

Clinic for Coaches

Welcome to the

Montgomery County Diving League!

Introduction

As an MCDL Coach, there is a lot of information that you are required to know about our League. As a Coach, you have a lot of responsibilities. This document does not include “How To Coach Diving” information. Instead, it provides information on how MCDL operates and how you can be an effective MCDL Coach within our rules and expectations. This document does not describe all of the Rules, so please refer to the current handbook for the complete list and definitions of our Rules of Competition.

The information in this document is divided into two parts:

- Part I is a quick list of items you *must* know,
- Part II has good information about other aspects of MCDL that will help you understand how Coaches, Officials, and Team Reps all work together for the benefit of our divers.

Please use this as a guide throughout the season and make sure you are familiar with the Rules in the current MCDL handbook.

You will be working closely with your Team Representative. If you have any questions, please ask your Team Representative, or you may contact one of the MCDL Board members for assistance. Page 3 of the MCDL handbook lists all of the contact information for this season.

Visit our website [www.mcdiving.org] often and throughout the season to stay current and up-to-date. All changes and updates will be posted there.

We hope you have a safe and fun season and we wish you the best of luck!

Clinic for Coaches

Part I

MCDL Mission

"The MCDL Mission is to promote the safety, fun, and learning of the sport of Springboard Diving through instructional practice and age-level competition."

Clinic Purposes

- To familiarize all coaches with the unique characteristics of MCDL as compared to high school, J.O., and collegiate diving.
- To provide a set of expectations with regard to conduct.
- To emphasize the safety aspect of the MCDL mission.

As an MCDL Coach...

- You represent yourself.
- You represent your divers.
- You represent your team.
- You represent your pool.
- You represent the pool parents and guardians.
- You represent the MCDL.
- You represent the sport of diving.

Your program will take on the personality you present. Command respect by being respectful.

Safety above all else...

What would a prudent person do in a similar situation?

Plan ahead and foresee all potential problems.

Employ sound, safe coaching techniques.

Children should join your dive team to learn how to dive safely.

Did You Know...?

Read the MCDL handbook. Knowing the rules will give you an advantage.

Recent Rule changes over the past few seasons:

- The 8 and Under age group is now a scoring event for team points.
- Jumps (100 and 200) are allowed in all age groups.
- A Jump is the *only* feet-first entry that can have the arms overhead *or* at the sides.
- All other feet-first entries with arms above the head will score 4 ½ Maximum.
- Bye Week Meets count toward the 2-meet qualification for Divisionals.
- We use FINA Rules, such as 101A and 201A no longer require an arm "Set."
- Other Rules have been amended (*in Italics*) throughout the handbook.

Clinic for Coaches

How do I...? What if...?

Here are some questions, along with a brief answer. Following each question is the page number in the current handbook where the complete answer may be found.

What do you and your Team Rep do when a meet is rescheduled? (p.11)

Send an email to records@mcdiving.org immediately to notify them of the change.

How are the Division Champions and Divisional Meet Champion determined? (p.11)

Division Champs have the best record of the Dual Meet season.

Divisional Meet Champs is the team that scores the most points at the Divisional Meet.

How does a diver qualify for the Divisional Meet? (p.11)

A diver must be in at least two (2) MCDL Meets during the Dual Meet season.

I have a diver who will be 11 on June 2. In what age group should they dive? (p.12)

June 1 is the MCDL age cutoff date. In this case, the diver can compete in 9-10.

In what age group can a diver participate? (p.13)

During the regular season, a diver can dive in their own age group or one age group up (known as "diving up"), but only if the Diving Up rules are met. A diver **MUST** dive their own age group in the Allstars and Divisionals.

What are the rules for "Diving Up?" (p.13)

1. There must be a void in the upper group that is not created by other divers diving up.
 2. The diver must be able to do a full list of the age group dives with no omissions.
 3. Team Reps and Referee must be notified (prior to Meet start) of all Diving Up divers.
- NOTE! Please read the Rules for Competition for complete details for Diving Up.

What dives does each age group need to do? (p.14&15)

Please refer to the current handbook for the specifics of each age group.

Is there an order of dives? (p.16)

YES! All required dives must be done in the same order. Front dives first, then back...

What if my diver listed a Required dive out of order on their sheet? (p.16)

If the error is caught before the dive is done, the Referee will have the dives reordered.

What if my diver did a Required dive out of order? (p.16)

That dive shall be declared a Failed dive.

Clinic for Coaches

My diver did a Required dive out of order! The Referee wasn't paying attention! (p.16)
No, your diver wasn't paying attention. It is every diver's responsibility to listen to the dive when it is announced and make corrections if needed before doing any dive.

My diver put a 104, but wrote down Forward 1 ½ somersault. What do they do? (p.16)
The diver will be expected to do a forward double because the Number overrules.

But my diver can't do a 104! What now? (p.20)

A Referee will try to see if the diver appears to be capable of such a dive. If the Referee feels it is unsafe for the diver to attempt the dive, the Referee will not allow the diver to attempt it and the dive will be failed. If deemed capable, then the Referee will look for a sincere effort. If no sincere effort was made by the diver, the dive will be failed.

My diver wants to change a dive on their sheet. Can they? (p.16)

If the meet has not begun, the Referee can allow it. Once the first dive has been performed, the meet has started and only positions of dives may be changed.

My diver won't do a 101. Can they still earn team points? (p.16)

They must make a sincere attempt, otherwise they will be ineligible for team points.

Can my diver do a 101A as an optional dive? (p.16)

No dive may be repeated even if it is in another position. Short answer = No.

A pool has more than one 1 meter board. Can my divers use either one? (p.16)

As long as the Referee or Pool Mgmt deem them both worthy. Short answer = Yes.

A diver did a cannonball and the Referee said they can't earn Team Points! (p.20)

Good Call by the Referee. A diver must make a sincere attempt or they will be disqualified. Ask yourself, "What kind of Coach has divers doing cannonballs?"

What do the Judges look for when judging a dive? (p. 16-21)

All divers should assume a starting position, or Judges may deduct points.
Judges judge the entire Dive: the Approach, the Take-off, the Flight, and the Entry.

Does my diver have to do a hurdle? (p. 17)

No. They may do a standing dive, but it may get lower scores without normal height.

What is required when doing a hurdle? (p. 17)

There must be at least one step (and not a hop) before the hurdle step.

What is required on the takeoff? Are Crow-hops legal? (p. 17)

The diver must leave the board with both feet simultaneously on all takeoffs. For standing takeoffs, the diver must not lift a foot (or feet) off the board prior to takeoff.

Clinic for Coaches

My diver failed a 5111A! The Referee said something about a twist on the board? (p. 18)
This is a Referee call – a twist may not start until the feet have completely left the board.

My diver failed a twist dive because they kept twisting when they hit the water? (p. 18)
This is a Referee call – a twist over OR under by 90 degrees (or more) is a failed dive.

When my diver tried their double, they landed head first. Why was that Failed? (p. 19)
A Referee call – Head-first dives must land head first. Feet-first must land feet first.

My diver did a nice front flip and the Referee said something about 4 ½ max? (p. 19)
For the Referee to make this call, the diver probably had their hands above their head.

Okay, so what feet-first dives can a diver enter with hands above the head? (p. 19)
Jumps are the only ones; dives 100 and 200.

One of my divers really blew a dive! Can they do it over? (p. 20)
A Referee can authorize a repeat if you or if the diver respectfully ask but, only if the Referee feels there were unusual circumstances. A bee sting while on the board is unusual. Pool noise, yelling out the name, or stubbing a toe is not unusual.

Can I help my diver either on the board or call them out of a dive from the deck? (p. 20)
No. If the Referee feels a diver was assisted in any way, the dive is failed and scores 0.

What does the Referee do? (p. 19-21, p.24)
In short, the Referee instructs the Judges on Diving Rules and is responsible for the overall conduct of the Meet. A Referee may also be a Judge as well.

What can the Judges' call? (p.21)
The Judges are instructed to “score it as you see it” using the entire range of 0 to 10.

Do we use the US Diving Rule book or the FINA Rule Book? (p.22)
Both. Our rules come from our handbook first, then we defer to US Diving/FINA.

What are the Meet Secretary's Responsibilities? (p.23)
The Meet Secretary runs every other aspect of the Meet, such as the Table portion. The Meet Secretary and the Referee help each other to run a smooth and safe competition.

How is a Meet conducted? (p.25-27)
Each meet starts with the 8&Under Girls, then 8&Under boys, then 9-10 girls...
A Referee may combine events and a Referee may authorize practices during breaks.

Clinic for Coaches

What are the differences between the Divisional Meets and the All Stars? (p.27-29)

The **Divisional** Meet is a competition between the top two divers from each pool within each age group in the same Division and no more than 20 divers from the same pool.

The **Allstars** is the last meet of the season with divers from all Divisions. All divers who finished in the top 3 at each of the Divisional meets are automatically entered. There is a Wild Card process where additional divers who deserve to compete may also attend.

I don't like the scores of a Judge. Can I say or do anything? (p.29)

Not to the Judge. You may respectfully convey your opinion to your Team Rep only.

But I have it on video that my diver clearly did the dive better than the scores! (p.29)

Nice. But it can never be used as evidence for or against any scores or calls – Not ever.

I've heard of Protests. What is a Protest? (p.29)

A protest is a formal complaint put forth by your Team Representative to the MCDL Rules committee regarding a specific incident during competition. Please see page 29.

I know that MCDL expects Sportsmanship, blah, blah, blah... (p.30)

Yes we do. We do not tolerate any behavior that is unsafe or unsportsmanlike and we will consider suspension from the League for any infractions!

MCDL Expectations of Coaches

We expect all coaches to conduct themselves as role models in the presence of the children. For some coaches, it is possible you will have kids on the team who are older than you. For others, the age difference may be more pronounced. No matter what the circumstances, you must all recognize that divers will look up to you to some degree and will often emulate your actions. To this end, we ask that you strongly consider your conduct and language in their presence. What is acceptable in your circle of friends is probably not the same as what is acceptable at MCDL functions given the wide range of ages present. For example, smoking is prohibited at all MCDL events, and we discourage it anywhere in the presence of the team.

We expect all coaches to abide by the rules of MCDL and to respect the people who help to carry out the many different functions of the league, including but not limited to meet officials, opponents, team representatives, and the MCDL board of directors. All coaches must always put **safety before winning** without exception. A catastrophic injury is not worth any Win. Safety must be promoted and practiced at all times.

We are all here volunteering our time and our experience for the benefit of the divers. You are a coach and you will be expected to be an advocate for all of your divers. If you feel the need to stop the meet on behalf of your diver, then respectfully ask the Referee to pause the meet and ask for the Referee's assistance.

Be Safe, Have Fun, and Good Luck!

Clinic for Coaches

Part II

Format for Events

All dives will be performed on one-meter boards. 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:

8 & Under Dive List

A total of 3 dives (2 required and 1 optional) in the following order:

First: Forward Dive 101 any position. **DD is 1.3 for 12 & Under, regardless of position.**

Second: Back Dive 201 or Back Jump 200 [hands may be over the head or adhere to Rule 4.d.(1) on feet first Jump entries without prejudice].

Third: Optional. The optional dive shall be selected from any of the five dive groups but shall not be a 101 or the same number as the Second dive regardless of position. **Please refer to the back of the current MCDL Booklet for accurate DD for divers under 12.**

NOTE: You may NOT change the order of dives and may NOT substitute any required dives. If a diver does not have three dives, you may do fewer than three but may not do one twice. For example, Billy doesn't want to do a back dive yet. He may not do two front dives in the Meet. He may skip the back dive round, you enter "no dive" on his sheet, and he rejoins the rotation for the next round. However, skipping a required dive makes Billy an Exhibition diver and ineligible for Team Points.

9-10 Dive List

A total of 3 dives (2 required and 1 optional) in the following order:

First: Forward Dive 101, any position. **DD is 1.3 for 12 & Under, regardless of position.**

Second: Back Dive 201, any position. **DD is 1.6 for 12 & Under, regardless of position.**

Third: Optional. The optional dive shall be selected from any of the five dive groups but shall not be a 101 or 201 regardless of position. **Please refer to the back of the current MCDL Booklet for accurate DD for all divers who are under 12 years of age.**

11-12 Dive List

A total of 4 dives (2 required and 2 optional) in the following order:

First: Forward Dive 101, any position. **DD is 1.3 for 12 & Under, regardless of position.**

Second: Back Dive 201, any position. **DD is 1.6 for 12 & Under, regardless of position.**

Third: Optional. The optional dive shall be selected from any of the five dive groups.

Fourth: Optional. This optional dive may be selected from any of the four remaining dive groups and cannot be a 101 or 201 regardless of position. **A diver may select 100 or 200 as an optional dive with a DD of 1.0. If a diver selects 100 as the third optional, he/she may not select any other dive in the 100s as the fourth optional. Example, Billy does 100 as a third dive. He may not do 102 as a fourth dive. Please refer to the back of the current MCDL Booklet for accurate DD for divers under 12 years of age.**

Clinic for Coaches

13-14 Dive List

A total of 5 dives (2 required and 3 optional) in the following order:

First: Forward Dive 101, any position

Second: Back Dive 201, any position

Third: Optional

Fourth: Optional

Fifth: Optional. Each optional dive may be selected from any of the five dive groups (3 optional dives from 5 groups), and cannot be a 101 or 201 regardless of position.

All dives have a specific DD that is in the MCDL handbook. The same rules apply here regarding use of 100 or 200 as optionals and dives from different Dive groups.

15-18 Dive List

A total of 6 dives (3 required and 3 optional) in the following order:

First: Forward Dive 101, any position

Second: Back Dive 201, any position

Third: Inward Dive 401, any position

Fourth: Optional

Fifth: Optional

Sixth: Optional. Each optional dive may be selected from any of the five dive groups (3 optional dives from 5 groups), and cannot be a 101 or 201 regardless of position.

All dives have a specific DD that is in the MCDL handbook. The same rules apply here regarding use of 100 or 200 as optionals and dives from different Dive groups.

For all meets, required dives will be performed in the order specified above. 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. **Example, A 15-18 diver puts inward dive second, back dive third. Referee instructs the secretary to fix the sheet.** 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 it must be performed a second time to be judged and scored. **Example, A 15-18 diver puts inward dive second, back dive third. During the second round, he does an inward. Referee instructs secretary to fail the dive for round two and put the inward in round three. Diver then does inward again in round three for scores. (This should never happen, but if it does, you know what the procedure is.)** 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 their entry form.

Each diver must execute the dive listed on their entry form (with the exception of position) or have that dive declared failed. **The dive that is announced is what must be performed. Please instruct all of your divers to *listen carefully* to the announced dive so they know if the dive they are about to perform is what has been announced. Ask the announcer to repeat if necessary. If an announcer makes a mistake, it is the diver**

Clinic for Coaches

who is responsible. Example, announcer reads front somersault with one twist when it actually says two twists on the sheet (blame it on hand-writing or on an inexperienced announcer). Diver does front somersault with two twists. Referee: "Fail Dive."

Divers may not change dives after the sheets have been submitted to begin a meet. The only change that may be made is position. If this is done, the diver must take the lower of the two DDs and must receive approval from the referee.

For all Dual Meets, a diver competing in their own age group 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, if this same diver fails one of the other dives, this diver is no longer eligible for Team Points. **No diver may fail two dives, either voluntarily or involuntarily, and remain in the competition. Example, 11-12 diver puts down front somersault as her first optional and no dive for her second one. She then fails the front somersault. She becomes an Exhibition diver and may not score team points.** A diver competing in a higher age category (**Diving-Up**) may not eliminate any dive. No diver may eliminate a required dive and remain in the contest.

A diver who does not have all of their dives (such as a required dive) may compete as an exhibition diver if the referee and both team representatives agree to it before the meet. This diver may not score team points.

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

In the event of an error on a dive sheet, the dive number written on the sheet takes precedence over the dive description written in English on the sheet. Reminder: dives may not be changed on the board but position may be changed. Example: Billy writes 104, front 2½ somersault on his sheet. He wants to do the double, which 104 specifies. He is permitted to do the double because the number on the sheet specified front double. (This is a rare occurrence but has come up before. Hopefully, errors of this sort are caught prior to the meet when sheets are checked.)

Manner of Executing Dives

Dives will be judged on the following principles:

The Approach

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

Clinic for Coaches

preparatory positions without a balk being declared, so long as there is no obvious attempt to start the press.

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.

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.

It shall be considered a failed dive if the diver falls into the water from the board prior to assuming the starting position.

The forward approach shall be smooth, straight and forceful, and shall consist of a minimum of **one step** before a hurdle.

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. A take-off for the hurdle from both feet shall constitute a balk. Both feet shall contact the end of the board simultaneously following the hurdle.

The Take-off

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. A diver is entitled to his own method of armswing on back or standing front take-offs, but must not lift his feet from the board before the take-off.

When executing a back or standing front dive, the diver must not bounce on the board or rock the board excessively before the take-off. For a violation of the above, the Judges (not the Referee) shall deduct not more than two points from their awards according to their individual opinions. **"Crow-hopping" is strictly prohibited in MCDL as it poses a safety risk. Judges have been instructed to take off ½ to 2 points for this.**

If in any dive, the diver touches the end of the board or dives to the side of the direct line of flight, this indicates, no matter how well the dive may have been executed, that he was too close to the board for proper execution. Each Judge must exercise their own opinion regarding any deduction to be made.

All springboard dives with a forward take-off may be performed either standing or with an approach 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. **This means that a diver will not be directly penalized for not doing an**

Clinic for Coaches

approach. However, it is highly unlikely he will generate much height without one, which will likely compromise other parts of the dive. Thus, he will be indirectly penalized when compared to a similar dive performed with a hurdle.

Flight Through the Air

During the passage through the air the body can be carried straight, with a pike or with a tuck.

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 dive is to be judged on its overall performance and the Judges (not the Referee) shall deduct their awards according to their individual opinions.

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.

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.**

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: 5152, 5154, 5221, 5231, 5251, 5321, 5331, 5351. 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 four and one-half points.

The position of the arms shall be the choice of the diver **The "set" is not required in forward 101A or back 201A dives!**

In dives with twists, the twisting must not manifestly be done directly from the board. All dives must be initiated in their proper positions (e.g. 5111 is a forward dive 1/2 twist). The twist may not begin until the feet have left the board. Any twisting dive which is clearly executed in a lesser manner will be considered a failed dive and the referee shall declare it so. In somersault dives with twists, the twist may be performed at any time during the dive at the option of the diver, unless otherwise specified. It is a failed dive if the amount of the twist is greater or less than that announced by 90 degrees or more. **In the case of "close calls" (such as it looks to be about 90 degrees), the referee will usually allow the dive to stand. However, judges have been trained to "score it as they see it." If they think it is a fail dive, they are instructed to hold up a zero.**

Clinic for Coaches

In somersaults with tuck (other than flying somersaults) the turn must commence as soon as the diver leaves the board. In flying somersault dives, there must be a well-defined straight position for approximately half a somersault, with the somersault made as rapidly as possible. **No one ever does flying somersaults. If you have someone doing it, judges will have a very difficult time scoring it accurately.**

Entry

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 shall be performed with the arms held close to the body (Jumps excluded), and without bending the arms at the elbows. If the arms are not in the correct prescribed position on entry into the water, each Judge shall deduct up to 2 points from the award for a dive. **Where the hands are above the head on a feet-first dive, the referee will declare a 4 1/2 Maximum in addition to any deductions applied by the judges. For the purpose of determining whether arms are above the head, referees are instructed to use a line perpendicular to the trunk of the body extending from the shoulders. Thus, arms do not have to be all the way over the head for this call to be made. Bent arms where the hands above the shoulders is a 4 1/2 max.**

The 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. **In the case of "close calls" (such as a diver lands flat on his back doing a flip), the referee will usually allow the dive to stand unless they can determine what the first portion of the body to contact the water is. However, judges have been trained to "score it as they see it." If they think it is a fail dive, they are instructed to hold up a zero.**

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 four and one-half points. **This includes a twister that "corkscrews" into the water.**

The Referee shall declare the dive to be a failed dive, if a diver does not execute the dive announced.

The Referee is authorized to have a spoiled dive repeated, when in their 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. **A coach may also make the request since many divers will not think of this. However, the request must be made before the next diver has their dive announced. (Note: Exceptional circumstances include only the most unusual happenings, such as a bee**

Clinic for Coaches

stinging the diver, a bird swooping across the board, or a blimp crashing in the shallow end. Pool noises, shouting, music, or whistles, are not exceptional. Please instruct lifeguards to look at the well before blowing whistles for adult swim, etc.)

All divers must perform without assistance from any other person. If, in the Referee's opinion, the diver is assisted by another person (**such as being called out of a dive**), the dive shall be considered failed. **Exhibition divers may receive assistance (such as with back dives), and may receive scores at the Referee's discretion.**

A diver shall be disqualified if, in the Referee's opinion, the diver is not making a sincere effort to perform dives or it is obvious that dives listed on the diving sheet are too difficult for the diver. **Example: A diver who gets up on the board and does a cannon-ball will be removed from competition and will not score points for the team.**

Judging

Qualifications

All judges are required to attend an MCDL clinic every three years. However, many have little experience with diving and are unlikely to evolve into Olympic judges. They are all volunteers. They will do their best at all times and will make mistakes. This is something we have to live with. If it ever appears that a judge is intentionally biased, this should be reported to your team representative who can then decide whether to consult the referee and ask for a replacement. Under no circumstances may a coach ever directly question a judge both during and immediately following a meet. Failure to adhere to this principle will result in disciplinary action from the league, including but not limited to a written warning, suspension, forfeiture of a team's meet or participation in future meets, and dismissal of the coach.

Scoring

Only dives listed in the MCDL handbook or current official United States Diving Rule Book or FINA book may be performed. If a dive is not listed in the MCDL handbook, a USD, or FINA rule book must be presented to the referee. It is your responsibility to have a handbook. Referees are instructed not to allow dives they cannot confirm.

The table at the end of the handbook shall be used to assign the degree of difficulty to dives. The table of dives provided in the MCDL Diving Rule Book shall be governing in MCDL diving meets. For dives not shown in the MCDL Diving Rule Book, the current official United States Diving or FINA Rule Book shall be governing.

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 MCDL competition.

Clinic for Coaches

Coaches are not permitted to serve as judges unless the most extraordinary circumstances prevail. Not only would a coach have had to attend an MCDL clinic to become certified in this league, but he/she would also need to have someone to handle the coaching responsibilities as he/she would be prohibited from coaching and judging at the same time. The only situation in which this could reasonably be considered is when fewer than three judges are present in total from both teams.

Officials Responsibilities

Judges (5)

To score each dive

Judges will be placed in appropriate positions by the Referee, either on one or both sides of the diving area. Judges will NOT be placed in front of or behind diving boards.

Referee

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 call for the display of the Judges' scores or authorize the announcer to do so.

To make decisions relative to the manner of executing dives as stated in sections 4 and 5 of the handbook.

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 function as a Judge also. **(This is extremely common, especially in the lower divisions.)**

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.

Team Representative

- Act as liaison between the home team and MCDL.
- Attend the MCDL organizational meetings.
- Be responsible for the arrangements for each dual meet.
- Act as the official spokesperson for the team in matters of conduct.

Clinic for Coaches

Coach

Provide safe training in springboard diving for all divers, regardless of skill level and agility.

Assure that no diver ever takes the board for practice or competition who has not signed up, paid the insurance, and turned in a signed permission slip (by a parent/guardian if the diver is under 18).

Provide the appropriate level of respect to all volunteers at meets and assure that his/her team does the same. This includes making sure that good sportsmanship is practiced at all times (such as not heckling or insulting opponents or judges).

Complete an accident report any time an incident that requires medical attention (even that limited to first aid given by you or the pool staff) occurs. This will protect you and the entire league in the event of legal action. It is impossible to determine at the time if such action is likely to occur, so it is best to take all necessary precautions.

The Team Representative and Coach, or their duly authorized representatives, must be present at all diving meets, for the duration of the competitive events.

United States Diving/ FINA Rule Books

For rules or procedures not covered in MCDL's handbook, refer to the current Official United States Diving or FINA Rule Book, as amended.

Other Rules and Loopholes

Meet Integrity

If a meet is interrupted for any reason and cannot be completed on the scheduled date, uncompleted events shall be rescheduled within seven days from the originally scheduled date unless the permission of the Rules Committee Chairperson is obtained for a later date. In no case shall any make-up meet be scheduled for later than the Thursday before the Division Championship Meet.

Once a meet has begun, which is signaled by the completion of the first official dive in the eight and under age group, cancellation of remaining events must be with the consent of both teams. Division Coordinators should assist in resolving any disputes or stalemates in negotiations. Further problems should be referred to the Rules Committee Chairperson or designated board member. However, pool management at the home pool shall have the final say as to whether or not a meet will be continued or postponed. 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

Clinic for Coaches

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. No new divers may be added to the conclusion of a meet regardless of whether an age group was started or not, nor will divers be permitted to change age groups. A diver may be scratched from the competition. The only changes that may be made to a diver's sheet are those that would normally be permissible during a standard dual meet, such as a change in position (with the lowered degree of difficulty being applied).

LOOPHOLE: Your meet is scheduled for Sunday. Several of your divers can not attend. Bad weather is predicted and a reschedule is likely. Once the meet has begun, no more divers may be added. Thus, submit sheets for divers not in attendance. If the weather holds, simply pull their sheets prior to the event. If it does not, these divers are officially part of the meet and may compete on the reschedule day. If the meet does not even start, you are free to make any changes to the roster and dive sheets that you wish to.

If a diver is coming late to a meet, get the sheet in advance. Once a meet has begun, no new sheets may be added.

If a meet must be stopped or delayed because of darkness or inclement weather and a winner has been mathematically 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.

ROSTERS: All divers who are to participate in a meet as official divers must be registered on the league web site. Thus, a diver who suddenly signs up on the day of the meet can not dive (except as exhibition) unless you can get to the computer, register the diver, and print the roster prior to the start of the meet and bring it with you to the Meet!

WILD CARDS for ALL STARS: Prior to the start of Divisionals, complete a wild card nomination form for each diver who you feel deserves a trip to all stars regardless of the outcome of the divisional meet. These can be obtained by going to the MCDL website. Submit these to the meet secretary when sheets are turned in. At the close of the meet, select up to two of these divers for consideration. You do not need to submit two if you do not have two who you feel should receive a wild card. Team representatives will then meet to discuss the wild card and, through a voting procedure run by the Division Coordinator, will select up to three wild cards. Coaches are not part of this meeting, thus you should clarify to the team rep. prior to the meeting why these divers deserve consideration. The decisions made in the meeting are final.

Clinic for Coaches

DIVERS WHO MISS DIVISIONALS: For example, your 15-18 boy swept the season but could not come to Divisionals. You may still submit a wild card nomination for him. Example: You have three 13-14 girls who are among the best in the whole league. Only two can compete in Divisionals. Submit a wild card for the third one.

CLOSING

Thank you for all of your hard work on behalf of the divers. Because of caring and talented coaches, the league has continued to grow each year. While this may not have been on your list of great things to do on an evening, the benefits are certain to help to improve the league. If you have any questions about anything you have read or heard today, please feel free to contact Karl Borst, Lori Puente, John Currie, or anyone else from whom you are comfortable seeking advice. Thank you and good luck this season!