Montgomery
County
Diving
League

MCDL

Member Pools & Directions
Diving Records
Tables & Explanations of Dives
Checklists for Team Reps
Judges & Referees

Rules for Competition

2026

2026 MCDL Calendar

June 7th at 9am — MCDL Rookie Meet at Regency Estates

June 14th at 4pm
- Div 1: Rock Creek at Merrimack Park, Glenwood at Tanterra
- Div 2: Robin Hood at Manor Woods, Carderock Springs at Old Georgetown
- Div 3: Old Farm at Seven Locks, Mill Creek Towne at Potomac Woods
- Div 4: Mohican at Flower Valley, Westleigh at Country Glen
- Div 5: Bannockburn at Palisades, Inverness at Twin Farms
- Non-Divisional: Regency Estates at North Chevy Chase, River Falls and Potomac at Little Falls

June 21st at 4pm
- Div 1: Merrimack Park at Glenwood, Tanterra at North Chevy Chase
- Div 2: Manor Woods at Carderock Springs, Old Georgetown at Regency Estates
- Div 3: Seven Locks at Mill Creek Towne, Potomac Woods at Little Falls
- Div 4: Flower Valley at Westleigh, Country Glen at River Falls
- Div 5: Palisades at Inverness, Twin Farms at Potomac
- Non-Divisional: Robin Hood at Rock Creek,Mohican and Bannockburn at Old Farm

June 28th at 4pm
- Div 1: North Chevy Chase at Merrimack Park, Glenwood at Rock Creek
- Div 2: Regency Estates at Manor Woods, Carderock Springs at Robin Hood
- Div 3: Little Falls at Seven Locks, Mill Creek Towne at Old Farm
- Div 4: River Falls at Flower Valley, Westleigh at Mohican
- Div 5: Potomac at Palisades, Inverness at Bannockburn
- Non-Divisional: Old Georgetown at Tanterra, Country Glen and Twin Farms at Potomac Woods Non-Divisional: Seven Locks at Rock Creek, Mohican and Bannockburn at Carderock Springs

July 5th at 4pm
- Div 1: Tanterra at Rock Creek, North Chevy Chase at Glenwood
- Div 2: Old Georgetown at Robin Hood, Regency Estates at Carderock Springs
- Div 3: Potomac Woods at Old Farm, Little Falls at Mill Creek Towne
- Div 4: Country Glen at Mohican, River Falls at Westleigh
- Div 5: Twin Farms at Bannockburn, Potomac at Inverness
- Non-Divisional: Manor Woods at Merrimack Park, Flower Valley and Palisades at Seven Locks

July 13th at 4pm
- Div 1: Merrimack Park at Tanterra, Rock Creek at North Chevy Chase
- Div 2: Manor Woods at Old Georgetown, Robin Hood at Regency Estates
- Div 3: Seven Locks at Potomac Woods, Old Farm at Little Falls
- Div 4: Flower Valley at Country Glen, Mohican at River Falls
- Div 5: Palisades at Twin Farms, Bannockburn at Potomac
- Non-Divisional: Carderock Springs at Glenwood, Westleigh and Inverness at Mill Creek Towne

July 17th at 3pm — Robin Hood Invitational Meet

July 19th at 8am — Divisional Championship Meets

July 22nd at 3pm — MCDL All-Stars – 12 & under events
July 23rd at 3pm — MCDL All-Stars – 13-18 events

Montgomery County Diving League

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FINA Table of Dives inside of back cover
MCDL Table of Dives outside of back cover
Please check www.mcdiving.org
for the latest MCDL information.

1.1 President's Message

Hello to Montgomery County Diving League Families,

Welcome to the forty-seventh season of the Montgomery County Dive League!

We look forward with anticipation to another wonderful summer of springboard diving with our member pools. I'm pleased to say that our league is going strong as interest in the sport of diving continues to grow in our neighborhoods. Our MCDL community is united in purpose to foster a love of the sport of diving, improve the athletic skills of our athletes, work as a team, and practice good sportsmanship

I have been involved in diving at many levels; my children learned the basics of diving in the Montgomery County Recreation "Human Springs" classes, they made rapid progress through the summer in MCDL, and eventually two of my children advanced to dive on the Montgomery Dive Club's National Team, competing in multiple Junior National Olympic Championships. Whether it was at a summer pool, or at a national competition, I have always been impressed with the dive community. Parents and coaches are supportive of all athletes and strive to ensure that everyone has a positive experience. I'm thankful to have met so many wonderful people along this journey in MCDL. I enjoy renewing relationships with the veteran team reps every summer and welcoming on our new reps and helping them find their way in the league. I hope all families come to love the sport of diving and find it a rewarding experience to be in MCDL this summer.

I want to thank the 2026 Board and advisors: David Biss, Teresa Williams, Carolyn Simpkins, Dawn Moffitt, Callie Heaton, Traci Vagnucci, Beth Van Gelder, Helina Tuminaro, Ramona Schreiber, Steve Bettinger and John Mackey. This wonderful group dedicates their time to help the league run smoothly. We deeply appreciate the team representatives who give countless hours to their teams each season. Thank you for all you do for the divers, parents, and our league.

See you at the pool!

Kristy Johnson
MCDL President

1.2 MCDL Board Members 2026

PRESIDENT:
Kristana Johnson
Joh1311@comcast.net

VICE PRESIDENT:
David Biss
David.Biss@gmail.com

SECRETARY:
Dawn Moffitt
MoffittDawn7@gmail.com

TREASURER:
Teresa Williams
MCDL_Treasurer@yahoo.com

RULES:
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AT-LARGE:
Callie Heaton
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WAYS & MEANS:
Carolyn Simpkins
simpkins.four@yahoo.com

Traci Vagnucci
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Helina Tuminaro
HTuminaro@gmail.com

Please Contact Us…

Do you have a Rules question, issue or suggestion?

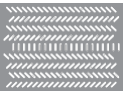
Roster or registration questions?

Meet management questions?

Contact the Board!

board@mcdiving.org

1.3 MCDL Standards for Individual Behavior



Individual Behavior

The mission of MCDL is to promote the sport of diving in a safe and fun environment for the children of Montgomery County. We wish to provide only the most positive experience for our youth; thus, we are committed to the following standards listed below.
All individuals who participate in MCDL events should read the following standards, since participation within MCDL is an indication of your willingness to abide by these standards:

- **As a diver**, you are responsible for yourself and should conduct yourself in a safe and fair manner.
- **As parents/guardians of a diver**, you are responsible for yourself, as well as all guests and family members who attend an MCDL event.
- **The Teams Coaches, Team Representatives, event officials and volunteers** will be held accountable for their own behavior as well as the behavior of the team's parents and spectators and will be disciplined accordingly if individuals do not uphold these standards.

All Individuals Shall:

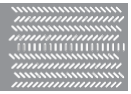
01. Comply with the policies and procedures of Montgomery County Diving League as stated in the current MCDL handbook, as amended for each summer season.

02. Respect all participants, coaches, officials, and volunteers at every practice or event and encourage all other participants to do the same.

03. Refrain from abusive or inappropriate language or inappropriate physical contact towards officials, volunteers, coaches, and participants.

04. Accept the decisions of the officials as being fair and performed to the best of their ability. Never go onto the deck or approach table workers while an event is in progress. Allow the coach or Team Representative to take all questions, rule interpretations, or concerns to the event Referee or, if necessary, to one of the MCDL Board members.

1.3 MCDL Standards for Individual Behavior



05. Refrain from giving the children instructions during the event. Allow the coach to guide them.

06. Help ensure the safety of the pool area by reporting any unsafe hazards and removing trash. Please do not leave food or beverages in the pool area. The use of tobacco, vape, alcohol or any drugs at all MCDL events is strictly prohibited.

07. Encourage and compliment divers when they show improvement, demonstrate extra effort, or when they simply need some kind words.

08. Abide by a doctor's decision in all matters of health, injuries, and ability to participate.

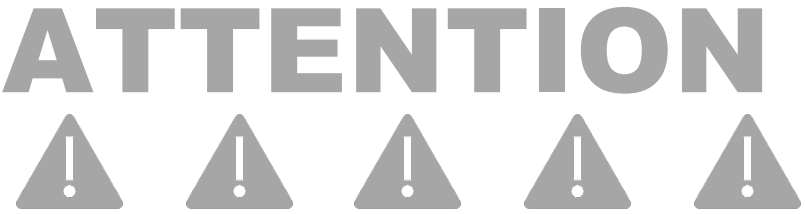
09. Remember that MCDL Diving is for the kids - not the adults!

Each Team Representative must obtain signatures from each diver and parent agreeing to the MCDL Standards for Individual's Behavior. This document, provided on the MCDL website, must be printed and signed by hand, not electronically, and kept on file by the Team Representatives throughout the dive season.

PENALTY FOR NON-COMPLIANCE

If an individual is cited for these or for any other reason as amended by the MCDL Rules, the offending individual may be subject to suspension of up to 2 official MCDL events at the discretion of the board. Any unsportsmanlike conduct or behavior in a manner that is deemed inappropriate by the MCDL Board may result in banning the individual(s) or the team from further participation in the League. If an individual is cited a second time or acts out physically towards another person, the individual will not be allowed to attend any MCDL activities for at least one (1) year from the date of the incident and the Pool status within MCDL shall be evaluated for possible immediate suspension by the MCDL Board. When any such action is taken, all cited individuals must meet with the MCDL Board prior to returning to any future MCDL event. MCDL is for the kids. Let us all do everything we can to make it a positive experience for everyone.

1.4 Safety Message



Safety is of utmost concern for the Montgomery County Diving League.

The MCDL's safety program helps each pool in the league to exert its best effort to keep the diving equipment and facilities in the best possible condition.

Each pool is responsible to ensure that the diving boards and the area around the diving well are maintained with the safety of all pool users in mind. It is the responsibility of each pool to assure competent maintenance of its aquatic facility to include the diving equipment. There is a Safety Inspection form on the MCDL website under "MCDL Forms", titled Safety List, to help you.

The welfare of our children as they explore the sport of diving is of paramount importance, and MCDL is committed to making sure that their summertime diving is a pleasant and safe experience. I would like to thank all past team representatives for their active efforts in making the MCDL a safer environment for all the divers, pool members, and all who use our pools.

For more information on maintaining diving boards, please visit the DuraFlex website.

Be safe and have fun!

Teresa Williams
Safety Chair

1.5 Insurance and MCDL Roster



Participation in the MCDL insurance program is mandatory for all divers participating in League activities, dive team practices, and competitions. The premium cost is $20 per diver.

Eligible divers may not participate in MCDL team practice or competition without registering and paying the $20 policy fee to the Pool. Any violation of this provision may nullify a team's and possibly the entire league's coverage. Non-Diving Coaches, Team Representatives, Volunteers, and MCDL board members are not required to pay the policy fee.

Each Team Representative must obtain a written statement from each diver and the diver's parent(s) or guardian(s) indicating willingness to participate in MCDL activities and permission for the diver to participate. This may be part of the Registration Form that each Pool uses for Divers to participate on their Diving Team.

Coverage commences May 27 of this year. Dive team practices may be scheduled before May 27 as last year's coverage does not expire until May 27.

Each Pool shall:

01. **Maintain records of Diver information and Behavior Agreement with Legal Signature (see above)**

02. **Enter Diver's name, birthday, and gender in the MCDL website Roster**

03. **Pay $20 for each Diver on their Roster to the MCDL Treasurer by:**
- the first check is due by the third Friday in June.
- the final payment is due by the third Friday in July.

In case of ANY INJURIES or any questions, immediately contact the MCDL Board at **board@mcdiving.com**

2.01 Provisional Rules for Summer 2026

Rules marked ***[PROVISIONAL]*** are in effect for the current season on a trial basis, adopted by the membership in March 2026. These rules will be presented for discussion and a formal vote to be incorporated as a permanent part of MCDL rules in the October 2026 membership meeting. Until a formal vote is taken, provisional rules carry full force.

PROVISIONAL RULES

1. Once a dive sheet has been submitted to the Meet Secretary, any changes must be made in person at the table with both the diver and coach present. Changes for first-half divers must be made no later than 15 minutes before the start of the meet; changes for second-half divers must be made no later than 1 minute before the start of the second half. After any change is made, both the diver and coach must sign or initial the sheet. By doing so, they confirm that they approve the change and that the diver's competition list complies with the dive requirements for their age group (see Section 2.6).

2. For divers competing in 12 & Under events, the following degree of difficulty (DD) adjustments apply in all MCDL competition:
    a. 5111A and 5211A = 1.2 (reduced from 1.6)
    b. 5112A and 5212A = 1.3 (reduced from 2.0)

3. When a meet is suspended and rescheduled, divers previously entered in that meet may make changes to their dive sheets under the same conditions as newly entered divers. This includes changes to dive selection, position, or age group (i.e., diving up), subject to all other applicable rules. For dives already performed prior to suspension, no changes may be made. The deadline for submitting or modifying dive sheets for the resumed meet shall follow the standard timeline, measured from the scheduled resumption time.

4. Clarification to note that the break between the first and second half of a meet shall be determined by the Meet Secretary in consultation with the Referee and both team representatives. This determination may be made prior to the start of the meet based on team size and the anticipated number of divers. In all cases, the Referee retains final authority over meet timing decisions. Wording will now say, "Meet Secretary with approval of the Referee determines the break".

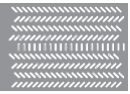
5. For meets involving three teams (tri-meets), the diving board shall be open for warm-ups for a minimum of one hour prior to the start of the meet. During this time, all divers from all three teams may use the board. The final 15 minutes of the pre-meet warm-up period are reserved exclusively for first-half divers; second-half divers must clear the diving area at that time. The host team representative is responsible for announcing the start of warm-ups and the transition to the first-half-only period. All other warm-up procedures, including the 30-minute second-half warm-up period, shall follow the standard dual meet timeline as described in Section 4.1.3.

The rules in the following pages apply to the MCDL season. The season consists of a series of Dual meets, Division Championship meets, and an All-Star meet.

2.1 Allowable Dives for Competition

Only dives listed in this Handbook (the MCDL dives listed on the back cover or the FINA dives listed on the inside cover) may be performed. The tables at the end of these rules shall be used to assign the degree of difficulty (DD) to dives. Any request for additional dives to be added to the published dives listed in the Handbook will be subject to MCDL review and, if approved by the Rules Committee, will be posted on the MCDL website no later than June 1st of the current dive year, and will be included for the current dive year competition. Any request to add additional dives after June 1st of the current year shall be deferred to the off-season for MCDL review and will NOT be considered for the current year dive season.





2.2 Team Ranking/Seeding per Season

MCDL teams will be seeded each season into designated divisions of about equal strength for diving competition. This will be determined as follows:

First, two points are assigned for each dual meet win, and one point is assigned for each dual meet tie. Based on this total, each team will be assigned Division Rank Points in rank order based on the number of teams in the division:

5 Team Division
- 9 points for first
- 7 points for second
- 5 points for third
- 3 points for fourth
- 1 point for fifth

6 Team Division
- 11 points for first
- 9 points for second
- 7 points for third
- 5 points for fourth
- 3 points for fifth
- 1 point for sixth

Second, teams will be ranked based on total team scores awarded at the Division Championship meet. Division Championship Points will be assigned using the same ranked point system as above.

Third, Division Rank Points and Divisional Championship Points will be totaled. This total will determine the Division Dual Meet Champion and the final team ranking within the Division for the season.

Based on the final team ranking within each division, the top ranked team of all divisions, except Division 1 will move up one Division in the following season. The lowest ranked team of all divisions except the lowest division will move down one Division in the following season. No more than two teams in each division may be moved up or down in one year. An exception to these rules is when provisional teams are competing in a division. Provisional teams will be assigned to a division for their first year to facilitate ease of running meets and becoming assimilated into the dive league. In their first year as full members, teams will be assigned to the lowest division. The Rules Committee will make the final decision on the number of teams that move.

In-season standings are updated weekly and final team ranking is posted on the MCDL website under Teams > Standings.

2.3 Point Allocation for Breaking Ties

.01 Dual Meet (Division Rank) Ranking –

In assigning Division Rank Points, for teams with identical dual meet records, the ranking will be decided by the outcome of the dual meet head-to-head competition between the tied pools. If ranking cannot be determined by head-to-head results – e.g. tied in their dual meet, or three tied teams have mixed head-to-head results –the applicable ranking points will be added and then divided equally between or among the tied teams. For example, if three teams in a 5-team division have 4-1 records, the 9 points for first place, the 7 points for second place, and the 5 points for third place would be added to make 21 points. Each team would receive 7 points for the dual meet ranking purposes.

.02 Division Champion Meet –

In assigning Division Championship Points, if two or more teams have tied scores at the Division Championship meet, the applicable Division Championship Points will be added and then divided between or among the tied teams (see example above).

.03 End-of-Season Final Ranking –

If adding the dual meet ranking points and divisional meet ranking points results in ties among two or more teams, the following tie breakers apply: The first tie breaker will be head-to-head competition; the second will be Dual Meet standings; the third will be the Division Championship standings; the fourth will be the highest total of the sum of all Dual Meet points; and the fifth will be the highest Dual Meet point total.

2.4 Equipment & Pools

01. All competition will be on a low board. The springboard shall be 1-meter above the water level, measured from the top of the board. The board shall be 20-inches wide, 16-feet long, and covered along the entire surface with an adequate non-skid material. The front edge of the board shall project at least 5-feet, and preferably 6-feet, beyond the edge of the pool.

It is recommended that all diving boards be set up and maintained according to the manufacturer's requirements, especially with regard to elevation and pitch. The springboard must be installed so that the forward end of the board shall be level at the end though the fulcrum be moved to varying positions.

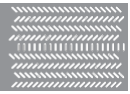
Moveable fulcrums are preferred for Dual Meets and are required for Division Championship Meets and the All-Star Meet. Pools with boards deviating in height from water by more than six inches from the required one meter are designated by an asterisk (*) beside their names in the Division Listings.

02. Unsafe equipment: A safety checklist, signed by the team representative, must be submitted to the Safety Chairperson at the start of each season and no later than June 1. Any equipment known to be unsafe or deficient must be disclosed prior to the start of any dive meet. Failure to comply with these rules means the host pool risks forfeiture of that dive meet.

03. The water depth at the end of the board shall be at least 11 feet, preferably 12 feet. The depth can be measured at any point from the end of the board to a point three feet straight out from the end of the board. Pools with water depth less than 11 feet or with a design configuration which is limiting are identified by an asterisk (*) beside their names in Division Listings.

04. A shallow pool is a pool with a depth of less than 11 feet. In dual meets, pools with depths of 11 feet or greater will always be the home pools unless agreed upon mutually by both pools.

2.5 Diving Events and Eligibility



2.5.1 Age Groups

Competition will be held in 10 events: five age-groups for both girls and boys: 8 & Under, 9-10, 11-12, 13-14, 15-18

2.5.2 Meet Events for all MCDL Meets

Event 1: 8 & Under Girls
Event 2: 8 & Under Boys
Event 3: 9-10 Girls
Event 4: 9-10 Boys
Event 5: 11-12 Girls
Event 6: 11-12 Boys
Event 7: 13-14 Girls
Event 8: 13-14 Boys
Event 9: 15-18 Girls
Event 10: 15-18 Boys

2.5.3 Competitor Eligibility: Pool Membership

Each competitor's family (head of household and his/her sons, daughters, or dependents as defined by the Internal Revenue Service) shall be a bona fide member of the pool represented by the diver. A bona fide member of the pool does not include a diver whose family membership privileges depend upon the diver's position as a coach or employee of the pool.

2.5.4 Age Group Determination

The eligibility of a competitor for a particular age group will be determined by the diver's age as of June 1. For instance, a diver whose birthday is June 1, and becomes 13 on June 1, will compete in the 13-14 age group.

2.5.5 Gender Inclusivity

The mission of MCDL is to promote the sport of diving in a safe and fun environment for all participating youth athletes. This includes those of all genders and gender identities. Taking a page from USA Diving, the national governing body of the sport, we aim to provide a community where individuals from every background are welcome, respected, and safe from harassment and/or bullying, thereby building a diverse team of role models to inspire the next generation of divers.

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2.5.6 Team Roster

Each club will maintain and make available at each meet an up-to-date list of its divers on their team by age and/or by gender. This roster is maintained on the MCDL website. A diver is eligible to dive in a Dual Meet only if he or she has been added to the MCDL roster by 11:59 p.m. the Friday before the Dual Meet. Every pool can view all other pool rosters. The Website Chairperson is the only person capable of modifying or removing divers once added to a roster. If any divers need to be modified once added to a team roster, complete the Registration Change Request Form. Divers cannot be deregistered from MCDL roster after the first meet of the season.

2.5.7 Exhibition Divers

A diver without a qualifying list of dives, who would be ineligible to compete for Dual Meet Team points, may be granted exhibition status with approval of both team representatives. Exhibition divers are not required to perform all the dives listed for their age groups.

NOTE: Any diver competing in a Dual Meet as an *"Exhibition Diver"* DOES NOT count towards the 2 Dual Meet minimum required to qualify for the Divisional or the All-Star Meets. Each diver seeking this qualification MUST have a competing set of dives for their age group and would therefore be competing for team points in the dual meet they are entered.



2.5.8 Diving Up

In Dual Meets, divers compete in their own age group. A void exists if, prior to the start of the meet, a team has fewer than two (2) eligible divers in an age group. To fill a void, a team may move diver(s) up into the next higher age group. Moving a diver out of an age group and into the next highest one does not constitute a void in the previous age group. Therefore, should a team elect to have a diver "dive up", they may leave one or no divers in an event. The vacated spot left by the "diving up" diver is not a void that can be filled by a diver "diving up" from a younger age group. For example: A team moves an 11-12 diver into 13-14. In doing so, that team now has only one diver in the 11-12 age group. This does not qualify as a void and the team may not move a 9-10 diver into 11-12. A diver that has been granted "exhibition" status will not, however, count toward the two "eligible" divers in an age group. The participation of this "exhibition" diver would not negate any voids.

Divers will be permitted to compete in the next higher age group only if the diver's coach certifies that the diver is able to perform a full list of dives required in the age group. For example, at the discretion of the coach, 9-10 age group divers may be permitted to compete in the 11-12 age group should there be a void. To count for team points, a diver competing in the higher age category will not be allowed to eliminate an optional dive.

Team Representatives and Coaches are cautioned that divers may prefer to compete at their age level and not beyond. Nothing in these rules requires or encourages participation beyond a diver's age group. Requiring an unwilling or hesitant diver to dive in an older age group, or to discourage a willing diver from participating in order to invoke this provision is strictly prohibited.

Each team representative must notify the referee and the opposing team representative of all divers competing in a higher age group prior to the start of the meet. This may be done by circling those divers on the Team Roster BEFORE the beginning of the Dual Meet and handing the Roster to the Meet Secretary or Meet Referee.

In meets other than Dual Meets, including Division Championship and All-Star Meets, competitors must participate in their age group.

2.6 Competition Dive Lists by Age Group

All dives will be performed on one-meter boards. Only dives listed in this Handbook including the MCDL dives listed on the outside back cover or the FINA dive listed on the inside back cover and any additional dive posted on the MCDL Website by June 1st of the current dive year, may be performed. The tables at the end of these rules shall be used to assign the degree of difficulty to dives.

The execution of a dive may be in one of the following positions:
(***A***) Straight, (***B***) Pike, (***C***) Tuck, or (***D***) Free.

Dives for all meets shall be as follows:

01. **8 & Under Dive List** -
A total of 3 dives in the following order:
- *First*: 101 Forward Dive, any position, DD = 1.3, regardless of position*****
- *Second*: 200 Back Jump [hands may be over the head without prejudice] or 201 Back Dive, any position, DD = 1.6, regardless of position*****
- *Third*: Optional.***

02. **9-10 Dive List** -
A total of 3 dives (*2 required and 1 optional*) in the following order:
- *First*: 101 Forward Dive, any position, DD = 1.3, regardless of position*****
- *Second*: 201 Back Dive, any position, DD = 1.6, regardless of position*****
- *Third*: Optional.***

03. **11-12 Dive List** -
A total of 4 dives (*2 required and 2 optional*) in the following order:
- *First*: 101 Forward Dive, any position, DD = 1.3, regardless of position*****
- *Second*: 201 Back Dive, any position, DD = 1.6, regardless of position*****
- *Third*: Optional***
- *Fourth*: Optional***

Note: this age group chooses 2 optionals from the 5 groups

*** 001 may be substituted for 101. 002 may be substituted for 201.**
***** Each optional shall be selected from a different group of the five dive groups but cannot be either dive number previously performed, including 001, 002, 101, or 201 regardless of position.**

Note: dives 5111B/5211B = 1.5 pike for ages 12 & under

[PROVISIONAL] For 12 & Under, the following DD adjustments apply:
5111A and 5211A = 1.2 (reduced from 1.6)
5112A and 5212A = 1.3 (reduced from 2.0)

2.6 Competition Dive Lists by Age Group

04. **13-14 Dive List** -**
A total of 5 dives (*2 required and 3 optional*) in the following order:

- *First*: 101 Forward Dive, any position*
- *Second*: 201 Back Dive, any position*
- *Third*: Optional***
- *Fourth*: Optional ***
- *Fifth*: Optional ***

Note: this age group chooses 3 optionals from the 5 groups

05. **15-18 Dive List** -**
A total of 6 dives (*3 required and 3 optional*) in the following order:

- *First*: 101 Forward Dive, any position*
- *Second*: 201 Back Dive, any position*
- *Third*: 401 Inward Dive, any position
- *Fourth*: Optional ***
- *Fifth*: Optional ***
- *Sixth*: Optional ***

Note: this age group chooses 3 optionals from the 5 groups

*** 001 may be substituted for 101. 002 may be substituted for 201**
**** Jumps are not allowed in All Stars for 13 and older.**
***** Each optional shall be selected from a different group of the five dive groups but cannot be either dive number previously performed, including 001, 002, 101, or 201 regardless of position.**

2.7 Dive Order, Elimination and Failure Rules

For all meets, required dives will be performed in the order specified in this handbook. Optional dives may be performed in any order at the option of the competitor; however, they must be performed in the order listed by the diver on his or her entry form. If a dive is listed out of order and the error is discovered before the execution of the dive, the referee will instruct the Secretary to make the correction. If the error is discovered after the execution of the out-of-order dive, the dive that should have been performed will be declared failed and the referee will instruct the Secretary to correct the balance of the list. The out-of-order dive shall be listed in its proper place and must be performed a second time to be judged and scored.

Each diver must execute the dive listed on his/her entry form (*with the exception of position*) or have that dive declared failed. In the event of an error on a dive sheet, the dive number listed takes precedence over what is written in English on the sheet. If a Diver elects to change position of a dive listed, the lower of the two positions' Degree of Difficulty will apply to scoring.

Eliminating a Dive: For all meets, a diver may eliminate one, but only one, optional dive and take zero on the dive without prejudice and may remain in the contest if otherwise eligible. However, a diver **diving up** may not eliminate any dive. No diver may eliminate a required dive and remain in the contest.

Failing multiple dives: No diver may fail two dives, either voluntarily or involuntarily, and remain in the competition. A diver who fails a required dive and has been determined by the referee not to have made a sincere attempt to complete the dive shall be eliminated from competition.

Unsportsmanlike Conduct: The Referee has the discretion to disqualify a diver if the diver is behaving in an unsportsmanlike and/or disrespectful manner.

No dive may be repeated, even though in another position.

3.1 Dive Number Explanations

01. All dives shall be designated by a system of 3 or 4 numerals followed by a single letter.

02. The first digit shall indicate the group to which the dive belongs:

1 = Front
2 = Back
3 = Reverse
4 = Inward
5 = Twisting

03. In the Front, Back, Reverse, and Inward groups, a 1 in the second digit indicates that the dive has a flying action during the dive. When there is no flying action the second digit shall be 0.

04. The third digit shall indicate the number of half somersaults being performed. For example, 1 = ½ somersault, 3 = 1½ somersaults etc.

05. In the Twisting group (*those dives beginning with the digit 5*) the second digit indicates the group or direction of the take-off as listed in (*2*) above.

06. In the Twisting groups the fourth digit shall indicate the number of half twists being performed.

07. The letter at the end of the dive number shall indicate the position in which the dive is performed:

A = Straight
B = Pike
C = Tuck
D = Free

08. Free position means any combination of the other positions and is restricted to twisting dives and dives 001 (Forward Line-Up), 100 (Forward Jump), 002 (Back Line-Up), and 200 (Back Jump).





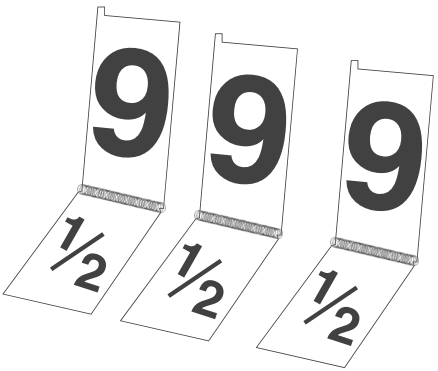
3.2 Points Awarded and Deducted by Officials

3.2.1 Scoring Scale

Points or half-points shall be awarded from 0-to-10
According to the opinion of the judges and the following table:

Excellent	10 points
Very good	8-1/2 to 9-1/2 points
Good	7 to 8 points
Satisfactory	5 to 6-1/2 points
Deficient	2-1/2 to 4-1/2 points
Unsatisfactory	1/2 to 2 points
Completely failed	0 points

Under NO circumstances can a minus score be recorded. The lowest score for any dive is zero.



3.2.2 Evaluating the Four Parts of the Dive

Dives should be executed and judged on the following principles-

3.2.2.01 The Approach

a. The diver's movement to the starting position shall not be taken into consideration; the starting position shall be free and unaffected.

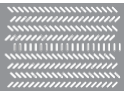
b. The starting position of standing dives shall be assumed when the diver stands steady on the front end of the springboard. The body shall be straight, head erect, with the arms straight and in a position of the diver's choice. The starting of a forward approach (*running dive*) shall be assumed when the diver is ready to take the first step. The first step constitutes the start of the dive. Failure by the diver to fully assume the starting position for a standing or running dive shall be reflected by a deduction of 1-3 points in the Judges' scores. It shall be considered a failed dive if the diver falls into the water from the board prior to assuming the starting position.

c. After assuming the starting position for standing or running dives, if the diver makes an obvious attempt to start the approach or press and stops, a balk will be declared. In standing dives, the diver has the option of moving the arms to various preparatory positions without a balk being declared, so long as there is no obvious attempt to start the press. In the event the diver balks, the Referee, upon completion of the second attempt at the dive, shall instruct the Announcer to reduce each Judge's award by two points. If the diver balks twice, it is a "failed" dive. No further attempt shall be permitted.

d. All springboard dives with a forward take-off may be performed either standing or with an approach and hurdle at the option of the diver. When an approach is used, it shall be smooth, straight and forceful and shall comprise no less than one step before the hurdle. If a diver takes less than one step before the hurdle (hop), the referee shall deduct two points from each judge.

e. The hurdle is described as the jump to the end of the springboard following the approach. The take-off for the hurdle shall be from one foot only. Both feet shall contact the end of the board simultaneously following the hurdle. A take-off for the hurdle from both feet shall constitute a balk.

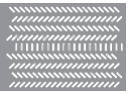
3.2.2.02 The Take-Off



The Take-off

f. The take-off shall be forceful, reasonably confident and shall proceed without undue delay. In running dives, both feet must leave the board simultaneously immediately following the hurdle. Leaving the board with one foot shall constitute a balk. A diver is entitled to his own method of arm swing on back or standing front take-offs but must not lift his feet from the board before the take-off. If during the arm-swing or prior to the take-off the feet leave the board, each judge may deduct 1/2 to 2 points from his/her score according to the Judges' opinion.

g. All springboard dives with a forward take-off may be performed either standing or with an approach and hurdle at the option of the diver. A prior declaration of the manner of take-off is not required. The Judge shall award points for a standing dive bearing in mind the height and standards of execution which might be expected from a dive with an approach.



3.2.2.03 Flight Through the Air

a. During the passage through the air the body can be carried straight, with a pike, or with a tuck. Some twisting dives may be done in the free position.

b. In the straight position “(A)”, the body shall be held straight without bending at the knees or the hips, with the feet together and toes pointed. For a dive in the straight position, if the knees are bent, or the body is bent at the hips, the Referee may call the dive partially out of position, and declare a “break in position”, thus instructing the judges to score no more than a 4-1/2 point maximum score for the dive.

c. In the pike position “(B)”, the body shall be bent at the hips, but the legs must be kept straight at the knees, toes pointed. The pike should be as compact as possible. For a dive in the pike position, if the knees are bent, the Referee may call the dive partially out of position, and declare a “break in position,” thus instructing the Judges to score no more than a 4-1/2 point maximum score for the dive.

d. In the tuck position “(C)”, the body shall be bent at the knees and hips with the feet together and toes pointed. The tuck should be as compact as possible. If the diver opens his knees in a tuck, the Judges shall deduct from one to two points.

e. The free position “(D)” (*a combination of straight, pike, or tuck*) may be used in twisting dives only as listed in the tables. The tuck position may be used as part of the free position only in the following dives: 5221, 5231, 5321, 5331. The use of the tuck position in any other twisting dives which permit the use of the free position shall result in a Judge’s award of no more than 4-1/2 points.

f. The Referee shall instruct the Judges that a maximum award of two points shall be given if a dive is performed clearly in a position other than that announced. In any other circumstances in which the dive shall be considered deficient, the Judges shall award not more than 4-1/2 points.

g. The position of the arms while in flight shall be the choice of the diver.

h. In dives with twists, the twist (in the shoulders, torso, or feet) may not begin until the feet have left the board. Any twisting dive in which the twist clearly begins before the feet have left the board will be considered unsatisfactory. The Referee shall instruct the Judges that a maximum award of two points shall be given.

i. In somersault dives with twists, the twist may be performed at any time during the dive at the option of the diver, unless the somersault involves a tuck. In that case, the twist must commence as soon as the diver leaves the board.

j. It is a failed dive if the amount of the twist is greater or less than that announced by 90 degrees or more. The diver's shoulder position upon the diver's 1st contact with the water (the start of the entry) shall be the determining factor.

k. If in any dive, the diver touches the end of the board or would have touched the board if she or he had not dived so far to the side of the board, the diver has performed an unsafe dive no matter how well he or she otherwise has executed the dive. Each Judge must exercise his/her own opinion regarding any points deduction to be made to the diver's score for the dive.

3.2.2.04 Entry

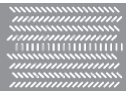
a. The entry into the water must in all cases be vertical, or nearly so, with the body straight and toes pointed. All head-first entries shall be executed with the arms stretched beyond the head in a line with the body, with the hands close together. All feet-first entries (Jumps excluded) shall be performed with the arms held close to the body, and without bending the arms at the elbows.

b. Referee to declare “4 ½ points maximum” if a diver has one or both arms held above the shoulders in a feet first entry or below the head in a headfirst entry (jumps excluded). The diver’s arm position upon the diver’s 1st contact with the water (the start of the entry) shall be the determining factor.

c. Referee shall declare the dive to be a failed dive, if in head- first dives, the feet enter the water before the hands, or in feet-first dives, the head or hands enter the water before the feet.

d. Referee shall declare the dive to be a failed dive if the entry on a twisting dive is greater or less than that announced by 90 degrees or more. The diver’s shoulder position upon the diver’s 1st contact with the water (the start of the entry) shall be the determining factor.

e. Referee shall declare the dive to be a failed dive, if a diver does not execute the proper dive as announced according to these Rules.



3.2.3 Referee Calls for Unusual Circumstances

Referee Calls for Announcer Mistakes, Spoiled Dives, Assistance to Divers, Lack of Effort or Unsportsmanlike Conduct

a. A Referee is always authorized to have the announcer re-announce the dive, so if there is a mistake by the announcer, it can be corrected.

b. The Referee is authorized to have a spoiled dive repeated, when in his/her opinion the execution of the dive was influenced by exceptional circumstances. The diver must request such repetition immediately after the execution of the spoiled dive. Examples of exceptional circumstances are: Strong wind, incorrectly announced dive, noise distractions, or when the diver performs the dive before the signal.

When such a repetition is granted the first dive shall be judged and the marks noted, to be used if a protest is accepted.

c. All divers must perform without assistance from any other person. If, in the Referee's opinion, the diver is assisted by another person, the dive shall be considered failed. One exception to this rule is when a diver is clearly in the wrong Set Position and the Dive Coach (*or anyone*) intervenes verbally to get the diver to "reset" into the proper position for the announced dive. If the Referee determines that the "verbal assistance" happens before the diver has assumed the "set" position, then the diver may proceed with the correct dive with no deductions for a "balk" or "failed" dive. If the Referee determines that the verbal assistance happens after the diver assumes the set position and the intervention causes the diver to correct his or her set position, then the Referee will declare a "balk," with a 2-point deduction from each judge's score.

d. A Referee shall fail a dive if, in the Referee's opinion, the diver is not making an effort to perform the dive or it is obvious that dives listed on the diving sheet are too difficult for the diver. Further, the Referee has the discretion to disqualify a diver if the diver is behaving in an unsportsmanlike and/or disrespectful manner.

3.3 Summary of Points Awarded by Judges and Referees

3.3.01 The Four Parts of a Dive to be Judged

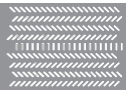
When judging dives, only the dive is to be considered, without regard to the approach to the starting position. The parts of the dive to be considered are:

a. The approach (*the diver's movement following the starting position*)
b. The take-off (*or press*)
c. The technique and grace of the dive during the flight through the air
d. The entry into the water

3.3.02 Underwater Movements

Judges shall not consider or score a diver's actions beneath the surface of the water.





3.3.03 Penalties, Deductions, and Maximum Awards – Referee to Deduct and Declare

REFEREE TO DEDUCT OR DECLARE

Referee may declare a dive a line-up for proper scoring if the dive was not performed with a push, back or forward.

0-Point Call (*or No Score for a Failed Dive*):

- Assistance has been given to a diver during the execution of a dive.
- Diver performs a dive other than what was announced. See page 20.
- Diver refuses to execute a dive or falls in water.
- Twist is greater or less than announced by 90 degrees. See page 26.
- Feet enter first on head-first dive or head or hands enter first on feet-first dive.
- Diver balks twice.

2-Point Deduction When:

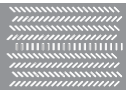
- Diver takes less than one step during a running dive approach.
- Restart in standing or running dive (balk).
- Take-off for hurdle from both feet (balk).
- Take off from one foot (balk)
- Diver has assumed an incorrect set starting position and a “verbal intervention” results in the diver resetting into the correct starting position.

4-1/2 Point Maximum When:

- One or both arms are above the shoulder on feet first entries or below the head in the headfirst entries (Jumps exempted).
- Improper use of tuck position in twisting dives. Tuck may be used only in following dives: 5152, 5154, 5221, 5231, 5321, 5331, 5351.
- Diver partially in a position other than that announced. “Break in Position” is called.

2-Point Maximum When:

- Diver clearly performs a dive in a position other than that announced.
- Diver does not make an attempt to come out of position before entry of a dive. If a diver (in the opinion of the Referee) does not make an effort to come out of a Pike or Tuck position before the Entry (part 4 of a dive), the Referee shall declare the dive “unsatisfactory” and instruct all judges to score the dive a maximum of 2 points.
- Any part of the diver’s body (shoulders, torso, legs, etc.) twists before their feet leave the springboard. Twist is begun before feet leave springboard.



3.3.04 Penalties, Deductions, and Maximum Awards – Judges to Deduct and Declare

JUDGES TO DEDUCT OR GIVE MAXIMUM POINTS:

0-Points When:

- A judge considers that a diver has performed a dive with a different number than announced, although the referee has not declared a failed dive.

2 Point Maximum When:

- Diver clearly performs a dive in a position other than that announced, and the referee has declared maximum 2 points to be given.
- Referee declares an "Unsatisfactory Dive."

4-1/2 Point Maximum When:

- Improper use of tuck position in twisting dives. Tuck may be used only in following dives: 5152, 5154, 5221, 5231, 5321, 5331, 5351.
- When the Referee has declared "Break in Position"
- Arms in wrong position upon entry

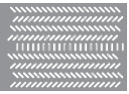
1/2 to 2 Point Deduction When

- Diver opens his knees in the tuck position.
- Excessive rocking, or feet leaving board on standing dive.
- Arms are not in the correct position on entry into the water.

1 to 3 Point Deduction When:

- Correct starting position is not assumed.

NOTE: If a diver lists on their dive sheet to perform a dive 101 or 201 and instead performs a lineup (as determined by the Referee) the Referee WILL NOT fail the dive but will declare the dive as a "line-up" and instruct the meet secretary to adjust the DD on the diver's score sheet accordingly. The Referee will further instruct the judges to score the dive as a lineup.



4.1 Dual Meets

4.1.1 Rules for Scheduling or Rescheduling a Dual Meet

4.1.1.01 Rules for Scheduling a Dual (or Tri-) Meet

Dual Meets will be scheduled primarily on Sundays at 4 p.m. (*refer to the official MCDL Season Calendar at www.mcdiving.org*) unless another day or time is mutually agreed upon.

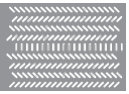
4.1.1.02 Rules for Rescheduling a Dual (or Tri-) Meet

If the date or time for a scheduled meet is changed in advance of the scheduled meet, the home team representative must advise the Website Chairperson as soon as possible after the rescheduling decision is made by sending an email to *board@mcdiving.org*

If a meet that has already begun cannot be completed on the scheduled date, the host Team Representative shall notify the Website Chairperson that the meet has been suspended by sending an email to *board@mcdiving.org* by 10:00 p.m. on the date the meet was originally scheduled. The date for uncompleted events shall be rescheduled within seven days from the originally scheduled date and the revised date shall be sent to *board@mcdiving.org*. The Website Chairperson must be notified about the rescheduled date as soon as possible after the rescheduling decision is made. **In no case shall any make-up meet be scheduled for later than the Thursday before the Divisional Meet.**

Once a meet has begun (*after completion of the first official dive in the meet*), both teams must consent to suspension of the remaining events. However, if the pool management of the home pool has ordered the pool closed for the remainder of the evening, the pool management's decision is binding. Further problems should be referred to the Rules Committee Chairpersons or designated board member. Once the problem has been resolved, the Website Chairperson must be notified as soon as possible. All official entries will remain unchanged and will be kept in the possession of the Meet Secretary or designated substitute if the Meet Secretary will not be available for the conclusion of the meet. All fully completed rounds of dives will remain intact and the meet will resume with the beginning of the next incomplete round of dives. It shall not resume in the middle of a round.

4.1.1.03 Divers Eligible to Dive in Rescheduled Meet



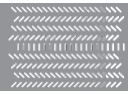
4.1.1.03 Divers Eligible to Dive in Rescheduled Dual Meet that was Suspended

Any diver that is eligible to compete on the date of the rescheduled dual meet, regardless of whether that diver was either eligible or entered to compete on the original date of the meet that was suspended, and whose event was not started on that original date, may compete for points during the resumption of the dual meet. Any new diver in the resumed dual meet must turn in a completed and signed dive sheet to the Meet Secretary 15 minutes before the resumption of the dual meet.

[PROVISIONAL] When a meet is suspended and rescheduled, divers previously entered in that meet may make changes to their dive sheets under the same conditions as newly entered divers. This includes changes to dive selection, position, or age group (i.e., diving up), subject to all other applicable rules. For dives already performed prior to suspension, no changes may be made. The deadline for submitting or modifying dive sheets for the resumed meet shall follow the standard timeline, measured from the scheduled resumption time.

In the resumed dual meet, all diving up rules continue to apply. A diver that was entered in the original dual meet may be scratched from the resumed competition.

Note: All Divers who are “entered as eligible divers” (compete for points) shall be credited as competed in a dual meet for the purposes of having competed for the 2 meet minimum for Divisional or All- Star meet eligibility. *Example:* If a team winner is determined before 15-18 divers actually dove, they will be credited as having been properly entered in the dual meet for team points.



4.1.1.04 Determining Winner in Incomplete Dual Meet

If a meet must be suspended because of darkness or inclement weather and a winner can be determined (*i.e., it is mathematically impossible for one of the teams to win*), the meet will not be rescheduled unless both teams agree to reschedule. The score will be reported at the time the meet is stopped. If a consensus cannot be reached regarding rescheduling the meet and there can be only one winner, the Rules Committee will impose a solution. **A reason for continuing a meet when the winner is already determined might be a diver vying for a season sweep or a diver needs a score for wild card qualification.**

4.1.1.05 Team Points Awarded in Forfeited or Canceled Dual Meets

The winning team in each Dual Meet receives 5 points. The losing team receives 3 points. In case of a tie, each team will receive 4 points. No points will be credited to a team that forfeits a Dual Meet, while the other team will receive 5 points. If neither team can meet on the regularly scheduled date at 4:00 p.m., or later, and cannot agree upon another time, the meet will be declared canceled and neither team will receive a win, loss or dual meet team points. Neither team may forfeit a meet without board approval. In the event a team elects to forfeit a meet, their divers shall not be eligible to compete in All Stars.

4.1.2 Conducting a Dual Meet

4.1.2.1 Host Team Preparation and Dive Sheets

01. The host team representative will contact the visiting team representative at least one week in advance of the meet to confirm the exact time of the meet and to ensure an understanding of the number and source of officials.

02. The host pool is to be placed in final readiness at least 15 minutes before meet time. This includes clearing at least the diving area of all but meet competitors. The diving board will be made available to visiting divers for their exclusive practice at least 30 minutes before the meet begins.

03. Diving entry forms will be filled out, signed by the divers and coach for accuracy, and submitted to the Meet Secretary 15 minutes before the meet begins. An unsigned entry form is invalid.
Exception: Divers in the second half of the meet, typically who are 13 and up, must submit their dive sheets to the Meet Secretary during the “break” or halfway point of the meet, at least 15 minutes before the second half of the meet resumes. However, the second-half divers may change their sheets up until 1 minute before the end of the “break” or halfway point of the meet. The Meet Secretary with approval of the Referee for the second-half (as there may be a different referee for the first-half) determines the break.

> ***[PROVISIONAL]*** Clarification to note that the break between the first and second half of a meet shall be determined by the Meet Secretary in consultation with the Referee and both team representatives. This determination may be made prior to the start of the meet based on team size and the anticipated number of divers. In all cases, the Referee retains final authority over meet timing decisions. Wording will now say, "Meet Secretary with approval of the Referee determines the break".

04. Only dives listed in this handbook (the MCDL dives listed on the outside back cover or the FINA dives listed on the inside back cover) and the additional dives published on the MCDL website by June 1st of the current dive year may be performed. The tables at the end of these rules shall be used to assign the degree of difficulty to dives.

05. The Meet Secretary will compile the list of divers, assigning order of divers in the events as follows:

a. 8 & Under Girls, 8 & Under Boys, 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys, 15-18 Girls, 15-18 Boys.

b. Within events, host and visiting divers will alternate, with host divers diving the odd-number positions, as allowed by the number of participating divers from each team. Exhibition divers should dive first within their age group, with Exhibition divers from the host pool diving first, as allowed by the number of participating divers.

EXAMPLE – The host pool has 10 divers and the visiting pool has 3 divers in the same event. One diver from the visiting pool is an Exhibition Diver. The Exhibition Diver would dive first (even though they are from the visiting pool), then a diver from the host pool, and then the remaining two divers from the visiting pool would be interspersed between the remaining 9 divers from the host pool.

c. The Referee, with the consent of the Meet Secretary and both teams' reps, may combine events.

d. A minimum of three Judges will be used. Where five Judges are used, the high and low scores for each dive will be eliminated. This scoring system will be used in all competition. In the case when a judge may not have seen the dive and cannot give a fair score, the Referee can authorize that the meet secretary eliminates the low score and uses the remaining three scores to calculate the award.

4.1.2.2 Scores and Awards

01. Individual scores will be kept on MCDL Dual Meet Results Sheets. Individual first, second, and third places in each age group, boys and girls, shall be determined by the diver's aggregate score. The winner of each event will receive 5 points, second place will receive 3 points, and third place will receive 1 point. The team scores then will be added to decide the meet winner. Although the divers with the three highest scores in each event generally are awarded team points, a team may not have more than two divers awarded team points for each event. This means, a team may not score First, Second, and Third team points in any event. If the other team has an eligible diver (as defined in these Rules) in the event, that diver is eligible to score points for their team, otherwise the points are dropped.

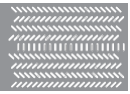
> Example - In a 2-way tie for 1st place, the 1st place points (5) and 2nd place points (3) are combined (8) and then divided equally (4 each) between the divers. The next highest score would be awarded 3rd place (1 point). In a 3-way tie for 1st place, all points (9) would be divided equally (3 each) among the 3 divers.
>
> Example - In a 2-way tie for 2nd place, the 2nd place points (3) and 3rd place points (1) are combined (4) and divided equally (2 each) between the divers. There would be no 3rd place. In a 3-way tie for 2nd place, the points would be divided among the 3 divers (1 1/3 each).
>
> Example - In a 2-way tie for 3rd place, the 3rd place point (1) would be divided equally (1/2) between the two divers. In a 3-way tie for 3rd place, the point would be divided among the 3 divers (1/3 each).

02. Points shall not be awarded for any event unless a diver competes in that event.

03. Ribbons will be awarded for 1st, 2nd, 3rd, and 4th places. Participation ribbons will be awarded for 5th place, 6th place, etc. to all other participants. Although a team shall not take more than a total of eight points per event, each diver may receive a ribbon for the proper place earned.

4.1.2.3 Reporting Results

Host Team Rep shall report the meet results on the MCDL website within 24 hours of the meet. Each team will also retain a copy of results (paper or electronic) for the season. There is no need to send the paper results form to MCDL.



4.1.3 Timeline for Dual/Tri- Meets

One Week Prior to Meet

Host Team Representative to contact Visiting Team Representatives to:

- Set exact time for meet (*4PM is recommended*).
- Give directions to pool and information on parking situation.
- Confirm whether the host team will be printing labels and scoresheets for both teams OR if the visiting team should print and bring their own labels.
- Ensure an understanding of the number and sources of officials.
- The usual distribution:
  - Host Team: 1 secretary, 2 of 5 judges, announcer, 1 referee, and 2 assistant secretaries.
  - Visiting Team: 3 of 5 judges and 3 assistant secretaries.
- The distribution of volunteers will differ for meets between three teams
  - Officials
    - Host Team: 1 referee, 1 judge
    - Visiting Teams: 2 judges
  - Table Workers
    - Host Team: Announcer, Meet Secretary, 1 assistant secretary
  - Visting Teams: 2 assistant secretaries

One Day Prior to Meet, the Host Pool/Team will

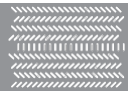
- Inspect diving equipment.
- Make sure you have available the following: divers' entry and scoring sheets, judge scoring cards, dual meet rosters and results sheets, announcing equipment, point conversion charts and/or calculators, printed labels, ribbons, table and chairs for officials and table workers, umbrellas and tents, as needed.

At Least 60 Minutes Prior to Meet

- Set up tables, chairs and announcing equipment.
- Announce warm-ups for host divers

[PROVISIONAL] For meets involving three teams (tri-meets), the diving board shall be open for warm-ups for a minimum of one hour prior to the start of the meet. During this time, all divers from all three teams may use the board. The final 15 minutes of the pre-meet warm-up period are reserved exclusively for first-half divers; second-half divers must clear the diving area at that time. The host team representative is responsible for announcing the start of warm-ups and the transition to the first-half-only period. All other warm-up procedures, including the 30-minute second-half warm-up period, shall follow the standard dual meet timeline as described in Section 4.1.3.

4.1.3 Timeline for Dual/Tri-Meets



At Least 30 Minutes Prior to Meet

- Point out to Visiting Team Representative and Coach any and all safety rules specific to your pool.
- Alert visitors to possible accident areas (*e.g., pool depth, location of filler pipes, etc.*) and clear diving well of host divers.
- Announce warmups for visiting divers. (*Note: Visiting divers and host divers should arrive for warmups with their divers' entry and scoring forms in hand and filled out as much as possible so that unnecessary delays can be avoided*.)
- Instruct all officials as to their duties. Announce deadline for diving entry forms.
- Assign secretaries to check all entries, including DDs and noting any exhibition divers and any diver 'Diving Up".
- Announce cutoff for first-half divers to make any final changes to their dive sheet will be at 15 minutes before the start of the meet. (sheets for second-half divers; see exception in "Conducting a Dual Meet") Note: that a change to a dive sheet could include changing age groups, i.e. diving up.

> ***[PROVISIONAL]*** Once a dive sheet has been submitted to the Meet Secretary, any changes must be made in person at the table with both the diver and coach present. Changes for first-half divers must be made no later than 15 minutes before the start of the meet; changes for second-half divers must be made no later than 1 minute before the start of the second half. After any change is made, both the diver and coach must sign or initial the sheet. By doing so, they confirm that they approve the change and that the diver's competition list complies with the dive requirements for their age group (see Section 2.6).

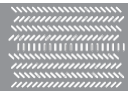
16 Minutes Before Start of Meet

- Announce that there is one minute left to make any final changes to the first-half dive sheets.

15 Minutes Prior to Meet

- All first-half dive sheets are finalized
- Prepare order of divers. Home Team divers should go first and alternate with Visiting Team divers, as allowable based on the number of divers. Exhibition divers should dive first within their age group, with Exhibition divers from the host pool diving first, as allowed by the number of participating divers.

4.1.3 Timeline for Dual Meets



One Minute Before Meet

- Announce end of warmups.
- Clear diving well.
- It is recommended that the National Anthem be played prior to the beginning of the first event.

Start The Meet on Time

- Announce order of divers for the competing age group as follows: “Diving first Mary Smith from Wheaton Woods, Diving second…”
- Announce each diver as follows: “Mary, 101B forward dive, pike position; degree of difficulty 1.3. On deck, Jane. “ (Unless there are divers with the same name, do not announce last names or team affiliations)
- As soon as the diver is underwater and the referee has indicated that there were no issues with the dive, request that the judges raise their scores. Announce the awards given by each judge in the same chair order throughout the contest.
- Upon completion of an event, announce the order of divers for the next event and continue without delay.

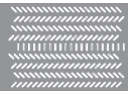
At Conclusion of First Half

- Announce the start of a 30-minute open warm-up for second half divers.
- Announce the results and present the awards/ribbons to the first half divers, by event
- Announce that second-half dive sheets are due to the Meet Secretary at 15 minutes before scheduled start of second half

15 Minutes Prior to Start of Second Half

- Instruct all officials and table volunteers as to their duties.
- At 15 minutes before scheduled start of second half, announce that all dive sheets are due but second-half divers may make any final changes to their dive sheet up to one minute before start of second half.
- Prepare order of divers. Home Team divers should go first and alternate with Visiting Team divers, as allowable based on the number of divers. Exhibition divers should dive first within their age group, with Exhibition divers from the host pool diving first, as allowed by the number of participating divers.

4.1.3 Timeline for Dual Meets



Two Minutes Before Start of Second Half

- Announce that there is one minute left to make any final changes to the second-half dive sheets.

[PROVISIONAL] Once a dive sheet has been submitted to the Meet Secretary, any changes must be made in person at the table with both the diver and coach present. Changes for first-half divers must be made no later than 15 minutes before the start of the meet; changes for second-half divers must be made no later than 1 minute before the start of the second half. After any change is made, both the diver and coach must sign or initial the sheet. By doing so, they confirm that they approve the change and that the diver's competition list complies with the dive requirements for their age group (see Section 2.6).

One Minute Before Start of Second Half

- Announce end of warmups.
- Second-half divers may make any final changes to their dive sheets up to one minute before start of second half. Note: that a change to a dive sheet could include a change to age group, i.e. diving up.
- Clear diving well.
- Announce order of divers for the first event.

Immediately After Meet

- Referee and Meet Secretary shall check the Dual Meet Results Sheets for eligibility of all scoring divers and add up the scores as a double-check.
- Officials from each team should sign in the appropriate boxes.
- Announce and present the awards for second-half divers, by event. Announce the final meet results .

Report The Results Promptly

- The host and guest team rep shall each keep a copy of the Meet Sheet. The Host team representative shall enter the meet results into the “Report Results Page” on the MCDL website within 24 hours.

4.2 Championship Meets

4.2.1 Division Championship Meets

01. Each Division will hold a Division Championship Meet on the Sunday after the final Dual Meet, beginning at 8 a.m. Two divers from each team within a Division may compete in each event at the Division Meet. To qualify as an entrant in the Division Meet, each diver must have entered in at least two (2) Dual Meets with competing set of dives during the current season (not exhibition). This includes non-divisional meets that are conducted according to these MCDL rules.

02. The events, dives, scoring, and rules will be the same as stated in other sections of this handbook, although a second referee may be used in Division Championship events. Under no circumstances should a judge grant a diver a score of a '10', unless the dive earned a perfect, excellent score.

03. Team Reps must enter their divisional divers on the MCDL website before midnight of the Thursday prior to the meet. No late entries or diver substitutions are allowed after midnight of that Thursday.

04. Diving forms must be filled out, signed, and turned in 30 minutes before the start of the meet, however divers may change their sheet up until the start of the event.

> ***[PROVISIONAL]*** Once a dive sheet has been submitted to the Meet Secretary, any changes must be made in person at the table with both the diver and coach present. After any change is made, both the diver and coach must sign or initial the sheet. By doing so, they confirm that they approve the change and that the diver's competition list complies with the dive requirements for their age group (see Section 2.6).

05. The diving order of each event shall be randomly generated and assigned by the Meet Coordinator.

06. If a participant is not present when the event begins, he/she will be disqualified.

07. For each event, medals will be presented for 1st, 2nd, and 3rd places and awards will be presented for 4th place down to last place in each event.

08. Individual scores will be kept on MCDL diving forms. The winner of each event will receive 11 points, second place 9 points, third place 7 points, fourth place 5 points, fifth place 3 points, and sixth place 1 point. The team scores then will be added to decide the meet winner. The Division Meet trophy will be awarded to the 1st place team.

09. A trophy will be awarded to each Division Dual Meet Champion, based upon total points earned during the Dual Meet season. If the Dual Meet season within a Division ends in a tie for first place, the Division Champion will be decided by the head-to-head competition between the tied teams. In the case of identical results involving two or more teams, the trophy will be awarded to the team which achieves the highest score in the Division Championship Meet.

10. **NOTE:** Any divers competing in Dual Meets as “Exhibition Divers” DO NOT count towards the 2 Dual Meet minimum required to qualify for the Divisional or the All-Star Meets. Each diver seeking this qualification MUST have a competing set of dives for their age group, and would therefore be competing for team points in the dual meet they are entered.

4.2.2 Qualifying for the All-Star Meet

01. The highest three (*3*) scores in each event of the Division Meet are eligible for the All-Star Meet.

02. In the event of a tie for third place in an event, both divers will be eligible to advance to All-Stars.

03. If an individual eligible for the All-Star Meet as described in Section 4.2.2-01 above, is unable to attend, only the individual with the next highest divisional score in that event, in the same division as the absent diver, shall be entitled to participate in the All-Star Meet as if he or she had qualified as stated above.

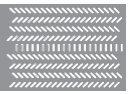
Example – there is a tie for second place. The highest three scores eligible for the All-Star Meet would be the first-place diver and the two second-place divers. The third-place diver would be the alternate, eligible for the All-Star Meet only if one of the other three divers is unable to attend.

Example – there are no ties for first, second, or third place. The first place diver cannot attend the All-Star Meet, so the fourth place diver would be eligible for the All-Star Meet. If the fourth place diver cannot attend the All-Star Meet either, then only the second and third place divers would be eligible to attend the All-Star Meet.

Example – there is a tie for third place. There are four divers that will be eligible for the All-Star Meet for that event. If one of the four divers is unable to attend the All-Star Meet, the fourth-place diver will not be eligible to attend the All-Star Meet unless two of the 4 qualifiers are not able to attend.

04. Wild Card Process. In addition, there is a Wild Card process that allows additional divers to compete in the All-Star Meets. Each team will be granted the provision to select up to (2) Wild Card Divers to be sent to the All-Star Meet(s), in addition to any team divers earning automatic qualifying bids through the Division Meets. Each team may select their divers from any of the ten (10) events (8 & Under Girls…….15-18 Boys) These divers are not required to participate in their respective Divisional Meet Contests, however these divers MUST have competed in a minimum 2 Dual Meets (Divisional or Non-Divisional Dual Meets) with a qualifying set of dives, which would qualify them to compete in the dual meet(s) for team points.

05. It is immaterial if a wild card selection competed at the Divisional Meet.



4.2.3 All-Star Meet Procedures and Awards

01. The All-Star meet takes place on the Wednesday and Thursday afternoons after the division championship meets.

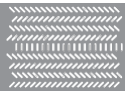
02. The All-Star Meet will be conducted by the MCDL Board of Directors in accordance with United States Diving rules as modified by this MCDL book.

03. Entrants in this meet shall have qualified in accordance with the procedures described in Section 4.2.2 “Qualifying for the All-Star Meet.”

04. All entry forms must be submitted 30 minutes prior to the start of the meet entered. If a participant is not present when the event begins, he/she will be disqualified. Division meet rules governing referees, cuts and the draw also apply.

> ***[PROVISIONAL]*** Once a dive sheet has been submitted to the Meet Secretary, any changes must be made in person at the table with both the diver and coach present. After any change is made, both the diver and coach must sign or initial the sheet. By doing so, they confirm that they approve the change and that the diver's competition list complies with the dive requirements for their age group (see Section 2.6).

05. Trophies will be awarded for 1st, 2nd, and 3rd places, and awards will be presented for 4th place down to last place in each event.



4.3 Meet Officials

The following officials are recommended for each meet:

01. **Secretary**

- To list competitors and dives prior to the beginning of the meet.
- To record the scores, total them, apply the degree of difficulty.
- To determine the points to be awarded for each diver and his or her team.
- To inspect all diving forms for accuracy prior to the event.
- To call to the attention of the competitor any discrepancies for resolution.

(*However, any errors not detected are the responsibility of the diver. Entry forms will not be removed from the official's table once the competition for that event has begun, without the consent of the Referee, until the conclusion of the meet. Diver is subject to disqualification at the discretion of the Referee.*)

02. **Assistant Secretaries** (5)

- Two of these individuals must record the judges' scores while others expedite the listing, computations, awards, etc.

03. **Announcer**

- To announce each diver, the dive number, the dive, the position and the degree of difficulty involved. To call for Judges' scores if authorized by the Referee. To announce the Judges' scores in the same "chair" order throughout the meet.

04. **Judges** (*5*) (*Judges must be a minimum 19yrs of age as of June 1st, except coaches*)

- To score each dive. If a shortage of officials dictates, and with the mutual consent of the Team Representatives, both Head Coaches may judge or the number of Judges may be reduced to three. This is not recommended and should be exercised only as a last resort. Judges will be placed in appropriate positions by the Referee on one or both sides of the diving area. Judges will NOT be placed in front of or behind diving boards.
- Any diver participating in the meet is not eligible to judge without the mutual consent of the Team Representatives.
- Judges must be certified in accordance with MCDL procedures.

4.3 Meet Officials

05. **Referee** *(Referees must be a minimum of 19yrs of age as of June 1st, except coaches)*

- To instruct the Judges and the Coaches before the meet, answering questions in accordance with the rule book. Referees do not establish limits on the judges' awards beyond those specified in MCDL Diving Rules.
- To authorize the announcer to call for the display of the Judges' scores. To make decisions relative to the manner of executing dives as stated in sections 3 and 4.
- To assume the authority to first warn and then, if necessary, disqualify from the meet an official, coach, or athlete for conduct detrimental to the meet. Failure of the disqualified individual to leave the diving area may, at the Referee's discretion, result in forfeiture of a Dual Meet.
- If a shortage of officials dictates, the Referee may also function as a Judge.
- A certified Referee must be present and officiate at every MCDL diving meet.
- Referees will be tested for certification by members of the MCDL Board of Directors after mandatory attendance at a Diving Referees' Clinic.

06. **Team Representative**

- To act as liaison between the home team and MCDL.
- To attend the organizational meetings.
- To be responsible for the arrangements for each dual meet.
- To act as the official spokesperson for the team in matters of conduct.
- The Team Representative and Coach, or their duly authorized representatives, must be present at all diving meets, for the duration of the competitive events.

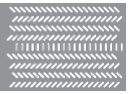
4.4.1 Requirements for Team Reps

4.4 Requirements for Team Reps, Referees and Judges

4.4.1 Requirements for Team Reps - The Team Reps shall:

- Review this handbook, particularly the diving calendar section and sections on Rules for Diving Competition, Checklist for Dual Meets, and By-Laws.
- Attend all MCDL League Member meetings scheduled during the year.
- Support and attend the MCDL Diving Clinics for Parents and Officials held at the beginning of the season.
- Comply with MCDL requirement of Officials certification renewal every three years.
- Ideally by the March meeting, submit coach, assistant coach, and rep names, email addresses and phone numbers for the upcoming season.
- Submit signed safety checklist to the Safety Chairperson at the start of each season and no later than June 1.
- No later than June 1, submit your team's dues payment to the MCDL Treasurer. Checks should be made payable to Montgomery County Diving League. A late fee of $25.00 will be imposed if dues are not paid in full by June 1. Dues will include:
    - Annual Membership ~ 10 Handbooks, All ribbons, medals and trophies
    - Divisional and All-Star Meet Fees (*retail items and fees are not included*)
- Attend the May meeting to pick up handbooks and ribbons. These items will be available for all teams who have registered and paid their dues in full.
- Insurance coverage becomes effective on May 27, of each year. Because the previous season's coverage does not expire until May 27, practice may begin at any time after the team's pool opens. Therefore, the Team Representative shall maintain an accurate list of your team roster using the MCDL Web Roster.
- Be responsible for submitting the results using the appropriate method to the MCDL Records Chairperson for timely publicity and notification purposes.
- Keep a complete record of the Pool's diver registration process and forms.
- Submit timely insurance money from Pool for each Diver on MCDL Web Roster associated with that Pool.

4.4.2 Requirements for Referees

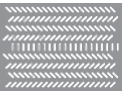


4.4.2 Requirements for Referees - The Diving Referee Shall:

- Be 19 years old by June 1st of the diving season (except coaches)
- Have served in the capacity of an MCDL judge in a previous season.
- Be certified by the MCDL Board of Directors after mandatory attendance at a Diving Referees' Clinic.
- Review this handbook.
- Before the diving competition, review with the judging panel the basis and scale for awarding points.
- Determine balks, failed dives, 2-point deduction dives, maximum 2-point award dives, maximum 4-1/2 point award dives, and instruct the judges accordingly.
- Make the mandatory deduction for violation in the forward approach.
- Authorize a dive to be repeated upon immediate request of the diver involved when the execution of the dive was influenced by exceptional circumstances.
- In the case when a judge may not have seen the dive and cannot give a fair score, authorize that the meet secretary eliminates the low score and uses the remaining three scores to calculate the award.
- Check the scorer's tabulations and, if found correct, sign the meet results sheet, thus establishing the official diving results which shall not later be changed.

Referee clinics: every referee must be certified every three years. Any candidate for referee must have judged at least one summer prior to sitting for qualification.

4.4.3 Requirements for Judges



4.4.3 Requirements for Judges - The Diving Judge Shall:

- Be 19 years old by June 1st of the diving season (except coaches)

- Read the rules and regulations so that you are familiar with the different dives, the degrees of difficulty, and the correct procedures used in conducting the competition.

- Place yourself in a position with a clear view of the dive from the side or at a slight angle. Never place yourself behind the diving board (in which case you cannot judge properly) nor in front of the diving board (in which case you may distract the diver).

- Make a fast decision and select your score immediately. Once you have selected the score, do not allow anything to change your decision. Do not display score until called. When called, display score promptly.

- Give the score that you honestly feel the dive deserves in view of the competition at hand. Do not allow yourself to be influenced by the scores given by the other judges.

- Be consistent in your judging. If you find your scores to be higher than the other judges, do not feel that you should bring your scores down or up to the level of other scores. Do not look at the other judges' scores before selecting your own.

- Do not allow yourself to be influenced by the response of the spectators. It also may be too distracting to converse or listen to others while judging.

- Judge the entire dive and not just the entry. Remember, you are to judge what occurs after the starting position is assumed: the run (forward approach), the takeoff, the flight through the air (technique, grace, and execution of the dive), and the entry into the water. DO NOT judge what the diver does under the surface of the water. As far as the judge is concerned, the dive is completed once the entire body has passed the surface of the water. Some judges are concerned with divers saving the entries by certain maneuvers under the water. This is the diver's prerogative, and the diver should not be judged for underwater actions.

- Be fair with each contestant by disregarding any personal impressions or prejudices that you may have formed against the diver. Judge the dive, not the person.

4.4.3 Requirements for Judges

• Have the courage to give the score that you believe the dive is worth. If you think the dive is perfect, then give a perfect score. If you believe the dive is poorly executed, then give a low score regardless of whether or not the diver is the people's favorite.

Judges' clinics: every judge must be certified every three years. There are no pre-qualifications for attending a judges' clinic.



4.5 Meet Protests and Sportsmanship

PROTESTS

01. A protest, the reason of which is known beforehand, shall be made before the start of the contest to either the Referee or the MCDL Rules committee via email to board@mcdiving.org

02. No protests shall be made against the marks awarded by the judges. No protests shall be made against the referee's determinations of dives. MCDL does not utilize video replay in any meets.

03. Protests resulting from unresolved disputes shall be made by the Team Representative to the Referee within 30 minutes of their occurrence. Unless the conduct or infraction affects the safety or well-being of a diver, meet participant, or a spectator, or the orderly management of the meet, the diver involved in a protest shall be allowed to complete the meet. His/her scores shall be recorded and preserved, but at the discretion of the Referee, they may or may not be considered in scoring the event and the meet.

04. Protests shall be presented to the MCDL Rules committee via email to board@mcdiving.org no later than 48 hours after the end of the meet involved.

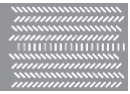
SPORTSMANSHIP

All teams and individuals are expected to conduct themselves in events in a manner that reflects an honest and sincere effort to do their best in a spirit of competition. Allegations that clubs or individuals are not competing in good faith will be treated very seriously by the League board. Demonstrated examples of bad faith may be subjected to suspensions of up to one year.

AUTONOMY

The Montgomery County Diving League is an independent organization and is not affiliated with any dive club.

5.1 MCDL Diving Records



All-Star Meet Records

Girls		
8 & U: Zoe Mongan ~ PO	2005	89.22
10 & U: Halia Kailukaitis ~ SL	2015	104.49
11–12: Montana Puente ~ TA	2002	157.50
13–14: Ashley Goins ~ RH	2003	200.07
15–18: Meg Hostage ~PW	2004	259.17
Boys		
8 & U: Max Weinrich ~ TA	2012	98.70
10 & U: Gregory Culver ~ RH	2012	115.59
11–12: Max Weinrich ~ TA	2016	165.45
13–14: Timothy Faerber ~ EG	2008	216.90
15–18: Max Weinrich ~ TA	2019	313.95

Divisional Championship Meet Records

Girls		
8 & U: Caroline Kirk ~ MP	2024	97.40
9-10: Halia Kailukaitis ~ SL	2015	115.95
11–12: Haley Marshall ~ MCT	2015	159.25
13–14: Haley Marshall ~ MCT	2017	240.95
15–18: Maddie Pfaff ~ OGC	2017	273.75
Boys		
8 & U: Dylan Imirowicz ~ NCC	2016	103.75
10 & U: Max Weinrich ~ TA	2014	111.95
11–12: Max Weinrich ~ TA	2016	189.75
13–14: Ethan Badrian ~ TF	2018	235.20
15–18: Aidan Wang ~ PW	2023	331.60

Dual Meet Records

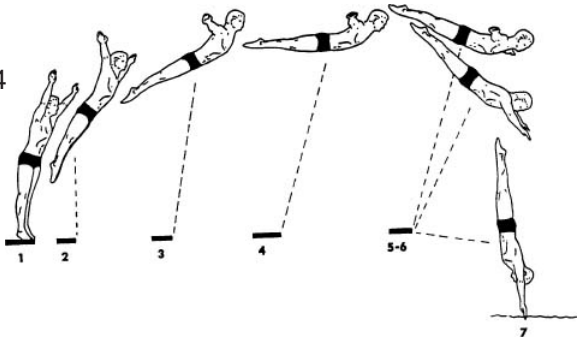
Girls		
8 & U: Halia Kailukaitis ~ SL	2013	97.85
9 -10: Halia Kailukaitis ~ SL	2015	131.80
11–12: Katie Stender-Moore ~ MP	2013	172.05
13–14: Haley Marshall ~ MCT	2017	234.30
15–18: Maddie Pfaff ~ OGC	2018	299.10
Boys		
8 & U: Dylan Imirowicz ~ NCC	2016	116.20
10 & U: Noah Lieberman ~ MP	2023	124.30
11–12: Max Weinrich ~ TA	2016	199.10
13–14: Max Weinrich ~ TA	2018	282.20
15–18: Charlie Berman ~ PO	2023	343.70

Online Records

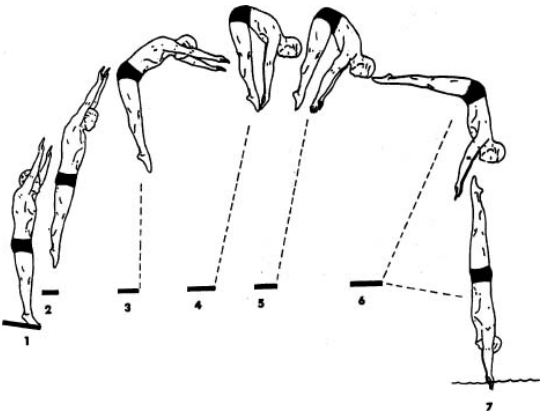
https://www.mcdiving.org/records

5.2 Dive Illustrations

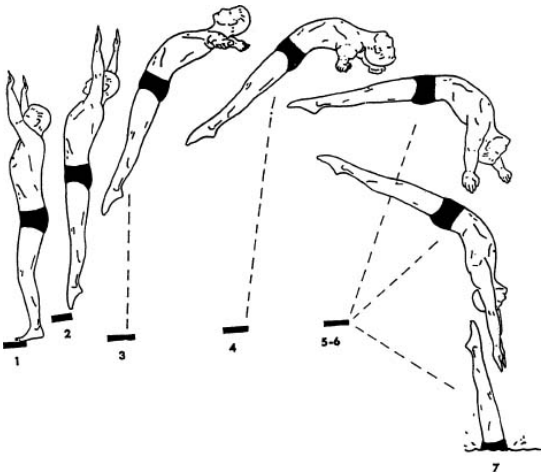
101A
Forward Dive, Straight
Degree of Difficulty: 1.4
"NOTE" MCDL does NOT require the SET of the arms.



101B
Forward Dive, Pike
Degree of Difficulty: 1.3

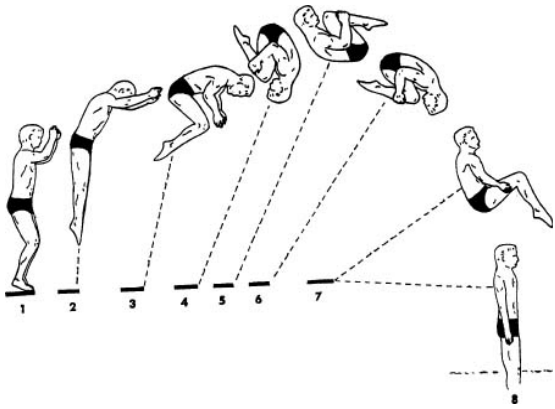


201A
Back Dive, Straight
Degree of Difficulty: 1.7
"NOTE" MCDL does NOT require the SET of the arms.

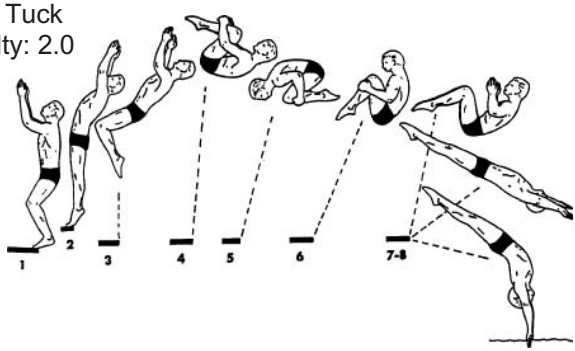


5.2 Dive Illustrations

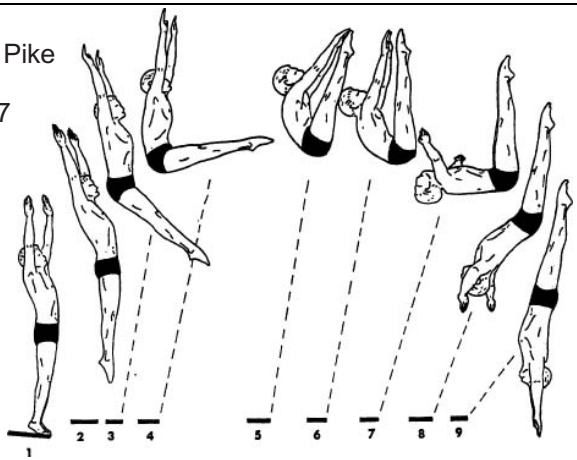
104C
Forward Dive,
2 Somersaults,
Tuck
Degree of
Difficulty:2.2
"NOTE" MCDL does NOT require the SET of the arms.



203C
Back Dive,
1.5 Somersaults, Tuck
Degree of Difficulty: 2.0

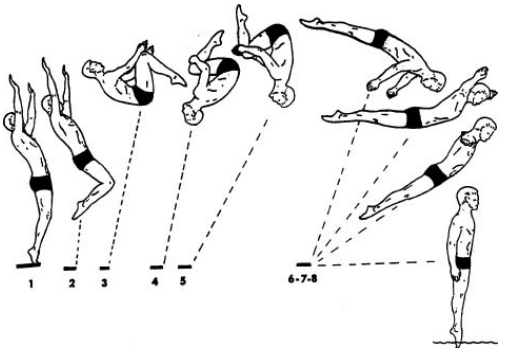


301B
Reverse Dive, Pike
Degree
of Difficulty: 1.7

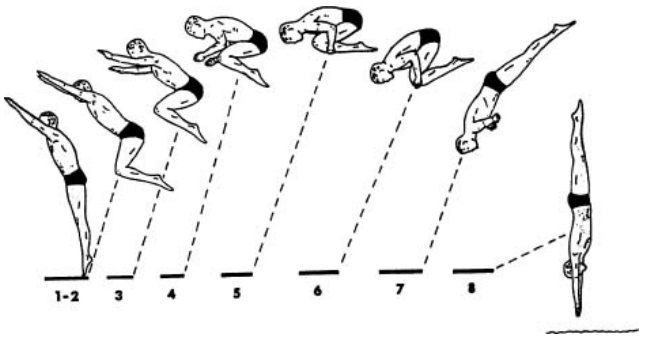


5.2 Dive Illustrations

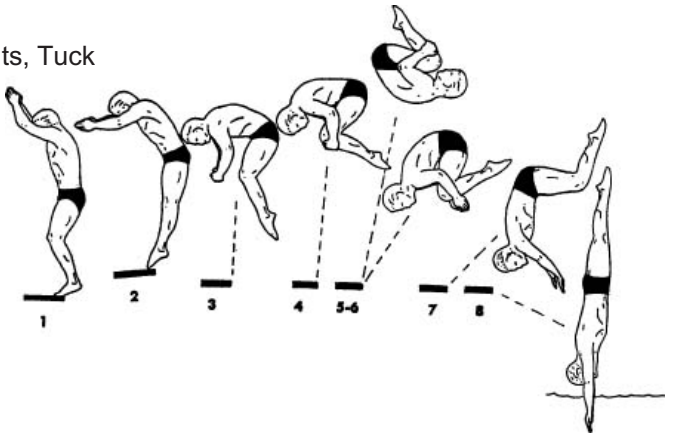
302C
Reverse Dive,
1 Somersault, Tuck
Degree
of Difficulty: 1.7



401C
Inward Dive, Tuck
Degree of Difficulty: 1.4

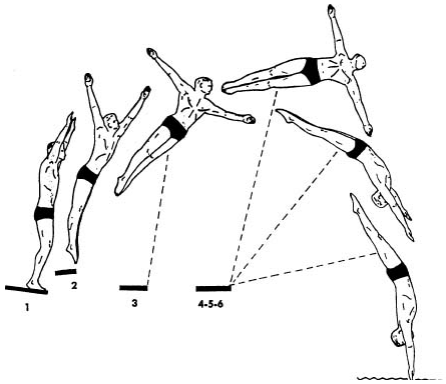


403C
Inward Dive,
1.5 Somersaults, Tuck
Degree of
Difficulty: 2.2

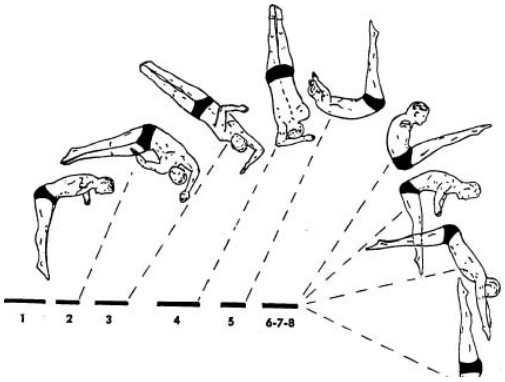


5.2 Dive Illustrations

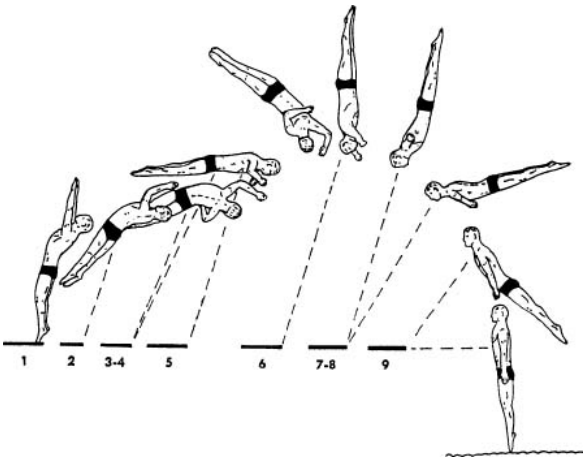
5111A
Forward Dive,
1/2 Twist, Straight
Degree of Difficulty: *See Back Of Book*



5132D
Forward Dive,
1.5 Somersaults,
1Twist, Free
Degree of Difficulty: 2.2



5222D
Back Dive,
1 Somersault,
1 Twist, Free
Degree of Difficulty: 1.9



5.3 MCDL Bylaws

Article I – Name

Section 1. Name: The name of this organization shall be Montgomery County Diving League.

Article II – Purposes

Section 1. The purposes for which the League is formed are as follows: To sponsor competitive diving among the swimming pools and organizations in Montgomery County, Maryland, and to develop in the children involved in these programs a love of the sport of diving, skill in diving, teamwork, and the principles of good sportsmanship.

Article III – Membership and Dues

Section 1. The Members of the League (the "Members") shall in general be community swimming pools in Montgomery County, each of which shall be a family-type, non-profit organization, with a membership not in excess of 1,000 families.

Section 2. Membership in the League for any given year shall be extended to Members in good standing of the previous year and to pools recommended by the Board and approved by the Members.

Section 3. By April 1 of each year, each Member shall designate a Representative and an Alternate Representative to represent it at all meetings of the League. Each Representative and Alternate Representative so designated shall be a member in good standing of the Member pool organization he or she represents, shall assume responsibility immediately following his or her selection, and shall serve until his or her successor is selected.

Section 4. Dues for each Member shall be $250 per year, unless the Board shall determine some other amount to be necessary or adequate to meet all anticipated expenses. Dues shall be payable by the 1st of June.

Article IV – Meetings of the Members and Voting

Section 1. An annual meeting of the Members shall be held during the month of September of each year. Regular meetings of the Members shall also be held during the months of March and May on dates and at locations to be determined by the Board.

Section 2. Special meetings of the Members may be called at any time by the President or by a majority of the members of the Board.

Section 3. Written notice of any meeting of the Members shall be e-mailed to the last known address of the Representative (or, in the event a Representative shall have ceased to serve in such capacity, of the Alternate Representative) of each Member and each Director not less than ten (10) nor more than (40) days before the date of the meeting.

Section 4. At all meetings of the Members, each Representative (or Alternate Representative, if the Representative shall have ceased to serve in such capacity or for any reason shall not be voting) shall have one (1) vote, and may take part and vote in person. Regardless of the number of persons representing a Member attending a meeting, only one person shall cast the vote on all questions for each Member. Unless otherwise provided by these By-Laws, a majority vote of the Members present shall govern.

Section 5. At any meeting of the Members, a quorum shall consist of a majority of the Members of the League.

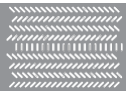
Section 6. At the March meeting of the Members, the Rules for Competition for the upcoming season will be presented. When duly adopted by a majority of the Members voting, the Rules for Competition will remain unchanged throughout the competitive season, except as modified during the last meeting of the Members prior to the first dual meet to correct printing errors and to update Amateur Athletic Union (AAU or successor organization) rule interpretations.

Article V – Board of Directors

Section 1. The Board shall be comprised of the four (4) Officers of the League and three (3) other individuals selected in accordance with Section 2 of this Article V. The number of Directors may be increased or decreased (but not to less than three Directors) by amendments to these By-Laws.

Section 2. The members of the Board who are not Officers of the League shall be elected by the Members of the League at the annual meeting of the Members. Each Director shall serve for a term of two years or until his or her successor is elected, with a maximum of six years.

Section 3. The Board shall be the responsible administrative body of the Diving League. It shall have the authority to transact all business of the League and to authorize all expenditures.



Section 4. The Board may create any standing or special committees, in addition to those standing committees designated in Article IX, Section 3 of these By-Laws, with such duration, functions and authority as it may deem advisable.

Section 5. The Board shall prepare an annual report covering the League's activities and finances for the preceding year. This report shall be presented at the annual meeting of the Members.

Section 6. The Board shall be empowered to expel or suspend, upon approval by a two-thirds vote of the Board, subject to ratification by a two-thirds vote of the Members present at the next meeting of the Members, a team, coach, pool representative or competitor who has been shown to be in violation of the By-Laws or Rules for Competition of the League, or who has demonstrated unsportsmanlike conduct, or who is unwilling to abide by the League's decisions. Any party or parties alleged to have engaged in conduct justifying expulsion or suspension shall be notified in writing via e-mail at least seven (7) days before any action shall be considered by the Board.

Section 7. A vacancy occurring on the Board shall be filled for the unexpired term by a person elected by the Board.

Article VI – Meetings of the Board of Directors

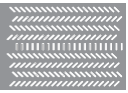
Section 1. An annual meeting of the Board shall be held during the month of October of each year.

Section 2. Special meetings of the Board may be called at any time by the President or by a majority of the members of the Board.

Section 3. Written notice of any meeting of the Board shall be e-mailed to the last known address of each Director not less than ten (10) nor more than forty (40) days before the date of the meeting.

Section 4. At all meetings of the Board, each Director shall have one (1) vote, and may take part and vote in person. Unless otherwise provided by these By-Laws, a majority vote of the Directors voting shall govern.

Section 5. At an annual or special meeting of the Board, a quorum shall consist of a majority of the members of the Board.



Article VII – Officers and Their Election

Section 1. The Officers of the League shall consist of a President, a Vice President, a Secretary, and a Treasurer. No two offices may be held by the same person.

Section 2. Officers shall be elected by the Members at the annual meeting of the Members and shall assume their official duties immediately following their election. Officers shall serve for a term of two (2) years or until the election and qualification of their successors. An officer shall be eligible to serve no more than three (3)** consecutive terms in the same office.

Section 3. A vacancy occurring in any office shall be filled for the unexpired term by a person elected by the Board.

Article VIII – Duties of Officers

Section 1. The President shall be the chief executive officer of the League and shall have active management of its affairs; shall preside at all meetings of the Members at which he or she may be present; shall perform such other duties as may be prescribed in these By-Laws or assigned to him or her by the Board; and shall coordinate the work of the Officers and committees of the League in order that its purpose and objectives may be promoted.

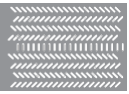
Section 2. The Vice President shall act as aide to the President and shall perform the duties of the President in the absence or disability of that officer.

Section 3. The Secretary shall record the minutes of all meetings of the Board; shall give all required notice of meetings of the Board or the Members; and shall perform other such duties as may be delegated to him or her.

Section 4. The Treasurer shall have custody of all of the funds of the League; shall keep a full and accurate account of receipts and expenditures; and shall make disbursements in accordance with the approved budget, as authorized by the Board or a special committee to which such authority is delegated. The Treasurer shall present a financial statement at every meeting of the Board and at other times when requested by the President and shall make a full report at the annual meetings of the Members. The Treasurer shall be responsible for the maintenance of such books of account and records as conform to the requirements of the By-Laws.

Section 5. All Officers shall deliver to their successors all official material in their possession not later than ten (10) days following the election of such successors.

***** Amended October 2010***



Article IX – Standing and Special Committees and Amateur Athletics Union Representative

Section 1. The President shall appoint the chairmen of all committees, both standing and special.

Section 2. The committee chairmen shall select the other committee members of his or her appointed committee.

Section 3. The following standing and special committees shall be established.

a. Rules. This committee shall prepare all rules, procedures, laws, etc., which pertain to the League's operation and programs. It shall hear, review, and make recommendations to the Board concerning amendments to the By-Laws and Rules of Competition.

b. Website /Publicity. This committee shall maintain records of all meet and program results, including best performance records for the League and championship events. This committee shall arrange for publication of all meet results and other such items as are considered newsworthy.

c. Ways and Means. This committee shall investigate and acquire information as required on costs and sources of award materials, or other items of interest to the League as assigned by the President. It shall maintain records on costs of the League's operations and shall furnish to the Board a budget estimate for the year's operation by the May meeting of the Members.

Article X – Fiscal Year

The fiscal year of the League shall be from September 1 to August 31 of each year.

Article XI – Order of Business

Unless otherwise provided in these By-Laws, Robert's Rules of Order shall govern the transaction of business.

Article XII – Waiver of Notice

Each member of the Board may waive any notice of a meeting required to be given under these By-Laws, either by written waiver signed before or after the time of the meeting, or by attendance at the meeting.

Article XIII – Written Consent in Lieu of Meeting

Unless otherwise restricted by these By-Laws, any action required or permitted to be taken at any meeting of the Board or any standing or special committee may be taken without a meeting, if all members of the Board or committee, as the case may be, consent thereto in writing via e-mail.

Article XIV – Amendments

These By-Laws may be amended from time to time at a meeting of the Members by a two-thirds vote of the Members present, if notice of the substance of the proposed amendment be contained in the notice of the meeting given pursuant to Article IV, Section 3 of these By-Laws.

-January 25, 1982



5.4 2026 MCDL Clubs

Club/Nickname		Address	Phone Number
BANNOCKBURN	BB	6513 Laverock Lane, Bethesda, MD	301.229.6876
CARDEROCK SPRINGS	CS	8200 Hamilton Spring Ct., Bethesda, MD	301.365.2292
COUNTRY GLEN	CG	10055 Glen Road Potomac, MD	301.424.7525
FLOWER VALLEY	FV	4520 Flower Valley Dr., Rockville, MD	301.929.1284
GLENWOOD	GW	10012 Gardiner Ave., Silver Spring, MD	301.681.7599
INVERNESS	IF	10820 Deborah Drive, Potomac, MD	301.983.8813
LITTLE FALLS	LF	5001 Little Falls Dr, Bethesda, MD	301.718.2469
MANOR WOODS	MW	Bauer Dr. and Nadine Dr., Rockville, MD	301.460.0899
MERRIMACK PARK	MP	6400 Pyle Rd., Bethesda, MD	301.229.6579
MILL CREEK TOWNE	MCT	Mill Run Dr. and Shady Grove Rd. Derwood, MD	301.926.8849
MOHICAN	MO	7117 MacArthur Blvd., Bethesda, MD	301.229.4953
NORTH CHEVY CHASE	NCC	8817 Brierly Road Chevy Chase, MD 20815	301.652.4141
OLD FARM	OF	6900 Montrose Rd., Rockville, MD	301.881.4220
OLD GEORGETOWN	OGC	9600 Fernwood Road, Bethesda, MDT	301.469.9772
PALISADES	PA	6918 Seven Locks Rd., Cabin John, MD	301.229.2598
POTOMAC	PO	10531 Oaklyn Dr., Potomac, MD	301.983.0390
POTOMAC WOODS	PW	1520 Dunster Road, Rockville, MD	301.762.7062
REGENCY ESTATES	RE	11511 Gainsborough Road, Potomac, MD	301.299.5208
RIVER FALLS	RF	7915 Horseshoe Lane, Potomac, MD	301.299.7010
ROBIN HOOD	RH	225 Mowbray Rd., Silver Spring, MD	301.384.9715
ROCK CREEK	RC	8619 Grubb Road, Silver Spring, MD	301.585.1185
SEVEN LOCKS	SL	9929 Seven Locks Rd., Potomac, MD	301.365.4122
TANTERRA	TA	18605 Tanterra Way, Brookeville, MD	301.774.9712
TWIN FARMS	TF	1210 Fairland Rd., Silver Spring, MD	301.236.9298
WESTLEIGH	WL	14900 Dufief Mill Rd., N. Potomac, MD	301.294.9809

5.5 MCDL Division Lineup

Division	Seed	Pool Name	Nickname
I	1	Merrimack Park	MP
	2	Tanterra	TA
	3	North Chevy Chase	NCC
	4	Rock Creek	RC
	5	Glenwood	GW
II	1	Manor Woods	MS
	2	Old Georgetown	OGC
	3	Regency Estates	RE
	4	Robin Hood	RH
	5	Carderock Springs	CS
III	1	Seven Locks	SL
	2	Potomac Woods	PW
	3	Little Falls	LF
	4	Old Farm	OF
	5	Mill Creek Towne	MCT
IV	1	Flower Valley	FV
	2	Country Glen	CG
	3	River Falls	RF
	4	Mohican	MO
	5	Westleigh	WL
V	1	Palisades	PA
	2	Twin Farms	TF
	3	Potomac	PO
	4	Bannockburn	BB
	5	Inverness	IF

5.6 Additional Diving Resources

Books:

Billingsley, Hobie. Hobie Billingsley's Diving Illustrated. Portland, CT 06480: Taylor Publishing, 1994.

O'Brien, Ron. Ron O'Brien's Diving for Gold. Champaign, IL 61825: Leisure Press, 1992. (companion video also available)

Huber, Jeff. Springboard and Platform Diving, endorsed by USA Diving. Published by Human Kinetics.

Magazines:

Inside USA Diving, the Official Publication of U.S. Diving, Inc. (quarterly) 201 S. Capital Ave., #430, Indianapolis, IN 46225. Subscription is part of membership in U.S. Diving, Inc.

Websites:

http://www.usdiving.org (home page of U.S. Diving, Inc.)

http://www.fina.org (home page of FINA)

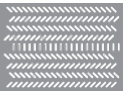
http://www.mcdiving.org *The Official MCDL website!*

https://nfhslearn.com/ *(click on "Officials", then "Judging Springboard Diving")*

Montgomery County Diving League

Notes

Notes



Montgomery County Diving League

FINA TABLE OF DIVES (not listed on back cover)

Dive No.	Dive Name	Degree of Difficulty (DD) for 1 meter			
		A/Straight	B/Pike	C/Tuck	D/Free
FORWARD DIVES					
106	Forward 3 Somersaults	–	3.2	2.9	–
107	Forward 3 ½ Somersaults	–	3.3	3.0	–
BACK DIVES					
205	Back 2½ Somersaults	–	3.2	3.0	–
206	Back 3 Somersaults	–	3.2	2.9	–
REVERSE DIVES					
305	Reverse 2½ Somersaults	–	3.2	3.0	–
306	Reverse 3 Somersaults	–	3.3	3.0	–
INWARD DIVES					
405	Inward 2½ Somersaults	–	3.4	3.1	–
TWISTING DIVES					
5126	Forward 1 Somersault, 3 Twists	–	–	–	2.8
5134	Fwd 1½ Somersaults, 2 Twists	–	–	–	2.6
5136	Fwd 1½ Somersaults, 3 Twists	–	–	–	3.1
5138	Fwd 1½ Somersaults, 4 Twists	–	–	–	3.5
5151	Fwd 2½ Somersaults, ½ Twist	–	3.0	2.8	–
5152	Fwd 2½ Somersaults, 1 Twist	–	3.2	3.0	–
5154	Fwd 2½ Somersaults, 2 Twists	–	3.6	3.4	–
5227	Back Somersault, 3½ Twsts	–	–	–	3.2
5231	Back 1½ Somersaults, ½ Twist	–	–	–	2.1 (g)
5233	Back 1½ Somersaults, 1½ Twist	–	–	–	2.5
5235	Back 1½ Somersaults, 2½ Twists	–	–	–	2.9
5312	Reverse Dive, 1 Twist	2.1	–	–	–
5322	Reverse Somersault, 1 Twist	–	–	–	2.0
5323	Reverse Somersault, 1½ Twist	–	–	–	2.4
5325	Reverse Somersault, 2½ Twists	–	–	–	2.8
5331	Reverse 1½ Somersaults, ½ Twist	–	–	–	2.2 (g)
5333	Reverse 1½ Somersaults, 1½ Twists	–	–	–	2.6
5335	Reverse 1½ Somersaults, 2½ Twists	–	–	–	3.0
5337	Reverse 1½ Somersaults, 3½ Twists	–	–	–	3.5
5351	Reverse 2½ Somersaults, ½ Twist	–	2.9	2.7	–
5353	Reverse 2½ Somersaults, 1½ Twists	–	3.5	3.3	–
5355	Reverse 2½ Somersaults, 2½ Twists	–	3.9	3.7	–
5412	Inward Dive, 1 Twist	2.2	1.9	1.8	–
5432	Inward 1½ Somersault, 1 Twist	–	–	–	2.7
5434	Inward 1½ Somersault, 2 Twists	–	–	–	3.1

**** ALL DIVERS ****

(g) Tuck position may be used as part of free position [applies to dives 5221, 5231, 5321, 5331]

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MCDL TABLE OF DIVES

Dive No.	Dive Name	Degree of Difficulty (DD) for 1 meter			
		A/Straight	B/Pike	C/Tuck	D/Free
FORWARD DIVES					
100	Forward Jump	–	–	–	0.8 (f)
101	Forward Dive	1.4 (a)	1.3	1.2 (a)	–
102	Forward Somersault	1.6	1.5	1.4	–
103	Forward 1½ Somersault	–	1.7	1.6	–
104	Forward 2 Somersaults	–	2.3	2.2	–
105	Forward 2½ Somersaults	–	2.6	2.4	–
001	Forward Line-up	–	–	–	1.0
BACK DIVES					
200	Back Jump	–	–	–	0.8 (f)
201	Back Dive	1.7 (b)	1.6	1.5 (b)	–
202	Back Somersault	1.7	1.6	1.5	–
203	Back 1½ Somersault	2.5	2.3	2.0	–
204	Back 2 Somersaults	–	2.5	2.2	–
002	Back Line-up	–	–	–	1.0
REVERSE DIVES					
301	Reverse Dive	1.8	1.7	1.6	–
302	Reverse Somersault	1.8	1.7	1.6	–
303	Reverse 1½ Somersault	2.7	2.4	2.1	–
304	Reverse 2 Somersaults		2.6	2.3	–
INWARD DIVES					
401	Inward Dive	1.8	1.5	1.4	–
402	Inward Somersault	–	1.7	1.6	–
403	Inward 1½ Somersault	–	2.4	2.2	–
404	Inward 2 Somersaults	–	3.0	2.8	–
TWISTING DIVES					
5111	Forward Dive, ½ Twist	1.8 (c)	1.7 (d)	1.6	–
5112	Forward Dive, 1 Twist	2.0 (e)	1.9	–	–
5121	Forward Somersault, ½ Twist	–	–	–	1.7
5122	Forward Somersault, 1 Twist	–	–	–	1.9
5123	Forward Somersault, 1½ Twists	–	–	–	2.1
5124	Forward Somersault, 2 Twists	–	–	–	2.3
5131	Fwd 1½ Somersaults, ½ Twist	–	–	–	2.0
5132	Forward 1½ Somersaults, 1 Twist	–	–	–	2.2
5211	Back Dive, ½ Twist	1.8 (c)	1.7 (d)	1.6	–
5212	Back Dive, 1 Twist	2.0 (e)	–	–	–
5221	Back Somersault, ½ Twist	–	–	–	1.7 (g)
5222	Back Somersault, 1 Twist	–	–	–	1.9
5223	Back Somersault, 1½ Twists	–	–	–	2.3
5225	Back Somersault, 2½ Twists	–	–	–	2.7
5311	Reverse Dive, ½ Twist	1.9	1.8	1.7	–
5321	Reverse Somersault, ½ Twist	–	–	–	1.8 (g)
5411	Inward Dive, ½ Twist	2.0	1.7	1.6	–
5421	Inward Somersault, ½ Twist	–	–	–	1.9
5422	Inward Somersault, 1 Twist	–	–	–	2.1

*** ALL 12 & UNDER DIVERS ***

(a) 101 DD = 1.3; (b) 201 DD = 1.6; (c) 5111A and 5211A DD = 1.2; (d) 5111B and 5211B DD = 1.5; (e) 5112A and 5212A DD = 1.3; (f) Only 12 & unders can perform 100 & 200 at All-Stars

**** ALL DIVERS ****

(g) Tuck position may be used as part of free position [applies to dives 5221, 5231, 5321, 5331]