



## OHSAA WEEKLY ROTATION OF VOLUNTARY DIVE GROUPS

For the sport of diving, 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 d.d. through 1.8. Any designated voluntary dive with a d.d. greater than 1.8 will be assigned a d.d. of 1.8.

**NOTE:** The following rotation is based on the current year's schedule beginning with the first week of the regular season. For specific dates, please consult the OHSAA calendar on the OHSAA Swimming and Diving sport website.

<u>WEEK OF COMPETITION BEGINS MONDAY</u>	<u>DIVE</u>
Week 1	Forward Group
Week 2	Back Group
Week 3	Inward Group
Week 4	Twist Group
Week 5	Reverse Group
Week 6	Forward Group
Week 7	Back Group
Week 8	Inward Group
Week 9	Twist Group
Week 10	Reverse Group

**NOTE:** This format can be referenced in the NFHS Swimming and Diving Rules Book under Rule 9-4-6.