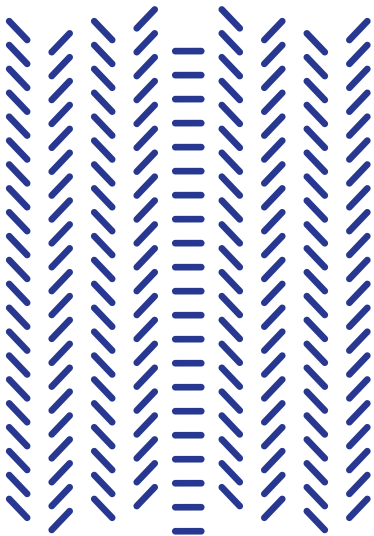




*Member Pools & Directions*  
*Diving Records*  
*Tables & Explanations of Dives*  
*Checklists for Team Reps*  
*Judges & Referees*



# 2021 MCDL CALENDAR

## **June 20th at 4pm -**

- Div 1: Old Georgetown at Merrimack Park, Mill Creek Towne at Tanterra, Rock Creek at Glenwood
- Div 2: Country Glen at Seven Locks, Manor Woods at Flower Valley, Regency Estates at Carderock Springs
- Div 3: River Falls at North Chevy Chase, Palisades at Potomac Woods, Old Farm at Little Falls
- Div 4: Bannockburn at Mohican, Robin Hood at Twin Farms, Westleigh at Potomac

## **June 27th at 4pm**

- Div 1: Merrimack Park at Rock Creek, Glenwood at Mill Creek Towne, Tanterra at Old Georgetown
- Div 2: Seven Locks at Regency Estates, Carderock Springs at Manor Woods, Flower Valley at Country Glen
- Div 3: North Chevy Chase at Old Farm, Little Falls at Palisades, Potomac Woods at River Falls
- Div 4: Potomac at Robin Hood, Twin Farms at Westleigh, Mohican at Bannockburn

## **July 4th at 4pm**

- Div 1: Mill Creek Towne at Merrimack Park, Glenwood at Tanterra, Old Georgetown at Rock Creek
- Div 2: Manor Woods at Seven Locks, Carderock Springs at Flower Valley, Country Glen at Regency Estates
- Div 3: Palisades at North Chevy Chase, Little Falls at Potomac Woods, River Falls at Old Farm

## **July 11th at 4pm**

- Div 1: Merrimack Park at Glenwood, Rock Creek at Tanterra, Old Georgetown at Mill Creek Towne
- Div 2: Country Glen at Manor Woods, Seven Locks at Carderock Springs, Regency Estates at Flower Valley
- Div 3: River Falls at Palisades, North Chevy Chase at Little Falls, Old Farm at Potomac Woods
- Div 4: Robin Hood at Mohican, Twin Farms at Potomac, Bannockburn at Westleigh

## **July 18th at 4pm**

- Div 1: Tanterra at Merrimack Park, Mill Creek Towne at Rock Creek, Glenwood at Old Georgetown
- Div 2: Flower Valley at Seven Locks, Manor Woods at Regency Estates, Carderock Springs at Country Glen
- Div 3: Potomac Woods at North Chevy Chase, Palisades at Old Farm, Little Falls at River Falls
- Div 4: Mohican at Twin Farms, Westleigh at Robin Hood, Potomac at Bannockburn

## **July 25th**

Division I Championship, Division II Championship,  
Division III Championship, Division IV Championship

## **July 28th & 29th**

All Star Championships



## 2021 Booklet Contents:



2021 MCDL Board of Directors .....	03
Safety Message .....	04
Insurance Requirements for MCDL Divers .....	05
Rule Changes, Emphasis, & Clarifications .....	06
General Rules for Competitions .....	07
Diving Events & Eligibility .....	10
Dives in MCDL Meets .....	12
Dive Number Explanations .....	15
Points Awarded for Dives & Criteria .....	16
Summary of Points Awarded by Judges & Referees .....	21
Scheduling or Changing a Dual Meet .....	23
Conducting a Dual Meet .....	25
Checklist for Dual Meets .....	27
Division Championship and All-Star Meet .....	29
Meet Officials .....	32
Checklist for Team Reps, Referees & Judges .....	34
Additional Information .....	37
All-Star Winners .....	38
Records Board .....	38
2019 All-Star Meet Results .....	40
Dive Illustrations .....	42
MCDL By-Laws .....	46
Members & Clubs .....	52

*FINA Table of Dives inside of back cover*

*MCDL Table of Dives outside of back cover*

*Please check [www.mcdiving.org](http://www.mcdiving.org) for the latest MCDL information.*

# President's Message:



## Hello MCDL Families,

On behalf of the Montgomery County Diving League Board of Directors, I welcome all of you to the 2021 summer diving season. The MCDL is a recreational league that provides all divers with the opportunity to learn new skills, enhance previous achievements, and develop as strong league leaders, all the while having lots of fun. The MCDL continues to be grounded on two fundamental principles: safety and sportsmanship. The league is fortunate to have so many experienced, dedicated, and caring coaches who strive everyday to get the most out of their divers, without compromising safety. Many of our coaches have risen through the league's competitive ranks, and continue to carry the same values taught to them by their predecessors. As with many sports, we are a league that relies on the volunteerism of our dedicated parents, reps, and officials, all working together in support of our divers. The countless efforts of our team reps often go unnoticed. Please be sure to visit with your team reps, and ask how you may help and support your team. It certainly takes many volunteers to pull it all together, so your assistance to your team, and the league, is appreciated. In closing, I would like to personally thank the board and the dive reps for their hard and patience to make this a successful season.

Have a safe and fun summer at our wonderful pools!

Best,  
-Lelia True  
**MCDL President**

# 2021 MCDL Board of Directors:

**PRESIDENT:**

*Lelia True*

*ltrue@washingtonwaldorf.org*

**VICE PRESIDENT:**

*Teresa Williams*

*etk2williams@gmail.com*

**SECRETARY:**

*TBD*

**TREASURER:**

*Brian Quinn*

*giantsbq@gmail.com*

**RULES:**

*TBD*

**COMMUNICATIONS/  
WESITE:**

*David Meisel*

*Communications@mcdiving.org*

**WAYS & MEANS:**

*Ramona Schreiber*

*rbutchko@verizon.net*

**SAFETY:**

*Teresa Williams*

*Safety@mcdiving.org*

## Please Contact Us...

Do you have a Rules question, issue or suggestion?  
**rules@mcdiving.org**

Roster, Event Results, or forms questions?  
**support@mcdiving.org**

*If you ever have questions, please send an email to*  
**board@mcdiving.org**

If you have dual meet results to submit, please send to  
**records@mcdiving.org**

## Safety Message:



# ATTENTION



**Safety is of utmost concern for the Montgomery County Diving League.** The MCDL's safety program helps each pool in the league to exert its best effort to keep the diving equipment and facilities in best possible condition.

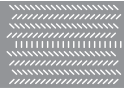
Each pool is responsible to ensure that the diving boards and the area around the diving well are maintained with the safety of all pool users in mind. It is the responsibility of each pool to assure competent maintenance of its aquatic facility to include the diving equipment. There is a Safety Inspection form on the MCDL website under "MCDL Forms", titled Safety List, to help you.

The welfare of our children as they explore the sport of diving is of paramount importance, and MCDL is committed to making sure that their summertime diving is a pleasant and safe experience. I would like to thank all past team representatives for their active efforts in making the MCDL a safer environment for all the divers, pool members and all who use our pools.

For more information on maintaining diving boards, please visit the DuraFlex website (link available on the MCDL website under "Diving Websites").

**Be safe and have fun!**  
**- Teresa Williams**  
**MCDL Safety Chair**

## Insurance & MCDL Roster:



-Participation in the MCDL insurance program is mandatory for all divers participating in League activities, dive team practices and competitions. The premium cost is \$15 per diver.

**-No eligible Divers may participate in MCDL team practice or competition without registering and paying the \$15 policy fee to the Pool. Any violation of this provision may nullify a team's and possibly the entire league's coverage. Non-Diving Coaches, Team Representatives, Volunteers, and MCDL board members are not required to pay the \$15 policy fee.**

-Each Team Representative must obtain a written statement from each diver and the diver's parent(s) or guardian(s) indicating willingness to participate in MCDL activities and permission for the diver to participate. Normally, this is the Registration Form that each Pool uses for Divers to participate on their Diving Team.

-Coverage commences June 1 of this year. Dive team practices may be scheduled before June 1 as last year's coverage does not expire until May 31.

**-Each Pool shall:**

- \* maintain records of Diver information with Legal Signature (see above)
- \* enter Diver's name, age and gender in the MCDL website Roster
- \* pay \$15 for each Diver on their Roster to the MCDL Treasurer by :
  - the first check is due to the Treasurer by the third Friday in June.
  - the final payment is due to the Treasurer by the third Friday in July.

*In case of ANY INJURIES or any questions, immediately contact the MCDL Board at **board@mcdiving.org***

# 2021 Rule Changes:



## **Wild Card Selection Process:**

Each team will be granted the provision to select up to (2) Wild Card Divers to be sent to the All-Star Meet(s), in addition to any team divers earning automatic qualifying bids thru the Divisional Meets. Each team may select their divers from any of the ten (10) events (8 & Under Girls.....15-18 Boys) These divers are not required to participate in their respect Divisional Meet Contests, however these divers MUST have competed in a minimum 2 Dual Meets (Divisional or Non-Divisional Dual Meets) with a Qualifying set of dives, which would qualify them to compete in the dual meet(s) for team points (see Rule Clarifications below). Previous years Wild Card Qualification Processes through the league Website have been eliminated. However, the league will post average scores and point system totals on the MCDL Website as an "aid" or "tool" for teams to determine their Wild Cards if they so choose.

**Dives used for competition:** Only dives listed in this Handbook (the MCDL dives listed on the back cover or the FINA dives listed on the inside cover) may be performed. The tables at the end of these rules shall be used to assign the degree of difficulty (DD) to dives. However, any request for "additional dives" to be added to the published dives listed in the Handbook will be subject to review, and (if approved by the Rules Committee) will be posted on the MCDL Website no later than June 1st, 2021, and will be included for the summer 2021 competition. Any request to add additional dives after June 1st, 2020, shall be deferred to the 2022 MCDL Summer Dive Season for review, and will NOT be considered for the Summer 2021 Dive Season.





# General Rules for Diving Competitions:



The rules in the following pages apply to the MCDL season. The season consists of a series of Dual meets, Division Championship meets and an All-Star meet.

## Team Ranking-

MCDL member pools with diving teams will be seeded each year into designated divisions of about equal strength for diving competition. This will be determined as follows: points will be allotted according to finish in Dual Meet season.

## Change Dates-

Dives used for competition: Only dives listed in this Handbook (the MCDL dives listed on the back cover or the FINA dives listed on the inside cover) may be performed. The tables at the end of these rules shall be used to assign the degree of difficulty (DD) to dives. However, any request for "additional dives" to be added to the published dives listed in the Handbook will be subject to review, and (if approved by the Rules Committee) will be posted on the MCDL Website no later than June 1st, 2021, and will be included for the summer 2021 competition. Any request to add additional dives after June 1st, 2020, shall be deferred to the 2022 MCDL Summer Dive Season for review, and will NOT be considered for the Summer 2021 Dive Season.

### Divisions I, II, III, IV

9 points for first  
7 points for second  
5 points for third  
3 points for fourth

***To this will be added the Divisional Meet finish using the same point system. No more than two teams may be moved up or down more than one division at a time. The Rules Committee will make the final decision on the number of teams that move.***

# General Rules for Diving Competitions:



## Point Allocation in Event of a Tie or Ties:

### Dual meet ranking -

For teams with identical dual meet records, the ranking will be decided by head-to-head competition between the tied pools. If ranking cannot be determined by head-to-head results – e.g. tied in their dual meet, or three tied teams have mixed head-to-head results – the applicable ranking points will be added and then divided equally between or among the tied teams. For Example, in division IV, if 3 three teams have 4-1 records, the 9 points for first place, 7 points, for second place, and 5 points for third place would be added to make 21 points. Each teams would receive 7 points for the dual meet ranking purposes.

### Divisional meet ranking-

If two or more teams tie at the divisional meet, the applicable divisional meet ranking points will be added and then divided between or among the tied teams (see example above).

### Final team ranking-

If adding the dual meet ranking points and divisional meet ranking points results in ties among two or more teams, the following tie breakers apply: The first tie breaker will be head-to-head competition; the second will be Dual Meet standings; the third will be the Division Championship standings; the fourth will be the highest total of the sum of all Dual Meet points; and the fifth will be the highest Dual Meet point total.



# General Rules for Diving Competitions:



## Equipment & Pools

**01.** All competition will be on a low board. The springboard shall be 1-meter above the water level, measured from the top of the board. The board shall be 20-inches wide, 16-feet long, and covered along the entire surface with an adequate non-skid material. The front edge of the board shall project at least 5-feet, and preferably 6-feet, beyond the edge of the pool.

It is recommended that all diving boards be set-up and maintained according to the manufacturer's requirements, especially with regard to elevation and pitch. The springboard must be installed so that the forward end of the board shall be level at the end though the fulcrum be moved to varying positions.

Moveable fulcrums are preferred for Dual Meets and are required for Division Championship Meets and the All-Star Meet. Pools with boards deviating in height from water by more than six inches from the required one-meter are designated by an asterisk (\*) beside their names in the Division Listings.

**02.** Unsafe equipment: A safety checklist, signed by the team representative, must be on file at the beginning of each season with the safety chairperson. Any equipment known to be unsafe or deficient must be disclosed prior to the start of any meet. Failure to comply with these rules means the host pool risks forfeiture of that meet.

**03.** The water depth at the end of the board shall be at least 11 feet, preferably 12 feet. The depth can be measured at any point from the end of the board to a point three feet straight out from the end of the board. Pools with water depth less than 11 feet or with a design configuration which is limiting are identified by an asterisk (\*) beside their names in Division Listings.

**04.** A shallow pool is a pool with a depth of less than 11 feet. In dual meets, pools with depths of 11 feet or greater will always be the home pools unless agreed upon mutually by both pools.

# Diving Events & Eligibility:



## Age Groups-

Competition will be held in 10 events: five age-groups for both girls and boys: 8 & Under 9-10 11-12 13-14 15-18

## Meet Events for all MCDL Meets-

**Event 1:** 8 & Under Girls

**Event 2:** 8 & Under Boys

**Event 3:** 9-10 Girls

**Event 4:** 9-10 Boys

**Event 5:** 11-12 Girls

**Event 6:** 11-12 Boys

**Event 7:** 13-14 Girls

**Event 8:** 13-14 Boys

**Event 9:** 15-18 Girls

**Event 10:** 15-18 Boys **Exhibition:** 19 YO (Event will not count in Meet scoring.)

## Competitor Eligibility:

### Pool Membership-

Each competitor's family (head of household and his/her sons, daughters, or dependents as defined by the Internal Revenue Service) shall be a bona fide member of the pool represented by the diver. A bona fide member of the pool does not include a diver whose family membership privileges depend upon the diver's position as a coach or employee of the pool.

### Age Group Determination-

The eligibility of a competitor for a particular age group will be determined by the diver's age as of June 1. For instance, a diver whose birthday is June 1, and becomes 13 on June 1, will compete in the 13-14 age group.

### Team Roster-

Each club will maintain and make available at each meet an up-to-date list of its divers on their team by age and/or by gender. This roster is maintained on the MCDL website. A diver is eligible to dive in a Dual Meet only if he or she has been added to the MCDL roster by 11:59 p.m. the Friday before the Dual Meet. Every pool can view all other pool rosters. The Website Chairperson is the only person capable of modifying or removing divers once added to a roster. If any divers need to be modified once added to a team roster, send an email to [Communications@mcddiving.org](mailto:Communications@mcddiving.org) with the specific change.

### Exhibition Divers-

A diver without a qualifying list of dives, who would be ineligible to compete for Dual Meet Team points, may be granted exhibition status with approval of both team representatives. Exhibition divers are not required to perform all the dives listed for their age groups.

## Diving Events & Eligibility:



**NOTE:** Any divers competing in Dual Meets as “*Exhibition Divers*” DO NOT count towards the 2 Dual Meet minimum required to qualify for the Divisional or the All-Star Meets. Each diver seeking this qualification MUST have a competing set of dives for their age group, and would therefore be competing for team points in the dual meet they are entered in.

### Diving Up-

In Dual Meets, divers compete in their own age group. A void exists if, prior to the start of the meet, a team has fewer than two (2) eligible divers in an age group. To fill a void, a team may move diver(s) up into the next higher age group. Moving a diver out of an age group and into the next highest one does not constitute a void in the previous age group. Therefore, should a team elect to have a diver “dive up”, they may leave one or no divers in an event. The vacated spot left by the “diving up” diver is not a void that can be filled by a diver “diving up” from a younger age group. For example: A team moves an 11-12 diver into 13-14. In doing so, that team now has only one diver in the 11-12 age group. This does not qualify as a void and the team may not move a 9-10 diver into 11-12. A diver that has been granted “exhibition” status will not, however, count toward the two “eligible” divers in an age group. The participation of this “exhibition” diver would not negate any voids.

Divers will be permitted to compete in the next higher age group only if the diver’s coach certifies that the diver is able to perform a full list of dives required in the age group. For example, at the discretion of the coach, 9-10 age group divers may be permitted to compete in the 11-12 age group should there be a void. To count for team points, a diver competing in the higher age category will not be allowed to eliminate an optional dive.

Team Representatives and Coaches are cautioned that divers may prefer to compete at their age level and not beyond. Nothing in these rules requires or encourages participation beyond a diver’s age group. Requiring an unwilling or hesitant diver to dive in an older age group, or to discourage a willing diver from participating in order to invoke this provision is strictly prohibited.

Each team representative must notify the referee and the opposing team representative of all divers competing in a higher age group prior to the start of the meet. This may be done by circling those divers on the Team Roster BEFORE the beginning of the Dual Meet and handing the Roster to the Meet Secretary or Meet Referee.

**In meets other than Dual Meets, including Division Championship and All-Star Meets, competitors must participate in their age group.**

# Dives in MCDL Meets:



All dives will be performed on one-meter boards. Only dives listed in this Handbook, the MCDL dives listed on the outside back cover or the FINA dive listed on the inside back cover, may be performed. The tables at the end of these rules shall be used to assign the degree of difficulty to dives.

**The execution of a dive may be in one of the following positions-**

**(A)** Straight, **(B)** Pike, **(C)** Tuck, or **(D)** Free.

**Dives for all meets shall be as follows-**

## **01. 8 & Under Dive List -\*\***

Total of 3 dives in the following order:

- *First:* 101 Forward Dive, any position, DD = 1.3, regardless of position\*
- *Second:* 200 Back Jump [hands may be over the head without prejudice] or 201 Back Dive, any position, DD = 1.6, regardless of position\*
- *Third:* Optional. The optional dive shall be selected from any of the five dive groups but cannot be either dive number previously performed, including 001, 002, 101, or 201 regardless of position. Dives 5111/5211 = 1.6 straight and 1.5 pike.

## **02. 9-10 Dive List -\*\***

A total of 3 dives (2 *required* and 1 *optional*) in the following order:

- *First:* 101 Forward Dive, any position, DD = 1.3, regardless of position\*
- *Second:* 201 Back Dive, any position, DD = 1.6, regardless of position\*
- *Third:* Optional. The optional dive shall be selected from any of the five dive groups but cannot be either dive number previously performed, including 001, 002, 101, or 201 regardless of position. Dives 5111/5211 = 1.6 straight and 1.5 pike.

## **03. 11-12 Dive List -\*\***

A total of 4 dives (2 *required* and 2 *optional*) in the following order:

- *First:* 101 Forward Dive, any position, DD = 1.3, regardless of position\*
- *Second:* 201 Back Dive, any position, DD = 1.6, regardless of position\*
- *Third:* Optional
- *Fourth:* Optional. Each optional shall be selected from a different group of the five dive groups (2 *optionals* from 5 groups), but cannot be either dive number previously performed, including 001, 002, 101, or 201 regardless of position. Dives 5111/5211 = 1.6 straight and 1.5 pike.

**\*001 may be substituted for 101. 002 may be substituted for 201**

# Dives in MCDL Meets:



## 04. 13-14 Dive List -\*\*

A total of 5 dives (2 *required* and 3 *optional*) in the following order:

- *First:* 101 Forward Dive, any position\*
- *Second:* 201 Back Dive, any position\*
- *Third:* Optional
- *Fourth:* Optional
- *Fifth:* Optional. Each optional shall be selected from a different group of the five dive groups (3 optionals from 5 groups), but cannot be a 101, 201, 001, or 002 regardless of position.

## 05. 15-18 Dive List -\*\*

A total of 6 dives (3 *required* and 3 *optional*) in the following order:

- *First:* 101 Forward Dive, any position\*
- *Second:* 201 Back Dive, any position\*
- *Third:* 401 Inward Dive, any position
- *Fourth:* Optional
- *Fifth:* Optional
- *Sixth:* Optional.

Each optional shall be selected from a different group of the five dive groups (3 *optionals* from 5 groups) except 101, 201, 001, 002

### **For all meets, required dives will be performed in the order specified in this handbook.**

Optional dives may be performed in any order at the option of the competitor; however, they must be performed in the order listed by the diver on his or her entry form. If a dive is listed out of order and the error is discovered before the execution of the dive, the referee will instruct the Secretary to make the correction. If the error is discovered after the execution of the out-of-order dive, the dive that should have been performed will be declared failed and the referee will instruct the secretary to correct the balance of the list. The out-of-order dive shall be listed in its proper place and must be performed a second time to be judged and scored.

### **Each diver must execute the dive listed on his/her entry form (*with the exception of position*) or have that dive declared failed.**

In the event of an error on a dive sheet, the dive number listed takes precedence over what is written in English on the sheet. If a Diver elects to change position of a dive listed, the lower of the two positions Degree of Difficulty will apply to scoring.

**\*001 may be substituted for 101. 002 may be substituted for 201**

**\*\*Jumps are not allowed in All Stars for 13 and older.**

## Dives in MCDL Meets:



**For all meets, a diver may eliminate one, but only one, optional dive and take zero on the dive without prejudice, and may remain in the contest if otherwise eligible.**

No diver may fail two dives, either voluntarily or involuntarily, and remain in the competition. A diver **diving up** may not eliminate any dive. No diver may eliminate a required dive and remain in the contest. A diver who fails a required dive and has been determined by the referee not to have made a sincere attempt to complete the dive shall be eliminated from competition.

**No dive may be repeated, even though in another position.**





# Dive Number Explanations:



01. All dives shall be designated by a system of 3 or 4 numerals followed by a single letter.

02. The first digit shall indicate the group to which the dive belongs:

1 = *Front*

2 = *Back*

3 = *Reverse*

4 = *Inward*

5 = *Twisting*

03. In the Front, Back, Reverse and Inward groups, a 1 in the second digit indicates that the dive has a flying action during the dive. When there is no flying action the second digit shall be 0.

04. The third digit shall indicate the number of half somersaults being performed. For example 1 =  $\frac{1}{2}$  somersault, 3 =  $1\frac{1}{2}$  somersaults etc.

05. In the Twisting group (*those dives beginning with the digit 5*) the second digit indicates the group or direction of the take-off as listed in (2) above.

06. In the Twisting groups the fourth digit shall indicate the number of half twists being performed.

07. The letter at the end of the dive number shall indicate the position in which the dive is performed:

A = *Straight*

B = *Pike*

C = *Tuck*

D = *Free*

08. Free position means any combination of the other positions and is restricted to twisting dives, (except dives 100 & 200 - Jumps) groups, but cannot be a 101, 201, 301, or 401, regardless of position.

**103c**

POSITION  
1/2 ROTATION  
DIRECTION

**5122d**

1/2 TWISTS  
POSITION  
1/2 ROTATION  
DIRECTION

## Points Awarded for Dives & Criteria:



### **Points or half-points shall be awarded from 0-to-10-**

According to the opinion of the judges and following table:

*Excellent* — 10 points

*Very good* — 8-1/2 to 9-1/2 points

*Good* — 7 to 8 points

*Satisfactory* — 5 to 6-1/2 points

*Deficient* — 2-1/2 to 4-1/2 points

*Unsatisfactory* — 1/2 to 2 points

*Completely failed* — 0 points

***Under NO circumstances can a minus score be recorded. The lowest score for any dive is zero.***

### ***Dives should be executed and judged on the following principles-***

#### **01. The Approach**

a. The diver's movement to the starting position shall not be taken into consideration; the starting position shall be free and unaffected.

b. The starting position of standing dives shall be assumed when the diver stands steady on the front end of the springboard. The body shall be straight, head erect, with the arms straight and in a position of the diver's choice. The starting of a forward approach (*running dive*) shall be assumed when the diver is ready to take the first step. The first step constitutes the start of the dive. Failure by the diver to fully assume the starting position for a standing or running dive shall be reflected by a deduction of 1-3 points in the Judges' scores. It shall be considered a failed dive if the diver falls into the water from the board prior to assuming the starting position.

c. After assuming the starting position for standing or running dives, if the diver makes an obvious attempt to start the approach or press and stops, a balk will be declared. In standing dives the diver has the option of moving the arms to various preparatory positions without a balk being declared, so long as there is no obvious attempt to start the press. In the event the diver balks, the Referee, upon completion of the second attempt at the dive, shall instruct the Announcer to reduce each Judge's award by two points. If the diver balks twice, it is a "failed" dive. No further attempt shall be permitted.

d. All springboard dives with a forward take-off may be performed either standing or with an approach and hurdle at the option of the diver. When an approach is used, it shall be smooth, straight

## Points Awarded for Dives & Criteria:



and forceful, and shall comprise no less than one step before the hurdle. If a diver takes less than one step before the hurdle (hop), the referee shall deduct two points from each judge.

e. The hurdle is described as the jump to the end of the springboard following the approach. The take-off for the hurdle shall be from one foot only. Both feet shall contact the end of the board simultaneously following the hurdle. A take-off for the hurdle from both feet shall constitute a balk.

### 02. The Take-off

a. The take-off shall be forceful, reasonably confident and shall proceed without undue delay. In running dives, both feet must leave the board simultaneously immediately following the hurdle. Leaving the board with one foot shall constitute a balk. A diver is entitled to his own method of armswing on back or standing front take-offs, but must not lift his feet from the board before the take-off. If during the arm-swing or prior to the take-off if the feet leave the board, each judge shall deduct 1/2 to 2 points from his/her score according to the Judges' opinion.

b. All springboard dives with a forward take-off may be performed either standing or with an approach and hurdle at the option of the diver. A prior declaration of the manner of take-off is not required. The Judge shall award points for a standing dive bearing in mind the height and standards of execution which might be expected from a dive with an approach.

### 03. Flight Through the Air

a. During the passage through the air the body can be carried straight, with a pike, or with a tuck. Some twisting dives may be done in the free position.

b. In the straight position "(A)", the body shall be held straight without bending at the knees or the hips, with the feet together and toes pointed. For a dive in the straight position, if the knees are bent, or the body is bent at the hips, the Referee may call the dive partially out of position, and declare a "break in position", thus instructing the judges to score no more than a 4 1/2 point maximum score for the dive.

c. In the pike position "(B)", the body shall be bent at the hips, but the legs must be kept straight at the knees, toes pointed. The pike should be as compact as possible. For a dive in the pike position, if the knees are bent, the Referee may call the dive partially out of position, and declare a "break in position," thus instructing the judges to score no more than a 4 1/2 point maximum score for the dive.

## Points Awarded for Dives & Criteria:



d. In the tuck position “(C)”, the body shall be bent at the knees and hips with the feet together and toes pointed. The tuck should be as compact as possible. If the diver opens his knees in a tuck, the Judges shall deduct from one to two points.

e. The free position “(D)” (*a combination of straight, pike, or tuck*) may be used in twisting dives only as listed in the tables. The tuck position may be used as part of the free position only in the following dives: 5152, 5154, 5221, 5231, 5321, 5331, 5351. The use of the tuck position in any other twisting dives which permit the use of the free position shall result in a Judge’s award of no more than four and one-half points.

f. The Referee shall instruct the Judges that a maximum award of two points shall be given if a dive is performed clearly in a position other than that announced. In any other circumstances in which the dive shall be considered deficient, the Judges shall award not more than four and one-half points.

g. The Referee shall declare “4 ½ points maximum” if a diver performs a dive partially in a position other than the position listed for the dive “Break in Position”

h. The position of the arms while in flight shall be the choice of the diver.

i. In dives with twists, the twist may not begin until the feet have left the board. Any twisting dive in which the twist clearly begins before the feet have left the board will be considered a failed dive and the Referee shall declare it so. In somersault dives with twists, the twist may be performed at any time during the dive at the option of the diver, unless otherwise specified. It is a failed dive if the amount of the twist is greater or less than that announced by 90 degrees or more. The diver’s shoulder position upon the diver’s 1st contact with the water (the start of the entry) shall be the determining factor.

j. In somersaults with tuck the turn must commence as soon as the diver leaves the board.

k. If in any dive, the diver touches the end of the board or would have touched the board if she or he had not dived so far to the side of the board, the diver has performed an unsafe dive no matter how well he or she otherwise has executed the dive. Each Judge must exercise his/her own opinion regarding any points deduction to be made to the diver’s score for the dive.

## Points Awarded for Dives & Criteria:



### 04. Entry

a. The entry into the water must in all cases be vertical, or nearly so, with the body straight and toes pointed. All head-first entries shall be executed with the arms stretched beyond the head in a line with the body, with the hands close together. All feet-first entries (jumps excluded) shall be performed with the arms held close to the body, and without bending the arms at the elbows.

b. Referee to declare "4 ½ points maximum" if a diver has one or both arms held above the shoulders in a feet first entry or below the head in a head first entry (jumps excluded).

c. The Referee shall declare the dive to be a failed dive, if in head-first dives, the feet enter the water before the hands, or in feet-first dives, the head or hands enter the water before the feet.

d. The Referee shall declare the dive to be a failed dive if the entry on a twisting dive is greater or less than that announced by 90 degrees or more. The diver's shoulder position upon the diver's 1st contact with the water (the start of the entry) shall be the determining factor.

e. The Referee shall declare the dive to be a failed dive, if a diver does not execute the proper dive as announced according to these Rules.

### 05. Other Referee Calls for Announcer Mistakes, Spoiled Dives, Assistance to Divers, Lack of Effort or Unsportsmanlike Conduct

a. A Referee is always authorized to have a dive repeated, so if there is a mistake by the announcer, it can be corrected.

b. The Referee is authorized to have a spoiled dive repeated, when in his/her opinion the execution of the dive was influenced by exceptional circumstances. The diver must request such repetition immediately after the execution of the spoiled dive. Examples of exceptional circumstances are: Strong wind, incorrectly announced dive, or when the diver performs the dive before the signal.

*When such a repetition is granted the first dive shall be judged and the marks noted, to be used if a protest is accepted.*

c. All divers must perform without assistance from any other person. If, in the Referee's opinion, the diver is assisted by another person, the dive shall be considered failed. One exception to this rule is when a diver is clearly in the wrong Set Position and the Dive Coach (or anyone) intervenes verbally to get the diver to "reset" into the proper position for the announced dive. If the Referee

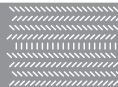
## Points Awarded for Dives & Criteria:



determines that the “verbal assistance” happens before the diver has assumed the “set” position, then the diver may proceed with the correct dive with no deductions for a “balk” or “failed” dive. If the Referee determines that the verbal assistance happens after the diver assumes the set position and the intervention causes the diver to correct his or her set position, then the Referee will declare a “balk,” with a 2 point deduction from each judge’s score.

d. A Referee shall fail a dive if, in the Referee’s opinion, the diver is not making a sincere effort to perform the dive or it is obvious that dives listed on the diving sheet are too difficult for the diver. Further, the Referee has the discretion to disqualify a diver if the diver is behaving in an unsportsmanlike and/or disrespectful manner.

## Summary Of Points Awarded By Judges and Referees:



**NOTE\*** *Dive Judges and Referees must be a minimum of 19 years of age as of June 1st to be eligible to judge at MCDL Meets*

### 01. The Four Parts of a Dive to be Judged

When judging dives, only the dive is to be considered, without regard to the approach to the starting position. The parts of the dive to be considered are:

- The approach (*the diver’s movement following the starting position*)
- The take-off (*or press*)
- The technique and grace of the dive during the flight through the air
- The entry into the water

### 02. Underwater Movements

Judges shall not consider or score a diver’s actions beneath the surface of the water.

### 03. Penalties, Deductions, and Maximum Awards

Penalties to be applied by the Referee or Judge are summarized below:

#### **REFEREE TO DEDUCT OR DECLARE**

Referee may declare a dive a line-up for proper scoring if the dive was not performed with a push, back or forward.

#### **0-Point Call (or No Score for a Failed Dive):**

- Assistance has been given to a diver during the execution of a dive.
- Diver performs a dive other than what was announced. See page 17 part f.
- Diver refuses to execute a dive or falls in water.
- Twist is greater or less than announced by 90 degrees.
- Twist is begun before feet leave springboard.

# Summary Of Points Awarded By Judges and Referees:



- Feet enter first on head-first dive or head or hands enter first on feet-first dive.
- Diver balks twice.

## **2-Point Deduction When:**

- Diver takes less than one step during a running dive approach.
- Restart in standing or running dive (balk).
- Take-off for hurdle from both feet (balk).
- Take off from one foot (balk)
- Diver has assumed an incorrect set starting position and a “verbal intervention” results in the diver resetting into the correct starting position.
- If a diver (in the opinion of the Referee) does not make a sincere attempt to come out of a Pike or Tuck position before the Entry (part 4 of a dive), the Referee shall declare the dive “unsatisfactory” and instruct all judges to score the dive a maximum of 2 points.

## **4&1/2 Point Maximum When:**

- One or both arms are above the shoulder on feet first entries or below the head in the head first entries (Jumps exempted).
- Improper use of tuck position in twisting dives. Tuck may be used only in following dives: 5152, 5154, 5221, 5231, 5321, 5331, 5351.
- Diver partially in a position other than that announced. “Break in Position” is called.

## **2-Point Maximum When:**

- Diver clearly performs a dive in a position other than that announced.
- Diver does not make a sincere attempt to come out of position before entry of a dive.



# Summary Of Points Awarded By Judges and Referees:



The Referee shall repeat the announcement and declare that the maximum award shall be 2 points. This shall be done before Referee gives the signal to the Judges to show the marks. Please review Flight Through the Air part e for use of tuck position in twisters, page 17.

## JUDGES TO DEDUCT OR GIVE MAXIMUM POINTS:

### 0 Points When:

- A Judge considers that a diver has performed a dive with a different number than announced, although the referee has not declared a failed dive.

### 2 Point Maximum When:

- Diver clearly performs a dive in a position other than that announced, and the referee has declared maximum 2 points to be given.
- Referee declares an "Unsatisfactory Dive."

### 4 & 1/2 Point Maximum When:

- Improper use of tuck position in twisting dives.
- When the Referee has declared "Break in Position"
- Arms in wrong position upon entry

### 1/2 to 2 Point Deduction When

- Diver opens his knees in the tuck position.
- Excessive rocking, or feet leaving board on standing dive.
- Arms are not in the correct position on entry into the water.

### 1 to 3 Point Deduction When:

- Correct starting position is not assumed

**NOTE:** If a diver lists on their dive sheet to perform a dive 101 or 201 and instead performs a lineup (as determined by the Referee) the Referee WILL NOT fail the dive, but will declare the dive as a "line-up" and instruct the meet secretary to adjust the DD on the diver's score sheet accordingly. The Referee will further instruct the judges to score the dive as a lineup.





# Rules for Scheduling Or Changing a Dual Meet:



## Scheduling-

Dual Meets will be scheduled primarily on Sundays at 4 p.m. (refer to the official MCDL Season Calendar at [www.mcdiving.org](http://www.mcdiving.org)) unless another day or time is mutually agreed upon.

## Rescheduling-

If the date or time for a scheduled meet is changed in advance of the scheduled meet, the home team representative must advise the Website Chairperson as soon as possible after the rescheduling decision is made by sending an email to [records@mcdiving.org](mailto:records@mcdiving.org).

If a meet that has already begun cannot be completed on the scheduled date, the host Team Representative shall notify the Website Chairperson that the meet has been suspended by sending an email to [records@mcdiving.org](mailto:records@mcdiving.org) by 10:00 p.m. on the date the meet was originally scheduled. The date for incompleting events shall be rescheduled within seven days from the originally scheduled date and the date shall be sent to [records@mcdiving.org](mailto:records@mcdiving.org). The Website Chairperson must be notified about the rescheduled date as soon as possible after the rescheduling decision is made. **In no case shall any make-up meet be scheduled for later than the Thursday before the Divisional Meet.**

Once a meet has begun (*after completion of the first official dive in the meet*), both teams must consent to suspension of the remaining events. However, if the pool management of the home pool has ordered the pool closed for the remainder of the evening, the pool management's decision is binding. Further problems should be referred to the Rules Committee Chairpersons or designated board member. Once the problem has been resolved, Website Chairperson must be notified as soon as possible. All official entries will remain unchanged and will be kept in the possession of the Meet Secretary or designated substitute if the Meet Secretary will not be available for the conclusion of the meet. All fully completed rounds of dives will remain intact and the meet will resume with the beginning of the next incomplete round of dives. It shall not resume in the middle of a round.

## Rules for Scheduling Or Changing a Dual Meet:



### Divers Eligible to Dive in Rescheduled Dual Meet that was Suspended-

Any diver that is eligible to compete on the date of the rescheduled dual meet, regardless of whether that diver was either eligible or entered to compete on the original date of the meet that was suspended, and whose event was not started on that original date, may compete for points during the resumption of the dual meet. Any new diver in the resumed dual meet must turn in a completed and signed dive sheet to the Meet Secretary 15 minutes before the resumption of the dual meet. The only changes that may be made to a diver's sheet that was already entered in the suspended meet are to change position (*with the lower DD being applied*). In the resumed dual meet, all diving up rules continue to apply. A diver that was entered in the original dual meet may be scratched from the resumed competition.

Note: All Divers who are "entered as eligible divers" (compete for points) shall be credited as competed in a dual meet for the purposes of having competed for the 2 meet minimum for Divisional or All-Star meet eligibility. *Example:* If a team winner is determined before 15-18 divers actually dove, they will be credited as having been properly entered in the dual meet for team points.

### Determining Winner in Incomplete Dual Meet-

If a meet must be suspended because of darkness or inclement weather and a winner can be determined (*ie, it is mathematically impossible for one of the teams to win*), the meet will not be rescheduled unless both teams agree to reschedule. The score will be reported at the time the meet is stopped. If a consensus cannot be reached regarding rescheduling the meet and there can be only one winner, the Rules Committee will impose a solution. **A reason for continuing a meet when the winner is already determined might be a diver vying for a season sweep or a diver needs a score for wild card qualification.**

### Team Points Awarded In Forfeited or Canceled Dual Meets-

The winning team in each Dual Meet receives 5 points. The losing team receives 3 points. In case of a tie, each team will receive 4 points. No points will be credited to a team that forfeits a Dual Meet, while the other team will receive 5 points. If neither team can meet on the regularly scheduled date at 4:00 p.m., or later, and cannot agree upon another time, the meet will be declared canceled and neither team will receive a win, loss or dual meet team points. Neither team may forfeit a meet without board approval. In the event a team elects to forfeit a meet, their divers shall not be eligible to compete in All Stars.

# Conducting a Dual Meet:



## Host Team Preparation and Dive Sheets-

01. The host team representative will contact the visiting team representative at least one week in advance of the meet to confirm the exact time of the meet and to ensure an understanding of the number and source of officials.

02. The host pool is to be placed in final readiness at least 15 minutes before meet time. This includes clearing at least the diving area of all but meet competitors. The diving board will be made available to visiting divers for their exclusive practice at least 30 minutes before the meet begins.

03. Diving entry forms will be filled out, signed by the divers for accuracy, and turned in to the meet secretary 15 minutes before the meet begins. An unsigned entry form is invalid. Exception: Divers who are 13 and up must submit their dive sheets to the meet secretary at the beginning of the "break" or halfway point of the meet. However, the divers may change their sheets up until the end of the "break" or halfway point of the meet. The break shall be established by the meet referee. Only dives listed in this handbook, the MCDL dives listed on the outside back cover, the FINA dives listed on the inside back cover, the FINA dives listed on the official FINA website, and the set formula on the MCDL website may be performed. The tables at the end of these rules shall be used to assign the degree of difficulty to dives.

04. The meet Secretary will compile the list of divers, assigning order of divers in the events as follows:

**a.** 8 & Under Girls, 8 & Under Boys, 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys, 15-18 Girls, 15-18 Boys.

**b.** Within events, host and visiting divers will alternate, with host divers diving the odd-number positions.

**c.** The Referee, with the consent of both team reps, may combine events.

**d.** A minimum of three Judges will be used. Where five Judges are used, the high and low scores for each dive will be eliminated. This scoring system will be used in all competition.

# Conducting a Dual Meet:



## Scores and Awards-

01. Individual scores will be kept on MCDL Dual Meet Results Sheets. Individual first, second, and third places in each age group, boys and girls, shall be determined by the diver's aggregate score. The winner of each event will receive 5 points, second place will receive 3 points, and third place will receive 1 point. The team scores then will be added to decide the meet winner. Although the divers with the three highest scores in each event generally are awarded team points, a team may not have more than two divers awarded team points for each event. This means, a team may not score First, Second, and Third team points in any event. If the other team has an eligible diver (as defined in these Rules) in the event, that diver is eligible to score points for their team, otherwise the points are dropped.

**a.** In a 2-way tie for 1st place, the 1st place points (5) and 2nd place points (3) are combined (8) and then divided equally (4 each) between the divers. The next highest score would be awarded 3rd place (1 point). In a 3-way tie for 1st place, all points (9) would be divided equally (3 each) among the 3 divers.

**b.** In a 2-way tie for 2nd place, the 2nd place points (3) and 3rd place points (1) are combined (4) and divided equally (2 each) between the divers. There would be no 3rd place. In a 3-way tie for 2nd place, the points would be divided among the 3 divers (1 1/3 each).

**c.** In a 2-way tie for 3rd place, the 3rd place point (1) would be divided equally (1/2) between the two divers. In a 3-way tie for 3rd place, the point would be divided among the 3 divers (1/3 each).

02. Points shall not be awarded for any event unless a diver competes in that event.

03. Ribbons will be awarded for 1st, 2nd, 3rd, and 4th places. Participation ribbons will be awarded for 5th place, 6th place, etc. to all other participants. Although a team shall not take more than a total of eight points per event, each diver may receive a ribbon for the proper place earned.

## Reporting Results-

Team Reps shall email a photo or .pdf of each Dual Meet Result Sheet to [records@mcdiving.org](mailto:records@mcdiving.org). The host and guest team rep shall each keep one copy of the Duplicate Meet Sheet.

# Checklist for Dual Meets:



## **One Week Prior to Meet-**

*Host Team Representative to contact Visiting Team Representative to:*

- Set exact time for meet (*4PM is recommended*)
- Give directions to pool
- Ensure an understanding of the number and sources of officials.
- The usual distribution:
  - Host Team: 1 secretary, 2 of 5 judges, announcer, 1 referee, and 1 assistant secretary.
  - Guest Team: 3 of 5 judges, and 3 assistant secretaries.

## **One Day Prior to Meet, the Host Pool/Team will-**

- Inspect diving equipment
- Make sure you have available the following: divers' entry and scoring sheets, judge flash cards, dual meet results sheets, announcing equipment, point conversion charts, ribbons, table and chairs for officials and tableworkers.

## **At Least 60 Minutes Prior to Meet-**

- Set up tables, chairs and announcing equipment
- Announce warmups for host divers

## **At Least 30 Minutes Prior to Meet-**

- Point out to Visiting Team Representative and Coach any and all safety rules specific to your pool.
- Alert visitors to possible accident areas (*e.g., pool depth, location of filler pipes, etc.*) and clear diving well of host divers.
- Announce warmups for visiting divers. (*Note: Visiting divers and host divers should arrive for warmups with their divers' entry and scoring forms in hand and filled out as much as possible so that unnecessary delays can be avoided.*)
- Instruct all officials as to their duties. Announce deadline for diving entry forms.
- Assign secretaries to check all entries, including DDs.
- At 10 minutes before scheduled start of meet, announce cutoff for divers to make any final changes to their dive sheet (sheets for 13 and older; see exception in "Conducting a Dual Meet").
- Prepare order of divers.

## **One Minute Before Meet-**

- Announce end of warmups.
- Clear diving well.
- Announce order of divers for the first event.
- It is recommended that the National Anthem be played prior to the beginning of the first event.

# Checklist for Dual Meets:



## **Start The Meet On Time-**

- Announce divers as follows: "Mary Smith, Wheaton Woods; 101 forward dive, pike position; degree of difficulty 1.3 . . . On deck, Jane Doe."
- After the first round of dives, do not announce team affiliations. Upon completion of an event, while the Secretaries are computing the scores, all entries for the next event are permitted one practice jump or dive at the Referee's discretion.
- Announce the order of divers for the next event and continue without delay.
- Announce the results of the previous event and continue to the next event.

## **Immediately After Meet-**

- Referee and Meet Secretary shall check the Dual Meet Results Sheets for eligibility of all scoring divers and add up the scores as a double-check.
- Officials from each team should sign in the appropriate boxes.
- Awards for all age groups may be presented to the Coaches upon completion of the meet, after the final meet results have been checked, signed, and announced.

## **Report The Results Promptly-**

- The host and guest team rep shall each keep one copy of the Duplicate Meet Sheet. The Host team representative shall enter the meet results into the "Report Results Page" on the MCDL website within 24 hours.



# Division Championship Meets and the All-Star Meet:

## Division Championship Meets-

01. Each Division will hold a Division Championship Meet on the Sunday after the final Dual Meet, beginning at 8 a.m. Two divers from each team within a Division may compete in each event at the Division Meet. To qualify as an entrant in the Division Meet, each diver must have entered in at least two (2) Dual Meets with competing set of dives in his/her Division during the current season (not exhibition). This includes BYE meets that are conducted according to these MCDL rules.

02. The events, dives, scoring, and rules will be the same as stated in other sections of this handbook, although a second referee may be used in Division Championship events.

03. Team Reps must submit to the Divisional Meet Coordinator, at least 48 hours in advance of the meet, the number of divers from their teams that are expected to compete in each event.

04. In Division Championship Meets and the All-Star Meet, dives within any event (11-12 event and up) may be divided into preliminary and final categories, at the discretion of the Meet Referee. At the end of the preliminary dives, entries would be reduced to six competitors according to the excellence of scores. For each event, final dives would be as follows:

**8 & Under:** *(Will execute all three dives; no cutoffs)*

**9-10:** *(Will execute all three dives; no cutoffs)*

**11-12:** After the third dive, the entries remaining in the competition will do a final optional dive.

**13-14:** After the third dive, the entries remaining in the competition will do two additional optional dives.

**15-18:** After the fourth dive, the entries remaining in the competition will do two additional optional dives.

If after the preliminaries, two or more divers are tied for sixth place, all such divers will qualify for the final dives; there will be no dive-offs.

05. If the referee(s) determines that an excessively large number of entries in any or all events may create difficulties in completing the meet on schedule, the referee's decision to impose cuts after preliminary dives in any or all events must be announced prior to the deadline for diving entries (*30 minutes before meet*).

06. Diving forms must be filled out, signed, and turned in 30 minutes before the start of the meet, however divers may change their sheet up until the start of the event.

07. The diving order of each event shall be determined by draw. Each event's "draw" will be conducted one event ahead, prior to the event's draw. Example: Prior to the start of the meet, 8 & U girls event, then the 8 & U boys event will have their "draws" completed



## Division Championship Meets and the All-Star Meet:

before the start of the meet. At the conclusion of the 8 & U girls, the draw for 9-10 girls will then be conducted, and so on.

08. If a participant is not present when the event begins, he/she will be disqualified.

09. For each event, medals will be presented for 1st, 2nd, and 3rd places and ribbons will be presented for 4th through 12th places.

10. Individual scores will be kept on MCDL diving forms. The winner of each event will receive 11 points, second place 9 points, third place 7 points, fourth place 5 points, fifth place 3 points, and sixth place 1 point. The team scores then will be added to decide the meet winner. The Division Meet trophy will be awarded to the 1st place team

11. A trophy will be awarded to each Division Duel Meet Champion, based upon total points earned during the Dual Meet season. If the Dual Meet season within a Division ends in a tie for first place, the Division Champion will be decided by the head-to-head competition between the tied teams. In the case of identical results involving two or more teams, the trophy will be awarded to the team which achieves the highest score in the Divisional Championship Meet.

**NOTE:** Any divers competing in Dual Meets as "Exhibition Divers" DO NOT count towards the 2 Dual Meet minimum required to qualify for the Divisional or the All-Star Meets. Each diver seeking this qualification MUST have a competing set of dives for their age group, and would therefore be competing for team points in the dual meet they are entered in.

### Qualifying for the All-Star Meet from the Divisional Meet-

01. The highest three (3) scores in each event are eligible for the All-Star Meet.

- In the event of a tie for third place in an event, both divers will be eligible to advance to All-Stars.

- If an individual selected for the All-Star Meet is unable to attend, only the person with the next highest non All-Star qualifying divisional score in that event, in the same division as the absent diver, shall be entitled to participate in the all-star meet as if he or she had qualified as stated above.

02. In addition, there is a Wild Card process that allows additional divers to compete in the All-Star Meets. (Trial Rule 2019) Each team will be granted the provision to select up to (2) Wild Card Divers to be sent to the All-Star Meet(s), in addition to any team divers earning automatic qualifying bids thru the Divisional Meets. Each team may select their divers from any of the ten (10) events (8 & Under Girls.....15-18 Boys) These divers are not required to



# Division Championship Meets and the All-Star Meet:

participate in their respect Divisional Meet Contests, however these divers MUST have competed in a minimum 2 Dual Meets (Divisional or Non-Divisional Dual Meets) with a Qualifying set of dives, which would qualify them to compete in the dual meet(s) for team points.

- It is immaterial if a wild card selection competed at the Divisional Meet.

## All-Star Meet

01. The All-Star meet takes place on the Wednesday and Thursday afternoons after the division championship meets.

02. The All-Star Meet will be conducted by the MCDL Board of Directors in accordance with United States Diving rules as modified by this MCDL book.

03. Entrants in this meet shall have qualified in accordance with the procedures described in "Qualifying for the All-Star meet."

04. All entry forms must be submitted 30 minutes prior to the start of the meet entered. If a participant is not present when the event begins, he/she will be disqualified. Division meet rules governing referees, cuts and the draw also apply.

05. Trophies will be awarded for 1st, 2nd, and 3rd places, and ribbons will be presented for 4th place down to last place in each event.



# Meet Officials:



## The following officials are recommended for each meet:

### 01. **Secretary**

- To list competitors and dives prior to the beginning of the meet.
- To record the scores, total them, apply the degree of difficulty.
- To determine the points to be awarded for each diver and his or her team.
- To inspect all diving forms for accuracy prior to the event.
- To call to the attention of the competitor any discrepancies for resolution.

*(However, any errors not detected are the responsibility of the diver. Entry forms will not be removed from the official's table once the competition for that event has begun, without the consent of the Referee, until the conclusion of the meet. Diver is subject to disqualification at the discretion of the Referee.)*

### 02. **Assistant Secretaries (4)**

- Two of these individuals must record the judges' scores while others expedite the listing, computations, awards, etc.

### 03. **Announcer**

- To announce each diver, the dive number, the dive, the position and the degree of difficulty involved. To call for Judges' scores if authorized by the Referee. To announce the Judges' scores in the same "chair" order throughout the meet.

### 04. **Judges (5)** *(Judges must be a minimum 19yrs of age as of June 1st, except coaches)*

- To score each dive. If possible, the judges should be persons not associated with either pool. If a shortage of officials dictates, and with the mutual consent of the Team Representatives, both Coaches may judge or the number of Judges may be reduced to three. This is not recommended and should be exercised only as a last resort. Judges will be placed in appropriate position by the Referee on one or both sides of the diving area. Judges will NOT be placed in front of or behind diving boards.
- Judges must be certified in accordance with MCDL procedures.

### 05. **Referee** *(Referees must be a minimum 19yrs of age as of June 1st, except coaches)*

- To instruct the Judges and the Coaches before the meet, answering questions in accordance with the rule book. Referees do not establish limits on the judges' awards beyond those specified in MCDL Diving Rules.

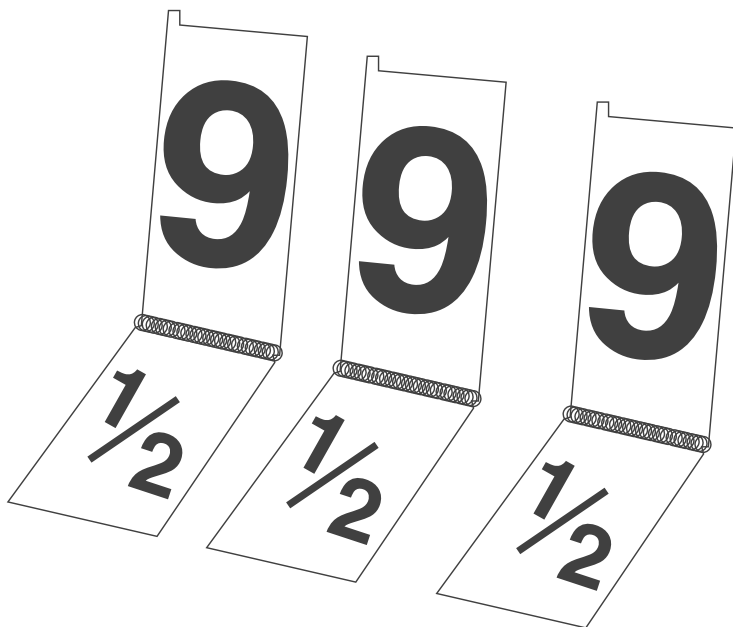
## Meet Officials:



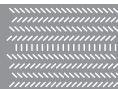
- To authorize the announcer to call for the display of the Judges' scores. To make decisions relative to the manner of executing dives as stated in sections 4 and 5.
- To assume the authority to first warn and then, if necessary, disqualify from the meet an official, coach, or athlete for conduct detrimental to the meet. Failure of the disqualified individual to leave the diving area may, at the Referee's discretion, result in forfeiture of a Dual Meet. If a shortage of officials dictates, the Referee may function as a Judge also. A certified Referee must be present and officiate at every MCDL diving meet. Referees will be tested for certification by members of the MCDL Board of Directors after mandatory attendance at a Diving Referees' Clinic.

### 06. Team Representative

- To act as liaison between the home team and MCDL.
- To attend the organizational meetings.
- To be responsible for the arrangements for each dual meet.
- To act as the official spokesperson for the team in matters of conduct.
- The Team Representative and Coach, or their duly authorized representatives, must be present at all diving meets, for the duration of the competitive events.



# Checklists for Team Reps, Referees & Judges:



## **The Team Rep shall:**

- Review this handbook, particularly the diving calendar section and sections on Rules for Diving Competition, Checklist for Dual Meets, and By-Laws.
- Attend all MCDL League Member meetings scheduled during the year.
- Support and attend the MCDL Diving Clinics for Parents and Officials held in June.
- Comply with MCDL requirement of certification renewal every three years.
- By the March meeting, submit coach, assistant coach, and rep names, email addresses and phone numbers for the upcoming season.
- No later than June 1, submit your team's dues payment to the MCDL Treasurer. Checks should be made payable to Montgomery County Diving League. A late fee of \$25.00 will be imposed if dues are not paid in full by June 1. Dues will include  
Annual Membership ~ 10 Handbooks  
All forms, ribbons, medals and trophies  
Divisional and All-Star Meet Fees (*retail items and fees are not included*)
- Attend the May meeting to pick up handbooks, ribbons and forms. These items will be available for all teams who have registered and paid their dues in full.
- Insurance coverage becomes effective on June 1, of each year. Because the previous season's coverage does not expire until May 31, practice may begin at any time after the team's pool opens. Therefore, the Team Representative shall maintain an accurate list of your team roster using the MCDL web Roster.
- Be responsible for electronically submitting all meet result forms to [records@mcdiving.org](mailto:records@mcdiving.org).
- Be responsible for submitting the results using the appropriate method to the MCDL Records Chairperson for timely publicity and notification purposes.
- Keep a complete record of the Pool's diver registration process and forms.

# Checklists for Team Reps, Referees & Judges:



- Submit Insurance money from Pool for each Diver on MCDL web Roster associated with that Pool.

## **The Diving Referee Shall:**

- Be 20 years old by June 1st of the diving season
- Review this handbook.
- Before the diving competition, review with the judging panel the basis and scale for awarding points.
- Determine balks.
- Determine failed dives, 2-point deduction dives, maximum 2-point award dives, maximum 4 1/2 point award dives, and instruct the judges accordingly.
- Make the mandatory deduction for violation in the forward approach.
- Authorize a dive to be repeated upon immediate request of the diver involved when the execution of the dive was influenced by exceptional circumstances.
- Check the scorer's tabulations and, if found correct, sign the meet results sheet, thus establishing the official diving results which shall not later be changed.

## **The Diving Judge Shall:**

- be 19 years old by June 1st of the diving season
- Read the rules and regulations so that you are familiar with the different dives, the degrees of difficulty, and the correct procedures used in conducting the competition.
- Place yourself in a position with a clear view of the dive from the side or at a slight angle. Never place yourself behind the diving board (in which case you cannot judge properly) nor in front of the diving board (in which case you may distract the diver).
- Listen to the dive announced and form a mental picture as to how the dive should be perfectly executed. As the competitor executes the dive, compare the dive to the one in your mind. Remember that there are many styles that divers may use in executing a dive. Also, try to recognize the level of competition that you are judging.

# Checklists for Team Reps, Referees & Judges:



- Make a fast decision and select your score immediately. Once you have selected the score, do not allow anything to change your decision. Do not display score until called. When called, display score promptly.
- Give the score that you honestly feel the dive deserves in view of the competition at hand. Do not allow yourself to be influenced by the scores given by the other judges.
- Be consistent in your judging. If you find your scores to be higher than the other judges, do not feel that you should bring your scores down or up to the level of other scores. Do not look at the other judges' scores before selecting your own.
- Do not allow yourself to be influenced by the response of the spectators. It also may be too distracting to converse or listen to others while judging.
- Judge the entire dive and not just the entry. Remember, you are to judge what occurs after the starting position is assumed: the run (forward approach), the take-off, the flight through the air (technique, grace, and execution of the dive), and the entry into the water. DO NOT judge what the diver does under the surface of the water. As far as the judge is concerned, the dive is completed once the entire body has passed the surface of the water. Some judges are concerned with divers saving the entries by certain maneuvers under the water. This is the diver's prerogative and the diver should not be judged for underwater actions.
- Be fair with each contestant by disregarding any personal impressions or prejudices that you may have formed against the diver. Judge the dive, not the person.
- Have the courage to give the score that you believe the dive is worth. If you think the dive is perfect, then give a perfect score. If you believe the dive is poorly executed, then give a low score regardless of whether or not the diver is the people's favorite.

**Judges clinics:** every judge must be certified every three years. There are no pre-qualifications for attending a judges clinic.

**Referee clinics:** every referee must be certified every three years. Any candidate for referee must have judged at least one summer prior to sitting for qualification.

## Additional Information:



### **PROTESTS**

01. A protest, the reason of which is known beforehand, shall be made before the start of the contest to either the Referee or the MCDL Rules committee via email to [rules@mcdiving.org](mailto:rules@mcdiving.org).

02. No protests shall be made against the marks awarded by the judges.

03. Protests resulting from unresolved disputes shall be made by the Team Representative to the Referee within 30 minutes of their occurrence. Unless the conduct or infraction affects the safety or well-being of a diver, meet participant, or a spectator, or the orderly management of the meet, the diver involved in a protest shall be allowed to complete the meet. His/her scores shall be recorded and preserved, but at the discretion of the Referee, they may or may not be considered in scoring the event and the meet.

04. Protests shall be presented to the MCDL Rules committee via email to [rules@mcdiving.org](mailto:rules@mcdiving.org) no later than 48 hours after the end of the meet involved.

### **SPORTSMANSHIP**

All teams and individuals are expected to conduct themselves in events in a manner that reflects an honest and sincere effort to do their best in a spirit of competition. Allegations that clubs or individuals are not competing in good faith will be treated very seriously by the League board. Demonstrated examples of bad faith may be subjected to suspensions of up to one year.

### **AUTONOMY**

The Montgomery County Diving League is an independent organization and is not affiliated with any dive club.

## 2019 All-Star Winners:

### Boys

8&U: Delaney Hsu MP	97.90
9-10: Theo Kaneko TA	90.45
11-12: Dylan Imiowicz NCC	127.70
13-14: Aidan Wang PW	206.30
15-18: Max Weinrich TA	313.95

### Girls

8&U: Briley Silvola MP	86.50
9-10: Annika Johnson FV	81.15
11-12: Kaarina Williams PW	137.30
13-14: Michelle Mazzara RH	184.95
15-18: Genevieve Thibodeau SL	222.15

## Online Records:

<https://www.mcdiving.org/records>

<https://www.mcdiving.org/meets>

## Records Board:

### All-Star Meet Records

#### Girls

**8 & U:** Zoe Mongan ~ Potomac 2005 89.22  
**10 & U:** Halia Kailukaitis SL~ SL 2015 104.49  
**11-12:** Montana Puente ~ Tanterra 2002 157.50  
**13-14:** Ashley Goins ~ Robin Hood 2003 200.07  
**15-18:** Meg Hostage ~Potomac Woods 2004 259.17

#### Boys

**8 & U:** Max Weinrich ~ TA 2012 98.70  
**10 & U:** Gregory Culver ~ RH 2012 115.59  
**11-12:** Max Weinrich ~ TA 2016 165.45  
**13-14:** Timothy Faerber ~ East Gate 2008 216.90  
**15-18:** Max Weinrich TA ~ 2019 ~ 313.95



# Records Board:



## **Divisional Championship Meet Records**

### Girls

- 8 & U:** Halia Kailukaitis ~ SL 2013 96.25
- 10 & U:** Halia Kailukaitis ~ SL 2015 115.95
- 11-12:** Haley Marshall ~ MCT 2015 159.25
- 13-14:** Haley Marshall ~ MCT 2017 240.95
- 15-18:** Maddie Pfaff ~ OGC 2017 273.75

### Boys

- 8 & U:** Dylan Imirowicz ~ NCC 2016 103.75
- 10 & U:** Max Weinrich ~ TA 2014 111.95
- 11-12:** Max Weinrich ~ TA 2016 189.75
- 13-14:** Mory Gould ~ PW 2014 222.70
- 15-18:** Logan Shinholser ~ Calverton 2009 302.95

## **Dual Meet Records**

### Girls

- 8 & U:** Halia Kailukaitis ~ SL 2013 97.85
- 9 -10:** Halia Kailukaitis ~ SL 2015 131.80
- 11-12:** Katie Stender-Moore ~ MP 2013 172.05
- 13-14:** Haley Marshall ~ MCT 2017 234.30
- 15-18:** Maddie Pfaff ~ OGC 2017 292.25

### Boys

- 8 & U:** Dylan Imirowicz ~ NCC 2016 116.20
- 10 & U:** Timothy Faerber ~ East Gate 2005 124.05
- 11-12:** Max Weinrich ~ TA 2016 199.10
- 13-14:** Max Weinrich ~ TA 2017 271.45
- 15-18:** Max Weinrich ~ TA ~ 2019 ~ 341.30

# 2019 All-Star Meet Results:



## Boys

## 8&U

## Girls

Delaney Hsu	MEPK	97.90
Caden Marino	MAWO	68.95
James Kress	MEPK	65.40
Calder Kong	RCKC	60.95
Benjamin Schechner	OLDG	55.20
Caleb Smyth	MAWO	55.15
Joshua Levin	POTW	52.75
Gavin Kaplan	RIVF	52.70
Henry Jauss	OLDF	44.25
Emmett Kazhdan	RCKC	44.00
Ezra Wheeler	TWFA	39.15
William Byford	POTO	39.00
Adam Sutor	FLOV	36.50
Joseph Coleman	RIVF	35.75
Michael Smugeresky	TWFA	34.70
Juan Salvado	FLOV	30.60

Briley Silvola	MEPK	86.50
Shiloh James	LTLF	71.80
Ariel Hall	CALV	66.10
Cristina Hooper	MEPK	64.60
Catherine Lofft	OLDF	61.25
Molly Mcwhorter	OLDG	59.95
Sabrina Gala	CASP	56.55
Gabrielle James	LTLF	55.80
Caroline Wong	FLOV	55.75
Rylee Hetherington	CALV	55.30
Mia Wolf	CASP	47.25
Isabella Wheeler	7LCK	44.80
Catherine Hogan	WSTL	42.45
Skylar Lumpkin	OLDG	41.60
Ashley Shine	MAWO	41.30
Katherine Lotz	POTO	41.20
Emily Smugeresky	TWFA	40.35
Eve Browne	WSTL	39.75
Rosemary Brailey	MILL	38.70
Josephine Singleton	POTW	37.90
Audrey Tompkins	TWFA	34.15

## Boys

## 9-10

## Girls

Theodore Kaneko	TANT	90.45
Donovan Mosca	MEPK	87.70
Dylan Zimsky	CASP	84.75
Avery Byrd	MAWO	76.00
Ryan Wees	REGE	64.85
Tobias Saberi	MEPK	63.90
William Menard	OLDF	62.15
Noah Caruso	7LCK	60.75
Matteo Rosenfield	GLEN	59.25
Will Quackenboss	7LCK	54.50
Seth Burger	POTO	52.30
Frederick Jauss V	OLDF	52.10
Derek Cabrera	TWFA	51.95
Aaron Hodges	MAWO	50.60
Caleb Kaplan	RIVF	49.45
Nicholas Verderese	TWFA	47.30
Simon McCaffrey	BANN	41.80
Oliver Stucker	LTLF	39.40

Annika Johnson	FLOV	81.15
Kate Bickel	NCHC	78.80
Haley Marino	MAWO	74.10
Della McCahill	BANN	71.05
Eleanor Anttila Dotson	MAWO	68.10
Sydney Walsh	OLDF	66.10
Haley Hall	CALV	64.65
Phoebe Kramer	LTLF	63.90
Jill Williams	TANT	63.20
Nilsa Johnson	FLOV	63.15
Allison Kraft	MILL	62.65
Elena Bernal	POTW	61.10
Madigan Moore	U	60.80
Keira Majorowitz	GLEN	60.75
Maya Light	LTLF	59.55
Dahlia Tysvaer	CASP	57.30
Lauren Johnson	MOHI	56.85
Alexandra Luchsinger	OLDG	53.50
Giselle Paraon	TWFA	53.20
Yael Ben-eliyahu	OLDF	53.15
Cameron Wynn	7LCK	50.95
Joya Pishvaian	CGLE	50.60
Clara Stucker	LTLF	49.10
Liliana Wheeler	TWFA	44.45
Aarna Gundeti	BANN	41.50
Isabella Lotz	POTO	37.40

# 2019 All-Star Meet Results:



## Boys

## 11-12

## Girls

Dylan Imirowicz	NCHC	127.70
Oliver Forrest	OLDF	125.50
Asa Hsu	MEPK	111.60
Mark Henry	FLOV	99.85
Samuel Adelson	CASP	99.15
Grady Howard	CGLE	92.80
Cameron Porter	TANT	86.95
Ethan Wees	REGE	85.70
Liam McLaughlin	CASP	84.80
Benjamin Mrose	LTLF	81.05
Noah Potter	OLDG	76.25
Alexander Rudin	TWFA	75.65
Ryan Prudenti	TANT	71.95
Jack Luchsinger	OLDG	70.75
Quinn Langan	ROHD	69.35
Garrett Valentine	WSTL	60.75
Nicholas Bixler	MILL	53.55
Ethan Stepanik	CALV	50.35

Kaarina Williams	POTW	137.30
Avery Clare Moffitt	RCKC	124.60
Shauna O'donoghue	CASP	116.90
Darby Marshall	MILL	115.90
Parker Sternberger	OLDG	110.95
Addison Lockard	OLDG	109.75
Ainsley Kashatus	BANN	103.85
Sienna Gala	CASP	102.55
Naomi Borthnick	CASP	100.80
Molly Marshall	MILL	100.80
Lila Biggs	OLDF	96.25
Kendra Cole	FLOV	94.15
Gabriela Kaiser	REGE	94.05
Elise Pantezzi	WSTL	93.55
Susanna McHale	TANT	92.55
Kailyn Forsythe	OLDG	90.25
Abigail Palumbo	RIVF	89.25
Audrey Gee	NCHC	88.30
Annika Jamison	REGE	77.75
Brooke Ortman	BANN	76.25
Emerson Fezza	RIVF	50.20

## Boys

## 13-14

## Girls

Aidan Wang	POTW	206.30
Christopher Winn	7LCK	192.95
Ryan Quinn	CGLE	188.50
Charles Berman	POTO	186.65
Tynan O'donoghue	CASP	161.20
Vincent McHale	TANT	139.40
Spencer Walsh	OLDF	138.45
Jack Collard	RCKC	138.30
Kai Williams	POTW	135.75
Tommy Brown	FLOV	131.65
John Grissom	NCHC	120.40
Evan Mackesy	MILL	119.25
Daniel Fellman	FLOV	111.70
Griffin Kramer	LTLF	109.80
Thomas Richmond	RIVF	105.50
Marton Pula	CASP	104.55
Mark Polin	REGE	103.85
Brady Graham	MILL	86.80
Van Cao	TWFA	75.70

Michelle Mazzara	ROHD	184.95
Ailey Fogel-bublick	RCKC	177.45
Zoe Hsu	MEPK	166.95
Lily Hsu	MEPK	153.45
Bryn McMakin	PALI	138.15
Bella Fenton	CGLE	122.90
Shai Ben-elياهو	OLDF	115.25
Millie Watson	CGLE	114.35
Lara Chapman	RIVF	113.60
Riley Kate Moffitt	RCKC	113.10
Margaret Menard	OLDF	112.75
Mary Stocksclaeder	REGE	109.60
Margot Houle	POTO	108.80
Katherine Kaneko	TANT	106.90
Vivian Young	TWFA	72.10
Isabella Kaplan	RIVF	60.05

## Boys

## 15-18

## Girls

Maxwell Weinrich	TANT	313.95
Ethan Badrian	TWFA	254.75
Quinn Westwood	POTW	251.50
Julien Musel	MEPK	232.55
Gellert Kish	PALI	217.65
Jonathan Lindstrom	CASP	208.40
Liam Gilbert	BANN	206.30
Dermot O'Kelly	GLEN	200.75
Daniel Calder	MOHI	187.55
Jared Lesley	MOHI	170.75
Hamilton Sateri	OLDG	169.95
Doug Cohen	MEPK	163.50
Henry Cheetham	MOHI	150.80
Samuel Tarlov	MOHI	137.40
Jason Vance	REGE	124.40
Alexander Jamison	REGE	116.45
Jackson Biggs	OLDF	103.95
Jackson Young	OLDG	101.20
David Weiss	WSTL	98.20

Genevieve Thibodeau	7LCK	222.15
Emma McDonald	PALI	173.90
Hannah Donner	7LCK	172.30
Emma Gold	RCKC	170.65
Abigail Malone	OLDG	165.85
Norah Bailey	GLEN	162.30
Katherine Stender-moore	MEPK	160.30
Morgan Donohoe	TWFA	153.35
Stefany Sparks	RCKC	151.25
Sarah Rouff	CALV	150.10
Sydney Ruckdeschel	CALV	149.45
Elly Markert	OLDF	142.55
Montana Griffith	TWFA	133.80
Ashley Tock	ROHD	130.40
Emily Reynolds	MAWO	123.90
Annabel Redisch	MOHI	97.05

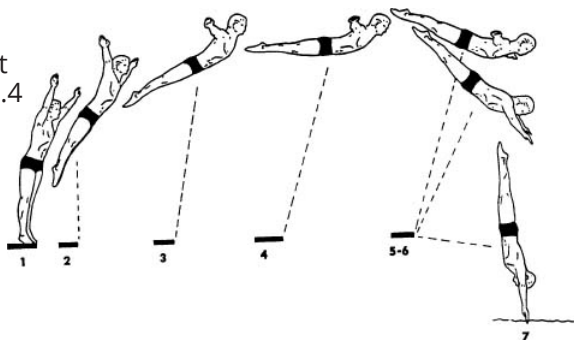
# Dive Illustrations:



## 101A

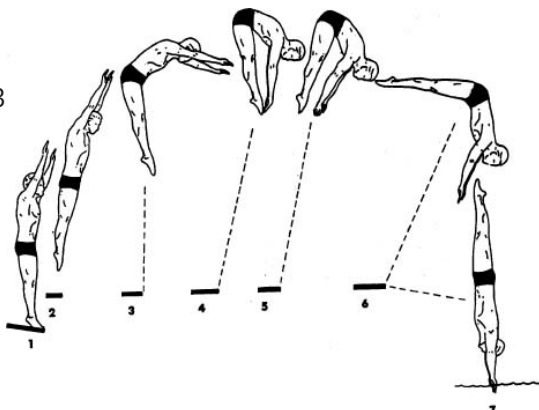
Forward Dive, Straight  
Degree of Difficulty: 1.4

*"NOTE" MCDL does  
NOT require the SET  
of the arms.*



## 101B

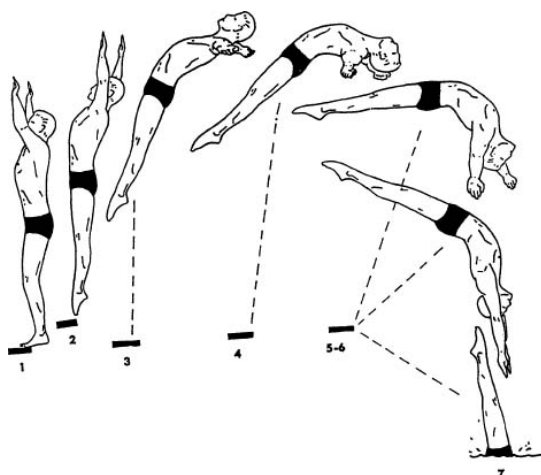
Forward Dive, Pike  
Degree of Difficulty: 1.3



## 201A

Back Dive, Straight  
Degree of Difficulty: 1.7

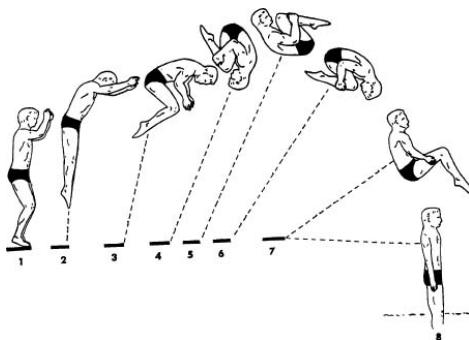
*"NOTE" MCDL does  
NOT require the SET  
of the arms.*



## Dive Illustrations:

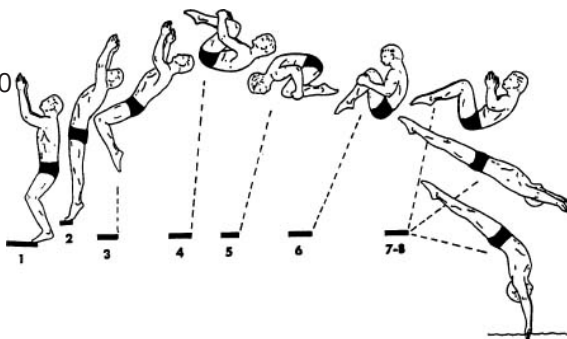
### 104C

Forward Dive,  
2 Somersaults, Tuck  
Degree of Difficulty: 2.2  
*"NOTE" MCDL does  
NOT require the SET  
of the arms.*



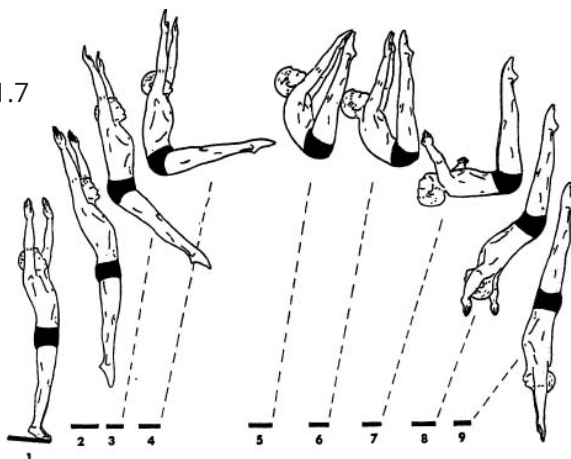
### 203C

Back Dive,  
1.5 Somersaults, Tuck  
Degree of Difficulty: 2.0



### 301B

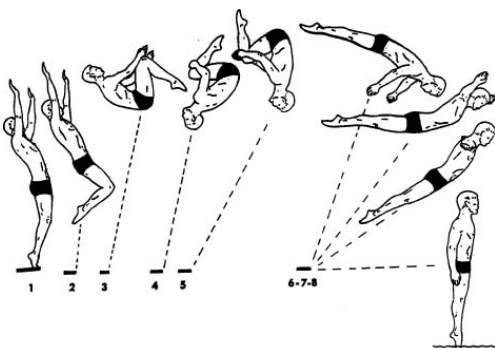
Reverse Dive, Pike  
Degree of Difficulty: 1.7



## Dive Illustrations:

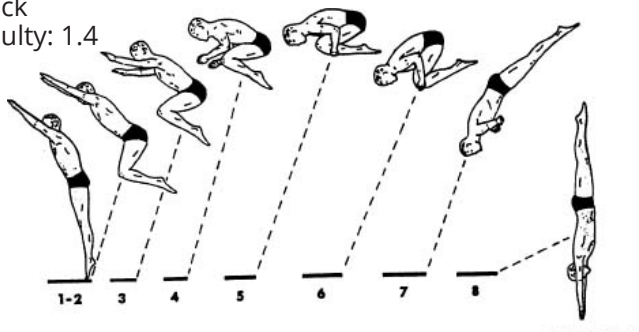
### 302C

Reverse Dive,  
1 Somersault, Tuck  
Degree of Difficulty: 1.7



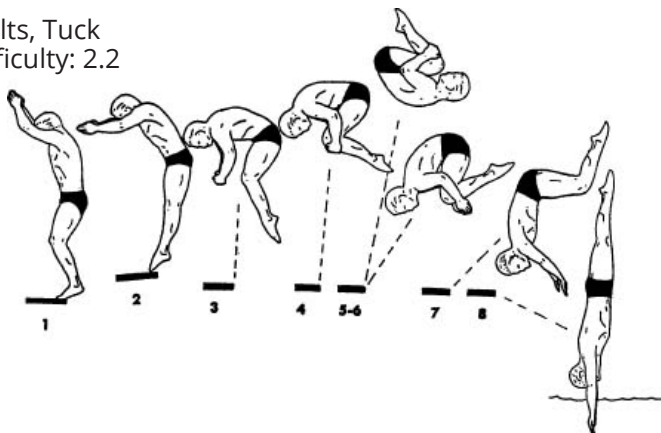
### 401c

Inward Dive, Tuck  
Degree of Difficulty: 1.4



### 403C

Inward Dive,  
1.5 Somersaults, Tuck  
Degree of Difficulty: 2.2

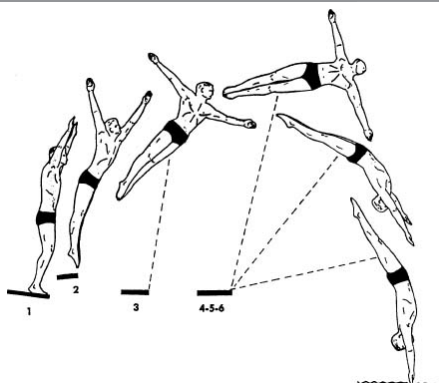


# Dive Illustrations:



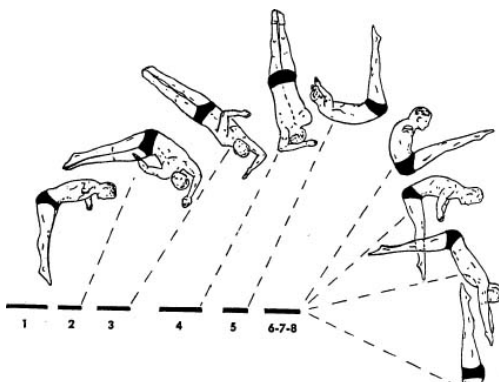
## 5111A

Forward Dive,  
1/2 Twist, Straight  
Degree of Difficulty:  
*See Back Of Book*



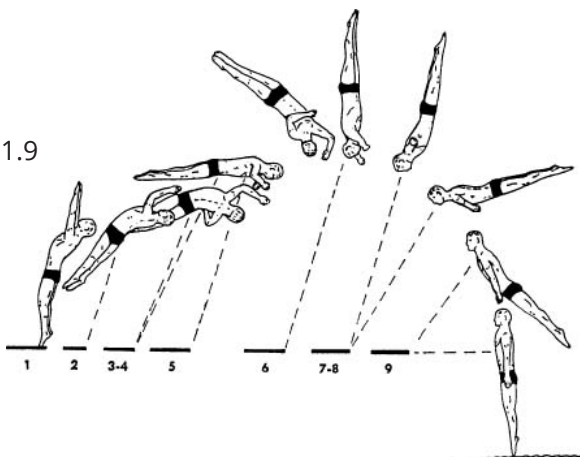
## 5132D

Forward Dive,  
1.5 Somersaults,  
1 Twist, Free  
Degree of Difficulty: 2.2



## 5222D

Back Dive,  
1 Somersault,  
1 Twist, Free  
Degree of Difficulty: 1.9





## Article I – Name

**Section 1.** Name: The name of this organization shall be Montgomery County Diving League.

## Article II – Purposes

**Section 1.** The purposes for which the League is formed are as follows: To sponsor competitive diving among the swimming pools and organizations in Montgomery County, Maryland, and to develop in the children involved in these programs a love of the sport of diving, skill in diving, teamwork, and the principles of good sportsmanship.

## Article III – Membership and Dues

**Section 1.** The Members of the League (the “Members”) shall in general be community swimming pools in Montgomery County, each of which shall be a family-type, non-profit organization, with a membership not in excess of 1,000 families.

**Section 2.** Membership in the League for any given year shall be extended to Members in good standing of the previous year and to pools recommended by the Board and approved by the Members.

**Section 3.** By April 1 of each year, each Member shall designate a Representative and an Alternate Representative to represent it at all meetings of the League. Each Representative and Alternate Representative so designated shall be a member in good standing of the Member pool organization he or she represents, shall assume responsibility immediately following his or her selection, and shall serve until his or her successor is selected.

**Section 4.** Dues for each Member shall be \$250 per year, unless the Board shall determine some other amount to be necessary or adequate to meet all anticipated expenses. Dues shall be payable by the 1st of June.

## Article IV – Meetings of the Members and Voting

**Section 1.** An annual meeting of the Members shall be held during the month of September of each year. Regular meetings of the Members shall also be held during the months of March and May on dates and at locations to be determined by the Board.

**Section 2.** Special meetings of the Members may be called at any



# MCDL By-Laws:



time by the President or by a majority of the members of the Board.

**Section 3.** Written notice of any meeting of the Members shall be e-mailed to the last known address of the Representative (or, in the event a Representative shall have ceased to serve in such capacity, of the Alternate Representative) of each Member and each Director not less than ten (10) nor more than (40) days before the date of the meeting.

**Section 4.** At all meetings of the Members, each Representative (or Alternate Representative, if the Representative shall have ceased to serve in such capacity or for any reason shall not be voting) shall have one (1) vote, and may take part and vote in person. Regardless of the number of persons representing a Member attending a meeting, only one person shall cast the vote on all questions for each Member. Unless otherwise provided by these By-Laws, a majority vote of the Members present shall govern.

**Section 5.** At any meeting of the Members, a quorum shall consist of a majority of the Members of the League.

**Section 6.** At the March meeting of the Members, the Rules for Competition for the upcoming season will be presented. When duly adopted by a majority of the Members voting, the Rules for Competition will remain unchanged throughout the competitive season, except as modified during the last meeting of the Members prior to the first dual meet to correct printing errors and to update Amateur Athletic Union (AAU or successor organization) rule interpretations.

## Article V – Board of Directors

**Section 1.** The Board shall be comprised of the four (4) Officers of the League and three (3) other individuals selected in accordance with Section 2 of this Article V. The number of Directors may be increased or decreased (but not to less than three Directors) by amendments to these By-Laws.

**Section 2.** The members of the Board who are not Officers of the League shall be elected by the Members of the League at the annual meeting of the Members. Each Director shall serve for a term of two years or until his or her successor is elected, with a maximum of six years.

**Section 3.** The Board shall be the responsible administrative body of the Diving League. It shall have the authority to transact all business of the League and to authorize all expenditures.

# MCDL By-Laws:



**Section 4.** The Board may create any standing or special committees, in addition to those standing committees designated in Article IX, Section 3 of these By-Laws, with such duration, functions and authority as it may deem advisable.

**Section 5.** The Board shall prepare an annual report covering the League's activities and finances for the preceding year. This report shall be presented at the annual meeting of the Members.

**Section 6.** The Board shall be empowered to expel or suspend, upon approval by a two-thirds vote of the Board, subject to ratification by a two-thirds vote of the Members present at the next meeting of the Members, a team, coach, pool representative or competitor who has been shown to be in violation of the By-Laws or Rules for Competition of the League, or who has demonstrated unsportsmanlike conduct, or who is unwilling to abide by the League's decisions. Any party or parties alleged to have engaged in conduct justifying expulsion or suspension shall be notified in writing via e-mail at least seven (7) days before any action shall be considered by the Board.

**Section 7.** A vacancy occurring on the Board shall be filled for the unexpired term by a person elected by the Board.

## Article VI – Meetings of the Board of Directors

**Section 1.** An annual meeting of the Board shall be held during the month of October of each year.

**Section 2.** Special meetings of the Board may be called at any time by the President or by a majority of the members of the Board.

**Section 3.** Written notice of any meeting of the Board shall be e-mailed to the last known address of each Director not less than ten (10) nor more than forty (40) days before the date of the meeting.

**Section 4.** At all meetings of the Board, each Director shall have one (1) vote, and may take part and vote in person. Unless otherwise provided by these By-Laws, a majority vote of the Directors voting shall govern.

**Section 5.** At an annual or special meeting of the Board, a quorum shall consist of a majority of the members of the Board.



## Article VII – Officers and Their Election

**Section 1.** The Officers of the League shall consist of a President, a Vice President, a Secretary, and a Treasurer. No two offices may be held by the same person. Section 2. Officers shall be elected by the Members at the annual meeting of the Members and shall assume their official duties immediately following their election. Officers shall serve for a term of two (2) years or until the election and qualification of their successors. An officer shall be eligible to serve no more than three (3)\*\* consecutive terms in the same office. Section 3. A vacancy occurring in any office shall be filled for the unexpired term by a person elected by the Board.

## Article VIII – Duties of Officers

**Section 1.** The President shall be the chief executive officer of the League and shall have active management of its affairs; shall preside at all meetings of the Members at which he or she may be present; shall perform such other duties as may be prescribed in these By-Laws or assigned to him or her by the Board; and shall coordinate the work of the Officers and committees of the League in order that its purpose and objectives may be promoted.

**Section 2.** The Vice President shall act as aide to the President and shall perform the duties of the President in the absence or disability of that officer.

**Section 3.** The Secretary shall record the minutes of all meetings of the Board; shall give all required notice of meetings of the Board or the Members; and shall perform other such duties as may be delegated to him or her.

**Section 4.** The Treasurer shall have custody of all of the funds of the League; shall keep a full and accurate account of receipts and expenditures; and shall make disbursements in accordance with the approved budget, as authorized by the Board or a special committee to which such authority is delegated. The Treasurer shall present a financial statement at every meeting of the Board and at other times when requested by the President and shall make a full report at the annual meetings of the Members. The Treasurer shall be responsible for the maintenance of such books of account and records as conform to the requirements of the By-Laws.

**Section 5.** All Officers shall deliver to their successors all official material in their possession not later than ten (10) days following the election of such successors.

\*\* Amended October 2010



## Article IX – Standing and Special Committees and Amateur Athletics Union Representative

**Section 1.** The President shall appoint the chairmen of all committees, both standing and special.

**Section 2.** The committee chairmen shall select the other committee members of his or her appointed committee.

**Section 3.** The following standing and special committees shall be established.

**a. Rules.** This committee shall prepare all rules, procedures, laws, etc., which pertain to the League's operation and programs. It shall hear, review, and make recommendations to the Board concerning amendments to the By-Laws and Rules of Competition.

**b. Website /Publicity.** This committee shall maintain records of all meet and program results, including best performance records for the League and championship events. This committee shall arrange for publication of all meet results and other such items as are considered newsworthy.

**c. Ways and Means.** This committee shall investigate and acquire information as required on costs and sources of award materials, or other items of interest to the League as assigned by the President. It shall maintain records on costs of the League's operations and shall furnish to the Board a budget estimate for the year's operation by the May meeting of the Members.

## Article X – Fiscal Year

The fiscal year of the League shall be from September 1 to August 31 of each year.

## Article XI – Order of Business

Unless otherwise provided in these By-Laws, Robert's Rules of Order shall govern the transaction of business.

## Article XII – Waiver of Notice

Each member of the Board may waive any notice of a meeting required to be given under these By-Laws, either by written waiver signed before or after the time of the meeting, or by attendance at the meeting.



## Article XIII – Written Consent in Lieu of Meeting

Unless otherwise restricted by these By-Laws, any action required or permitted to be taken at any meeting of the Board or any standing or special committee may be taken without a meeting, if all members of the Board or committee, as the case may be, consent thereto in writing via e-mail.

## Article XIV – Amendments

These By-Laws may be amended from time to time at a meeting of the Members by a two-thirds vote of the Members present, if notice of the substance of the proposed amendment be contained in the notice of the meeting given pursuant to Article IV, Section 3 of these By-Laws.

*-January 25, 1982*



# 2021 MCDL Members & Clubs:



## *Club, Accronim, Address, Phone Number and Dive Rep Contact-*

**BANNOCKBURN BB** 6513 Laverock Lane, Bethesda, MD 301.229.6876  
LORETTA ORTMAN bobolr@yahoo.com 202.841.5058

**CALVERTON CA** 12615 Galway Dr., Silver Spring, MD 301.572.4203

**CARDEROCK SPRINGS CS** 8200 Hamilton Spring Ct., Bethesda 301.365.2292  
AMIE O'DONOGHUE amieo1620@gmail.com 301.908.8147  
LISA ADELSON lisa\_adelson@aol.com 301.254.7489

**COUNTRY GLEN CG** 10055 Glen Road Potomac, MD 301.424.7525  
LEILA TRUE ltrue@washingtonwaldorf.org 216.299.0338  
BRIAN Quinn giantsbq@gmail.com 646.823.5402

**FLOWER VALLEY FV** 4510 Flower Valley Dr., Rockville, MD 301.929.1284  
COURTNEY DREVO cbdrevo@gmail.com 703.350.1507  
KRISTY JOHNSON joh1311@comcast.net 301.602.7293

**GLENWOOD GW** 10012 Gardiner Ave., Silver Spring, MD 301.681.7599  
BERNADETTE SWEENEY berna411@yahoo.com 301.512.1819  
ROMONA SCHREIBER rbutchko@verizon.net 301.442.0698

**LITTLE FALLS LF** 5001 Little Falls Dr, Bethesda, MD 301.718.2469  
BECKY WEXLER becky.wexler@gmail.com 202.674.0271  
MAREN MATAL maren.matal@comcast.net 301.275.3349

**MANOR WOODS MW** Bauer Dr. and Nadine Dr., Rockville, MD 301.460.0899  
DIVE REP mwddiverrep@gmail.com  
VIVIAN BYRD vlbyrd@gmail.com

**MERRIMAK PARK MP** 6400 Pyle Rd., Bethesda, MD 301.229.6579  
MARK COHEN cohenmf@yahoo.com 202.244.5114  
KERRIE BOUKER jkbouker@verizon.net 202.210.9611  
BECKY SKIPPER rskipper@conceptscommunications.com 202.316.8290

**MILL CREEK TOWNE MCT** Mill Run Dr. and Shady Grove Rd. Derwood, MD 301.926.8849  
TRACEY MARSHALL tracymarshall1113@gmail.com 240.372.0841  
David Bixler brshvac@gmail.com 301.674.8526

**MOHICAN MO** 7117 MacArthur Blvd., Bethesda, MD 301.229.4953  
SARA JOHNSON sarahmoorejohanson@me.com 404.441.3606  
PATTY HORN pattyohorn@mac.com 443.204.2123

**NORTH CHEVY CHASE NCC** 8817 Brierly Road Chevy Chase, MD 20815 301.652.4141  
THERESA MAGNINO theresa\_magnino@yahoo.com 240.425.7562

**OLD FARM OF** 6900 Montrose Rd., Rockville, MD 301.881.4220  
LIZZY MENARD lizzynelson@hotmail.com 202.210.2008  
GIL COHN gilcohn@gmail.com 607.319.1627

# 2021 MCDL Members & Clubs:



<b>OLD GEORGETOWN OG</b>		<b>9600 Fernwood Rd., Bethesda, MD</b>	<b>301.469.9772</b>
HOLLY BALSHEM		hbalshem@gmail.com	202.390.6352
NICOLLE STERNBERGER		nicollegurule77@gmail.com	202.246.8627
JOEL PRITCHETT		joel@shinyandrusty.com	301.674.8862
<b>PALISADES PA</b>		<b>6918 Seven Locks Rd., Cabin John, MD</b>	<b>301.229.2598</b>
DIVE REP		diveteam@palisadespool.com	
TRACEY NORBERG		norbergtracey@gmail.com	202.294.9689
<b>POTOMAC PO</b>		<b>10531 Oaklyn Dr., Potomac, MD</b>	<b>301.983.0390</b>
KELLY LOZANO		sanfran2012@gmail.com	301.366.5023
<b>POTOMAC WOODS PW</b>		<b>1520 Dunster Road, Rockville, MD</b>	<b>301.762.7062</b>
ERIC WILLIAMS		eric.williams4@nih.gov	301.366.1909
TERESA WILLIAMS		etk2williams@gmail.com	301.529.5717
<b>REGENCY ESTATES RE</b>		<b>11511 Gainsborough Road, Potomac, MD</b>	
VASILIA CONTOS		granddesignsintl@gmail.com	301.717.8787
DIVE REP		rescdiveteam@gmail.com	
<b>RIVER FALLS RF</b>		<b>7915 Horseshoe Lane, Potomac, MD</b>	<b>301.299.7010</b>
AMY ALUMBO		ashawpalumbo@gmail.com	301.455.5634
DIVE REP		rfdolphindiveteam@gmail.com	
<b>ROBIN HOOD RH</b>		<b>225 Mowbray Rd., Silver Spring, MD</b>	<b>301.384.9715</b>
JENN BAUER		jenn.bauer.wk@gmail.com	301.247.3630
DIVE REP		robinhooddiverep@gmail.com	
<b>ROCK CREEK RC</b>		<b>8619 Grubb Road, Silver Spring, MD</b>	<b>301.585.1185</b>
KATIE MCGERVEY			202.744.8855
DAWN MOFFITT		moffittdawn7@gmail.com	301.455.9220
<b>SEVEN LOCKS SL</b>		<b>9929 Seven Locks Rd., Potomac, MD</b>	
JESSICA NORRIS		jessicanorris@outlook.com	571.277.7094
<b>TANTERRA TA</b>		<b>18605 Tanterra Way, Brookeville, MD</b>	<b>301.774.9712</b>
SUSAN OSTRINSKY		sma89v2@gmail.com	301.980.5682
CAROLYN SIMPKINS		simpkins.four@yahoo.com	240.602.6280
CAROL MCHALE		mamaof5xy3xx@gmail.com	301.467.8080
<b>TWIN FARMS TF</b>		<b>1210 Fairland Rd., Silver Spring, MD</b>	<b>301.236.9298</b>
JENN TOMPKINS		Jentompkins6609@gmail.com	304.281.2540
<b>WESTLEIGH WL</b>		<b>14900 Dufief Mill Rd., N. Potomac, MD</b>	<b>301.294.9809</b>
DEE WEISS		dcopl@aol.com	301.980.0518

# 2021 MCDL Division Lineup:



Division	Seed	Pool	Pool Code
I	1	Merrimack Park	MP
	2	Tanterra	TA
	3	Rock Creek	RC
	4	Mill Creek Towne	MCT
	5	Old Georgetown	OGC
	6	Glenwood	GW
II	1	Seven Locks	SL
	2	Flower Valley	FV
	3	Regency Estates	RE
	4	Manor Woods	MW
	5	Country Glen	CG
	6	Carderock Springs	CS
III	1	North Chevy Chase	NCC
	2	Potomac Woods	PW
	3	Old Farm	OF
	4	Palisades	PA
	5	River Falls	RF
	6	Little Falls	LF
IV	1	Mohican	MO
	2	Twin Farms	TF
	3	Robin Hood	RH
	4	Potomac	PO
	5	Bannockburn	BB
	6	Westleigh	WL





## Additional Diving Resources:



### Books:

Billingsley, Hobie. *Hobie Billingsley's Diving Illustrated*. Portland, CT 06480: Taylor Publishing, 1994.

O'Brien, Ron. *Ron O'Brien's Diving for Gold*. Champaign, IL 61825: Leisure Press, 1992. (companion video also available)

Huber, Jeff. *Springboard and Platform Diving*, endorsed by USA Diving. Published by Human Kinetics.

### Magazines:

*Inside USA Diving*, the Official Publication of U.S. Diving, Inc. (quarterly) 201 S. Capital Ave., #430, Indianapolis, IN 46225. Subscription is part of membership in U.S. Diving, Inc.

### Websites:

<http://www.usdiving.org> (home page of U.S. Diving, Inc.)

<http://www.fina.org> (home page of FINA)

<http://www.mcdiving.org> *The Official MCDL website!*



**Montgomery County Diving League**



# Montgomery County Diving League

## FINA Table of Dives (not listed on back cover)

Dive No.	Dive Name	Difficulty Rating for 1 Meter			
		A/Straight	B/Pike	C/Tuck	D/Free
FORWARD DIVES					
106	Forward 3 Somersaults	--	3.2	2.9	--
107	Forward 3 1/2 Somersaults	--	3.3	3.0	--
BACK DIVES					
205	Back 2 1/2 Somersaults	--	3.2	3.0	--
206	Back 3 Somersaults	--	3.2	2.9	--
REVERSE DIVES					
305	Reverse 2 1/2 Somersaults	--	3.2	3.0	--
306	Reverse 3 Somersaults	--	3.3	3.0	--
INWARD DIVES					
405	Inward 2 1/2 Somersaults	--	3.4	3.1	--
TWISTING DIVES					
5126	Forward, Somersault, 3 Twists	--	--	--	2.8
5134	Forward, 1 1/2 Somersaults, 2 Twists	--	--	--	2.6
5136	Forward, 1 1.2 Somersaults, 3 Twists	--	--	--	3.1
5138	Forward, 1 1/2 Somersaults, 4 Twists	--	--	--	3.5
5151	Forward, 2 1/2 Somersaults, 1/2 Twist	--	3.0	2.8	--
5152	Forward, 2 1/2 Somersaults, 1 Twist	--	3.2	3.0	--
5154	Forward, 2 1/2 Somersaults, 2 Twists	--	3.6	3.4	--
5227	Back, Somersault, 3 1/2 Twists	--	--	--	3.2
5231	Back, 1 1/2 Somersaults, 1/2 Twist	--	--	--	2.1
5233	Back, 1 1/2 Somersaults, 1 1/2 Twists	--	--	--	2.5
5235	Back, 1 1/2 Somersaults, 2 1/2 Twists	--	--	--	2.9
5312	Reverse Dive, 1 Twist	2.1	--	--	--
5322	Reverse, Somersault, 1 Twist	--	--	--	2.0
5323	Reverse, Somersault, 1 1/2 Twists	--	--	--	2.4
5325	Reverse, Somersault, 2 1/2 Twists	--	--	--	2.8
5331	Reverse, 1 1/2 Somersaults, 1/2 Twist	--	--	--	2.2
5333	Reverse, 1 1/2 Somersaults, 1 1/2 Tst	--	--	--	2.6
5335	Reverse, 1 1/2 Somersaults, 2 1/2 Tst	--	--	--	3.0
5337	Reverse, 1 1/2 Somersault, 3 1/2 Tst	--	--	--	3.5
5351	Reverse, 2 1/2 Somersaults, 1/2 Twist	--	2.9	2.7	--
5353	Reverse, 2 1/2 Somersaults, 1 1/2 Tst	--	3.5	3.3	--
5355	Reverse, 2 1/2 Somersaults, 2 1/2 Tst	--	3.9	3.7	--
5412	Inward Dive, 1 Twist	2.2	1.9	1.8	--
5432	Inward, 1 1/2 Somersaults, 1 Twist	--	--	--	2.7
5434	Inward, 1 /12 Somersaults, 2 Twists	--	--	--	3.1

visit [www.mcdiving.org](http://www.mcdiving.org) for the latest season info!



# MCDL TABLE OF DIVES

Dive No.	Dive Name	Difficulty Rating for 1 Meter			
		A/Straight	B/Pike	C/Tuck	D/Free
FORWARD DIVES					
100	Forward Jump		—	—	.8 *
101	Forward Dive	1.4 *	1.3	1.2 *	—
102	Forward Somersault	1.6	1.5	1.4	—
103	Forward 1-1/2 Somersault	—	1.7	1.6	—
104	Forward Double Somersault	—	2.3	2.2	—
105	Forward 2-1/2 Somersault	—	2.6	2.4	—
001	Forward Line-Up	—	—	—	1.0
BACK DIVES					
200	Back Jump	—	—	—	.8 *
201	Back Dive	1.7 *	1.6	1.5 *	—
202	Back Somersault	1.7	1.6	1.5	—
203	Back 1-1/2 Somersault	2.5	2.3	2.0	—
204	Back Double Somersault	—	2.5	2.2	—
002	Back Line-Up	—	—	—	1.0
REVERSE DIVES					
301	Reverse Dive	1.8	1.7	1.6	—
302	Reverse Somersault	1.8	1.7	1.6	—
303	Reverse 1-1/2 Somersault	2.7	2.4	2.1	—
304	Reverse Double Somersault	—	2.6	2.3	—
INWARD DIVES					
401	Inward Dive	1.8	1.5	1.4	—
402	Inward Somersault	—	1.7	1.6	—
403	Inward 1-1/2 Somersault	—	2.4	2.2	—
404	Inward Double Somersault	—	3.0	2.8	—
TWISTING DIVES					
5111	Forward Dive, 1/2 Twist	1.8**	1.7***	1.6	
5112	Forward Dive, 1 Twist	2.0	1.9	—	—
5121	Forward Somersault, 1/2 Tst	—	—	—	1.7
5122	Forward Somersault, 1 Twist	—	—	—	1.9
5123	Forward Somersault, 1-1/2 Tst	—	—	—	2.1
5124	Forward Somersault, 2 Twists	—	—	—	2.3
5131	Fwd 1-1/2 Somersault, 1/2Tst	—	—	—	2.0
5132	Fwd 1-1/2 Somersault, 1 Tst	—	—	—	2.2
5211	Back Dive, 1/2 Twist	1.8**	1.7***	1.6	—
5212	Back Dive, 1 Twist	2.0	—	—	—
5221	Back Somersault, 1/2 Twist	—	—	—	1.7
5222	Back Somersault, 1 Twist	—	—	—	1.9
5223	Back Somersault, 1-1/2 Twist	—	—	—	2.3
5225	Back Somersault, 2-1/2 Twist	—	—	—	2.7
5311	Reverse Dive, 1/2 Twist	1.9	1.8	1.7	—
5321	Reverse Somersault, 1/2 Twist	—	—	—	1.8
5411	Inward Dive, 1/2 Twist	2.0	1.7	1.6	—
5421	Inward Somersault, 1/2 Twist	—	—	—	1.9
5422	Inward Somersault, 1 Twist	—	—	—	2.1

\*\*\* All 12 and Under divers (MCDL-2008) \*\*\*

\*101 DD = 1.3, \*201 DD = 1.6, \*\*5111A and 5211A DD = 1.6, \*\*\*5111B and 5211B DD = 1.5

\*Only 12 & Unders can perform 100 & 200 at All Stars