

UTAH COUNTRY CLUB SWIM & DIVE LEAGUE GENERAL DIVING GUIDELINES

REVISED AND EFFECTIVE AS OF SEPTEMBER 23, 2015

I. GENERAL INFORMATION

1. These Guidelines, as well as the By-Laws of the League (revised and effective September 23, 2015), will be strictly enforced at all Dual Meets and the Conference Championship.
2. Outstanding conduct and sportsmanship by coaches, divers and spectators will be expected at all times.

II. DUAL MEET PREPARATION

1. All diving meets will begin at 4:00 p.m. with warm-ups to begin at 3:30 p.m. (**NOTE:** No swimmers will be allowed to warm-up until the diving meet is completed unless permission is given by both diving coaches.)
2. The home club will have the following officials and equipment for each diving meet:
 - a. Three judges; two from home club, one from the visiting team.
 - b. Two persons at the scoring table.
 - c. Each club prepares their own ribbons.
 - d. An announcer.
 - e. A microphone and public address system.
 - f. Each host club will provide a disk or email results to visiting team and conference chairperson within 48 hours.
 - g. Three judging pads and Country Club judging guidelines.
3. Meets may not be cancelled for any reason other than weather and mechanical failure. In the event of cancellation, make-up meets will be rescheduled with the agreement of the coaches and officials involved.

III. LIST OF EVENTS

EVENT NUMBER:

<u>Girls</u>	<u>Boys</u>	<u>Age Group</u>	<u># of Dives</u>
101	102	8 & under	3
103	104	9 – 10	3
105	106	11 – 12	4
107	108	13 – 14	4
109	110	15 – 17	5

IV. ELIGIBILITY OF DIVERS

1. Age for season competition: Age as of 12:00 a.m. on June 1st.
2. Conduct of divers is the responsibility of the coaches, with the expectations to include outstanding behavior and sportsmanship.
3. Membership rules are listed in the League By Laws, Article I.

V. MEET RULES

1. MOVE UP RULE: There is no moving up in Diving.
2. ENTRIES:
 - a. Each team may enter three divers who will score in each event.
 - b. Each team may enter as many exhibition divers per event as they would like. Similar to swimming, the top 5 divers score points, but no more than 3 per team.
3. SPECIFICATIONS OF DIVES:
 - a. Requireds:

8 & under	101 and 2 optionals
9 – 10	101 and 2 optionals
11 – 12	101 and 3 optionals
13 – 14	101 and 3 optionals
15 – 17	101, 201 and 3 optionals
 - b. Optionals:
 - Each of the optional dives must be in different categories.
 - Country Club Diving Rules and Degrees of Difficulty will be used.

-Front and Back jumps will be listed as **100 A** and **200 A**, respectively. D.D. is **1.0**. Front and Back jumps may be used as dives by any competitor during dual meets or by divers who are competing in the 8 & under age groups. No jumps will be allowed at the Conference Championship except in the 8 & under age groups.

-Back lineups will be listed as a **002 A** with a D.D. of **1.2**. All back dives performed without a back approach (arm circle and push) will be listed as such.

-Front lineups will be listed as **001 A** with a D.D. of **1.0**. If no front approach is used, the dive should be listed as such. Front lineups may only be used as the required dive in the 8 & under age group. No front lineups will be allowed at the Conference Championships.

-Back dive, ½ twist (5211A) will have a D.D. of 1.4.

8 & Under Boys and Girls

Three (3) different dives; one (1) required at a Degree of Difficulty of 1.0 (*B) and two (2) optionals with a degree of difficulty as listed in the FINA table of D.D.s.

Required Dive (*B) Choose From:

101 A* **101 B** **101 C**

-001 A may be used as the required dive in dual meets or Conference but will only have a D.D. of **1.0**.

Optional Dives (*C) Choose any two (2) dives from two (2) of the 5 different** groups from the FINA list of dives.

** The 5 different groups consist of:

Forward Group, Back Group, Reverse Group, Inward Group & Twisting Group

9-10 Boys and Girls

Three (3) different dives; one (1) required at a Degree of Difficulty of 1.8 (*B) and two (2) optional dives (*C) with a degree of difficulty as listed in the FINA table of D.D.s.

Required Dive (*B) Choose From:

101 A **101 B** **101 C** **103 B** **103 C**

Optional Dives (*C) Choose any two (2) dives from two (2) of the 5 different** groups from the FINA list of dives.

**The 5 different groups consist of:

Forward Group, Back Group, Reverse Group, Inward Group & Twisting Group

11-12 Boys and Girls

Four (4) different dives; one (1) required at a Degree of Difficulty of 1.8 (*B) and three (3) optionals with a degree of difficulty as listed in the FINA table of D.D.s.

Required Dive (*B) Choose From:

101 A **101 B** **101 C** **103 B** **103 C**

Optional Dives (*C) Choose any three (3) dives from three (3) of the 5 different** groups from the FINA list of dives.

** The 5 different groups consist of:

Forward Group, Back Group, Reverse Group, Inward Group & Twisting Group

13-14 Men and Women

Four (4) different dives; one (1) required, and three (3) optionals. Degrees of Difficulty found in the FINA table of D.D.s.

Required Dive (*D) Choose From:

101 A **101 B** **101 C** **103 B** **103 C** **113 C**

Optional Dives (*C) Choose any three (3) dives from three (3) of the 5 different** groups from the FINA list of dives.

** The 5 different groups consist of:

Forward Group, Back Group, Reverse Group, Inward Group & Twisting Group

15-17 Men and Women

Five (5) different dives; two (2) required, and three (3) optional. Degrees of Difficulty are found in the FINA table of D.D.s.

Required Dive (*D) Choose one from:

101 A 101 B 101 C 103 B 103 C 113 B 113 C

as well as one from:

201 A 201 B 201 C 203 B 203 C

Optional Dives (*C) Choose any three (3) dives from three (3) of the 5 different** groups from the FINA list of dives.

** The 5 different groups consist of:

Forward Group, Back Group, Reverse Group, Inward Group & Twisting Group

4. GENERAL RULES:

The following rules stand for all dual meets, as well as the Conference Championship:

- a. In the event that a diver should enter the water feet first, and with their hands above their shoulders, the **judges** will take a **one point deduction**. This also applies to jumps.
- b. When a dive is performed clearly in a position other than that announced, each judge will take a **one point deduction**.
- c. The diver may change his/her dive up until the dive is performed. Dives may be changed on the board by notifying the announcer of a wish to change. The diver will then wait until the announcer re-announces the preferred dive. If a change is made, the new dive must still follow the guidelines set above.
- d. It is the responsibility of either the diver or the coach to immediately correct the announcer if the dive or position is announced incorrectly. The announcer will then re-announce the dive, and proceed as normal.
- e. In a dive where the diver is twisting, they must come **within** $\frac{1}{4}$ **twists** of the intended number of twists for the dive to be considered completed. (On a full twist, the diver has to make at least a $\frac{3}{4}$ twist in order to not fail the dive.) The number of twists is determined by the position of the **shoulders** at the time the diver's **feet** hit the water.
- f. A **balk** will be declared if the diver begins their approach, forwards or back, and then stops and starts over. In a forward approach, a balk may be declared any time

after the completion of the second step* in the hurdle. In a back approach, a balk will be declared if the diver's feet leave the board before the actual execution of the dive. In the event the diver balks, the judges will **reduce the scores by two points**. If the diver balks twice, it is a **"failed" dive**.

*The second step ends, and the third step begins when the heel lifts to begin the third step.

5. JUDGES AND DISPUTES:

- a. Two judges will be provided by the home team. One from the visiting team.
- b. At the beginning of each meet, a judge will be designated as referee and will have the final say in settling disputes.
- c. Order of diving will be determined by the home club and anyone diving out of turn will be given a failed dive.

6. SCORING AND AWARDS:

- a. Individual: 6 – 4 – 3 – 2 – 1 (no score for exhibition).
Ribbons are given for 1st, 2nd & 3rd places.
- b. Team: Total of individual scores (no award).

7. REGISTRATION:

- a. Coaches must submit to the League through their Club Representatives, a completed League registration form for each diver, signed by the parent and/or legal guardian by the current season deadline. Divers enrolled after the deadline must have a signed form before they compete in their first dual meet. Information on these forms will be verified and requirements pertaining to eligible membership will be strictly enforced as described in Article I of the League By-Laws.

UTAH COUNTRY CLUB SWIM & DIVE LEAGUE CONFERENCE DIVE CHAMPIONSHIP RULES

REVISED AND EFFECTIVE AS OF SEPTEMBER 23, 2015

I. ELIGIBILITY

1. To be eligible to dive at the Conference Championship, a diver must have participated in two (2) dual meets. Teams may have intrasquad meets, but they will not count toward Conference eligibility.

2. Every diver must be represented on a registration form and team roster which includes the number of meets each athlete has competed in. This information is to be presented at the eligibility meeting.
3. Every diver must submit two copies of their dive sheet to the conference meet director at the appointed time. These sheets will be checked for eligibility. If there are questions, they should be resolved prior to the Conference Championship. Dive changes will be allowed up until the dive is performed.

II. TEAM LIMITS

1. Each club may enter three (3) divers in each event. (NOTE: There are no exhibition divers at Conference.) Events are the same as dual meets.

III. MOVING UP

1. No moving up age groups in Diving.

IV. SCORING

1. 16 – 13 – 12 – 11 – 10 – 9 – 7 – 5 – 4 – 3 – 2 – 1 (Top 12)

V. JUDGES & DISPUTES

1. The League will provide an announcer for the Conference Championship.
2. A referee will be designated before each event, who will make final decisions on scoring.
3. Any disputes concerning scoring or places earned must be presented within 24 hours after the Conference Championship to the Dive Conference Meet Chairperson.
4. The Dive Conference Meet Chairperson will organize a Rules Committee to be present on deck at the Conference Championship.
5. The appeal process will be the same as for swimming, with the exception that all complaints must be presented within 24 hours following the Dive Conference Championship. The Ethics Committee will review all disputes and a final decision will be presented through the Dive Conference Meet Chairperson.

VI. AWARDS

1. Individual: Awards are given for places 1 – 13. 1– 8 receive medals, 9-16 receive ribbons.

- a. Neck Ribbons/Ribbon colors are as follows:
- 1st place – blue
 - 2nd place – red
 - 3rd place – white
 - 4th place – yellow
 - 5th place – green
 - 6th place – purple
 - 7th place – orange
 - 8th place – neon green
 - 9th place – black
 - 10th place – maroon
 - 11th place – navy
 - 12th place – hunter
 - 13th place – gold
 - 14th place – raspberry
 - 15th place – teal
 - 16th place – sapphire
2. Team: Trophies or Plaques for 1st, 2nd & 3rd places.
3. Awards recognition at the Conference Championship will be at the discretion of the host club. If there is no “ceremony,” medals will be picked up by the team coaches.