

NFHS Rule 9 Section 4: In championship meets, the competition shall consist of five voluntary dives and six optional dives. Article 6: In other meets, the competition shall consist of one voluntary dive which shall be done first-Week 1= forward group, Week 2 = back group, Week 3 = inward group, Week 4 = twisting group, Week 5 = reverse group, etc., and five optional dives, coming from at least four of the five groups and which may include any of the dives other than the voluntary dive. Any dive from a group may be designated as a voluntary dive. It will receive its assigned dd through 1.8. Any designated voluntary dive with a dd greater than 1.8 will be assigned a dd of 1.8.

\*NEW THIS YEAR: With prior mutual consent of competing teams, 11 dives may be performed during the dual or multi-team meets. The format shall adhere to Rule 9-4-1.

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 27-Saturday, September 1

Week 2= (back group) Monday, September 3-Saturday, September 8

Week 3= (inward group) Monday, September 10-Saturday, September 15

Week 4= (twisting group) Monday, September 17-Saturday, September 22

Week 5= (reverse group) Monday, September 24-Saturday, September 29