



2019 YMCA NATIONAL DIVING CHAMPIONSHIP

The 2018 USA Diving (FINA) Junior rules, as amended, will be followed for the 2019 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 25, 2018, and April 9, 2019, 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.

ELIGIBILITY OF ASSOCIATIONS

1. In order for an Association to participate in the National Championships, it must be a certified YMCA and must be in good standing as a member of the YMCA of the U.S.A.
2. 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.
3. **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.**

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
2. Must not be over 21 on December 31st, 2019.
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 THREE METER

EVENT	VOLUNTARIES MAX DD	OPTIONALS	MINIMUM DD	MINIMUM SCORE(Opts)
Boys 16 – 21	5 vols. 9.5	6	11.1(1.85)	169.00
Boys 14 – 15	5 vols. 9.5	4	7.4(1.85)	111.00
Boys 12 – 13	5 vols. All 1.9 DD front/inward- 1 must be tuck and 1 pike, for bk/rev may choose tuck OR pike	3 max DD 2.8	5.5(1.8)	82.50
Boys 11 & Under	3 vols all 01's and must be done in tuck position true DD	3 max DD 2.6	4.8(1.6)	72
Girls 16 – 21	5 vols. 9.5	5	9.25(1.85)	141.75
Girls 14 – 15	5 vols. 9.5	4	5.5(1.8)	111
Girls 12 – 13	5 vols. All 1.9 DD front/inward- 1 must be tuck and 1 pike, for bk/rev may choose tuck OR pike	3 max DD 2.8	5.4(1.8)	74
Girls 11 & Under	3 vols all 01's and must be done in tuck position true DD	3 max DD 2.6	4.8(1.6)	70

REQUIREMENTS FOR ONE METER

EVENT	VOLUNTARIES MAX DD	OPTIONALS	MINIMUM DD	MINIMUM SCORE(Opt)
Boys 16 – 21	5 vols. 9.0	6	10.8(1.8)	158.00
Boys 14 – 15	5 vols. 9.0	4	7.2(1.8)	102.00
Boys 12 – 13	5 vols. 1.8 DD front/inward- 1 must be tuck and 1 pike, for bk/rev may choose tuck OR pike	3 max 2.4	5.4(1.8)	74
Boys 11 & Under	3 vols all 01's and must be done in tuck position true DD	3 max DD 2.2	5.1(1.7)	72
Girls 16 – 21	5 vols. 9.0	5	9.0(1.8)	127.00
Girls 14 – 15	5 vols. 9.0	4	5.4(1.8)	110
Girls 12 – 13	5 vols. 1.8 DD front/inward- 1 must be tuck and 1 pike, for bk/rev may choose tuck OR pike	3 max DD 2.4	5.4(1.8)	74
Girls 11 & Under	3 vols all 01's and must be done in tuck position true DD	3 max DD 2.2	5.1(1.7)	72

REQUIREMENTS FOR PLATFORM

EVENT	VOLUNTARIES MAX DD	OPTIONALS	MINIMUM DD NONE Platform level	MINIMUM SCORE(Opt) NONE
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	2 max DD 2.6	5 only	
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 only	