

SOUTH SEATTLE SUMMER DIVE LEAGUE (SSSDL) OPERATING PLAN

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PURPOSE

The South Seattle Summer Dive League is a novice league designed to introduce young people to and encourage their enjoyment of diving in a safe and positive environment. Year-round club divers are welcome and will be provided for in this league.

SAFETY:

1. Safety awareness is critical to the success of the SSSDL Dive program.
2. Safety Awareness is an attitude or condition that promotes reasonable and prudent actions and behaviors relative to safety measures in diving.

COACHES: The coaches' primary responsibilities are 1. EDUCATION 2. SAFETY. Coaching objectives of safety conscious coaches put the Athletes first and winning second.

- Coaches must instruct divers in techniques of appropriate take-off mechanics, skill progressions, body awareness, and performer readiness to minimize the risk of injury.
- A primary safety objective in diving is safe board clearance on every dive.
- Coaches enforce safety rules

DIVERS:

- Divers must know understand the risks involved in the sport.
- Divers are expected to follow the team rules for safety.
- Divers are expected to attend practice to assure proper training.

MEET OFFICIALS: It is the meet officials' responsibility to provide a safe environment. The authority carries responsibility.

- If an official has any reason to believe that a diver is facing unreasonable risk due to skill deficiency, fatigue, trauma or other reason he/she should notify the diver's coach and/ or the referee.
- The meet director or referee has the authority to eliminate any dive if in his opinion circumstances exist which might place the diver in danger. It is recommended that those making the decision take time to consult with the diver and coach.
- The meet referee has the ability to change the dive to another position (making the dive easier) for safety reasons. If no referee is available both coaches from each pool will referee jointly.

PARENTS:

- If concerns arise regarding the diver's emotional state, fatigue, illness, injury, the use of certain facilities, or if they identify any other factors that risk the child's well being it is the diver's parents/guardian responsibility to notify the coach and to remove their diver from the situation.
- Parents are not allowed to approach the official/referee or judges during a dive meet. If parents have concerns, they may contact the dive representative or dive parent liaison.

DIVING AT NEW POOLS:

Divers and coaches who are diving at any new pool facility **MUST BE WARNED** about pool limitations. All divers and coaches must familiarize themselves with the dimensions of the new pool. Divers should be instructed to enter the deep-water diving area feet-first in an unfamiliar diving facility.

GENERAL REGULATIONS:

1. All meets will be conducted in accordance to current **SSSDL** regulations.
2. Lifeguards must be scheduled at each pool for any diving activity. This includes both practice and meets. Each pool hosting a meet shall be required to have a certified life guard on duty for the duration of the meet. This shall not be the coach. The pool shall be closed during the competition portion of the meet. If swimmers are in the water during the competition portion of the meet, the referee will stop the meet until they exit the pool. Water lines are acceptable.
3. Standard SSSDL dive list forms are recommended for all meets. Position abbreviations shall be as follows for ease of announcing: S=Straight, T=Tuck, P=Pike and F=Free. The dive lists need not be signed by anyone. The forms to be used can be found at the end of this operational plan and on AHSTC.com.
4. The age of each diver is set at the age of that diver on June 15 of the year in which he/she competes. Divers will be allowed to dive as scoring members in their respective age group ONLY.
Explanation: Any diver 8 years old or younger must dive 8 and under, Anyone 9 or 10 must compete as a 10 and Under, 11 and 12 year old divers must dive 12 and Under. 13 and 14 year old divers must dive 14 and Under and any diver 15, 16, 17, or 18 years old will dive 18 and Under. No diver will be allowed to dive outside of their respective age group except as an exhibition diver and not score for their team.
5. Divers may compete in one event per meet **as regulated by their age on June 15th of the year they compete.**
6. **The home team dive representative will report the results of meets** via e-mail to each participating clubs dive coordinator following the meet.
7. The home team coach and dive coordinator will coordinate any meet schedule changes needed
8. Each club will be encouraged to have as many parents, as possible, attend the judging clinic held prior to the season. At least two parents from each age group should have attended the judging clinic. These parents will be considered certified judges and may act as referee. Attending the clinic once will qualify judges for lifetime.
9. Each club should appoint a dive team representative who is not the coach. The Dive Team Club Rep will promote and advertise diving at their pool, assist the pool in hiring a dive coach, work with the pool manager to have dive team sign-ups, coordinate and host home meets: secure and set up supplies for home meets, procure table workers to help with meets and champs, procure judges for home and away meets, attend league meetings as required, and most importantly assist the coach with administrative duties. The Dive Team Club rep is not responsible for coaching the divers.
10. **Coaches should have dive entry sheets completed upon arriving** with their team at the pool for competition. All dive sheet entry forms must be turned in to the scorer's table at the time warm-ups begin for that age group. In the interest of safety, it is expected that during warm-ups our Coaches will be available to coach and assist their diver's, giving them 100% of their attention. Failure to complete paperwork prior to warm-ups delays the starting time of the meet.
11. Divers may change their dive sheets before their event.
12. Divers may change the position of their dive before the dive is executed. The DD will decrease if it is changed to a lower DD position and **will not change** if it is changed to a higher DD position.

13. The coach or the Dive Team Parent Representative is required to attend the mandatory league meeting. Both are welcome to attend. The meeting is held prior to the start of the season, usually in late winter/early spring.

14. Any diver is eligible to compete in a SSSDL competition whose family is a dues paying member meeting the normal financial responsibility of that swim club to include full use of the pool for the entire summer season for the entire family or is a child of the manager or head coach. For inclusion of any other employees' children or an assistant coach of eligible age, the team must petition to the league. This is a one-time petition unless the employment situation changes. House guests of club members who want to participate in SSSDL competition must stay with that family for a minimum of six (6) weeks during the SSSDL season. House guests must begin by June 15th and the coach must notify by writing to the SSSDL Dive Reps by this date. Any individual in violation of eligibility rules will not participate in the meet. The Dive Reps have the authority to request information from the club to determine proof of eligibility of the diver(s).

15. Club hosting All City meet should only host ONE dual meet that season.

RESPONSIBILITIES OF THE DIVING REPRESENTATIVES

1. Set the schedule for all meets. This will be done with as much input as possible from the participating clubs during the mandatory league meeting.
2. Attend the mandatory league meeting before the season begins.
3. Provide a roster of all coaches and club dive reps at the League meeting
4. Assist the coach in getting parents to the Judging clinic before the first meet.
5. Report meet results to local media if desired
6. See above general guidelines for further responsibilities.
7. Must attend all home meets as meet director or assign someone this responsibility. It should NOT be the coach.

Championship Meet Director- Usually the dive team club rep from the host pool.

1. Secure location of meet.
2. Set and report warm-up schedule at least one week prior to Champs.
3. Secure awards for:
 - a. Ribbons 4th – 12th, Medals 1st - 3rd Places
 - b. 1st Place Team Award (usually a trophy)
4. Confirm dive lists are correct for DD and order.
***(All dive sheets are due before warm-up prior to the Championship meet)
When a club is entering divers to computer program an effort will be made to turn in sheets as early as possible. Divers can change a dive on the board, but DD will not increase, will remain the same or decrease.**
5. Assign referee, officials, and table workers for each event. **Referee for championship meet will be paid \$200.00.** Money is to come from **league fee of \$50.00 per club to the host club** of the Championship Meet.
6. Oversee presentation of awards
7. Mail or E-mail full meet results to participating coaches and/or dive team reps with in the week after the meet if they are unavailable at the end of the meet.
8. Coordinate Championship clothing if desired.
9. Coordinate concessions for full day meet.
10. The Host Team's Dive Rep is responsible for reviewing the **Meet Referee's Responsibilities and Rules** with the Meet Referee.

DUAL MEET STANDARDS

- 1) Meets will be held during the season per the arranged competition calendar, with competition beginning at 5:30 p.m. Host clubs will provide a 30-minute warm-up for the visiting team prior to the first event (beginning at 5:00). **Larger dive teams will begin meets an hour earlier at 4:30pm.**
- 2) All dive sheet entry forms must be completed and turned into the officials' table prior to the warm-up for the first event. *Degree of difficulty shall be according to High School Diving tables. Diving order shall be drawn randomly.
- 3) Judges will be provided by both teams. Five judges per event are required, three from the HOST team and two from the visiting team. If this quota cannot be filled, three judges may be used. The meet referee should be flexible to allow for a full judging panel. Judges seating is at the discretion of the meet referee. Judges will be impartial. Judges can be 16 years old and up and are required to attend the judging clinic.
- 4) Host Team Rep will appoint a certified referee for each meet. This person must have attended a SSSDL Judging Clinic. If no referee is available both coaches from each pool will referee jointly. The Host Team's Dive Rep is responsible for reviewing the **Meet Referee's Responsibilities** and **Rules** with the Meet Referee.
- 5) The referee shall be announced at the beginning of the meet. Duties of the referee are outlined on page 8 of this Operating Plan.
- 6) Dual and Championship meet guidelines are shown below with the following applications and restrictions:
 - a) a front, back or twist jump may be used in the dual meet season for any age group and will have a DD of 1.0. There will be no jumps in the championship meet. **
 - b) a front or back line-up may be used in all age groups

SSSDL DIVE REQUIREMENTS

8 & under:	For dual meets: 3 dives (championship meet: 3 dives)
9 & 10:	For dual meets: 3 dives (championship meets: 4 dives)
11 & 12:	For dual meets: 4 dives (championship meets: 5 dives)
13 & 14:	For dual meets: 5 dives (championship meets: 6 dives)
15 - 18:	For dual meets: 6 dives (championship meets: 7 dives)

** as of 2013 no jumps in any age group at the championship meet

SSSDL RULES

JUDGING

Judging of diving shall be in accordance with SSSDL rules. All judges should have attended the SSSDL judging clinic or be instructed in the basics of judging by the referee prior to the competition if no one present has attended the clinic.

1. **Divers physically helped by a coach** will receive a **deduction of two (2) points** from each judge to be taken off by the announcer and scorer's table.
2. **No balks** will be called for all **8 & under**.
3. **No incorrect dives** will be called for all **8 & under**. If the "do over" dive is also incorrect, the diver will receive a **maximum score of 2**. If the "do over" dive is done correctly, the dive will be scored as a balk.
4. **For 10 & under and 8 & Under** dive groups, **divers** are only allowed one "do-over" per meet. The repeated dive will be scored as a balk. Coaches are **not allowed** to assist on a "do-over" dive.
5. **Any diver aged 9 & up** entering the water with hands above the shoulders on a feet first entry or hands below the shoulders on a head first entry will get a **maximum score of 4** from each judge. Does not apply to 8 & under.
6. **A balk** occurs after the time that a diver assumes a stationary, stable, & balanced position on the diving board. A dive shall be considered set at this point. Movement after the set point that does not initiate the dive will be considered a balk. This is a **judgement call that will be made by the meet referee**. Leniency should be used before calling a balk. Remembering the importance of the diver's safety, it may be crucial for the diver to regain their balance. If a diver ascends the board and dismounts that shall not be called a balk. **A balk will result in 2 points being taken off** each judge's score by the announcer & scoring table.
7. Any dive done **without an attempt to come out** will score **no greater than 3's**.
8. If a dive is done **in a position other than what was on the dive sheet** it will receive **no greater than 4's**.
9. Coaches may change the individual dive **position on the board**; however, the **DD will not go up if the new dive has a greater degree of difficulty**. The DD will go down if the new dive has a lesser DD.
10. If a diver is **dangerously too close** with their "**head to board**" a **score of no greater than a 2** will be given. This will be at the discretion of the referee (or coaches if a referee is not present).
11. **Line-ups** may be used as a dive with adjusted DD of 1.1 for front and 1.3 for back.
12. **All jumps** will have a **maximum degree of difficulty of 1.0** no matter where they are used in the list. The body line should be straight during flight & no movement should occur. Jumps should be judged accordingly. A jump with a twist will be considered in the twisting group.
13. Divers need to have a **front approach** or **an attempt to an approach** for ages 9 and up.
14. Judges will score the dive as seen at their discretion within **SSSDL's guidelines & according to FINA scoring guidelines**.

SCORING:

Individual point scoring for dual meets will be as follows:

ALL places must be awarded in each age group, at each meet- provided there are an adequate number of divers. ALL points must be awarded for each event provided there are an adequate number of participants

1st Place	8 points
2nd Place	6 points
3rd Place	4 points
4th Place	3 points
5 th Place	2 points
6 th Place	1 point

In the event of a tie, the points for the places involved will be totaled, divided by the numbers of divers involved, and the results awarded to each diver. Each event shall total no more than 16 points.

SSDL DIVE CHAMPIONSHIP MEET

Coaches and Club Dive Reps from each participating club are expected to attend the mandatory coaches meeting prior to the Championship events. This meeting will be before the start of the SSDL Championship meet.

1. Awards will be given to the top twelve divers in an event and to the top team for the meet.
2. Individual points will be awarded as follows:

1st Place	14 points	7th Place	6 points
2nd Place	12 points	8th Place	5 points
3rd Place	10 points	9th Place	4 points
4th Place	9 points	10 th Place	3 points
5th Place	8 points	11 th Place	2 points
6th Place	7 points	12 th Place	1 point
3. Each team may enter their divers who have participated in at least one dual meet **in their respective age group that have placed in the top 6 on their team**. Each club must submit a list of all divers to be entered in the championship meet, by age group. This list must be received by the host clubs Diving Rep ONE WEEK prior to the Championships. All Dive sheets are due the day of the meet before the first warm-up.
4. **Each team can designate two (2) alternates for each age/gender group.**
5. Each club participating in the Championship meet must provide a minimum of two (2) experienced adults to work the scorer's table. The names and phone numbers of parent volunteers should be turned in to the Diving Rep one (1) week ahead of the meet if possible
6. Each Club should provide one (1) judge for each event in the championship meet. **Hosting Club provides two (2) judges**. These names should also be provided to the meet coordinators one (1) week prior to the event if possible.
7. The Dive positions (S=Straight, T= Tuck, P= Pike, and F=Free) will be listed on the dive sheet entry form and will take precedence in the case of any conflict over the description and degree of difficulty. It is the coach's responsibility to insure that the dive sheets are correct. The intent of this rule is to provide for a fair resolution of any dive list problem at the Championship meet. To avoid last minute surprises, coaches are encouraged to instruct divers and parents about dives before the Championship meet.

8. The SSSDL Dive Championships will be held following the completion of the regular season. It will run age groups 7&8 through 15 - 18. Division of ages will be determined by the number of registered divers. In the case of too few divers, in any one age group, the meet may be structured combining more than one age group i.e. 12 and Under and 14 and Under may compete at the same time with clear distinction and instruction to the judging panel that a new age group is now on the board.
9. Warm-up shall be at the convenience of the host club, preferably the morning of the Championship. All coaches will invite their clubs to participate in the warm-up and attend with their clubs or provide an alternate safety certified coach to accompany the team.
10. Any extremely unusual problem will be resolved by the Clubs Diving Representatives, the referee and the coaches of the participating teams. If necessary, the decision will be made by majority vote.
11. No jumps will be allowed in the championship meet.

MEET MATERIALS

- Table & chairs for all scoring personnel
- Chairs & scoring flash cards for all judges
- Pencils, pens, calculator (&/or diving slide rule)
- Public address system
- Current SSSDL Dive League Operating Plan
- Tents or umbrellas for judges & scorer's table if needed

MEET PERSONAL

All meets should have the following officials:

- 5 judges per event (2 from visiting team & 3 from home team)
- 1 announcer
- 4 scoring table officials (recorder, cross out high/low, add/multiply, & double checker)
- 1 awards person
- 1 certified referee (If no referee is available both coaches from each pool will referee jointly)

DUTIES OF THE MEET PERSONNEL

Judges

- Award scores for each dive during an entire event as instructed at the judging clinic or by the meet referee.
- Parents should try not to judge an event in which her/his child is entered if possible.

Announcer

- Reads the order in which the divers are diving.
- Reads the name, club affiliation, the dive, position & degree of difficulty for all first dives; thereafter omitting affiliation.
- Calls for the judges' scores
- Reads the scores in the **same** order
- Reads the scores **after ALL the scores** are shown.
- Responsible for keeping the pace of the meet moving
- Must remain impartial to ALL teams. Remembering that they are the host of the meet and a rep of SSSDL.

Scoring Table Officials

- **Recorder:** Records the judges' scores on the dive sheet entry form
- **High/Lows:** Cancels the highest & lowest score if there are five judges
- **Adds/Multiplies:** Adds to total the scores & multiplies the recorder's total scores to the Degree of Difficulty of the dive. This can preferably be done using a diving slide rule or an electronic calculator when available. The calculator adds the result to the running subtotal.
- **Double Checker:** Checks the score sheet, verifying the scores and the calculations for accuracy; passes the sheets back to the Announcer in correct order.

Awards

- Separates the score sheets by event in the case that events were combined
- Ranks the score sheets by event and notes the rank on the sheet
- Fills out any ribbons or medals

Meet Referee Responsibilities

1. The referee shall be a certified judge and can be from any team.
2. The referee will take responsibility that all SSSDL Diving Plan procedures are followed.
3. The referee will call the meet off in accordance with the weather on the advice of the certified lifeguard on duty.
4. The referee will monitor the quality of the judging and may pull a judge who is blatantly biased toward one team or the other.
5. The referee will monitor diver etiquette; in particular that there is no one present behind or to the sides of the diving board while a diver is on the board.
6. The referee will stop the meet if there are swimmers in the pool during competition portion of the meet; the referee will not allow the meet to continue until all swimmers exit the pool.
7. The choice to have a water line will be decided by the host pool. Any team member may be pulled from the line for not following the rules.
8. The referee will call all balks, incorrect dives, incorrect positions, and remind judges of the rules such as “hands up entries, no greater than a 4”.
9. The referee will be paid \$200.00 for the full day of the SSSDL Championship Meet.
10. The referee shall go over the SSSDL rules and judging etiquette before the meet.
11. The referee will debrief with the judges after a round of ages dive to discuss any concerns or observations.
12. The referee will be impartial and not favor any one team.
13. The referee will not coach, cheer or speak to any of the divers during the competition.

FINA Guidelines for Judging the Dive

Excellent	10
Very Good	8.5 – 9.5
Good	7.0 – 8.0
Satisfactory	5.0 – 6.5
Deficient	2.5 – 4.5
Unsatisfactory	0.5 – 2.0
Incorrect Dive	0.0

The following points should be considered in judging the overall impression of a dive including the technique and gracefulness of:

- 1) The starting position and approach.
 - Posture should be straight and tall
 - the approach should be smooth, aesthetically pleasing, and in a forward direction toward the end of the board.
- 2) The take-off
 - should be off both feet simultaneously from the end of the board
 - should be bold, high and confident
- 3) The Flight
 - During the flight the position should be held at all times and be aesthetically pleasing
- 4) The Entry
 - Should be vertical into the water
 - The body should be straight
 - The body should not be twisted
 - Legs should be together with toes pointed.