

GENERAL RULES AND REGULATIONS FOR INTERNATIONAL COMPETITIONS

(World Championship, World Cup, World Tour, Grand Prix, etc.)

Heights

Around 22 - 27 meters for men, respectively around 18 - 23 meters for women

Water Depth

Minimum 5 meters

Take Off Point/Platform

Front edge minimum 1 meter over the vertical drop line

Size: minimum length 0.75 meter, minimum width 0.75 meter

Security

A minimum of 2 rescue scuba divers and a standby medical team must be present.

Athletes are not allowed to dive until the security staff is ready.

No more than 3 people shall stay on the platform at the same time.

GENERAL RULES AND REGULATIONS FOR OTHER COMPETITIONS

such as Continental Championship, Continental Cup, National Competition, Junior Competition, etc.

Heights

Depends on location. For junior competitions (up to 16 years), the height shall not exceed 10 meters, for female competitions 23 meters, for male competitions 27 meters.

Water Depth

Minimum 5 meters

Take Off Point/Platform

Take off can be directly from the cliff, as long as the rock profile has a vertical drop line. In case of a platform construction, WHDF recommends that the front edge sticks out minimum 1 meter over the vertical drop line. Recommended platform size: minimum length 0.75 meter, minimum width 0.75 meters.

Security

A minimum of 2 rescue scuba divers and a standby medical team must be present by diving above 20 meters.

Athletes are not allowed to dive until the security staff is ready.

No more than 3 people shall stay on the platform at the same time.