

The Seven Hills League –Diving Rules

III. Dual Meets – Diving

1. Appendix

Age group diving requirements for dual meets are listed in Appendix B.

2. Admission

There shall be no admission fees for dual meets.

3. Time/dates

(A) Dual meet competition will be scheduled to start promptly at 4:00 p.m with diving warm-ups at 3:00 P.M. for host club and 3:30 P.M for visitor club. All properly completed diving sheets must be submitted to the host team / meet director by 3:45 P.M.

(B) In the interests of time constraints, there will be no between-age-group warm-ups (for the 8-U, 9-10 and 11-12 age groups unless agreed upon by both coaches). If time permits and prior to the start of the 13-14 age group, there will be a two (2) dive per diver warm-up for all divers in the 13-14 and 15-18 age groups.

(C) In order to facilitate the efficient completion of the diving meet, the normal event order (8-U, 9-10, 11-12, 13-14, 15-18) may be changed or combined as agreed upon by both coaches.

4. Equipment

The host club will run all dual meets as generally specified in this section. This procedure will supplement, but not replace other sections of these rules. All equipment and supplies required to efficiently run the meet will be available. This includes but is not limited to:

(A) Comfortable chairs for judges, shaded if possible

(B) Sturdy tables and comfortable chairs for scorers shaded and placed in an area that allows efficient running of the meet and protection from the splash of errant dives

(C) Quality diving judge flash cards, one set per judge

(D) U.S. Diving Rule Book or equivalent with up to date degree of difficulty chart

(E) A spectator area defined so as not to interfere with the operation of the meet.

5. Meet Personnel

(A) Visiting clubs will provide at least two qualified diving judges, two experienced scorers, and one ribbon writer.

- (B) The host club will provide at least three qualified judges, two experienced scorers, and one ribbon writer. If either club is not able to provide the minimum number of required and qualified meet personnel, the other club may provide the additional workers needed to successfully run the meet.
- C) The referee will be chosen from among the five diving judges. The referee shall be selected by the remaining judges and the two coaches. The referee should be the most experienced judge.

6. Competition Rules

- (A) Unless otherwise covered in the 7-Hills League Diving Rules, the current United States Diving Rulebook will govern all other rules of diving competition.
- (B) Each diving coach is responsible for checking his/her diving sheets to determine that they are properly completed according to 7-Hills League Rules and Regulations.
Any inaccuracies must be corrected before the meet starts.
- (C) A diver is NOT permitted to change the dive number (i.e. 103B to 203C) once the event in which they are competing has started unless both coaches agree to the change. The diver IS permitted to change the position of the dive (i.e. 103B to 103C) however; the lower of the two degree of difficulties must be used when calculating the points for the dive in question.
- (D) If a diver repeats the same dive (i.e. the same dive number in the same position, or the same dive number in a different position), the higher of the two scores for the repeated dive shall be eliminated from his/her score.
- (E) All optional dives must come from a different category. There are FIVE categories of dives: Forward dives, Back dives, Reverse dives, Inward dives and Twisting dives. NOTE: A back twisting dive is not considered a “back” category dive – it is a “twisting” category dive.
- (F) All divers who are diving “Exhibition” should have this designation clearly marked on the top of their diving sheet in order to help the meet personnel more efficiently run the events and calculate the team scores.

7. Judging and Scoring

- (A) Judging and scoring will be guided by the current United States Diving Rulebook.
- (B) During dual diving meets, there should be five judges and where possible, they should be seated on opposite sides of the pool (i.e. two on one side of the pool and three on the other side)
- (C) The referee can be one of the five judges or can be in addition to the five judges. The referee should be the judge with the most experience AND who is willing to serve as referee. This person should be selected from among the judges by the judges and the two coaches.
- (D) Judges scores range from 10 to zero and half-points may be awarded.
- (E) Team points are awarded as follows: 1st Place – 5 points; 2nd Place – 3 points; 3rd Place – 1 point; 4th Place – 0 points)

8. Awards

It is the responsibility of the host team to purchase and provide ribbons for all home diving meets. Ribbons will be awarded to the first FOUR places (1st-blue, 2nd-red, 3rd-white, 4th-yellow) Places 1st-4th are scoring places. Exhibition ribbons will be awarded to all other divers (generic color, all places the same and no team points awarded.)

9. Postponement

- (A) In the case of bad weather, with the second thunder and/or lightning delay, all exhibition dives will be canceled. With the announcement of the third delay, the entire diving meet will be cancelled.
- (B) If a dual meet is called because of bad weather and 60% of the final dives have been completed, the team with the highest score may be declared the winner of the meet. Diving events only will count in the 60% figure. It is recommended that the remaining dives be re-scheduled, but it is not mandatory. Re-scheduling of postponed meets will be done at the convenience and concurrence of both affected clubs.
- (C) In order to compete in the 7-Hills League Diving Championships, a diver must have participated in at least two diving meets during the season. If a diver is present at a meet with a properly completed diving sheet that has been submitted on time and that meet is canceled due to inclement weather, etc., the diver shall receive credit for participation in that meet. This also applies even if the meet is re-scheduled and the affected diver is unable to attend the re-scheduled meet.

10. Entries

Four divers will be permitted to enter (“dive for real”) in each age group (two boys, two girls) for dual meets. All other divers in each age group will be considered “Exhibition Only” and their dive sheets should be clearly marked with this designation to reflect this.

11. Diving Board Level

Divers may perform dives only from the one-meter board. Three meter diving is not allowed in the Seven Hills League during dual meets or the Championship Meet.

12. Change of Age Group

A diver may move up (“dive up”) to another age group, but may dive only in that one age group. He/she may not move up after completion of his/her first competitive dive. His/her moving up during the diving competition will not carry over to the swimming competition. (i.e. he/she may revert back to his/her original age group for the swimming competition.) Divers are never permitted to “dive down” in any age group.

13. Exhibition Diving

Each club may enter up to a total of 31 Exhibition DIVES (NOT 31 EXHIBITION DIVERS) during a dual meet.. The intention of this rule is to allow for the on time completion of the diving competition so that the swimming competition may start on time. If both coaches agree and ONLY if time permits, additional exhibition dives will be allowed but never if this might delay the start time of the swimming competition or swimming warm-ups.

14. Team Areas

Each club is responsible for cleaning up its assigned team area at the completion of the meet.

VI. DIVING CHAMPIONSHIP MEET

1. Appendix

Age group diving requirements for the championship meet are:. 8 & under boys and girls; 9-10 boys and girls; 11-12 boys and girls; 13-14 boys and girls; 15-18 boys and girls. A diver's age is determined by his or her birthdate as of June 1st of the current year.

2. Admission

- (A) The admission fees for Diving Championships will be: Under 6-no charge, age 6-15-\$1.00, over 15--\$2.00. The host club will use all money collected to offset meet expenses.
- (B) All coaches, divers and hired officials ~~only~~ will not be charged an admission fee. Spectators and volunteer meet officials must pay the admission fee.
- (C) Programs fees for Diving Champs are used to offset the cost of printing and hosting the meet and are kept by the host club. These programs may not be sold for more than \$1.00.

3. Times/dates

- (A) Diving will consist of one day of events. Both boys and girls will compete on the one-meter board only. Diving championships will be scheduled for the Monday of the week of swimming championships. The competition will start no later than 3:00 P.M. on Monday A morning start time is preferred in case of bad weather or other situations that may be cause for the meet to be

completed on another day. Diving competition will be held during daylight hours, if feasible.

- (B) The Host Team should prepare a “Champ Meet Packet” that includes the date of the Champ Meet, site, start time, order of events, warm-up schedule (both day before the Champ Meet and the morning of the Champ Meet), dive requirements, the official dive sheet, a degree of difficulty sheet, sign-up sheet for table workers, parking passes, lunch passes for the coaches and judges, and any other pertinent information about the meet. This packet should be distributed to all clubs at the Seven Hills League Kick-Off Meeting (prior to the first meet of the season) and should be made available on the 7-Hills League website.

4. Equipment

The Host Club will run the Diving Championship Meet as generally specified in this section. This procedure will supplement but not replace other sections of these rules. All equipment required to efficiently operate the meet will be available. This includes but is not limited to:

- (A) Comfortable and shaded chairs for judges.
- (B) Comfortable chairs and shaded tables for scorers and ribbon writers
- (C) Good quality diving judges’ flash cards (one set per judge)
- (D) Current US Diving Rule book or equivalent with up to date degree of difficulty table.
- (E) Spectator and team areas defined so as not to interfere with the operation of the meet.

5. Championship Meet Personnel

- (A) The host club is responsible for hiring at least five experienced people to serve as diving judges for the Championship Meet. (Seven judges are recommended; five judges are required.)
- (B) Each club will provide at least one experienced diving meet scorer and one ribbon writer.
- (C) The host club shall hire ~~provide~~ the referee from outside the league. The referee may be one of the judges – but should be the most experienced judge. The referee is the “head judge” and shall be responsible for enforcing all rules or violations of rules and resolving any other situations that may arise during the competition.
- (D) The suggested honorarium is \$50.00 for each judge and \$100.00 for the referee.

6. Judging

Refer to current US Diving rules for usual judging guidelines. For any diving rule not covered in the current 7-Hills League Rules, the current U.S. Diving Rule Book will be the final authority.

7. Championship Meet Scoring

- (A) Only the Top 12 finishers in each age group (male and female) will score team points.
- (B) Diving points will be awarded as follows: 1st place – 15 points; 2nd place – 12 points; 3rd place – 10 points; 4th place – 9 points; 5th place – 8 points; 6th place – 7 points; 7th place – 6 points; 8th place – 5 points; 9th place – 4 points; 10th place – 3 points; 11th place – 2 points; 12th place – 1 point.
- (C) In the event of a tie at the completion of an event, the team points for the “tied” place and the team points for the place after the “tied” place, will be added together and then divided by two. (Example – A tie for 6th place: The team points for 6th place (7 points) and 7th place (6 points) will be added together and then divided by two. Each diver will be awarded 6.5 team points $(7 + 6 / 2)$)

8. Championship Meet Awards

The host club is responsible for the purchase of all awards for the diving championship meet.

- (A) Medals for places 1st, 2nd, 3rd for each age group (male and female)
- (B) Ribbons for places 4th through 12 for each age group (male and female)
- (C) Team age group plaques will be awarded in all age groups (one for boys and one for girls). Totaling points scored in each age group will determine team age group winners. These awards will be presented to the winning team(s) at the completion of the Championship Meet
- (D) A trophy (or plaque) will be awarded to the winning team for permanent possession. ~~This~~ The cost for this trophy (or plaque) will NOT exceed \$40.00.
- (E) In addition, a traveling trophy, provided by the 7-Hills League, will be awarded to the winning team. Current engraving of this trophy and its return to next year's diving championship is the responsibility of the winning team. Replacement for a lost or damaged traveling trophy is the responsibility of the team in possession. It is recommended that the meet director of the current diving championship host club call the diving coach or diving rep of the previous year's champion and determine the procedure to hand over the traveling trophy.

9. Postponement

- (A) Should the Diving championship be halted before completion, the make-up day will be Tuesday, the next day.
- (B) In case of inclement weather, the decision to cancel or postpone the Champ Meet will be determined by the following people: The pool manager of the

host club; The champ meet referee; The diving coaches for each club; and the dive team rep(s) for each club.

10. Championship Meet Entries

- (A) There shall be no limit to the number of divers that may participate in the diving preliminaries.
- (B) A diver must have participated in two dual meets or in one dual meet and a properly scored intrasquad meet to qualify for the championships. Swimming meets do not qualify for the diving championships. Each coach is responsible for retaining a copy of the official results of each dual meet and/or the intrasquad meet and must be able to prove eligibility and participation requirements of the divers.
- (C) Each age group of divers will complete all of their preliminary dives and final dives, before starting the next age group of divers.
- (D) Diving finals will be restricted to the twelve boys and twelve girls accumulating the highest number of points in the diving preliminaries in each age group. The points accumulated by each diver in preliminaries will be carried forward to the finals.
- (E) In the event of a tie for 12th place at the end of the “cut” round, 13 divers will dive in the Finals, however, only the Top 12 divers at the completion of the event will score team points.
- (F) The host club shall hold all diving sheets for one week after the finals are completed. During this time, any coach may examine the sheets at the host club.

11 Diving Sheets for Championship Meet

- (A) Champ Meet Diving sheets must be turned in to the host club no later than one week before the date of the diving championship meet. A coversheet should accompany each clubs’ entry sheets, which lists all divers for which entry sheets are attached. Diving sheets should be completed in BLACK INK (for accuracy, consistency, and copying purposes)
- (B) Only one copy of each diver’s dive sheet need be submitted to the host club. The host club shall make THREE copies of each dive sheet – two copies for the score table and one copy for the meet referee.
- (C) Changes to diving sheets can be made up to 15 minutes prior to the start of each event.
- (D) The dive sheet must be signed by the diving coach, who is ultimately responsible for the correctness of the diving list.
- (E) The dive number and letter are the official description of the dive and must be clearly written on each dive sheet for each dive.
- (D) The referee or his/her representative shall inspect all diving sheets. Should the sheets be incorrect, or not in accordance with the rules, the referee shall note all

discrepancies and shall publicly announce which sheets are in error. Changes to dive sheets can be made up to 15 minutes prior to the start of each event. Any error(s) not corrected are the responsibility of the coach, where the so-affected diver will be penalized as set forth in these rules.

- (E) The only change permitted once the contest has started is the position of the dive. (Example: Changing a Front 1 ½ somersaults TUCK position to a front 1 ½ somersaults PIKE position). In the event of a dive position change, the lower of the two degrees of difficulty will be used when calculating the score.
- (F) The diving order for the preliminaries shall be random. The diving order for the finals will be the same as established in the preliminaries with the eliminated divers' sheets removed.

12. Change of Age Group

A diver must dive in his/her own age group. "Diving Up" is NOT permitted in the Championship Meet of the 7-Hills League.

13. Exhibition Diving

- (A) No exhibition events or exhibition divers are permitted in 7-Hills League Diving Championships.
- (B) No feet first jumps are allowed during the Champ Meet.

14. Each participating club will be responsible for cleaning up its assigned area at the completion of the meet.

Any questions or suggestions about the diving rules should be directed to 7-Hills League Diving Chairperson or League President.

APPENDIX B

7-Hills League Diving
Dive Requirements For Dual Meets

<u>Age Group</u>	<u>Dive Requirements</u>
8 and Under	One Required Dive, One Optional Dive (Divers can represent ONE category within two dives)
10 and Under	One Required Dive, Two Optional Dives (Divers must represent TWO categories within three dives)
12 and Under	Two Required Dives, Two Optional Dives (Divers must represent TWO categories within four dives)
14 and Under	Two Required Dives, Two Optional Dives (Divers must represent TWO categories within four dives)
18 and Under	Three Required Dives, Two Optional Dives (Divers must represent THREE categories within five dives)

NOTES:

- (A) Only the one-meter board can be used in Seven Hills League Diving Meets.
- (B) There are NO CUTS during dual meet competitions.
- (C) All diving events are for both boys and girls.
- (D) There are FIVE categories of dives: Forward Dives, Back Dives, Reverse Dives, Inward Dives and Twisting Dives. NOTE: A back twisting dive is NOT considered a “back” category dive – it is considered a “twisting” category dive.
- (E) Required dives are defined by number from the US Diving Rule Book Degree of Difficulty Tables: Forward dive - #101; Back dive - #201; Reverse dive - #301; Inward dive - #401; ½ Half Twist - #5111. Required dives must be performed prior to the optional dives.
- (F) The Position of the dive is also defined in the US Diving Rulebook: “A” – Straight or Layout Position; “B” – Pike Position; “C” – Tuck Position; “D” Free Position
- (G) All optional dives must be from a different group. (Example: A diver cannot perform both a Forward 1 ½ somersault AND a Forward double somersault.)
- (H) Any “required” dive not used as a “required” dive may be used as an “optional” dive. Any dive not defined as a “required” dive is considered an optional dive. “Optional” dives may NOT be used as “required” dives.
- (I) All dive sheets should clearly list the dive number, position letter, degree of difficulty as well as the written description of the dive. The dive number and letter are the official description of the dive.

- (H) Properly completed dive sheets should have the correct dive number and position letter as well as the written description of the dive in the spaces provided. The Dive Number and Position Letter are the OFFICIAL description of the dive.
- (I) Exhibition divers are NOT expected to meet the age group dive requirements, but should attempt dives that they have some realistic expectation of completing. Coaches may give assistance to exhibition divers if necessary.
- (J) The degree of difficulty for performing a jump off the diving board is .01.
- (K) There is a general warm-up of 30 minutes for each team prior to the meet. There will be NO warm-up between 8-Under, 9-10, or 11-12 age groups. There will be a two (2) dive warm-up per divers for 13-14 and 15-18 age groups after the 11-12 competition and before the 13-14 competition.

APPENDIX D

7-Hills League Diving Championship Meet
Dive Requirements

Age Groups	Preliminaries (Cut to 12 after Preliminaries)	Finals
8 and Under	One Required Dive, One Optional Dive (Divers must represent TWO categories within three dives)	One Optional Dive
10 and Under	One Required Dive, One Optional Dive (Divers must represent TWO categories within four dives)	One Required Dive One Optional Dive
12 and Under	Two Required Dives, One Optional Dive (Divers must represent THREE categories within five dives)	One Required Dive One Optional Dive
14 and Under	Two Required Dives, One Optional Dive (Divers must represent THREE categories within five dives)	One Required Dive One Optional Dive
18 and Under	Two Required Dives, Two Optional Dives (Divers must represent FOUR categories within six dives)	One Required Dive One Optional Dive

NOTES:

- (A) Only the one-meter board can be used during the Diving Championship Meet.
- (B) All diving events are for both boys and girls.
- (C) No dives performed in the preliminaries shall be repeated in the finals.
- (D) There are FIVE categories of dives: Forward Dives, Back Dives, Reverse Dives, Inward Dives and Twisting Dives. NOTE: A back twisting dive is NOT considered a “back” category dive – it is considered a “twisting” category dive.
- (E) Required dives are defined by number from the US Diving Rule Book Degree of Difficulty Tables: Forward dive - #101; Back dive - #201; Reverse dive - #301; Inward dive - #401; Half Twist - #511. Required dives must be performed prior to the optional dives.
- (F) The Position of the dive is also defined in the US Diving Rulebook: “A” – Straight or Layout Position; “B” – Pike Position; “C” – Tuck Position; “D” Free Position
- (G) All optional dives must be from a different group. (Example: A diver cannot perform both a Forward 1 ½ somersault AND a Forward double somersault.)
- (H) Any “required” dive not used as a “required” dive may be used as an “optional” dive. Any dive not defined as a “required” dive is considered an optional dive. “Optional” dives may NOT be used as “required” dives

- (I) The finals will be restricted to the twelve boys and twelve girls accumulating the highest number of points in the diving preliminaries, in each age group. In the event of a “tie” for 12th place, both divers will be permitted to dive in the Finals for a total of 13 divers.
- (J) Properly completed dive sheets should have the correct dive number and position letter as well as the written description of the dive in the spaces provided. The Dive Number and Position Letter are the OFFICIAL description of the dive
- (K) Jumping off the board is not permitted at Diving Championships.
- (L) Exhibition Divers are NOT permitted at the Diving Championship Meet.