

# YMCA NATIONAL DIVING CHAMPIONSHIP HANDBOOK

## About the Diving Championship

**Date:** April 19-22, 2018

**Location:** Ft. Lauderdale ISHOF Aquatic Complex, Ft Lauderdale, Florida

**Entry Deadline:** April 13, 2018 without penalty; April 15, 9:00AM (ET) entries close

**Hosted by:** YMCA of USA

**Meet Director:** Gary Cox, GCdivecoach@aol.com, 414-350-4084

**Web Site:** <http://ymca.ymcaswimminganddiving.org/2018\diving>

**Web site:** <http://www.divemeets.com>





# YMCA National Diving Championship April 19-22, 2018

## LOCATION AND FACILITY

**Location:** Fort Lauderdale Aquatic Complex, 501 Seabreeze Blvd, Fort Lauderdale, FL 33316

**Emergency Phone Number:** (954) 828-4588

**Venue Description:** The Aquatic Complex's diving well has four one meter and 4 three-meter springboards as well as a 1,3,5,7 ½, and 10-meter platform

**Venue Information:** <http://www.fortlauderdale.gov/departments/parks-recreation/aquatic-facilities/fort-lauderdale-aquatic-complex>

## CONTACT INFORMATION

**Meet Director:** Gary Cox, [GCdivecoach@aol.com](mailto:GCdivecoach@aol.com), 414-350-4084

**Insurances:** Robin Lee, [robin.lee@ymca.net](mailto:robin.lee@ymca.net)

**Hotel Accommodations:** Courtyard by Marriott Ft. Lauderdale Beach, 440 Seabreeze Boulevard, Ft. Lauderdale, FL. 888-321-2211

## 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 2018 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 web site for details: [www.usadiving.org](http://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 diver.

**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, 2018.

**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

**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.

A valid certificate must be submitted to the YMCA of the USA by Noon (EST) on Wednesday March 19, 2018 to be able to compete in the meet.

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



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**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 March 29, 2017, and April 14, 2018, 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, 2018

**ENTRY FEE:** \$35 per event before April 13<sup>th</sup>, \$50 for entries submitted April 13- 15

**ENTRY PROCEDURE:** All entries must be made through the [www.divemeets.com](http://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](http://www.divemeets.com) .

**ENTRY DEADLINE:** Entries are due on April 13, 2018. A \$50 late entry fee will be assessed for entries Submitted April 13 to 15. Final entry deadline is April 15, 2018

### CHECK-IN PROCEDURE

**MEET CHECK-IN PROCEDURE:** Registration/CHECK IN will take place at the Ft Lauderdale ISHOF Aquatic Complex. Registration/check in will be open on April 18<sup>th</sup> from 9:30 – 4:30. This registration process is for every athlete, coach and official

**For Coaches and athletes,** The following list of documents must be printed and signed. All documents are to be brought to Registration/Check-in or via email to meet director @ [gcdivecoach@aol.com](mailto:gcdivecoach@aol.com)

1. **CERTIFICATION, ELIGIBILITY AND RELEASE DECLARATION** – signed by YMCA Executive Director, YMCA membership Director, and Head Coach
2. **PHOTO/ AUDIO VISUAL/NARRATIVE RELEASE** – one form for each coach, signed by the coach
3. **CONSENT AND GENERAL LIABILITY RELEASE AND WAIVER OF CLAIMS YMCA** – Done online when registering on [Divemeets.com](http://Divemeets.com)



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## 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 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 Meet Director reserves the right to dismiss any diver, coach and/or spectator from the competition due to inappropriate conduct.

- 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.
- 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 thru eighth place in each event. Awards will be awarded to the two high point scoring teams for both



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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 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.



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**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

**HOST HOTEL:** Y-USA is pleased to partner with the Courtyard by Marriott Fort Lauderdale Beach for accommodations for the 2018 Diving Nationals.

This hotel is conveniently located just down the street from the Ft. Lauderdale Aquatic Center. We encourage you to utilize this preferred hotel and make your reservations promptly. The reservation deadline is April 2. Please reserve early as we expect the rooms to sell out.

**Hotel:** Courtyard by Marriott Ft. Lauderdale Beach, 440 Seabreeze Boulevard, Ft. Lauderdale, FL

**Group Rate:** Intracoastal Queen/King: \$179; Ocean King \$185; Ocean Queen \$189

**Reservation Link:** [http://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkIdData=2018%20Masters%20%26%20Diving%20Nationals%5EFLLCO%60ymdynda%7Cymdyndb%7Cymdyndc%7Cymdyndd%60179.00-189.00%60USD%60false%604%604/16/18%604/23/18%6004/02/2018&app=resvlink&stop\\_mobi=yes](http://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkIdData=2018%20Masters%20%26%20Diving%20Nationals%5EFLLCO%60ymdynda%7Cymdyndb%7Cymdyndc%7Cymdyndd%60179.00-189.00%60USD%60false%604%604/16/18%604/23/18%6004/02/2018&app=resvlink&stop_mobi=yes)

**Reservation Phone Number:** 888-321-2211 - Specify Courtyard Ft. Lauderdale Beach and 2018 YMCA Masters

**Reservation Deadline:** Monday, April 2, 2018

**Group Rate:** The group rate is valid from Monday, April 16, 2018 until Sunday, April 22, 2018. As a courtesy, if you'd like to extend your stay in Ft. Lauderdale, the hotel will honor the group rate up to three days before Monday, April 16 and three days after Sunday, April 22, based on availability.



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## APPENDIX 1: DD REQUIREMENTS

REQUIREMENTS FOR THREE METER				
EVENT	VOLUNTARIES MAX DD	OPTIONALS	MINIMUM DD	MINIMUM SCORE(Opts)
<b>Boys 16 – 21</b>	5 vols. 9.5	6	11.1(1.85)	169.00
<b>Boys 14 – 15</b>	5 vols. 9.5	4	7.4(1.85)	111.00
<b>Boys 12 – 13</b>	5 vols. All 1.9 DD front/inward- 1 must be tuck and 1 pike, for bk/rev 1 must be tuck and 1 pike	3 max DD 2.8	5.5(1.8)	82.50
<b>Boys 11 &amp; Under</b>	3 vols all 01's and must be done in tuck position true DD	3 max DD 2.6	4.8(1.6)	72
<b>Girls 16 – 21</b>	5 vols. 9.5	5	9.25(1.85)	141.75
<b>Girls 14 – 15</b>	5 vols. 9.5	3	5.5(1.8)	82.50
<b>Girls 12 – 13</b>	5 vols. All 1.9 DD front/inward- 1 must be tuck and 1 pike, for bk/rev 1 must be tuck and 1 pike	3 max DD 2.8	5.4(1.8)	74
<b>Girls 11 &amp; Under</b>	3 vols all 01's and must be done in tuck position true DD	3 max DD 2.6	4.8(1.6)	70



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<b>REQUIREMENTS FOR ONE METER</b>				
<b>EVENT</b>	<b>VOLUNTARIES MAX DD</b>	<b>OPTIONALS</b>	<b>MINIMUM DD</b>	<b>MINIMUM SCORE(Opt)</b>
<b>Boys 16 – 21</b>	5 vols. 9.0	6	10.8(1.8)	158.00
<b>Boys 14 – 15</b>	5 vols. 9.0	4	7.2(1.8)	102.00
<b>Boys 12 – 13</b>	5 vols. 1.8 DD front/inward- 1 must be tuck and 1 pike, for bk/rev 1 must be tuck and 1 must be pike	3  max 2.4	5.4(1.8)	74
<b>Boys 11 &amp; Under</b>	3 vols all 01's and must be done in tuck position true DD	3  max DD 2.2	5.1(1.7)	72
<b>Girls 16 – 21</b>	5 vols. 9.0	5	9.0(1.8)	127.00
<b>Girls 14 – 15</b>	5 vols. 9.0	3	5.4(1.8)	78.00
<b>Girls 12 – 13</b>	5 vols. 1.8 DD front/inward- 1 must be tuck and 1 pike, for bk/rev 1 must be tuck and 1 must be pike	3  max DD 2.4	5.4(1.8)	74
<b>Girls 11 &amp; Under</b>	3 vols all 01's and must be done in tuck position true DD	3  max DD 2.2	5.1(1.7)	72



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REQUIREMENTS FOR PLATFORM				
EVENT	VOLUNTARIES MAX DD	OPTIONALS	MINIMUM DD NONE Platform level	MINIMUM SCORE(Opt ) NONE
<b>Boys 16 – 21</b>	4 vols. 7.6	6	Any	
<b>Boys 14 – 15</b>	4 vols. 7.6	4	Any	
<b>Boys 12 – 13</b>	4 vols. 7.6	3 max DD 2.8	5 or 7	
<b>Boys 11 &amp; Under</b>	3 vols 5.4	2 max DD 2.6	5 only	
<b>Girls 16 – 21</b>	4 vols. 7.6	5	Any	
<b>Girls 14 – 15</b>	4 vols. 7.6	3	Any	
<b>Girls 12 – 13</b>	4 vols. 7.6	2 max DD 2.8	5 or 7	
<b>Girls 11 &amp; Under</b>	3 vols 5.4	2 max DD 2.6 max DD 2.6	5 only	



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## APPENDIX: 2: ORDER OF EVENTS

### **Thursday, April 19**

- 1) 14-15 Boys 1M; Girls 3M Prelims  
14-15 Boys 1M; Girls 3M FINAL
  
- 2) 16-21 Boys 1M; Girls 3M Prelims  
16-21 Boys 1M; Girls 3M FINAL

### **Friday, April 20**

- 3) 11 & Under & 12-13 Boys and Girls Platform FINAL ONLY  
14-15 Boys 3M Prelims  
14-15 Boys 3M FINAL
  
- 4) 14-15 Girls 1M; 16-21 Boys 3M Prelims  
14-15 Girls 1M; 16-21 Boys 3M FINAL
  
- 5) 16-21 Girls 1M Prelims (split boards format if needed}  
16-21 Girls 1M FINAL

### **Saturday April 21**

- 6) 11 & Under & 12-13 Girls 1M; Boys 3M Prelims  
11 & Under Girls 1M; Boys 3M FINAL
  
- 7) 14-15 Girls & Boys Platform FINAL ONLY

### **Sunday April 22**

- 8) 11 & Under & 12-13 Girls 3M; Boys 1M Prelims  
11 & Under & 12-13 Girls 3M; Boys 1M FINAL
  
- 9) 16-21 Girls Platform FINALS ONLY
  
- 10) 16-21 Boys Platform FINALS ONLY

### **Springboard events will run simultaneous, including finals.**

Stated age groups will be combined unless numbers warrant separate events.

Prelims will consist of divers perform a full list with the top 8 moving on to finals consisting of optionals only (voluntary scores will carry over). There will be a 20-minute break (or as soon as divers are ready) between prelims and finals.

There will be a 30-minute warm up between springboard events and a 1 hour warm up between girls and boys platform events (or sooner if divers are ready).

There will be a 1 hour warm up between events (or when divers are ready).