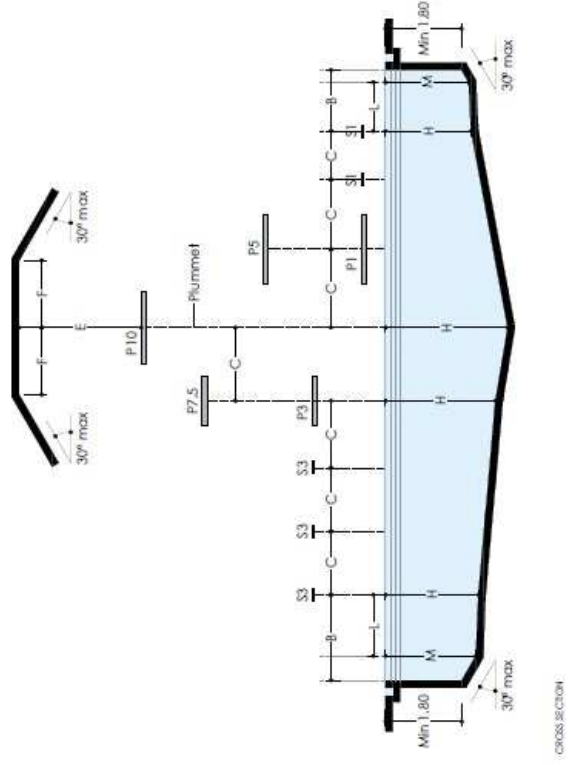
ANNEX 1.1 / 1.2 / 2.1 / 2.2 / 3.1 / 3.2 / 3.3

	PLATFORM		7.5 metres		10 metres	
	5	10	5	10	5	10
width	2.90	2.00	2.00	3.00	3.00	3.00
depth	5.00	7.50	7.50	9.00	9.00	9.00
depth	HOPE VARI	HOPE VARI	HOPE VARI	HOPE VARI	HOPE VARI	HOPE VARI
	A-5	A-7.5	A-10	A-10	A-10	A-10
depth	1.25	1.35	1.40	1.40	1.40	1.40
	1.35	1.55	1.70	1.70	1.70	1.70
depth	A/A-0/1	A/A-2/0/1	A/A-0/3/3	A/A-0/3/3	A/A-0/3/3	A/A-0/3/3
	U-2	U-2	U-3	U-3	U-3	U-3
depth	3.2	3.2	3.2	3.2	3.2	3.2
	4.0	4.50	5.7	5.7	5.7	5.7
depth	C/S-5-5-1	C2-5-5-3-3	C-6-2-3-3-3-1	C-6-2-3-3-3-1	C-6-2-3-3-3-1	C-6-2-3-3-3-1
	3.85*	2.26*	3.04*	3.04*	3.04*	3.04*
depth	D-5	D-7.5	D-10	D-10	D-10	D-10
	0.25	1.00	1.00	1.00	1.00	1.00
depth	0.25	0.5	0.75	0.75	0.75	0.75
	3.2	3.2	3.2	3.2	3.2	3.2
depth	F-5	F-5	F-7.5	F-7.5	F-10	F-10
	2.75	3.25	3.25	3.25	3.25	3.25
depth	G-5	G-5	G-7.5	G-7.5	G-10	G-10
	5.00	5.25	5.25	5.25	5.25	5.25
depth	H-5	H-5	H-7.5	H-7.5	H-10	H-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	I-5	I-5	I-7.5	I-7.5	I-10	I-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	J-5	J-5	J-7.5	J-7.5	J-10	J-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	K-5	K-5	K-7.5	K-7.5	K-10	K-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	L-5	L-5	L-7.5	L-7.5	L-10	L-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	M-5	M-5	M-7.5	M-7.5	M-10	M-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	N-5	N-5	N-7.5	N-7.5	N-10	N-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	O-5	O-5	O-7.5	O-7.5	O-10	O-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	P-5	P-5	P-7.5	P-7.5	P-10	P-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	Q-5	Q-5	Q-7.5	Q-7.5	Q-10	Q-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	R-5	R-5	R-7.5	R-7.5	R-10	R-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	S-5	S-5	S-7.5	S-7.5	S-10	S-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	T-5	T-5	T-7.5	T-7.5	T-10	T-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	U-5	U-5	U-7.5	U-7.5	U-10	U-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	V-5	V-5	V-7.5	V-7.5	V-10	V-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	W-5	W-5	W-7.5	W-7.5	W-10	W-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	X-5	X-5	X-7.5	X-7.5	X-10	X-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	Y-5	Y-5	Y-7.5	Y-7.5	Y-10	Y-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	Z-5	Z-5	Z-7.5	Z-7.5	Z-10	Z-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	AA-5	AA-5	AA-7.5	AA-7.5	AA-10	AA-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	AB-5	AB-5	AB-7.5	AB-7.5	AB-10	AB-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	AC-5	AC-5	AC-7.5	AC-7.5	AC-10	AC-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	AD-5	AD-5	AD-7.5	AD-7.5	AD-10	AD-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	AE-5	AE-5	AE-7.5	AE-7.5	AE-10	AE-10
	3.00	3.00	3.00	3.00	3.00	3.00
depth	AF-5	AF-5	AF-7.5	AF-7.5	AF-10	AF-10
	3.00	3.00	3.00	3.00	3.00	3.00

to be directly above the pool wall as depicted.

to be depicted with white or gold as detailed by F9.5.2.5.11

DIVING DIAGRAMS
ANNEX 1.2



DIVING DIAGRAMS
ANNEX 1.1



**FIELD OF PLAY FOR OLYMPIC GAMES AND
WORLD CHAMPIONSHIPS
DIVING
ANNEX 2.1**

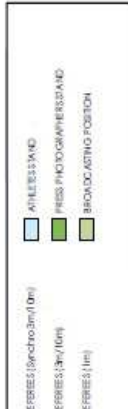
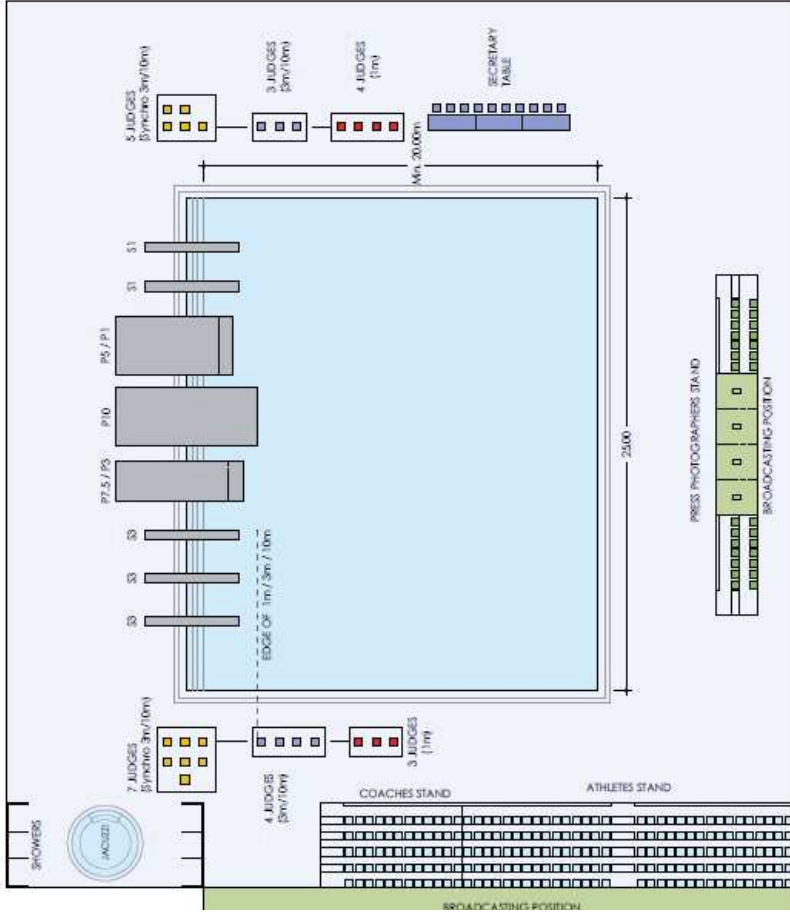
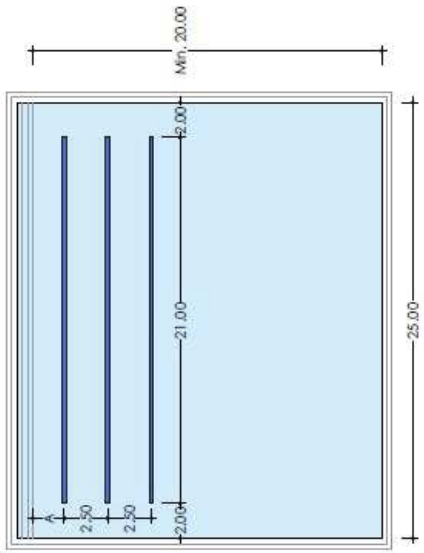
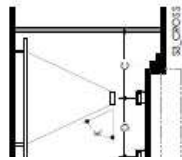
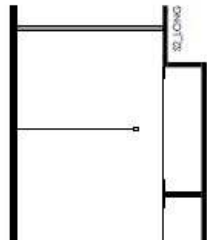
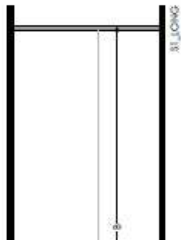


FIG 5.3 GENERAL REQUIREMENTS

	FINA Dimensions for Diving facilities	SPRINGBOARD		
		1 metre	3 metres	5 metres
For pools constructed after September 2003 (see FIG 5.3.1)	Length	4.00	4.00	5.00
	Width	0.50	0.50	1.00 min. 2.00 preferred
	Height	1.00	3.00	0.60 min. 2.40 min. 3.00 preferred
A	From plummets back to pool wall for CONCRETE PLATFORM	Designation A-1	Vert. A-3	A-1 pl. A-3 pl.
	From plummets back to pool wall for PLATFORMS AND METAL STANDS	Minimum 2.22	Minimum 2.22	0.75 1.35
A/A	From plummets back to pool wall for PLATFORMS AND METAL STANDS	Minimum 1.80	1.80	0.75 1.35
	From plummets back to pool wall for PLATFORMS AND METAL STANDS	Minimum 1.80	1.80	0.75 1.35
B	From plummets to POOL WALL AT SIDE	Designation C-1.1	C-1.1 pl.	C-1.1 pl. C-2.1 pl.
	From plummets to POOL WALL AT SIDE	Minimum 2.00	2.00	2.00 3.00
C	From plummets to ADJACENT PLUNNET	Designation D-1	D-1	D-1 pl. D-2 pl.
	From plummets to ADJACENT PLUNNET	Minimum 2.00	2.00	2.00 2.25
D	From plummets to POOL WALL AHEAD	Designation E-1	E-1	E-1 pl. E-2 pl.
	From plummets to POOL WALL AHEAD	Minimum 2.00	2.00	2.00 2.25
E	On plummets from BOARD TO CEILING	Designation F-1	F-1	F-1 pl. F-2 pl.
	On plummets from BOARD TO CEILING	Minimum 2.00	2.00	2.00 2.25
F	CLEAR OVERHEAD between each side of plummets	Designation G-1	G-1	G-1 pl. G-2 pl.
	CLEAR OVERHEAD between each side of plummets	Minimum 2.00	2.00	2.00 2.25
G	CLEAR OVERHEAD ahead of plummets	Designation H-1	H-1	H-1 pl. H-2 pl.
	CLEAR OVERHEAD ahead of plummets	Minimum 2.00	2.00	2.00 2.25
H	DEPTH OF WATER At plummets	Designation I-1	I-1	I-1 pl. I-2 pl.
	DEPTH OF WATER At plummets	Minimum 3.00	3.00	3.00 3.25
J	DISTANCE AND DEPTH ahead of plummets for 10m boards	Designation K-1	K-1	K-1 pl. K-2 pl.
	DISTANCE AND DEPTH ahead of plummets for 10m boards	Minimum 4.00	4.00	4.00 4.50
K	DISTANCE AND DEPTH ahead of plummets for 10m boards	Designation L-1	L-1	L-1 pl. L-2 pl.
	DISTANCE AND DEPTH ahead of plummets for 10m boards	Minimum 4.00	4.00	4.00 4.50
L	DISTANCE AND DEPTH ahead of plummets for 10m boards	Designation M-1	M-1	M-1 pl. M-2 pl.
	DISTANCE AND DEPTH ahead of plummets for 10m boards	Minimum 4.00	4.00	4.00 4.50
M	DISTANCE AND DEPTH ahead of plummets for 10m boards	Designation N-1	N-1	N-1 pl. N-2 pl.
	DISTANCE AND DEPTH ahead of plummets for 10m boards	Minimum 4.00	4.00	4.00 4.50
N	MAXIMUM SCOPE TO REDUCE DIMENSIONS BEYOND FULL REQUIREMENTS FOR POOL DEPTH AND CEILING HEIGHT	Designation O-1	O-1	O-1 pl. O-2 pl.
	MAXIMUM SCOPE TO REDUCE DIMENSIONS BEYOND FULL REQUIREMENTS FOR POOL DEPTH AND CEILING HEIGHT	Minimum 2.00	2.00	2.00 2.25

* Note: The minimum distance between adjacent plummets must be at least 0.25 metres.
 Note: Dimensions B, plummets to pool wall at side and C, plummets to adjacent plummets apply.
 Platform widths are increased then B and C, and shall be increased by half the additional width.
 Note: The 10 metre platform must project 0.25 metres beyond any adjacent platform.
 Note: All plummets must project 0.25 metres beyond any platform directly below.
 Note: The leading edge of the concrete platform for springboards must be at least 0.25 metres.

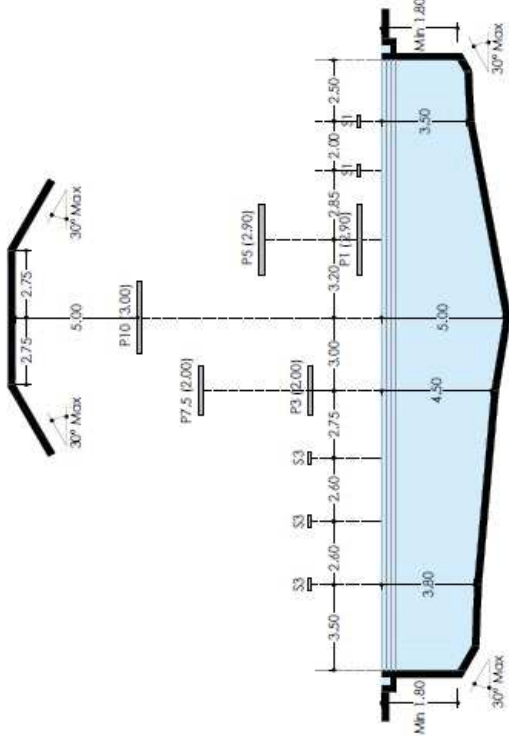


DIVING MARKING LANES: FR 6.3

A = Distance from the end of the wall and plummet of 3 metres springboard.

■ Dark color. Contrasting color of the bottom of the swimming pool.

■ Width: Minimum 0.20 metres, maximum 0.30 metres.



**FIELD OF PLAY FOR OLYMPIC GAMES AND
WORLD CHAMPIONSHIPS
DIVING
ANNEX 2.2**



	FINA COMPETITION / R
	FINA COMPETITION / R
	FINA COMPETITION / R
	COMPETITION

10/25/2012	
PLATFORM	
VARE1	Vertical
VARE2	Vertical
VARE3	Vertical
VARE4	Vertical
VARE5	Vertical
VARE6	Vertical
VARE7	Vertical
VARE8	Vertical
VARE9	Vertical
VARE10	Vertical
VARE11	Vertical
VARE12	Vertical
VARE13	Vertical
VARE14	Vertical
VARE15	Vertical
VARE16	Vertical
VARE17	Vertical
VARE18	Vertical
VARE19	Vertical
VARE20	Vertical
VARE21	Vertical
VARE22	Vertical
VARE23	Vertical
VARE24	Vertical
VARE25	Vertical
VARE26	Vertical
VARE27	Vertical
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VARE31	Vertical
VARE32	Vertical
VARE33	Vertical
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VARE39	Vertical
VARE40	Vertical
VARE41	Vertical
VARE42	Vertical
VARE43	Vertical
VARE44	Vertical
VARE45	Vertical
VARE46	Vertical
VARE47	Vertical
VARE48	Vertical
VARE49	Vertical
VARE50	Vertical
VARE51	Vertical
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VARE85	Vertical
VARE86	Vertical
VARE87	Vertical
VARE88	Vertical
VARE89	Vertical
VARE90	Vertical
VARE91	Vertical
VARE92	Vertical
VARE93	Vertical
VARE94	Vertical
VARE95	Vertical
VARE96	Vertical
VARE97	Vertical
VARE98	Vertical
VARE99	Vertical
VARE100	Vertical

USE AND INSTALLATION GUIDELINES FOR DRY LAND TRAINING FACILITIES WITH IN GROUND AND ABOVE GROUND TRAMPOLINES

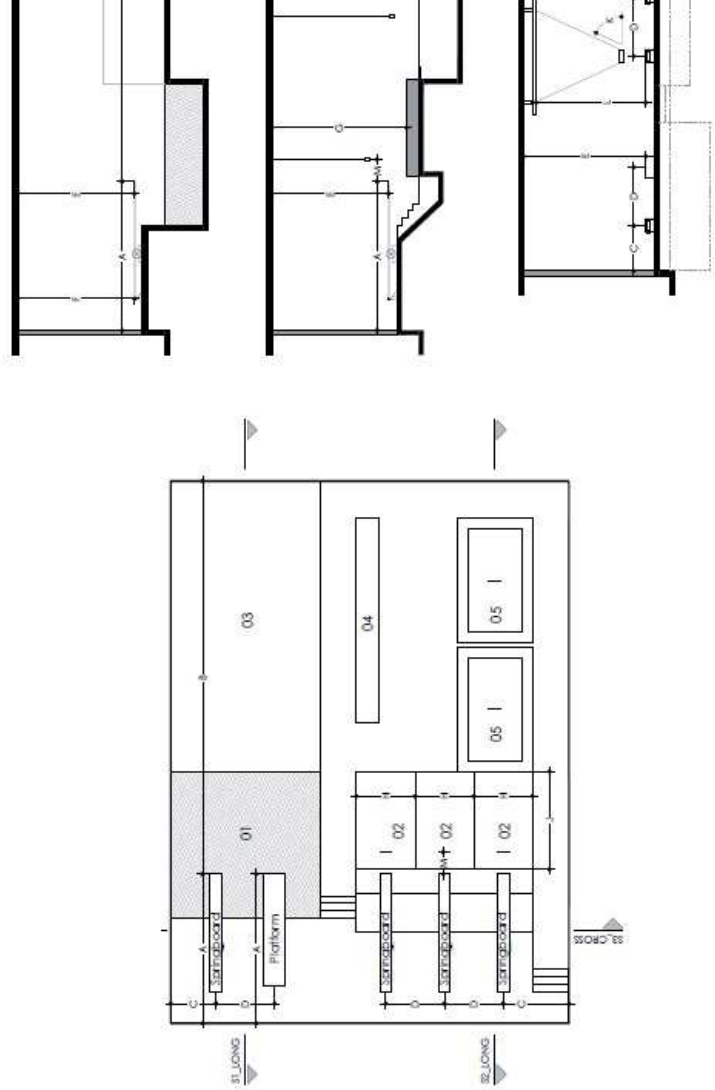
Installation and use instructions for trampolines and related equipment, such as frame pads, mats, end decks, and spotting systems, shall be provided by the manufacturer and shall specify the minimum safe area dimensions required for each trampoline type and relating their products to center or edge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

Clearance (trampolines): Users should refer to the manufacturer's specifications for all clearances, which may vary depending upon the type of trampoline. The type of beam, the type of beam pad, the type of spotting system, the type of end deck, the type of end deck pad, the type of end deck mat, and the type of end deck mat pad that intended users and equipment will not come into contact with any obstacles during that 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.

DIVING DRY LAND TRAINING EQUIPMENT	
01	BLOCK FORM/LANDING PIT
02	LANDING FOAM PAD
03	GYMNASIUM SPRING FLOOR
04	FRAMED PLATFORM BRICH
05	TRAMPOLINE BED



DIVING DRY LAND TRAINING DESIGN GUIDELINES		GOVERNING BODY	F
LAST DATE UPDA RE D		10/25/2012	
SPRINGBOARD			
Length	4.80 m		
Width	0.30 m x 0.7		
Height	1.24 m		
Description		A-1	
Minimum		4.87 m	
Preferred		6.10 m	
Description		B-1	
Minimum		3.25 m	
Preferred		3.66 m	
Description		C-1	
Minimum		1.83 m	
Preferred		1.83 m	
Description		D-1	
Minimum		2.00 m	
Preferred		2.40 m	
Description		E-1	
Minimum		5.00 m	
Preferred		6.40 m	
Description		F-1	
Minimum		2.00 m	
Preferred		4.50 m	
Description		G-1	
Minimum		5.00 m	
Preferred		6.40 m	
Description		H-1	
Minimum		1.83 m	
Preferred		1.83 m	
Description		J-1	
Minimum		3.25 m	
Preferred		3.66 m	
Description		K-1	
Minimum		3.00 m	
Preferred		3.50 m	
Description		L-1	
Minimum		4.40 m	
Preferred		4.40 m	
Description		M-1	
Minimum		0.25 m	
Preferred		0.81 m	


The plumbline is the point of measurement from the center front of the springboards.
 * Approximate total angle of spotting (by pool) = 46 DEGREES

RECOMMENDED EQUIPMENT IN DRY LAND TRAINING ROOM							
GOVERNING BODY		FINA					
		Number		Suggested dimensions			
1	DIVING BOARDS	The latest model of Duraflex Springboards mounted on diving stands with moveable 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	1.5 m min.	1.5 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 TV/D)	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.

DIVING DRY LAND RECOMMENDED EQUIPMENT

ANNEX 3.3



FR 7.1 General requirements: Water Polo Dimensions and Equipment as detailed in Field of Play for Olympic Games and World Championships. See Water Polo Diagram, Annex 4

FR 7.2 Field of Play. The distance between the respective goal lines shall be 30.0 metres for games played by men and 25.0 metres for games played by women. The anchor point at the edge of the field of play shall be placed 30cm behind the front of the goal line. The width of the field of play shall be 20.0 metres. The depth of the water shall be consistently not less than 1.8 metres and preferred 2.0m. The overall field of play including the goal area will be 30m x 25m for men and 25m x 20m for women.

FR 7.3 The water temperature shall not be less than 26 plus 1 minus 1 Centigrade.

FR 7.4 The light intensity shall not be less than 600 lux.

FR 7.5 Exception from FR 7.2 may be allowed on the discretion of the federation controlling the match.

FR 7.6 The game secretariat shall be placed at a table behind the referees and at the same height

FR 8 WATER POLO POOLS FOR OLYMPIC GAMES AND WORLD CHAMPIONSHIPS

See Water Polo Diagram, Annex 5

FR 8.1 Exceptions from the requirements in FR 7.2 are not allowed.

FR 8.2 The water temperature shall be as in FR 7.3.

FR 8.3 The light intensity shall not be less than 1500 lux.

FR 8.4 In Olympic Games, World Championships and FINA events fresh water shall be used.

FR 9 EQUIPMENT FOR WATER POLO POOLS

FR 9.1 Distinctive marks shall be provided on both sides of the field of play to denote the goal lines, lines 2.0 metres and 5.0 metres from that line and half the distance between the goal lines. These markings shall be clearly visible throughout the game. The white marker shall be measured from the anchor point and will be 0.3 metres to line up with the front of the edge of the goal line. This shall be consistent at both ends of the field. The 2 metre red marker shall be measured from the front end of the goal line extending into the field of play. This shall be consistent at both ends of the field of play. The yellow marker shall then extend 3 metres from the 2 metre marker into the field of play. This shall be consistent at both ends of the field of play. The middle section of the field of play will be green and should be 20 metres for the men's game and 15 metres for the women's game. There will be a white marker placed in the middle of the green area to denote the centre of the field. The exclusion zones shall be placed in the two corners on the opposite side of the pool to the official table. They shall be 2 metres in length and shall extend along the goal line.

FR 9.2 Platforms must be provided on both sides of the field of play, which shall be 1 metre in width and 70 cm in height above the water level. These platforms enable the referees to have free way from end to end of the field of play. Sufficient space shall also be provided at the goal lines for the Goal Judges. The platforms must be colour coded to meet the specification as shown in the diagram of the field of play Annex 4.

FR 9.3 Goals: The goal posts and crossbar must be of wood, metal or synthetic (plastic) with rectangular sections of 0.075 metre, square with the goal line and painted white. The goal posts must be fixed, rigid and perpendicular at each end of the playing space, equal distances from the sides and at least 0.3 metre in front of the ends of the field of play or of any obstruction. Any standing or resting place for the goalkeeper other than the floor of the pool is not permitted.

FR 9.4 The inner sides of the goal posts must be 3.0 metres apart. The underside of the cross bar must be 0.9 metres above the water surface.

FR 9.5 The underside of the crossbar must be 0.9 metre above the water surface when the water is 1.5 metres or more in depth, and 2.4 metres above the bottom of the pool when the depth of the water is less than 1.5 metres.

FR 9.6 Limp nets must be attached to the goal fixtures to enclose the entire pool space securely fastened to the goal posts and crossbar, allowing not less than 0.3m of clear space behind the goal line everywhere within the goal area.

FR 9.7 Automatic Officiating Equipment

ANNEX 5

