



Diving Meet Handbook

YMCA

National YMCA Diving Championship

April 26 - 28, 2013

Fort Lauderdale Aquatic Complex

Ft. Lauderdale, Florida

954-828-4580

Meet Director

Gary Cox- gcdivecoach@aol.com

Facilities – Laura Voet

Eligibility of Associations

- A. In order for an Association to participate in the National Championships, it must be a certified YMCA and be in good standing with its own State / Cluster / Field Committee / Individual administering the YMCA Sports Program.
- B. 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.
- C. **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.**
- D. Each Association must be in good standing as a member of the YMCA of the U.S.A.

Eligibility of Individuals

In order to be eligible to participate in the National YMCA Diving Championships a contestant must:

1. Be a member of a local YMCA and must have a full privilege Annual membership for a minimum of ninety days prior to the first day of the National Championships (January 26, 2013).
2. Must be at least 12 years of age and not over 21 on December 31st, 2013.
3. Any student who represents or has at any time represented an educational institution beyond Grade 12 in competitive diving shall be ineligible to participate in the National YMCA Diving Championship Meet.
4. The following qualifications 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:

REQUIREMENTS FOR ONE METER				
EVENT	VOLUNTARIES MAX DD	OPTIONALS	MINIMUM DD	MINIMUM SCORE(Opt)
Boys 16 – 21	5 vols. 9.0	6	10.8	158.00
Boys 14 – 15	5 vols. 9.0	4	7.2	102.00
Boys 12 – 13	5 vols. 9.0	2	3.6	52.00
Girls 16 – 21	5 vols. 9.0	5	9.0	127.00
Girls 14 – 15	5 vols. 9.0	3	5.4	78.00
Girls 12 –13	5 vols. 9.0	2	3.6	52.00

REQUIREMENTS FOR THREE METER				
EVENT	VOLUNTARIES MAX DD	OPTIONALS	MINIMUM DD	MINIMUM SCORE(Opts)
Boys 16 – 21	5 vols. 9.5	6	11.1	169.00

Boys 14 – 15	5 vols. 9.5	4	7.4	111.00
Boys 12 – 13	5 vols. 9.5	2	3.7	55.00
Girls 16 – 21	5 vols. 9.5	5	9.25	141.75
Girls 14 – 15	5 vols. 9.5	3	5.5	82.50
Girls 12 – 13	5 vols. 9.5	2	3.7	55.00

The 2012 - 2013 USA Diving (FINA) Junior rules, as amended, will be followed for the 2013 YMCA National Diving Championships. The Boys and Girls 16-21 will utilize the 16-18 rules. Please consult USA Diving's web site for details: www.usadiving.org.

All divers must show proof of the minimum Degree of Difficulty and the minimum score for the number of optional dives shown in the previous 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. Divers must have achieved these qualifying standards between March 1, 2012, and April 22, 2013, or competed in the same age group at the previous National YMCA Diving Championships. 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.

ENTRY INFORMATION

Official Entry

All entries must be made through the ONLINE ENTRY system. Online Entry will only be available at divemeets.com

Entry Deadline and Procedure

To avoid a \$30 late fee Entries are due on Monday, April 20, 2013. Online meet entry is REQUIRED and will close Wednesday April 24th at 9:00 am EST.

The meet entry online form can be found at Divemeets.com

COACHES...you will need to update your divers to add YMCA in their profile on Divemeets.

Go to www.ymcadiveanddiving.org/2009sc.htm to get forms.

		Bring to registration	Bring to registration	
Certification, Eligibility & Release Declaration	This must be printed and signed by your YMCA's Executive Director, Membership Director and Head Coach.	Yes	Yes	
Individual Entry Certification	This will print with each of your entered athletes names listed. Each athlete must read and sign this form.	Yes	Yes	
Coaches Authorization	Must be signed by the local coach, local YMCA Executive,	Yes	Yes	This form will only be printed IF you indicate during Online Entry that

	and representing coach			athletes will be represented by a different coach.
Parent's Consent and Waiver	Must have a copy for each athlete attending the meet that has been signed by his/her parent/guardian	Yes	Yes	This form will be required at registration for athlete check-in.

REGISTRATION

Registration Procedure

Registration will take place at the ISHOF (International Swimming Hall of Fame). This registration process is for every athlete, coach and official.

Registration will be open as follows:

Thursday, April 25th 10:00 AM – 4:30 PM
ISHOF Pool deck

Insurance

Each team that participates in the meet must have a current and correct Certificate of Liability Insurance on file with the YMCA of the USA. Once this form has been submitted to the YMCA of the USA, it should serve to cover all YMCA of the USA sponsored events through the expiration date indicated on the certificate. In other words, a certificate filed prior to the Short Course Championship

You must have submitted a valid certificate to the YMCA of the USA by Noon (EST) on Thursday, March 25th to be able to compete in the meet.

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

.Proof of Performance

Bring all proof of performance sheets (dive sheets) with you to registration. All diving coaches must show proof of Degree of Difficulty and total points for optional dives for one meter and three meter at the registration area

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COMPETITION

Order of Events

Friday, April 26th

- 1) Men's 1 Meter (12-13 & 14-15)
- 2) Men's 1 Meter 16 - 21
- 3) Women's 3 Meter (12-13 & 14-15)
- 4) Women's 3 Meter 16 – 21

Saturday, April 27th

- 5) Women's Platform (**combined** Finals Only)
- 6) Men's Platform (**combined** Finals Only)
- 7) Women's Syncro 3 Meter (Exhibition & Finals Only}
- 8) Men's Syncro 3 Meter (Exhibition & Finals Only}

Sunday, April 28th

- 9) Women's 1 Meter (12-13 & 14-15)
- 10) Women's 1 Meter 16 - 21
- 11) Men's 3 Meter (12-13 & 14-15)
- 12) Men's 3 Meter 16 - 21

12-13 and 14 - 15 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 at most a 20 minute break (or as soon as divers are ready) between prelims and finals.

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

Unofficial Psyche Sheets (Divers Entered in the Meet)

Will be available on the website at

[Divemeets.com](http://divemeets.com)

Final Results

Results will be available on Divemeets.com and <http://www.ymcaswimminganddiving.org/2011sc.htm>

Scoring

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

AWARDS

Event Awards

Medals will be awarded to the winners of the first thru eighth place in each event. Plaques 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.

Diving Award Presentation

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

Housing

Coaches and parents should contact hotels directly. A list of hotels is available on <http://www.ymcaswimminganddiving.org>

COACH'S CHECK LIST

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

- Bring all Parents Consent and Liability Waiver forms
- Bring all YOUR certifications (current through the meet) & a photo I.D.
- 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?
(List items below you wish to remind yourself)