



YMCA NATIONAL DIVING CHAMPIONSHIP HANDBOOK

About the Diving Championship

Date: March 30 - April 2, 2023

Location: Fort Lauderdale Aquatic Center, Fort Lauderdale, Florida

Entry Deadline: March 22, 2023

Hosted by: YMCA of USA

Meet Director: Todd Hill, thill@wsacltd.org, 414-207-9722

Web Site: [YMCA National Diving Championships](#)

Web Site: [DiveMeets](#)





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LOCATION AND FACILITY

Location: Fort Lauderdale Aquatic Center
501 Seabreeze Blvd Fort Lauderdale, FL 33316

Emergency Phone Number: (954) 828-4582

Venue Description: The Aquatic Complex's diving well has two one meter and three three-meter springboards as well as a 1, 3, 5, 7½ and 10 meter platform. They also have a 15, 20, 24 and 27 meter platform.

Venue Information: [Fort Lauderdale Aquatic Center](#)

CONTACT INFORMATION

Meet Director: Todd Hill, thill@wsacltd.org, 414-207-9722

Insurance: finance@ymca.net

ABOUT THE MEET

RULES: This meet is a closed, inter-association YMCA Diving Championship. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports. The 2023 USA Diving (FINA) Junior Rules, as amended, will be followed. The Boys and Girls 16-21 will utilize the 16-18 rules. Please consult USA Diving's website for details: www.usadiving.org

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible.

ORDER OF EVENTS: See Appendix 2



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ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no "unattached" status in YMCA Diving.

Age: An athlete must not be older than twenty-one (21) years of age as of December 31, 2023.

Degree of Difficulty: The Degree of Difficulty requirements outlined in Appendix 1 must be met by all divers entering the Championships. These minimum DD requirements and minimum scores may be achieved in YMCA, High School, USA Diving, or AAU competition:

COACH

All coaches must hold current certifications as required by USA Diving.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

ASSOCIATION

YMCA: In order for an Association to participate in the National Diving Championships, it must be a certified YMCA and be in good standing with the YMCA of USA

Insurance: Each Association (Branch) may hold only one USA-D or AAU Certificate of Insurance. An Association (Branch) may not be part of more than one USA-D or AAU Certificate of Insurance (Can't be comprised of divers of more than one USA-D or AAU team). Associations MUST have their official YMCA name as listed in the YMCA directory on their USA-D or AAU Certificate of Insurance.

Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet, on file with the YMCA of the USA.



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Refer to the [SAMPLE](#) for the required elements and exact wording needed.

Emails of certificates will be accepted from the Insurance Broker only. Emails may be sent to finance@ymca.net.

YMCA without Team: If an Association does not sponsor a diving team, an eligible athlete from the Association may participate in the National Meet representing their own YMCA, provided the entry is approved by the YMCA of the USA Competitive Diving Advisory Committee.

ENTRY INFORMATION

QUALIFICATION PERIOD: Divers must have achieved the DD requirements between April 11, 2022 and March 22nd, 2023 or competed in the same age group at the previous National YMCA Diving Championships.

DEGREE OF DIFFICULTY: All divers must show proof of the minimum Degree of Difficulty and the minimum score for the number of optional dives shown in the Appendix 1 tables. Diving sheets are to be brought to the meet and must be checked during registration. These dives are limited to two sheets for each event. The dives **MUST** be circled and each sheet signed by the meet referee. If the diver competed in only one event then they must show proof of performance for the other event. **There is no minimum Degree of Difficulty required for Platform events.**

AGE-UP DATE: December 31, 2023

ENTRY PROCEDURE: All entries must be made through the www.divemeets.com ONLINE ENTRY system. Online meet entry is **REQUIRED**. **COACHES**...you will need to update your divers to add YMCA in their profile on www.divemeets.com.

ENTRY DEADLINE: Entries are due on March 22, 2023. A \$50 late entry fee will be assessed for entries that miss this deadline.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Registration/CHECK IN will take place at the Fort Lauderdale Aquatic Center. Registration/check in will be open on March 29th from 2:30 – 7:00 pm.

This registration process is for every athlete, coach and official

Event Attestation: All Coaches, Athletes and Volunteers: The following documents and policies are contained in one event attestation- Photo/Video Release, Concussion Awareness, General Liability Waiver, COVID Awareness. Adult Athletes (age 18 and older), coaches and volunteers are required to upload Athlete Protection



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Training certificates during this process. The attestation is completed online with an electronic signature. Deadline is **March 24**.

[Attestation Link](#)

CERTIFICATION, ELIGIBILITY AND RELEASE DECLARATION – sign by the CEO or Executive Director of each YMCA competing. The Declaration Form is signed electronically and is available at [THIS LINK](#). Deadline is **March 22**.

COACH CHECKLIST

Meet Entry

- Have you completed your ONLINE registration?
- Does your team have adequate insurance? And did you send your Certificate of Insurance to the YMCA of the USA?

Pre-Meet

- Do you have proof of performance for each entry?
- Do you have a contract with your athletes as to their expected behavior?
- Are your athletes familiar with the YMCA four core values – Honesty, Responsibility, Caring and Respect?
- Did you obtain permission for emergency medical care?

OPERATIONS

PSYCH SHEET: Available on the www.divemeets.com web site

FINAL RESULTS: Available on the www.divemeets.com web site

CONDUCT AND RESTRICTIONS: The Diving Referee reserves the right to dismiss any diver, coach and/or spectator from the competition due to inappropriate conduct

- Deck access is limited to only registered and approved coaches, divers, and working officials.
- Except where the venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Glass is not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.



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- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.

AWARDS AND RECOGNITION

SCORING: Scoring will be as follows:
20 - 17 - 16 - 15 - 14 - 13 - 12 - 11 - 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1.

AWARDS: Medals will be awarded to the winners of the first through eighth place in each event. Awards will be awarded to the two high point scoring teams for both men and women. A combined point award will be given to the team combining the highest total number of points from both men's and women's events.

PRESENTATION: Diving awards will be presented at the conclusion of each event.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

EMERGENCIES: the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in



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compliance with the laws that are in effect within the jurisdiction where the meet is held.

3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an outdoor/indoor pool during an electrical storm. This policy will be followed at the meet.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

LODGING

Will be posted on the [meet website](#).

SAFE SPORT TRAINING REQUIREMENTS FOR SWIMMING AND DIVING NATIONALS

For national events, the YMCA of the USA requires compliance with the U.S. Center for Safe Sport's mandate that all coaches, adult volunteers, and adult athletes take athlete protection training annually. This training must include Sexual Misconduct Awareness and Mandated Reporter training. Volunteers, officials, adult athletes (age 18 and older), and coaches must provide proof of completing the required trainings along with a signed acknowledgment of the Championship Code of Conduct and successful completion of a clear background screening.

CHILD PROTECTION TRAINING PATHWAY

- Option 1: USA Diving Member:
 - If you are a member of USA Diving AND have an active deck pass, you have met the requirement. Log into your Deck Pass page on the USA Diving website.
- Option 2: Non-USA Diving Member:



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- Non-USA Diving coach, official, volunteer, and adult athlete may take the free Praesidium online child protection trainings at:
<https://www.praesidiumacademy.com/redeem>
- Please use the following registration code to access the training: regyusa-610-swimmingdiving.
- Proof of successful completion will be required. The links to the Praesidium trainings and the Championship Code of Conduct are available on the National Championship web page.



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APPENDIX 1: DD REQUIREMENTS

REQUIREMENTS FOR ONE METER				
EVENT	VOLUNTARIES MAX DD	OPTIONALS	MINIMUM DD	MINIMUM SCORE (Opts)
Boys 16-21	5 vols. 9.0	6	10.8 (1.8)	162.00
Boys 14-15	5 vols. 9.0	4	7.2 (1.8)	108.00
Boys 12-13	5 vols. All 1.8 FRT/INW - 1 C, 1 B BK/RV - Either B or C	3 max DD 2.4	5.4 (1.8)	78.00
Boys 11-Under	3 vols. ALL 01C's True DD	3 max DD 2.2	4.7 (1.56)	68.00
Girls 16-21	5 vols. 9.0	5	9.0 (1.8)	135.00
Girls 14-15	5 vols. 9.0	4	5.4 (1.8)	108.00
Girls 12-13	5 vols. All 1.8 FRT/INW - 1 C, 1 B BK/RV - Either B or C	3 max DD 2.4	5.4 (1.8)	78.00
Girls 11-Under	3 vols. ALL 01C's True DD	3 max DD 2.2	4.7 (1.56)	68.00

REQUIREMENTS FOR THREE METER				
EVENT	VOLUNTARIES MAX DD	OPTIONALS	MINIMUM DD	MINIMUM SCORE (Opts)
Boys 16-21	5 vols. 9.5	6	11.1 (1.85)	167.00
Boys 14-15	5 vols. 9.5	4	7.4 (1.85)	111.00
Boys 12-13	5 vols. All 1.9 FRT/INW - 1 C, 1 B BK/RV - Either B or C	3 max DD 2.8	5.5 (1.85)	80.00
Boys 11-Under	3 vols. ALL 01C's True DD	3 max DD 2.6	4.8 (1.6)	70.00
Girls 16-21	5 vols. 9.5	5	9.25 (1.85)	139.00
Girls 14-15	5 vols. 9.5	4	5.5 (1.85)	111.00
Girls 12-13	5 vols. All 1.9 FRT/INW - 1 C, 1 B BK/RV - Either B or C	3 max DD 2.8	5.4 (1.85)	80.00
Girls 11-Under	3 vols. ALL 01C's True DD	3 max DD 2.6	4.8 (1.6)	70.00



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REQUIREMENTS FOR PLATFORM				
EVENT	VOLUNTARIES MAX DD	OPTIONALS	MINIMUM DD PLATFORM LEVEL	MINIMUM SCORE (Opts)
Boys 16-21	4 vols. 7.6	6	Any	
Boys 14-15	4 vols. 7.6	4	Any	
Boys 12-13	4 vols. 7.6	3 max DD 2.8	5 or 7	
Boys 11-Under	3 vols. 5.4	3 max DD 2.6	5	
Girls 16-21	4 vols. 7.6	5	Any	
Girls 14-15	4 vols. 7.6	3	Any	
Girls 12-13	4 vols. 7.6	2 max DD 2.8	5 or 7	
Girls 11-Under	3 vols. 5.4	2 max DD 2.6	5	



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APPENDIX: 2: ORDER OF EVENTS

2023 YMCA National Event Schedule

Thursday, March 30th

Event Start: 12pm

- Event 1 - 11-U & 12-13 Boys 1M Prelim / 11-U & 12-13 Girls 3M Prelim
11-U & 12-13 Boys 1M Final / 11-U & 12-13 Girls 3M Final
- Event 2 - 14-15 Boys 1M Prelim / 14-15 Girls 3M Prelim
14-15 Boys 1M Final / 14-15 Girls 1M Final

Friday, March 31st

Event Start: 9am

- Event 3 - 11-U & 12-13 Girls 1M Prelim / 11-U, 12-13 & 14-15 Boys 3M Prelim
11-U & 12-13 Girls 1M Final / 11-U, 12-13 & 14-15 Boys 3M Final
- Event 4 - 14-15 Girls 1M Prelim / 16-21 Boys Platform
14-15 Girls 1M Final
- Event 5 - 16-21 Girls 3M Prelim
16-21 Girls 3M Final

Saturday, April 1st

Event Start: 9am

- Event 6 - 11-U & 12-13 Girls Platform / 11-U & 12-13 Boys Platform
- Event 7 - 16-21 Boys 3M Prelim / 14-15 Girls & Boys Platform
16-21 Boys 3M Final
- Event 8 - 16-21 Girls 1M Prelim
16-21 Girls 1M Final

Sunday, April 2nd

Event start: 9am

- Event 9 - 16-21 Boys 1M Prelim / 16-21 Girls Platform
16-21 Boys 1M Final