

This year for District 4 Diving Districts we will be using a new format that is a one year pilot program that was adopted by PIAA.

The program consists of a six dive format as listed below:

#### SIX DIVE FORMAT FOR DISTRICT 4 CHAMPIONSHIPS

District 4 Championships will consist of 1 round of 6 dives:

All five dive groups must be represented in each diver's program

Each diver's program must include two (2) voluntary dives and four (4) optional dives, done in any order

The "Standing Forward Takeoff" shall not be permitted.

The NFHS standard dive sheet shall be used . SIX DIVE FORMAT-PIAA CHAMPIONSHIPS

All dives submitted shall have been performed and received an average score of 15.0 or higher during the current dual meet high school season. This total of 15 does not factor in the DD. Proof of scores in previous meets, must be available if a dive is questioned.

No diver shall repeat a dive. All dives of the same number, whether tuck, pike, straight, or free position are considered the same dive.