

DELCO LEAGUE DIVING RULES

Diving Rules – Diving will be a separate sport organized, financed, and directed by the Delco Swim League. Participation is open to all member teams of the Delco Swim League. Results of diving will not count as part of swimming dual meets. Competition shall be 1 meter and 3 meter diving only.

Diver are to be listed on the swim team eligibility lists.

An updated eligibility list must be at each meet.

I. Age Groups (age as of June 1 of the respective season)

1. Novice Group – male or female contestants 10 years of age or younger
2. Junior Girls – a female contestant 14 years of age or younger
3. Junior Boys – a male contestant 14 years of age or younger
4. Senior Girls – a female contestant up to the age of 18
5. Senior Boys – a male contestant up to the age of 18

II. Contestants and Participation

1. Each team may enter three (3) divers per event including Novice, Junior and Senior. However, no one team will be allowed to “sweep” when scoring an event. When a “sweep” occurs, third place (1 point) will be awarded to the opposing team
2. Each team may enter three (3) divers in the Novice Group, male or female. If a diver competes as a Novice, he or she may not compete as a Junior or Senior in that meet. Junior divers may compete in Senior events providing they are not diving in Junior events for that particular meet.
3. All diving sheets must be filled out in pencil and signed by the diver.
4. Exhibition divers are permitted if coaches agree and must be placed in the beginning of the diving order in each respective age group.

III. Order of Events

1. The order of events shall be listed above Section 1 Age Groups. Each age group is to compete separately unless there are less than three divers competing.

IV. Diving Requirements

JUNIOR DIVERS

Voluntary: Forward Group **First**
Optionals: 3 dives from 3 groups **Meet**
Voluntary group may be
repeated once

Voluntary: Back Group **Second**
Optionals: 3 dives from 3 groups **Meet**
Voluntary group may be
repeated once

Voluntary: Twisting Group **Third**
Optionals: 3 dives from 3 groups **Meet**
Voluntary group may be
repeated once

Voluntary: Inward Group **Fourth**
Optionals: 3 dives from 3 groups **Meet**
Voluntary group may be
repeated once

Voluntary: Forward Group **Fifth**
Optionals: 3 dives from 3 groups **Meet**
Voluntary group may be
repeated once

SENIORS DIVERS

Voluntary: Forward Group
Optionals: 4 dives from 4 groups
Voluntary group may be
repeated once

Voluntary: Back Group
Optionals: 4 dives from 4 groups
Voluntary group may be
repeated once

Voluntary: Twisting Group
Optionals: 4 dives from 4 groups
Voluntary group may be
repeated once

Voluntary: Inward Group
Optionals: 4 dives from 4 groups
Voluntary group may be
repeated once

Voluntary: Reverse Group
Optionals: 4 dives from 4 groups
Voluntary group may be
repeated once

NOVICE DIVERS

Voluntary: Forward Group (for all five scheduled meets)
Optionals: 2 dives from 2 groups
Voluntary group may be repeated once

The first dive performed by each diver must be the voluntary dive

Maximum Degree of Difficulty (D.D) for the Voluntary dive shall be 1.8 in dual meets. If a dive that is being performed as a voluntary dive has a D.D that exceeds 1.8, the D.D assigned for that dive will be 1.8. (ex. 5122D on 1 meter has a D.D of 1.9. If used as a Twisting Group voluntary, D.D will be assigned as 1.8)

Official diving sheets must be prepared prior to coming to the meet in order to prevent any delay in starting on time. All official diving sheets must be submitted to the scorer's table 15 minutes before the start of the meet. Once the sheets are checked, no changes can be made other than to correct an error.

NCAA Degree of Difficulty (D.D) must be used. NCAA book now refers to the FINA Degree of Difficulty table.

If a dive is announced and the diver states that the wrong board is marked on the dive sheet, the diver may use the board desired but the degree of difficulty will not be increased. It will be decreased if the degree of difficulty is less.

In the Novice Group only, live and exhibition divers may perform a front jump with approach and/or a back jump with a press in any position as part of their three dives. The degree of difficulty for these jumps in any position shall be 1.0.

~~Note: This provision is for exhibition divers only in the Novice group. If a Novice whose performance is to count in the competition performs a jump, the dive will be considered fail~~

V. Competition and League Sections

The diving league will compete as one unit in team competition

Each team will compete in five scheduled diving meets on a weekly basis

Scoring of place value points will be:

Two Teams Competing

1st – 5 points

2nd – 3 points

3rd – 1 point

TIES: Example – If there is a tie for 1st place, add the points for 1st and 2nd (5+3=8) together then divide by 2. Each diver receives 4 points. No second place is awarded. Next place awarded is 3rd. If there is a tie for 3rd place, each diver receives ½ point.

Team Points for League Standings

1st place team – 2 points

2nd place team – 1 point

Forfeit – 0 points

VI. Meet Officials

1. Each visiting team must offer to the host team 1 scorer and 3 diving judges with flash cards. The host team must have a diving referee, 1 scorer, 2 diving judges and an announcer.
2. It is recommended that 5 judges be used. If necessary, the referee can judge.

DIVING RULES – NCAA

Exceptions to rules.

Rule 6, Section 5, Article b1

Be amended to read:

Each diver must (the referee to be the judge) make an honest attempt to complete each of the dives written or have the dive called failed. A failed dive will not disqualify a diver from competition.

Exception to this rule will be in Championship meets. A failed dive will not disqualify the diver from the competition but an unattempted dive will. It will be at the referee's discretion to call a dive unattempted. If the referee feels the diver did not attempt to do the dive as written, the dive is considered unattempted and the diver must drop out of the competition

Rule 6, Section 5, Article 4, d6

Be amended to read:

Deficient Dive – If a dive position is partially altered during the flight through the air, the referee shall advise the judges to consider the dive deficient and not award the contestant more than 4 ½ points.

Alternation of Schedule

No diving site may be changed without approval of the chairman of the diving committee.

Rescheduling of meets will be the responsibility of the competing teams with one exception. Teams which are unable to set a new date will have the host team contact the chairman of the diving committee who will set a new date and site. All meets should be rescheduled before the next regularly scheduled diving meet.

CHAMPIONSHIPS

The diving championships for each of the six age groups (Novice Girls, Novice Boys, Jr. Girls, Jr. Boys, Sr. Girls and Sr. Boys) will be a separate meet for each age group shown on the schedule. A diver may compete in one age group only.

Each team will be permitted to enter only two (2) divers per event except for Juniors. Two (2) divers in the 11 & 12 yr old sub-group and two (2) divers in the 13 & 14 yr old sub-group can be entered in the Junior championships but the meet will still be scored as one age group. A contestant must have competed in at least two diving meets to be eligible to compete in the championships.

Diving entries must be submitted to the host club no later than 6:00 pm the day prior to the group championship. No changes will be accepted 15 minutes before the start of the meet.

Each pool hosting a championship meet must make its facilities available to those divers entered for practice the day following the last scheduled diving meet.

Semi-finals & Finals (starting time 6:00 pm)

Voluntary dives will be the first dives performed in the semi-finals and finals.

NOVICE – Total of 4 dives, no cuts

Two (2) Voluntary dives *

Forward Group

Back Group

Two (2) optional dives

from the five (5) groups

Voluntary group may be used

once for an optional

* Total degree of difficulty for the two voluntary (2) dives cannot exceed 3.6

JUNIORS – Total of 7 dives, Semi-finals 4 dives, cut to 8 divers

Two (2) Voluntary dives*
from five (5) groups

Two (2) optional dives
from five (5) groups

Dives from three (3) of the five (5) groups must be performed in the semi-finals

JUNIORS – Finals. 3 dives

Two (2) Voluntary dives*
from three (3) remaining groups

One (1) optional dive
from three (3) remaining groups

* Total degree of difficulty for the four (4) voluntary dives cannot exceed 7.2

SENIORS – Total of 9 dives, Semi-finals 5 dives, cut to 8 divers

Three (3) Voluntary dives*
from five (5) groups

Two (2) optional dives
from five (5) groups

Dives from three (3) of the five (5) groups must be performed in the semi-finals

SENIORS – Finals. 4 dives

Two (2) Voluntary dives*
from two (2) remaining groups

Two (2) optional dives
from three (3) remaining groups

* Total degree of difficulty for the five (5) voluntary dives cannot exceed 9.0

Revisions:

1993

1. In Section IV DIVING REQUIREMENTS, added the following:
In the Novice Group only, exhibition divers may perform a front jump with approach and/or a back jump with a press in any position as part of their three dives. The degree of difficulty for these jumps in any position is a 1.0

Note: This provision is for exhibition divers only in the Novice group. If a Novice whose performance is to count in the competition performs a jump, the dive will be considered fail

2021

1. In the Novice Group only, live and exhibition divers position is a 1.0
2. Deleted the following requirement below since live divers are able to perform jumps:

~~Note: This provision is for exhibition divers only in the Novice group. If a Novice whose performance is to count in the competition performs a jump, the dive will be considered fail~~

3. In Section IV DIVING REQUIREMENTS, replaced Required dives with Voluntary dives for Novice, Junior and Seniors divisions for each meet. Add max DD of 1.8 as a requirement for voluntary dives for dual meets.
4. In Championship section, broke down Novice group with Boys and Girls, which now adds a sixth (6th) age group
5. For junior champs, expanded the entries by added 11 & 12 sub-group and 13 & 14 sub-group
6. For each age group, replaced required dives with voluntary dives, added max D.D requirements