

IGSA Sport Diving Rules & Guidelines 2025

DATE	EVENT
7 March 2025	IGSA Sport Diving Entry Summary Form due, 5pm
7 March 2025	IGSA Sport Swimming & Diving Spectator Numbers due
10 March 2025	IGSA Sport Dive Recorder Entries due, 5pm
14 March 2025	IGSA Sport Swimming and Diving Carnival SOPAC, Homebush
17 March 2025	IGSA Sport Swimming & Diving Carnival Feedback Forms
31 March 2025	IGSA Sport Swimming & Diving Post Carnival Meeting, 10am
7 April 2025	NSWCIS Swimming & Diving Entries & Officials due
29 April 2025	CIS Dive Recorder sheets due
6 May 2025	NSWCIS Diving Carnival
22 & 23 May 2025	NSW All Schools Swimming & Diving Carnival
26 July – 1 Aug. 2025	SSA Diving Championships, Brisbane QLD

Convener & NSWCIS Representative	Chris Lang, Independent
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2025 Divisions

Schools will be allocated to divisions prior to the carnival, based on the number of entries in 2025 (and 2024 results if necessary). Schools with entries in at least five of the eight events will be placed into Division 1.

Trophies Presented

Champion School: The highest total point score is deemed to be the Champion School.

Most Improved School: The school who improves their position in the final point score by the most places. If equal, then the schools will be declared joint winners.

Individual Champions: The diver with the highest individual point score in the following divisions will receive a trophy:

- Junior – 12 & 13 Years (springboard)
- Intermediate – 14 & 15 Years (springboard)
- Senior – 16 & 17+ Years (springboard)
- Open Platform

Divisions 1 and 2 Champions: Schools will compete in either Division 1 or Division 2. Both divisions will have the same point scoring system and the winning school from each division will be presented with a shield.

Team Champion: Awarded to the school who wins the Team event

2024 Trophies

All trophies are to be returned on the day of the carnival – CLEANED and ENGRAVED.

Champion School	PLC Sydney
Most Improved Donated by Tara	Tara School
Junior Springboard Champion	Lara Manuel – Pymble Ladies' College
Intermediate Springboard Champion	Hannah Moodie – PLC Sydney
Senior Springboard Champion	Méa Shires – Pymble Ladies' College
Division 1	PLC Sydney
Division 2	Loreto Normanhurst
Team Champion	PLC Sydney
Open Platform Champion	Ellie Cole – PLC Sydney

IGSA Sport Diving Point Score

The point score for all springboard age groups, open platform and the team event is allocated as follows: -

Springboard, Open Platform and Team Point Score	
1 st Place	10 Points
2 nd Place	8 Points
3 rd Place	6 Points
4 th Place	5 Points
5 th Place	4 Points
6 th Place	3 Points
7 th Place	2 Points
8 th Place	1 Point

Rules of the Diving Carnival

1. Age is taken as at 31st December of that year.
2. All events are straight finals.
3. All IGSA Sport place getters (1st, 2nd & 3rd) will receive medals.
4. Repeat dives will be allowed if necessary in the team event only. Lower degree of difficulty will apply.
5. Please read the diver classification details for verification of IGSA Sport, invitation and team diver requirements.
6. Open platform and CIS trials for 12/13/14, 15/16 & 17/19 Years will be held during the IGSA Sport competition.
7. The 12 years and 13 years events may be held together (at the same time, depending on entry numbers), however will still be considered separate events; medals will still be awarded, and IGSA Sport representatives will still be chosen, for each age group.
8. Competitors, spectators, parents and coaches/staff are expected to behave in a safe and responsible manner, and to comply with the IGSA Sport Code of Conduct.
9. Spectators and competitors are requested to be silent whilst dives are taking place and until any announcement is finished.
10. Competitors must return to their school seating area and not remain on pool deck with coaches.
11. No eating or drinking is to take place on pool deck.
12. Only IGSA approved photographers are allowed on pool deck during the day's events.
13. No changes to entries will be permitted on the day, unless accompanied by a medical certificate or letter from the Head of Sport/Principal. This must occur prior to the FIRST event and only ONE change per school is permitted.

Dive Recorder

Diving Entry Summary forms are due by **5pm, Friday 7 March 2025** and should be sent to info@igsa.nsw.edu.au.

Individual dive entries must then be completed using the Dive Recorder program. Instructions are available on the IGSA Sport website. Please follow the instructions carefully.

Dive Recorder entries are to be received by the Diving Convener, Chris Lang via divingconnections@outlook.com by **5pm, Monday 10 March 2025**. (If any assistance is required with dive recorder entries, please contact Chris directly.)

A confirmation email will be returned by Dive Recorder if entries are correctly completed.

Competitors must check the dive sheet prior to their event on the day of the carnival.

Any issues with the dive sheets need to be raised with the convener prior to the start of the first event.

Diving Duties (capable adult staff)

School	Sessions 1 & 2	Sessions 3 & 4
Abbotsleigh	Presentation & Results (1)	
Meriden		Presentation & Results (1)
MLC	Diving Marshal (1)	
PLC Sydney		Diving Marshal (1)
Roseville College	Diving Data Entry (1)	Diving Data Entry (1)

Diving Convener – Chris Lang

Diver Classifications

IGSA Sport Diver

An IGSA Sport diver is competing for their school in their correct age group or higher and can also trial for CIS. Additional dives may be required for some age groups.

They can only compete in one IGSA Sport age group and/or platform event.

They may dive in a higher age group for the IGSA Sport springboard competition or in the open platform, and trial as a CIS diver in their appropriate age. This is at the individual schools' discretion.

Each school may only nominate one diver for the Open Platform event (point scoring). CIS Platform trials will also be held within this event. CIS divers must compete within their appropriate age group only.

An IGSA Sport diver cannot compete in the team event.

Team Diver

A team diver may only compete in the team event.

No IGSA or CIS diver may compete in the team event.

A team consists of a minimum of three (3) divers up to a maximum of six (6) divers.

A team diver can only perform a maximum of two (2) dives in the team event, regardless of division.

CIS Diver

A CIS diver (CISD) is competing in the IGSA Sport CIS trials to be considered for selection in the IGSA Sport Representative Team for CIS, on springboard and/or platform and **only if they are of a competitive standard appropriate for CIS selection**. This will be at the discretion of the IGSA Sport Convener and Diving Committee.

A CIS Diver result is not included in the IGSA Sport point score, nor will they receive medals.

A CIS Diver can only dive in the age group they turn this year for both springboard and/or platform and must complete the required CIS dives.

Division 1 – maximum twelve (12) CIS divers across all age groups for springboard and maximum nine (9) divers across all age groups for platform.

Division 2 – maximum three (3) CIS divers across all age groups for springboard and three (3) divers for platform.

Clashes

Students competing in both swimming and diving must complete their list of dives prior to the conclusion of their age group. Referees must be informed.

IGSA Sport & CIS Dive Requirements 2025

Dives to be performed in each section as follows:

Age		IGSA Sport		CIS Trial	
Springboard		Limited Dives	Unlimited Dives	Limited Dives	Unlimited Dives
12	1M and 3M	2 dives from different groups @ 3.6	plus 2 dives from 2 groups unrestricted	2 dives from different groups @ 3.6 **	plus 2 dives from different groups unlimited DD
13	1M and 3M	2 dives from different groups @ 3.6	plus 2 dives from 2 groups unrestricted	2 dives from different groups @ 3.6**	plus 2 dives from different groups unlimited DD
14	1M and 3M	3 dives from different groups @ 5.4	plus 2 dives from 2 groups unrestricted	3 dives from different groups @ 5.4	plus 3 dives from different groups unlimited DD
15	1M and 3M	3 dives from different groups @ 5.4	plus 2 dives from 2 groups unrestricted	3 dives from different groups @ 5.4**	plus 3 dives from different groups unlimited DD
16	1M and 3M	3 dives from different groups @ 5.4	plus 3 dives from 2 groups unrestricted	4 dives from different groups @ 7.6	plus 4 dives from different groups unlimited DD
17 +	1M and 3M	3 dives from different groups @ 5.4	plus 3 dives from 2 groups unrestricted	4 dives from different groups @ 7.6	plus 4 dives from different groups unlimited DD
Team	Min 3 divers maximum 6; Maximum 2 dives per diver		6 dives from 3 groups unrestricted		
Age		IGSA Sport		CIS	
Platform		Limited Dives	Unlimited Dives	Limited Dives	Unlimited Dives
Open Platform	5M / 7.5M / 10M	2 dives from different groups @ 3.6	plus 2 dives from different groups unlimited DD		
12 / 13 / 14	5M / 7.5M			3 dives from different groups @ 5.4	plus 2 dives from different groups unlimited DD
15 / 16	5M / 7.5M / 10M			3 dives from different groups @ 5.4**	plus 3 dives from different groups unlimited DD
17 / 19	5M / 7.5M / 10M			3 dives from different groups @ 5.4**	plus 3 dives from different groups unlimited DD

NB – There are additional dives required if trialling at IGSA for CIS in the 12/13/14, 15/16-, & 17/19-Years age groups. These are to be placed as last dives on dive sheet (see CIS diver requirements).

** Additional dives will be required in the 12-, 13- and 15-year springboard, and 15/16, 17-19 years platform events at the CIS Championships on 6th May 2025.

CIS and All Schools Dive Requirements 2025

Springboard

Age	Event	Limited Dives	Unlimited Dives
12	1m and/or 3m	3 dives from different groups @ 5.4	plus 2 dives from different groups unlimited DD
13	1m and/or 3m	3 dives from different groups @ 5.4	plus 2 dives from different groups unlimited DD
14	1m and/or 3m	3 dives from different groups @ 5.4	plus 3 dives from different groups unlimited DD
15	1m and/or 3m	4 dives from different groups @ 7.6	plus 3 dives from different groups unlimited DD
16	1m and/or 3m	4 dives from different groups @ 7.6	plus 4 dives from different groups unlimited DD
17/19	1m and/or 3m	4 dives from different groups @ 7.6	plus 4 dives from different groups unlimited DD

Platform

Age	Event	Limited Dives	Unlimited Dives
12-14	Platform 5m/7.5	3 dives from different groups @ 5.4 max DD	plus 2 dives from different groups unlimited DD
15-16	Platform 5/7.5/10m	3 dives from different groups @ 5.5 max DD	plus 3 dives from different groups unlimited DD
17-19	Platform 5/7.5/10m	4 dives from different groups @ 7.6 max DD	plus 3 dives from different groups unlimited DD

Order of Events 2025

Session 1 Warm-up – Session 1 and Platform divers only **7.00am – 7.50am**

Event 1 – 17+ years springboard **8.00am**

Event 2 – 16 years springboard

Event 3 – 13 Years springboard

Event 4 – 12 Years springboard

Session 2 Warm-up – Session 2 divers only **10.30am – 11.00am**

Event 5 – 15 years springboard **11.10am**

Event 6 – 14 years springboard

Event 7 – Open Platform

Session 3 Warm-up - Team divers only **2.00 pm – 2.30 pm**

Event 8 – Team Diving **2.30pm**

Event concludes Approx. 3.00pm

Presentations for all events in a session will be conducted immediately at the end of the last event for that session.

All times are approximate only – ensure you are there a minimum of 30 minutes before the approximate time of your event warm up.

Individual warm-up time will be limited due to the extensive program of events.

The first five (5) places in age springboard and platform events will progress to the CIS Championships.

IGSA Sport Diving

The diving point score was combined with the swimming point score from 1923 - 1992. The first presentation of a shield for the overall point score for diving was made in 1993.

Past Winners

1993	Pymble Ladies' College & Tara
1994	Pymble Ladies' College
1995	Pymble Ladies' College
1996	Pymble Ladies' College
1997	Pymble Ladies' College
1998	Pymble Ladies' College
1999	PLC Sydney
2000	PLC Sydney
2001	PLC Sydney
2002	PLC Sydney
2003	PLC Sydney
2004	PLC Sydney
2005	PLC Sydney
2006	PLC Sydney
2007	PLC Sydney
2008	Abbotsleigh
2009	Abbotsleigh
2010	Abbotsleigh
2011	Abbotsleigh & MLC School
2012	Pymble Ladies' College
2013	Pymble Ladies' College
2014	Pymble Ladies' College
2015	Pymble Ladies' College
2016	Pymble Ladies' College
2017	Pymble Ladies' College
2018	Pymble Ladies' College
2019	Pymble Ladies' College
2020	Pymble Ladies' College
2021	Pymble Ladies' College
2022	PLC Sydney
2023	PLC Sydney
2024	PLC Sydney