

**OUR KIDS INITIATIVE**  
**POOL DEPTH COMPARISONS (as of October 27, 2009)**

	<i>FINA</i>	<i>NCAA</i>	<i>NFHS</i>	<i>USA-S/USMS</i>	<i>YMCA</i>
<b>Depths for Competitive Swimming</b>	See Below	minimum depth: 4' at start end; 3' 6" feet at the opposite end; Minimum depth of 4 ft. is recommended throughout; NEW construction recommends 7 ft.	No Minimum depth required for competition	No minimum depth for swimming	No minimum depth for swimming

**NOTE: THE MORE RESTRICTIVE LOCAL, STATE, AND MUNICIPAL ORDINANCES TAKES PRECEDENCE OVER NATIONAL GOVERNING BODY RULES**

<b>Depths for Competitive Racing Starts</b>	A minimum depth of 1.35 meters from 1 meter to 6 meters from end wall;  The height of the platform shall be at least 0.5 meters to 0.75 meters above the water surface;  No provision for starting in the water  *see NOTE above	Water depth shall be no less than 4'; The height of the platform may not exceed 30" above the surface of the water; Provision for starting in the water (2.1, article 1, page 25)  *see NOTE above	Minimum depth: 4 ft. at start end measured from the end wall to 5 m. from the end wall 4' > : platform no more than 30" above the water; < 4' to 3'6" >: only deck or in water; < 3'6" : in water only  *see NOTE above	Minimum depth for teaching racing starts: 6 ft. ( <b>USA-S ONLY</b> ); For starts in competition: 4 ft. measured from 1 mtr. to 5 mtrs. from the end wall ;< 4' - must start in water (USMS: <3'6" in-water starts; 3'6"-<4' in-water or deck starts); 4' > - platform maximum of 2' 6" (30") above water (103.2.3 & 103.12)  * see NOTE above	Minimum depth for teaching racing starts: 9 feet.  For starts in competition: The pool depth should be at least five feet at any end of the pool where racing dives will be performed.  If the pool water depth at the starting end of the pool is less than the prescribed five feet, races should be started with swimmers in the water, performing a push start.  *see NOTE above
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