2025
GREATER ATLANTA DIVING LEAGUE

LEAGUE MANUAL
RULES AND REGULATIONS

GREATER ATLANTA DIVING LEAGUE
2025 Rules and Regulations

Greater Atlanta Diving League
2025 Diving League Dates

Dual Meet Dates

Wednesday, May 21
Wednesday, May 28
Wednesday, June 4
Wednesday, June 11
Wednesday, June 18

Any of these meets can be held any day before Championships as long as both teams agree.

Diving League Championships at Georgia Tech

DAY 1

Saturday, June 28

Age Groups:

9 – 10 girls and boys
15 & over girls and 13-14 girls
15 & over boys and 13-14 boys
6 & under girls and boys
7 – 8 girls and boys
11 – 12 girls and boys

Start Times:

7:30 am Warm-Up
9:00 am Start

Please submit diving sheets on Divemeets.com for each diver, team roster and money, no later than 12 Noon (Thursday, June 26) to Vicky Sanchez Tuymer or late fees will apply.

2025 Dual Meet Schedule

North	**South**
Atlanta Athletic Club (AAC)	Brookwood Hills (BWH)
Dunwoody Country Club (DCC)	Garden Hills (GH)
Roswell Rec (ROS)	Roxboro (ROX)
St. Ives Country Club (STI)	The Branches (TB)
Windward Lake Club (WLC)	Wynterhall (WYN)

May 21	May 21
ROS @ STI	GH @ BWH
WLC @ DCC	WYN @ ROX
AAC--BYE	TB--BYE

May 28	May 28
STI @ AAC	GH @ WYN
ROS @ WLC	BWH @ TB
DCC--BYE	ROX--BYE

June 4	June 4
STI @ WLC	GH @ ROX
AAC @ DCC	TB @ WYN
ROS--BYE	BWH--BYE

June 11	June 11
DCC @ STI	BWH @ WYN
AAC @ ROS	ROX @ TB
WLC--BYE	GH--BYE

June 18	June 18
WLC @ AAC	GH @ TB
DCC @ ROS	ROX @ BWH
STI--BYE	WYN--BYE

All meets are scheduled for Wednesday at 5:30 p.m., unless agreed by both teams to change.

Greater Atlanta Diving League Sportsmanship

All Team Representatives, Coaches, Participants, Officials and Spectators will treat other Team Representatives, Coaches, Participants, Officials and Spectators with respect.

All Team Representatives, Coaches and Officials will lead by example in demonstrating fair play and sportsmanship for all Participants.

All Team Representatives, Coaches and Officials will encourage good sportsmanship by demonstrating positive support for all Participants, Coaches and Officials at every event, practice and meeting.

All Team Representatives, Coaches and Officials shall provide support for Coaches and Officials working with the League to provide a positive and enjoyable experience for everyone.

All Team Representatives, Coaches and Officials will place the emotional and physical well-being of their Participants ahead of a personal desire to win.

All Team Representatives, Coaches and Officials will treat each participant as an individual, remembering the large range of emotional and physical development of members of the same age group.

All Team Representatives, Coaches and Officials will do their best to provide a safe playing situation and environment.

All Team Representatives, Coaches and Officials will do their best to organize practices that are fun and challenging for all Participants.

All Team Representatives, Coaches and Officials will be knowledgeable in the rules of the League and the sport, and will teach these rules to their Participants and Parents.

All Team Representatives and Coaches will use coaching techniques appropriate for the League and the sport of diving.

All Team Representatives, Coaches and Officials must remember that the League is for children and not for adults. The Greater Atlanta Diving League is an introductory program for recreational diving. Year-round and intensely competitive programs are available from local US Diving Clubs.

Individuals not complying with these rules will be subject to suspension or dismissal from the league. The Greater Atlanta Diving League Board will be responsible for hearing any complaints pertaining to these rules during the season and rendering any penalty if necessary.

Greater Atlanta Diving League Rules

Purpose: To promote and administer a competitive inter-pool diving program within the League.

1. Diving Team Chairperson: The person designated by a member club to represent that respective team in League affairs. The team chairperson or his/her representative shall be present at all meetings of the League and shall be present at all diving meets involving his/her club. He/she shall assist the Referee in order to ensure smooth operation and conduct of the meet. Any procedural question regarding the League shall be presented to the Diving League Coordinator through the Diving Team Chairperson.

2. Membership Requirements: Only active members of **dues-paying** families of a club may represent that club in League competition. No non-member, regardless of age, may compete for that specific club. Each club is allowed two (2) member of its coaching staff, who are not a dues-paying member, to compete for the club so long as age eligibility requirements are satisfied. A diver may represent only one (1) team within the League. A coach can dive if he/she is a dues-paying club member. Club membership is determined by each club's bylaws.

3. Team Roster: All member teams must prepare a complete roster by age group with the participant's name, date of birth, email address, address and phone number prior to the first dual meet. Any addition should be reported to the Diving League Coordinator. Each team must have an updated roster available at each meet. Only divers whose names appear on the roster may compete, otherwise they will be considered exhibition divers.

4. Age Groups: 6 & under, 7 – 8, 9 – 10, 11 – 12, 13 – 14, 15 - 18. Maximum age is 19.* **Diver's age for the entire season is his/her age as of June 1st.** Divers may dive up in an older age group. *Divers 19 years old in the 15-18 age group are limited to those enrolled in high school as of February 15th of the current year.

5. Rules: The current issue of The United States Diving Rules and Regulations shall govern all diving functions, except as noted in these rules.

6. Penalties: Any infraction of the Diving League rules shall be handled by the Diving League Coordinator or his/her appointed representative. If there is an infraction that is not settled by both teams, it should be put in writing and sent to the League Coordinator within 24 hours. If a coach did not put down all the dives for a diver, it can be added on the diver's sheet before the event starts. If the missing dive is not caught until after the start of the event, the dive may be added with a two (2) point deduction.

7. Cancellation: In the event of inclement weather during a scheduled meet, a one hour waiting period will be observed before postponement, unless safety is a concern or the coaches call a clear-win situation. See inclement weather rule in Dual Meet section. Both coaches and/or team representative will agree on the make-up date. The make-up meet shall use the same line-up; no substitutions are allowed. All make-up meets must be scheduled before the League Championship Meet.

8. Judges: Judges(15 years and older) for all meets must be certified at the time of the meet.**

9. If the difference in team scoring is five (5) points or less in a dual meet, all sheets need to be turned in to the League Coordinator within 48 hours of the meet completion for review. Failure to do this will result in a forfeit. Each team is responsible for its team's diving sheets.

** A judge's certification clinic will be held prior to the start of the dual meet season. All clubs need to encourage its parents to become certified. Coaches must be certified.

Dual Meet Format

1. Procedure: The home team is responsible for the preparation and conduct of the meet. Contact should be made with the visiting team concerning start time, date, pool location, judges and any other information. The visiting team shall have the authority to appoint the Meet Referee.

2. Schedule: Dual meets will be conducted on Wednesday evenings. Upon mutual agreement of the teams, the day may be changed. NO meet shall begin prior to 5 p.m. unless mutually agreed upon. If both clubs have a 3-meter board, a diver can do as many dives on the 3-meter as he/she wants to do with true DD. 3 meter is not a separate event. Doing a dive from 3 meter is a part of the same event. There is only one event per age group. (Example: 11-12 boys will not have a 1m and 3m event).

3. Conduct of Events:
    a) Divers may perform any dive from either the 1 or 3-meter board providing both clubs have a 3-meter. The level used for each dive should be marked on the diving sheets.

    b) If either team has only a 1-meter board at its home facility, all dives shall be from the 1-meter level.

    c) Diving sheets shall be filled out in its entirety before the warm-ups for the meet. Check DD's carefully. Once a diver's name is on the score sheet, it must remain as is. Any changes will result in exhibition status.

    d) Dives may be changed up to 30 minutes before the specific event. After that, a two (2) point deduction will be made on any dive changes. Positions may be changed immediately before the dive without penalty. However, if the position change is an increase in DD, the DD will remain as listed. If the new position is a decrease in DD, it will change to the true DD. The lower DD will always prevail. For example, if a 201A is changed to a 201B, the DD will be 1.6 in position changes. If a 2 point deduction is made, the true DD will prevail.

    e) If a team does not have a diver to enter in a particular event, the opposing team shall be awarded the points for first and second place, providing the team has at least two (2) divers. Additionally, no contest need be conducted unless requested by the opposing coach.

    f) A diver may elect to take a zero (0) on one (1) dive, without prejudice, and remain in the contest. This will provide a contest for all skill levels of competition. It will eliminate the danger of trying dives without preparation and will create a desire and need for young exhibition divers to learn a full list of dives. The diver must be present to pass the first dive. A three (3) minute waiting period is allowed on the first dive. If a diver fails two (2) or more dives, no team points will be awarded. This only applies if both teams has divers competing.

    g) Score sheets – home and visitor teams keep one copy each. The third copy gets mailed, faxed or dropped off to the Diving Coordinator, Vicky Sanchez Tuymer, by the following day. If there is a first place tie, add 5 + 3 for first and second and divide by 2 so each team gets 4 points and drop to 3rd. place. If there is a second place tie add 3 + 1 and divide by 2 so each team gets 2 points and drop to 4th place. If there is a third place tie, then each team gets ½ point and drop to 5th place.

    h) Any changes in line-up after the meet starts will result in the dives being counted as exhibition.

    i) The Referee will announce a three (3) minute completion time of a dive. If it is not executed within that period, the dive will be considered failed.

4. Events: All events shall be conducted by the following age groups: 6 & under, 7 – 8, 9 – 10, 11 – 12, 13 – 14 and 15 & over. All front dives have a 1.7 DD. No jumps in competition on 3-meter, nor on 1-meter for 11 – 12, 13 – 14 and 15 & over.

5. Number of Dives:

   6 & under (3 total dives)

   1m front approach with a jump (100) DD 1.0 or 3m front line up DD 1.0
   1m back approach with a jump (200) DD 1.0 or 3m back line up DD 1.0
   Forward Dive (101) or any other dive DD 1.7

   7 – 8 (4 total dives)

   1m front approach with a jump (100) DD 1.0 or 3m front line up DD 1.0
   1m back approach with a jump (200) DD 1.0 or 3m back line up DD 1.0
   Forward Dive (101) DD 1.7
   1 optional dive

   9 – 10 (5 total dives)

   1m front approach with a jump (100) DD 1.0 or 3m front line up DD 1.0
   1m back approach with a jump (200) DD 1.0 or 3m back line up DD 1.0
   Forward Dive (101) DD 1.7
   2 optional dives

   11 – 12 (4 total dives)

   Forward Dive (101) DD 1.7
   3 optional dives

   13 – 14 (5 total dives)

   Forward Dive (101) DD 1.7
   4 optional dives

   15 & over (5 total dives)

   Forward Dive (101) DD 1.7
   4 optional dives

   a. The required dive for each event shall be number 101, forward dive. Divers have their choice of positions.

   b. No balks will be called for 6 & unders in dual meets. They should be judged accordingly.

   c. The following dives are not allowed: 5111, 5211, 5311, and 5411.

   d. All optional dives must be listed on the FINA DD table.

6. Participation: There is no limit to the number of divers in any age group.

7. Awards: Ribbons will be awarded for 1st through 6th place. All other participants will receive an exhibition or participation ribbon. The host team is responsible for the 1st through 6th place ribbons. Participation ribbons are the responsibility of each individual team.

8. Judging: A minimum of three (3) judges is required for each event; a five (5) member panel is strongly recommended. Each team shall provide at least one (1) certified judge per event, and the home team shall be responsible for completing each panel of judges. A judge from the visiting team may act as Referee. If the visiting judge does not want to act as Referee, it may be done by committee. If the host team cannot furnish two (2) certified judges, the visiting team may furnish two (2) judges. *If a coach is judging, please refrain from interrupting the flow of the meet by excessive encouragement from the judge's chair.*

9. Diving Order: The visiting team shall have the choice of alternating position in its diving order. The team may choose to dive in the odd or even positions from the front or back of the lineup.

10. Scoring: Team points to be awarded for individual place finishes in each event shall be:

1st place	5 points
2nd place	3 points
3rd place	1 point

The maximum points awarded to one team are eight (8) in each age group. The opposing team will be awarded one (1) point so long as they have a diver in the water for that event. If there are no divers, the point for the opposition is lost.

The scoring table should have a representative from the opposing team working during each event.

Dual Meet Trophies: Trophies shall be awarded to the team accumulating the most wins in each division. If two teams tie for first, head to head competition determines the winner. Number of wins prevails over winning percentages.

11. Inclement Weather: The decision to delay/resume or reschedule a meet due to inclement weather should proceed as follows:

    a. If the meet is delayed more than one hour due to inclement weather and there is a decisive winner (25-point lead or more), then the meet can be called and the leader takes the win.

    b. If the meet is delayed more than one hour due to inclement weather and there is no decisive winner (25-point lead or more), then you have the option to:

        i. Continue to wait out the inclement weather
        ii. Agree to reschedule to a mutually agreeable day and time
        iii. Agree to a tie

    If no agreement can be reached, then the leading team makes the decision to either reschedule or take a tie.

    In the event of inclement weather during a make-up meet you can try to reschedule, call a clear-win situation if both teams agree, or both teams may be awarded a win.

    The coach and/or team representative must represent a team during these discussions. There can be a clear-win situation with less than a 25-point lead.

12. Equipment: Facilities must be equipped with a 16' Duraflex diving board with an adjustable fulcrum in order to host home meets.

Greater Atlanta Diving League
Championship Meet

1. Age Groups and Events: The following shall be the age groups and events for the Greater Atlanta Diving League Championship Meet:

   1-Meter Board:

6 & under	11 – 12
7 – 8	13 – 14
9 – 10	15 & over

2. Order of Events: Diving order will be posted the day of the event.

   DAY 1
   9 – 10 girls and boys
   15 & over girls and 13-14 girls
   15 & over boys and 13-14 boys
   6 & under girls and boys
   7 – 8 girls and boys
   11 – 12 girls and boys

   DAY 2
   No Events on Day 2 this year

3. Eligibility: A diver must have participated in at least two (2) dual meet competitions in order to be eligible to participate in the League Championship Meet. Each club may enter as many divers as it would like in each age group.

4. Conduct of Events:
   a) Each event shall employ a panel of five (5) judges. Clubs are requested to furnish names of table workers. The Meet Director will determine the membership of each judging panel in accordance with League rules.

   b) DiveMeets.com will be used to conduct the meet. Each team must provide the League Coordinator with a complete roster by age group including name, address, phone number, email address, date of birth and graduation year. The League Coordinator will enter in the divers' personal information into DiveMeets.com and receive the user ID # and password for each diver which will then be forwarded on to each team so that the team may enter the dives into the system. If a diver already has a user ID # and password (most US Diving and High School State Championship competitors do), that information must be sent to the League Coordinator, as well, so that the profile may be updated.

   c) Each club must enter its divers and dives into the DiveMeets.com system no later than 12 Noon, two (2) days prior to the Championship Meet (June 26th). Additionally, entry fees and a copy of the team roster must be turned in to the Diving League Coordinator by the same deadline. The entry fee is $20.00 per person. The late fee is an additional $20.00 or $40.00 total per late entrant if you register after 12 noon on the 26th. Additional entries will be accepted up to 6 p.m. the night before the meet for a $60 entry fee. No entries meet day. Diving sheets not entered into DiveMeets.com will be considered late. *All checks should be made payable to Atlanta Diving Association.*

a) Changes in diving forms may be made online on DiveMeets.com until 12 Noon the day prior to the Championship Meet (June 27). Each team is allowed unlimited changes free of charge prior to noon on June 27. After 12 Noon the day before day one (1) of the meet, any other changes in the diving order will result in a $10 fee for each change and true DD will prevail. Everything is considered one (1) change, even a position change. Reordering the dive order is considered a dive change for each dive order changed.

d) In the event that a sheet is incorrectly filled out and is not noted or corrected by the Meet Director or his/her agent and the competition has begun, the dive found to be out of order shall be scored as a balk (a two [2] point deduction from each judge's award), and all other dives shall be rearranged to conform with the proper order of dives.

e) A diver cannot unduly delay the event. The Referee will announce a three (3) minute completion time of a dive. If it is not executed within that period, the dive will be considered failed.

f) Any changes in line-up after the meet starts will result in the dives being counted as exhibition.

5. Awards:
   a) Individual: Medals shall be awarded to the top eight (8) finalists in each event.

   b) Team points for individuals placed in each event shall be:

1st place	9 points
2nd place	7 points
3rd place	6 points
4th place	5 points
5th place	4 points
6th place	3 points
7th place	2 points
8th place	1 point

   c) Points are awarded for 1-meter events only.

   d) Trophies shall be awarded to the top team in each division accumulating the most points in the Championship Meet.

6. Order of Dives: Refer to the following:

6 & Under (4 total dives)	front approach and jump (100) DD 1.0 back approach and jump (200) DD 1.0 101 DD 1.7 1 optional DD as listed
7 -8 (5 total dives)	front approach and jump (100) DD 1.0 back approach and jump (200) DD 1.0 101 DD 1.7 2 optionals each from different groups DD as listed
9 -10 (5 total dives)	front approach and jump (100) DD 1.0 **- OR –** back approach and jump (200) DD 1.0 101 DD 1.7 3 optionals each from 2 different groups DD as listed
11 -12 (5 total dives)	2 voluntary dives from different groups DD 1.7 3 optional dives from a minimum of 2 different groups DD as listed
13 -14 (6 total dives)	3 voluntary dives from different groups DD 1.7 3 optional dives from a minimum of 2 different groups DD as listed
15 & over (7 total dives)	3 voluntary dives from different groups DD 1.7 4 optional dives from a minimum of 2 different groups DD as listed

Jumps cannot be substituted for voluntaries or optional.

No balks will be called for 6 & unders in championships. They should be judged accordingly.

Maximum Pass One (1) Dive. There will be at least a 15 minute warm-up between each event.

Greater Atlanta Diving League
Championship Meet Duties

Each team is to provide at least one (1) parent helper for each event both days. If a team does not provide any volunteers, its League fees will be increased the following year by an amount set by the board.

The parent helpers will do one of the following jobs:

Score and Cross Out	Two (2) people—example 5, 4, 3, 5, 4 All five (5) scores are written down as called by the announcer and the high and low scores are eliminated
Adding and Degree of Difficulty (DD)	Two (2) people—in the above example, the score would be 13, which would be multiplied by the DD listed and a score would be posted On the second round of dives, that score would be added to the first score
Master Scorer	One (1) person—places for each event will be tallied for each team.
Awards	Ribbons, medals, and team score organizer.

VOLUNTARY (REQUIRED) DIVES

All voluntary dives will have a Degree of Difficulty of 1.7 (all voluntary dives will be selected from the groups below).

Forward	Backward	Reverse	Inward
101 A, B, C	201 A, B, C	301 A, B, C	401 A, B, C
102 B, C	202 A, B, C	302 B, C	402 B, C
103 B, C	203 B, C	303 B, C	403 B, C

Twist

5121 D	5221 D	5321 D
5122 D	5222 D	5323 D
5124 D	5223 D	5331 D
5131 B, C	5231 D	
5132 D	5233 D	
5134 D		

Appendix A

Judging and Deduction Guide

Failed Dive**:**

1. Dive listed is done out of order
2. Wrong dive performed
3. Assistance during a dive
4. Delay of contest
5. Diver balks twice
6. Diver falls in
7. Feet before hands in head-first dive
8. Hands before feet in feet-first dive
9. Over/under twisted by 90 degrees

Two (2) Point Deduction**:**

1. Practice during contest
2. Balk
3. Bunny hop hurdle
4. Tower approach

Judges**:**

No more than 2 points	Dive clearly out of position
No more than 4 ½ points	Broken position

Scoring:

VERY GOOD/Excellent	8 ½ to 10 points
GOOD	7 to 8 points
SATISFACTORY	5 to 6 ½ points
DEFICIENT	2 ½ to 4 ½ points
UNSATISFACTORY	½ to 2 points
COMPLETELY FAILED	0 points

The points to be considered are:

1. The approach
2. The take-off
3. The technique and grace of the dive
4. The height in the air
5. The distance from the board
6. The entry into the water

****Special Notes:

a) Judges shall not consider the approach to the starting position.
b) Judges shall not consider the action of the diver beneath the surface of the water.
c) After each dive, on a signal from the Referee or his/her representative, each of the judges, without communicating between each other, shall immediately flash his/her card. The Announcer should wait to announce scores until all awards are displayed. No protests should be made against the marks awarded by the judges.

Appendix A Cont'd

Computing a Diving Score

Judges: There may be three (3), five (5), seven (7) or nine (9) judges.
Each judge's score is recorded on the score sheet.
An equal number of high and low scores are canceled so that there are three (3) scores remaining. If there are three (3) judges, no scores are canceled.

Totaling: The three remaining scores are totaled.

Computing: The total raw score is multiplied by the degree of difficulty of the dive.

Adding: The total score of the dive is added to the previous scores to maintain an accurate running score.

Running A Scoring Table:

1. It is best to run a scoring table at which there is at least a back-up checking system.

2. For a back-up system, seven (7) people are required:

   An Announcer
   Two (2) Recorders
   Two (2) People to Total and Compute
   A Master Scorer
   A Reconciler

3. For a dual meet, single score sheet table, five (5) people are suggested:

   An Announcer
   A Master Scorer/Reconciler
   A Recorder
   A Total and Compute Person
   A Ribbon Writer

Appendix B

Guide to Numbering Dives

Dives are numbered first by categories:

100 Forward dives
200 Backward dives
300 Reverse dives
400 Inward dives
5000 Twisting dives

In the four directional categories (100 - 400), the final digit gives the number of ½ somersaults:

103 Forward 1 ½ somersaults
205 Backward 2 ½ somersaults
302 Reverse 1 somersault
403 Inward 1 ½ somersaults

In the twisting category, the first digit, 5, indicates a twisting dive; the second digit indicates the directional category; the third digit indicates the number of ½ somersaults; and the fourth digit gives the number of ½ twists:

5111 Forward (2nd digit) dive (3rd digit) ½ twist (4th digit)
5132 Forward 1 ½ somersault, 1 twist
5333 Reverse 1 ½ somersault, 1 ½ twists
5231 Back 1 ½ somersault, ½ twist

There are letters that are used in competition to designate position:

A) Straight position
B) Pike position
C) Tuck position
D) Free position

So, 201 B Back dive, pike position

There is a sixth grouping, the armstand dives, done from the towers, where the 6 indicates an armstand and the 2nd digit (1, 2 or 3) indicates forward fall, back fall, or reverse fall and the 3rd digit gives the number of ½ somersaults:

So, 614 Armstand double somersault

Appendix C

The Announcer

From an administrative standpoint, the Announcer is undoubtedly the most important person in a meet. His/her speed will determine the speed of the meet, the attitude of the divers, and the response from the spectators. His/her knowledge (or lack of) will create an atmosphere of relaxed importance and can elicit either good or poor performances from the athletes themselves.

It is imperative that the Announcer not only be familiar with the various dives done in a contest, but he/she must also do some homework on the athletes and be able to pronounce the dives and divers correctly.

During the contest, the Announcer must be careful to be objective in his/her announcing. He/she must announce the scores for a poor dive in the same manner as a good dive.

The correct procedure for announcing a dive is to give the name of the diver and immediately follow with the dive to be performed (no affiliations or titles should be announced). If he/she is announcing from the Announcer's portion of the standard sheet, he/she will merely read the dive as printed and circled. If he/she is reading from the divers' score sheets, he/she should note carefully the dive and read it in correct order as described in the list of dives:

NOT: "Forward dive, 1 ½ somersaults, in pike, 1.7"
BUT: "Forward 1 ½ somersaults pike, 1.7"

After reading the dive, the Announcer should mark somewhere on the sheet that specific dive has been announced and performed, in order to prevent re-reading or listing the place and announcing an incorrect dive.

Immediately following the performance of the dive, the Announcer will glance at the Referee to make sure that no mandatory deductions are to be made and call for the "AWARDS." He/she will read the awards of the judges, once all judges cards are shown, in order of their presentation and will continue to read in the same order for the duration of the contest. At no time should he/she change the order of the scores.

If the Referee instructs him/her to deduct two (2) points from each judge, the Announcer will note each judge's award and mentally deduct and announce the resultant scores. Thus, the score sheets will not indicate any deduction.

REMEMBER: The Announcer makes the meet move and function smoothly.

GEORGIA UNITED STATES DIVING JUDGES CLINIC

I. POOLS AND BOARDS

1. The springboard is 20" wide and 16' long covered along the top with a non-skid surface.
2. A mechanically adjustable fulcrum is required for springboard diving events.
3. Mechanical surface agitation during the competition is recommended.

II. DIVING LIST

1. Any dive whose degree of difficulty can be determined by the official formula may be used in competition, unless competition requirements predetermine dive selection. GADL dives must be listed in the FINA DD table to be performed.
2. A dive's degree of difficulty (DD) is determined by the FINA formula. The FINA formula is: DD = A+B+C+D+E

   A=Somersaults
   B=Flight position
   C=Twists
   D=Approach (group)
   E= Unnatural entry

3. No dive may be repeated in a competition. Dives with the same number are considered the same dive.

4. The dive numbering system is as follows:

100=Forward group	100	Front jump	001	Front entry
200=Back group	200	Back jump	002	Back entry

   300=Reverse group
   400=Inward group
   5000=Twisting group
   600=Armstand group(Platform only)

   In dive groups 100-400, the third digit indicates the number of half somersaults in the dive. Example: A 203 is a back 1 ½ somersaults.

   In the 5000 group, the second digit indicates the direction, the third digit indicates the number of half somersaults, and the fourth digit indicates the number of half twists. Example: A 5134 is a forward 1 ½ somersaults with 2 twists.

5. The letters indicate the position of the dive
   A=Straight B=Pike C=Tuck D=Free
   Example: A 103C is a front 1 ½ somersaults in the tuck position.

6. The dive number and letter are the official description of the dive.
7. The most common required dive in summer league is a 101(front dive)

III. ERRORS/CHANGES

1. Score Sheet

A. If an error is found on a diving sheet, the diver may do the following:

i. perform the dive as listed

ii. change the dive and take a 2 point deduction

iii. positions can be changed and the lower DD will prevail.

If a 103B is changed to a 103C, the DD will change from 1.7 to 1.6. However, if a 103C is changed to a 103B, the DD will stay as 1.6.

B. If an announcer error occurs, the diver may immediately repeat the correct dive, as listed on the diving sheet.

2. Dive Order

A. If a dive is discovered out of order prior to the execution of the dive, it should be corrected with no penalty.

B. If a dive is discovered out of order after the execution of the dive, it will be considered failed and put in the correct order.

IV. MEET PROCEDURES

1. Diving order in dual meets requires the visiting team to choose even or odd order.
2. Diving order in championship meets are decided by lot.
3. Meet postponement or cancellation is determined by each governing body.
4. Announcer shall announce only the diver's name, dive number, position, description, and degree of difficulty.
5. A diver not present to perform the first dive in the list will be disqualified.
6. Divers may not take practice springs on the board during a contest.
7. A diver may elect to take a zero on any one dive and remain in the contest.
8. Once a dive has been announced, the diver has 3 minutes to perform the dive before delay of meet is called and the dive is failed.
9. It is the diver's responsibility to correct any announcer errors.
10. "Calling" a diver or any other assistance in a competition results in a failed dive.
11. The referee(individual or committee) should be decided before the meet starts.
12. When judges change, the change should take place at the end of an age group or round

V. METHODS OF MARKING

1. Three, five, seven, or nine judges may be used in meets.
2. Most recreation meets have three judges, but 5 is recommended.
3. Judges shall be placed with a profile view and may be divided on either side of the pool.
4. Judges should not discuss their score before awarding a diver.
5. Calculating a divers score is done in the following manner:

A) Add the judges scores(with 5 judges, the highest and lowest scores are discarded and the middle three scores are added)

B) Multiply the sum by the degree of difficulty for the total for that dive

C) Add total to running total of all dives.

Example: Dive 103C is performed with a DD of 1.6.
The judges scores are as follows: 4 ½, 4, 4, 4 ½ , 5
The 5 and one of the 4's would be discarded and the remaining scores would be added (4, 4 ½, 4 ½ =13 points)
13 points multiplied by the DD would be 20.80(13 x 1.6=20.80)
20.80 would be the point total for this dive and added to the running total

VI. SCORING THE DIVE

1. Starting position on a front takeoff is when a diver is ready to take the first step.
2. A diver should show control before beginning a back takeoff.
3. On a back takeoff, the divers arms may be up or down depending on their choice.
4. If the diver makes an obvious attempt to start the approach or press and stops, a balk will be declared.
5. A balk is a 2-point deduction in each judge's score, when the scores are announced.
6. If a diver balks twice on the same dive, a failed dive is declared.
7. It is considered a failed dive if a diver falls into the water from the diving board, prior to assuming a starting position on all dives except jumps.
8. If a dive is performed clearly in a position other than announced, the referee shall instruct the judges to award no more than 2 points.
9. If a dive is performed in a broken position, the referee shall instruct the judges to award no more than 4 ½ points.
10. Upon request by the diver, the referee may authorize having a spoiled dive repeated when, in his/her opinion; the execution of the dive was influenced by exceptional circumstances and the request was made immediately following the spoiled dive. It must be requested before the next diver has performed their dive.
11. When judging a dive, only the dive is to be considered without regard to aspects prior to the starting position.
12. When judging a dive, judges shall not consider a diver's actions beneath the surface of the water.
13. When judging a dive, judge the entire dive and not just the entry or splash.
14. Any dive can be done from a standing position. It should be judged accordingly.
15. A take-off for the hurdle from both feet shall be declared a balk.
16. The diver should not rock the board excessively or lift his/her feet from the board before take-off. For such a violation, the judges shall use discretion when deducting points from their award.
17. If a diver hits the board or dives to the side of the board, the judges shall use discretion when deducting points from their award.
18. In a head first dive, if any part of the body below the waist enters the water before the head or hands or at the same time, the referee shall declare a failed dive.
19. In a feet first dive, if any part of the body above the waist enters the water before the feet or at the same time, the referee shall declare a failed dive.
20. In a forward dive layout, the body should remain straight with no bending.
21. In dives with twists, the twist must not occur prior to leaving the board.
22. It is a failed dive if the amount of twist is greater or less than that announced by 90 degrees.
23. On front and/or back jumps the divers arms may be up or down.
24. On feet first dives, arms should be by the divers side when going into the water.

Scoring Table:

Very Good/Excellent……..	8 ½-10 points
Good……...	7 - 8 points
Satisfactory…….	5 – 6 ½ points
Deficient…….	2 ½ - 4 ½ points
Unsatisfactory…….	½ – 2 points
Completely failed……	0 points