

Midlakes Dive League Operating Plan 2023



PURPOSE

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

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2023 MIDLAKES DIVE OPERATING PLAN

A) SAFETY

Safety awareness is critical to the success of the Midlakes program. Safety Awareness is an attitude or condition that promotes reasonable and prudent actions and behaviors relative to safety measures in diving. It is the coach's responsibility to inform all parents and divers of the items contained in the "Risk of Injury" handout and have each diver and family acknowledge receipt of this information.

Lifeguards

Lifeguards must be scheduled at each pool for any diving activity. This includes both practices and meets. Each pool hosting a practice/meet shall be required to have a certified lifeguard in identifiable guard attire on duty in a guard chair which allows for direct sight of the board and the divers for the duration of the practice/meet. **The lifeguard may not be the dive coach.** A coach who is also registered as a lifeguard may not serve a dual role. In case of an emergency the lifeguard will be the responder and the coach is responsible to assist and handle the team members.

Meet Safety

The pool will be closed during the competition portion of the meet. If swimmers are in the water during the competition portion of the meet, the referee will stop the meet until they exit the pool.

Safety Credentials for Coaches:

- **CPR/First Aid:** All head coaches are required to be current in First Aid Multi-Media (or equivalent) and CPR Certification as approved by the Midlakes Association. This course must have been completed during the current or prior year and prior to the Midlakes season. Copies of valid First Aid/CPR cards are required to complete registration with Midlakes.
- **Background Check:** All head dive coaches must complete a background check before working with youth divers. A background check is included with AAU non-athlete/adult membership which is required for head dive coaches.
- **Assistant Coaches:** Assistant coaches must be under direct supervision of the head coach at all times. Assistant coaches may not work with youth divers unless the head coach has approved the activity.
- **SafeSport Training:** All head coaches and assistant coaches must complete the SafeSport Training program as defined by the Midlakes Association. See Appendix IV – SafeSport Training.

Diving at New Pools

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

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B) REGISTRATION, FEES, INSURANCE, AND TEAM MANAGEMENT

Please refer to Appendix I – Midlakes Dive Fee Schedule for the amount and payment instructions for all fees.

CLUB FEE

Each participating Club with 5 or more divers coming from that club which has a usable diving board will pay the Club Fee. The fee covers the AAU club affiliation costs for current sustaining membership and insurance for Midlakes Diving as well as operating costs and supplies for the Championship meets.”

MIDLAKES REGISTRATION FEE

All clubs must register their divers with the Midlakes League by paying the Midlakes Diver Registration Fee. This fee covers Midlakes swim and excess liability insurance and also awards for the Junior and Senior Championship meets.

INSURANCE

All Midlakes pools are required to have a certificate of insurance. This certificate must specifically state that diving is included as a covered activity and name the Midlakes League as an additional insured.

Diving board at the club must meet King County regulations and pass inspection by King County Authorities.

Care will be taken to follow the rules of the AAU (Amateur Athletic Union), of which the Dive League is a part.

TEAM MANAGEMENT

Midlakes dive teams will be classified as one of the following types of teams:

1. **Closed team** – The dive team does not accept athletes from any other Midlakes club, e.g. a club may limit dive team participation to their own members due to their club membership rules, or because they have enough enrollment within their club that taking outside athletes is not feasible.
2. **Open team** – The dive team accepts athletes who are members at Midlakes clubs that do not sponsor their own dive teams. Priority registration may be given to the club's members before opening to athletes from other clubs. Non-member pricing of up to 10% more may be charged for dive team registration per Midlakes Bylaws. The team name and mascot may be the host club's or an original name.
3. **Joint team** - Two or more Midlakes clubs may co-sponsor a dive team. All clubs in the joint team will share costs for dive coaches and meet materials. The clubs may decide how and where to structure practices and where to host meets. The team name may be representative of participating clubs, e.g. "Edge-Mena" or original, e.g. the "Squids". The clubs may decide how to structure registration, e.g. cap limits, pricing, etc., as long as athletes from all clubs in the joint team have equal registration privileges.

C) COACHES

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

- ***Head Dive Coaches must be age 18 or older and register with AAU (Amateur Athletic Association) with extended coverage (AB) as a non-athlete/adult member (includes a background check).***
- ***Assistant Dive Coaches must register with AAU with extended coverage (AB) as an “athlete” if under age 18 and as a “non-athlete” if age 18 or older.*** . See Appendix III – AAU Registration.

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- The AAU Coaching Registration expires 8/31 of each year and coaches must re-register each season. This fee for AAU registration and safety trainings will be paid individually by all Midlakes Coaches.
- **SafeSport Training:** All coaches must complete the SafeSport Training program as defined by the Midlakes Association. See Appendix IV – SafeSport Training.
- Coaches must instruct divers in techniques of appropriate take-off mechanics, skill progressions, body awareness, and performer readiness to minimize the risk of injury.
- The primary safety objective in diving is safe board clearance on every dive.
- Coaches enforce safety rules.
- Coaches are responsible for warning divers and parents about the risk of injury before divers are exposed to the risk. Coaches must require that “Risk of Injury” forms are signed by parents and divers before divers begin practice. These forms must be kept on file.
- Coaches must carry Emergency Information and Consent for Medical Treatment forms with them at all times while coaching. Have readily available name, address, phone number (home & work) of diver’s parents, emergency contact number, doctor and or preferred hospital, record of physical limitations and allergies.
- **The Head Coach is required to attend the mandatory coaches’ meetings.** The first meeting is held prior to the start of the season (generally at the same time as the judging clinic for parents) and the second meeting is held 3 days prior to the Championship Meets.
- Midlakes Dive Head Coaches are NOT allowed to participate on their team as an athlete. It is important for the coach to observe divers in the pool and maintain the safety of the dive tank at all times during practices and meets. A coach cannot do this from the diving board or below or at the water’s surface.
- Midlakes Dive ASSISTANT Coaches MAY participate on their team as an athlete if they meet all standard diver eligibility requirements (e.g. age, membership status, etc.). It is important for coaches to observe divers in the pool and maintain the safety of the dive tank at all times during practices and meets. A coach cannot do this from the diving board or below or at the water’s surface. Assistant Coaches who are also team members may be either a) practicing, or b) coaching, but not both simultaneously. For instance, an assistant coach may “coach” the junior divers and then “practice” with the senior divers.

D) DIVERS AND FAMILIES

Midlakes rules shall be followed as to eligibility and other inquiries.

DIVERS

- Divers must know and understand the risks involved in the sport.
- Divers are expected to follow the team rules for safety.
- Divers must attend practices to assure proper training.
- All athletes will abide by the swimwear standards at meets as noted in Appendix IX – Midlakes Dive Meet Standards

Age and Age Group Assignment:

- The diver’s age for the League season is the age of that diver on June 15 of that season.
- Divers will be allowed to dive in their respective age group ONLY. No diver will be allowed to dive outside (up or down) of their respective age group in competition.

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Age Group Brackets:

- ⇒ "8 and Under": Any diver 8 years old or younger;
- ⇒ "10 and Under": Divers age 9 or 10;
- ⇒ "12 and Under": Divers age 11 or 12;
- ⇒ "14 and Under": Divers age 13 or 14;
- ⇒ "15 and Over": Divers age 15, 16, or 17; or an 18 year-old graduating high school senior;

Divers may compete in one event per meet as determined by their age on June 15th of the year they compete.

Diver Registration: An athlete's registration will not be complete until the following forms and fees have been received by their Coach or the Club's Dive Parent Representative.

1. Divers are required to register as a full member of a Midlakes Club Pool (i.e. not an associate member or partial member) to be eligible to participate on a Midlakes Dive Team.
2. Divers must pay required club fees and Midlakes fees.
3. **Risk of Injury Form** found in the Midlakes Dive Operating Plan (also can be found on the Dive page of the Midlakes Swim League website).
4. **Midlakes Hold Harmless Agreement** (found on the Dive page of the Midlakes Swim League website).
5. **Concussion Information Sheet** "Lystedt Law Parent/Athlete form" (Can be found on the Dive page of the Midlakes Swim League website)
6. **SafeSport Training:** All divers **must** complete the SafeSport Training program as defined by the Midlakes Association. See Appendix IV – SafeSport Training.
7. **AAU Athlete Membership** – Please refer to Appendix III – AAU Registration for registration details.
 - Each diver must be covered by AAU diving insurance to participate in the Midlakes program. The only way for this to happen is for each diver to individually register with AAU, as a Youth Athlete Member.
 - One unregistered diver in the program can void all insurance for every one of our teams and their coaches.
 - It is the responsibility of the head coach, parent dive team representative, and club manager to verify AAU membership with Extended Coverage for each participant.

Midlakes "A" Diver

Divers must compete in the round with their own age group. Both boys and girls may compete in the same round but will be scored and given awards separately both at weekly meets and Champs. Midlakes "A" divers will compete the required "A Dive List" in all meets.

The following athletes shall be considered an "A" diver by Midlakes Diving:

- Any athlete/diver who is registered as a Junior Olympic diver with U.S. Diving; or
- Any diver who has qualified at the high school level for STATE the preceding diving season; or
- Year-round Novice Divers can be considered for placement as an "A Diver";
- All Midlakes Age Group Champions (1st Place) will begin the following year as a Midlakes "A" Diver.
- Any Midlakes Diver who has finished in first place in 2 age group events in the summer dual season;
 - *Divers moving up to A will remain at that level unless they age up the following season.*
 - *Divers aging up are allowed to move back to the B level.*

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Midlakes “B” Diver

Athletes may dive only in events designated for novices (includes all closed Midlakes meets). Divers must compete in the round with their own age group. Both boys and girls may compete in the same round but will be scored and given awards separately both at weekly meets and Champs. Midlakes “B” divers will compete the required “B Dive List” in all meets.

Junior Olympic Divers Shall be defined as per U.S. Diving as any diver who was registered as Junior Olympic for the preceding 12 months. That diver remains a J.O. until they have had one calendar year of non-registration with U.S. Diving.

PARENTS AND GUARDIANS

If concerns arise regarding the diver’s emotional state, fatigue, illness, injury, the use of certain facilities, or if they identify any other factors that risk the child’s well being it is the responsibility of the diver’s parents/guardian to notify the coach and to remove their diver from the situation.

Each club will be encouraged to have as many parents as possible attend the judging clinic held prior to the season. Any parents/guardians attending the clinic will be considered as certified judges and may act as meet referee.

SafeSport Training: All parents and guardians that attend practices or meets must complete the SafeSport Training program as defined by the Midlakes Association. See Appendix IV – SafeSport Training

VOLUNTEERING

All families are expected to participate in volunteering throughout the season. Volunteer opportunities are available at meets as announcers, judges, and score keepers; at Championships as judges and score keepers; and for the season as the dive parent representative liaison between coach, pool, and families. Training is available for all positions.



DIVE TEAM PARENT REPRESENTATIVE

Each club will appoint a Midlakes Parent Dive Team Club Representative who is not the coach. The Parent Dive Team Club Rep will:

- Take the SafeSport volunteer training (see Appendix IV),
- Promote and advertise diving at their pool,
- Assist the pool in hiring a dive coach,
- Work with the pool manager to arrange dive team sign-ups,
- Be responsible for registration and eligibility of all divers with AAU (Amateur Athletic Union) in accordance with Midlakes rules,
- Coordinate and host home meets,
- Secure and set up supplies for home meets,
- Procure volunteer table workers to help with meets and champs,
- Procure volunteer judges for home and away meets,
- Attend Midlakes meetings as required (typically 2 meetings for pre-season and champs), and
- Assist the coach with administrative duties.

The Parent Dive Team Club representative is not responsible for coaching the divers.

- **The Midlakes Parent Dive Team Representative is required to attend the mandatory reps/coaches meetings.** The first meeting is held prior to the start of the season (generally at the same time as the judging clinic for parents) and the second meeting is held 3 days prior to the Championship Meets.

Midlakes Parent Dive Team Club Representatives are encouraged but not required to join AAU (Amateur Athletic Union) as a non-athlete member for insurance purposes. This can be done individually on-line.

E) MEETS

Types of Meets

1. Closed
 - a. Dual or Tri-meets
 - b. Championship meets
2. Open – Not currently available

DEFINITIONS

- **Closed meet -** Inclusive to Midlakes Dive League teams only.
- **Event -** Competition between divers of one sex in one age group.
- **Host team -** The team for which responsibilities are set out under Dual Meet Standards.
- **Home team -** The team at whose club the meet is held.
- **Away team -** A team visiting a club where the meet is held.

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All meets will be conducted in accordance to current AAU (Amateur Athletic Union) regulations except as is noted in the Midlakes Operating Plan for Diving. Attention should be paid especially to the registration of all divers and coaches with AAU as Individual Athlete and Coach members respectively. Midlakes Swim League will be registered as the "club" and the individual teams club facilities will be registered as third party insured sites. (See Responsibilities of Midlakes Board of Director's Dive Representative(s), below).

Meet Officials

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

- If an official has any reason to believe that a diver is facing unreasonable risk due to skill deficiency, fatigue, trauma or other reason he/she should notify the diver's coach and/or the meet referee.
- The meet director and meet referee have the authority to eliminate any dive if in his/her opinion there are circumstances that exist which might place the diver in danger. It is recommended that those making the decision take time to consult with the diver and coach.
- The meet referee has the ability to change the dive to another position (making the dive easier) for safety reasons.

Dive Sheets

Standard colored dive list forms are recommended for all meets but required for the Championships. Standard colors are pink for girls and blue for boys. Position abbreviations shall be as follows for ease of announcing: S=Straight, T=Tuck, P=Pike and F=Free. The dive lists need not be signed by anyone. The Dive Sheet Entry Forms will be made available to coaches and Parent Dive Reps at the preseason meeting.

Coaches must have dive entry sheets completed upon arriving with their team at the pool for competition. All dive sheet entry forms must be turned in to the scorer's table at the time warm-ups begin. In the interest of safety, it is expected that during warm-ups our Midlakes Coaches will be available to coach and assist their divers, giving them 100% of their attention. Failure to complete paperwork prior to warm-ups delays the starting time of the meet.

The names and AAU member #'s of Divers holding current, athlete registration with extended (AB) coverage must be given to the Midlakes Board of Directors Diving Representative(s) at least (3) three days prior to his/her first competition. Divers registered with a year-round dive club holding US Diving Registration must also be registered as an athlete with AAU.

Meet Schedule

The home team coach will coordinate meet schedule changes with the Midlakes Board of Directors Dive Representative(s) before the change is finalized. Coaches will confirm with host coach the time and place of their meets the day before they occur.

Meet Results

The host team coach will report the results of meets to the Midlakes Board of Directors Dive Representative(s) by telephone or email the same day they occur. The coach will bring a copy of the meet score sheets to the Midlakes Board of Directors Dive Rep/Coach meeting at the end of the season before Champs.

F) MIDLAKES BOARD OF DIRECTORS DIVE REPRESENTATIVE(S)

The Midlakes Dive Representative(s) has/have the following responsibilities:

- Register Midlakes Swim League as a club with AAU (Amateur Athletic Union).
- Midlakes Board of Directors Rep(s) must register with AAU as non-athlete/adult members considered "Officials" for insurance protection.
- Set the schedule for all meets. This will be done with as much input as possible from the participating clubs and no later than the coaches meeting.
- Host the mandatory coaches and parent reps meeting before the first meet.
- Provide a roster of all coaches and Midlakes dive team club dive reps.
- Arrange for a judging clinic before the first meet.
- Review and update the Dive Operating Plan.
- Attend Midlakes Board meetings.
- Report championship meet results via Midlakes website.
- Coordinate league participation in open meets, if there are any.
- **SafeSport Training:** The Midlakes Dive Representative(s) must complete the SafeSport Training program as defined by the Midlakes Association. See Appendix IV – SafeSport Training

APPENDICES

These appendices are supplements for the Midlakes Dive League Operating Plan. They will be updated annually and offered for review by the Midlakes League Board of Directors. Changes to these Appendices do not require approval by the Midlakes General Membership due to the nature of these supplements.

List of Appendices

- I. Midlakes Dive Fee Schedule**
- II. Risk of Injury**
- III. AAU Registration**
- IV. SafeSport Training**
- V. Midlakes Dive Requirements**
- VI. Midlakes Judging Requirements**
- VII. Midlakes Dive Calendar and Meet Schedule**
- VIII. Midlakes Dive Championship Information**
- IX. Midlakes Meets – Dual, Tri, and Championship**

Appendix I - Midlakes Dive Fee Schedule

MIDLAKES DIVE TEAM FEE:

\$60 FOR EACH TEAM

Due at Midlakes Membership Spring Meeting

Participating Teams with 5 or more divers are required to pay the Dive Team Fee. Joint Teams of 2 or more clubs pay one team fee and determine internally which of the clubs will pay the fee.”

MIDLAKES DIVER REGISTRATION FEE:

\$15 FOR EACH DIVER

Due 3 days prior to Dive Championships competition at the Mandatory Coaches Meeting.

This payment may be made as soon as the Dive Team Roster is finalized for each club.

The Dive Team Roster is defined as the list of all divers who have attended at least one Midlakes Dive practice or meet. Clubs are to write one check to cover all divers on their final team roster. Divers make payment of the Diver Registration Fee directly to the diver’s club. Often this registration fee is included in the club’s registration fee for divers.

Note: Typically, divers make payment of AAU affiliation directly to AAU (see Appendix III). (Occasionally, the AAU fee is included in the club’s registration fee for divers. This is dependent on individual clubs.)

PAYMENT INSTRUCTIONS:

Checks should be made payable to “Midlakes Swim League”. Please indicate “Dive League” in the memo section. Send payments to the attention of the Midlakes Treasurer at:

Midlakes Swim League, PO Box 598, Hoodspport, WA 98548



Appendix II – Risk of Injury

RISK OF INJURY

All divers and a parent must sign this form and return it to their Club’s Parent Dive Team Rep

All sports involve an element of risk to the participant, and diving is no exception. We feel that is very important that diving participants be made aware of this risk.

Diving, as is the case with all sports, carries a risk of physical injury. No matter how careful the diver and coach are, no matter how many spotters are used, no matter what height is used, or what landing surface exists, the risk cannot be eliminated. Reduced, yes, but never eliminated. The risk of injury includes minor injuries such as bruises, and more serious injuries such as broken bones, dislocations, and muscle pulls. But the risk also includes catastrophic injuries such as permanent paralysis or even death from landings or falls on the back, neck, or head.

At _____ our Diving Team philosophy will be based on the objectives: ATHLETE SAFETY FIRST and DIVING PERFORMANCE and WINNING SECOND...The importance of SAFETY in diving is recognized when the diver is presented with three potentially injurious situations:

- 1) The chance of hitting the diving board
- 2) The chance of incorrect landing on the surface of the water
- 3) The chance of hitting the bottom, another swimmer or diver, or a floating object

The primary safety objective in competitive diving is safe board clearance on every dive. These situations can be minimized when the diver practices good safety habits, such as body awareness, appropriate take-off mechanics, skill progressions, performer readiness, and following their coach’s instruction.

ALL TEAM MEMBERS WILL BE REQUIRED TO FOLLOW THE SAFETY RULES PRESENTED TO THE TEAM

I have read the above safety information and I understand that competitive diving, like any other athletic endeavor, carries with it a risk of bodily injury. I understand that Safe Diving is a product of hard work, skill training, and dedication on the part of the diver.

Diver’s Signature _____ Date _____

Parent’s Signature _____ Date _____



Appendix III – AAU Registration

AAU REGISTRATION
Midlakes Summer Diving - 2023
Athlete Membership Online Registration

DIVERS ARE NOT ALLOWED to practice or compete until on-line AAU registration with payment is made on the AAU website. Please go online and register today.

Website: www.aausports.org

RENEW Previous AAU Membership

Click on “Member Login” (upper right corner of site)

Enter login credentials

Click on “Manage Memberships” and check “Expired Members”

- Divers: Select diver(s) to be renewed; click “Renew Selected Members”
- Coaches and Parent Reps: Select adult to be renewed

Follow steps to check out

NEW AAU Membership

Click on “Join AAU” (upper right corner of site)

Click on “Get a Membership”

- Divers: Click on “Apply for Youth Athletic Membership”
- Coaches and Parent Reps: Click on “Apply for Non-Athlete Membership”

You will need the following information to complete your application:

Sport: Diving

Coverage: **Extended (AB)** - \$16; (coaches/parent reps - \$18)

Term: Current Membership Year (you may purchase more)

Are they a Member of a Club: Yes

Enter your Club Code: AAU Club Code: **W34AB4** (Then click “Find Club”)
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Enter Diver Info (or coach or parent rep)

Read the AAU Terms and Conditions, Parent name needed for minors

Follow steps to check out

Please print one copy of your athlete’s AAU registration card at the time of purchase and deliver it to the Parent Dive Representative for your swim club. The AAU registration card will have an ID # that the parent rep needs. The Dive Rep does not need the receipt.

Appendix IV – Safe Sport Agreement Required by Midlakes

Midlakes Swim & Dive League is committed to ensuring all participants have a fun and safe environment to compete. Participant safety is our priority and inappropriate behavior will not be tolerated. In order to be eligible to participate in the Midlakes Swim & Dive season, all coaches, parents, guardians, and participants must agree to the following terms.

- Physical, mental, and verbal abuse of any of the participants, coaches, managers, employees, parents, and volunteers involved in our sponsored activities is not permitted.
- Inappropriate touching of any kind is forbidden.
- Coaches/Trainers should not ride alone with a child or participant in a car.
- Photographs of a child climbing out of the swimming pool are not permitted.
- Phones and photography are prohibited in locker-rooms and/or bathrooms.
- Action shots are to be a celebration of the sporting activity and not a sexualized image in a sporting context.
- Action shots cannot be taken or retained where the photograph reveals a torn or displaced swimsuit.
- All parents, guardians, coaches, divers, volunteers, and participants agree to take SafeSport training. Training must take place before the first practice of the season. Free, age-appropriate training is available online through <https://safesporttrained.org>; link available on the Midlakes website.

Athletes should take one of the following training courses based on the diver's age.

- "SafeSport for Kids"; for athletes 12 and under; free training.
- "SafeSport for Youth Athletes"; for athletes 13 and over; free training.

Parents/Guardians should take the parents' training.

- "Parent's Guide to Misconduct in Sport"; free training.

Head Coaches and **Instruction Coaches** and **Midlakes Dive Representatives** should take this training:

- "SafeSport Trained" which has a cost of \$20. **

Assistant Coaches may take the volunteer training or the youth athletes training if they are participating on the team where they are coaching.

- Paid assistant coaches, who are not athletes on the team, should take "SafeSport for Volunteers Abuse Awareness and Prevention" which has a cost of \$9.99. **
- Volunteer or paid assistant coaches who are under 17 and participating on the team may take the free training "SafeSport for Youth Athletes" for athletes 13 and over in addition to or instead of the volunteer training.

Parent Representatives and **Dive Program Directors** should take the volunteer training.

- "SafeSport for Volunteers Abuse Awareness and Prevention" which has a cost of \$9.99. **

**** Paid training may be reimbursable. Talk to your pool manager to find out.**

Appendix V - Midlakes Dive Competition Requirements

6 Dives Total

15&O A= 1 Req Front Dive @ 1.9 D.D., 5 remaining Dives to come from 4 Groups

14&U A= 1 Req Front Dive @ 1.9 D.D., 5 remaining Dives to come from 4 Groups

6 Dives Total

15&O B= 1 Req Front Dive @ 1.9 D.D., 5 remaining Dives to come from 3 Groups

14&U B= 1 Req Front Dive @ 1.9 D.D., 5 remaining Dives to come from 3 Groups

12&U A= 1 Req Front Dive @ 1.9 D.D., 5 remaining Dives to come from 3 Groups

5 Dives Total

12&U B= 1 Req Front Dive @ 1.9 D.D., 4 remaining Dives to come from 3 Groups

10&U A= 1 Req Front Dive @ 1.9 D.D., 4 remaining Dives to come from 3 Groups

4 Dives Total

10&U B= 1 Req Front Dive @ 1.9 D.D., 3 remaining Dives to come from 2 Groups

8&U A= 1 Req Front Dive @ 1.0 D.D., 3 remaining Dives to come from 2 Groups

3 Dives Total

8&U B= 1 Req Front Jump @ 1.0 D.D., 2 remaining Dives to come from 2 Groups

Forward and Backward jumps are 1.0 D.D. and can be used as a Group requirement.

Jumps CANNOT replace the required front dive.

The Five Groups are: Forward, Back, Reverse, Inward and Twist.

True D.D. is to be used except for where indicated on dive sheet (case of required dive or 8&U and 10&U Back Dive ½ twist = 1.0 D.D.)

It is okay to have dives from more than the required number of groups but not less.

***Additional Championship Dive can be from any group.**

****Any diver who does not have enough dives to compete the list above safely at a dual or tri-meet may perform a lesser number dives they can safely and earn a participation ribbon for their award.**

Appendix VI – Midlakes Dive Judging Requirements

JUDGING: Print and laminate. Place one per chair for judges at all home meets

Judging of diving shall be in accordance with FINA rules (<https://www.fina.org/diving/rules>) in all cases except as noted below.

Judges will score each dive as they see it and at their discretion.

**Arms-up on any feet first entry dive will be awarded a maximum of 4 ½ points.
The exception to this rule is the front jump in which arms extend overhead in a handlock.**

1. **Lineups** may be used as a dive for a maximum of 2 points.
2. Any forward dive **without a 3-step hurdle**, including the front jump, gets a maximum score of four (4) points.
3. Divers **helped by a coach** (including vocalization during the dive) will receive a maximum of two (2) points.
4. **Eggrolls** will be permitted and will be awarded a maximum score of two (2) points. Judges discretion regarding the amount of rotation will be exercised. This dive may be judged as a failed dive just like any other dive. The eggroll will have the same DD as a forward 1 somersault tuck with 1.4 DD.
5. Front dive **1/2 twist** or back dive **1/2 twist** will be called failed or not failed by the referee as normal. Referees will be cautioned to give the benefit of the doubt to the diver.

BACK DIVE ½ TWIST:

- FEET MOVE FIRST - MAX 2
 - HIPS TWIST - MAX 3
 - FALLING BACK INTO TWIST - MAX 4
6. All jumps will have a maximum degree of difficulty of 1.0 no matter where they are used in the list. Divers performing front and back jumps are to hold their arms motionless and straight overhead in line with their body. The body line should be straight during flight and no movement should occur. Jumps should be judged accordingly. A diver using a jump in their dive list **MUST** change the degree of difficulty to 1.0.
 7. A **BALK** occurs after the time that a diver assumes a stationary, stable, and balanced position on the diving board. A dive shall be considered set at this point. Movement after the set point that does not initiate the dive will be considered a balk. This is a judgment call that will be made by the meet referee. Midlakes is a novice league and leniency should be used before calling a balk. Remembering the importance of the diver's safety, it may be crucial for the diver to regain their balance. If a diver ascends the board and dismounts that shall not be called a balk.
No balks will be called for all 8 & Under and 10 & Under at any Midlakes meet.
 8. Coaches and/or diver may change the individual **dive position on the board, however they may not change the dive**. The degree of difficulty will not go up if the new dive has a greater degree of difficulty. The degree of difficulty will go down if the new dive has a lesser degree of difficulty.
No failed dives will be called for any 8 & Under at any Midlakes meet

Judge awards scores for each dive during an entire event. Parents are permitted to, but are encouraged not to, judge an event in which his/her child is entered. If an event has been combined (i.e. 8U Boys and Girls), a judge may judge the girls but not the boys, or vice versa, to avoid conflict. This criteria does not apply to well-trained judges who are able to be fair and impartial.

Announcer reads the order in which the divers are diving; reads the name, club affiliation, the dive, position and degree of difficulty for all first dives, thereafter omitting last name, club affiliation, dive number on deck, etc; calls for the judges' awards and **reads the scores, always in the same order. The announcer is responsible for keeping the pace of the meet moving and must remain impartial to all teams remembering that they are the host of the meet and a representative of the Midlakes Swim/Dive League.**

Recorder records the judges' scores on the dive sheet entry form; cancels the highest and lowest score if there are five judges; and adds to total the scores.

Calculator multiplies the recorder's total scores by the Degree of Difficulty of the dive. This can preferably be done using a diving slide rule or an electronic calculator when available. The calculator adds the result to the running subtotal.

Math Verification Official checks the score sheet, verifying the scores and the calculations (high & low cross out – carry 1s, etc) for accuracy; passes the sheets back to the Announcer face down in correct dive order.

Awards separate the score sheets by event in the case that events were combined, ranks the score sheets by event and notes the rank on the sheet; fills out any ribbons or medals. **Labels: It is important to put names and date on each ribbon and medal label during the event. Do NOT wait until after the round is complete. This will make the meet go faster.**



Appendix VII - Midlakes Dive Calendar and Meet Schedule SUMMER 2023

Important Dates for All Parent Dive Reps and Coaches

All coaches: New coaches and coaches whose certification has expired are required to have current CPR and First Aid. Please complete this certification before the season begins. CPR expires every two years.

PARENT TRAINING – **Mandatory** for ALL pools

- All parents should watch the online orientation.
- One parent for each diver must train as judge, scorer, or meet referee!
- Parents who took scoring training in a previous season must take judge or meet referee training.

Location: Online at Midlakes Diving website

COACHES AND REPS MEETING Saturday, June 17th at 11:00 am

LOCATION: the home of Pauline Fox

- **REQUIRED** meeting for All Coaches and Parent Dive Reps. **Attendance Mandatory!**
- Club managers are encouraged to attend also.
- Please deliver copies of current CPR and First Aid cards prior to this meeting.

Sat June 17th	First Day of Official Midlakes Practice
Wed June 28th	First Midlakes Dive Meet
Wed July 5th	Midlakes Dive Meet
Mon July 10th	Midlakes Dive Meet
Mon July 17th	Midlakes Dive Meet
Mon July 24th	Midlakes Dive Meet

Wed July 26th Coaches/Parent Dive Reps **MANDATORY Champs Meeting** 7:00 PM

Location: TBA, the home of Pauline Fox

The following items are due at this meeting

- Dive Entry Forms for every diver participating in Midlakes Championships due
- Midlakes Roster fee for all divers on your club roster during season due: \$15 per Diver
- List of Parent Volunteers with phone #'s who will be working at Champs for each pool

July 29th	Junior Championships (8U-10U)
July 30th	Senior Championships (12U-14U-15+)

MIDLAKES SUMMER 2023 DIVE SCHEDULE (As of 3/9/2023)

AWAY (A) Team Listed First
HOME (H) Team Listed Second in RED and Bold
Home Team manages scoring and ribbons

June 28th: Wednesday

MI Beach Club (A) at **Newport Hills (H)**
Mercerwood (A) at **Woodridge (H)**
Phantom Lake (A) at **Seattle Tennis Club (H)**

July 5th: Wednesday

Phantom Lake (A) at **Mercerwood (H)**
MI Beach Club (A) at **Woodridge (H)**
Newport Hills (A) at **Seattle Tennis Club (H)**

July 10th: Monday

Newport Hills (A) at **Mercerwood (H)**
Seattle Tennis Club (A) at **MI Beach Club (H)**
Woodridge (A) at **Phantom Lake (H)**

July 17th: Monday

Woodridge (A) at **Newport Hills (H)**
Phantom Lake (A) at **MI Beach Club (H)**
Seattle Tennis Club (A) at **Mercerwood (H)**

July 24th: Monday

Seattle Tennis Club (A) at **Woodridge (H)**
Mercerwood (A) at **MI Beach Club (H)**
Newport Hills (A) at **Phantom Lake (H)**

Meet Timing

All meets begin at 5:00 pm

Home team warms up from 3:45-4:15

Away team warms up from 4:15-4:45

8 and Under divers have final warm up at 4:45

Other age groups warm up for 15 minutes during award presentations for previous age group



Appendix VIII - Midlakes Dive Championship Information

MIDLAKES CHAMPIONSHIP DIVE MEET

SUMMER 2023

SATURDAY and SUNDAY, **July 29th and July 30th**

GIRLS & BOYS JUNIOR and SENIOR CHAMPIONSHIPS at:
Newport Hills Swim & Tennis Club

Saturday, July 29 th	Sunday, July 30 th
8 & Under	12 & Under
10 & Under	14 & Under
	15 & Over

Warm up for the meet will be at 7:00 AM
Closed Age Group warm-up for 8 and Under 7:45 am
Competition will begin at 8:00 AM

This is the event your children work toward all summer.
Please don't miss it!



JUNIOR & SENIOR CHAMPIONSHIPS - CLUB ASSIGNMENTS FOR TABLE WORKERS:

***Dive Team Parent Representatives MUST be present at Champs** to help your coaches and divers, act as an advocate for the champs format (judging, timing, awards, etc.) with your parents, and to help organize your table volunteers– if you cannot personally accept this responsibility you will need to have a replacement rep to fill in for you. This person must have a full understanding of how champs is structured and be willing to handle your parent contingent. Please include that person’s name on your list of volunteers.

July 29th Saturday	8 and Under Boys	TBD
	8 and Under Girls	TBD
	10 and Under Boys	TBD
	10 and Under Girls	TBD
July 30th Sunday	12 and Under Girls	TBD
	12 and Under Boys	TBD
	14 and Under Girls	TBD
	14 and Under Boys	TBD
	15 and Over Girls	TBD
	15 and Over Boys	TBD

*As per the Rule of League Championship Meets:

Each Club will be required to have a minimum of 5 volunteers to work at the scorer’s table during their pre-assigned event.

Table workers will be asked to report to the score table immediately following the prior round of competition. Dive Representatives or a selected volunteer for each club are asked to gather their table workers at the conclusion of the prior round and come to the score table. Meet Officials do not necessarily know or recognize your parents.

Each Club will be required to provide 1 to 2 adults qualified to judge for Dive Champs.

Please submit names and phone numbers of these individuals to your Midlakes Board of Directors Diving Representative at end of season Coaches and Dive Rep meeting.

Dive Team Club Representatives will have the responsibility of making sure these workers are ready and on deck at the Championships meets.

Appendix IX - Midlakes Dive Meet Standards – Dual, Tri, & Championships

SWIMWEAR STANDARDS

Our Midlakes Dive League follows swimwear standards as set by AAU and FINA. For full swimsuit standards, please refer to the “FINA REQUIREMENTS FOR SWIMWEAR APPROVAL (FRSA)” at

<https://www.fina.org/swimming/approved-swimwear>.

Some elements from these standards are:

1. Swimwear must conform to standards of "propriety" (modesty and decency).
2. The swimsuit must be made of a woven (textile) material and be one hundred percent permeable to air and water with material that is no thicker than .8 mm (e.g. no cotton t-shirts).
3. The suit, while used, must follow the body shape.
4. Men's suits may not extend above the waist or below the knees. Women's suits may not extend beyond the shoulders, below the knees or cover the neck.
5. No zippers or fasteners are permitted. (e.g. no tie-backs)
6. The suit must not exceed two layers, together which may not be thicker than .8 mm.
7. Elastic is allowed in certain areas (shoulder straps, waist opening, and leg openings).
8. One institutional logo (e.g. club logo) not exceeding 9 square inches is allowed on a suit.
9. Only one single manufacturer or distributor's logo at a competition is allowed on the outside of apparel, regardless of how visible, and is not to exceed 2-1/4 square inches.

Divers who wish to deviate from the defined standards, e.g. wear a two-piece swimsuit or a swim shirt in addition to an approved bottom piece, must request an “exception”. The exception must be approved by the meet referee prior to competition.

During a competition, athletes may not wear more than one swimsuit, a suit that does not meet shape and style requirements, or made with zippers or a fastening system other than a waist tie for briefs or jammers.

Swimwear Standard Exceptions

1. An athlete may request an exception to the swimwear standard for a dual meet or championship meet.
2. Exceptions may be presented to the Midlakes Dive Representative(s) via email at midlakesdiving@gmail.com to seek a season-long pre-approval.
3. Exceptions may also be presented to the meet referee at least 15 minutes prior to the start of the event.
4. The Midlakes Dive Representative or Meet Referee will be guided by the spirit of the Midlakes Dive Operating Plan and will rule on whether the swimwear exception is allowed.
5. The Meet Referee will announce the ruling on the exception to all coaches for all teams present at the meet and send a notice to the Midlakes Dive League Representative with details regarding the exception which may then be converted to a season-long exception if desired.
6. For championship meets, the Meet Referee will review all swimwear exception requests with a Midlakes Dive League representative to ensure fairness and consistency for all age groups.

Midlakes Dive League Operating Plan 2023



MEET MATERIALS

Table and chairs for all score tables: chairs and scoring flash cards for all judges; pencils, sharpie fine tip pens, calculators or diving slide rule, awards for divers, public address system, current Midlakes Dive League Operating Plan, and a method to agitate water.

DUAL MEET STANDARDS

1. Meets will be held during the Midlakes season per the arranged competition calendar, beginning at 5:00 p.m. At 4:45 p.m. there will be a closed warm-up for first event participants only, and this format will be followed for each event. HOST clubs will provide a 30-minute warm-up for the visiting team prior to the first event (beginning at 4:15 p.m.)
2. All dive sheet entry forms must be completed and turned into the score table prior to the warm-up for the first event.
3. *Degree of difficulty shall be according to U.S. Diving tables. Diving order shall alternate from club to club in each event as the number of entries warrants and to the degree possible.
4. Judges will be provided by both teams. Five judges per event are required, three from the HOST team and two from the visiting team. If this quota cannot be filled, three judges may be used. The meet referee should be flexible to allow for a full judging panel. Judges seating is at the discretion of the meet referee. Judges will be asked to be impartial and consistent with themselves. All participants should remember this is summer league diving and the judges are learning – just like the divers.
5. Host coach will appoint a referee for each meet. Ideally this person should have attended a Midlakes Judging Clinic in the current year. The coaches of both teams may confer and help settle any diving question that may occur during the meet.
6. The Meet Referee shall be announced at the beginning of the meet. Duties of the referee are outlined in the “Meet Personnel” section of this Operating Plan.
7. There shall be no alcohol in the ‘zone of competition’ which is defined as a distance at least 10 feet away from the edge of the pool.
8. Dual and Championship meet guidelines are shown below with the following applications and restrictions:

SCORING

Individual point scoring for dual meets will be as follows:

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

1st Place	7 points
2nd Place	5 points
3rd Place	3 points
4th Place	1 point

In the event of a tie, the points for the position will be awarded to each diver. The following place will be skipped and no points will be awarded – moving on to following place.

Midlakes Dive League Operating Plan 2023



TRI-MEET STANDARDS

Dual meet rules apply with the following exceptions:

1. Warm-up for visiting teams will begin at 4:00 PM and competition will begin at 4:30 PM, with a closed warm-up for 8 & Under competition
2. If any team has already met two times, they will not be scored against that team.

OPEN MEETS

In order to provide Midlakes divers more opportunity to compete during the limited summer season, meets may be arranged with other U.S. Diving clubs. Dates, times, team scores and other rules for these meets will be arranged by the Midlakes Board of Directors Dive Representative(s) with help from the Midlakes dive coaches.

MEET PERSONNEL

1. All meets should have the following officials
 - 5 Dive Judges
 - 1 Meet Referee (this person may be one of the judges, and should not be a coach)
 - 3-5 Scoring table officials (Announcer, Recorder, Calculator)
 - 1 Score table Math Verification official (required for all meets to check math: high & low, addition across, DD multiplier, and cumulative addition)
 - 1 Awards person who prepares ribbons during the round with name and date. This facilitates timing with the conclusion of the meet.
2. **Meet Referee:** The meet referee qualifications and duties are as follows:
 - Shall be a certified judge with Midlakes, can be from either team.
 - Shall not be a coach of one of the participating teams unless both teams agree.
 - Will take responsibility that all Midlakes Dive Operating Plan procedures are followed.
 - Will call the meet off in accordance with the weather or other circumstances on the advice of the certified lifeguard on duty.
 - Will monitor the quality of the judging and may pull a judge who is blatantly biased toward one team or other.
 - Will monitor diver etiquette, in particular that there be no one present behind or to the sides of the diving board while a diver is on the board.
 - Will stop the meet if there are swimmers in the pool during the competition portion of the meet. The referee will not allow the meet to continue until all swimmers exit the pool. This rule includes stopping the meet if a water line forms.
 - Will keep the pool clear of water lines during all competition regardless of age group or weather conditions (Coaches are instructed to clarify this issue with all divers. Reminding them to bring extra towels, warm-up suit, sweats, blankets, etc.).



MIDLAKES DIVE CHAMPIONSHIPS MEETS

Coaches and Parent Dive Reps from each participating club are required to attend the mandatory coaches' meeting prior to the Championship events. This meeting will be called by the Midlakes Board of Directors Diving Representative(s) three (3) days prior to Champs.

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

1st Place	7 points	4th Place	3 points
2nd Place	5 points	5th Place	2 points
3rd Place	4 points	6th Place	1 point
3. Each team may enter all their divers (who are eligible to participate, see Championship Eligibility) **in their respective age groups only.**

Each club must submit a list of all divers to be entered in the championship meets, by age group. This list must be received by the Midlakes Board of Directors Diving Representative(s) ONE WEEK prior to the Championships. The actual Dive Sheet Entry forms for each diver are due 3 days before.
4. The registration fee for the championship meet shall be submitted with the diving sheets at the mandatory coaches meeting 3 days before the meet. Please refer to Appendix I – Midlakes Dive Fee Schedule for the amount and payment instructions.
5. Each club participating in the Championship meet must provide a minimum of 5 experienced adults for their pre-assigned event to work the scorer's table. Each team's pre-assigned event will be made at the discretion of the Midlakes Board of Directors Diving Representative(s). The names, emails, and phone numbers of parent volunteers must be turned in to the Midlakes Board of Directors Diving Representatives) 3 days prior to the Championship meet at the mandatory coaches meeting.
6. Each club participating in the Championship meet must provide 1 to 2 adults who are qualified to judge at Championships. Judge assignments will be made at the discretion of the Midlakes Board of Directors Diving Representative. The names, emails, and phone numbers of parent volunteers must be turned in to the Midlakes Board of Directors Diving Representative 3 days prior to the Championship meet at the mandatory coaches meeting.
7. Completed dive sheet entry forms must be received by the Midlakes Board of Directors Diving Representative(s) at the mandatory coaches meeting three days prior to the Championship meet. Failure to meet the deadline may result in disqualification. Dive sheet entry forms must be on the correct color paper. (Pink for Girls and Blue for Boys) and indicate "A" or "B" division and age group. Individual dives may be changed before the event begins, but the degree of difficulty will not go up if the new dive has a greater degree of difficulty. The degree of difficulty will go down if the new dive has a lesser degree of difficulty.
8. If a dive sheet entry form for a listed diver is not received as required it is the duty of the Midlakes Board Representative(s) to notify the diver's coach and make every attempt to communicate with the diver. If the diver (and/or) coach then fail to submit the required paperwork a disqualification will result.

9. **The Dive numbers and positions (S=Straight, T= Tuck, P= Pike, and F=Free)** will be listed on the dive sheet entry form and will take precedence in the case of any conflict over the description and degree of difficulty. It is the coach's responsibility to ensure that the dive sheets are correct. The intent of this rule is to provide for a fair resolution of any dive list problem at the Championship meet. To avoid last minute surprises, coaches are encouraged to instruct divers and parents about dive numbers before the Championship meet.
A dive position may be changed on the diving board but not the dive.
10. **All divers must compete in at least two regular Midlakes dive meets in order to enter the Championship competition (see full eligibility details below).** Any tri-meet counts as only 1 meet. Exceptions may be granted upon written appeal to the Midlakes Board of Directors Diving Representative(s) no later than the Coaches and Parent meeting one week before the Championship meet.
11. The Midlakes Dive Championships will be held following the completion of the regular season. It will run both Girls/Boys championships for age groups 8 & Under through age 15 & Over. Division of ages will be determined by the number of registered divers. In the case of too few divers, in any one age group, the meet may be structured to combine more than one age group in a round, i.e. 12 & Under Boys and 14 & Under Boys may compete at the same time with clear distinction and instruction to the judging panel that a new age group is now on the board. Awards will be awarded to each age group.
12. The Midlakes Board of Directors Diving Representative(s) will assign times for a period during the day of the meet for warm-up. Every effort will be made to inform all other clubs of the allotted time period no later than the day of the Coaches and Parent Dive Rep meeting. All coaches will invite their team to participate in the open warm-up the day of the meet. No diver will be allowed on deck without their team's safety certified coach present.
13. Any extremely unusual problem will be resolved by the Midlakes Board of Directors Diving Representative(s) and the coaches of the participating teams. The Midlakes Board of Directors Diving Representative(s) will preside, and if necessary, the decision will be made by majority vote.



CHAMPIONSHIP DIVER ELIGIBILITY

Diver Participation	Eligibility for Championships Meet
Competed in 2+ regular season meets and has enough safe dives for Champs, including an additional dive for Champs	May compete at Championships even if the additional dive is an egg roll, jump, lineup, etc. as long as no dive numbers are repeated.
Competed in 2+ regular season meets but does not have enough safe dives for the Champs requirement	May participate as exhibition at Champs
Competed in only 1 regular season meet	May participate as exhibition at Champs or may request an exception for full competition eligibility. Exception must be received and reviewed by the Champs meeting.
Participated as exhibition in 2+ regular season meets (e.g. didn't have enough dives for full competition status)	May participate as exhibition at Champs
Did not participate in at least 2 regular season meets.	May not compete or participate at Champs.

RESPONSIBILITIES OF THE CHAMPIONSHIP MEET DIRECTOR

Will organize the meet in order for all divers to participate, taking into account the number of entries will help determine the amount of meet time and how to best structure available time. These responsibilities remain the responsibility of the Midlakes Board of Directors Dive Representative(s).

1. Secure location of meet. Newport Hills Swim & Tennis Club has been the desired club because they have two diving boards. This helps the meet go faster.
2. Set and report warm-up schedule following Coaches and Parent Dive Rep meeting prior to Champs.
3. Secure awards for:
 - a. Medals 1st – 3rd Places
 - b. Ribbons 4th – 15th
 - c. Ribbons “Participation” beyond 15th place
 - d. Exhibition Ribbons
 - e. 1st – 5th Place Team Award - Plaque
4. Confirm dive sheets/lists are correct for DD and dive order.
5. Create age group dive order for meet.
6. Appoint referee, officials, and table workers for each event.
7. Confirm each diver’s registration with AAU (Amatuer AthleticUnion) as an athlete with extended coverage.
8. Oversee completion of Championship score sheet and presentation of all awards.
9. Share meet results are received by coaches as soon after the meet as possible. Ensure that local clubs and news media as applicable receive meet results.

PROTEST PROCEDURES

If a team wishes to protest the outcome of a meet, protests will be handled in the following manner.

1. The coach or club representative should fill out a Protest Form, available on the Midlakes website.
2. The form must be sent electronically to the Midlakes Dive Representative at midlakesdiving@gmail.com within 4 days (96 hours) of the meet.
3. The Midlakes Dive Representative will contact the opposing team to inform them of the protest, attempt to settle the conflict, and notify the Midlakes Board President.
4. If it cannot be settled, the protest will be heard by the Board of Governors within one week. The hearing will be conducted by a minimum of three Board members or appointed representatives.
5. The presiding officers will be guided by the Midlakes Dive Operating Plan and AAU guidelines in their decisions.
6. If a member of the Board is associated with a team involved in the protest, he/she will be disqualified as a member of the hearing board.
7. All protests and rationale will be made public at the Fall meeting.
8. All decisions are final.