

Dimensions For Competitive Governing Body Matrices for Springboards

Revised January 10, 2017 by Donald Leas

	FINA and USD							NCAA	
	These dimensions became effective October 1, 2013	Board	Direction	English		Metric		English	
				Min	Pref	Min	Pref	Min	Pref
A	LENGTH OF BOARD			16'		4.8m		16'	
	WIDTH OF BOARD			20"		.50m		1' 8"	
	FROM PLUMMET BACK TO POOL WALL FOR CONCRETE PLATFORMS	1m		7' 3.40"	7' 3.40"	2.22	2.22	a	a
		3m		7' 3.40"	7' 3.40"	2.22	2.22	a	a
	FROM PLUMMET BACK TO POOL WALL FOR METAL STANDS OR PEDESTALS	1m		4' 11.06"	5' 10.87"	1.5m	1.8m	5'	6' 1"
B		3m		4' 11.06"	5' 10.87"	1.5m	1.8m	5'	6' 1"
	FROM PLUMMET TO POOL WALL AT SIDE	1m		8' 2.43"	8' 2.43"	2.5m	2.5m	8' 3"	8' 3"
C		3m		11' 5.80"	11' 5.80"	3.5m	3.5m	11' 6"	11' 6"
	FROM PLUMMET TO ADJACENT PLUMMET	1m		6' 6.74"	7' 10.49"	2.0m	2.4m	6' 7"	7' 1"
D		3m		7' 2.62"	8' 6.37"	2.2m	2.6m	7' 3"	8' 3"
	FROM PLUMMET TO POOL WALL AHEAD	1m		29' 6.33"	29' 6.33"	9.0m	9.0m	29' 7"	29' 7"
E		3m		33' 7.55"	33' 7.55"	10.25m	10.25m	33' 8"	33' 8"
	ON PLUMMET, FROM BOARD TO CEILING	1m		16' 4.85"	16' 4.85"	5.0m	5.0m	16' 5"	16' 5"
F		3m		16' 4.85"	16' 4.85"	5.0m	5.0m	16' 5"	16' 5"
	CLEAR OVERHEAD BEHIND AND EACH SIDE OF PLUMMET	1m	HORIZ	8' 2.43"	8' 2.43"	2.5m	2.5m	8' 3"	8' 3"
			VERT	16' 4.85"	16' 4.85"	5.0m	5.0m	16' 5"	16' 5"
		3m	HORIZ	8' 2.43"	8' 2.43"	2.5m	2.5m	8' 3"	8' 3"
VERT			16' 4.85"	16' 4.85"	5.0m	5.0m	16' 5"	16' 5"	
G	CLEAR OVERHEAD AHEAD OF PLUMMET	1m	HORIZ	16' 4.85"	16' 4.85"	5.0m	5.0m	16' 5"	16' 5"
			VERT	16' 4.85"	16' 4.85"	5.0m	5.0m	16' 5"	16' 5"
		3m	HORIZ	16' 4.85"	16' 4.85"	5.0m	5.0m	16' 5"	16' 5"
			VERT	16' 4.85"	16' 4.85"	5.0m	5.0m	16' 5"	16' 5"
H	DEPTH OF WATER AT PLUMMET	1m		11'	11' 5.80"	3.4m	3.5m	11' 2"	11' 6"
		3m		12'	12' 5.61"	3.7m	3.8m	12' 2"	12' 6"
J/K	DISTANCE AND DEPTH AHEAD OF PLUMMET	1m	HORIZ	16' 4.85"	16' 4.85"	5.0m	5.0m	21' 4" b	22' 4" b
			VERT	10' 9.92"	11' 1.86"	3.3m	3.4m	10' 10"	11' 2"
		3m	HORIZ	19' 8.22"	19' 8.22"	6.0m	6.0m	24' 8" b	25' 7" b
			VERT	11' 9.74"	12' 1.67"	3.6m	3.7m	11' 10"	12' 2"
L/M	DISTANCE AND DEPTH EACH SIDE OF PLUMMET	1m	HORIZ	4' 11.06"	6' 6.74"	1.5m	2.0m	5'	6' 7"
			VERT	10' 9.92"	11' 1.86"	3.3m	3.4m	10' 10"	11' 2"
		3m	HORIZ	6' 6.74"	8' 2.43"	2.0m	2.5m	6' 7"	8' 3"
		VERT	11' 9.74"	12' 1.67"	3.6m	3.7m	11' 10"	12' 2"	
N	MAXIMUM SLOPE TO REDUCE DIMENSIONS BEYOND FULL REQUIREMENT FOR POOL DEPTH & CEILING HEIGHT IS 30 DEGREES								
a	PLEASE NOTE: The NCAA does not provide any guidance for Duraflex short stands on concrete platforms.								
b	PLEASE NOTE: The shaded NCAA dimensions for J/K are completely wrong and should not be utilized for current pools or for pools constructed after October 1, 2013.								