

Power Splash Guidelines

These manual includes the degrees of complexity and the ranking system for the powersplash competition. This is the 33rd publishing of the power splash guidelines as the result of years of testing and refining.

Can Opener – Degree of complexity is 4. Left leg must be completely extended with no weak leg problems. Both arms must be clasped around the right ankle. Chin should be at 27 degree angle from the body.

Sleeper – Degree of complexity is 6. Legs must be straight and taught.

Horse & Rider – Degree of complexity is 12 on 10 point scale. WARNING: This dive must only be attempted by trained professionals. It is a team dive and requires precise timing and coordination.

Cannon Ball –

Belly Flop – To achieve the 10 rating on the belly flop, the area of the stomach, 10cm above the navel should reach a shade of scarlet of at least XXX on the Panotone chart.

Suit Styles – If you a wearing a European Man Thong for any of these dives, you will be escorted from the premise and your membership in the Internation Splash Diving completion will be revoked.