

YMCA Mid-Atlantic Group

*This YMCA Group Region consists of
Delaware, Maryland, New Jersey, Pennsylvania, Puerto Rico, and District of Columbia*

Competitive Swimming and Diving Championships

Rules Supplement 2009 Revised and Provisional 2009

Supplement to a Manual on Principles and Rules Governing Competitive
Physical Activities in the Young Mens Christian Associations

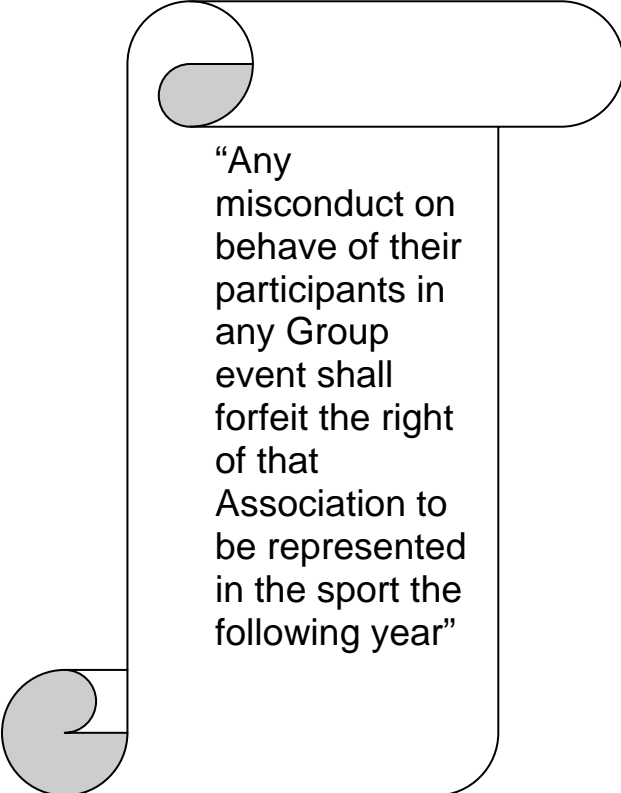


YMCA MID-ATLANTIC GROUP
COMPETITIVE SWIMMING AND DIVING CHAMPIONSHIPS
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Statement from YMCA of the USA:

"Membership requirements for YMCA Competitive Sports.

Interassociation Competition within the YMCA, including Group, State, District, and National Championships, follows the 'Rules That Govern YMCA Competitive Sports.' In order to participate in YMCA competition, individuals must be members of the YMCAs they represent at least 90 days prior to the competition.



“Any misconduct on behalf of their participants in any Group event shall forfeit the right of that Association to be represented in the sport the following year”

According to the rules, a YMCA member is a person who, after due application, is enrolled by the association as an annual member, entitled to full privileges, activities, and services of that Association. This means that members of YMCA competitive teams must have annual full-privilege memberships that entitle them to the same activities and services as other annual full-privilege members.

If your YMCA has established a special membership category for the participants on your Competitive teams that is different from the annual memberships provided for other youth and Adults, those individuals are in violation of the 'Rules That Govern YMCA Competitive Sports' and are ineligible for YMCA competition."

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Section I - DISTRICT SWIMMING CHAMPIONSHIPS

North, South, East, and West District Championships

Note: YMCA of the USA, on recommendation from the YMCA Competitive Swimming and Diving Advisory Committee, has adopted USA Swimming (USA-S) Technical Rules for the conduct of its meets, effective September 1, 2006. All YMCA Swim meets conducted throughout the country, as the requirements for closed competitions, will now be based on USA-S Technical Rules.

1. Committee

- a. The District Swimming Committee shall be under the supervision of the Competitive Coordinators and conducted by the Host Association Swimming Committee.
- b. The Competitive Coordinators or their representatives should be present at the organizational meeting of the local Host Association.
- c. **Expense of the Competitive Coordinators or their representatives shall be borne by the Host Association to include \$175 for travel and meals, plus lodging expense.**
- d. Adequate sub-committees to cover all phases of responsibility should be obtained from local sources: i.e. YMCA Clubs, Official Clubs, and/or interested laypersons.

2. Constituents (All Associations in the geographical region are constituents)

- a. North District Championships consist of all YMCA Associations in New Jersey.
- b. South District Championships consist of all YMCA Associations in Delaware, Maryland, and Metro Washington D.C. area.
- c. West District Championships consist of YMCA Associations west of the Allegheny Mountains to the Ohio State Line.
- d. Eastern District Championships consist of YMCA Associations east of the Allegheny Mountains to the New Jersey State Line and Puerto Rico.

3. Time and Place of Meets

- a. The District Swimming Meets shall be held annually in February or March as determined by the District Committee. Conflicts with Easter and College Board Examinations shall be taken into consideration and those dates avoided, if possible.
- b. The Competitive Coordinators, in considering bids or recommendations for hosts for the District Championships shall be guided by the following factors:
 - o Location in relation to the District.
 - o The pool shall be 25 yards in length, surveyed and registered so that it meets the requirements for districts, area, regional, and national records.

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- The pool shall be at least 42 or more feet wide in order to swim 6 in a heat. Proper lane markings and lane lines are required.
- Starting blocks should follow USA-S standards and, if made of wood, shall be securely anchored to the pool deck.
- Water depth under starting blocks shall be 5 ft. or more.
- Adequate locker room facilities should be available for at least 800 competitors and adequate seating facilities for 800 plus spectators.
- The host must guarantee sufficient number of adequately trained and certified Swim officials (dressed appropriately) to insure proper conduct of the meet.

The Host Association shall have YMCA certified Swim officials in all key positions.

- Electronic timing and judging devices shall be used for all Championship Meets. It is recommended that the Host Association use computers in operation of championships.

4. Age Divisions and Events in Their Order in the Program

a. **Cadet** (10 years of age and under)

MORNING:

200 Yard Medley Relay
50 Yard Freestyle
100 Yard Individual Medley
50 Yard Butterfly
100 Yard Freestyle
50 Yard Backstroke
50 Yard Breaststroke
200 Yard Freestyle Relay

c. **Junior** (13 & 14 years of age and under)

AFTERNOON

200 Yard Medley Relay
200 Yard Freestyle
50 Yard Freestyle
200 Yard Individual Medley
100 Yard Butterfly
100 Yard Freestyle
100 Yard Backstroke
100 Yard Breaststroke
200 Yard Freestyle Relay

a. **Prep** (11 & 12 years of age and under)

MORNING:

200 Yard Medley Relay
200 Yard Freestyle
50 Yard Freestyle
200 Yard Individual Medley
50 Yard Butterfly
100 Yard Freestyle
50 Yard Backstroke
50 Yard Breaststroke
200 Yard Freestyle Relay

d. **Senior** (15 — 17* years of age and under)

AFTERNOON

400 Yard Medley Relay
200 Yard Freestyle
50 Yard Freestyle
200 Yard Individual Medley
100 Yard Butterfly
100 Yard Freestyle
100 Yard Backstroke
500 Yard Freestyle
100 Yard Breaststroke
400 Yard Freestyle Relay
(*18 or 19 year old swimmers still in high school may compete in this division)

e. SUPPLEMENT ADJUSTMENT: Additional Open age group qualifying events may be added at the discretion of the Competitive Committee and the Meet Director for those swimmers interested in qualifying for the YMCA National Meets. These events shall not be considered as scored district, but

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as national qualifying events and will not be added to the team scores. 18 and 19 year old individuals who have graduated from high school but who have not swum for a college team may participate at the District meet but shall not score team points. As non-scoring participants, any such swimmers will be seeded in the first heat of any scored events in which they are entered.

5. Time Schedule

- a. A recommended time schedule (to be altered only by Competitive Coordinator to meet local situations) is as follows:

8:00 a.m.	Scratch meeting for Cadet and Prep events
9:00 a.m.	Cadet and Prep events running concurrently until completed
1:30 p.m.	Scratch meeting for Junior and Senior events
2.00 p.m.	Junior and Senior events pinning concurrently until completed
- b. All starting times shall be indicated on entry forms (meet information sheets). Adequate time shall be allowed for warm-up for the morning and afternoon within YMCA guidelines.

6. Entry Blanks and Fees

- a. The Meet invitation must be in the mail at least one month prior to deadline date.
- b. The meet invitation should include the following:
 1. Deadline date for the posting of entries. Date shall be two weeks prior to the day of the meet to sufficient time in which to set up heats, make up programs, etc. Post-dated entries shall not be accepted except under unusual circumstances and subject to the approval of the Competitive Coordinator.
 2. Accident waiver or release requested from all participating teams.
 3. Full name and age of each swimmer and the current best time for heat arrangements.
 4. HyTek has been adopted by YMCA swimming as the official vendor for meet software. Entries must be submitted from HyTek Team Manager software
 5. Space shall be provided for the signature of the Executive Director of the Association being represented, certifying that each competitor has been a member in good standing for 90 days prior to and including the day of the Championship Meet.
 6. Space shall be provided for the Department Head's signature certifying that all competitors have represented their Associations on at least 3 (three) separate occasions. In an instance where an Association sponsors a swimming team for Division, Area, or National YMCA Championships, all competitors shall have represented their Association in formal competition. In individual sports, an athlete of that Association may be permitted to enter District, Division, or Area competition, provided the entry be approved by the East Field South Competitive Coordinator.
 7. Individual entry fees for the District Meets shall be \$5.50 per person, per event, and relays \$22.00 until further notice.
 - a. Relay alternates do not have to be paid for.
 - b. There is no refund on scratches.
 - c. Entry fee must accompany meet entries.

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8. Requirements Due November 1:
- a. See "Team Certification Form" for Deck Pass as well as District & State Level: LIFEGUARDING CERTIFICATION, COACHES SAFETY TRAINING, PRINCIPLES OF COMPETITIVE SWIMMING & DIVING, CPR, & FIRST AID.
 - b. Verification of Team Roster with membership dates.
 - c. Code of Conduct signed.

Mail Items a, b, & c To:

Glenda Pae
Northern Dauphin Co. YMCA
500 N. Church Street
Elizabethville, PA 17023
(w) 717-362-9494
glenda.pae@ymcaharrisburg.org

7. Rules

- a. The Host Committee shall adhere to the closing date. Post-dated entries are not to be accepted unless unusual circumstances prevail, and then the decision of the Competitive Coordinator is final.
- b. The current technical rules for USA Swimming, shall apply. Where there is any conflict, this policy shall supersede. Any question that may arise and is unanswered by the meet referee may be referred to the Championship Committee.
- c. A competitor may enter a maximum of three swimming events in his/her age group, one of which must be a relay.
 1. A relay shall consist of four swimmers. All eligible swimmers entered into the meet are considered alternates.
 2. Any four may swim the day of the meet.
 3. A relay's entered time (actual or composite) must correspond to the swimmers entered in that event.
- d. Age division participation is determined by the age on December 1st of that season.
 1. All events must be in one age division.
 2. It is permissible for a swimmer to move up in any age group for a given meet, however, they must remain in that age group for the entire meet and the Area/State meet if they qualify.
 3. Only one relay team per Association may be entered in an event.
- e. In order to compete in the District Championships, each competitor must fulfill the following conditions:
 1. Is a current, full privilege, annual YMCA member for the last 90 days including the day of the Championship Meet.
 2. The swimmer must be an amateur and must not have represented another YMCA or another organization (schools excepted) in open or closed competition since September 1 of the current season. College swimmers are ineligible. Current season is September 1st through April 30th

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3. Has represented their YMCA in closed competition on 3 (three) occasions on separate days during the four month period prior to the deadline for the championship.
- f. Entry in the District Swimming Championships Meet shall be based on qualifying times exclusively and must be certified in either open, league, dual, or high school competitions before three official timers or electric timing. Proof of time required upon challenge. Violators shall be subject to investigation by the Competitive Committee.
- g. The Championship Committee shall be composed of YMCA Certified Meet Referee, Meet Director, and Competitive Coordinator or a designated representative.
- h. If a swimmer fails to meet a scheduled event, he/she shall be scratched from that event and further events and may compete in Area Championships in any events previously qualified for that day. Points scored and awards earned shall stand for previous events.
- i. Each Association (Branch) may hold only one USA Charter. An Association (Branch) may not be part of more than one USA Charter (may not be comprised of swimmers of more than one USA club).

8. Officials

- a. An adequate number of certified and trained swimming officials, as listed in the USA-S Technical Rules, shall be provided. Certified YMCA Swimming Level II officials shall be secured to officiate the key positions as outlined in the "Championship Guide".
- b. It must be recognized that scorers and clerks are most important in conducting Championship Meets. If necessary, they should be trained in proper procedure far in advance of the meet.

9. Conduct of the District Championship Meet

- a. Coaches Meeting
These meetings shall be held prior to the start of the meet or division, or meet at a time when all concerned may attend.
 1. The meeting shall not be held while events are in progress.
 2. At least one coach from each team must attend the Coaches Meeting
 3. Business to be conducted includes:
 - a. To scratch and make necessary changes in lineup.
 - b. To consider all other necessary matters pertaining to the conduct of the meet.
 - c. To receive special instructions pertaining to the meet.
 - d. To insure that all coaches are in possession of and are wearing deck passes.
- b. Arrangement of Heats
The names, seed time and associations of all swimmers entered in each event shall be heated according to the times submitted. Swimmers shall be seeded from slowest to fastest with the fastest swimmers in the final heat.

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c. Timing

1. All swimmers and all relays shall be timed with automatic timing devices; this is to be the primary information source. A button device and one, two or three watches for each swimmer or relay team shall be a secondary source of information.
2. Three official watches shall be on the winner of each heat in order to fulfill the requirements for the establishment of records.
3. Duties of timers as listed in the USA-S Guide shall be followed in the conduct of the meet.

d. Recording

1. Lane timing cards shall be used to record all manual times taken of each swimmer or relay team.
2. In case of disqualification, the reason for such, along with event, heat, lane, and name of the swimmer shall be recorded by the referee. This then becomes a record of the cause of disqualification. Every possible effort should be made to notify the coach.
3. If the automatic timing system fails, the times from the cards shall be transferred to the recorder's sheet from which computations shall be made to determine the final team standings and from which the meet summaries shall be prepared.

e. Judging the Finish

Judges shall follow procedures as outlined in the USA-S technical rules

f. Warm-Ups

***Mandatory that AED trained lifeguards be on duty for the entire meet.**

Warm-up guidelines for multi-teams and Championship Meets:

1. The meet director shall assign a minimum of twenty minutes to participating teams for general warm-ups. In addition, the meet director shall determine when sprint warm-ups shall be held. Sprint warm-ups shall be at least 15 minutes. Diving shall be permitted only from the starting block end during one-way sprints. This is the only time during the entire warm-up period head-first entries may be used.
2. Maximum number of swimmers — 15 per lane in 25 yard/meter pools.
3. No diving or racing starts (head-first entries) during the general warm-up period; circle swimming only.
4. Relay take-offs shall not be permitted during general warm-up.
5. Insure that all meet facilities are supervised by a currently certified life guard (YMCA or ARC) with current first aid or CPR (adult, child, infant) and/or coaches certification (ARC/USA) for the duration of the meet including warm-up.
6. During the general warm-up period, no diving or racing starts (head-first entries) shall be permitted in adjacent pool(s) (e.g. diving wells, L-shaped pools or separate pools).
7. Age groups should be assigned to certain lanes at specific times (i.e., don't mix younger age groups with older age groups).
8. All aspects of the warm-up period are under the authority of the meet director, or a designee. This individual shall be a certified YMCA swimming official.
9. A swimmer or coach may be removed from meet participation for interfering with the implementation of these guidelines.

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g. Qualifying for Area Meets

Swimmers who have entered in a district meet shall be eligible for the Area Championship on the following basis:

1. Individual Events: The nine fastest swimmers for each event shall be eligible for the similar event in the Area Meet.
2. Relays: The nine fastest relay teams shall be eligible for the similar event in the Area Meet.
3. Qualifiers and two alternates shall be announced at the District Meet. Coaches shall be alerted to the fact that their swimmers have qualified and subsequent replacements notified should swimmers decide against attending.
4. Swimmers shall compete in the events for which they have qualified in the Area Meet.
5. Contestants shall declare intent to compete in the Area Meet by the end of each session, or at the discretion of the Meet Committee.
6. All fees shall be paid by the end of the District Meet. Area Fees are \$6.00 for individual events and \$24 for relay events

h. Record Performance

1. It is expected that ideal and correct meet conditions shall exist during District Championship Meets. Therefore, records made during District Meets shall be accepted if they equal or better existing records, subject to the conditions found in the USA-S Guide and/or policy.
2. Copies of the existing records (District, Area, and National) shall be available during the meet so that the record performance may be announced at once.
3. A Competitive Coordinator shall be charged with the responsibility of applying for the recognition of new National Records, upon receiving record forms from Meet Directors, according to conditions as laid down by the National Swim Committee and the Principles and Rules of YMCA Sports.
4. Area records may be broken in a swim meet representing the YMCA held within the confines of boundaries described as North and South, East and West districts.
5. Group records may be broken by swimmers representing their YMCA in any meet.
6. Group and Area records may be broken during the summer if a swimmer represents his YMCA and has the coach's endorsement. Age of the swimmer shall be day of the meet, during May 1 through August 31. Other age requirements shall be as of December 1.
7. Form for National Records to be sent to the Group Representative.

i. Awards

1. Individual medal awards and T-shirts, secured from the DESIGNATED SUPPLIER, shall be given to the FIRST SIX PLACES IN EACH INDIVIDUAL AND RELAY EVENT. Ribbons ARE TO BE GIVEN FOR THE SEVENTH, EIGHT, AND NINTH PLACES. Swiss embroidered patch awards shall be given to all official competitors competing in the District Meets.
2. Suitable team trophies or plaque awards shall be given to the winner and the second place team in each age group only.

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3. Separate team swimming banners, supplied by the DESIGNATED SUPPLIER, shall be given to the first three place teams according to overall cumulative point totals.
 4. A first place banner shall be awarded to combined team scores (men and women).
 5. All awards shall be distinctly YMCA.
 6. NO OTHER AWARDS SHALL BE GIVEN.
 7. SCORING TO NINE PLACES –
Individual 11-9-8-7-6-5-3-2-1;
Relays 22-18-16-14-12-10-6-4-2
 8. Designated supplier named by the YMCA Group Representative.
- j. Summaries
1. Complete electronic meet results shall be submitted within 1 week (7 days) to the YMCA Group Representative and the Competitive Coordinator in attendance at the meet.
 2. A complete narrative and financial summary shall be submitted to the Group Representative and Competitive Coordinator within tow week (14 days)
- k. Report of Finalists to Area Championship
1. A HyTek Meet Manager backup including all districts swimmers, finalists plus all eligible relay participants in each event of each division shall be made to the Area Host Association within 24 hours of the District Meet by CERTIFIED MAIL or other means of communication.
 2. Those who qualify for the Area Meet
 - a. The first nine swimmers in each individual swimming event and two alternates with designated scratches and advancers.
 - b. The first nine relay teams including names of their alternates, and two alternate relay teams with designated scratches and advancers.
 3. District Host shall collect all qualifier's entry fees at District Meet for Area Championships and transmit to Area Host Association.

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Section II - AREA SWIMMING CHAMPIONSHIPS

East-West Area consists of East and West Districts

1. Committees

- a. The Area Swimming Championship Meet shall be under the supervision of the Competitive Coordinators and conducted by the Host Association Swimming Committee
- b. The Competitive Coordinators or their representatives should be present at the organizational meeting of the local Host Association.
- c. **Expense of the Competitive Coordinators or their representatives shall be borne by the Host Association to include \$175 for travel and meals, plus lodging.**
- d. Adequate sub-committees to cover all phases of responsibility should be obtained from local sources: i.e. Aquatic Clubs, Official Clubs, and/or interested laypersons.
- e. East-West Area consists of East and West Districts.
- f. The Championship Committee of each meet shall be composed of the Meet Referee, Meet Director, and Competitive Coordinators or their designated representatives.

2. Constituents

- a. Only those swimmers who qualify in the District Swimming Meets shall be eligible to compete in the Area Swimming Championship Meet.
- b. Those who qualify are as follows:
 1. Nine fastest from each of the official individual events inclusive of scratches and advancers.
 2. Nine fastest relay teams in each of the relay events inclusive of scratches and advancers.
 3. SWIMMERS MAY ONLY SWIM IN EVENTS FOR WHICH THEY QUALIFY.

3. Time and Place of Area Championship Meet

- a. The Area Championship Meet shall be held after the District Championship Meets.
- b. The Area Championship Meet shall be held in a centrally located pool.
- c. A six lane, 25 yard pool with a minimum depth of 5 ft. of water at the starting end is necessary for the meet. The pool must be surveyed and registered as to meet all requirements for Area, Divisional and National swimming records.
- d. Adequate locker room facilities shall be available for at least 800 competitors and adequate seating for 800 spectators.
- e. Divisions, events and order of events shall be the same as the District Championship Meets except for 500 yard freestyle which may be conducted at another time.

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4. Time schedule

Cadet/prep swim morning
Junior/Seniors swim afternoon

- a. A suggested time schedule, to be altered to meet local situations, is as follows:

8:00 a.m.	Coaches and officials meeting. Scratches shall be made at this time,
9:00 a..m	Cadet and Prep events running concurrently until completed
1:30 p.m.	Scratch meeting. Mandatory attendance by the team coach.
2:00 p.m.	Junior and Senior events running concurrently until completed.
- b. One or two days with approval of YMCA Group Rep and/or YMCA Competitive Coordinator (Competitive Committee.)
- c. Adequate warm-up times should be available both morning and evening. (Sec. I,9,f)

5. Entries, Fees and Finances

- a. All entries, results and fees for the Area Championship Meet shall be via the Host Committee of the District Meets and forwarded to Area Host within 24 hours by certified mail.
- b. Entry fees for the Area Championship Swimming Meet shall be \$6.00 per individual event and \$24 per relay event. It is mandatory that all fees be paid on the day of District Championship.

6. Rules

- a. The current USA Swimming technical rules (only), YMCA Rules that Govern Competitive Sports, and the Rules Supplement for Mid-Atlantic Group shall apply. Where there is any conflict, the YMCA Rules that Govern Competitive Sports shall supersede.
- b. All coaches are required to wear their YMCA Group Rep issued deck pass for all meets.

7. Officials

- a. The Area Swimming Championship Meet shall be directed and conducted by the Host Association under the supervision of the Competitive Coordinator. YMCA certified officials must be used in key areas of responsibility.

8. Conduct of the Area Championship Meet

- a. A coaches' meeting shall be held prior to the meet for the purpose of explaining the meet operation, to declare event scratches, to correct possible errors, and to work out any problems that may have arisen ATTENDANCE BY COACHES IS MANDATORY
- b. The contestants for each event shall be arranged in heats according to the seeding plan listed in the current USA Swimming Guide.

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- c. Timing, recording and judging in the Area Championship Meet shall be conducted according to the procedures as outlined in the USA Swimming Guide.

9. Record Performance

- a. All area YMCA records shall be recognized as area records to stand until equaled or bettered. Competitive Coordinators and the Field Competitive Coordinator shall be responsible for the compilation of such records and the recognition of performance which may equal or exceed them.
- b. The Group Competitive Committee shall be charged with the responsibility of applying for the recognition of performance which may equal or better National Swimming Records, after receiving proper forms signed by meet referees and other required officials.

10. Awards

- a. Standard Area YMCA die cut medals with swimming panels shall be awarded to the winners of the first six places, including the relays, and must be secured from the Designated Supplier.
- b. Standard Swiss embroidered "patch" awards shall be given to each individual participant in the meet. Host team can designate own vendor for this award only. **All alternates who do not swim are not considered participants so, therefore, do not receive patches.**
- c. Suitable team trophies and plaque awards shall be given to the division winner and the second place team only.
- d. Championship swim team banners shall be awarded to the Associations placing first, second and third. Points shall be compiled from each of four divisions. Banner shall be awarded to combined team scores (women and men) First Place Banner only. These particular awards shall be secured by the Competitive Committee from the designated supplier. Cost paid for by Host Team.
- e. Ribbons for seventh through twelfth place shall be secured from the designated supplier.
- f. T-shirts for meet shall be secured from the designated supplier.
- g. No other award shall be given.
- h. Designated supplier named by Group Competitive Committee & Competitive Coordinator.

11. Scoring

- a. Points shall be awarded through twelfth place in both individual and relays as per the USA-S Technical Rules

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12. Summaries

- a. Complete results of the meet are to be compiled from the recorder's records and sent to each Association entered. Copies shall be sent to the Group Representative and Competitive Coordinators.

*PLEASE NOTE All teams' that participate in Group Championships are responsible equally for all damages and losses incurred by the Host Association. It is our responsibility to see that those who damage property are denied the right to continue in our Swimming Championship.

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Section III - DIVING CHAMPIONSHIP MEETS

Diving Championships are run similarly to Swimming Championships with the following additions and revisions:

1. Location Requirement

- a. Diving boards should be standard 1 meter and 3 meter height and 16 feet in length with adjustable fulcrums.
- b. Water depth under diving boards must meet minimum USA-S standards (i.e., a minimum of 11 feet under the 1 meter board and 12 feet under the 3 meter board).

2. Organization

- a. Diving Regulation (Diving shall be conducted at a separate championship.)
- b. Diving age groups are determined by the diver's age as of December 1st (e.g., if a diver turns 15 on December 2nd he/she is eligible to dive in the "junior division").
- c. The required (or voluntary) and optional dives shall be as listed below and MUST be performed in the order listed.
- d. "Voluntary dives" may be done in place of "required dives" (i.e., a diver may perform a forward somersault in place of a forward dive. They MUST, however, be done in the order listed and may not exceed the minimum total degree of difficulty listed for each division).

1. Mini Division (Ages 8 & under)

- (1) 101 Forward Dive or Forward Group Voluntary Dive
- (2) 201 Backward Dive or Backward Group Voluntary Dive
- (3) Optional Dive
- (4) Optional Dive

Four dives — TWO REQUIRED (OR TWO VOLUNTARY) AND TWO OPTIONAL. The optional dives may be from any group (and the same group), may include 301 Reverse Dive, 401 Inward Dive, but may not be a repeat of the two required (or voluntary) dives. The total degree of difficulty of the two voluntary dives must not exceed 3.5.

All participants shall do all four (4) DIVES IN THE ORDER LISTED ABOVE. There shall be no cuts in this event.

2. Cadet Division (Ages 9 & 10)

- (1) 101 Forward Dive or Forward Group Voluntary Dive
- (2) 201 Backward Dive or Backward Group Voluntary Dive
- (3) 401 Inward Dive or Inward Group Voluntary Dive
Forward Dive, $\frac{1}{2}$ Twist or Twist Group Voluntary Dive
- (4) Optional Dive
- (5) Optional Dive

Five dives — THREE REQUIRED (OR THREE VOLUNTARY) AND TWO

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OPTIONAL. The optional dives may be from any group (and the same group), may include 301 Reverse Dive, but may not be a repeat of the three required (or voluntary) dives. The total degree of difficulty of the three voluntary dives may not exceed 5.5.

All participants in the preliminary rounds must do the same three (3) required or voluntary dives in the order listed above. After the preliminary round, the top eight (8) finalists shall perform the remaining two (2) optional dives.

3. Prep Division (Ages 11 & 12)

- (1) 101 Forward dive or Forward Group Voluntary Dive
- (2) 201 Backward Dive or Backward Group Voluntary Dive
- (3) 401 Inward Dive or Inward Group Voluntary Dive
- (4) 5111 Forward Dive, 1/2 Twist or Twist Group Voluntary Dive
- (5) Optional Dive
- (6) Optional Dive
- (7) Optional Dive

Seven dives — FOUR REQUIRED (OR FOUR VOLUNTARY) AND THREE OPTIONAL. The optional dives may be from any group (and the same group), may include 301 Reverse Dive, but may not be a repeat of the four required (or voluntary) dives. The total degree of difficulty of the four dives may not exceed 7.5

All participants in the preliminary rounds must do the four (4) required or voluntary dives and one optional dive in the order listed above. After the preliminary round, the top eight (8) finalists shall perform the remaining two (2) optional dives.

4. Junior Division (Ages 13 & 14)

- (1) 101 Forward Dive or Forward Group Voluntary Dive
- (2) 201 Backward Dive or Backward Group Voluntary Dive
- (3) 301 Reverse Dive or Reverse Group Voluntary Dive
- (4) 401 Inward Dive or Inward Group Voluntary Dive
- (5) 5111 Forward Dive, 1/2 Twist or Twist Group Voluntary Dive
- (6) Optional Dive
- (7) Optional Dive
- (8) Optional Dive
- (9) Optional Dive

Nine dives — FIVE REQUIRED (OR FIVE VOLUNTARY) AND FOUR OPTIONAL. The optional dives may be from four different groups. The total degree of difficulty of the five voluntary dives may not exceed 9.5

All participants in the preliminary rounds must do the five (5) required or voluntary dives and one optional dive in the order listed above. After the preliminary round, the top eight (8) finalists shall perform the remaining three (3) optional dives.

5. Senior Division (Ages 15 & OVER)

- (1) 101 Forward Dive or Forward Group Voluntary Dive
- (2) 201 Backward Dive or Backward Group Voluntary Dive
- (3) 301 Reverse Dive or Reverse Group Voluntary Dive
- (4) 401 Inward Dive or Inward Group Voluntary Dive
- (5) 5111 Forward Dive, 1/2 Twist or Twist Group Voluntary Dive
- (6) Optional Dive
- (7) Optional Dive

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- (8) Optional Dive
- (9) Optional Dive
- (10) Optional Dive
- (11) Optional Dive (men only)

Eleven dives — FIVE REQUIRED (OR FIVE VOLUNTARY) AND SIX OPTIONAL (men) / FIVE OPTIONAL (women). The optional dives may be from five (5) different groups. The total degree of difficulty of the five voluntary dives may not exceed 9.5 L

All participants in the preliminary rounds must do the five (5) required or voluntary dives and two (2) optional dives in the order listed above. The two optional dives must be from two (2) different groups. After the preliminary round, the top eight (8) finalists shall perform the remaining four (4) (men) or three (3) (women) optional dives from the three groups not yet represented.

- e. All dives must be listed by dive number, letter description (i.e. A=straight, B=pike, C=tuck, and D=free), position and degree of difficulty as stated in the current USA-S Swimming and Diving Guide.
- f. It shall be the responsibility of each coach to check and certify the accuracy and compliance of all dives and divers.
- g. Diving events shall be conducted as a separate activity. Diving does not count as a swimming event.

3. Entry Rules, Fees and Awards

- a. Area and Regional Diving Championship fees shall be \$6.00 per person per event.
- b. Awards shall be standard Area YMCA die cast medals with diving panels and must be secured from the designated supplier.

Original Rule 1946
Revised 1958, State Aquatic Committee
Approved 1959, State Phvs. 1 d Committee
Diving Revisions, May 26, 1994