SWIMMING & DIVING

INTERNATIONAL & NATIONAL COMPETITION

There are a number of sanctioning organizations for national and international amateur competition. Included here are the facility standards of FINA (the Federation Internationale de Natation) and two of its U.S. affiliates, USA Swimming and USA Diving, as well as the National Collegiate Athletic Association (NCAA).

FINA STANDARDS

• Length—50m. When touch panels or electronic timing devices are used, the pool must be of such length that ensures the required distance between the panels.
• Width—25m preferred.
• Depth—A minimum depth of 1.35 meters, extending from 1.0 meter to at least 6.0 meters from the end wall is required for pools with starting blocks. A minimum depth of 1.0 meter is required elsewhere.
• Number of lanes—8. For Olympic Games and World Championships, 10 lanes are required.
• Width of lanes—2.5m minimum with spacing of 0.2m outside first and last lanes. A lane rope must separate these spaces from the first and last lanes.

USA SWIMMING STANDARDS

• Length—Long course, 164'1/2" (50m); short course, 82'2" (25m) or 25 yds.
• Width—Eight lanes, 8'2" (2.5m) minimum (centerline to centerline), with approximately 1'6" (0.45m) of open water outside first and last lanes.
• Water depth—For national championships and international competition, 6'7" (2m) throughout the course. Minimum water depth for racing starts during competition and practice shall be measured for a distance 3'3/4" (1m) to 16'5" (5m) from the end wall. Starting requirements and height of starting blocks shall be as follows: Long Course and Short Course meters: (A) In pools with water depth less than 4' (1.22m) at the starting end, the swimmer must start from within the water; (B) In pools with water depth 4' (1.22m) or more at the starting end, starting platforms shall be no less than 20" (0.5m) nor more than 2'5" (0.75m) above the water surface. Short Course yards: The front edge of the starting platforms shall be no higher than 2'6" (0.762m) above the surface of the water.

Note: Minimum water depth for teaching racing starts in any setting from any height starting blocks or the deck shall be 6'0" (1.84m) measured for a distance of 3'3/4" (1.00m) to 16'5" (5.0m) from the end wall.

Fina usa diving dimensions for diving facilities

The last row in dimensions A and J/K are to be used when FINA approved short fulcrum boxes are installed on concrete platforms.

For more information contact:

USA Swimming
(719) 866-4578
www.usaswimming.org
USA Diving
(317) 237-5252
usadiving.org

WWW.ATHLETICBUSINESS.COM MARCH 2012 ATHLETIC BUSINESS 317
The following are NCAA standard pool dimensions. These are recommended dimensions for collegiate competition only, and specifications are subject to annual review and change.

**LONG-COURSE SWIMMING**
- Preferred—For facilities dated after Sept. 1, 1996, it is preferred that the racing course be 50m (164' 1⁄2") in length by 75' (22.86m) in width, providing for eight 9' (2.74m) lanes with additional width outside lanes 1 and 8. A minimum water depth of 7' (2.13m) is desirable for competition. Optional markings: nine 8' (2.44m) lanes or ten 7' (2.13m) lanes.
- Acceptable—For existing facilities, it is acceptable that the racing course be 50m (164' 1⁄2") in length by 60' (18.29m) in width, providing for eight 7' (2.13m) lanes with additional width outside lanes 1 and 8. The water depth may be no less than 4' (1.22m) at the starting end of the racing course and no less than 3'6" (1.07m) at the opposite end. However, a water depth of no less than 4' (1.22m) is recommended throughout the entire length of the racing course.

**SHORT-COURSE SWIMMING**
- Preferred yards—The racing course should be 75' (22.86m) in length by at least 60' (18.29m) in width, providing for not less than eight 7' (2.13m) lanes with additional width outside lanes 1 and 8. A minimum water depth of 7' (2.13m) is desirable for competition.
- Preferred meters—The racing course should be 25m, (82' 7⁄8") in length by at least 60' (18.29m) in width, providing for eight 7' (2.13m) lanes with additional width outside lanes 1 and 8. A minimum water depth of 7' (2.13m) is desirable for competition.
- Acceptable yards—The racing course may be 75' (22.86m) in length by 30' (9.15m) in width, providing for at least five 6' (1.83m) lanes. The water depth may be no less than 4' (1.22m) at the starting end of the racing course and no less than 3'6" (1.07m) at the opposite end. However, a water depth of no less than 4' (1.22m) is recommended throughout the entire length of the racing course.
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**DIVING POOL**
- Preferred—The diving facility should be 60' (18.29m) in length by 75' (22.86m) in width. It should be equipped with two 1-meter and two 3-meter springboards and a diving tower, providing takeoff platforms at 5, 7.5 and 10 meters. Recommended dimensions for diving facilities are specified in the table on the left.
- Acceptable—The diving facility may be separated from or incorporated with the swimming pool. Recommended dimensions for diving facilities are specified in the table on the left.

**PLUMMET DEPTH**
For all championship and nonchampionship springboard and platform diving competitions, the water depth at the plummet may be no less than the minimum standards as specified in the table at left.
### Facility Specification Guide

#### VOLLEYBALL

#### SWIMMING & DIVING

The following net heights are currently in practice for the below indicated age groups and scholastic levels of competition:

<table>
<thead>
<tr>
<th>AGE GROUPS</th>
<th>GIRLS</th>
<th>BOYS/COED</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 to 15 years</td>
<td>2.24m (7’4 1⁄8”)</td>
<td>2.43m (7’11 5⁄8”)</td>
</tr>
<tr>
<td>14 and 13 years</td>
<td>2.24m (7’4 1⁄8”)</td>
<td>2.24m (7’4 1⁄8”)</td>
</tr>
<tr>
<td>12 and 11 years</td>
<td>2.13m (7’0”)</td>
<td>2.13m (7’0”)</td>
</tr>
<tr>
<td>10 years and under</td>
<td>1.98m (6’6”)</td>
<td>2.13m (7’0”)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SCHOLASTIC LEVELS</th>
<th>GIRLS</th>
<th>BOYS/COED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades 1 through 6 (Elementary School):</td>
<td>1.85m (6’1”)</td>
<td>1.85m (6’1”)</td>
</tr>
<tr>
<td>Grades 7 and 8 (Middle School):</td>
<td>2.24m (7’4 1⁄8”)</td>
<td>2.24m (7’4 1⁄8”)</td>
</tr>
<tr>
<td>Grades 9 through 12 (High School):</td>
<td>2.24m (7’4 1⁄8”)</td>
<td>2.43m</td>
</tr>
</tbody>
</table>

#### Number of Lanes
All championship swimming competitions shall be conducted in racing courses having a minimum of eight 7-foot (2.13m) lanes.

#### Standard Length
All championship swimming competitions shall be conducted in racing courses of standard length (75 feet 1 inch; 25 meters 2.54 centimeters; or 50 meters 2.54 centimeters).

#### FOR MORE INFORMATION CONTACT:
National Collegiate Athletic Association
(317) 917-6222
www.ncaa.org

Note: Dimensions of the standard doubles court shall be 8 by 16 meters. A 9-by-18-meter court shall be used for four-and six-person play.

(Diagrams courtesy of USA Volleyball.)

Note: USA Volleyball and NFHS rules require standards to be 3 feet (1 meter) outside the court. In the interest of safety for age-group and scholastic competition, the height of the net shall be that specified for male competition. This height requirement shall not be modified; USA Volleyball recommends the free-zone distance between side-by-side courts be a minimum of 13 feet (4 meters). Dash marks extending the 3-meter line to off the court are recommended for collegiate-level play and above. NCAA rules require a minimum ceiling height of 25 feet for all newly constructed facilities. NFHS rules allow court dimensions to measure 30 feet by 60 feet.