

Tri-County League
Diving Rules/Regulations
Dual Meets

Required is now Voluntary

1. Diving is first in every meet. The home team will provide two judges, with one being the referee, and the visiting team will provide one judge. Coaches and judges must be informed of who the referee is prior to the start of the meet. Teams must provide own scorecard and lawn chair.
2. Current U.S. diving degrees of difficulty will be used.
3. Required dives are as follow:
 - _____ *Week 1: Front Dive
 - _____ *Week 2: Back Dive
 - _____ *Week 3: 9 & Over: Inward Dive, 8 & Under: Front Dive
 - _____ *Week 4: 13 & Over: Reverse Group, 12 & Under: Back Dive
 - _____ *Week 5: 9 & Over: Forward Dive $\frac{1}{2}$ Twist, 8 & Under: Front Dive

If Meets are scheduled during weeks 6, 7, or 8, repeat the order starting with Week 1.

If a meet is rescheduled during a later week, the original required dive still applies.

**13 & over may choose their required dive out of the required category.
4. Diving sheets should be filled out and submitted to the diving table prior to the start of competition. Sheets are to be highlighted. Dives may be changed at any time prior to the start of the previous age group.
5. A team roster must be turned into the diving table prior to the start of the diving competition.
6. Once the previous age group has started diving, dives cannot be changed, only the position. If position is changed, then the lower degree of difficulty is to be used.

7. Home team is asked to start warm-ups as soon as possible and to start the meet promptly. This will cut down on time. Coaches should have their divers ready to mount the board immediately upon the completion of the previous diver.
8. Each team is allowed a total of ten (10) "extra" divers.
9. Brawny's are not permitted. The somersault must be initiated before the twist when performing a forward somersault, $\frac{1}{2}$ twist.
10. Diving Requirements: (Girls precede boys in each age group.)
 - 8 & Under: 1 required, 1 optional (Beginning Week #3 - 1 required, 2 optional)
 - 9-10: 1 required, 2 optional
 - 11-12: 1 required, 3 optional (Beginning Week #3 - 1 required, 4 optional)
 - 13-14: 1 required, 4 optional Beginning Week #3 (- 1 required, 5 optional)
 - 15-18: 1 required, 5 optionalNote: Divers can only perform two dives per category with required dive included.
11. The required dive must be the first dive listed and performed by each diver.
12. Scoring:
 - *1st Place: 5 points
 - *2nd Place: 3 points
 - *3rd Place: 1 point
 - *4th Place: 0 points
13. Ribbons are given to the top four finishers who actually finish 1-4, even if three are from the same team. A team may receive the points for only two of the three places, unless the other team has no divers.

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