

Metro League Diving Bylaws - Updated July 2025

I. Diver Eligibility:

- A. Divers shall be valid members or grandchildren of members of the club they represent. In the case of dual membership, a participant may represent only one swimming club and one diving club.
  - a) Children of managers and coaches shall be allowed to participate on the swimming and/or diving teams.
- B. A diver's age and gender as of May 15 of each season shall determine the age group and gender in which he/she competes that season. For clarification, please refer to the following three examples:
  - a) If a diver's 11th birthday is on May 14, then that diver competes in the 11-12 age group.
  - b) If a diver's 11th birthday is on May 15, then that diver competes in the 11-12 age group.
  - c) If a diver's 11th birthday is on May 16, then that diver competes in the 9-10 age group.
- C. On or after May 16, a diver may practice only with their summer team and compete only in their summer team's meets in order to be eligible. To clarify, a diver may NOT practice or compete for another summer club team, a year-round team, etc. on or after May 16.
- D. It is the obligation of each coach to see that participants representing his/her club do not violate the League rules and that each participant from his/her club has a complete understanding of the rules. Lack of knowledge by a coach of a violation by a participant on his/her team is no defense to a rules violation.
- E. Violation of rules will result in forfeiture of dual meets and disqualification of the participant entered.
- F. Divers must participate in at least one meet to be eligible for participation in the championships. Exceptions may be brought up and voted upon.

II. Diving: Specifics

A. Age Groups-Number of dives in Competition

Age Group	Dual Meets	Championships
8 and Under	3 dives, 2 groups	4 dives, 2 groups
9-10	4 dives, 2 groups	5 dives, 2 groups
11-12	5 dives, 3 groups	6 dives, 3 groups

13-14	6 dives, 3 groups	8 dives, 4 groups
15-18	6 dives, 4 groups	8 dives, 4 groups

1. The CHSAA degree of difficulty standards will be used. In addition, all jumps will have a DD of 0.5, and falls will have a dd of 1.0. If a diver attempts a 201 or 101 and does not jump, the DD will be changed to 1.0.
2. Approaches:
  - a. A full back approach, including arm swing and push-off, must be used for the dive to be considered a back dive (dive #201).
  - b. 8 and under divers do not have to have an arm swing. For all other age groups, if there is no arm swing on any backward take-off they can not receive more than 2s on the dive.
  - c. A full 3-5 step approach with a hurdle or a standing approach with an arm swing must be used for dives with a forward takeoff for divers 9 and older.
  - d. If a diver who is 9 or older balks, a 2-point deduction will be taken at the scoring table (judges score as normal). Divers who are 9 or older performing a walking approach with less than 3 steps will be treated like a balk.
  - e. 8 & under divers will not be penalized for balks or approaches with fewer than 3 steps.
3. Any arm position on feet first entries for 8 & under divers is allowed without deduction excepting jumps. 9 and up can not receive more than a 4 1/2 from each judge if they enter a feet first dive with their arms above shoulder height.
4. A minor break in form will receive no more than 4 1/2 s.
5. A major break in form will receive no more than 2s as called by the Head Judge.
6. A crow-hop is a 1/2 to 2-point deduction.
7. The number of oscillations that may be taken without deduction is four. After four oscillations, judges will take 1/2 -2 point deduction, judges discretion as to the amount of deduction.
8. If a diver does not attempt to come out of a dive (lands in the position of the dive or while still twisting) they will receive no more than 4 1/2 s.
9. If a diver over or under rotates a twisting dive by a 1/4 of a rotation or less the dive should be considered legal; if the dive is at the 1/4 twist point, they will receive no more than 2s. This will be decided by the direction of the diver's hips upon entry to the water.

10. If a diver twists on the board on their take off it is a 2 point deduction by each judge.
11. If a diver is too close to the board (less than 5 inches away) it will receive no more than 2s.
12. Any other specifics, refer to CHSAA rules.
13. These bylaws must be referenced and gone over in premeet coaches meetings for both dual and championship meets. The head judge must have a printed version of these bylaws accessible during both dual and championship meets for easy reference in the situation of any confusion.

#### B. Diving Dual Meets

1. All dual dive meets will begin at noon. Make every effort to keep meets at 12:00. If you have to change this, you need to arrange it with the other coach at least 1 week in advance if possible.
2. Scoring for dual meets will be 5-3-1 for 1st, 2nd, and 3rd in each age group. Ribbons for 1st - 6th place will be handed out. Individual coaches may also hand out participation ribbons (recommended for 8 & under divers).
3. Host teams are responsible for providing workers for scoring, awards, and judges (if needed).
4. Judges for the competition will be selected from the coaches of the competing teams. If only 2 judges are available each divers total score will be multiplied by 1.5. A head judge from the host team should be selected.
5. 8 & under age group divers may perform up to three <1.0 dives, 9-10 age group divers may perform up to two <1.0 dives, 11-12 age group divers may perform up to one <1.0 dive.

#### C. Championships (Invite, League Championship, and All-Star)

1. Two "failed dives" disqualifies the diver from scoring/placing in the Championship Meet. A "scratched" dive DQs the diver from scoring/placing in the championship meet.
2. 8 and Under divers may do a maximum of two 1.0 dives. 9-10 divers may only perform one 1.0 dive, and 11-12 divers may not perform any 1.0 dives. Divers must meet these requirements to dive in the league meet. Divers not meeting these requirements, may dive for awards only.
3. 5 judges will be selected for each age group/section with as many teams represented as possible. A head judge should be selected for each age group/section and should switch between judges and the pool they represent every section.
4. Awards/Scoring shall go through twelve places. 18-15-13-11-10-9-7-5-4-3-2-1 5. The top 3 teams shall receive trophies.
5. Teams may have no more than 4 divers score points (top 12) for their team in each age group.

6. Schedules for Invitational and League Championship should be communicated no later than 2 weeks before the meet takes place.
7. The Metro League should plan to host the All-Star meet every other year.

### III. Communication

- A. Give your name and a good contact phone number to your aquatics director and give them permission to share that information with other aquatics directors, dive coaches, or swim coaches.
- B. A preseason meeting must be planned and attended by at least one representative from each pool before the first dual meet. In this meeting these bylaws will be read out to ensure clarity between all pools.