

NFHS Rule 9-4-6: Voluntary Dive Groups. The voluntary dive groups and the corresponding calendar week for the FHSAA Regular Season are as follows: Week 1 Forward; Week 2 Back; Week 3 Inward; Week 4 Twisting; Week 5 Reverse. In the case of a regular season meet that is postponed and subsequently rescheduled, the voluntary dive group that is required for the calendar week that the meet is rescheduled will be used. If additional meets occur after Week 5, please revert back to Week 1.

Week 1= (forward group) Monday, August 21-Saturday, August 26

Week 2= (back group) Monday, August 28-Saturday, September 2

Week 3= (inward group) Monday, September 4-Saturday, September 9

Week 4= (twisting group) Monday, September 11-Saturday, September 16

Week 5= (reverse group) Monday, September 18-Saturday, September 23