

# **Seven Hills Swimming & Diving League**

## **Rules for Competition**

*As amended May 2022*

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NOTE THAT RELAY CHAMPIONSHIPS ARE ***NOT*** CURRENTLY BEING INCLUDED IN  
OUR SCHEDULE

# Seven Hills Swimming and Diving League

## Rules for Competition

### I General

1. **New Nov 2021:** This league will consist of six teams. Teams will originate from private, non-profit clubs of no more than 350 Seven Hills League Participation Eligible total memberships. Each club shall specify in their bylaws, code of regulations, or club operating/governance document's membership definitions if a membership type is Seven Hills League participation eligible. In instances when it is not specifically stated if the membership type is Seven Hills League participation eligible, the membership type shall be considered eligible and count towards the total memberships for the purposes of this section. Only full memberships without any restrictions to the private club shall be Seven Hills League participation eligible. All team members must be part of such a membership. Blatant disregard of this rule will result in the fining of the offending club as defined in #14.

**Old Rule:** This league will consist of six teams. Teams will originate from private clubs with dues-paying memberships of no more than 400 voting families. Team members must belong to the respective swim club. All team members must be a part of a membership to their swim club. Blatant disregard of this rule will result in fining the offending club as defined in #14.

2. A USA Swimming and Diving rules will be the official rules governing league competition unless covered by specific rules contained herein.
  - a. The current Ohio high school rule concerning the backstroke flip turn will apply instead of the USA rule.
3. ~~The league treasurer will purchase current year USA Swimming and Diving rulebooks and mail prior to the date of the first dual meet. One rulebook will be purchased for each member club plus one for the league president.~~ May 2018: *\*USA Swimming and Diving Rulebooks are available in digital form only on [www.teamusa.org](http://www.teamusa.org) (diving) and [www.usaswimming.org](http://www.usaswimming.org). Offer will be made to print copies for each club.*
4. If possible, black lane lines will be painted on pool bottom per USA Swimming specifications.
5. Amendments to these rules will require ratification by a majority vote at a regularly constituted league meeting.
6. June 1<sup>st</sup> is the cut-off date for determining a contestant's age group.

### 7. Meets

- A The swimming, diving and relay championships will rotate through all the clubs in turn. Relay champs NOT currently being included in the schedule.

- B It is recommended that the Relay meet be held in the week before the Swimming and Diving Championships. Dual meets will be scheduled for Thursday if possible.
- C Diving shall not be considered as an event for each swimmer, but as a separate meet not counted in total swimming events. This rule applies to both dual and championship meets. Points earned by the diving team will not be added to the swimming team points during dual meets. The competitions will be completely separate events.
- D Host clubs will notify, via email, each of the participating clubs league representatives of the important dates and times involved in diving championships and swimming championships. This notification of starting times, warm-up times, entry information etc. will also be posted on the league web site at [www.7hillsleague.org](http://www.7hillsleague.org).

8. League fees will be used for League operational expenses including payment for swim and dive championships:

Dues \$ 1,000.00

\*Due to a surplus in the league bank account, only \$900 was charged for dues in 2019 and 2021. No dues were collected in 2020 due to COVID canceling the season.

Dual meet ribbons based upon number needed

The league treasurer will invoice each club for the total of all fees due. Each club will remit a check to the league treasurer by June 15 for each year for the normal dues and assessments.

- 9. A chronological list of swimming events and distances as well as diving events are appended to the rules. Lists A, B, C, D, E and Supplements #1 and #2 must be adhered to during dual and championships meets as indicated.
- 10. Seven Hills Swim League swimming and diving coaches will not be used as judges during dual meets, relay, swimming or diving championships.
- 11. Altercations or profanity used against meet officials will not be tolerated and will be cause for dismissal of the offending participant from the league. Dismissal of a participant requires an affirmative majority vote of the League Board of Representatives.
- 12. The chain of making complaints regarding judging, scoring, disqualifications, etc. should be as follows in any meet or championships: parents to coaches to club league rep (if possible) to head official.
- 13. If any team within the league does not field a diving or swimming team or does not travel to a scheduled dual meet, then the remaining teams are permitted to hold an intrasquad meet. This intrasquad meet must be recorded in the same manner as a dual meet and the official results of this meet must be retained by the coach. If properly recorded, this meet will count as a dual meet in meeting championship eligibility requirements.

14. A club involved in a major infraction of the rules may be fined \$100.00, payable before any participation in any championship of the current season or before participation in any regular season meet of the following year.

A Major infractions include but are not limited to the following:

1. Participation in any dual or championship meet by a non-club swimmer.
2. Participation in any dual or championship meet by a swimmer or diver outside of the proper age requirements.
3. Entry of a swimmer or diver in a championship meet who does not meet the two-meet participation requirement.
4. Blatant disregard for rules concerning the exhibitions, starting times, etc.

B The procedure to determine the validity of the infraction and the penalty to be imposed will be as follows:

1. Report of the offense and the club involved to the league president by a club representative within 14 days of the Rules infraction.
2. Convening (or email communication) of the remaining five club representatives within 21 days of the Rules infraction.
3. Explanation of the Rules infraction by the offending club representative to the five club representatives.
4. A penalty of \$100.00 may be assessed the offending club by four positive votes of the league representatives.
5. Failure to pay the fine will result in the offending club being barred from participation in league events until the fine is paid.
6. Failure to pay the fine and/or non-participation in more than half of the league events shall cause the club to be expelled from the league and a replacement club will be pursued.

**15. League Committee.** There shall be a League Committee consisting of one representative from three clubs. The composition of the League Committee will be established annually, at the end of the season by random draw performed by the league president. Each club will select its one representative and will advise the league president of the selection. The League Committee will have the responsibility of resolving any disputes among the members of the League. The decisions by the League Committee are final. Issues for submission to the League Committee are to be submitted in writing to the League Committee. Decisions made by the League Committee will be announced to whoever submitted the issue and also to the league president for record keeping and distribution to all league representatives. In the event that the issue directly involves one of the League Committee teams, then the league president will replace that member on the League Committee. In the event the issue directly involves two of the League Committee teams, then the remaining member will be the sole member of the Committee.

All issues of finance and league rule changes are reserved for the league as a whole. Any decision as to whether a question is appropriate for the League Committee or the league as a whole will be made by the league president.

## II. Dual Meets – Swimming

1. **Appendix** – See Appendix A for order of events and distances.
2. **Admission** – There are no admission fees for dual meets.
3. **Times** – Each team will warm up using all 6 lanes, home team from 5:30 to 6:00pm (or as soon as possible after the conclusion of the diving events) and visiting team from 6:00 to 6:30pm. Swimmers are to enter feet first with one hand on deck. Sprints are one way once lanes have been cleared. **The host team will start the meet as soon as possible after the pool is cleared.**

### 4. Equipment

Dual Meets will be run by the host club as generally specified in this section. This procedure will supplement, but not replace other sections of these rules. All equipment required to efficiently operate the meet will be available. This includes, but is not limited to:

- A. Chairs to permit timers to sit between races when possible.
- B. Operable starting system
- C. Backstroke flags positioned per USA Swimming criteria, 5 meters from each end.
- D. Meet scoring sheets or computer scoring program.
- E. Lanes ropes to delineate six or eight swimming lanes
- F. Roped-off or equivalent areas for home or visiting teams. These areas will not be adjacent to starting blocks or scorer.
- G. Spectator area will be defined so as not to interfere with the operation of the meet.
- H. Scorers/Computer table(s).
- I. Chairs for three finish judges.
- J. Stop watches are to be provided by each club for its own timers.

### 5. Personnel

For dual meets the host club will provide three timers, one backup timer, three recorders/2<sup>nd</sup> timers, one chief stroke judge, one turn judge, two place judges, one starter, two runners, computer personnel, clerk of course, and one announcer. The visiting club will provide three timers, three recorders/2<sup>nd</sup> timers, one stroke judge, one turn judge, one place judge and assistance in the clerk of course. If available, a referee may be used in addition to the other officials. Each team's timers must have watches supplied by their team.

### 6. Judging

- A In determining place finishes, the following will be used:  
Three judges will be used, two from the host club and one from the visitors. At race conclusion, finishes by lane will be recorded by one of the judges known as the Head Finish Judge. The Head Finish Judge should note if all three judges agreed or if there was a disagreement among the results. The order of finish from the Place judges will only change the order of finish, not the swimmers' times, and this is only to be used if the times for the heat indicate a malfunction.

- B All swimmers should be disqualified per USA Swimming/Seven Hills League Rules beginning the first meet of the season to create consistency throughout the league. There will be no disqualifications for 6 & Under events: #79, #80, #81 & #82. DQ slips should be written for education purposes, but should not be entered into the computer. If a 6 & Under is swimming in an 8 & Under event, they can be disqualified. If there is a stroke or turn disqualification, the official will promptly submit a disqualification form to the computer table and notify the swimmer and coach if possible. A DQ Slip will be filled out for the benefit of the coaches and swimmers. . DQ slips should be given to visiting teams at the end of the meet for coaching purposes.
- C Stroke and Turn Judges shall ensure that USA Swimming rules of swimming strokes and turns are enforced. Stroke judges can disqualify only for stroke discrepancies; turn judges can disqualify only for turn discrepancies. Stroke judges will divide responsibilities. One judge will rule only on lanes 1 through 3, while the other judge will rule only on lanes 4 through 6. This rules out consultation between judges, but the primary responsibility lies with the primary judge. Violations will be reported in the following order: (1) Chief Judge/lane recorder (2) swimmer involved if possible (3) Team coach if possible.
- D Two additional turn judges will operate at the opposite end of the pool.
- E The Referee may modify the jurisdiction and personnel in his/her discretion.

## 7. Scoring

Scoring in dual meets will be 5-3-1 for all individual events, 7-0 for relays. Meets scores and calls for clerk of course will be announced over a public address system. 6 & under events will not be scored. Exhibition swimmers receive no points. Exhibition athletes are swimming for time only not points.

## 8. Awards

It is the responsibility of the host club to give ribbons. Heat 1 is always the OFFICIAL HEAT for scoring purposes. However, ribbons (1 through 6 or 8) are given for each heat of the individual events. The league is responsible for the purchase of all awards and will assess each club the cost of its ribbons.

RELAYS (8&U, 9-10, 11-12, 13-14 )	RELAYS ( <u>15-18</u> )
1 <sup>st</sup> Place – Blue	1 <sup>st</sup> Place – Blue
2 <sup>nd</sup> Place – Red	2 <sup>nd</sup> Place – Red
3 <sup>rd</sup> Place – White	
4 <sup>th</sup> Place – Yellow	
5 <sup>th</sup> Place – Green	
6 <sup>th</sup> Place – Pink	
7 <sup>th</sup> Place – Orange	
8 <sup>th</sup> Place – Light blue	
<u>INDIVIDUAL EVENTS</u>	<u>INDIVIDUAL EVENTS</u>
<u>8&amp;U, 9-10, 11-12, 13-14 (ALL HEATS)</u>	<u>15-18 (HEAT 1)</u>
1 <sup>st</sup> Place – Blue	1 <sup>st</sup> Place – Blue
2 <sup>nd</sup> Place – Red	2 <sup>nd</sup> Place – Red

3 <sup>rd</sup> Place – White	3 <sup>rd</sup> Place – White
4 <sup>th</sup> Place – Yellow	
5 <sup>th</sup> Place – Green	
6 <sup>th</sup> Place – Pink	
7 <sup>th</sup> Place – Orange	
8 <sup>th</sup> Place – Light blue	
<b>6&amp;U</b>	
All heats use same 1 <sup>st</sup> -6 <sup>th</sup> (or 8 <sup>th</sup> ) ribbons.	

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### **Postponement**

In case of bad weather, with the second thunder and lightning delay during diving or swimming, all remaining exhibition heats will be cancelled. With the announcement of the third during swimming, all remaining events will be cancelled.

If the dual meet is called because of bad weather and 60% of the final races have been swum, the team with the highest score may be declared the winner of the meet.

Swimming races only will count in the 60% figure. It is recommended that the remaining races be re-scheduled, but this is not mandatory.

In case of weather or club conditions that would be reason for cancellation or postponement, the team reps and coaches from both clubs will be part of the discussion. The final decision will be made by the host club. At all meets, it is recommended that head coaches and team representatives confer in an attempt to reach consensus as to cancellation. Every effort will be made to conduct the meets on the scheduled days. Re-scheduling of postponed meets will be done at the convenience and concurrence of both affected clubs.

### **10 Entries**

Each team may enter up to three competitive swimmers in each individual event in a dual meet, and any team may sweep an event.

A. A swimmer will be permitted to enter a maximum of three individual events and two relay events for a maximum of five events in dual meets. A swimmer who swims more than three individual events will be disqualified from all individual events and any individual points won will be deducted from the team score. A swimmer who swims more than two relay events will be disqualified from all relay events and any relay points won will be deducted from the team score. Blatant disregard for this rule will be cause for fining the offending club as defined in Seven Hills League Rules, General Rule #14.

B. During the relay portion of a dual meet, each club may enter 3 relay teams. Only one team from each club may earn points in relay events.

### **11 Lane Assignments**

A. Home Teams will utilize lanes 2, 4, 6, 8.. Visitors will utilize 1, 3, 5, 7. Lane slips will be made out by both coaches prior to the start of the meet.

B. In the 25 meter events the swimmers will remain at the starting block end of the pool, while officials move to the other end for finishes. If a pool has two sets of starting blocks, it is permitted to allow swimmers to start from the other end of the pool.

## **12 Change of Age Group**

In a dual meet a swimmer may move up in age group. For example, an 11-12 swimmer may swim an 11-12 event, then a 13-14 event and then an 11-12 event. A swimmer may move up in age group in any relay event of a dual meet.

## **13 Exhibitions** – In order to give coaches some flexibility, the following plans are approved:

A Unlimited freestyle Exhibition heats for 10 & under plus four other Exhibition heats total for other strokes, or

B A total of ~~40~~ **16** Exhibition heats for the meet of whatever strokes both coaches agree to.

Host clubs should contact visiting club coach **72** hours prior to dual meet to agree on Exhibition heats. Each club should expect three (3) swimmers per Exhibition heat, unless otherwise mutually agreed. Heats should be collapsed by the host team using their computer software.

## **14 Team Areas:** Each club will be responsible for cleaning up its assigned area at the completion of the meet.

### III. Dual Meets – Diving

#### 1. Appendix

Age group diving requirements for dual meets are listed in Appendix B.

#### 2. Admission

There shall be no admission fees for dual meets.

#### 3. Time/dates

(A) Dual meet competition will be scheduled to start promptly at 4:00 P.M. with diving warm-ups at 3:00 P.M. for host club and 3:30 P.M. for visitor club. All properly completed diving data must be submitted to the host team / meet director by 12:00 noon on day of diving meet.

(B) If time permits and BOTH coaches agree -- all age groups can take a warm-up dive or two prior to the start of their event.

(C) In order to facilitate the efficient completion of the diving meet, the normal event order (8-U, 9-10, 11-12, 13-14, 15-18) may be changed or combined as agreed upon by both coaches.

#### 4. Diving Meets at Normandy Swim Club

(A) For Normandy Home Diving Meets, if the visiting team does not want to hold diving at Normandy Swim Club, the visiting team MUST notify Normandy and can offer to host the diving competition only at THEIR swim club on a day and at a time that is agreeable to both coaches and teams. The date and time must not conflict with the swimming portion of the meet. If the visiting team chooses not to attend the meet at Normandy and a replacement competition is not held, each team can hold an intra-squad meet at their own club in order to receive credit towards participating in the Champ Meet.

#### 5. Dive Team Rep

(A) Every Club must have a Dive Team Rep in addition to a coach and possibly an assistant coach.

#### 4. Equipment

The host club will run all dual meets as generally specified in this section. This procedure will supplement, but not replace other sections of these rules. All equipment and supplies required to efficiently run the meet will be available. This includes but is not limited to:

(A) Comfortable chairs for judges, shaded if possible positioned on both sides of the diving well.

(B) Sturdy tables and comfortable chairs for computer operators and other score table workers shaded and placed in an area that allows efficient running of the meet and protection from the splash of errant dives.

(C) Quality diving judge flash cards, one set per judge.

- (D) A laptop computer loaded with eDive software (provided by the League); printer with paper for printing dive order and results as well as blank labels for printing results for ribbons. The Host Club shall also have accessible, properly grounded electrical outlets with properly secured extension cord with plug bus if necessary to run the computer(s) and printer(s).
- (E) A good quality microphone and speakers for announcing the diving meet.
- (F) A flash drive for data sharing; pens and pencils; solar calculator and paper weights for windy days.
- (G) A spectator area defined so as not to interfere with the operation of the meet.

## 5. Meet Personnel

- (A) Visiting clubs will provide at least two qualified diving judges, and one experienced eDive operator with laptop computer loaded with eDive software (provided by the League).
- (B) The host club will provide at least three qualified judges, one experienced eDive operator; laptop computer with eDive software loaded (provided by League); Master Scorer and Announcer. If either club is not able to provide the minimum number of required and qualified meet personnel, the other club may provide the additional workers needed to successfully run the meet including the Announcer or Master Scorer.
- (C) The referee will be chosen from among the five diving judges. The referee shall be selected by the remaining judges and the two coaches. The referee should be the most experienced judge.

## 6. Competition Rules

- (A) Unless otherwise covered in the 7-Hills League Diving Rules, the current USA Diving Rulebook will govern all other rules of diving competition.
- (B) Each diving coach is responsible for submitting accurate eDive data in a timely manner -- see Rule 3 (A) -- that complies with current 7 Hills League Rules.
- (C) A diver is NOT permitted to change the dive number (i.e. 103B to 203C) once the event in which they are competing has started unless both coaches agree to the change. The diver IS permitted to change the position of the dive (i.e. 103B to 103C) however; the lower of the two degree of difficulties must be used when calculating the points for the dive in question.
- (D) If a diver repeats the same dive (i.e. the same dive number in the same position, or the same dive number in a different position), the higher of the two scores for the repeated dive shall be eliminated from his/her score.
- (E) All optional dives must come from a different category. There are FIVE categories of dives: Forward dives, Back dives, Reverse dives, Inward dives and Twisting dives. NOTE: A back twisting dive is not considered a “back” category dive – it is a “twisting” category dive.
- (F) All divers who are diving “Exhibition” should have this designation clearly marked in their eDive data in order to help the meet personnel more efficiently run the events and calculate the team scores.

## 7. Judging and Scoring

- (A) Judging and scoring will be guided by the current USA Diving Rulebook.
- (B) During dual diving meets, there should be five judges and where possible, they should be seated profile to the diving well and on opposite sides of the pool (i.e. two on one side of the pool and three on the other side)
- (C) The referee can be one of the five judges or can be in addition to the five judges. The referee should be the judge with the most experience AND who is willing to serve as referee. This person should be selected from among the judges by the judges and the two coaches.
- (D) Judges scores range from 10 to zero and half-points may be awarded.
- (E) Team points are awarded as follows: 1<sup>st</sup> Place – 5 points; 2<sup>nd</sup> Place – 3 points; 3<sup>rd</sup> Place – 1 point; 4<sup>th</sup> Place – 0 points.

## 8. Awards

It is the responsibility of the host team to purchase and provide ribbons for all home diving meets. Ribbons will be awarded to the first FOUR places (1st-blue, 2nd-red, 3rd-white, 4th-yellow) Places 1st-4th are scoring places. Exhibition ribbons will be awarded to all other divers (generic color, all places the same and no team points awarded.)

## 9. Postponement

- (A) In the case of bad weather, with the second thunder and/or lightning delay, all exhibition dives will be canceled. With the announcement of the third delay, the entire diving meet will be cancelled.
- (B) If a dual meet is called because of bad weather and 60% of the final dives have been completed, the team with the highest score may be declared the winner of the meet. Diving events only will count in the 60% figure. It is recommended that the remaining dives be re-scheduled, but it is not mandatory. Re-scheduling of postponed meets will be done at the convenience and concurrence of both affected clubs.
- (C) In order to compete in the 7-Hills League Diving Championships, a diver must have participated in at least two diving meets during the season. If a diver is present at a meet with properly completed eDive data that has been submitted on time and that meet is canceled due to inclement weather, etc., the diver shall receive credit for participation in that meet. This also applies even if the meet is re-scheduled and the affected diver is unable to attend the re-scheduled meet.
- (D) Diving "exhibition" DOES count towards the two dive meet requirement for participation in the Champ Meet.
- (E) In case of weather or club conditions that would be reason for cancellation or postponement, the team reps and coaches from both clubs will be part of the discussion. The final decision will be made by the host club.

## 10. Entries

Four divers will be permitted to enter (“dive for real”) in each age group (two boys, two girls) for dual meets. All other divers in each age group will be considered “Exhibition Only” and the submitted eDive data should be clearly marked with this designation to reflect this.

## 11. Diving Board Level

11. Divers may perform dives from the one-meter board only. Three meter diving is not allowed in the Seven Hills League during dual meets or the Championship Meet.

## 12. Change of Age Group

A diver may move up (“dive up”) to another age group, but may dive only in that one age group. He/she may not move up after completion of his/her first competitive dive. His/her moving up during the diving competition will not carry over to the swimming competition. (i.e. he/she may revert back to his/her original age group for the swimming competition.) Divers are never permitted to “dive down” in any age group.

## 13. Exhibition Diving

Each club may enter up to a total of 31 Exhibition DIVES (NOT 31 EXHIBITION DIVERS) during a dual meet.. The intention of this rule is to allow for the on time completion of the diving competition so that the swimming competition may start on time. If both coaches agree and ONLY if time permits, additional exhibition dives will be allowed but never if this might delay the start time of the swimming competition or swimming warm-ups. Some clubs have the ability to hold diving events while the swim teams’ warm-up and this is permissible if agreed upon by both diving coaches and both swim coaches.

## 14. Team Areas

Each club is responsible for cleaning up their assigned team area at the completion of the meet.

## 15. Results

The Host Club is responsible for e-mailing a complete set of results (eDive data file) to the Visiting Club within 24 hours of the completion of the diving meet or they can transfer the file to a flash drive at the completion of the diving meet. In addition, the Host Club must send a complete set of results (eDive data file) to the League Webmaster for upload on the League Website. This must be done within 24 hours of the completion of the diving meet.

## **IV Relay Championship Meet (NOT currently being run)**

1. Appendix – Order of Events is included in Appendix C.

2. Admission

(A) The admission fee for Relay Champs will be:

1. Under 6 years old – No Charge
2. 6 – 15 years old - \$1.00
3. Over 15 years old - \$2.00

The money collected will be used by the host club to offset expenses.

(B) Coaches, swimmers and hired Officials only will not be charged a fee. Spectators and volunteer officials must pay.

3. Times/dates

The meet will start not later than 6:30 pm. Prior to the start of competition; a meeting of one coach from each club will be held at the pool office. At 6:20 pm judges and timers will assemble at the starting end of the pool for final briefing and instructions.

4. Equipment

(A) Each club is responsible for supplying and filling out its own lane slips and distributing them to the swimmers.

(B) Relay Champs will be run by the host club as generally specified in this section. This procedure will supplement, but not replace other sections of these rules. All equipment required to efficiently operate the meet will be available. This includes, but is not limited to:

- (1) Chairs to permit timers to sit between races.
- (2) Operable starting system.
- (3) Backstroke flags positioned per USA Swimming criteria.
- (4) Meet scoring sheets or compiler scoring.
- (5) Lanes ropes to delineate six swimming lanes.
- (6) Roped off or equivalent areas for all teams.
- (7) Spectator area will be defined so as not to interfere with the operations of the meet.
- (8) Scorers table(s)
- (9) Chairs for scorers, stroke judges, runners and false start swimmers will be pre-positioned.

5. Personnel

(A) Each team will provide two timers with stop watches, one recorder, one turn judge, one place judge, one scorer, and one ribbon writer.

(B) The host club will provide the following hired certified officials from outside the league: one starter, one referee, two turn judges, and two stroke judges. The host club will also provide a clerk of course, two runners, and two false start swimmers.

6. Scoring

Points will be scored on a 7-5-4-3-2-1 basis.

7. Awards

It is the responsibility of the host club to provide the awards.

(A) Ribbons will be awarded to all members of each relay team, 1<sup>st</sup> through 6<sup>th</sup> place (1<sup>st</sup> – blue, 2<sup>nd</sup> – red, 3<sup>rd</sup> – white, 4<sup>th</sup> – yellow, 5<sup>th</sup> – green, 6<sup>th</sup> – pink).

(B) A trophy (or plaque) will be awarded to the winning team for permanent possession. This trophy will cost between \$25.00 to \$40.00.

(C) A traveling trophy provided by the league will be awarded to the winning team. Current engraving of this trophy and its return to the next year's relay championship meet is the responsibility of the winning team. Replacement for a lost or damaged traveling trophy is the responsibility of the team in possession. It is recommended that the meet director of the current relay championship host club call the swim coach or swim representative of the previous years champion and determine the procedure to hand over the traveling trophy.

8. Cancellation

If bad weather should cause postponement of the beginning of the meet, the meet will be cancelled if it has not started by 7:30 pm. Once the meet starts, at the announcement of a third weather delay, the meet will be canceled. If the meet is canceled due to bad weather and 60% of the events have been swum, the team with the most points will be declared the winner. If 60% of the events have not been swum, no meet winner will be declared.

9. Entries

A swimmer may participate in only 4 events. A swimmer may swim only one relay of the same stroke except within a medley or the Crescendo.

10. Lane Assignments

Lanes will be initially assigned by a host club and rotated after each race (6 to 5, 5 to 4, 4 to 3, 3 to 2, 2 to 1, and 1 to 6).

11. Change of Age Group

At Relay Championships a swimmer may move up in an age group for any event without any impact on future events. Therefore, a swimmer may move up or back down to his/her age group as often as necessary as long as the swimmer does not exceed his/her allowable number of events (4) and never swims in any age group lower than his/her real age.

12. Exhibition

No exhibition swimmers, heats, or events are permitted in the Relay Championship.

13. Team Areas

Each participating club will be responsible for cleaning up its assigned area at the completion of the meet.

## V Championships – Swimming

### 1. Appendix

List of events and distances to be conducted in Appendix A and F.

### 2. Admission

A. The admission fee for Preliminary swimming champs for all or part of the day will be:

1. Under 6 years old – No Charge
2. 6 – 15 years old - \$ \$2.00
3. 16-59 years old - \$5.00
4. 60 and older - \$2.00

The money collected is used by the league to offset the cost of the meet vendor. All admission fees are turned over promptly to the league treasurer.

B. The admission fee for Finals swimming champs will be:

1. Under 6 years old – No Charge
2. 6 – 15 years old - \$ \$2.00
3. 16 to 59 years old - \$5.00
4. 60 and older - \$2.00

The money collected is used by the league to offset the cost of the meet vendor. All admission fees are turned over to the league treasurer.

C. Coaches, swimmers and hired Officials only will not be charged an admission fee. Spectators and volunteer officials must pay the fee.

D. Heat sheets for Swimming Championships Preliminaries AM and PM sessions can be sold by the host club which will pay for the cost of printing. The heat sheets are recommended to be sold for \$3 per session. The cost of heat sheet should not vary greatly from year to year. Proceeds from Heat Sheet Sales will be kept by the host club.

### 3. Times/dates

Preliminary swimming heats will start no later than 9:00am on the first swimming day, with a twenty minute warm-up for each team. Also, a twenty minute warm-up for each team will be allowed before the 8 & under, 9-10 preliminary competition found in Appendix E.

### 4. Equipment

Swim Championships will be run by the host club as generally specified in this section. This procedure will supplement but not replace other sections of these rules. All equipment required to efficiently operate the meet will be available. This includes but is not limited to:

1. Chairs to permit timers to sit between races.
  2. Operable starting system
  3. Backstroke flags positioned per USA Swimming criteria.
  4. Computer/scoring table
  5. Lanes ropes to delineate six swimming lanes.
  6. Areas designated for all teams. These areas will not be adjacent to starting blocks or scorer's table.
  7. Spectator area will be defined so as not to interfere with the operations of the meet.
  8. Chairs for scorers, stroke judges, runners.
5. Judging  
All officials (Referee, Stroke, Turn and Starter) will be either NCAA, USA or YMCA nationally certified officials.  
Watches will be read and recorded as defined in USA Swimming Rules.

6. Scoring

Scoring in the Championship Finals shall be 6-lane pools: (12 places):

Individual Events:

A (championship final): 16-13-12-11-10-9

B (consolation final): 7-5-4-3-2-1

If an 8 lane pool is used scoring will be USA scoring

Relay Events:

A (championship final): 32-26-24-22-20-18

7. Awards

The league is responsible for the purchase of all awards.

The following awards will be presented:

A Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places for individual events.

B Ribbons for 4<sup>th</sup> through 12<sup>th</sup> place for individual events, or to 16<sup>th</sup> place in an 8 lane pool.

C A heat winner ribbon will be awarded to the winner only of each preliminary 12&UN heat.

D Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places for relay events.

E Ribbons for 4<sup>th</sup> through 6<sup>th</sup> places for relay events.

F Team age group plaques will be awarded for individual events in all age groups (one plaque for boys and one for girls). Age group winners will be determined by totaling all points scored in the Championship and Consolation Finals. These awards will be delivered to the appropriate clubs no later than two weeks after the Championships.

G A banner purchased by the League will be awarded to the winning team for display the following season.

8. Postponement

- A Preliminary events: In case of bad weather, preliminary events may be rescheduled during that day, and/or into the Finals day at the discretion of the meet director. Preliminary events should be completed. **HOST POOL SHOULD BE AVAILABLE DURING THE SECOND DAY FOR POSTPONED PRELIMS.**
- B Final Events
  - 1 If bad weather should cause the postponement of the beginning of the meet. The meet may be postponed at the discretion of the meet director if it has not started by 8:00 pm. Finals may be started as early as 9:00 am on the next day, Thursday.
  - 2 Once the meet starts, with the announcement of thunder/lightning delays, the meet may be postponed at the discretion of the meet director. Finals may be started as early as 9:00 am on the next day, Thursday.

9. Entries

- A **Electronic entries must be submitted by each team by NOON on the Sunday following the last dual meet of the season. Include relay entries and best guess of relay swimmer names.** See (F) below. No deck entries will be permitted without the agreement of all coaches.
- B There will be no limit to the number of swimmers a team may enter in the preliminary individual events. A swimmer must have participated in two dual meets to be eligible for the championships. Diving events do **not** qualify for the swimming championships. Each coach is responsible for retaining a copy of the official results of each dual meet and must be able to prove eligibility requirements for the team entries. If a meet is canceled or postponed and a swimmer has not yet swum an event, he/she must check in with the both teams in order to have the meet count as one of the required meets.
- C Lane cards, if used, will be supplied by the meet vendor.
- D A swimmer may enter a maximum of three individual events and two relay events for a maximum of five events for preliminaries or championships. A swimmer may only swim one medley and/or one freestyle relay.
- E The twelve (12) swimmers in each age group with the fastest times will qualify for finals (16 in 8 lane pool). The six (6 or 8) swimmers with the fastest times will qualify for the Championship heat with their place being scored in the finals. The swimmers with the seventh and eight fastest times be designated as alternates for the Championship heat, in the event one or two of the six qualifiers does not appear at the Finals. The swimmers with qualifying times 7<sup>th</sup> through 12<sup>th</sup> (or 9<sup>th</sup> to 16<sup>th</sup> in 8 lanes) place will swim in the Consolation heat with their places being scored in the Finals. The swimmers with the 13<sup>th</sup> and 14<sup>th</sup> fastest times (or 17<sup>th</sup> and 18<sup>th</sup> in 8 lanes) will be designated as alternates for the Consolation heat. The alternates for both heats will swim in the lane(s) vacated by the absent swimmer(s).
- F The names of members of each relay team must be turned in to the computer operator 45 minutes *prior to the start of finals*. Last minute substitutes for relay

teams must be made in accordance with these rules, at the discretion of the meet director.

- G The 30 minute scratch rule will be in effect at Preliminaries. Swimmers who qualify for finals and know that they cannot attend finals have 30 minutes in which to report that they will not attend finals. In the event a contestant fails to report to the clerk of course prior to the start of each heat or race in which he/she is entered (prelims or finals), he/she will be disqualified from that heat or race with no impact on any future race in which that swimmer is entered unless there is mutual agreement by the coaches to modify this rule.

#### 10. Lane Assignments

Lane assignments for individual events will be made per the latest USA Swimming rules based on the basis of submitted best times. Assignment of lanes for relay races will be made per the latest USA Swimming rules on basis of submitted best times.

#### 11. Change of Age Group

Swimmers may NOT swim out of their age group during individual events. In the relay events, swimmers may move up to fill in a relay team without jeopardizing his/her individual event status in the lower age group. Swimmers may move up in age group relays ONLY if there are insufficient eligible swimmers in that age group on that team. Therefore, all eligible swimmers in an age group must have been exhausted their eligibility before a younger swimmer may move up. In any case, the swimmer may not exceed the maximum allowable number of events.

#### 12. Exhibition

There are no Exhibition swimmers in preliminaries or finals at Championships.

#### 13. Team Areas

Each participating club will be responsible for cleaning up its assigned area at the completion of the meet.

#### 14. Meet Personnel

1. Two timers AND watches provided by each league team for all sessions.
2. Host club may ask each team for a clerk of course volunteer for each session and an awards worker for the finals session. The host club must notify the other teams by June 30th if they are in need of these volunteers.
3. One head timer provided by the host club who may be the extra backup timer too.
4. Host club will assign a head official who will be responsible for obtaining and assigning all officials throughout all sessions.
5. Host club will provide an adult announcer at all times during the meet
6. Host club will provide a head clerk of course for all sessions.
7. Host club will provide runners for all sessions.
8. Host club will provide a meet director

9. Host club will provide personnel for the gate, concessions, parking, duplication of heat sheets and other positions as needed.

15. If an outside vendor is hired for championships then particular personnel to be provided by the vendor must be agreed upon between the vendor and the host club. The cost of the outside vendor will be paid by the league

16. Records – Records set at swim champs will be called Champs Records.

17. When selecting a theme for champs, be sensitive about the religious beliefs of our club members and select a theme that is inclusive of all. Example of non-inclusive theme is "Christmas in July".

18. Senior Gifts

The champs host club will be responsible for finding out how many seniors are in the league and order gifts for those athletes. The league will pay for, or reimburse, the host club the cost of the senior gifts.

## VI Championship – Diving

### 1. Appendix

Age group diving requirements for the championship meet are: 8 & under boys and girls; 9-10 boys and girls; 11-12 boys and girls; 13-14 boys and girls; 15-18 boys and girls. A diver's age is determined by his or her birth date as of June 1<sup>st</sup> of the current year.

\*\* The Diving Champ Meet will NOT be held at Normandy Swim Club. In lieu of this, Normandy is expected to provide additional staffing or fund-raising help each year to the Host Club. Normandy may also choose to host the meet at a club outside of our league.

### 2. Admission

(A) The admission fees for Diving Championships will be: Under 6-no charge, age 6-15-\$2.00, over 15--\$5.00 The host club can use any and all monies collected at the Champ Meet to offset meet expenses including the dive judges and referee.

(B) All coaches, divers and hired officials will not be charged an admission fee. All spectators and volunteers must pay the admission fee.

(C) Programs fees for Diving Champs are used to offset the cost of printing and hosting the meet and are kept by the host club.

### 3. Times/dates

(A) Diving will consist of one day of events. Both boys and girls will compete on the one-meter board only. Diving championships will be scheduled for the Monday of the week of swimming championships. The diving competition will start no later than 9:00 a.m. -Diving competition may be held ONLY during daylight hours.

(B) The Champ Meet Host Team should prepare and send by e-mail to the diving coach and dive team rep for each team a "Champ Meet Packet" that includes the date of the Champ Meet, site, start time, order of events, warm-up schedule (both day before the Champ Meet and the morning of the Champ Meet), Champ Meet Dive Requirements. The packet should also include information about parking and parking passes, hospitality and lunch passes for the coaches and judges, and any other pertinent information about the meet. This packet should be distributed to all clubs and made available on the 7-Hills League website before the first meet.

### 4. Equipment

The Host Club will run the Diving Championship Meet as generally specified in this section. This procedure will supplement but not replace other sections of these rules. All equipment required to efficiently operate the meet will be available. This includes but is not limited to:

(A) Comfortable and shaded chairs for judges.

- (B) Comfortable chairs and shaded tables for computer operators and other score table workers.
- (C) Good quality diving judges' flash cards (one set per judge)
- (D) TWO laptop computers loaded with eDive software (provided by League); printer (preferably two); accessible and properly grounded power supply; extension cords and plug bus.
- (E) Paper; blank labels for printing ribbons; pens; pencils; solar calculators and paper weights for windy days.
- (F) Quality microphone with quality speakers for announcing the diving meet.
- (G) Spectator and team areas defined so as not to interfere with the operation of the meet.

## 5. Championship Meet Personnel

- (A) Current practice (2018) is that the host club hires all of the judges for the champs meet. That way each club is not calling the same judges. If the host club is having trouble finding enough judges, they may call on the other league teams for help with the search. The past rule stated: Each Visiting Club is responsible for providing one EXPERIENCED and IMPARTIAL Judge for the Champ Meet.
- (B) Each visiting club will provide at least one experienced eDive computer operator; one experienced Master Scorer and one ribbon writer for one complete age group (B & G) for the Champ Meet. The host team will provide the meet announcer; one experienced eDive computer operator (with laptop computer and printer) for the entire Champ meet.
- (C) The host club shall hire the referee from outside the league. The referee may be one of the judges – but should be the most experienced judge. The referee is the “head judge” and shall be responsible for enforcing all rules or violations of rules and resolving any other situations that may arise during the competition.
- (D) The suggested honorarium is \$100.00 for each judge and \$125.00 for the referee. These fees will be paid for by HOST CLUB using money collected from admission fees, meet sponsors, program ad sales, and concessions. The Dive Champs Meet Administrator Fee of \$250 will be paid by the league as of 2018. This practice must remain in place for at least another five years so that all clubs can benefit.

## 6. Judging

Refer to current USA Diving rules for usual judging guidelines. For any diving rule not covered in the current 7-Hills League Rules, the current USA Diving Rule Book will be the final authority. (See Summary of Penalties to be Applied While Judging Diving at the end of the Diving Rules).

## 7. Championship Meet Scoring

- (A) Only the Top 12 finishers in each age group (male and female) will score team points.
- (B) Diving points will be awarded as follows: 1<sup>st</sup> place – 15 points; 2<sup>nd</sup> place – 12 points; 3<sup>rd</sup> place – 10 points; 4<sup>th</sup> place – 9 points; 5<sup>th</sup> place – 8 points; 6<sup>th</sup> place – 7 points; 7<sup>th</sup> place – 6 points; 8<sup>th</sup> place – 5 points; 9<sup>th</sup> place – 4 points; 10<sup>th</sup> place – 3 points; 11<sup>th</sup> place – 2 points; 12<sup>th</sup> place – 1 point.

- (C) In the event of a tie at the completion of an event, the team points for the “tied” place and the team points for the place after the “tied” place, will be added together and then divided by two. (Example – A tie for 6<sup>th</sup> place: The team points for 6<sup>th</sup> place (7 points) and 7<sup>th</sup> place (6 points) will be added together and then divided by two. Each diver will be awarded 6.5 team points  $(7 + 6 / 2)$ )

## 8. Championship Meet Awards

The LEAGUE is responsible for the purchase of all awards for the diving championship meet. It is the responsibility of the HOST CLUB to notify the LEAGUE with the total number of and types of awards needed for the Champ Meet with sufficient "lead time" to place the order and receive the awards.

- (A) Medals for places 1st, 2nd, 3rd for each age group (male and female)  
(B) Ribbons for places 4th through 12 for each age group (male and female)  
(C) Team age group plaques will be awarded in all age groups (one for boys and one for girls). Total team points scored in each age group will determine team age group winners. These awards will be presented to the winning team(s) at the completion of the Championship Meet.  
(D) The League has purchased a "Travelling" Team Champion Banner for both diving and swimming. The winning club will get their Club Name and Year added to the banner and they can hang this banner at their Club until the next Champ Meet where they will be responsible for bringing the banner to the Champ Meet so it is available to give to the winning team the following year. ~~The winning team is responsible for taking the banner to Kast A Way Swimwear in order to get their Team Name added. Kast A Way has agreed to do this at no charge.~~ 2018 - Kast-A-Way is no longer is business.

## 9. Postponement

- (A) Should the Diving championship be halted before completion, the make-up day will be Tuesday OR the next day if the Diving Champ Meet is scheduled for any day other than Monday.  
(B) In case of inclement weather, the decision to cancel or postpone the Champ Meet will be determined by the following people: The pool manager of the host club; the champ meet referee; the diving coaches for each club; and the dive team rep(s) for each club.

## 10. Championship Meet Entries

- (A) There shall be no limit to the number of divers who may participate in the diving preliminaries.  
(B) A diver must have participated in two dual meets or in one dual meet and a properly scored intra-squad meet to qualify for the championships. Swimming meets do not qualify for the diving championships. Each coach is responsible for retaining a copy of the official results of each dual meet and/or the intra-squad meet and must be able to prove eligibility and participation requirements of the divers if requested.  
(C) Diving "exhibition" in dual meets DOES count towards the two-meet participation rule for Champ Meet eligibility.

- (C) Each age group of divers will complete all of their preliminary dives and final dives, before starting the next age group of divers.
- (D) Diving finals will be restricted to the twelve boys and twelve girls accumulating the highest number of points in the diving preliminaries in each age group. The points accumulated by each diver in preliminaries will be carried forward to the finals.
- (E) In the event of a tie for 12<sup>th</sup> place at the end of the “cut” round, 13 divers will dive in the Finals, however, only the Top 12 divers at the completion of the event will score team points.
- (F) The Host Club will e-mail a complete set of results (eDive Data File) to the diving coach and dive team rep from each Club as well as send to the League Webmaster in order that the results can be posted on the League Website. This must be done within 24 hours of the completion of the diving portion of the Champ Meet.

#### 11 Diving Sheets for Championship Meet

- (A) Champ Meet eDive data file must be submitted by e-mail to the host club no later than one week before the date of the diving championship meet.
- (B) Changes to diving sheets can be made up to 15 minutes prior to the start of each event.
- (C) The dive number and letter are the official description of the dive.
- (D) The Host Club should clear up all eDive data errors with the coach of the diver in question prior to the day of the Diving Champ Meet.
- (E) The only change permitted once the contest has started is the position of the dive. (Example: Changing a Front 1 ½ somersaults TUCK position to a front 1 ½ somersaults PIKE position). In the event of a dive position change, the lower of the two degrees of difficulty will be used when calculating the score.
- (F) The diving order for the preliminaries shall be random. The diving order for the finals will be the same as established in the preliminaries with the eliminated divers' sheets removed.

#### 12. Change of Age Group

A diver must dive in his/her own age group. “Diving Up” is NOT permitted in the Championship Meet of the 7-Hills League.

#### 13. Exhibition Diving

- (A) No exhibition events or exhibition divers are permitted in 7-Hills League Diving Championships.
- (B) No feet first jumps are allowed during the Champ Meet.

#### 14. Each participating club will be responsible for cleaning up its assigned area at the completion of the meet.

15. When selecting a theme for champs, be sensitive about the religious beliefs of our club members and select a theme that is inclusive of all. Example of non-inclusive theme is "Christmas in July".

## VII Championships Hosts/Themes

	<u>Swimming Host/Theme</u>	<u>Diving Host/Theme</u>
2013	Forest Hills/Survivor	Terrace Park/Luau
2014	Normandy/Neon Splash	Forest Hills/Great Dive Dynasty
2015	Indian Hill/World Series	Normandy/Pirates & Buccaneers
2016	Turpin/4 <sup>th</sup> of July	Indian Hill/Rip It In Rio
2017	Miami Hills/Beach Party	Turpin /Dive Wars (May the scores be with you)
2018	Terrace Park/Superhero	Miami Hills/Peace, Love, Dive
2019	Forest Hills/Under the Sea	Terrace Park/?
2020	<b>Championship Meets Canceled Due To COVID-19</b>	
2021	Normandy/2020 PrACTice Like a Champion	Forest Hills/Keep Calm and Dive On
2022	Indian Hill/Marvel Superheroes	Normandy/Ultimate Board Game
2023	Turpin	Indian Hill
2024	Miami Hills	Turpin
2025	Terrace Park	Miami Hills
2026	Forest Hills	Terrace Park
2027	Normandy	Forest Hills
2028	Indian Hill	Normandy
2029	Turpin	Indian Hill
2030	Miami Hills	Turpin

## Appendix A

### Swimming Dual Meets - Order of Events

Event Number		Age Group		Event
GIRLS	BOYS			
1	2	8 & Under		100 meter Medley Relay
3	4	9 – 10		100 meter Medley Relay
5	6	11 – 12		200 meter Medley Relay
7	8	13 – 14		200 meter Medley Relay
9	10	15 – 18		200 meter Medley Relay
79	80	6 & Under	Not in Championships	25 meter Freestyle
11	12	7 – 8		25 meter Freestyle
13	14	9 – 10		25 meter Freestyle
15	16	11 – 12		25 meter Freestyle
17	18	13 – 14		50 meter Freestyle
19	20	15 – 18		50 meter Freestyle
21	22	8 & Under		25 meter Butterfly
23	24	9 – 10		25 meter Butterfly
25	26	11 – 12		50 meter Butterfly
27	28	13 – 14		50 meter Butterfly
29	30	15 – 18		50 meter Butterfly
81	82	6 & Under	Not in Championships	25 meter Backstroke
31	32	7 – 8		25 meter Backstroke
33	34	9 – 10		25 meter Backstroke
35	36	11 – 12		50 meter Backstroke
37	38	13 – 14		50 meter Backstroke
39	40	15 – 18		50 meter Backstroke
41	42	8 & Under		50 meter Freestyle
43	44	9 – 10		50 meter Freestyle
45	46	11 – 12		50 meter Freestyle
47	48	13 – 14		100 meter Freestyle
49	50	15 – 18		100 meter Freestyle
51	52	8 & Under		25 meter Breaststroke
53	54	9 – 10		25 meter Breaststroke
55	56	11 – 12		50 meter Breaststroke
57	58	13 – 14		50 meter Breaststroke
59	60	15 – 18		50 meter Breaststroke
61	62	8 & Under		100 meter Freestyle Relay
63	64	9 – 10		100 meter Individual Medley
65	66	11 – 12		100 meter Individual Medley
67	68	13 – 14		100 meter Individual Medley
69	70	15 – 18		100 meter Individual Medley
71	72	9 – 10		100 meter Freestyle Relay
73	74	11 – 12		200 meter Freestyle Relay
75	76	13 – 14		200 meter Freestyle Relay
77	78	15 – 18		200 meter Freestyle Relay

Note: All distances are in meters unless the pool being used is constructed with the long side in yards. All of the above distances will then be swum in yards with no attempt to equate the distances.

## APPENDIX B

### 7-Hills League Diving

#### *Dive Requirements for Dual Meets*

<u>Age Group</u>	<u>Dive Requirements</u>
8 and Under	One Required Dive, One Optional Dive (Divers can represent ONE category within two dives)
10 and Under	One Required Dive, Two Optional Dives (Divers must represent TWO categories within three dives)
12 and Under	Two Required Dives, Two Optional Dives (Divers must represent TWO categories within four dives)
14 and Under	Two Required Dives, Two Optional Dives (Divers must represent TWO categories within four dives)
18 and Under	Three Required Dives, Two Optional Dives (Divers must represent THREE categories within five dives)

#### NOTES:

- (A) Only the one-meter board can be used in Seven Hills League Diving Meets.
  - (B) There are NO CUTS during dual meet competitions.
  - (C) All diving events are for both boys and girls.
  - (D) There are FIVE categories of dives: Forward Dives, Back Dives, Reverse Dives, Inward Dives and Twisting Dives. NOTE: A back twisting dive is NOT considered a “back” category dive – it is considered a “twisting” category dive.
  - (E) Required dives are defined by number from the USA Diving Rule Book Degree of Difficulty Tables: Forward dive - #101; Back dive - #201; Reverse dive - #301; Inward dive - #401; ½ Half Twist - #5111. Required dives must be performed prior to the optional dives.
  - (F) The Position of the dive is also defined in the USA Diving Rulebook: “A” – Straight or Layout Position; “B” – Pike Position; “C” – Tuck Position; “D” Free Position
  - (G) All optional dives must be from a different group. (Example: A diver cannot perform both a Forward 1 ½ somersault AND a Forward double somersault.)
  - (H) Any “required” dive not used as a “required” dive may be used as an “optional” dive. Any dive not defined as a “required” dive is considered an optional dive. “Optional” dives may NOT be used as “required” dives.
  - (I) The dive number and letter are the official description of the dive.
- (H) eDive Data submitted must comply with current 7 Hills League Diving Rules.

- (I) Exhibition divers are NOT expected to meet the age group dive requirements, but should attempt dives that they have some realistic expectation of completing. Coaches may give assistance to exhibition divers if necessary.
- (J) The degree of difficulty for performing a feet first jump off the diving board is 0.10. (The idea behind this is that a diver doing one or more jumps should never beat a diver who is doing all head first dives).
  - (1) A front jump will be defined as 100A -- Front jump in the straight position; 100B -- Front jump in the pike position and 100C -- Front jump in the tuck position.
  - (2) A back jump will be defined as 200A -- Back jump in the straight position; 200B -- Back jump in the pike position and 200C -- Back jump in the tuck position.
- (K) There is a general warm-up of 30 minutes for each team prior to the meet. If time permits and both coaches agree, the divers in each age group may take a warm-up dive while the results are calculated for the previous event and the dive order is prepared and announced for the next event.
- (L) eDive is the official and the required dive meet management software that is to be used for all dual meets and the Champ Meet. Paper dive sheets will no longer be accepted.
- (M) The League will provide a free training seminar for using eDive sometime prior to the start of the season. It is highly recommended that the coach, dive team rep and other parent volunteers attend this seminar.

## Appendix C

### Relay Championships - Order of Events

<b>Age Group</b>		<b>Event</b>
8 & Under		100 meter Medley Relay
9 – 10		100 meter Medley Relay
11 – 12		200 meter Medley Relay
13 – 14		200 meter Medley Relay
15 – 18		200 meter Medley Relay
8 & Under		100 meter Butterfly Relay
9 – 10		100 meter Butterfly Relay
11 – 12		200 meter Butterfly Relay
13 – 14		200 meter Butterfly Relay
15 – 18		200 meter Butterfly Relay
8 & Under		100 meter Backstroke Relay
9 – 10		100 meter Backstroke Relay
11 – 12		200 meter Backstroke Relay
13 – 14		200 meter Backstroke Relay
15 – 18		200 meter Backstroke Relay
All		300 meter Freestyle Crescendo Relay
8 & Under		100 meter Breaststroke Relay
9 – 10		100 meter Breaststroke Relay
11 – 12		200 meter Breaststroke Relay
13 – 14		200 meter Breaststroke Relay
15 – 18		200 meter Breaststroke Relay
8 & Under		100 meter Freestyle Relay
9 – 10		100 meter Freestyle Relay
11 – 12		200 meter Freestyle Relay
13 – 14		200 meter Freestyle Relay
15 – 18		200 meter Freestyle Relay

Note:

- (A) Freestyle Crescendo is one continuous race involving all noted age groups.
- (B) All events are for both boys and girls.
- (C) All distances are in meters unless the pool being used is constructed with the long side in yards. All of the above distances will then be swum in yards with no attempt to equate the distances.

## APPENDIX D

### 7-Hills League Diving Championship Meet Dive Requirements

<i>Age Groups</i>	<i>Preliminaries (Cut to 12 after Preliminaries)</i>	<i>Finals</i>
8 and Under	One Required Dive, One Optional Dive (Divers must represent TWO categories within three dives)	One Optional Dive
10 and Under	One Required Dive, One Optional Dive (Divers must represent TWO categories within four dives)	One Required Dive One Optional Dive
12 and Under	Two Required Dives, One Optional Dive (Divers must represent THREE categories within five dives)	One Required Dive One Optional Dive
14 and Under	Two Required Dives, One Optional Dive (Divers must represent THREE categories within five dives)	One Required Dive One Optional Dive
18 and Under	Two Required Dives, Two Optional Dives (Divers must represent FOUR categories within six dives)	One Required Dive One Optional Dive

#### NOTES:

- (A) Only the one-meter board can be used during the Diving Championship Meet.
- (B) All diving events are for both boys and girls.
- (C) No dives performed in the preliminaries shall be repeated in the finals.
- (D) There are FIVE categories of dives: Forward Dives, Back Dives, Reverse Dives, Inward Dives and Twisting Dives. NOTE: A back twisting dive is NOT considered a “back” category dive – it is considered a “twisting” category dive.
- (E) Required dives are defined by number from the USA Diving Rule Book Degree of Difficulty Tables: Forward dive - #101; Back dive - #201; Reverse dive - #301; Inward dive - #401; Half Twist - #511. Required dives must be performed prior to the optional dives.
- (F) The Position of the dive is also defined in the USA Diving Rulebook: “A” – Straight or Layout Position; “B” – Pike Position; “C” – Tuck Position; “D” Free Position
- (G) All optional dives must be from a different group. (Example: A diver cannot perform both a Forward 1 ½ somersault AND a Forward double somersault.)
- (H) Any “required” dive not used as a “required” dive may be used as an “optional” dive. Any dive not defined as a “required” dive is considered an optional dive. “Optional” dives may NOT be used as “required” dives
- (I) The finals will be restricted to the twelve boys and twelve girls accumulating the highest number of points in the diving preliminaries, in each age group. In the event of a “tie” for 12<sup>th</sup> place, both divers will be permitted to dive in the Finals for a total of 13 divers.

- (J) Properly submitted eDive data is required for all divers at the Champ Meet. The Dive Number and Position Letter are the OFFICIAL description of the dive
- (K) Jumping off the board is not permitted at Diving Championships.
- (L) Exhibition Divers are NOT permitted at the Diving Championship Meet.

## APPENDIX E

*The purpose of summer league diving is to introduce the sport to kids of all ages and ability levels in a safe and fun manner. The judging rules listed below in Appendix E are meant to provide guidance, direction and be used as a teaching tool. Discretion should be used with how stringently the rules are applied and enforced -- especially with young divers, exhibition divers and during early season dual meets. Always give the benefit of the doubt to the diver.*

### **SUMMARY OF THE PENALTIES TO BE APPLIED WHILE JUDGING DIVING**

**(From the FINA Diving Rule Book -- 2009 - 2013)**

#### **REFEREE to declare "Failed Dive"; 0 points**

- D 6.12** If the diver takes more than one minute, after a warning.
- D 6.16** If a diver double bounces on the end of the springboard or platform before take-off.
- D 6.18** If a diver has performed a dive of a number other than that announced.
- D 6.19.1** If the feet enter the water before the head or hands in a head first dive.
- D 6.19.2** If the head or hands enter the water before the feet in a feet first dive.
- D 6.21** If assistance has been given to the diver after the starting signal.
- D 6.24** When a second attempt (a re-start) is unsuccessful.
- D 6.25** If a diver refuses the execution of a dive.
- D 8.3.3** If the final step is not from one foot.
- D 8.4.3** If the take-off from the springboard is not from both feet simultaneously.
- D 8.6.6** If a twist is greater or less than that announced by 90 degrees or more.

#### **REFEREE to declare "2 points deduction" from each judges' score.**

- D 6.22** If a diver takes a step or stops the movement for the take-off after the legs has commenced to press.
- D 6.23** If there is a re-start in a standing or running dive.
- D 6.17** If a diver performs a dive in a position other than that announced.

#### **REFEREE to declare "4 1/2 points maximum"**

- D 6.19** If a diver has one or both arms held above the head in a feet first entry or below the head in a head first entry.

#### **JUDGES to award "0 points"**

- D 8.1.7** If a dive of a different number has been performed.
- D 8.3.4** If a diver double bounces in a dive at the end of the springboard before the take-off.
- D 9.9** If a judge considers that a dive of a different number has been performed.

#### **JUDGES to award "2 points maximum"**

- D 8.1.4** If a dive is performed clearly in a position other than that announced.

#### **JUDGES to award "4 1/2 points maximum"**

- D 8.1.5** If a dive is performed partially in a position other than that announced.
- D 8.5.4** If in a flying dive, a straight position is not clearly shown for at least one quarter of a somersault (90°) in dives with somersault and at least a half somersault (180°) in dives with more than 1 somersault.
- D 8.6.3** If the arms are not stretched beyond the head and in line with the body, with the hands close together in a head first dive.
- D 8.6.4** If the arms are held above the head in a feet first entry.

#### **JUDGES to deduct "from 1/2 to 2 points"**

- D 8.1.6** If a dive is not performed in a position as described.
- D 8.2.3** If the correct starting position is not free and unaffected.

- D 8.2.4.3** If there is a bounce (crow-hop) in a standing dive.
- D 8.3.2** If the run is not smooth, aesthetically pleasing in a forward direction to the end of the springboard or platform.
- D 8.4.5** If the take-off is not bold, high and confident.
- D 8.4.6** If in a twist dive, the twisting is manifestly done from the springboard.
- D 8.5.2** If the positions as described in the rules are not shown.
- D 8.5.6** If in a pike dive with twist, the pike position is not clearly shown.
- D 8.5.8** If in a tuck dive with twist, the tuck position is not clearly shown.
- D 8.6.5** Notwithstanding Rules D 8.6.3 and D 8.6.4, the arms are not in the correct position in either the head first or feet first entry.

**JUDGES to deduct "according to individual opinion"**

- D 8.5.1** If in a dive, the diver touches the end of the springboard or platform or dives to the side of the direct line of flight.
- D 8.6.2** If the entry into the water is not vertical, or nearly so, or twisted with the body not straight, the feet not together and the toes not pointed.

\* \* \* \* \*

ADDITIONAL NOTES AND REMINDERS

The Home Team will bring a laptop computer to every dual meet that is loaded with the latest version of eDive. Remember that two computers will be used to run all meets as a means of creating redundancy to the score table. If one computer stops working -- the other can finish the meet without any delays.

Each Club should have access to and available for use at all home meets: Laptop Computer loaded with the latest version of eDive; Printer; Electric Source; Blank Labels for ribbons; judging scorecards; solar calculator; pens, pencils, DD slide calculator; paper weights for windy days.

Home Team provides the Announcer; Master Scorer; experienced and competent eDive program operator; Ribbon label attachment person; three judges; flash drive; blank labels for ribbons plus pens, pencils, solar calculator; paper weights, etc.

The Visiting Team provides two judges; experienced and competent eDive program operator; laptop computer loaded with latest version of eDive and a flash drive for transferring data and results.

If there are any issues, situations or events that occur that need to be addressed, please forward those to the League President for discussion at the next League Meeting.

**BEST WISHES FOR A SAFE AND SUCCESSFUL SUMMER DIVE SEASON!**

## Appendix F

### Swimming Championships Finals - Order of Events

Event Number		Age Group		Event
GIRLS	BOYS			
1	2	8 & Under		100 meter Medley Relay
3	4	9 – 10		100 meter Medley Relay
5	6	11 – 12		200 meter Medley Relay
7	8	13 – 14		200 meter Medley Relay
9	10	15 – 18		200 meter Medley Relay
11	12	7 – 8		25 meter Freestyle
13	14	9 – 10		25 meter Freestyle
15	16	11 – 12		25 meter Freestyle
17	18	13 – 14		50 meter Freestyle
19	20	15 – 18		50 meter Freestyle
21	22	8 & Under		25 meter Butterfly
23	24	9 – 10		25 meter Butterfly
25	26	11 – 12		50 meter Butterfly
27	28	13 – 14		50 meter Butterfly
29	30	15 – 18		50 meter Butterfly
31	32	7 – 8		25 meter Backstroke
33	34	9 – 10		25 meter Backstroke
35	36	11 – 12		50 meter Backstroke
37	38	13 – 14		50 meter Backstroke
39	40	15 – 18		50 meter Backstroke
41	42	8 & Under		50 meter Freestyle
43	44	9 – 10		50 meter Freestyle
45	46	11 – 12		50 meter Freestyle
47	48	13 – 14		100 meter Freestyle
49	50	15 – 18		100 meter Freestyle
51	52	8 & Under		25 meter Breaststroke
53	54	9 – 10		25 meter Breaststroke
55	56	11 – 12		50 meter Breaststroke
57	58	13 – 14		50 meter Breaststroke
59	60	15 – 18		50 meter Breaststroke
61	62	8 & Under		100 meter Freestyle Relay
63	64	9 – 10		100 meter Individual Medley
65	66	11 – 12		100 meter Individual Medley
67	68	13 – 14		100 meter Individual Medley
69	70	15 – 18		100 meter Individual Medley
71	72	9 – 10		100 meter Freestyle Relay
73	74	11 – 12		200 meter Freestyle Relay
75	76	13 – 14		200 meter Freestyle Relay
77	78	15 – 18		200 meter Freestyle Relay

Note:

- (A) Events are both boys and girls.
- (B) All distances are in meters unless the pool being used is constructed with the long side in yards. All of the above distances will then be swum in yards with no attempt to equate the distances.
- (C) Relays are swum only in finals since there are only six teams.

## APPENDIX G

### SWIMMING DUAL MEETS

*PRE MEET TIME LINE Suggestions in order to start the meet on time at 6:30pm.*

#### FOR ANNOUNCER

**It is suggested we have only ADULT announcers. The announcer should follow a schedule similar to this:**

5:30 to 5:55 pm	Home team warms up
5:55 to 6:20pm	Visiting team warms up
6:00 pm	Officials Meeting to make ground rules clear
6:20pm	All timers report to the starter for instructions and assignments. Timers then stand ready at their lanes.
6:25pm	First and second call event #1 and #2 Girls and Boys 8&un Medley Relay report to the clerk of the course so that they are ready after the anthem.
6:27pm	First call events 3&4
6:29pm	Final call events 1&2. 2nd call events 3&4
6:30pm	Anthem. First heat of event 1 to the blocks

## SWIMMING CHAMPS

*PRE MEET TIME LINE Suggestions in order to star the meet on time.*

### FOR ANNOUNCER

It is suggested we have only ADULT announcers, in past champs youngsters have been making announcements which does not always leave a good impression.

WED AM

8:30 AM OFFICIALS MEETING

8:40 AM TIMERS MEET WITH OFFICIALS AND HEAD TIMER

8:45 AM Clear the Pool, First call for events #15 and 16,  
Coaches Meeting  
Test Timing/Starting Equipment

8:50 AM Second Call for events #15, 16  
Times and Officials report to places

8:55 AM Welcome announcement, Where results will be posted,  
Top 12 (or 16) qualify for finals, next two are alternates,  
30 minute rule is in effect  
Anthem if doing this at Prelims?  
Final Call for 15, 16, First call for 17,18

9:00 AM Event 15, Heat 1 starts

Announcer, when announcing qualifiers:

The Alternates for Event x are: \_\_\_\_\_ and \_\_\_\_\_

Qualifying in 12<sup>th</sup> place is \_\_\_\_\_

Qualifying in 11<sup>th</sup> place is \_\_\_\_\_

And the fastest qualifier with a time of \_\_\_\_\_ is \_\_\_\_\_

WED PM (Assuming a 1:15 start)

12:45 PM OFFICIALS MEETING

12:55 PM TIMERS MEET WITH OFFICIALS AND HEAD TIMER

1:00 PM Clear the Pool, First call for events #11 and 12,  
Coaches Meeting  
Test Timing/Starting Equipment

1:05 PM Second Call for events #11, 12  
Times and Officials report to places

1:10 PM Welcome announcement, Where results will be posted,  
Top 12 (or 16) qualify for finals, next two are alternates,  
30 minute rule is in effect  
Anthem if doing this at Prelims?

Final Call for events 11, 12, First call for 13,14

1:15 PM Event 11, Heat 1 starts

Announcer, when announcing qualifiers:

The Alternates for Event x are: \_\_\_\_\_ and \_\_\_\_\_

Qualifying in 12<sup>th</sup> place is \_\_\_\_\_

Qualifying in 11<sup>th</sup> place is \_\_\_\_\_

And the fastest qualifier with a time of \_\_\_\_\_ is \_\_\_\_\_

## THURSDAY FINALS

- 5:15 PM OFFICIALS MEETING
- 5:25 PM TIMERS MEET WITH OFFICIALS AND HEAD TIMER
- 5:30 PM Clear the Pool, First call for events #1 and 1,  
Coaches Meeting  
Test Timing/Starting Equipment
- 5:35 PM Second Call for events #1, 2  
Times and Officials report to places
- 5:40 PM Welcome announcement,  
Where results will be posted,  
Anthem,  
Final Call for 1, 2, First call for 3, 4
- 5:45 PM Event 1, Heat 1 starts

Announcer, when announcing final results:

Finishing in 12<sup>th</sup> place

Finishing in 11<sup>th</sup> place

And the winner with a time of \_\_\_\_\_ is \_\_\_\_\_

## **APPENDIX H**

### **PLACE JUDGING GUIDELINES**

Three place judges are used to judge the **ACTUAL** order in which the swimmers in each heat finished their race.

This is needed because the times recorded by the timers may not be perfectly accurate whereas the order in which the touched the wall is easier to judge accurately.

Judges should watch **VERY** carefully across all six lanes and quickly write down the lane order of finish. For example 3 1 2 4 6 5 would mean that lane 3 finished first, lane 1 finished second, lane 2 finished 3<sup>rd</sup> etc. One must watch very carefully for the **ACTUAL** contact that the swimmer makes with the wall especially as many swimmers touch the wall under the water.

The **HEAD FINISH JUDGE** then fills out the official order of finish, along with the **EVENT NUMBER** and **HEAT NUMBER**. The Head Finish Judge also should note if all three judges agreed or if there was a disagreement among the results.