

### **OHSAA WEEKLY ROTATION OF VOLUNTARY DIVE GROUPS**

In diving in competition other than a championship meet, the competition shall consist of one voluntary dive, which shall be done in this order: 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 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.

<u>WEEK OF COMPETITION</u>	<u>DIVE</u>
1 – 11/30	Forward Group
2 – 12/7	Back Group
3 – 12/14	Inward Group
4 – 12/21	Twist Group
5 – 12/28	Reverse Group
6 – 1/4	Forward Group
7 – 1/11	Back Group
8 – 1/18	Inward Group
9 – 1/25	Twist Group
10 – 2/1	Reverse Group

**NOTE: As adopted by Rule 9-4-6 2020-21 NFHS Swimming and Diving Rules Book**