

Metro League Diving Bylaws

Revised 2017

Eligibility

- Diver's age as May 15th shall determine the age group in which that diver will compete in that summer season.
- Divers who are in a year-round club team will be permitted to dive in the League finals and the All-star meet with the exclusion of receiving medals. (2017)
- Divers must be in at least two dual meets to compete at leagues.

Rules

Degree of Difficulty

CHSAA degree of difficulty of standards will be used.

All jumps and falls will be given a degree of difficulty of a 1.0. Forward dive free, 1.1, and back dive free, 1.4.(2017)

Approach

- A full back approach, including arm swing and push off, must be used in order for the dive to be considered a back dive.
- On all approaches and dives, the arms must be above the shoulder, leaving the board in order to be scored
- Forward approaches must be a continuous motion with no pause more than 1 second.
- On forward and back approaches, both feet must leave the board at the same time, or it will be considered a failed dive.
- Any more than 5 oscillations will result in points deducted at the judges discretion

Jumps and Falls

- When performing a forward or back jump, it is permissible to leave the arms above the head.
- No front falls permitted, only back falls (002).
- Jumps and falls cannot be awarded anything over a 5.

Failed Dives

- For feet first entries the feet must hit the water first, or the dive will be failed.

- For hands first entries, the hands must hit the water first, or the dive will be failed.
- On twisting dives, the twist must be initiated in the air after leaving the board, or it will be considered a failed dive.
- A ¼ over or a ¼ under, it will be considered a failed dive. This will be determined by where the shoulders are at the point in which the feet or hands touch the water.
- If the diver receives two 0's in a meet, he or she will be disqualified from the meet.

Point Deductions: (all of the deductions will happen by the judges, not the scoring table.)

- Minor breaks in position will be judge's discretion of point reduction.
- Major breaks in position will be scored no more than 2's.
- Crow hops will be a two-point deduction from the judges.
- Arm above the head on a feet-first entry will deduct points at the judge's discretion unless it is a 1.0 dive.

Score cards

The dive number stands, Positions can be changed on the board, but the lowest DD will stand.

Age Group	Dual Meets	1.0 dives	Championships	1.0 Dives
8 & Under	3 dives, 2 groups	2	4 dives, 2 groups	2
9 – 10	4 dives, 2 groups	2	5 dives, 2 groups	2
11 -12	5 dives, 3 groups	1	6 dives, 3 groups	2
13 -14	6 dives, 4 groups	1	8 dives, 4 groups	1
15 -18	6 dives, 4 groups	0	8 dives, 4 groups	0

Scoring

Dual meets: 5- 3- 1, for 1st, 2nd, and 3rd (respectively)

Championship: 16- 13- 12- 11- 10- 9- 7- 5- 4- 3- 2- 1