



Handbook 2023-2024

General Statement: The sport of diving, instructed by AAU/USA Diving certified coaching staff, is safe, fun, exciting, and extremely rewarding. Millions of children participate in organized sports, but only a few thousand of the most talented athletes become divers. Many divers dream of making the Olympic Games, others dream of making their High School teams, or receiving a well-earned scholarship to college. No matter what their dream, parents and coaches should respect and nurture these dreams and help them come true.

Our Mission Statement:

HDA strives to give each diver the opportunity and knowledge needed to dive at the junior national level and further. Our program teaches athletes lifelong skills including discipline, self-confidence, and teamwork as well as providing the opportunity to compete and advance in the sport of diving. We offer an amateur springboard diving program through a volunteer base and specialized coaching for all people to have the physical, mental and moral development of amateur athletes and to promote good sportsmanship and good citizenship. Through participation in AAU (Amateur Athletic Union) and USA Diving events, we achieve our dreams as athletes and as valued citizens of our communities. Sports for All, forever!!!!

Desire, Dedication, Discipline, Just Add Water

Communication:

Important communications will be sent via email, Groupme and posted on Facebook.

Facebook: Huntsville Dive Association

GroupMe: https://groupme.com/join_group/91019404/uqZkmjiL



Coaching Staff:

Head Coach: Robert Raley (full time)

Coach Robert is from Mobile, AL, where he started diving at the age of 7. He has over 15 years of diving experience, along with 5 years of coaching experience as Assistant Coach with Port City Diving. Robert was diving at the USA National level for over 5 years and became the all-time winningest diver in the state of Alabama with 5 consecutive state titles. In 2012 he also competed on the Senior level being ranked top 20 in the country overall. He has been with us for 3 years currently and works to build HDA to a top tier diving program. He is Safe Sport certified through USA Diving and holds coaches' memberships with both AAU and USA Dive. In addition, he is lifeguard certified and continuously completes continuing education through USA Diving. He also works closely with other area coaches in the state, TN, FL and GA to stay current within the sport of diving. He strives to meet every diver where they are and help elevate them to achieve their goals.

Assistant Coach: Conner Twyman (part-time)

Conner is a Junior at the University of Alabama in Huntsville. Growing up in Bowling Green, Kentucky, he started diving at the age of 11. Conner was the regional champion for 6 years while placing top 5 at state during his high-school career. He currently holds a coaching membership with AAU.

Contact Head Coach Robert Raley via: rsralediving@gmail.com or huntsvilledive@gmail.com

Introduction

Welcome to the HDA Family!!

This handbook is designed to inform you of all pertinent information regarding Huntsville Dive Assoc. To promote each family and athlete to become more familiar with the structure and management of this program. We are a family run; non-profit organization and invite all parents to become involved.

Diving offers a wide range of opportunities and learning experiences including but not limited to:

1. Developing a young athlete's motor function and confidence with body control.
2. Overcoming Fears and Challenges both physically and mentally
3. Learning the value of teamwork and team motivation.
4. Becoming a leader on and off the diving board.
5. Learning Discipline in oneself and how to motivate others to do the same.
6. The opportunity to meet other athletes from around the country and world.
7. The opportunity to pursue diving on the college level and beyond.
8. Using your newfound knowledge to promote safe and healthy growth of the sport in your community.

These are just a few items to look forward to when joining our program.

To become a member:

1. Each season, every athlete affiliated with our program must register with AAU and some additionally with USA Diving.
2. Registration with the team is now done through our website huntsvillediving.com. Joining the team and completing the online registration process signifies a complete acceptance to all agreements and policies presented and are required as a condition for acceptance into the HDA Family.

Each HDA member is required to maintain a current registration with AAU and possibly USA Diving depending on the level of competition. Feel free to request a meeting with our coaching staff to discuss and assess what program is right for your athlete.

The cost for each AAU registration may be as low as \$16 per year and varies depending on the type of membership (i.e. Competitive Athlete or Athlete Membership). Re-registration must occur every year prior to August 31st.

Registration with USA Diving is required for all competitive team members and the Competitive Athlete Membership is the required membership to compete at all USA Diving sanctioned competitions.

AAU Diving memberships run from September 1st through August 31st, the same as our diving year.

USA Diving memberships run from January 1st through December 31st.

Annual Registration Fee

An Annual \$100 registration fee is due September 1st of each year to cover various administration costs for the season including facility usage fees. Registration after March 1st the fee will be \$50. **This fee is non-refundable.**

Monthly Dues, Late Payments and Annual Registration

All families are required to maintain an account online through our Wix website. Tuition will be automatically processed on the first of the month through PayPal. Some additional invoices (such as meet fees) could be sent through PayPal as well.

If a monthly dues payment is not received by the 10th of each month, a late fee of \$25 will be invoiced and applied to the account. If the dues payment is still not received by the 25th of the month, the diver will be suspended and not be allowed to attend team practice, events or competitions beginning the 1st of the following month until the entire past due balance is paid in full, and the account is paid thru the current month.

Monthly tuition reflects the cost for an entire year of diving divided into 12 monthly installments along with the calculation team breaks including 2 weeks at Christmas.

Late fees can be waived with appropriate notification. Any diver joining the team after the 15th of the month will be prorated 1/2 the tuition for the month. Full tuition payment will be due for the next full month.

Any diver choosing to leave the team will need to provide cancellation in writing via email 15 days prior to the month of cancellation. Any notice after the 15th of the month will be charged for the following month. For example, if the diver wishes to terminate membership with the team in February, the coaches must be notified by January 15, or the diver will be charged for the month of February. Returned checks will be charged an additional \$25 NSF fee.

Registration Process

Steps to participating in the Huntsville Dive Association program:

1. Contact Robert Raley by email, huntsvilledive@gmail.com, to assess your participation in the program.
2. You will receive an email with the Handbook and the following instructions for registering with the club.
3. Fill out the registration form (google forms). Via QR code/link in the Handbook.
4. Join our website: huntsvillediving.com. Click on "Log In" then click on "Sign Up". Enter your email address and create a password. You will have access once your request is approved.
5. Download the Spaces by Wix app to your phone to access your website account there with the email and password credentials you created at the website.
6. Once you have a website account you can choose your program plan and begin booking practices. When you select a program it will set up recurring monthly payments through PayPal. Please refer to "Monthly Dues, Late Payments and Annual Registrations" in the handbook for more information.
7. You must obtain an AAU membership for your diver before they can attend practice. Visit this link (https://aausports.org/page.php?page_id=99977) to register.
8. Email a copy of your AAU Membership card to: huntsvilledive@gmail.com

Media Consent and Release

Throughout the season, divers may be highlighted in efforts to promote Huntsville Dive Association activities and achievements. For example, divers may be featured in materials to increase public awareness of our club through newspapers, radio, TV, the web, DVDs, displays, brochures, social media and other types of media. I, as the parent or guardian, hereby give Huntsville Dive Association representatives, and authorized media organizations permission to print, photograph, and record my child for use in audio, video, film or any other electronic digital and printed media.

A. This is with the understanding that Huntsville Dive Association nor its representatives will reproduce said photograph, interview, or likeness for any commercial value or receive monetary gain for use of any reproduction/broadcast of said photograph or likeness. I am also fully aware that I will not receive monetary compensation for my child's participation.

B. I further release and relieve Huntsville Dive Association and its Board of Trustees, employees and other representatives from any liabilities, known or unknown, arising out of the use of this material.

I certify that I have read the Media Consent and Release Liability statement and fully understand its terms and conditions.

Weather Protocol

The Huntsville Aquatics Center/Richard Showers Center/Dublin Pool operates as if the pool is outdoors. If there is lightning within 5 miles or the sound of thunder is present our pool will be closed. In the case of extreme weather practice will be canceled through the Spaces app and a social media blast will go out. Please keep an eye out if the weather is not looking good for practice. The coaching staff will remain with the athletes until a ride has come to pick them up. No diver left behind!!

HDA Group Structure and Pricing

Developmental

\$75 per month

-1-2 days per week (2hrs)

-Only participate in HDA hosted meets

Silver

\$125 per month

-2-4 days per week (2 hrs)

-Encouraged to participate in local meets (including Birmingham and other local meets)

High School Diver

(Must have coaches approval)

\$95 per month

-1 day per week (3 hours)

Tarpon Gold

\$150/month

-Up to 3 days per week (3 hour practices)

-Participate in all local and travel AAU meets

Tarpon Nationals Gold

\$200 per month

- expected to attend 3-5 practices per week (3 hrs)

- Participate in all meets including USA Diving Events

Masters

\$50 per month

1 day per week

Parent Run Program

HDA is a registered team member of AAU and falls under the umbrella of AAU as a Tier 3 Non profit. We thrive on maintaining our non-profit status along with the status of being a parent run organization. With that being said, we have created a board that is voted upon annually during the month of August for the next fiscal year. All nominees must be presented before or during our annual parent meeting in mid-August. Terms are unlimited however each position will be voted on annually for the next fiscal year. Once the board has been selected via online submissions by current and active members, we will announce the board. The board positions listed below represent our program and decisions made by the coaching staff.

President:

The president shall preside at all meetings of the club, and the board and shall represent the club before outside organizations. The president is responsible for enforcing the rules and practices of the club, and for the smooth and efficient management of all the club's affairs. The President may, with the approval of the board, appoint the chairs of suitable purpose and appoint the chairs of such committees. The president may, upon any vacancy in an elective office, appoint, with the approval of the remaining members of the board, any qualified member in good standing to fill the duties of the vacant office until a special election can be held. The president and head coach will work together in creating the most efficient program and club possible.

Vice President:

The Vice President shall coordinate the work of all Committees of the board and shall be an ex officio member of all committees. The vice president shall preside at meetings of the club or the board in the event of the president's absence or inability to preside. The vice president will oversee the coordinators and may preside at any committee meeting in the absence of the coordinating member. Should there be a vacancy in the office of president, the vice president shall succeed as president for the remainder of the unexpired term.

Treasurer:

The treasurer shall have custody of all money and property of the club and shall pay all obligations approved by the board. The treasurer shall keep accurate records of income and disbursements and shall provide a full report thereof to the membership at least once per year and the board upon request. The treasurer shall at all times retain an up to date listing of the members of the club. The treasurer shall file all reports and returns required by the United States Internal Revenue Service and Commonwealth of Virginia in a timely manner and shall assist fully in an independent third party audit of the books of the corporation as requested by the board or membership.

Registrar:

The Registrar is charged with devising strategies to retain members and recruit new members. They will work with the treasurer closely to keep payments and rosters up to date and accounted for. The Registrar creates and manages activities to boost membership and participation while keeping current members aware of account status and sending renewal notices accordingly.

Secretary:

The Secretary shall record the minutes of all meetings of the club and of the board and shall keep a faithful account thereof. The secretary shall maintain in good order all of the records of the club, including the Articles of Incorporation, Bylaws, agreements, contracts, correspondence and other matters of official record.

DIVE MEETS AND COMPETITION

Meets are held year-round. The coaching staff will determine the team's competitive schedule. Meet information is distributed via email, well in advance of the deadline date. The coaching staff will determine which meets are appropriate for HDA divers to attend, as well as the criteria for participation.

Divers must wear HDA team apparel to both home and away dive meets, and all team members are required to purchase a team suit. It is the responsibility of each diver to submit his or her dive sheet(s) and entry fee on divemeets.com or cleanentries.com before the entry deadline; late fees can be quite costly. Coaches will send a list home with athletes well in advance of the sign up deadline.

Expenses: Each diver is responsible to pay a Coach's Fee of \$20 for local meets and \$40 for away meets. Any expenses incurred by the coach for attending the meet will be divided equally among meet participants and includes all food, lodging, and transportation costs (i.e. rental cars, airfare, and gas). **Payments for Coach's expenses and fees are required before the start of the meet and are non-refundable.**

AWAY MEETS

Traveling to meets in other cities is an excellent way to test a diver's developing skills while enjoying the benefits of visiting new places and making new friends. Parents or designated guardians of divers are required to travel with their diver. The parent or guardian must arrange for a chaperone if unable to travel to the meet with the diver. Although the club may recommend hotels for everyone to stay in, parents are ultimately responsible for housing, transporting, and monitoring their children during diving competitions. If a parent cannot attend, HE or SHE (not the coach) will be responsible for making arrangements for his or her child to stay with another family. The Head Coach may designate and enforce a curfew. Whether at home or away meets, all team meetings and workouts are required. The Coaching Staff strongly recommends staying at the designated meet hotel, if at all possible, to facilitate team communication, bonding, transportation, getting to breakfast, workout, and team meetings on time. Staying in the same hotel is especially beneficial to newer or more inexperienced families who are traveling.

ASSUMPTION OF RISK

There are certain risks inherent in the use of equipment and/or participation in certain programs that you should consider before you or your diver(s) begin such activities. As a participant in these classes and programs, I on behalf of the minor dependents understand that participation can involve physical activity, which could result in serious injury, disability or, while unlikely, death.

Waivers, Release of Liability, and Consent to Treatment are required and will be signed electronically.

MEMBERSHIP REQUIREMENTS AND EXPECTATIONS

HDA is composed of many divers, ranging in ability. To organize and train dedicated athletes, we have developed a program consisting of progressive levels of non-competitive and competitive diving. Each level is designed to challenge the diver's talents and capabilities while at the same time taking into consideration the inherent differences and needs of each level, psychologically, emotionally, physically and socially. In this way, each diver is assured of a program that is geared toward long-term success. Anyone interested in participating in diving instruction is eligible for membership, regardless of age or ability. Each new diver is placed in his or her proper instructional group, according to age and ability. Team membership is limited to available space, as determined by the coaches.

The purpose of this list is to promote the best possible individual, team, and competitive diving program by establishing a set of conduct rules to help ensure a friendly, safe and productive diving environment. It is designed to promote a favorable image of the Huntsville Dive Association. These expectations are generally accepted by teams nationwide and is supported by USA Diving.

General HDA Rules and Regulations:

1. Team membership, placement and grouping are at the discretion of the coaching staff. The staff has full power to accept or reject the application of any person for membership.
2. All scheduled practices and meets must be attended unless arrangements are made in advance and approved by the coaching staff. Continual lack of attendance may result in suspension from the team. Each diver needs to arrive at his or her scheduled workout group on time. Continual tardiness may result in suspension unless coordinated with the coaching staff.
3. Workout attire is to be worn at every practice and suits and attire must fit properly and present a professional and MODEST appearance. Divers failing to dress appropriately will be asked to sit out until proper attire is worn. Always wear appropriate running shoes, shorts or sweats, bathing suit and towel.
4. Team membership can be terminated at the discretion of the Head Coach. All Divers are Expected to:
 1. Attend every practice from beginning to end (85% attendance is expected, chronic lack of attendance may warrant regrouping).
 2. Put forth at least 90% effort and have a positive attitude and willingness to learn.
 3. Pay attention, respect the coaches and follow coach instructions without back talk or arguments. Be prepared to dive when it is your turn. Arrive to practice with goals in mind.
 4. All members will arrive on time at practices and competitions early enough for designated stretch and warm up.
 5. Verbally and emotionally support other HDA members.
 6. All members will treat each other with respect and display good sportsmanship. Foul language or name-calling is not permitted. Disrespectful, indiscreet or destructive behavior will not be tolerated. Any form of sexual harassment WILL NOT BE TOLERATED.
 7. Do not interfere with the instruction of others. Be respectful.

8. Pushing, hitting, kicking, taunting, bullying, and other intentional unwanted touching or interfering is not permitted.

9. NO Cell Phones during practice time, including dryland. Cell phone use is for emergencies only.

10. Inform coaching staff regarding any harmful, destructive or inappropriate behavior or conduct by any members, parents, coaches or anyone connected with the team.

11. HDA is a drug free organization; using alcohol, non-prescription illegal drugs or tobacco is not permitted.

12. Attend all required meets. All athletes are expected to participate in all designated championship meets they qualify to attend.

13. All members are expected to wear designated team suits, T-shirts, and warm-ups during all competitions unless otherwise cleared with coaching staff.

14. All members are expected to win with character and lose with dignity. This means greeting fellow competitors in the same manner regardless of the place or score you receive.

15. Social Media restrictions, divers are not allowed to post any inappropriate language, posts/ text. This is considered a form of bullying.

16. Athletes are prohibited from becoming “friends” with any current HDA employee or coach on any social media platform. Videos and photos of athletes may only be uploaded by the coaching staff to the team social media platform.

17. Inform the coach if your body is not responding to workout per usual. Pain is the body’s way of communicating a problem. A diver should always listen to his/her body. Dealing with an injury early and expediently leads to a short/quicker recovery time and lower chance of recurrence.

Youth sports programs play an important role in promoting the physical, social and emotional development of children. It is essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in or at practices, competitions or related team events should be positive models of good sportsmanship and lead by example demonstrating fairness, respect and self-control.

Code of Conduct Link:

<https://drive.google.com/file/d/1IRSW8SalImrlEx2zmcRr3RkR9IhQd6Hd/view?usp=sharing>

AAU Concussion Policy

<https://image.aausports.org/dnn/hockey/AAU-Concussion-Policy.pdf>

It is the purpose of the Amateur Athletic Union of the United States, Inc. ("AAU"), to promote amateur sports and we wish for our members/participants who participate to do so in a manner that provides reasonable safety for their well-being.

The events and activities that are authorized by AAU are run by Local Host(s), local organizing committee(s), and/or member clubs. Athletic activities involve risks and dangers of injury and accidents may occur sometimes without fault. Available medical assistance may vary from venue to venue. The AAU recognizes that the potential for harm from concussions is a serious matter. While some accidents and even concussions may occur, the basis for the AAU's Concussion Policy is based upon trying to limit the potential harm, which could result from continued participation after such an injury.

We have therefore established this Concussion Policy for and on behalf of the AAU, which is as follows: Where there is reasonable cause to believe that a concussion may have occurred, such participant shall not be allowed to continue his/her participation in an AAU authorized event/activity without a medical release to resume such participation.

The AAU recommends all of its coaches, and other non-athlete members working with youth athletes avail themselves to the Center for Disease Control's (CDC) Head's Up program. Coaches and other club leaders can take a free on-line course that will provide important information in the recommendation and decision-making in handling situations that may involve concussion injuries. This course will only take approximately 30 minutes of your day. The CDC also has downloadable handouts for athletes and their parents.

Forty-three states now have laws governing sports organizations and responsibility relative to concussion. It is important that we educate our members on this matter.

http://www.cdc.gov/concussion/HeadsUp/online_training.html

DIVING 101

DIVE GROUPS

There are six groups of dives. The first four are classified by the direction the diver rotates.

- 1) Forward group:** The diver faces the front of the board and rotates toward the water. Dives in this group vary from simple front dives to difficult forward, four- and one-half somersaults.
- 2) Backward group:** Dives in the backward group begin with the diver on the end of the board, with his or her back to the water, to rotate away from the board.
- 3) Reverse group:** Formerly called “gainers,” these dives begin with the diver facing the front of the board but then rotates toward the board.
- 4) Inward group:** The diver stands on the end of the board with his or her back to the water and rotates toward the board.
- 5) Twisting group:** Any dive that uses a twist (excluding arm stands) is included in this group. There are four types of twists: forward, backward, reverse, and inward.
- 6) Arm stand group:** The diver assumes a handstand position on the edge of the platform before the dive. (Arm stand positions are never used on the springboard.)

BODY POSITIONS

A dive may be performed using one of the following four positions.

- 1) Pike: The legs are straight with the body bent at the waist. Like the straight position, arm placement is dictated by that dive or by the choice of the diver.
- 2) Tuck: The Body is bent at the waist and knees, with thighs drawn to the chest and heels kept close to the buttocks. Feet and knees should be kept together, and toes should be pointed.
- 3) Straight: No bend at the waist or knees. Depending on the dive, there may be an arch in the back. Arm placement is the diver’s choice or is defined by the dive performed.
- 4) Free: Indicates the diver’s option to use any of the above three positions, or combinations thereof, when performing a twisting dive.

SYNCHRONIZED DIVING

In the past, synchro was common only in aquacades and diving shows. But today, synchronized diving (or synchro diving) has become one of the most popular diving events in the world. Introduced internationally at the 1995 FINA World Cup, synchro diving eventually became a full medal Olympic sport with its debut at the 2000 Games with four events: men’s synchro 3-meter, men’s synchro platform, women’s synchro 3-meter, and women’s synchro platform. Mixed gender synchronized diving is also contested at select events.

Synchro includes two divers performing the same dive from the same level board. For a platform dive, divers take off from opposite sides of the platform. For a springboard dive, divers take off from their own, adjacent boards.

DIVE NUMBERS

Dives are described by their full name (e.g. reverse 3 1/2 somersault with 1/2 twist) or by their numerical identification (e.g. 5371D), or “dive number.”

Specific dive numbers are not random—they are created by using these guidelines:

- 1) All dives are identified by three or four digits and one letter. Twisting dives utilize four numerical digits, while all other dives use three.
- 2) The first digit indicates the dive's group: 1 = forward, 2 = back, 3 = reverse, 4 = inward, 5 = twisting, 6 = arm stand.
- 3) In front, back, reverse, and inward dives, a '1' as the second digit indicates a flying action. A '0' indicates none. In twisting and arm stand dives, the second digit indicates the dive's group (forward, back, reverse).
- 4) The third digit indicates the number of half somersaults.
- 5) The fourth digit, if applicable, indicates the number of half twists.
- 6) The letter indicates body position: A = straight, B = pike, C = tuck, D = free. Examples:

107B = Forward dive with 3 1/2 somersaults in a pike position

305C = Reverse dive with 2 1/2 somersaults in a tuck position

5253B = Back dive with 2 1/2 somersaults and 1 1/2 twists in a pike position

JUDGING - The Basics

The scoring system and the five basic elements of a dive: The Starting Position, The Approach, The Take-Off, The Flight, and The Entry.

Scoring System

Scores in all diving meets use a range from one to ten, in $\frac{1}{2}$ -point increments. The score of each dive is calculated by first adding the total awards of three judges. This is known as the raw score. The raw score is then multiplied by the degree of difficulty of the dive, and you have the total diver's score for the dive.

Diving meets must be scored using a minimum of three judges but can be scored using as many as nine judges. Collegiate diving contests allow the use of two judges in a dual meet. Using the simplest method of scoring: when more than three judges are used, the highest and the lowest scores awarded are dropped and the raw score is determined by the remaining three awards. This same manner of determining the raw score can be used for a seven or nine-member judging panel.

In most international competitions where a judging panel contains more than five judges, the dive score is calculated using the 3/5 method. This process involves multiplying the sum of the middle five awards by the degree of difficulty and then by .06. The result is the equivalent of a three-judge score.

Sample Scoring for a Five Judge Panel:

Scores: 6.5, 6, 6.5, 6, 5.5

Low (5.5) and High (6.5) Scores Dropped

Raw Score = 18.5 (6.5 + 6 + 6)

Raw Score (18.5) x Degree of Difficulty (2.0)

Total Score for the Dive = 37.0

Because of the subjectivity involved in judging, it is advisable to have more than three judges involved in a contest. This helps to eliminate any bias that one or more judges might have and give an accurate representation of dive.

Criteria for Judging a Dive:

0: Completely Failed

$\frac{1}{2}$ - 2: Unsatisfactory

$2\frac{1}{2}$ - $4\frac{1}{2}$: Deficient

5 - $6\frac{1}{2}$: Satisfactory

7 - 8: Good

$8\frac{1}{2}$ - $9\frac{1}{2}$: Very good

10: Excellent

Note: This is the FINA judging scale. High school and NCAA competitions use a slightly different scale.

Five Basic Elements of a Dive

When judging a dive, five basic elements need to be considered with equal importance before awarding a score.

Starting Position: A dive is to be judged once the diver assumes the starting position on the springboard or platform. This may be standing facing the water for forward approaches, with the diver's back to the water at the end of the springboard or platform for backward approaches, or in preparation for a forward or backward handstand take-off on the platform. Depending on the dive, the diver should be standing straight with the head erect, and the arms straight and steady in a position of the diver's choice.

The Approach: The diver shall, on front approaches, move to the end of the springboard in a smooth motion showing good form. Using no less than three steps, the diver shall execute a forward hurdle from the last step. A hurdle is the jump to the end of the board and must be executed from one foot.

The back approach is characterized by a series of arm swings used to initiate momentum. At no time during the back approach shall the diver's feet leave the springboard or platform. If the diver begins the approach from the starting position and stops, the diving referee will declare a balk and two points will be deducted from each judge's score. If the diver again starts the approach and stops, the dive will be considered failed, and no points will be awarded.

The Take-Off: After completing the forward approach and hurdle, the take-off should show proper balance and control, and initiate a safe distance from the board. The diver must leave the springboard from both feet. On a platform take-off, the diver may leave the platform surface from one foot.

The Flight: The flight of the dive should be smooth and graceful and at no time should the diver move to the left or the right of the springboard or platform or shall any part of the diver touch either the springboard or platform. During the dive, the body shall be carried in one of the four acceptable positions: tuck, pike, straight, or free.

The Entry: The entry into the water, whether it is a head-first or feet-first entry, shall be vertical or as close to vertical as possible. The diver's body shall be straight, the legs together, and the toes pointed. The arms must be extended over the head and in-line with body on head-first entries. On feet-first entries the arms shall be straight and at the diver's side.

Judging diving is a subjective endeavor. What that means is that it is essentially personal opinion, so the more informed a judge is of the rules and the more experience they possess, the more consistent the scoring will be.

USA DIVING COMPETITION REQUIREMENTS:

JO Springboard Requirements

9 & Under Boys and Girls (five dives). The contest shall consist of three voluntary dives from different groups and must all be '01 dives in the tuck position (101c, 201c, 301c, 401c) and will be assigned the true degree of difficulty for each dive, followed by two optional dives from different groups with a degree of difficulty limit of 2.2 on one meter and 2.6 on 3-meter.

11 & under/10-11 Boys and Girls (six dives). For one meter and three-meter springboard, divers will perform three (3) voluntary dives and must all be '01 dives in the tuck position (101c, 201c, 301c, 401c) and will be assigned the true degree of difficulty, followed by three (3) optional dives from different groups with a degree of difficulty limit of 2.2 on one meter and 2.6 on 3 meter.

12/13 (FINA Group C)/13 & Under Girls (eight dives). For one meter and three-meter springboard, divers will perform five (5) voluntaries from different groups. All voluntary dives will have an assigned degree of difficulty of 1.8 on 1 meter and 1.9 on 3 meter. When doing the front/inward voluntary, one (1) must be tuck and one (1) must be pike. For the back/reverse voluntary, one (1) must be tuck and one (1) must be pike. Followed by three (3) optional dives from different groups with a limit of degree of difficulty of 2.4 for one-meter optional dives and 2.8 for three-meter optional dives.

12/13 (FINA Group C)/13 & Under Boys (eight dives). For one meter and three-meter springboard, divers will perform five (5) voluntaries from different groups. All voluntary dives will have an assigned degree of difficulty of 1.8 on 1 meter and 1.9 on 3 meter. When doing the front/inward voluntary, one (1) must be tuck and one (1) must be pike. For the back/reverse voluntary, one (1) must be tuck and one (1) must be pike. Followed by three (3) optional dives from different groups with a limit of degree of difficulty of 2.4 for one-meter optional dives and 2.8 for three-meter optional dives.

14/15 (FINA Group B) Girls (eight dives). For one meter and three-meter springboard, divers shall perform five (5) voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three-meter, followed by three (3) optional dives, from different groups without limit.

14/15 (FINA Group B) Boys (nine dives). For one meter and three-meter springboard, divers shall perform five (5) voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three-meter, followed by four (4) optional dives, from different groups without limit.

16-18 (FINA Group A) Girls (ten dives). For one and three-meter springboard, divers shall perform five (5) voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three-meter, followed by five (5) optional dives from four groups without limit.

16-18 (FINA Group A) Boys (eleven dives). For one meter and three-meter springboard, divers shall perform five (5) voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three-meter, followed by six (6) optional dives from five groups, with one group being repeated, without limit.

JO Platform Requirements:

9 & under Boys and Girls (4 dives on 5-meter only). Divers shall perform two (2) voluntary dives from different groups with a cumulative degree of difficulty not to exceed 3.4, followed by two (2) optional dives from different groups with a degree of difficulty limit of 2.6.

10-11/11 & Under Boys and Girls (five dives on 5-meter only). Divers shall perform three voluntary dives from different groups with a cumulative degree of difficulty not to exceed 5.4, followed by two optional dives from different groups with a degree of difficulty limit of 2.6.

12/13 (FINA Group C)/13 & Under Girls (six (6) dives on 5- or 7.5-meter only). Divers shall perform four (4) voluntary dives from different groups with a cumulative degree of difficulty not to exceed 7.6, followed by two (2) optional dives from different groups with a degree of difficulty limit of 2.8.

12/13 (FINA Group C)/13 & Under Boys (seven (7) dives on 5- or 7.5-meter only). Divers shall perform four (4) voluntary dives from different groups with a cumulative degree of difficulty not to exceed 7.6, followed by three (3) optional dives from different groups with a degree of difficulty limit of 2.8.

14/15 (FINA Group B) Girls (seven dives on 5-, 7.5-, or 10-meter). Divers shall perform four (4) voluntary dives with total degree of difficulty not to exceed 7.6, followed by three (3) optional dives from different groups without limit. At least five different groups must be used in the competition.

14/15 (FINA Group B) Boys (eight dives on 5-, 7.5-, or 10-meter). Divers shall perform four (4) voluntary dives with total degree of difficulty not to exceed 7.6, followed by four (4) optional dives from different groups without limit. At least five different groups must be used in the competition.

16-18 (FINA Group A) Girls (nine dives on 5-, 7.5-, or 10-meter). Divers shall perform four (4) voluntary dives from different groups with a total maximum degree of difficulty of 7.6, followed by five (5) optional dives from different groups without limit. At least five different dive groups must be used in the competition.

16-18 (FINA Group A) Boys (ten dives on 5-, 7.5-, or 10-meter). Divers shall perform four (4) voluntary dives from different groups with a total maximum degree of difficulty of 7.6, followed by six (6) optional dives from different groups without limit. All six dive groups must be used in the competition.

AAU Age Group Requirements:

9 & Under (Group E): Boys & Girls – 3 voluntaries, 1 optional. Max. Vol DD: 5.4 on 1m & 3m

10-11(Group D): Boys & Girls – 3 voluntaries, 2 optionals. Max Vol DD: 5.4 on 1m & 3m

12-13 (Group C): Girls – 5 voluntaries, 2 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

Boys – 5 voluntaries, 3 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

14-15 (Group B): Girls – 5 voluntaries, 3 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m **Boys** – 5 voluntaries, 4 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

16-18 (Group A): Girls – 5 voluntaries, 4 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m **Boys** – 5 voluntaries, 5 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

*Age groups are determined by the divers' age on December 31st of each year.

GLOSSARY:

Approach: Three or more steps forward to the end of the board before the hurdle and takeoff.

Armstand Dive: The diver executes a dive from an arm stand position. The arm stand takeoff represents a sixth group of dives used only in platform diving.

Back Dive: Takeoff from the end of the board with back toward water. Direction of rotation is away from the board.

Balk: An illegal movement by the diver:

- 1) False start in which a diver makes an obvious attempt to start the approach but does not complete the dive.
- 2) Takeoff for the hurdle from both feet.
- 3) Loss of balance on an arm stand dive causing feet to touch the platform.

Degree of Difficulty: Rating, ranging from 1.2 to 4.1, indicating the difficulty of executing a specific dive. The "DD" is multiplied by the sum of the judges' scores (after the high and low scores are dropped) to calculate the overall score for a dive.

Entry: The conclusion of a dive as the diver makes contact with the water. May be either head or feet-first. Upon entry, the body should always be near vertical in a straight position with toes pointed. In a headfirst entry, arms should be stretched above the head, in line with the body with the hands close together.

Flying: Used to describe a dive in which the diver assumes a straight position from takeoff, or after one somersault in a 115C, before executing the remainder of the dive. The straight position must be held for at least one quarter of a somersault (90 degrees).

Forward Dive Takeoff from a standing or running approach, facing the water. Direction of rotation is away from the board.

Free Position: A combination of straight, pike, or tuck positions, to be used in twisting dives only as listed in the DD tables.

Hurdle: The final segment of the diver's approach to takeoff. Consists of a spring to the end of the board, taking off from one foot, and landing on two feet at the end of the board.

Inward Dive: Takeoff from a standing position at the end of the board, with back to the water. Direction of rotation is toward the board.

Judge: Diving official who scores each dive on a scale of 0 (lowest) to 10 (highest). Seven judges officiate major national and international competition in individual events. Eleven judges officiate during synchro events.

Pike Position: A dive position in which the body is bent at the hips, legs straight at the knees, and toes pointed. Feet should be held together, while positioning of the arms is optional.

Platform: A stationary, non-bending diving platform that is at least 20 feet long and six and a half feet wide. (For synchronized diving, the platform should be a minimum of eight feet wide. Ten feet is preferred.) The platform height used in senior competition is 10 meters (approximately 33 feet). The platform structure typically also includes levels at three, five, and seven and a half meters that are used during training and in junior competition.

Referee: Manages the competition and ensures that all regulations are observed. Not a judge.

Reverse Dive: Takeoff from a standing or running approach, facing the water. Direction of rotation is toward the board.

Somersault: A movement in which a diver rotates the body on an imaginary horizontal axis through the hips. This move can be performed in a variety of combinations.

Springboard: An adjustable diving board that regulates “springiness,” either 1-meter (3’3”) or 3-meters (9’9”) above the water. The springboard projects at least five feet beyond the edge of the pool.

Straight Position: A dive position in which the body is straight without bending at the knees or hips, with feet together and toes pointed. Formerly called the “layout” position.

Takeoff: A diver’s lift from the board prior to execution of the dive. May be done from a forward (running or standing) or backward approach, or from an arm stand position.

Tower: The entire diving platform structure.

Tuck Position: A dive position in which the body is bent at the waist and knees, with thighs drawn to the chest and the feet kept close to the buttocks. Feet and knees should be kept together, and toes should be pointed.

Twisting Dive: Any dive with a twist. There are four types of twisting dives: forward, back, reverse, and inward.