

FAIRFIELD COUNTY SWIMMING LEAGUE

DIVING RULES

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ARTICLE I – GENERAL

A. AUTHORITY

- (1) These rules shall govern all Fairfield County Swimming League (FCSL) diving competitions. They are based upon the rules and decisions of United States Diving, Inc. (USD), as amended to provide for the special requirements of the FCSL. They are in addition to and supplement the rules found in the General Sports section of this rule book.
- (2) These rules shall not be changed by Referees or other meet Officials, nor by mutual agreement of Coaches.

B. FACILITIES EQUIPMENT

- 1- Meter Diving Board
- 3- Meter Diving Board (optional)
- Three (3) sets of Diving Scorecards in good working order to supply to the Diving Officials at any dual meet.

C. AGE GROUPS

- (1) Age groups for FCSL diving competition shall be:
10 & under, 12 & under, 14 & under, 17 & under
- (2) A diver may compete above, but not below, his/her age group; he/she shall not compete in the same diving event in more than one age group.

D. DIVING OFFICIALS

- (1) **Diving Judges and Referees:** A minimum of three (3) certified diving judges should be used at all dual meets.
- (2) The Chairman of Referees and/or Diving Coaches Representative may assign referees to officiate at all meets prior to the first dual meet of the regular season, in consultation, where appropriate, with the participating clubs.
- (3) **Coaches' Clinic:** A Coaches' Clinic will be provided for all coaches and referees. The Head Diving Coach will conduct a FCSL rules and regulations clinic for all coaches.

All FCSL diving coaches are required to attend this clinic, which will be held prior to the first dual meet of the season.

Any club failing to send a qualified representative to attend this meeting will be penalized \$100 and the club will not be allowed to participate in diving events at dual meets until the penalty is paid & the Diving Coach has met with the Diving Coaches' Representative.

ARTICLE II – CONDUCT OF DIVING COMPETITION

A. GENERAL

- (1) **Diving before Swimming**: In dual meets, the diving competition shall immediately precede the swimming competition. Both Swim Chairpersons may change this rule under exceptional circumstances.
- (2) **Order of Diving Events**:
 - (a) At dual meets, diving events shall be held in order from
Event 1, Boys 10/under through Event 8, Girls 17/under.
 - (b) The order of events may be changed with mutual agreement of the Coaches and approval of the Referee and Head Scorer.

A detailed list of the events is contained in Appendix XIX.
- (3) **Order of Divers**
 - (a) In dual meets, the divers within each age-group event shall alternate by club affiliation. The visiting team shall be given the choice of starting first or second.
 - (b) If a diver performs out of his/her proper order, the dive shall be declared a "failed dive" unless it was an Announcer Error. See also PROCEDURAL ERRORS, section E, Article II.
- (4) **Before Start of Diving Events**
 - (a) It is the Referee's responsibility to call a Coaches' Meeting before all meets begin to review with the Judges, prior to the event, the requirement to judge not only the diver, but the takeoff, hurdle, height, dive and entry.
 - (b) It is also the Referee's duty to remind Judges to be sure all divers are scored with an appropriate range of scores (*vis-à-vis*, not just 3's, 4's and 5's).
 - (c) Divers will not be permitted to warm up or compete without a designated FCSL coach supervising on deck.

B. ENTRIES

The **Entry Closing deadlines** for diving shall be 15 minutes prior to their respective Official Starting times. Such 15-minute period shall be maintained in order to allow time for Scorers to prepare for the start, etc. Thus, if Entry Closing is delayed by 6 minutes, Official Starting time shall automatically be similarly delayed by 6 minutes, with appropriate notice given (via the PA system if provided).

- (1) **Entries per Event** -- In diving dual meets, each club shall be allowed three (3) official entries in each individual event, of which only two (2) shall score for any one club.
- (2) **Entry Form**: The standard diving entry form meeting US Diving requirements is accepted for use in dual meets and is included in Appendix XVI. Special entry forms shall be provided for the Championship Meet.
- (3) **Diver's signature** is required at the Championship Meets.

- (4) **Dive Number:** should be listed, but the written description of the dive shall take precedence in case of disagreement between description and number.
- (5) **Entry Changes:** No scratches or additional entries shall be permitted after Entry Closing at dual meets or Championship Meets.
- (a) Changes in the written description of the dive shall be permitted after Entry Closing at dual meets or final call for sheets at Championship Meets. (Divers will be allowed to change a dive on the board at all meets including the Championship.)
- (b) Once competition has started, certain “clerical errors” may be corrected in accordance with “Errors on Entry Form” as provided in the following PROCEDURAL ERRORS section of this Article.

NB: Absolutely no deck entries will be permitted at the County Championship Meet! All coaches (or their designated representative) are required to attend the Diving Seed Meeting and to submit all divers’ sheets at that time. See also Championship section.

- (6) **Unofficial Entries:** The number of unofficial divers will be limited to 2 per event and will not exceed 8 for the meet unless by mutual agreement of the Swim Chairpersons.
- (a) The entry form of an unofficial diver shall be clearly marked as “UNOFFICIAL” prior to Entry Closing; if not so marked by that time, that diver shall be an official entry throughout the diving competition.
- (b) Unofficial entries shall be judged and scored but shall be entered on the FCSL Score Sheet clearly marked as Unofficial next to their names and scores.
- (c) No unofficial entries at the Championships Events. See also CHAMPIONSHIPS, Article V
- (7) After the meet is over : **Diving Entry Forms:**

Each club may retain its own Diving Entry Forms, which shall be available for inspection for 48 hours after the end of a meet, or for such longer period requested by the FCSL Board. After such period they may be destroyed

C. **ORDER OF DIVES**

- (1) **Use of 3-Meter Board:** In dual meets, a diver may elect to perform one or more of his/her dives from the 3-meter board.
- (2) **Twisting required dives** can include:
- 5111-forward dive ½ twist
 - 5121-forward 1 ss ½ twist
 - 5122-forward 1 ss with 1 twist
 - 5132- forward 1-1/2 ss with 1 full twist
 - 5221-backward 1 ss ½ twist
 - 5231-backward 1 ½ ss with ½ twist
 - 5223-backward 1 ss with 1 ½ twist
 - 5321-reverse 1 ss with ½ twist

The **maximum D.D.** for these required dives will be capped at:

- 1.8 – 1-meter
- 2.0 – 3-meter

(3) **Order of Dives:**

In FCSL dual meets, the dives for each age group shall be performed with the required dives first, followed by optional dives in any order.

At Championships meets the dives **must** be as shown in table below, in any order provided requirements of dives before and after the cut, is met:

Age Group	Dual Meets	Championships	
		1 Meter	3 Meter
10/Under	Front Jump		N/A
	Required (101, 201, 301, 401, or twist)	Required	
	Optional*	Optional*	
	Optional*	Optional*	
	Optional*	Optional*	
	NB: No Back Dive ½ Twist		
12/Under	Required (101, 103, 201, 301, 401, or twisting)	Required	Required
	Required (101, 103, 201, 301, 401, or twisting)	Required	Optional*
	Optional*	Optional*	Optional*
	Optional*	Optional* (cut)	Optional*
	Optional*	Required	Optional
		Optional*	
14/Under	Required (101/103, 201, 301, 401, or twisting dive)	Required	Required
	Required (101/103, 201, 301, 401, or twisting dive)	Required	Optional*
	Optional*	Optional*	Optional*
	Optional*	Optional* (cut)	Optional*
	Optional*	Required	Optional*
	Optional*	Required	Optional
		Optional*	
17/Under	Required (101/103,201,301, 401, or twisting dive)	Required	Required
	Optional*	Required	Required
	Optional*	Optional*	Optional*
	Optional*	Optional*	Optional*
	Optional*	Optional* (cut)	Optional*
	Optional	Required	Optional*
		Required	Optional
		Optional*	Optional
		Optional	
	<p>* Denotes dive must be from separate group * (cut) Denotes last dive before cut to top 12, OR cut to top 16 if County Swim Championships are in an 8 lane pool.</p> <p>NB: REQUIRED DIVES must be taken from the list: 101/103 Forward, 201 Backward, 301 Reverse, 4 01 Inward, Twisting dive as listed above</p> <p>For 12/U, 14/U & 17/U only: “101 Forward’ is replaced by ‘101 OR 103 Forwards’</p>		

D. **REPETITION OF DIVES AND GROUPS**

(1) **Repetition of a Dive**

Repetition of a dive regardless of position or 1-meter/3-meter board shall be scored as failed if discovered before the next diver completes a dive.

(2) **Repetition of a Group**

The Five Groups of dives are: Forward - 100 Series, Back - 200 Series, Reverse - 300 Series, Inward - 400 Series, and Twist - 500 Series.

Of the total, required or optional, dives performed by a diver, no Group shall be represented by more than two dives. See also CHAMPIONSHIPS rules, Article V.

A Group repeated in violation of the above rules shall result in a failed dive for all of the repeated dives.

Twisting dive can be used as an optional or a required as long as the dive has not been repeated.

E. **DIVER COMPETENCE**

- (1) The Referee may immediately remove from the competition any diver who, in the Referee's opinion, does not appear competent to perform the dives listed on his/her entry form.

Such diver shall be disqualified and charged with that event.

(2) **"Passed" Dive**

As exception to the above, a diver in a dual meet, but not in the Championship Meet, may elect beforehand not to perform any one of his/her listed dives; such dive shall be scored "zero" but there shall not be any other penalty.

This option shall not apply to a diver entered above his age group.

(3) **"Best Effort" Required:**

A diver who performs a dive but who, in the Referee's opinion, clearly does not put forth his/her best effort in that performance, may be penalized.

(4) **Diver Injured or Ill**

A diver who does not complete his/her event due to injury or illness suffered during the competition shall not be disqualified but shall be placed in the final standings according to his score.

(5) **In the Championships,**

A diver failing two dives will be automatically disqualified.

F. **PROCEDURAL ERRORS**

(1) **Errors by Announcer**

- (a) Wrong dive or position announced: If a dive or position other than that announced is performed, and reference to the entry form proves the Announcer was in error, the dive shall be judged as the correct dive. The diver shall not be allowed to repeat his/her dive.
- (b) If the diver performs the incorrectly announced dive, the Referee shall require the diver immediately to perform the correct dive. If such error is discovered later, the dive shall stand as scored.
- (c) Wrong diver announced: If, due to Announcer error, a diver performs out of his proper place in the order of divers, there shall be no penalty and the dive shall stand and be judged as performed.
- (d) Error in announcing Judges' awards: If discovered before the next diver performs his/her dive, the error shall be corrected; such errors shall not be corrected at any later time.

(2) **Errors on Entry Form**

Certain “**clerical errors**” on a diver’s entry form may be corrected after entries have closed and during actual competition, but not by the coach or diver.

Action shall be taken only as described in the following cases:

ERROR ON FORM	If error found BEFORE execution	Action to be taken if error discovered AFTER diver’s execution of the dive
Dive listed out of its proper order		Referee shall declare a failed dive and have balance of diving list corrected as instructed by the diver or his or her Coach
Wrong position listed for dive	No penalty; Referee shall instruct the Scorers to correct the error on entry form	Dive performed shall be judged as the dive described, with penalty for incorrect position
Wrong DD number listed for dive	No penalty, DD’s may be corrected at any time during diving competition	
Wrong or no board listed	No penalty	Correct the entry form and check the DD for the correct number
Dive number does not match written description of dive, or no number listed.	No penalty, but dive performed shall be judged as the dive described in the written description regardless of the dive number used	Correct the number
Dive incorrectly described in the written description	Description of dive may be changed on the board	Dive performed shall be judged as the dive described on the entry form
Dive described is not listed in the diving table	Performance of dive shall not be permitted	If performed, the Referee shall declare it a failed dive

The description of the dive and position on a diver’s sheet will be the dive performed.

G. **MISCELLANEOUS DIVING RULES**

(1) **Spoiled Dive**

The Referee may have a spoiled dive repeated when the execution of the dive was influenced by EXCEPTIONAL circumstances. The diver or his/her Coach must make the request for such repetition to the Referee immediately after the execution of the “spoiled” dive. Such repetition must take place before the next scheduled diver performs. “**Exceptional circumstances**” should not include such crowd or traffic noises as may normally be experienced at a meet.

(2) **Broken or Unusable Board**

(a) **If the 1-meter board** becomes unusable during or immediately prior to the competition, and cannot be quickly and satisfactorily repaired or replaced, the “Failure of Facilities”, part 2. of **FORFEITS**, section M “of the General Sports Rules, Article II, shall apply.

Inability to move the fulcrum on the 1-meter board should not be a cause to cancel or postpone a diving competition, unless agreed to by both Swim Chairmen.

(b) **If the 3-meter board** similarly becomes unusable, the Referee shall authorize changes on the entry forms from 3-meter dives to 1-meter dives for the remainder of the competition. The decision as to whether an improperly operating 3-meter fulcrum makes the board “unusable” shall be made separately by each Coach for members of his or her own team, only.

(3) **Assistance to Diver**

All dives shall be executed by the contestant, without assistance from any other person. The penalty for obvious assistance shall be a failed dive. Assistance between dives shall be permitted. “Roughing” the water below the board shall not be considered to be assistance to the diver.

(4) **Diver Not Present**

If a diver is not present to perform the dive when his/her name is announced, his/her name shall be announced one additional time; if the diver has not mounted the board within one minute of such second announcement, he/she shall be marked as a “No Show” and not permitted to compete further in the event.

(5) **Undue Delay by Diver**

(a) **In mounting the board**: A diver who, in the judgment of the Referee, unduly delays in mounting the board after the announcement of his/her name and dive, shall be warned by the Referee that he/she shall have one minute in which to complete the execution of his/her dive. If the diver does not complete his/her dive within that limit, the Referee shall declare a failed dive.

(b) **In completing the dive**: A diver who has assumed the starting position for his/her dive but appears to be unduly delaying his/her performance shall not be warned to proceed, but shall be allowed the standard full three minutes to complete his dive. If he/she does not complete the dive within such period, the Referee shall declare a failed dive.

H. **SCORING FORFEITS**

(1) **Diving Competition**: If the swimming competition is held, but the entire diving competition is forfeited by one club, the diving competition shall be scored according to Article II of the FCSL Diving Rules for the team that does compete in one or more events.

[If the Swimming competition is not held, refer to the Swimming Rules Article II, section F, Scoring Forfeits.]

(2) **Mutual Forfeit**: If the two clubs scheduled to compete in a dual meet both agree not to hold their diving competition, that competition shall be scored 0 - 0.

(3) See also FORFEITS, Section M of Article II, General Sports Rules.

(4) If any team unilaterally forfeits but does not supply Diving Officials as described in Articles I & II of the Diving Rules such that the competition is then unable to go on, then the Diving competition score of 64-0 will be awarded in favor of the team that is prepared to participate.

ARTICLE III – DIVING OFFICIALS

A. OFFICIALS

- (1) **The number and type** of officials that should be used in conducting an FCSL Diving Competition are listed below.

At Dual Meets, if possible, the number should match the list in the "Recommended" column; if not, competition may be conducted using only those in the "Minimum" column. Payment for each Diving Referee shall be \$75 per dual meet.

At Championship Meets, a judging panel of five Diving Judges per event – one of whom is also the event Referee -- shall be required. Other officials at a Diving Championship Meet should be as listed in the Recommended List.

Each Judge shall be paid \$25 per event per panel. The event Referee, who also acts as a judge receives an additional \$25 per panel (i.e. referees are paid \$50 total per event per panel). The announcer for each event will be paid \$25. Total maximum payment per event per panel is \$175.

- (2) **The Referee** may also serve as one of the Diving Judges.

<u>Recommended*</u>	<u>Minimum</u>
5 Diving Judges, 1 acting as Referee	3 Diving Judges, 1 acting as Referee
2 Scorers, 1 acting as Chief	1 Chief Scorer
2 Calculating Clerks	1 Calculating Clerk
1 Announcer	1 Announcer
Total : 10 Diving Officials	Total: 6 Diving Officials

B. APPOINTMENT OF OFFICIALS

The Referee shall not have authority to remove, reassign or refuse to accept the services of an Official appointed by either club or by the Diving Coaches Representative. All officials should be present and ready for assignment no later than 20 minutes prior to the scheduled start of the diving competition.

- (1) The home club shall appoint the Chief Scorer, one Calculating Clerk, and the Announcer; and, a Referee in a case where the Referee assigned by Chairman of Referees is not present. The visiting club should appoint an additional Scorer and an additional Calculating Clerk. If there are only two scorers at the table, one should be from the visiting club.
- (2) The home club shall appoint at least one (1) Diving Judge; the visiting club shall appoint at least one (1) Diving Judge. If more than the minimum number is available from both clubs, each club shall appoint an additional Judge to make up a total of five (5).
- (3) Although the home club is required (“shall”) to appoint a Referee, Announcer, etc., the home club may, by mutual agreement of the Swim Chairmen, appoint persons from the visiting club to such positions.

C. DIVING REFEREE

The task of the Referee is not to "run the meet" but to help officials to conduct the competition in accordance with the rules. The Referee shall enforce all the rules and decisions of the FCSL and decide all questions relating to actual conduct of competition, the final settlement of which is not otherwise assigned by these rules.

- (1) The Referee shall assign officials to their position where so required by the rules, but shall not remove nor refuse to accept the service of an official except with the specific approval of the Swim Chairperson responsible for the appointment of that official.
- (2) The Referee shall call all failed dives and, in such cases, shall instruct the Announcer not to ask for Judges' awards.
- (3) The Referee may overrule any meet official on a point of rule interpretation but shall, if so requested by any official or Coach, stop the competition and review the pertinent rule in the Rule Book with that Official or Coach.
- (4) He shall instruct the Judges as required by the rules but shall not otherwise attempt to change or influence a Judge's decision, except that he shall answer any question from a Judge who seeks information regarding a rule.
- (5) He shall divide the Judges into two groups, 2 and 3, or 1 and 2, on either side of the diving well. Each Judge shall maintain his/her original place throughout the competition. If not physically possible to place a group on either side of the diving well, the Judges shall be placed all together on one side of the diving well.
- (6) The Referee shall not permit any person to interfere with an official or with a contestant and may impose upon such person penalties as provided by the IMPROPER BEHAVIOR, section P of General Sports Rules, Article II (Conduct of Competition).
- (7) Upon completion of a diving competition, the Referee shall determine from each club's Coach or Swim Chairperson if a protest is being made, and shall note and sign the Score Sheet accordingly. If a Protest-of-Meet is made and not resolved during the meet, the Referee shall instruct the Announcer not to announce the score and shall take action as required by the DUAL MEET PROTESTS, section E of General Sports Rules, Article III (Administrative Procedures).
- (8) Upon completion of a dual meet diving competition, the Referee is responsible to fax, email or hand deliver a copy of the official results to the Diving Coaches Representative within 24 hours.

D. DIVING JUDGES & VOLUNTEERS

See DIVING JUDGES section B of Article IV JUDGING THE DIVE (beginning on p. 11).

Each club must provide qualified table workers (volunteers) for each event in which a club has divers participating.

E. ANNOUNCER

- (1) Announcement of Entry Closing and of Official Starting Time should be made approximately 5 minutes and in advance of such deadlines.
- (2) Before each dive, the Announcer shall announce the name of the contestant, the name of the dive which he/she is scheduled to execute, the position of the dive (straight, tuck, pike or free) and the degree-of-difficulty (“DD”) number.
- (3) After completion of each dive, the Announcer shall call for the Judges’ awards: “**Awards**”, and shall then read the awards, always in the same order. The Announcer should tell the Judges, before competition begins, the order in which he/she will read their awards.
- (4) The Announcer shall be alert for a hand signal from a Judge or Referee, in which case he/she shall not call for awards until after the Judge’s question and/or Referee’s instruction has been completed.
- (5) If the Referee declares a failed dive, the Announcer shall not call for awards but shall announce “**Failed Dive**”.
- (6) At dual meets, it is not necessary to announce the club affiliation of the divers. At the Championship Meet, it is the option of the Meet Director.
- (7) The Announcer shall not announce the final score of the diving competition until instructed to do so by the Referee.

F. SCORERS

- (1) Points or half-points shall be awarded from 0 to 10 for the execution of each dive, according to the opinions of the Diving Judges. See DIVING POINTS table, section A in Article IV (Judging the Dive).

(2) **Computation of Diving Points**

- a) As the Judges’ awards are announced, the Scorers write the awards in the same order on diver’s entry form.
- b) When 5 Judges are used, the highest award and the lowest award shall be cancelled. If only 3 Judges are used, no awards shall be cancelled.
- c) The Scorers shall determine the sum total of the three remaining awards and announce that total and the DD of that dive to the Calculator Clerk.
- d) The Calculator Clerk computes the total score points for that dive -- DD multiplied by “3-Award Total”, and announces the result to the Scorer to record on the entry form. As the diver’s successive dives are thus scored, his or her cumulative points shall also be entered.
- e) If the Scorers are instructed by the Referee to deduct 2 points for a dive, this deduction will be made from the award of each judge.

(3) **FCSL Score Sheet:**

At the end of diving competition, the full first and last names of all official entries in each event, not just the three place winners, shall be entered on the FCSL Score Sheet, with total diving points for each. Places 1, 2 and 3 team points shall also be entered opposite each place-winners name.

(4) **Scoring** on the Score Sheet:

- (a) Diving events shall be scored 5-3-1 for First, Second, and Third places, respectively.
- (b) Not more than two places in an event shall be awarded to members of the same team:

If team A wins 1st, 2nd, and 3rd places in an event:

Team A is given points only for 1st and 2nd place, $5+3 = 8$ (i.e. max points/event)

The other point for 3rd place goes to Team B, if they have a diver.

This point may be placed opposite the name of the Team B diver actually in 4th place.

The diver who receives the point does not have 3rd place put next to the diver's name.

If there is no diver from Team B, then no team receives the point award.

The actual 3rd place winner (Team A) normally receives the 3rd place ribbon, although this is optional according to practice of the home club.

- (c) Ties: In the event of a tie, the place points shall be evenly divided between the divers whose places are involved in the tie.

(5) **Chief Scorer**

Duties of the Chief Scorer:

- a) The Chief Scorer shall supervise, help and instruct the Scorers and Calculator Clerks in their duties and observance of the rules;
- b) require that the Referee interrupt the competition, whenever necessary, to enable the scorers to keep up with the progress of the competition; and,
- c) at the end of the diving competition, examine the FCSL Score Sheet with the Referee and confirm the final results by signature at the bottom of the diving section of the score sheet.

NB : a sample “FCSL Diving Entry Form” is provided in the Appendix (XVI) and is also available to download from the fcsl.info web site for reproduction and use at each club's option.

ARTICLE IV - JUDGING THE DIVE

A. **DIVING POINTS**

Points or half points shall be awarded from 0 to 10 according to the opinions of the Judges and the following table, in accordance with the rules:

Opinion	Points	Opinion	Points
Very Good	8 ½ to 10	Deficient	2 ½ to 4 ½
Good	6 ½ to 8	Unsatisfactory	½ to 2
Satisfactory	5 to 6	Completely failed	0

NB : No protest shall be permitted against the marks awarded by a Judge.

B. **DIVING JUDGES**

- (1) Whenever possible, two Judges from the same club shall not be seated side-by-side.
- (2) Judges shall not speak to each other during a dive – from the moment that the diver mounts the board until after all awards for his/her dive have been read by the Announcer.
- (3) After each dive, on a signal from the Announcer, “Awards”, each of the Judges shall immediately and simultaneously flash his or her award.
- (4) A judge may, immediately after the completion of the dive, ask that the description of that dive be repeated, or he/she may at that point, ask the Referee for information regarding a rule. In such event, he/she should raise a hand to warn the Announcer not to call for awards until the question is answered.
- (5) A judge may award a zero -- “failed” -- on a dive even though the Referee does not fail the dive, but he/she shall not make any award if the Referee fails the dive.
- (6) Judges shall only follow instructions of the Referee.

C. **DIVING TABLE**

The FINA Diving Degrees of Difficulty table (APPENDIX XXI) shall apply in all FCSL diving competitions. Dives not listed on this table shall not be permitted. If performed, such dive shall be scored as failed.

D. **STARTING POSITION AND BALK RULE**

(1) **Starting Position**

- (a) Any action by the diver before he/she assumes the starting position shall not be considered by the Judges.
- (b) **Standing dive**, front or back: The diver shall assume the starting position of standing dives when he/she stands on the front end of the springboard. The body shall be straight, head erect with the arms straight and in a position of the diver’s choice.
- (c) **Forward Approach, Running, Dive**: The starting position shall be free and unaffected, and shall be assumed by the diver when he/she is ready to take his/her first step into the approach.

(2) **Balk Rules**

- (a) **Standing dive**, front or back: After assuming his/her starting position, if the diver makes an obvious attempt to start his/her press and stops, he/she shall have committed a balk.
- (b) **Forward approach, Running, Dive**: After assuming his/her starting position, if the diver makes an obvious attempt to start his/her press and stops, the diver shall have committed a balk.
- (c) **First Balk**: If the Referee determines that the diver has balked, he/she shall not announce the balk but shall wait until the diver has completed the dive on his/her second attempt.

Then, after the awards are given by the Judges, the Referee shall instruct the Scorers – not the Judges – to reduce each Judge's award by 2 points.

The Judges in such case should judge the dive as if there had been no balk.
This is a Referee's decision only.
- (d) **Second Balk**: If the diver balks again on his/her second attempt, the Referee shall immediately instruct the diver not to proceed further, and shall declare a failed dive.
- (e) **Loss of Balance** by the diver in his/her starting position may not be judged as a balk, in the Referee's opinion. Loss of balance after assuming the starting position may, however, be cause for point deduction by the Judges, according to their individual opinions.

Note

Any dive performed with a two-step hurdle shall be judged as a balk.
A hurdle where the last step has two feet landing together shall be judged as a balk.

E. **JUDGING THE EXECUTION OF THE DIVE**

Dives shall be executed and judged on the following principles:

(1) **FALLS INTO WATER**

If the diver falls into the water from the board prior to assuming starting position, it shall be a failed dive.

(2) **STANDING DIVES**

All springboard dives with forward take-off may be performed either standing or with an approach, at the Option of the diver. The Judges shall award points for a standing dive while bearing in mind the height and standards of execution expected for that dive if performed with an approach.

A dive performed without a jump should receive no more than 3 points.

(3) **TAKE-OFF** – Standing Dives

- (a) **Take-Off**: When executing a standing back or front dive, the take-off shall be forceful, reasonably confident and shall proceed without undue delay. The diver is entitled to his/her own method of arm-swing on take-off, but must not lift his/her feet from the board before the take-off.
- (b) **Bouncing**: When executing a standing back or front dive, the diver shall not bounce or rock the board excessively before the take-off.
- (c) **Point Deduction**: For violation of the above requirements, each Judge shall deduct not more than 2 points from his/her award, according to his/her individual opinion.

(4) APPROACH, Running Dives

- (a) **Approach:** The forward approach shall be smooth, straight and forceful, and shall comprise not less than 3 steps before the hurdle.
- (b) **Hurdle:** The hurdle is described as the jump to the end of the springboard following the approach. The take-off for the hurdle shall be from one foot only. Following the hurdle, both feet shall contact the end of the springboard simultaneously.

If the diver takes off for the hurdle from both feet, the Referee shall instruct the Scorers, not the Judges, to reduce the sum total of awards for that dive by 2 points.

- (c) **Take-Off from the springboard:** In running dives, the take-off from the springboard shall be from both feet simultaneously, immediately following the hurdle. For violation of this rule, each Judge shall deduct not more than 2 points from his award, according to his or her individual opinion.

(5) POSITION OF ARMS DURING FLIGHT

- (a) **Forward dive in straight position,** only: The arms shall be stretched out sideways in line with the shoulders during the flight through the air. The arms shall be kept still until just before the entry into the water, when they must be brought rapidly together and extended beyond the head in line with the body.
- (b) **In all other dives,** the position of the arms during flight through the air shall be the choice of the diver.

(6) POSITION OF ARMS AT ENTRY

- (a) **Head-first dives:** All head-first entries shall be executed with the arms stretched beyond the head in a line with the body, with the hands close together.
- (b) **Feet-first dives:** All feet-first entries shall be performed with the arms held close to the body and without bending the arms at the elbows.
- (c) **Award deduction:** If the arms are not held in the correct described position on entry into the water, each Judge shall deduct from 1 to 3 points from their award according to circumstances.

(7) ENTRY

The Entry into the water must be vertical in all cases, or nearly so, with the body straight, feet together and toes pointed.

- (a) **In head-first dives:** If the feet enter or touch the water before the hands or head, the Referee shall declare the dive a failed dive.
- (b) **In feet-first dives:** If the hand(s) or head enter or touch the water before the feet, the Referee shall declare a failed dive.

(8) DIVE POSITIONS

During the passage through the air, the body may be carried straight, with a pike or tuck.

- (a) **Straight:** In a straight position, the body shall be held straight without bending at either the knees or the hips, with the feet together and toes pointed. If the knees are bent, the dive is to be judged on its overall performance and the Judges shall deduct from their awards according to their individual options. Under the “Wrong Position” rule, the hips are also obviously bent.
- (b) **Pike:** In pike position, the body shall be bent, but the legs shall be kept straight at the knees, with the feet together and toes pointed. The pike shall be as compact as possible.
- (c) **Tuck:** In the tuck position, the body shall be bent at the knees and hips, with the knees together, the feet together and toes pointed. The tuck should be as compact as possible. If the diver opens his/her knees in a tuck, the Judge shall deduct from 1 to 2 points.
- (d) **Wrong Position:** If the dive is performed clearly in a position other than the one announced, the Referee shall instruct the Judges that it shall be awarded no more than 2 points.

(9) FREE POSITION:

The free position, a combination of straight, pike or tuck, may be used in twisting dives only as listed in the diving table.

- (a) The tuck may be used as part of the free position only in the following six dives listed in the table as “free position” dives:

5152	Forward 2 ½ somersault, 1 twist
5154	Forward 2 ½ somersault, 2 twists
5221	Back somersault, ½ twist, applies to a 1-meter dive only*
5231	Back 1 ½ somersault, ½ twist
5321	Reverse somersault, ½ twist
5331	Reverse 1 ½ somersault, ½ twist
* NB: Re: 5221, if performed from the 3-meter board with a tuck, 5221 shall be declared a failed dive, not a dive listed on the diving table.	

- (b) If the tuck position is used in any of the other “free position” dives, the Referee shall instruct the Judges that the dive shall not be awarded more than 4 ½ points.

(10) TWISTING DIVES – In dives with twists, the twisting must be done after the take-off from the board.

- (a) In somersault dives with twists, the twist may be performed at any time during the dive at the option of the diver.
- (b) If the amount of the twist is greater or less than that announced by 90 degrees, a quarter twist, or more, it shall be a failed dive.

(11) SOMERSAULTS

- (a) In somersaults with tuck, other than flying somersaults, the turn must commence as soon as the diver leaves the board.
- (b) In flying somersault dives, there must be a well-defined straight position for approximately half a somersault, with the following somersault made as rapidly as possible.

- (12) DIVES MADE TO SIDE OF BOARD – Dives shall be performed in a direct line of flight from the end of the board. For dives to the side of this direct line of flight, each Judge shall exercise his/her own opinion regarding the deduction to be made.
- (13) TOO FAR FROM THE END OF THE BOARD – In such case, each Judge shall exercise his/her own opinion regarding the deduction to be made.
- (14) TOO CLOSE TO THE END OF THE BOARD – Judge’s opinion, as above. Points deducted by Judge in such case tend to depend on “how much the diver frightened the Judge”. However the dive will not be scored more than 2 points.
- (15) HITS THE BOARD – If any dive the diver touches the board, each Judge shall exercise his/her own opinion regarding the deduction to be made. A diver who lands back on the board is not necessarily given a failed dive.

F. MANDATORY DIVING PENALTIES

The following table provides a quick-reference list of diving errors for which the rules specify mandatory penalties, rather than an opinion-range of point deductions by the Judges.

These “rules” are covered in the previous section E of this Article: **JUDGING THE EXECUTION OF THE DIVE.**

<u>Dividing Error</u>	<u>Action by the Judge</u>	<u>Action by the Referee</u>
Fell into water prior to assuming a starting position.	Declare a failed dive.	No score.
Dive performed without jump	Award not more than 3 points.	<u>Instruct Judges, before dive awards, not to award dive more than 3 points.</u>
First Balk, including 2-step hurdle	None, Referee’s opinion only.	Instruct Scorers to reduce total awards by 2 points for each judge.
Second Balk	None, Referee’s opinion only.	Do not allow diver to proceed, declare a failed dive.
Took off too Close to End of Board	Award not more than 2 points	Judge “flinches”
Took off from the hurdle from both feet.	Ignore error and judge as usual.	Instruct Scorers, <u>after</u> awards, to reduce total awards by 2 points for each judge. Do <u>not</u> so instruct the Judges.
Wrong position used in dive.	Award not more than 2 points.	<u>Instruct Judges, before dive awards, not to award dive more than 2 points.</u>
Falling Back Dive	Award not more than 2 points	Instruct Judges not to award dive more than 2 points.
Incorrect use of tuck in free-position dives*	Award not more than 4½ points.	<u>Instruct Judges, before dive awards, not to award dive more than 4 ½ pts.</u>
Amount of twist was more, or less, than as announced by 90 degrees or more.	No score.	Declare a failed dive.
In head-first dive, feet touched water before hand(s) did.	No score.	Declare a failed dive.
In feet-first dive, head or hand(s) touched water before feet did.	No score.	Declare a failed dive.
* The tuck position cannot be used without penalty in any free-position dive except 5152, 5154, 5221, 5231, 5321, 5331. See table.		

ARTICLE V-ADMINISTRATIVE PROCEDURES: CHAMPIONSHIPS

A. DATE OF DIVING CHAMPIONSHIPS

Final Diving Championships are to be held in late July and/or early August.
Schedule of time, location and age group will be announced at the June Coaches' Meeting.

B. FCSL RECORDS

League diving records may be set in a Championship Meet.

C. EVENTS

Championships will be held in 1-Meter Diving: event 1 (Boys 10/under) through event 8 (Girls 17/under) and in 3-Meter Diving : event 61 (Boys 12/under) through event 66 (Girls 17/under).
The events are described more fully in Appendix XIX.

D. ENTRIES

Because this is a championship event, Diving Coaches may be asked to enter only those divers who have met recommended minimum scores in one official meet.

I Finals	<p>When Swimming County Championships are held in an 8-lane pool, no more than two (2) entries per individual Diving event per team.</p> <p>When Swimming County Championships are held in an 8-lane pool, no more than three (3) entries per individual Diving event per team.</p>
II Eligibility	<p>Divers must have dove officially in at least one (1) FCSL dual meet or one (1) Sanctioned FCSL sanctioned meets in order to qualify for the Finals.</p> <p>This will include any FCSL dual meet held after the Divisional Championships.</p>
III Number of Events	<p>A competitor is allowed to compete in a maximum of two (2) diving events (i.e. 1-Meter & 3-Meter events.)</p>

E. ALTERNATES

Alternates, one (1) per event, must be listed on the Master Sheet and meet the entry requirements.
Alternates do not participate unless another Diver from that club is scratched from the event

F. SEED MEETING – Compulsory Attendance

A Diving Coach **must** attend these seed meetings at the designated time. Dive entries must be submitted by email at least 24 hours before the Diving Seed Meeting.

Failure to attend or to provide a qualified, substitute representative (as approved by the Diving Coaches' Representative) may mean disqualification from the Championships; and/or a fine.

An experienced computer operator will be assigned by FCSL to enter the data from these Sheets into a computer program for scoring use at all the Diving Championships meets for a single fee of no more than \$500.

Coaches may be asked to email their team's entry as a file attachment to **entries@fcsl.info**

G. **MASTER SHEETS & DIVING SHEETS**

The Master Sheet is considered the official entry, should the diving sheets become lost. Master Sheets and Diving Sheets will be seeded at the designated time preceding the meets. Coaches will be asked to turn in any unused Master Sheets and Diving Sheets at this time as well.

Dive sheets must be signed by the Diver before they are submitted.

Absolutely no deck entries will be accepted at the County Championship meet.

H. **MEET VOLUNTEERS**

Each club must provide qualified table workers for each event in which a club has divers participating.

I. **ENTRY FORMS**

Diving Championship materials will be distributed at the coaches' June meeting. Blank diving entry forms will also be available on the <https://www.fcsf.info> web site for downloading.

J. **REPETITION OF A GROUP**

The Five Groups of dives are: Forward - 100 Series, Back - 200 Series, Reverse - 300 Series, Inward - 400 Series, and Twist - 500 Series.

Repetition of Dives and Groups rule apply as in dual meets except that in the FCSL Championship Meet, for 14/Under & 17/Under divers, one Group may be represented by three dives for 1-meter and two Groups for 3-meter.

K. **ORDER OF DIVES**

In Championship meets a diver may perform their dives in any order as long as they conform to the requirements of dives before the cut and after the cut.

L. **FAILED DIVES**

At Championship meets, a diver failing two dives will be automatically disqualified.

M. **AWARDS**

(1) **Individual awards**

When swimming finals (Counties) are held in a 6-lane pool:

individual **diving** awards will be awarded from 1st through 12th place for diving events.

When swimming finals (Counties) are held in an 8-lane pool:

individual **diving** medals will be awarded from 1st through 16th place for diving events.

(2) The FCSL will award 1st, 2nd and 3rd place **Diving Team plaques**.

A plaque will be awarded to the team whose diving totals are the highest.

NOTE: The following annual awards will be given to the individual who best exemplifies the traits as set forth in the Award criteria.

(3) **Clark Falkenstein Award** (See Appendix XI)

(4) **John Hahnfeldt Award** (See Appendix XI)

(5) **Coaches Memorial Award** (See Appendix XIII)

N. **METHOD OF SCORING**

Championship scoring rules will be used for County Championships.

- a) In years when the swimming championship (Counties) is held in a **6-lane pool**, places **1-12** for diving events will score points as follows:
Individual Events: 16-13-12-11-10-9-7-5-4-3-2-1

- b) In years when the swimming championship (Counties) is held in an **8-lane pool**, places **1-16** for diving events will score points as follows:
Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

O. **REFEREES & JUDGING**

The FCSL will select the necessary officials to properly conduct the Diving Championship meet(s).