

Updated 3/25/17

## **Rocket City Swim League Diving Competition Regulations**

### **Rules for Dual Meet Competition**

The diving rules are specified herein.

1. The age group divisions and dive requirements for Dual Meets will be the same as the City Meet rules. *This includes the order of the dives.* During Dual Meets, age groups may be combined in order to facilitate the meet but each age group will be scored separately. (Age Group divers opting to dive Open Event must be prepared to dive both events. Example: If a 12-year-old chooses to dive Open, he will need to dive in his age group and then compete again in the Open Event.)
2. There will be no limit to the number of divers per age group for Dual Meets, except Open Event. The Open Event is limited to four males and four females per team for Dual Meet Competition.
3. Diving is scored to six places in Dual Meets but TEAM points are limited to their top four. Any entrant dropped from the Meet Summary because of this limitation shall receive a Participant ribbon. The Summary will be calculated showing the remaining in placement order; a place is not "held" or left empty by a Participant.
4. The order of events will be specified by the Referee. Prior to the start of the meet there shall be a meeting between the coaches and the Referee to discuss the conduct of the meet (refer to rule #14.) Events with small amount of divers may be combined at the discretion of the Referee.
5. All Dual Meets will begin at 6:00 pm on the date scheduled unless changed by mutual consent of both teams 72 prior to the scheduled meet. If inclement weather is a consideration (storm or tornado warning) the coaches and representatives will make the decision to postpone or delay the meet at 6:00 pm. When a meet that has already started is canceled because of inclement weather, only those divers originally entered in the meet will be allowed to dive unless both coaches agree to open the meet to other divers. The meet will then be rescheduled on the next appointed rain date. The Meet Secretary is to collect all entries and score papers. The make-up meet is to resume at the point at which the original meet was postponed.
6. The entry form for each diver must be completed, including signatures and degree of difficulty, and submitted to the scorer's table by 5:45 pm. Refer to General Information #16 for direction of an entrant competing in both age group and Open events.
7. Changes in dives may be made at the scorer's table prior to the start of the meet under the direction of the meet secretary. Changes during the meet will be made due to clerical errors to correct discrepancies in the number, position, or description of the dive. (If there is a discrepancy with the dive number and the circled selection, the dive number takes precedence.) No changes will be made to allow divers to change their list for competitive advantage. The Referee has the final control of any changes on the board. The Meet Secretary is to ensure changes are valid and approved by the Referee; clerks and the announcer shall bring changes to the attention of the Meet Secretary.
8. The Announcer shall have knowledge and understanding of the dive numbers and entry sheets.
9. Nine-and-under boys and girls will dive with no degree of difficulty for their dives. All dives will be assigned a value of 1.0 for the purpose of calculation. The outcome of the contest will depend solely on judges scores (performance of the dives.)

Seven-and-under boys and girls may perform a jump in the forward or backward position as the optional dive. A maximum award of 1 point per judge may be awarded. The dive numbers and descriptions are 100 forward

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jump and 200 backward jump. This option is valid for dual and city meet competition.

10. Any diver may pass on a dive and receive zero points for that dive. Failing two dives will disqualify a diver from competition. The score sheet shall be removed from the rotation and the diver removed from competition.

11. The visiting team will have the choice of alternate position (diving either 1st, 3rd and 5th or 2nd, 4th, and 6th.)

12. For **ALL MEETS** the divers age on December 31 will determine age group. The following exceptions apply:

In the **City Meet** a team will be allowed to have one boy and one girl compete in the next higher age provided that team does not already have two entries in the higher age bracket.

In the **Dual Meets** a team will be allowed to have one boy and one girl compete in the higher age bracket provided that team does not already have four entries in the higher age bracket.

The following conditions apply

- a. Limited to one boy and one girl on a team.
- b. No complaint is registered by a diver (eligible to compete) from that team in the higher age bracket.
- c. A diver competing in the higher age bracket will be eligible to receive individual awards.

To be eligible for competition, a diver must be a member of a RCSL member pool with complete registration submitted to the RCSL Secretary.

*It is required the Dive Registration Form distributed by RCSL be used and submitted to the Dive Director before the deadline stated on the season schedule. Substitutions will not be accepted, nor email copies.*

*Updates* to team rosters will be accepted by the Meet Secretary prior to the start of Dual Meet competition. Only the official Diver Registration Form will be accepted. A diving coach will be allowed to dive in the City Meet for the pool if he and his family are members or if he has coached at least two dual meets for the pool. RCSL bylaws, Article III, Section I specify member teams are to have access to adequate facilities to be eligible for membership. The Dive Representative shall verify by signature on the team roster that all team members are pool members, as per bylaws of said member pool, and the diving facility is safe and insured. The Diving Director or his representative is to ensure compliance.

13. The Diving Director shall distribute the Official Roster of Judges, Referees, and Meet Secretaries certified by him to be trained and knowledgeable of RCSL Rules and Regulations. The home team is responsible for ensuring officials are in place prior to hosting a meet. Pool affiliation is not consideration when officials are placed, nor is a team entitled to a "representative judge." The Referee assigns the judges of competition. Three judges are required for Dual Meet competition. These designations should be made prior the meet date and all officials positioned at 6:00 pm. The Referee will manage the competition and insure all regulations are observed; shall determine failed dives; and bring dive infractions requiring penalties to the judges' attention. The decision of the Referee is final.

It is procedure to have a meeting of all judges, coaches, and the Referee before the start of the competition. This gives the group the opportunity to go over rules, weather conditions, problem dives (such as, 5211A and 5121D,) situations such as arms above head on a feet first entry, or somersaulting dives that land in a ball in the water.

It is required the Meet Secretary be certified by the RCSL Secretary of Diving. (The season schedule assigns a volunteer Meet Secretary and Referee for each dual meet. It is suggested the home team confirm these officials since the home team has the responsibility of organizing a meet.) Clerks working the table are to be

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knowledgeable of their position. The Meet Secretary is responsible for ensuring the accuracy of the score table.

14. The Diving Director shall appoint a Protest Committee and serve as chairman. All Dual Meet protests must be submitted in writing to the Diving Director within 24 hours of the event. The protest must also be given in writing to the Dual Meet Referee within one hour after the referee's final decision is made. Only the coach or the diving representative may appeal. The Protest Committee's ruling is final and binding.

15. Within 24 hours of Dual Meet competition, the Meet Secretary (or Home Team Dive Rep, if requested) is to collect and submit the following to the director: entry sheets, Dual Meet Summary & Official Results Sheet, and updates to team rosters. This is necessary for meet verification. A team rep or coach may pick up entry sheets 3-4 days after a meet.

16. Coaches and Assistants: Each team is responsible for attaining their coaching staff to meet team and pool requirements. Each individual participating as a part of the coaching team must successfully complete the "Centers for Disease Control and Prevention (CDC) Concussion Training" (a link is available on the RCSL homepage). Each team will maintain a current list of their coaching staff and a copy of the training completion certificate. Coaching staff is defined as anyone named to assist the team's identified head coach in showing swimmers or divers (in a team setting, not private lessons) how to properly execute the start, stroke, turn, or finish of a competitive stroke or dive execution during the current RCSL season. The RCSL Board may request this list at any time during the season.

Lifeguards: Beyond possession of current and accepted lifesaving credentials, lifeguards working RCSL events must provide a certificate for successful completion of the "CDC's Concussion Training" (a link is available on the RCSL homepage). The RCSL Board may request a copy of the certificate at any time during the current season.

## General Information

1. All coaches and divers should read and familiarize themselves with the RCSL Rules and Regulations.
2. It is the responsibility of each coach and diver to be up-to-date on all rules, regulations, dives, locations, and practice times for all meets.
3. The Official Diving Form will be furnished by RCSL. Dive forms are color coded to facilitate scoring.
4. Particular attention is drawn to the requirement of twist dives. In the back dive ½ twist, a *full* back dive is mandatory *before* the twist.

### 5. Scoring

- a. Team points are scored as follows:

<b>Place</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Dual	10	5	4	3	2	1		
City	11	7	6	5	4	3	2	1

- b. In the case of a tie, the points of the place ties and the next place will be added, divided equally, and awarded to the competitors that tied. There will be no competitor scored as the next place.  
(Example: If two divers tie for second place, each one receives 4.5 points and there is no third place awarded.)
- c. If an error in computation is discovered on a diver's scoring form within 48 hours of the end of the meet, it will be reported to the Diving Director. The form will be examined and, where necessary, the results of the meet will be corrected.
- d. A team may only be awarded 4 places *in an event* in Dual Meet competition.

6. Each team is to submit a roster to include the name, birth year, age group/sex, address and telephone number of all divers and submit to the Diving Director at the date specified by him. The Diver Registration Form provided by RCSL must be completed in entirety. *Additions* to this roster may be made as the season progresses when new divers join the team. These must be submitted to the Meet Secretary prior to the start of a meet. Duplicate rosters with new divers added will be invalid and returned to the coach; this will affect meet results. If a diver is not fully registered he is not eligible to compete; he will be disqualified during verification and meet results will be corrected.

7. To be eligible to compete in the City Meet, the competitor must be from a RCSL member team and have competed in two Dual Meets prior to the City Meet when a minimum of four Dual Meets per team are on the official schedule. Multiple dual meets competed simultaneously will be considered one meet in regards to eligibility for City Meet. If less than four Dual Meets are on the official schedule, the diver must compete in one Dual Meet. The last restriction will be waived for those member pools that have no organized diving team.

8. The RCSL City Championship Meet will be scheduled as an all day event at the Natatorium. Details of the City Meet will be distributed. Changes to the published schedule may occur during the meet, as needed to facilitate it.

9. Each team will be allowed two male and two female divers per event at the City Meet.

10. Coaches are to submit to the score table **by** 5:45 pm, prior to a Dual Meet, the following: entry sheets, Dual

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Meet Summary, Official Results Sheet and updates to team roster. No changes are to be made after 6:00 pm except to correct clerical errors. Only coaches, the referee, and the diving reps may access the score table. Refer to Diving Competition Regulations #7 for rules on changing dive sheets.

11. The Meet Secretary (or home team dive rep, if requested) is to collect entries, the Dual Meet Summary, Official Results Sheet, and updated rosters and submit to the Diving Director immediately following a Dual Meet. Results will be verified and entries made available for pick up within 3-4 days.

12. Coaches should be attentive in avoiding common errors:

- \* Divers not on team roster

- \* Unsigned dive sheets

Divers not on Official Results Sheet

Optional dives from the same group

Incorrect dd's

Omission of required dives

- \* These will result in the disqualification of an entrant. The Diving Director will make corrections to the meet results.

13. If is a failed dive if, in the opinion of the Referee, the diver receives obvious assistance from another person during the execution of the dive.

14. The Diving Director is responsible for organizing a Diving Officials training course and distributing an Official Roster of certified Judges, Referees, and Meet Secretaries; establishing and publishing the schedule of meets, serving as Chairman of the Diving Protest Committee; overseeing the organization of the City Meet, and serving as City Championship Meet Director, Diving. He is responsible for recommending and enforcing meet regulations and other such duties as may be necessary to ensure successful intercity competition.

15. *What to do if an error is discovered?* Determine the rule and apply it. *What to do if you're asked to break a rule?* Apply the rule. Refer to the Referee or Diving Director if clarification of a rule is necessary. If you have a question regarding the enforcement and/or application of a rule, bring it as quickly as possible to the attention of the Referee of the Diving Director. If applicable, follow the guidelines for Official Protest. No official or coach may authorize a change in rules.

16. For Dual Meet competition, be prepared for age group and Open events to be combined to facilitate the meet. Separate scores will be maintained for each event. If a diver competes in age group and Open event, separate entry score sheets must be submitted. The Open Entry must be competed in full with a dark line drawn after the completion of age group dives to indicate the running total. Ensure the order of the Open entry meets all age group required and optional dives. It is not necessary to repeat the list of dives on the age group entry (this blank entry is refereed to as the "dummy" sheet.) Generally, 16-18 and Open are combined at Dual Meets but it is not mandated - the referee makes the decision. Younger divers choosing to compete in Open should be prepared to dive both age group and Open and have entry sheets prepared as outlined.

## Age Group Events

For all registered divers eighteen and under:

### 7 & Under

One required dive  
One optional  
101 Forward Dive  
any position, any group  
*100 forward jump or 200 backward jump is a valid option for this age group only*

### 8 & 9 year olds

One required dive  
Two optional  
101 Forward Dive  
any position from different groups

### 10 & 11 year olds

Two required dives  
Two optional  
101 Forward Dive, 201 Back Dive  
any position from different groups

### 12 & 13 year olds

Three required dives  
Two optional  
101 Forward Dive, 201 Back Dive,  
401 Inward Dive  
any position from different groups

### 14 & 15 year olds

Four required dives  
Two optional  
101 Forward Dive, 201 Back Dive,  
401 Inward Dive, 5111 Forward ½ Twist  
any position from different groups

### 16 - 18 year olds

Five required dives  
Two optional  
101 Forward Dive, 201 Back Dive,  
301 Reverse, 401 Inward Dive,  
5111 Forward ½ Twist  
any position from different groups

## Open Event

For all registered divers who can execute nine dives:

Five required dives  
Four optional  
101 Forward Dive, 201 Back Dive,  
301 Reverse, 401 Inward Dive,  
5111 Forward ½ Twist  
any position from different groups

*The Open Event is limited to four males and four females per team for Dual Meet Competition.*