



# **Central Maryland Dive League Handbook**

**2023**

# Table of Contents

<b>Table of Contents .....</b>	<b>2</b>
<b>CMDL Board of Directors - 2023 .....</b>	<b>4</b>
Message from the President .....	5
History of the League .....	6
2023 Blue Division Diving Schedule .....	7
2023 Red Division Diving Schedule .....	8
<b>Bylaws of the Central Maryland Dive League, Incorporated .....</b>	<b>9</b>
Article I Identification .....	9
Article II Mission Statement .....	9
Article III Membership .....	9
Article IV Representatives .....	11
Article V Officers .....	11
Article VI Meetings of Representatives .....	13
Article VII Board of Directors .....	14
Article VIII Committees .....	14
Article IX Alignment of Member Teams .....	15
Article X Dues .....	15
Article XI Corporate Acts .....	16
Article XII Parliamentary Authority .....	16
Article XIII Amendments .....	16
<b>CMDL Rules of Diving Competition .....</b>	<b>17</b>
A. Competitors' Eligibility .....	17
B. Coaches	
1. Qualifications & Certification .....	17
2. Documentation .....	18
3. Eligibility to Compete .....	18
4. Duties of the Coach to Relay to the Diver .....	19
C. Safety and Compliance with Local Regulations .....	19
1. Practices .....	19
2. Competition .....	19
3. Compliance .....	19
D. Dual Meet Procedures .....	20
1. General .....	20
2. Meet Procedures .....	20
3. Requirements for Competition .....	21
4. Scoring .....	21
5. Results .....	22
6. Schedule Changes .....	22
7. Officials, Judges, Announcer and Table Workers Required .....	23
E. Individual Championships .....	24
1. Eligibility .....	24
2. Responsibilities of the Host Club .....	24
3. Judges and Officials .....	24
4. Scoring .....	25
5. Awards .....	25
6. Conduct of the Meet .....	25
7. Meet Procedures .....	25
F. Division Champions .....	26
G. Standing Committees .....	26

H.	Code of Conduct.....	26
I.	Grievance Procedures.....	27
J.	Duties of CMDL Dive Representatives.....	28
K.	Special Meets.....	29
	1. Division Qualifier Meet.....	29
	2. Dunleavy Meet.....	29
	3. Large Meets.....	29
	4. Special Meets.....	30
L.	Costs and Dues.....	30
M.	Judging the Execution of the Dive.....	31
	1. Starting Position.....	31
	2. Declaration of a Balk.....	32
	3. Manner of Execution.....	32
	4. The Takeoff.....	32
	5. The Flight.....	33
	6. The Entry.....	33
	7. Deductions.....	33
	8. The Jump.....	34
	9. Scoring the Dive.....	34
	10. Scoring Method.....	34
	11. Meet Required Dives.....	35
N.	Duties of the Diving Referee.....	36
	1. Before the Event.....	36
	2. During the Event.....	36
	3. After the Event.....	37
	4. General Deductions/All Judges.....	37
	CMDL Dual Meet Dive Sheet.....	38
	Degree of Difficulty Table.....	39
	FINA Formula for Calculating Dives.....	40
	Meet Required Dive Table.....	41
	2022 Qualifying Scores.....	41

### Information and Directions to Pools

Aberdeen Swim Club.....	42
Crofton Swim and Tennis Club.....	42
Dulaney Swim Club.....	43
Five Oaks Swim Club.....	43
Forest Hill Swim and Tennis Club.....	44
Frederick Area Divers.....	44
North Saint John's Swim Club.....	45
Padonia Park Club.....	45
St. Andrew's Swim and Tennis Club.....	46
Severn River Swim Club.....	46
Waugh Chapel Swim Club.....	47
Whitehall Pool and Tennis Club.....	47
West Howard Swim Club.....	48
Blue & Red Division Pools and Representatives.....	49
2022 Individual Championship Meet Results.....	51
League Records.....	52
2023 Qualifying Scores.....	52

## 2023 CMDL Board of Directors

President	Annie Sennet 13603 Fox Stream Way West Friendship, MD 21794	West Howard (C) 410-963-4600 E-mail: asennetcassity@msn.com
Vice President	Vince Wrobleski	Five Oaks (C) 410-409-2209 E-mail: vpwmd@netzero.net
Secretary	Katie Hager 6800 Rehnquist Court New Market, MD 21774	Fredrick Area Divers (C) 443-677-3419 E-Mail: Hagerfamily2008@gmail.com
Treasurer	Stacey Bures 16365 Falls Road Monkton, MD 21111	Padonia Park Club (C) 443-506-7198 E-mail: cmdldiving@gmail.com
Registrar/Statistician	Donna Hilbert 444 Doe Meadow Drive Owings Mills, MD 21117	Padonia Park Club (H) 410-356-5381 (C) 443-326-6725 E-mail: dlhilbert@verizon.net <b>NOTE:</b> for sending dive scores, updates to rosters and adding divers to rosters use the following email: dlhilbert@verizon.net <b><u>(this was changed)</u></b>

### SUBCOMMITTEE CHAIRS & COMMISSIONER OF OFFICIALS

Rules & Grievances	Annie Sennet	West Howard Swim Club
Referee Pool	Annie Sennet	West Howard Swim Club
Publicity and Development		

Greetings!

Welcome to the 2023 Central Maryland Dive League season.

Each year the board and pool representatives discuss and review our rules for diving and our bylaws. **This year, a diver may not qualify for championships with any line-ups (001 or 002) on his/her list, they must qualify with X01 dives or higher. Jumps no longer count as a group and 8 & Unders only need one group instead of two.**

The following members are our CMDL Board of Directors for the 2023 season: Annie Sennet (president), Vince Wrobleski (vice-president), Donna Hilbert (registrar/statistician), Katie Hager (secretary) and Stacey Bures (treasurer). The Board of Directors looks forward to working with everyone this dive season.

We will on having 2 trainings sessions for referee and judges as well as coach training. Our referee and judges list is good for 2 years, please encourage your team parents to serve in any of the capacities that enhance the experience of our divers including judging & refereeing. This organization is only as effective as its volunteers. Please keep in mind, the organization exists for the **kids**.

The CMDL Board of Directors recognizes the efforts of all individuals that make this league what it is today. Because of all your hard work, our children reap the benefits of a fun and rewarding experience that will help shape them into confident individuals ready to conquer whatever task is placed in front of them. This league would not be what it is today without the devotion of our predecessors and the efforts of all of you. We are looking forward to a rewarding season of diving for the Central Maryland Dive League.

Regards,

Annie Sennet

Annie Sennet  
President, CMDL

## History of the Central Maryland Dive League

Diving in the Central Maryland Swim League (CMSL) started officially in 1976 when the League was formally incorporated with its circular seal – complete with name and date. The League's purpose was to provide competitive swimming and diving for summer teams. It was the "offspring", so to speak, of the Metropolitan League. This league consisted of 6 teams in its Northern Division and 6 teams in the Southern Division referring to geographic distribution around the Baltimore Beltway. In the process of incorporation, CMSL was able to expand and grow.

Diving within Central Maryland Swimming ran under the administration of three different chairpersons/presidents presiding:

- Dr. Mike Colvin 1976-1982
- Mary Ann Black 1983-1985
- Candy and Michael Soulakis 1986-1990

In 1991, Central Maryland Diving League separately established. Presidents who presided:

- Nancy Wright in 1993-1994
- Mike Low in 1995-1996
- David Perry in 1997-1998
- Bill Kantoski in 1999-2001
- Mike Kerins in 2001-2002
- Mike Brown in 2002-2003
- Beth Drude in 2004-2006
- Lisa Dahle in 2007-2009,
- Doug Cesky 2009-2011 (name change to Central Maryland Dive League)
- Pam Bolton 2011-2012
- Eric Reese 2013-2014
- Rachel Drohat 2015-2016
- Stacey Bures 2017-2018
- Phelps Prescott 2019-2021
- Annie Sennet 2022-current

# 2023 CMDL Diving Schedule

## Blue Division

### Judge/Ref Clinic

Sunday June 3<sup>rd</sup> @ Padonia 9-12

Tuesday June 13<sup>th</sup> @ St. Andrews 6pm-8

### Coach Clinic

Sun June 4th @ Severn River

#### **Tuesday, June 20**

Five Oaks @ Dulaney

Padonia @ FAD (@Padonia)

West Howard @ Aberdeen

Forest Hill Bye

#### **Thursday, June 22**

Aberdeen @ Five Oaks

FAD @ Dulaney

West Howard @ Forest Hill

Padonia Bye

#### **Tuesday, June 27**

West Howard @ FAD

Aberdeen @ Padonia

Forest Hill @ Five Oaks

Dulaney Bye

#### **Thursday, June 29**

Padonia @ Forest Hill

FAD @ Five Oaks

Aberdeen @ Dulaney

West Howard Bye

#### **Tuesday, July 4**

NO MEETS

#### **Thursday, July 6**

FAD @ Aberdeen

Dulaney @ Forest Hill

Padonia @ West Howard

Five Oaks Bye

#### **Tuesday July 11**

Five Oaks @ West Howard

Dulaney @ Padonia

Forest Hill @ FAD

Aberdeen Bye

#### **Thursday July 13**

Five Oaks @ Padonia

Dulaney @ West Howard

Forest Hill @ Aberdeen

FAD Bye

**July 14, 15, 18th**

ALL MAKEUPS DONE BY JULY 18 - no later

**Sunday July 9**

Synchro Meet @ Five Oaks

5pm-9pm

**Sunday July 16**

Dunleavy Novice @ Forest Hill ?

7am-12

**Sunday July 23**

Championships @ Waugh Chapel

7am-4pm

- *\*All non-weather affected meets must be completed **before** Monday July 18. No rescheduled for convenience meets can occur week of July 18-22 in order to prepare for Championships. If meets are held **not** for weather rescheduling, scores cannot be used to qualify for championships. Only weather rescheduled meet scores can be used to qualify.*

# 2023 CMDL Diving Schedule

## Red Division

### Judge/Ref Clinic

Sunday June 3<sup>rd</sup> @ Padonia 9-12  
Tuesday June 13<sup>th</sup> @ St. Andrews 6pm-8

### Coach Clinic

Sun June 4<sup>th</sup> @ Severn River

#### **Tuesday June 20**

NSJ @ St. Andrews  
Whitehall @ Severn River  
Crofton @ Waugh Chapel

#### **Thursday June 22**

Waugh Chapel @ NSJ  
Whitehall @ Crofton  
St. Andrews @ Severn River

#### **Tuesday June 27**

Severn River @ Waugh Chapel  
Whitehall @ St. Andrews  
Crofton @ NSJ

#### **Thursday June 29\***

St. Andrews @ NSJ  
Severn River @ Whitehall  
Waugh Chapel @ Crofton

#### **Tuesday July 4 – No Meets**

#### **Thursday July 6**

NSJ @ Severn River  
Crofton @ St. Andrews  
Waugh Chapel @ Whitehall

#### **Tuesday July 11**

NSJ @ Whitehall  
Severn River @ Crofton  
St. Andrews @ Waugh Chapel

\* does not count toward div team champs

#### **July 14, 15, 18th**

ALL MAKEUPS DONE BY JULY 18 - no later

#### **Sunday July 9**

Synchro Meet @ Five Oaks 5pm-9pm

#### **Sunday July 16**

Dunleavy Novice @ Forest Hill ? 7am-12

#### **Sunday July 23**

Championships @ Waugh Chapel 7am-4pm

- *\*All non-weather affected meets must be completed **before** Monday July 18. No rescheduled for convenience meets can occur the week of July 18-22 in order to prepare for Championships. If meets are held **not** for weather rescheduling, scores cannot be used to qualify for championships. Only weather rescheduled meet scores can be used to qualify.*



# Bylaws of THE CENTRAL MARYLAND DIVE LEAGUE, INCORPORATED

## Article I Identification

### Section 1. Name.

The name of the Corporation is ***THE CENTRAL MARYLAND DIVE LEAGUE, INCORPORATED*** (hereinafter the "Corporation").

### Section 2. Seal.

The seal of the Corporation shall be a rounded "C" with a stylized diver in an open pike position.

## Article II Mission

### Section 1. Mission Statement

The Mission of the Central Maryland Dive League is to provide instruction for and competition in springboard diving to children of all ages in a safe, fun environment and to teach and demonstrate good sportsmanship and integrity.

## Article III Membership

### Section 1. Facility and Diver Eligibility

1. Divers must be members of pool organizations which maintain swimming facilities organized primarily for family recreational swimming during the summer months. Membership shall also be restricted to facilities meeting minimum diving safety guidelines as included in the Rules of Diving Competition.

Exceptions may be made for pools/teams not offering family memberships and will be granted on an individual basis by majority vote of the membership.

2. Individual eligibility shall be restricted to teams and members properly and currently registered with the current insurance umbrella organization. Divers must be *Family* members of CMDL pool organizations or have a *sports membership* to said pool organization. Details of the sports membership shall be determined by each pool organization and shall not be governed by the league. *Family* membership is defined as follows: The diver and at least one (1) parent or legal guardian must have full use of the swimming facilities in accordance with member pool rules and regulations without the payment of any additional membership dues or fees. *Sports membership* shall be defined as "the diver has a limited pool membership that provides permission to practice and compete at the home pool and compete with the pool team as a member in good standing."
3. Each year, at the annual CMDL Coaches and Parents Clinic but no later than the published preseason registration deadline, a copy of the team's roster shall be sent via e-mail to the Registrar/Statistician. This roster shall contain the complete name of each team member, his/her birth date, and umbrella organization/insurance number (AAU#). Payment covering all registered members shall be sent to the insurance umbrella organization as instructed.

A new diver to the team roster is permitted to practice and compete only after an insurance form is completed, with a copy being sent to the registrar.

4. Failure to submit roster or pay fees in accordance with this Article may result in team being dropped from league and shall be cause for League to disallow its participation in meets or to demand forfeiture of meets held without sanction of umbrella organization.

**Section 2. New or Additional Members.**

Upon recommendation of the Board of Directors, approval of 2/3 of the representatives of the current League membership and payment of any required fees or dues, a pool or pool organization conforming to the following conditions shall become a member of the Corporation.

1. The pool or pool organization must conform to sections on membership above.
2. Application shall be made in writing to the secretary of the Corporation and shall be submitted at the Fall meeting in order to accommodate any scheduling issues.
3. Each application shall be accompanied by the following written statement:

The \_\_\_\_\_ Dive Team does hereby agree that in consideration of its acceptance as a member of CMDL, Inc., it will abide by and with the Bylaws and other rules and regulations of the CMDL.

Signed \_\_\_\_\_ Team Representative

Signed \_\_\_\_\_ Club President      Date: \_\_\_\_\_

Notwithstanding the aforementioned conditions for membership, the refusal of the Board of Directors to recommend or the representatives to approve the application of any pool organization shall be without the obligation of further explanation.

**Section 3. Termination of Membership.**

By an affirmative vote of the membership representatives, the Directors of the Corporation may suspend or expel a member for cause after an appropriate hearing. Default in payment of any dues or fees owed by a member shall be considered "cause" for termination of membership as shall failure to register any team member with the umbrella organization thereby voiding the team's or league's insurance coverage and/or actions contrary to the purpose of the Corporation.

**Section 4. Resignation.**

Any member may resign by filing a written resignation with the Secretary of the Corporation but such resignation shall not relieve the member resigning of the obligation to pay any dues, assessments or other fees previously accrued and unpaid.

**Section 5. Obligations of Members.**

Each member pool shall:

1. Make a firm commitment to participate actively in the program, deliberations and work of the Corporation.
2. Provide a total of two (2) individuals to handle administration and other duties at the team and League levels.

**Article IV  
Representatives**

**Section 1. Pool Representatives**

Each member pool shall designate a representative and one alternate representative for each team to represent the member in all matters involving the Corporation. Such representative shall continue to act until the member pool or club has designated a successor. The designated representative shall be a member in good standing of the member pool he/she represents. Diving team coaches may attend meetings but are ineligible to serve as representatives or vote on League business.

**Section 2. Voting**

Each representative shall be entitled to cast only one vote, such vote to be cast by the designated representative or, in his/her absence, the alternate.

**Article V  
Officers**

**Section 1. Board of Directors (Officers of the Corporation):**

The Officers of the Corporation shall be chosen by the Representatives at the annual fall meeting and shall include the following:

President	Secretary	Registrar/Statistician
Vice President	Treasurer	

**Section 2. Term of Office**

The Board of Directors shall hold office for two years or until their successor is elected. Term of office will begin January 1st.

In the case of the President and Vice President, the office of Vice President shall be considered a "training period" for that of President whenever possible to assure continuity of leadership.

**Section 3. Appointed Officers**

The Board of Directors may appoint such other officers and/or agents as it shall deem necessary who shall hold their offices for such times and shall exercise such powers and perform such duties as shall be determined from time to time by the Board.

**Section 4. Removal of Officers**

The Board of Directors may remove an officer or agent from office whenever, in its judgment, the best interest of the Corporation will be served thereby.

**Section 5. Filling Vacant Offices**

If the office of any officer becomes vacant for any reason, the Board of Directors shall fill the vacancy, and the officer so elected shall hold office until his successor is chosen and qualified.

## **Section 6. President Term of Office**

The President may not hold more than two (2) consecutive full terms.

## **Section 7. Duties of the President**

The President shall have active executive management of the Corporation subject to the control of the Board of Directors. He/she shall preside at all meetings of members and Directors, discharge all the duties incumbent upon a presiding officer and perform such other duties as these Bylaws provide or the Board of Directors may prescribe. The President will assist in training other officers in their duties and is responsible for the compilation of the dive "Schedule of Events". The President shall oversee the training of volunteer judges at the annual Judge's clinic. Along with Board of Directors, reviews handbook annually for updates/changes of CMDL information. Compiles information and prints the Central Maryland Diving League Handbook.

## **Section 8. Duties of the Vice President**

The Vice President shall perform all duties incumbent upon the President during the absence or disability of the President and shall perform such other duties as these Bylaws provide or the Board of Directors may prescribe. The Vice President shall assist in training other officers.

## **Section 9. Duties of the Secretary**

The Secretary shall attend all meetings of the members and the Board of Directors and shall keep a true and complete record of the proceedings at these meetings. He/she shall maintain a list of league certified referees and oversee the administration of the referee pool. He/she shall attend to the giving of all notice and shall perform such other duties as these Bylaws may provide or the Board of Directors may prescribe.

## **Section 10. Duties of the Treasurer**

The Treasurer shall be legal custodian of all moneys and other valuables that may, from time to time, come into possession of the Corporation. He/she shall immediately deposit all funds of the Corporation coming into his/her hands in a depository in the name of the Corporation. He/she shall furnish at meetings of the Board of Directors, or whenever requested by the Board, a statement of the financial condition of the Corporation and shall perform such other duties as these Bylaws may provide or the Board of Directors may prescribe.

The Treasurer is responsible for procurement of ribbons for all CMDL meets. These ribbons should be disbursed at the Dive Clinic. Additionally, the Treasurer shall be responsible for procurement of trophies, ribbons, and awards to be handed out at the CMDL championship meet. The Treasurer also collects all unused awards (ribbons) at the Individual Championship Meet for redistribution next season.

The Treasurer shall keep correct and complete records of account, including but not limited to all paid invoices, recording source of income; all bank statements and canceled checks.

Treasurer must ensure that the President and Vice President have access to the bank account via on-line services; or however deemed to be the most accessible at all times. Checks written from the account will require two (2) signatures at all times; treasurer's signature must always be used plus either the President's or Vice President's signature. On-line check or debit card payment may only be used if prior authorization via check request is given by the President or Vice President.

All information pertaining to the Corporation must be kept accurate. Annual tax returns as required by the State of Maryland and the IRS must be prepared and filed before the deadline date by a licensed tax consultant. Charges for a tax consultant must be approved by the Board prior to contracting with the tax consultant. All information pertaining to the filing of taxes must be kept year after year and passed on from Treasurer to Treasurer.

At the change of the Board of Directors, every two (2) years, the incoming treasurer is required to file amendments to the Articles of Incorporation with the State of Maryland to change the names of the Directors and to file an amendment with the State of Maryland Assessment and Taxation Department to notify them of an address change for the Treasurer/Registered Agent.

The newly appointed Board of Directors are required to have a "First Meeting of the Board of Directors" to record the Principal Executive Office location (normally same as Registered Agent); appointment of Officers and confirm Corporate Bank Accounting information. This meeting should be held prior to the Spring meeting, 15 minutes before the general meeting.

### **Section 11. Duties of the Registrar/Statistician**

The CMDL Registrar/Statistician is responsible for ensuring that all divers are properly registered with CMDL on a season-by-season basis to ensure their eligibility for competition. Responsible for the on-going computer spreadsheet for dive reps to input individual meet scores and determine qualified divers. Also, keeps track of winning club for each division. Inputs all championship divers into computer system and helps host club with seeding of divers for championship meet. Annually reviews individual qualifying scores based on the prior season's outcome, and makes recommendations to the league at the fall meeting.

### **Section 12. Insurance**

The President, Vice President, Secretary, Treasurer and Registrar/Statistician shall have AAU membership providing liability insurance. If these Officers are not already AAU members with such coverage, i.e. members in their own right or through their local club, CMDL shall pay for such membership.

## **Article VI Meetings of Representatives**

### **Section 1. General Meetings.**

There shall be two or three scheduled general meetings annually. Unless ordered by the Board of Directors, one such meeting shall be held during the fall with the second scheduled during the spring. A third optional meeting may be held in conjunction with the annual Judging Clinic.

The regular meeting in the fall shall be known as the Annual Meeting and shall be for the purpose of electing officers, receiving reports of officers and committees and for any other business that may arise.

### **Section 2. Special Meetings.**

Special meetings of the representatives may be called by the President or by the Board of Directors.

Upon written petition submitted to the President, with a copy to the secretary, signed by at least 1/3 of the members, the President shall call a special meeting.

Notices calling special meetings shall state the purpose(s) for which the meeting is called and, except for trivial matters, business transacted at the special meeting shall be limited to that stated in the notice.

### **Section 3. Notice.**

Notice of the date, time and place of regular meetings shall be emailed, mailed or telephoned to each representative of record at least ten (10) days in advance if by mail and seven (7) days if by telephone or email and not more than thirty (30) days prior to said meeting.

**Section 4. Quorum.**

A majority of all team representatives shall be considered a quorum at general or special meetings of the Corporation. The only business that can be transacted in the absence of a quorum is to take measures to obtain a quorum, to fix the time at which to adjourn, to adjourn or to take a recess.

**Article VII  
Board of Directors**

**Section 1. Number and qualifications.**

The Board of Directors shall consist of officers as described in Article 5, Section 1.

**Section 2. Meetings.**

Meetings of the Board of Directors may be held from time to time upon the call of the President or Secretary of the Corporation and upon at least three days oral or written notice. Notice of any meeting may be waived in writing or orally by the Director entitled to notice whether before or after the time of the meeting. A majority of the Directors shall constitute a quorum.

**Article VIII  
Committees**

**Section 1. Standing Committees**

This Corporation may include the following standing committees:

1. Rules, Grievances and Ethics
2. Publicity and Development

**Section 2. Chairpersons**

The President shall appoint chairpersons for all standing committees and shall act as ex-officiary officer of standing committees.

**Section 3. Committee Composition**

All other committee chairpersons shall select an appropriate number of persons to serve on their committees.

**Section 4. Duties**

Each committee shall have such duties, responsibilities and authority to act as shall be specified and/or approved by the Board of Directors.

Specific duties of the various committees are covered in detail in the appropriate section of "CMDL Rules of Diving Competition".

**Section 5. Fiscal Responsibility**

Each committee is empowered to perform such acts or to take such actions as are necessary for it to fulfill its responsibilities. In no case, shall any committee or member thereof spend, commit or otherwise use funds of the Corporation in excess of the amount authorized for that committee's use for the purpose stated in the approved budget or otherwise authorized by action of the Board of Directors.

## **Section 6. Special Committees**

The President may, from time to time, form special committees to handle matters not within the jurisdiction of the Standing Committees. After appointing the chairperson of such special committee(s), the President shall either appoint the other members of the committee or request the chairperson to select committee members.

## **Article IX Alignment of Member Teams**

### **Section 1. Alignment of Members**

The members of the Corporation shall be placed into groups by division of member pool organizations. The divisions shall be divided by decision of the Board of Directors based upon the prior season team standings and/or geographical location. To this end, each year, the Board of Directors shall determine the relative strengths of the member teams and/or geographical alignment, and place the teams in the required divisions and publish a list of tentative realignment for approval at the fall meeting

### **Section 2. Appeal of Alignment**

Any team wishing to appeal its position on the list may do so by filing a written appeal with the President no later than one month after realignment has been published. The President will then schedule a meeting with the representative of the appealing team and with the representative of any other team(s) that would be affected if the appeal is upheld. The Board of Directors will make a final recommendation for approval by the league reps.

### **Section 3. New Members Placement**

New member pool(s) entering competition for the first year shall compete in the appropriate Division as approved by the Board of Directors.

### **Section 4. Schedule**

The schedule of meets shall be made available to the representatives at the spring general meeting or by email no later than the date of the spring general meeting.

## **Article X Dues**

### **Section 1. Budget**

A proposed budget, prepared by the treasurer and approved by the Board of Directors, shall be presented to the representatives for approval at the Annual meeting in the Spring.

### **Section 2. Dues Calculation**

After review of the proposed budget, the Board of Directors shall determine the pro-rata share of anticipated expenditures for each team. These recommendations shall be submitted for approval and/or modification by the League at the Annual Meeting in the fall of each year.

### **Section 3. Payment of Dues**

Dues shall be paid no later than the June judging clinic following approval of the budget.

#### **Section 4. Use of League Funds**

The funds of the Corporation shall be used to defray normal operating costs to include, but not limited to procurement of ribbons for dual meets, awards for divisional champions (individual and team), postage, administrative printing and all printed forms necessary to run all meets. Entry fees may be charged for Individual Championship meets and other League sponsored special meets to cover the cost of awards. CMDL will pay administrative expenses for Individual Championship meets.

### **Article XI Corporate Acts**

#### **Section 1. Agreements**

All checks, drafts and orders for payment of moneys, notes and other evidence of indebtedness shall be issued in the name of the Corporation. All written contracts and agreements to which the Corporation shall be party shall be signed by such officer(s) or agents(s) as the Board of Directors may designate from time to time.

### **Article XII Parliamentary Authority**

#### **Section 1. Conduct of meetings**

The rules contained in "Robert's Rules of Order, Revised" shall govern meetings of the Corporation in all cases to which they are applicable and in which they are not inconsistent with these Bylaws or special rules of order of this Corporation.

### **Article XIII Amendments**

#### **Section 1. Amendments**

Amendments to these Bylaws may be initiated by the Board of Directors or in a written proposal submitted on behalf of a member pool. Proposed amendments must be submitted in writing to all representatives of the member pools at least ten (10) days prior to any meeting of the members. A proposed amendment, if passed by a vote of at least 3/4 of the representatives present at such meetings of the members, shall be incorporated into these Bylaws and become effective immediately.

Amendments to the "Rules of Competition" may be initiated by the Board of Directors or in a written proposal submitted on behalf of a member pool. Proposed amendments should be submitted in writing to all representatives of the member pools at least ten (10) days prior to any meeting of the members via US mail, or three (3) days if delivered via email. A proposed amendment, if passed by a simple majority of the representatives present at such meetings of the members, shall be incorporated.

Amendments to the "Guidelines for Judging the Execution of the Dive" may be initiated by the Board of Directors or in a written proposal submitted on behalf of a member pool. Proposed amendments should be submitted in writing to all representatives of the member pools at least ten (10) days prior to any meeting of the members via US mail, or three (3) days if delivered via email. A proposed amendment, if passed by a simple majority of the representatives present at such meetings of the members, shall be incorporated. In general, Guidelines for Judging the Execution of the Dive should stay consistent with US Diving Rules and Regulations.



# **CENTRAL MARYLAND DIVE LEAGUE RULES OF DIVING COMPETITION**

## **A. COMPETITORS' ELIGIBILITY**

1. Divers must be family members of CMDL pool organizations or have a sports membership to said pool organization. Details of the sports membership shall be determined by each pool organization and shall not be governed by the league. Family membership is defined as follows: The diver and at least one (1) parent or legal guardian must have full use of the swimming facilities in accordance with member pool rules and regulations without the payment of any additional membership dues or fees. Sports membership shall be defined as "the diver has a limited pool membership that provides permission to practice and compete at the home pool and compete with the pool team as a member in good standing."

Exceptions may be made for facilities not offering family or sports memberships and will be granted on an individual basis by majority vote of the membership.

2. The eligibility of a competitor to dive in an age group shall be determined by his/her age on May 31st of the current season. Divers who have reached age 19 prior to graduation from high school and who have not entered college, remain eligible for competition until the end of the season following high school graduation. Eligibility shall cease at the end of post-season (Individual Championships) competition regardless of age. Divers who graduate early and are not competing in college may compete in CMDL until age restrictions are reached.
3. Age groups for competition are as follows: 6 & under (unofficial), 8 & under, 9-10, 11-12, 13-14 and 15-18. A diver may move up in an age group, but is required to remain in that age group for the entire season to include regular season competition, championship and any other post-season meets.
4. All divers must be members of current insurance/umbrella organization holding current numbers assigned by that organization. Divers not holding appropriate insurance/umbrella numbers will not be permitted to participate in team practice or league competition.
5. Registrations should be submitted to the division registrar no later than the preseason registration deadline. This will allow timely preparation and distribution of lists of divers by division registrars.
6. Divers being registered after the preseason registration deadline must do so by mail, email, or in person, not later than three (3) days prior to the meet in which she/he wishes to compete (Register by Saturday for Tuesday meet, and register by Monday for a Thursday meet). Failure to submit paperwork in a timely fashion will result in the diver involved being declared an exhibition diver for the meet in question, voiding any points or qualifications earned.
7. Divers from clubs that have failed to submit all registration forms and/or payments to CMDL will not be permitted in the Individual Championships until all payments and late fees have been collected.

## **B. COACHES**

### **1. Qualifications & Certification**

- a. Any individual employed as a head coach in the Central Maryland Dive League must have reached the age of 18 by May 31st of the current season. An alternative head coach may be under the age of 18, with a minimum age of 16, if no other head coach can be found. In this event, a safety-certified adult must be on deck, directly supervising practices at all times. Plans must be submitted to CMDL as to how practices will be run and the name and phone number of the adult(s) supervising practice. For

purposes of this paragraph, the head coach is defined as the individual directly responsible for the overall training, development and performance of the team.

- b. All coaches/assistant coaches must carry a coach's membership in current umbrella organization with appropriate liability insurance coverage.
- c. All coaches/assistant coaches must have attended the safety course selected by CMDL beginning with the 1999 season. Any coach possessing a current recognized safety certification (such as US Diving, Dive Safe, or others approved by the Board of Directors) may be exempted from this training at the discretion of the Board of Directors. Safety certification shall be considered valid for a period of 2 years with renewals as required following initial training.
- d. No practice can be held without a safety certified adult (coach/assistant, coach/safety certified parent supervising an under age alternate head coach) directly supervising the practice. An exception is as follows: should the assistant coach be under the age of 18, the assistant coach may occasionally conduct practice in the absence of the head coach provided the assistant coach is supervised by a responsible adult. This adult will act as the "Deck Marshall" to ensure appropriate facility utilization. It is recommended that the Deck Marshall attend the safety class selected by the League and it is mandatory that the Deck Marshall be approved by the facility/dive club management.
- e. Coaches are required to attend the annual CMDL coaches' clinic every other year.

## **2. Documentation**

All coaches/assistant coaches must submit credentials indicating appropriate training in safety. The registrar or other individual appointed by the President shall verify credentials noted above.

## **3. Eligibility to compete**

A coach/assistant coach may dive for his/her team if and only if his/her family has been a dues paying member of the pool prior to his/her employment as coach. Any membership privileges conferred as compensation for coaching do not meet CMDL requirements for participation as a team member and may jeopardize amateur status under NCAA regulation.

## **4. Duties of the Coach to Relay to the Diver**

- a. The Diver should fill out the dive sheet or be aware of the dives that are listed on the dive sheet. It is the coaches' and diver's responsibility to ensure all dives listed can be performed safely by the diver.
- b. The Diver should listen when the dive order is announced, and be ready to dive when it is his/her turn.
- c. The Diver should listen to the announcer for the dive number and description of dive. If the dive is announced incorrectly or is not what is expected, the Diver should ask the Referee or their coach for clarification.
- d. The responsibility for performing the correct dive is the Diver's. If the Diver is uncomfortable with or wants to change the dive that is announced, he/she may do so without penalty, provided the new dive satisfies meet required dives and groups according to Section M-11, Table 1.
- e. If the diver is distracted by an unnatural occurrence while preparing for a dive, the Diver can ask the Referee to have the source of the distraction reduced or eliminated.

- f. If an unnatural event occurs during the conduct of the dive and causes the Diver to err in his/her dive, the Diver may ask the Referee to repeat the dive. If in the opinion of the Referee the appeal is justified, the dive may be repeated. The appeal must be made immediately after the dive; preferably while the diver is still in the water, and definitely before the next dive is performed.

## **C. SAFETY AND COMPLIANCE WITH LOCAL REGULATIONS.**

### **1. Practices**

All practice sites shall observe the health & safety requirements of the jurisdiction in which they are held.

### **2. Competition**

The following shall apply to all dual, special and championship meets:

1. Water will meet the requirements of the county where the meet is being held.
2. Pool safety
  - a. A lifeguard whose sole function is to guard will be clearly identifiable at all dual, special and championship meets. Lifeguards will be present at practices in conformance with respective county regulations.
  - b. Safety equipment (backboard, shepherd's crook, first aid kit, ice packs and telephone) will be readily accessible to the diving area at all meets.
  - c. Diving board, stand and fulcrums shall be kept in good repair.
  - d. All other safety regulations of the county in which the meet is being held shall be observed.
  - e. In case of darkness, lightning and/or thunder, a meet shall be delayed or rescheduled as necessary. In case of a rainout, the host team shall notify the visiting team prior to the visiting team's anticipated time of departure and not later than 4:30 PM. In case of darkness, the meet shall be rescheduled as necessary. In case of lightning and/or thunder, a delay of at least one hour will be attempted, after which time the home dive rep and visiting dive rep will determine whether the meet will continue or be rescheduled. In case of rain without thunder or lightning, the meet may be held with consent of the host pool operator, dive representatives, head coaches and pool management. In the event of heavy rain, the meet shall be delayed or rescheduled if the bottom of the pool is not visible or if the board becomes slippery.
  - f. All electrical lighting at meets shall be permanently installed in accordance with local electrical codes.
  - g. For the safety of the divers, it is strongly recommended that the pool be closed during meets. If this is not possible, use of the pool during diving meets should be restricted to adult lap swimming where possible with noise kept to a minimum.

### **3. Compliance**

Should the Referee or visiting team Diving Representative/Coach feel that the home pool is not in compliance with health and safety regulations, a water test or simple repairs may be requested. If pool water or other aspects of safety are found to be unsatisfactory, the meet shall be rescheduled at the request of the visiting team. In this case, CMDL shall be notified and will arrange for rescheduling of the

assigned referee and shall formally request that the pool be brought into compliance with county codes. CMDL may ask that its diving team be barred from holding home meets.

## D. DUAL-MEET PROCEDURES

### 1. General

- a. All regular season meets shall be held on Tuesdays or Thursdays.
  1. Meets with fewer than 60 participating divers should start at 5:30 PM.
  2. Meets with 60 to 90 participating divers should start at 5:15 PM.
  3. Meets with more than 90 divers participating should start not later than 5:15 PM, and are to be conducted in accordance with Large Meets (Section L-3)
  4. Meets may start at 5:00 PM or other if both pool representatives have agreed on this time.
- b. Current FINA degree of difficulties shall be used for all meets with the exception of the following dives:  
  
001 (front line up) with a DD of 1.2  
002 (back line-up) with a DD of 1.4  
Assisted back dive with DD of 1.4/ Max 2

For age groups 12 & under (inclusive)

Forward Dive 101 (all positions) with a DD of 1.4

Back Dive 201 (all positions) with a D.D. of 1.7

- c. Wherever pool configuration permits, a clear area will be marked off for judges and the scoring table and **made off-limits** to spectators, competitors and coaches to reduce distractions to judges and table workers.
- d. The home team shall have on the deck a poster or card at least 8 ½ x 11 inches in size stipulating all mandatory deductions and maximums. This card should be laminated and readily available at the scoring table.

### 2. Meet procedures

- a. The visiting team shall be allowed a minimum of 45 minutes for warm-ups immediately prior to the start of the meet, or as mutually agreed upon by the team representatives. During this time, the visiting team shall have exclusive use of the boards(s).
- b. Completed dive sheets for all divers must be turned in 45 minutes prior to the start of the meet.
  - 1) Changes may be made prior to the start of the competition, and during the 13-14, 15-18 warm-up.
  - 2) Sheets must be changed at the scoring table by a coach, and with the concurrence of the Referee and the diver.
  - 3) The home team will utilize white paper for dive sheets and the visiting will use some other easily read light or pastel color to distinguish affiliation.

- c. Dive order within each age group will be established by agreement of both teams. Teams should alternate divers with the home team diving last. If there are an unequal number of divers, the alternating of divers should start with the last home diver and move backwards through the list of divers. That is to say that if visiting team A has 6 divers and home team B has 3 divers in an age group, the dive order should be such that the divers alternate in some fashion with the home team B diving last. For example:

A - A - A - A - B - A - B - A - B  
or  
A - A - B - A - A - B - A - A - B

Should two or more age groups be combined (due to small numbers), the resulting competitive group should follow the same guidelines regarding dive order. When combining age groups, the age group performing more dives should dive first in the order.

### 3. Requirements for competition

- a. During a meet, each official diver must perform dives from required groups in accordance with Section M-11, Table 1, Meet Required Dives and Groups.
- b. Any diver who is unable to meet the minimum required dives and groups for his/her age group may dive "exhibition". Exhibition divers have no required dives, minimum number of dives, or minimum number of groups, and do not count towards the team score or individual qualification.
- c. Any diver who fails one dive (with the exception of the meet required dive(s)) is still considered official. Any diver who fails two dives or the meet required dives(s) will be considered exhibition and the diver's points then become invalid for inclusion in the team score.
- d. All official divers must perform an x01 (or 00x lineup) **as their first dive**. Other dives may follow in any sequence.
- e. Following the announcement of the dive, the diver may elect to change either the dive number or the dive position without penalty. The Referee will assure, prior to execution of the dive, that the new dive satisfies meet requirements. The announcer shall then announce the new dive and DD.

\*Dive changes on the board are highly discouraged and prohibit the timely progression of the meet. It is the coaches' responsibility to ensure that the dive sheets are correct to the diver's competency. Understanding the fluid nature of divers and confidence for some dives, and with concern for safety, dive changes are allowed. However, if the dive changes become excessive, the referee is permitted to give warning to the coach(es) that further changes will not be allowed risking a failed dive. Changes on the board are highly discouraged and only to be used as a last resort.

### 4. Scoring

- a. Points will be awarded as follows:
- 1) 1st place - 5 points
  - 2) 2nd place - 3 points
  - 3) 3rd place - 1 point

b. In the event of a tie:

1) Between two individuals:

- a) First place tie. The points normally given for first and second places (8) will be totaled and split between the individuals involved, each receiving 4 points and a first place ribbon. The diver with the next highest score will be awarded the third place points and ribbon.
- b) Second place tie. The points normally given for second and third places (4) will be totaled and split between the individuals involved, each receiving 2 points and a second place ribbon. The diver with the next highest score will receive the fourth place ribbon.
- c) Third place tie. Each diver will receive 1/2 point and a third place ribbon. The diver with the next highest score will receive the fifth place ribbon.

2) Between teams:

In case of a tie in the final team score, only the points for first and second places will be considered; if the score remains tied, only the points for first place will be considered. If this still results in a tie, the meet will be scored as a tie, and each team will be awarded 1 point.

3) Ribbons will be awarded for places 1 through 6. If in any age group the number of diver placements are less than 6, Exhibition Divers shall receive the last place ribbon of the number of divers.

For Example: 8 & under girls had 3 divers.

First Place Ribbon – 8 & UG scored 60 and qualified they also get 5 team points

Second Place Ribbon – 8 & UG scored 40 did not qualify and they earned 3 team points

Third Place Ribbon – 8 & UG scored 56 as an exhibition diver they earn 0 team points

Exhibition divers do not receive team points.

## 5. Results

It is the responsibility of the winning team to mail or scan and email the results of the meet to the League Statistician within 48 hours of the event. Results must include all divers' scores. The Referee should sign (initial) all the Meet Result sheets. Should the Referee leave prior to signing the sheets, representatives from each team must sign them. Failure to mail results within 48 hours of the meet may result in the forfeiture of the two (2) points awarded for the win.

It is the responsibility of each team representative to email individual diver scores to the League Statistician, on the Excel spreadsheet provided by the Statistician, within 48 hours of the completion of the meet.

## 6. Schedule changes

a. Time and/or location of a meet should be changed only if it is impossible to have the meet as scheduled because of bad weather, unavailability of the host pool for health or operational problems, etc. If both options are open, the first choice will be to change the location of the meet. If a change of location is not possible, the date of the meet should be changed. It is the responsibility of the home team to notify the assigned referee and the Commissioner of Officials of any change in the schedule as soon as possible.

b. In meets suspended due to darkness, inclement weather, etc., the following rules shall apply:

- 1) When the meet resumes, divers may be added to age/gender groups (i.e. 9-10 boys or combined 15-18 boys & girls) that had not yet started competition when the meet was suspended.

- 2) Divers may not be added to age groups that have begun competition when the meet was suspended.
- 3) All dives completed prior to the suspension shall “count” and when the meet resumes, it shall continue with the diver who was due to dive before the meet was suspended.
- 4) The following guidelines shall apply during the suspension:
  - a) The home team shall be responsible for keeping completed dive sheets.
  - b) The Referee shall initial the Meet Results Sheet and indicate all divers who had completed diving prior to the suspension.
  - c) The home team representative shall notify the Registrar/Statistician of the meet suspension and any qualifying scores within 24 hours. Home team keeps the dive sheets for when meet resumes
  - d) When the meet is completed (from the point of suspension), the winning team shall forward the results to the Registrar/Statistician within the required 48 hours.
- 5) In the event that the suspended meet is not completed, the meet shall be declared a tie and each team will be awarded zero (0) points. The incomplete “Meet Results Sheet” must be received by the Registrar/Statistician not later than 72 hours prior to the Individual Championship Meet.

#### **7. Officials, judges, announcer and table workers required:**

- a. Referees: One volunteer referee from the CMDL referee pool, provided by the visiting team will act as the diving referee (Referee) for the meet. If, and only if, this referee does not arrive for any reason, the meet may be conducted with all volunteer judges and the records will be considered official for all League purposes, providing the coaches and League representatives from both teams agree to hold the meet without a Referee present. A referee must attend the referee training every other year. Referees with extensive experience as judges and referees may petition the board for a waiver to this rule.
- b. Judges: All Judges must have current certifications. Judging clinic certification is valid for two years from clinic date. Experienced judges with 6 or more years of judging experience and having attended at least three judges trainings may continue to serve as judges with recertification waived at the discretion of the dive team representative and the CMDL board of directors. Individuals with comparable experience outside of the CMDL may request a waiver from the board for similar consideration.

It is preferable that five (5) judges be used, with each club providing two (2) volunteer judges and with the Referee serving as the fifth judge. Should there be only three (3) volunteer judges (one from one team and two from the other), the meet may proceed with agreement from the coaches and representatives of both teams as to scoring procedures. In addition to the Referee, a minimum of two (2) volunteer judges are required; one provided by each club. If either club is unable to provide a judge, the other team will provide two judges in order to proceed with the meet. If there are only four judges available, then the lowest of the four scores will be dropped.
- c. Announcer: The home team provides the announcer.
- d. Table Workers: Four table workers, two provided by each club. Host club shall also provide one ribbon worker.

## E. INDIVIDUAL CHAMPIONSHIPS

### 1. Eligibility

- a. Divers must have participated in a minimum of two (2) regular season dual meets.
- b. Divers must meet or exceed the qualifying scores established by the League for his/her age group for at least two (2) regular season meets. Divers must qualify for the championship meet with X01 dives or higher. **A diver may not qualify for championships with any Jumps (100 or 200) or line-ups (001 or 002) on his/her list. Jumps no longer count as a group.**
- c. As soon as a diver qualified, the Representative must provide a copy of the qualifying dive sheet to the Registrar/Statistician for audit (and same for the 2<sup>nd</sup> qualifier). No diver will be permitted to dive if the qualifying dive sheets are not provided. Representatives shall not wait until end of the season to provide these sheets. If the Registrar/Statistician finds an error in the dive sheet which would disqualify the diver from championship eligibility, they will notify the Representative as soon as possible. The Registrar/Statistician shall provide a list of all qualified divers to the host club as soon as possible after completion of the last regular season meet.
- d. Seeding shall be done by drawing diver names. Representatives of the host club, Registrar/Statistician and either the President or Vice President shall be present.

### 2. Responsibilities of the Host Club

- a. The host club shall coordinate warm-up times for all qualifying divers during the week prior to the Individual Championships meet.
- b. The championship dive sheets will be handed in and collected by the host club during the practice time for their pool. If your pool doesn't attend a practice session then your dive sheets will be handed in 2 days prior to the morning of championships.
- c. The host club is responsible for providing programs and shall submit a completed copy of all final places and awards to the League Registrar/Statistician for each division. If the host club does not want to do the program, another club can do it.
- d. Host pool will set up an area to check in divers and collect championship fees with the treasurer of the league.

### 3. Responsibilities of the Coach

- a. Coaches must complete dive sheets and validate accuracy for dive number, DD, required dives.
- b. **The championship dive sheets will be handed in and collected by the host club during the designated practice time for each pool. If your pool doesn't attend a practice session, then your dive sheets will be due 2 days prior to the morning of championships.**

### 4. Judges and Referees

- a. All teams who have divers participating must provide a qualified judge. The judge's panel shall be composed of league referees (preferred), experienced judges, and league coaches when necessary. Every effort will be made to ensure that the referee be the person with the most experience who has no divers in that event and that no team have more than one judge per session. No coaches participating as divers may judge any part of the meet.



- b. Table workers will be supplied by the teams participating.
- c. A clear area will be marked off surrounding the judges and table workers and made off-limits to spectators, competitors and coaches to prevent distraction of judges and table workers. This will be enforced!
- d. Judges (5/7) will be seated on the same side of the pool if possible. No videos may be used in any competition to question or review a dive, the Referee and Judges decisions can be questioned by a coach, but no video may be used. Judges are to be left alone but may discuss all calls between the referee and judges themselves.

## 5. Scoring

Championship Scoring should be performed by using a CMDL approved computerized scoring system, combined with a manual tabulation of scoring to ensure that all scores are validated and correct.

In lieu of a computer system for Championship scoring, a double scoring table will be used for the Individual Championship Meet staffed by experienced table workers. Instructions in use of both scoring systems will be provided at the annual Parents' Judging and Table workers' clinic prior to the beginning of the season and will be reviewed immediately before the Championship meet.

## 6. Awards

- a. Trophies will be awarded for places 1 through 6.
- b. Honorable Mention medals will be presented to all other divers.
- c. Annually, the Ruth L. Smith Award will be awarded to the selected diver from each league team who exhibits dedication, tenacity, loyalty, and a general love for the sport of diving.
- d. Annually, the John E. Smith Award will be awarded to the selected diver from each league team who is the most "coachable", willing to learn new dives without hesitation and encourage others around them to try new dives.

## 7. Conduct of the meet

- a. Age groups and order of event will be the same as those in dual meets.
- b. Divers must perform dives in accordance with Section M-11, Table-1, Meet Required Dives and Groups, with the exception that there is no "Meet Required Dive".

NOTE. There will be no competition for the unofficial 6 & Under age group.

## 8. Meet procedures

- a. All championship dive sheets must be provided to the Registrar/Statistician by 5:00 p.m. on the Friday prior to the championship date in order to input into computer system.
- b. **The entry fee of \$15.00 per diver shall be paid by the Friday before the Championship date. Cash will not be accepted; payment will be via Zelle or check made payable to Central Maryland Dive League. Check may be mailed to the treasurer.** The League President or his/her designated

representative may waive this fee for extenuating circumstances. Late registration will not be accepted after the session begins (morning or afternoon). Divers may not participate if fees have not been paid.

- c. Any changes to dives must be made by the coach prior to the start of their session. Divers may change dives at the board.

## F. DIVISION CHAMPIONS

The team from each division that has won the most points in regular dual season meets will be declared division champion. Points are awarded as follows:

Win = 2 points, Tie = 1 point, Loss = 0 points.

Each division champion team will receive a plaque. In the event of a tie, co-champions will be declared.

## G. STANDING COMMITTEES

The following shall be considered standing committees of CMDL with responsibilities as follows:

### a. Rules & Grievances & Ethics:

- 1) Review and make recommendations concerning any changes to the Rules of Diving Competition.
- 2) Review and act upon protests, violations and/or grievances concerning diving meets and policy issues.
- 3) In the event that a protest, violation or grievance involves a member of this committee or the pool that he/she represents, that member shall not participate in the adjudication of the decision. Appeal of the decisions of this committee shall be made in accordance with the Grievance Procedures listing in Article VIII, Section 5 of the Bylaws. Violations of policy decisions made by the RG&E committee may result in forfeiture of points scored, forfeiture of meets and/or loss of diver/club eligibility to compete in one or more meets.
- 4) Repeated, deliberate and/or flagrant violations shall be referred to the Board of Directors who may, after appropriate hearing, suspend, expel or declare other suitable sanctions against the offender. The committee should resolve all grievances presented to it within seven (7) days of the event.

### b. Publicity and Development:

The Publicity and Development Chair is responsible for promoting CMDL and CMDL events through both community and media resources. The committee will increase the public's awareness, knowledge, and opportunities for participation in, both the sport of diving and CMDL.

## H. CODE OF CONDUCT

1. No team personnel, to include coaches, assistant coaches, managers, participating and non-participating competitors, table workers, parents (volunteer judges), or other person associated with running any dive team shall act in an unsportsmanlike manner. **This now also includes anyone that is there as a spectator.** This includes any act the Referee deems poor sportsmanship before/during/after the meet, such as (but not limited to):

- a. Making insulting or derogatory remarks, gestures or acts.

- b. Trying to influence or showing disgust with referee's decisions.
- c. Interfering with meet officials in the performance of their duties.

2. In other situations:

Actions include, but are not limited to, verbal and/or physical attempts to annoy, harass threaten, or intimidate a diver, coach, league officer, dive representative, table worker, referee, volunteer parent judge, member of parents' organization by any individual (diver, parent, coach, dive representative, etc.) associated with an opposing or other team, shall be considered a violation and shall be subject to penalties as noted below.

In the meaning of this rule, verbal harassment includes, but is not limited to, verbal insults, the initiation or repetition of unfounded rumors and/or innuendoes suggesting improper behavior on the part of a diver, coach, league officer, dive representative, etc. Grievance actions initiated in retribution for previous grievance actions also fall under this regulation.

3. Penalties for conduct violations:

- a. For unsportsmanlike or unsafe conduct, team personnel as defined above, may be disqualified from further participation (**including the diver of the parent who is committing the egregious act**). Any individual violating this code of conduct shall receive a warning for the first offense, may be asked to leave the premises for the second offense and may be subject to further action by the Rules, Grievance & Ethics committee for a third or subsequent offense.
- b. When a spectator(s) becomes unruly or interferes with the orderly progress of the meet, the Referee shall suspend the meet until meet management (host pool) removes the individual(s) from the premises.
- c. Individuals or groups of individuals engaging in attempts to harass or intimidate some other person as noted in paragraph 2 above shall be subject to appropriate penalties to include, but not limited to:
  - 1) Disqualification and deprivation of individual competitive privileges for one or more meets;
  - 2) Loss of team points and forfeiture of the age group or meet;
  - 3) Disqualification from Individual Championships and other post-season competition;
  - 4) Other penalties as deemed appropriate by the Rules, Grievance and Ethics Committee.

## I. GRIEVANCE PROCEDURES

- 1. Grievances of any sort are to be filed by the dive rep by notifying the President of CMDL and the Rules Grievance & Ethics (RG&E) chairperson by telephone and in writing within 72 hours of the occurrence. The RG&E Chairperson shall then notify RG&E committee members and attempt to reach a decision within seven (7) days.
- 2. The RG&E committee shall conduct their investigation in accordance with the following schedule of events:

- a. Convene RG&E committee to review grievance (Meeting may be held by conference call).
  - b. Contact and submit copies of the grievance to all parties involved.
  - c. Convene a fact-finding meeting with the Dive reps from the involved pools and a representative of the grieved party (or parties).
  - d. Render a decision to the CMDL Board of Directors and send copies to all parties involved.
3. The request for an appeal of the decision of the RG&E may be made by notifying the President, RG&E Chair, and Secretary in writing, within 48 hours by a dive representative. Email, Fax, or US Mail may be utilized for appeal request notification.

Only interpretation decisions (not sanctions) made by the RG&E committee may be appealed. The BOD has the right to deny appeals, thereby upholding the decision of the RG&E committee or choose to hear an appeal. The President shall preside over appeal hearings. Members of the BOD whose pools are involved in the grievance may not be involved in the appeal process.

4. The BOD shall conduct the appeal in accordance with the following process:

Contact the BOD to review the appeal/grievance to determine whether to hear the appeal or let stand the decision of the RG&E. If a hearing is deemed necessary, proceed as follows:

1. Contact all parties involved and submit copies of appeal to all parties.
2. Conduct a hearing with all parties involved.
3. Render a decision to all parties involved, in writing, within 48 hours.

If the decision of the RG&E committee is upheld, the sanctions stand. If the decision of the RG&E committee is overturned, the sanctions do not apply. The decision of the BOD shall be by majority vote and be final and binding on all parties.

5. Members of the CMDL Board of Directors may not serve on the RG&E committee with the exception of the Chairperson and President (in accordance with the CMDL bylaws Article VIII section 2).
6. A report containing the Grievance and the Decision of the RG&E shall be written and mailed to all Representatives, as well as the Presidents of the pools involved in the Grievance.

## **J. DUTIES OF CMDL DIVE REPRESENTATIVES**

1. **Read the rulebook!!**
2. Attend the fall, winter, spring, and summer meetings or designate an alternate representative.
3. Attend the parents' judging clinic in the spring or designate an alternative representative.
4. Secure at least one parent volunteer with at least 2 years of judging experience for the referee pool. It is highly recommended that each member pool designates two volunteers.
4. Responsible for prompt submission of all insurance forms for his/her team.
5. Responsible for **prompt** submission of league dues, ribbon fees and championship fees.

6. Responsible for submission of roster to registrar/statistician.
7. Representative of host team shall verify meet schedule with representative of visiting team and verify the attendance of the meet referee. Host representative must notify and confirm with visitor any anticipated changes as early as possible. Host or visitor not reporting and/or confirming schedule changes in a timely manner may be required to forfeit meet. Should the visiting team not be able to provide a referee for the meet, the host team is to contact the league secretary who will attempt to secure one from the list of volunteers. In the event the secretary is unsuccessful, the two teams may agree to use a referee from the host team.
8. If the representative of record is not able to attend a meet, an adult other than the coach must be appointed to act as an interim representative. The opposing team shall be given the name of the interim representative for that meet.
9. The representative of the host team is responsible for confirming the meet with the assigned referee. Should the host team not report and/or confirm schedule changes in a timely manner, they may be required to forfeit the meet and compensate the assigned referee.
10. The representative of the host team shall be responsible for completing the "Meet Results Sheet" prior to start of meet.
11. Representative of host team shall ensure that their team has individual dive sheets completed and ready for the assigned referee upon his arrival at the host pool.
12. **Representative of host team is responsible for submission of the meet results to registrar/statistician not later than 48 hours after completion of meet.**
13. Representative of each team is responsible for electronic submission of individual diver results to registrar/statistician not later than 48 hours after completion of meet.
14. **Representative of each team is responsible for providing a copy of at least two qualifying dive sheets to the registrar/statistician for audit for divers qualifying for individual championships**

## **K. SPECIAL MEETS**

### **1. Division Qualifier Meet**

Should a divisional qualifier meet be necessary, due to the unbalanced number of teams between divisions (i.e. One division has 6 teams and the other division has 7 teams, thus giving the larger division an additional qualifying opportunity) the following guidelines will apply:

- a. The meet shall be the last qualifying meet of the season.
- b. The meet shall be hosted by any club from the appropriate division that volunteers to do so.
- c. Only those individuals from the appropriate division with less than two (2) qualifying scores at the time of the qualifier shall be eligible to participate.

### **2. Dunleavy Meet**

The James Dunleavy Novice Meet is a special meet for divers who do not obtain the necessary scores to compete in Championships. It is a "FUN" meet and is attended by divers from both divisions. This is a non-official meet and scores do NOT count towards Championship qualification.

### **3. Large Meets**

"Large meets" (meets with a combined total of 90 divers or more) shall be conducted in accordance with the following procedures.

Individual dive sheets for the first three age groups must be available for review by the Referee no later than 4:15 pm on the day of the meet.

The Referee assigned to such meets must be present on the pool premises at 4:15 pm to review dive sheets and conduct other official duties required of him/her prior to the meet

The meet must be conducted expeditiously with the first diver performing his initial dive no later than 5:15 p.m. (This will allow for program formalities such as playing the National Anthem, introducing officials and coaches by 5:10PM). There must be no more than five minutes lapse between the conclusion of each age group and the beginning of diving for the next age group. The sole exception shall be a 15-minute warm-up break before the 13-14 age group to allow participants in the 13-14 and 15-18 a brief bounce-and-entry warm up. Awards should be presented at the conclusion of the meet or during the break, if and only if it does not extend the break beyond 15 minutes.

The assigned referee participating in such meets must expedite conduct of the meet. Meetings with judges, table workers and divers must be held prior to 5:00 pm. A referee who desires to speak to the divers may do so only during the 5-minute break between dive groups and must not exceed this 5-minute limitation. The referee may always hold up the meet to correct any and all conditions that may jeopardize the safety of any of the divers.

The dive meet host (home team dive rep) is responsible for conduct of the meet and shall ensure to the best of his/her ability that all meet requirements specified in this section are held in compliance. The host may always hold up the meet to correct any and all conditions that may jeopardize the safety of the divers or guests of the pool facility.

CMDL shall make clear to the assigned referees that participate in such meets that they are expected to arrive at the specified time and conduct themselves in compliance with these guidelines.

The registrar/statistician shall notify dive representatives three days prior to the first meet of the season, which meets will be officially considered "large meets" as determined by the criteria given above.

### **4. Special Meets**

Member teams may schedule additional invitational meets as desired providing they meet the requirements of CMDL dual meets and preserves the spirit of the Central Maryland Dive League. Teams desiring to host additional meets must contact the Board of Directors prior to the spring meeting if they want their event to be listed in the official Handbook schedule.

## **L. COSTS AND DUES.**

1. League dues are set at the fall meeting. League dues are in addition to umbrella/ insurance, organization athletic membership fees for each diver and membership fees for each coach. In addition, clubs are encouraged to register (and insure for liability) their representatives and any other adults participating in the operation of their clubs as sustaining members with the current umbrella/insurance organization.

Dues for the 2023 season are set at \$175 per team (due at the clinic), plus a \$2 per diver "ribbon" fee, which is due to be paid prior to the CMDL Championship Meet. One check per team shall be made payable to the Central Maryland Dive League. Individual diver checks will not be accepted. Failure to pay

for ribbons on or before the date of the championship will result in the pool being charged a late fee of \$25.00.

2. There will be no charge to attend the Parents' Judging and Referee Clinic. Each team will be provided one (1) League Handbook. A pdf file will be e-mailed to every coach and pool representative.
3. If a meet is suspended and then resumed at a later date, both teams will share the additional fee for the resumption of the meet.
4. **For the League Championship meet, the amount of \$15.00 per diver shall be paid by the Friday before the Championship date. Cash will not be accepted; payment will be via Zelle or check made payable to Central Maryland Dive League. Checks may be mailed to the treasurer.** The League President or his/her designated representative may waive this fee for extenuating circumstances. Late registration will not be accepted after the session begins (morning or afternoon). Divers may not participate if fees have not been paid.

## M. JUDGING THE EXECUTION OF THE DIVE

### Judging Criterion -

When judging a dive, the points to be considered are the approach, the take-off, the technique and grace of the dive during the flight through the air, and the entry into the water. Judges shall not consider or score a diver's actions prior to the starting position or beneath the surface of the water.

### 1. Starting Position

1. Running Dive: The starting position for the forward approach shall be assumed when the diver is ready to take the first step.
2. Standing Dive: The starting position of the standing dive shall be assumed when the diver is standing on the front end of the springboard. The body should be straight, head erect, with the arms straight and in a position of the diver's choice. A standing dive has lift (or spring), and is NOT the same as a line up.

Note: There is NO *standing* back dive- it's either a back dive or a back line up. Standing dives only apply to front take offs.

3. After assuming the starting position, if the diver makes an obvious attempt to start the approach or press, and then stops, a balk will be declared. In standing dives, the diver may move the arms to various preparatory positions without a balk being declared, as long as the diver makes no obvious attempt to start the press. The Referee is responsible for the declaration of the balk.
4. Front and Back "Line Up's":

For CMDL judging purposes, a "Line Up", is a dive where there is no obvious attempt to perform an approach, a hurdle, a press, or other preliminary dive entry technique. Divers who perform a "Line Up" have no lift (spring) from the board. A front line up (001x) is considered the **same dive** as a front dive (101x) and a back line up (002x) is the **same dive** as a back dive (201x). (Divers who complete a front line up and a front dive or a back line up and a back dive in a meet will be considered exhibition.) Divers must indicate on their diving sheet that a line up will be performed and indicate the proper D.D. The Referee will instruct the table workers to change the D.D. should a diver perform a "Line Up"

instead of a dive with proper execution. *An assisted back dive automatically becomes a back line up (002) with a DD of 1.4 but with a max score of 2.*

5. It shall be considered an incorrect dive if the diver falls into the water from the board prior to assuming the starting position. If a diver performs a "line up" and uses spring, this should not be deemed an incorrect dive.

## 2. Declaration of a Balk

In the event the diver balks, the Referee, upon completion of the second attempt, shall instruct the announcer to **reduce** each judge's award by **two points**. If the diver balks twice, it is an "incorrect" dive. No further attempt shall be permitted. In cases of questionable circumstances, benefit always goes to the diver.

In the case of strong winds, bright sun or lights, it is the responsibility of the diver to determine when the time is best to assume the starting position. The limit of time is three minutes. The Referee at the beginning of the competition may give special instructions to the divers in regard to the balk rule on forward and back take-offs, if the wind conditions are extreme.

## 3. Manner of Execution

Dives should be executed and judged on the following principles:

1. Any action prior to the starting position shall not be taken into consideration.
2. The approach should be smooth, straight and forceful.
3. The hurdle is described as the jump to the end of the springboard following the approach. The hurdle shall be from one foot only. Both feet shall contact the end of the springboard simultaneously following the hurdle.
4. The first step shall be considered the start of the dive. If, after taking the first step of a running dive the diver stops, the Referee shall declare a balk.
5. The back press should be done with both feet on the board and both arms should swing through evenly and simultaneously.

## 4. The Takeoff

1. In Running Dives, the takeoff should be forceful and both feet must leave the board simultaneously.
2. A diver is entitled to the diver's own method of arm swing on back and standing front take-offs but must not lift the diver's feet from the board before the take-off (crow-hop). When executing a backward or standing front dive, the diver must not bounce on the board or rock the board excessively before the take-off.

For a violation of the above, the judges (not the Referee) shall deduct not more than two points from their award, according to their individual opinions.



## 5. The Flight

The flight may be performed in pike, straight, tuck or free position.

1. Straight Position - In a straight dive, the body shall be held straight with no bending of the knees or the hips, with the feet together and toes pointed.

In a dive in the straight position, if the body is bent at either the knees or the hips, the dive is to be judged on its overall performance and the judges (not the Referee) shall deduct their awards according to their individual opinion.

2. Pike Position - In a pike dive, the body shall be bent at the hips, but the legs must be kept straight at the knees, with the feet together and toes pointed. The pike should be as compact as possible.
3. Tuck Position - In a tuck dive, 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 with no splitting of the knees.

If the diver opens the knees in a tuck, the judges may deduct from one to two points.

4. Free Position - A free position dive is a combination of two of the positions listed above and used primarily for twisting dives.
5. In dives with twists, the twisting **must not manifestly** be done directly from the board. 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. All twists must be within 90 degrees of completion with the position of the chest with respect to the springboard as the diver enters the water.

It is a failed dive if the amount of the twist is greater than or less than that announced by 90 degrees or more. (referee call)

## 6. The Entry

The entry into the water must in all cases be vertical, or nearly so, with the body straight and toes pointed.

1. In head first entries, hands should be extended over the body, close together in line with the body.
2. In feet first entries, arms should be down and close to the body with straight elbows.
3. For novice divers performing forward and back jumps the arms may be held motionless and straight overhead.

## 7. Deductions

1. If the arm(s) are above the head in feet first entries. Maximum 4 1/2 points (referee)
2. On headfirst dives, if any part of the body below the waist enters the water before the hands, the Referee shall declare an incorrect dive.
3. In feet first dives, if any part of the body above the waist enters the water before the feet, the Referee shall declare an incorrect dive.
4. When a dive is completed partially in a position other than announced (i.e., position break). Maximum 4½ points (judges' discretion)

5. If a diver hits the board or goes to the side to avoid hitting the board, the diver was too close for proper and safe execution of the dive, and judges should make deductions based on their observation. 1 to 3 point deduction

## 8. The Jump

The jump may be performed as a dive by the 6 and under, 7-8, 9-10, and 11-12 age groups as part of their dive list. However, jumps do not count as a group.

The purpose of the jump by a novice diver is to learn proper entry technique, especially the approach, the hurdle, use of the springboard, and vertical entry with hands clasped. (This is the reason hands/arms may be held over the head).

A jump has the potential of being scored from 0-10 points by each judge. The criteria shown in the above sections should be applied to judging the takeoff, flight and entry of the jump with one exception: the diver's arms may be held up or down but should be straight and aligned with the body.

## 9. Scoring the Dive

Points or half points shall be awarded from 0-10 according to the opinion of the judges and the following table:

<u>Performance</u>	<u>Award</u>
Very Good	8 1/2 - 10 Pts
Good	6 1/2 - 8 pts
Satisfactory	5 - 6 pts
Deficient	2-1/2 - 4-1/2 pts
Unsatisfactory	1/2 - 2 pts
Completely failed	0 pts

## 10. Scoring Method

Each dive is scored by 5 judges (preferably); the high and low scores are discarded.

The remaining 3 scores are added together and multiplied by the degree of difficulty (DD). The DD compensates the diver for the difficulty of the dive. The judges score should be determined only by the performance of the dive.

If only three judges are used, all three scores are kept, and none are thrown out.

If only 4 judges are available, the low score should be discarded.

## 11. Meet Required Dives

**Table 1 - Meet Required Dives and Groups**

Age group	Number of dives	Number of groups	Required dive(s)*
6 & Under	2 entries, dives or jumps	N/A	N/A**
8 & U	3 dives, or 2 dives & 1 jump***	1	any X01 dive where X= 0,1, 2, 3 or 4
8 & U 9 – 10	3 dives, or 2 dives & 1 jump***	2	any X01 dive where X= 0,1, 2, 3 or 4
11 – 12	4 dives, or 3 dives & 1 jump***	3	any X01 dive where X= 0,1, 2, 3 or 4
13 – 14	5 dives, or 4 dives & 1 jump***	3	any X01 dive where X= 0,1, 2, 3 or 4
15 – 18	6 dives, or 5 dives & 1 jump***	4	any X01 dive where X= 0,1, 2, 3 or 4

During a meet, each official diver must perform dives from required groups in accordance with, **Table 1, Meet Required Dives and Groups**. Any diver who is not able to meet the minimum required dives and groups for his/her age group may dive “exhibition.” Exhibition divers have no required dives, minimum number of dives, or minimum number of groups, and do not count towards the team score or individual qualification.

\*All official divers must perform the dive designated as the **meet required dive** as their first dive. Other dives may follow in any sequence.

\*\*6 & Under is an unofficial competition, and therefore do not have to perform a “Meet Required” dive.

\*\*\*Divers must qualify for championship meet with X01 dives or higher. **A diver may not qualify for championships with any Jumps (100 or 200) or line up (001 or 002) on his/her list,** however a diver that competes with a line up can earn points/ribbon for the team score for (as long as the diver is able to meet the minimum required dives and groups for his/her age group). **Jumps do not count as a group.**

Current FINA degree of difficulties shall be used for all meets with the exception of the following dives for age groups 12 & under:

001 (front line up) with a DD of 1.2

002 (Back line-up) with a DD of 1.4

For age groups 12 & under:

Forward Dive 101 (all positions) with a DD of 1.4

Back Dive 201 (all positions) with a D.D. of 1.7

Assisted back dive with DD of 1.4/ Max 2

## N. DUTIES OF THE DIVING REFEREE

The diving Referee shall manage the competition and ensure that all rules are observed. Specifically, the Referee shall:

### 1. Before the event:

- a. Arrive at least 60 minutes prior to the start of the meet. **A referee might need to be earlier if a large meet is taking place.**
- b. **Check the diving sheets to verify that each diver has the correct number of dives, dive groups, and DD for their age group (Refer to Table below). The meet required dive shall be the first dive listed for official divers.** The signature of the diver should be on each sheet. Each dive sheet should be initialed by the referee upon review.
- c. Make certain that all volunteer judges are present. Conduct a brief meeting to make certain that each judge understands his/her responsibilities according to their assigned roles. Perform a quick review with the volunteer judges of their duties, what to look for, maximum scores, etc.
- d. Reinforce the importance of judging the entire dive – Approach, Hurdle, Flight, and Entry – as well as vertical entry and distance of entry from the end of board.
- e. Review the judges' handbook before each meet.

### 2. During the event:

Announce any of the deficiencies listed below and any related deductions to the other judges and the table workers at the time of occurrence and before the next dive is announced. If not called timely, the score cannot be changed once the next dive is announced.

1. Call an **incorrect dive** for the following reasons (**please discuss with other judges before making this call**):
  - 1) The diver falls into the water before assuming the starting position.
  - 2) A diver executes a dive of a different number than that written on the score sheet.
  - 3) The amount of twist is greater or less by more than 90 degrees of that written on the score sheet. This decision will be based on the position of the chest with respect to the springboard as the diver enters the water.
  - 4) On a head first entry, if any part of the body below the waist enters the water before the hands.
  - 5) On a feet first entry, if any part of the body above the waist enters the water before the feet.
  - 6) The diver balks twice.
- b. Instruct the judges to award a maximum of 2 points if:
  - 1) A dive is performed in a position different than written on the score sheet.
  - 2) The diver takes a 2 footed hurdle.
  - 3) The diver receives physical assistance during the dive.

NOTE: Use of a wet suit, clothing, verbal assistance, verbal "call out", or person on the board during the execution of the dive is considered "Physical Assistance".
- c. Instruct the judges to award a maximum of 4-1/2 points
  - 1) Arm position - above head (except jumps).
- d. Instruct the Announcer to have the table deduct two points for a balk.

**Allowing a diver the option to repeat the dive noted on the score sheet but announced incorrectly is left to the discretion of the Referee.**

### **Spoiled Dive**

The Referee is authorized to have a spoiled dive repeated, when, in the Referee's opinion, the execution of the dive was influenced by exceptional circumstances. If the diver feels the dive was spoiled by exceptional circumstances, the diver must raise a hand toward the Referee upon breaking the surface of the water so that the Referee will stop the meet to talk with the diver

### **3. After the event:**

- a. After the event, the Referee shall audit the meet result sheets and confirm the results by signature.
- b. In the event of a League record, the Referee shall check the DD and calculations, and then initial the Meet Results sheet besides the diver's name.

### **4. General Deductions/All Judges**

The following is a compilation of deductions assembled from those listed previously in section M, Judging the Execution of a Dive: These are at **JUDGES'** discretion

1. Feet leave the board on back-facing dives (crow-hop). 1 to 2 point deduction
2. Excessive rocking on a backward or standing front dive. 1 to 2 point deduction
3. Twisting dive, takeoff should not be done manifestly from board. Max 2

#### **During Flight**

4. Tuck Dive - Split legs in tuck. 1 to 2 point deduction
5. Twisting Dive – Legs should be together. 1 to 2 point deduction
6. Arm position – should be straight, over head or at side. 1 to 2 point deduction
7. Position partially other than announced (position break). Judge may call it on his/her own. Max 4.5
8. Diving to side of board or too close to board. 1 to 3 point deduction
9. No attempt to come out of tuck - Unsatisfactory dive. Max 2

## 2023 CMDL Diving Sheet

Dive Order	Diver's Name	Club Represented	Boy	Girl				
			6 & U	8 & U				
			9-10	11-12				
			13-14	15-18				
Visiting Team		Home Team						
@								
<b>JUDGES' SCORES</b>								
<b>Dive #</b>	<b>Dive Description</b>	<b>DD</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Net Total</b>
<b>1</b>	FWD	BACK	REV	INW	JUMP			
	DIVE		SOM		TW			
	LINE UP	TUCK	PIKE	STR	FREE			
<b>2</b>	FWD	BACK	REV	INW	JUMP			
	DIVE		SOM		TW			
	LINE UP	TUCK	PIKE	STR	FREE			
<b>3</b>	FWD	BACK	REV	INW	JUMP			
	DIVE		SOM		TW			
	LINE UP	TUCK	PIKE	STR	FREE			
<b>4</b>	FWD	BACK	REV	INW	JUMP			
	DIVE		SOM		TW			
	LINE UP	TUCK	PIKE	STR	FREE			
<b>5</b>	FWD	BACK	REV	INW	JUMP			
	DIVE		SOM		TW			
	LINE UP	TUCK	PIKE	STR	FREE			
<b>6</b>	FWD	BACK	REV	INW	JUMP			
	DIVE		SOM		TW			
	LINE UP	TUCK	PIKE	STR	FREE			
<b>TOTAL SCORE:</b>								
<b>Diver's signature:</b>		<b>Qualifying score: Y or N</b>						
<b>Coach's initials:</b>		<b>Official's initials:</b>			<b>Exhibition or Final Place</b>			

## Degree of Difficulty Table

DIVE NO.	DESCRIPTION	POSITION				DIVE NO.	DESCRIPTION	POSITION				DIVE NO.	DESCRIPTION	POSITION			
		A Strt	B Pike	C Tuck	D Free			A Strt	B Pike	C Tuck	D Free			A Strt	B Pike	C Tuck	D Free
<b>FORWARD GROUP</b>					<b>TWISTING GROUP</b>					<b>TWISTING GROUP</b>							
100	Forward Jump	1.0	1.0	1.0	---	5111	Forward Dive, ½ Twist	1.8	1.7	1.6	---	5311	Reverse Dive, ½ Twist	1.9	---	---	---
101	Forward Dive	1.4	1.3	1.2	---	5112	Forward Dive, 1 Twist	2.0	1.9	---	---	5312	Reverse Dive, 1 Twist	2.1	---	---	---
102	Forward 1 SS	1.6	1.5	1.4	---	5121	Forward 1 SS, ½ Twist	---	---	---	1.7	5321	Reverse 1 SS, ½ Twist	---	---	---	1.8
103	Forward 1½ SS	2.0	1.7	1.6	---	5122	Forward 1 SS, 1 Twist	---	---	---	1.9	5322	Reverse 1 SS, 1 Twist	---	---	---	2.0
104	Forward 2 SS	2.6	2.3	2.2	---	5123	Forward 1 SS, 1½ Twists	---	---	---	2.1	5323	Reverse 1 SS, 1½ Twists	---	---	---	2.4
105	Forward 2½ SS	---	2.6	2.4	---	5124	Forward 1 SS, 2 Twists	---	---	---	2.3	5324	Reverse 1 SS, 2 Twists	---	---	---	2.4
106	Forward 3 SS	---	3.2	2.9	---	5125	Forward 1 SS, 2½ Twists	---	---	---	2.5	5325	Reverse 1 SS, 2½ Twists	---	---	---	2.8
107	Forward 3½ SS	---	3.3	3.0	---	5126	Forward 1 SS, 3 Twists	---	---	---	2.7	5326	Reverse 1 SS, 3 Twists	---	---	---	3.0
112	Forward Flying 1 SS	---	1.7	1.6	---	5131	Forward 1½ SS, ½ Twist	---	---	---	2.0	5331	Reverse 1½ SS, ½ Twist	---	---	---	2.2
113	Forward Flying 1½ SS	---	1.9	1.8	---	5132	Forward 1½ SS, 1 Twist	---	---	---	2.2	5333	Reverse 1½ SS, 1½ Twists	---	---	---	2.6
<b>BACK GROUP</b>																	
200	Back Jump	1.0	1.0	1.0	---	5134	Forward 1½ SS, 2 Twists	---	---	---	2.6	5335	Reverse 1½ SS, 2½ Twists	---	---	---	3.0
201	Back Dive	1.7	1.6	1.5	---	5136	Forward 1½ SS, 3 Twists	---	---	---	3.0	5337	Reverse 1½ SS, 3½ Twists	---	---	---	3.4
202	Back 1 SS	1.7	1.6	1.5	---	5141	Forward 2 SS, ½ Twist	---	2.5	2.4	---	5341	Reverse 2 SS, ½ Twist	---	3.0	2.7	---
203	Back 1½ SS	2.5	2.3	2.0	---	5142	Forward 2 SS, 1 Twist	---	2.7	2.6	---	5342	Reverse 2 SS, 1 Twist	---	3.0	2.7	---
204	Back 2 SS	---	2.5	2.2	---	5143	Forward 2 SS, 1½ Twists	---	2.9	2.8	---	5343	Reverse 2 SS, 1½ Twists	---	3.4	3.1	---
205	Back 2½ SS	---	3.2	3.0	---	5144	Forward 2 SS, 2 Twists	---	3.1	3.0	---	5344	Reverse 2 SS, 2 Twists	---	3.4	3.1	---
212	Back Flying 1 SS	---	1.7	1.6	---	5152	Forward 2½ SS, 1 Twist	---	3.2	3.0	---	5351	Reverse 2½ SS, ½ Twist	---	2.9	2.7	---
<b>REVERSE GROUP</b>																	
301	Reverse Dive	1.8	1.7	1.6	---	5154	Forward 2½ SS, 2 Twists	---	3.6	3.4	---	5411	Inward Dive, ½ Twist	2.0	1.7	---	---
302	Reverse 1 SS	1.8	1.7	1.6	---	5211	Back Dive, ½ Twist	1.8	---	---	---	5412	Inward Dive, 1 Twist	2.2	1.9	---	---
303	Reverse 1½ SS	2.7	2.4	2.1	---	5212	Back Dive, 1 Twist	2.0	---	---	---	5421	Inward 1 SS, ½ Twist	---	---	---	1.9
304	Reverse 2 SS	2.9	2.6	2.3	---	5221	Back 1 SS, ½ Twist	---	---	---	1.7	5422	Inward 1 SS, 1 Twist	---	---	---	2.1
305	Reverse 2½ SS	---	3.2	3.0	---	5222	Back 1 SS, 1 Twist	---	---	---	1.9	5423	Inward 1 SS, 1½ Twist	---	---	---	2.5
312	Reverse Flying 1 SS	---	1.8	1.7	---	5223	Back 1 SS, 1½ Twists	---	---	---	2.3	5424	Inward 1 SS, 2 Twists	---	---	---	2.5
<b>INWARD GROUP</b>																	
401	Inward Dive	1.8	1.5	1.4	---	5224	Back 1 SS, 2 Twists	---	---	---	2.3	5432	Inward 1½ SS, 1 Twist	---	---	---	2.7
402	Inward 1 SS	2.0	1.7	1.6	---	5225	Back 1 SS, 2½ Twists	---	---	---	2.7	5434	Inward 1½ SS, 2 Twists	---	---	---	3.1
403	Inward 1½ SS	---	2.4	2.2	---	5226	Back 1 SS, 3 Twists	---	---	---	2.9	5436	Inward 1½ SS, 3 Twists	---	---	---	3.7
404	Inward 2 SS	---	3.0	2.8	---	5227	Back 1 SS, 3½ Twists	---	---	---	3.1	5441	Inward 2 SS, ½ Twist	---	3.2	3.0	---
405	Inward 2½ SS	---	3.4	3.1	---	5231	Back 1½ SS, ½ Twist	---	---	---	2.1	5442	Inward 2 SS, 1 Twist	---	3.2	3.0	---
412	Inward Flying 1 SS	---	2.1	2.0	---	5233	Back 1½ SS, 1½ Twists	---	---	---	2.5	5443	Inward 2 SS, 1½ Twists	---	3.6	3.4	---
413	Inward Flying 1½ SS	---	2.9	2.7	---	5235	Back 1½ SS, 2½ Twists	---	---	---	2.9	5444	Inward 2 SS, 2 Twists	---	3.6	3.4	---
						5237	Back 1½ SS, 3½ Twists	---	---	---	3.3						
						5251	Back 2½ SS, ½ Twist	---	2.9	2.7	---						

Exceptions for 12 & U:

001 Front Line Up is a DD of 1.2, 002 Back Line Up is a DD of 1.4, Assisted Back Dive is a DD of 1.4/Max 2, 101 Forward Dive (all positions) is a DD of 1.4, 201 Back Dive (all positions) is a DD of 1.7

## FINA DEGREE OF DIFFICULTY/FORMULA AND COMPONENTS

Degree of Difficulty (DD) is calculated by adding: A + B + C + D + E

### A. Somersaults

	0	1/2	1	1 1/2	2	2 1/2	3	3 1/2	4 1/2
1m	0.9	1.1	1.2	1.6	2	2.4	2.7	3	-

### B. Flight Position for flying dives and fly position (E) to either (B) or (C)

	0 - 1 Somersault				1 1/2 - 2 Somersault				2 1/2 Somersault				3 - 3 1/2 Somersault				4 1/2	
	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Inw
A=Strt	0.3	0.3	0.3	0.1	0.4	0.5	0.6	0.8	0.6	0.6	0.7	-	-	-	-	-	-	-
B=Pike	0.2	0.2	0.2	-0.2	0.1	0.3	0.3	0.3	0.2	0.3	0.2	0.5	0.3	0.3	0.3	0.6	0.4	0.7
C=Tuck	0.1	0.1	0.1	-0.3	0	0	0	0.1	0	0.1	0	0.2	0	0	0	0.3	0	0.4
D=Free	0.1	0.1	0.1	-0.1	0	-0.1	-0.1	0.2	0	-0.1	-0.2	0.4	0	0	0	-	-	-
E=Fly	0.2	0.1	0.1	0.4	0.2	0.2	0.2	0.5	0.3	0.3	0.3	0.7	0.4	-	-	-	-	-

### C. Twists

1/2 Tw	1/2 Tw	1/2 Tw	1/2 Tw	1 Tw	1 1/2 Tw	2 Tw	2 1/2 Tw	3 Tw	3 1/2 Tw	4 Tw	4 1/2 Tw
1/2 -1 Som	1 1/2 -2 Som	2 1/2 Som	3 -3 1/2 Som								

Fwd	0.4	0.4	0.4	0.4	0.6	0.8	1	1.2	1.4	1.6	1.8	2
Back	0.2	0.4	0	0	0.4	0.8	0.8	1.2	1.4	1.6	1.8	2
Rev	0.2	0.4	0	0	0.4	0.8	0.8	1.2	1.4	1.6	1.8	2
Inw	0.2	0.4	0.2	0.4	0.4	0.8	0.8	1.2	1.4	1.6	1.8	2

### D. Approach/Group 1. Forward, Back, Reverse, Inward Groups

	Fwd	Back	Rev	Inw 1/2 -1 Som	Inw 1 1/2 -3 1/2 Som
1m	0	0.2	0.3	0.4	0.5

### E. Unnatural Entry. Does not apply to twisting dives

	1/2 Som	1 Som	1 1/2 Som	2 Som	2 1/2 Som	3 Som	3 1/2 Som
Fwd/Inw	-	0.1	-	0.2	-	0.3	-
Back/Rev	0.1	-	0.2	-	0.3	-	0.4



**Table 1 - Meet Required Dives and Groups**

Age group	Number of dives	Number of groups	Required dive(s)*
6 & Under	2 entries, dives or jumps	N/A	N/A**
8 & U	3 dives, or 2 dives & 1 jump***	1	any X01 dive where X= 0,1, 2, 3 or 4
9 – 10	3 dives, or 2 dives & 1 jump***	2	any X01 dive where X= 0,1, 2, 3 or 4
11 – 12	4 dives, or 3 dives & 1 jump***	3	any X01 dive where X= 0,1, 2, 3 or 4
13 – 14	5 dives, or 4 dives & 1 jump***	3	any X01 dive where X= 0,1, 2, 3 or 4
15 – 18	6 dives, or 5 dives & 1 jump***	4	any X01 dive where X= 0,1, 2, 3 or 4

During a meet, each official diver must perform dives from required groups in accordance with section M-11, Table 1, Meet Required Dives and Groups. Any diver who is not able to meet the minimum required dives and groups for his/her age group may dive “exhibition”. Exhibition divers have no required dives, minimum number of dives, or minimum number of groups, and do not count towards the team score or individual qualification.

\*All official divers must perform the dive designated as the meet required dive (as listed on the League schedule as the “Meet Required” dive) as their first dive. Other dives may follow in any sequence.

\*\* 6 & Under is an unofficial competition, and therefore do not have to perform a “Meet Required” dive.

\*\*\*Divers must qualify for championship meet with X01 dives or higher. **A diver may not qualify for championships with any Jumps (100 or 200) or line up (001 or 002) on his/her list,** however a diver that competes with a jump can earn points/ribbon for the team score for (as long as the diver is able to meet the minimum required dives and groups for his/her age group). **Jumps do not count as a group.**

Current FINA degree of difficulties shall be used for all meets with the exception of the following dives for age groups 12 & under:

- 001 (front line up) with a DD of 1.2
- 002 (back line-up) with a DD of 1.4

For Age groups 12 & under:

- Forward Dive 101 (all positions) with a DD of 1.4
- Back Dive 201 (all positions) with a D.D. of 1.7
- Assisted back dive with DD of 1.4/ Max 2

**Note about Line Ups:** A “Line Up” is a dive where there is no obvious attempt to perform an approach, a hurdle, a press, or other preliminary dive entry technique. Divers who perform a “Line Up” have no lift (spring) from the board. A front line up (001x) is considered the **same dive** as a front dive (101x) and a back line up (002x) is the **same dive** as a back dive (201x). Divers who complete a front line up and a front dive or a back line up and a back dive in a meet will be considered exhibition.

## Meet Required Dives and Groups

Age group	Number of dives	Number of groups	Required dive(s)*
6 & Under	2 entries, dives or jumps	N/A	N/A**
8 & U	3 dives, or 2 dives & 1 jump***	1	any X01 dive where X= 0,1, 2, 3 or 4
9 – 10	3 dives, or 2 dives & 1 jump***	2	any X01 dive where X= 0,1, 2, 3 or 4
11 – 12	4 dives, or 3 dives & 1 jump***	3	any X01 dive where X= 0,1, 2, 3 or 4
13 – 14	5 dives, or 4 dives & 1 jump***	3	any X01 dive where X= 0,1, 2, 3 or 4
15 – 18	6 dives, or 5 dives & 1 jump***	4	any X01 dive where X= 0,1, 2, 3 or 4

## 2023 Qualifying Scores

Girls	Age Group	Boys
56	8 & Under	62
77	9/10	73
109	11/12	106
137	13/14	135
180	15 - 18	180

## Aberdeen Swim Club

www.bgcharfordco.org  
615 Old Robin Hood Road  
Aberdeen, MD 21001  
410-272-8685

**Dive Representative:** Nancy Merritt (C) 443-506-3601 ncsparkle03@gmail.com  
**Head Coach:** Rick Culbertson (C) 610-585-5798 r2culbert@aol.com  
**Assistant Coach:** Mathew McPhee (C) 443-684-3148

### Directions:

From 695, take I 95 north to exit 85 Aberdeen. Take Rt. 22 East (toward Aberdeen). Go to 3<sup>rd</sup> traffic light and turn left onto Paradise Road. Go about 1 mile and make a sharp right onto Old Robin Hood Road (go very slow as Robin Hood Road is a very narrow, winding road) Go about a ½ mile on Old Robin Hood Road and turn left into the Aberdeen Swim Club.

**NOTES / Amenities:** Concessions sold to benefit the Aberdeen Dive Team; visiting dive team families should bring chairs for viewing the dive meet; large pavilion to provide shade; many picnic tables available under the pavilion.

## Crofton Swim and Tennis Club

www.croftonswimandtennis.org  
1719 Reynolds Street  
Crofton, MD 21114  
410-721-0699

**Dive Representative:** Michelle Scofield(C) 410-980-1703 mlscotland@hotmail.com  
Heather Clark. (C)210-991-6400 hadclark@gmail.com  
**Head Coach:** Ally Priebe (C) 443-852-6075 Priebeally@gmail.com  
**Assistant Coach:** Anna Clark (C)410-991-2378 annaclarkinoz@gmail.com  
**General Email:** cstcdiveteam@gmail.com

### Directions:

**From Route 100 East:** Take Exit 13A, merge onto I-97 S towards Annapolis / Bay Bridge (~4 miles after BW pkwy). Stay on I-97 S for ~6 miles and follow directions "**From I-97**" below.

**From I-97:** Take Exit # 7 (Rt 32 West /Route 3) towards Bowie/Odenton for ~ ½ mile, then **stay to the left for RT 3** (Crain Hwy) towards Crofton (Do **NOT** get on Rt 32 West). Follow RT 3 for ~ 4 miles & after passing a McDonald's on the left, and going through light at Rt. 424, take left @ next light onto Crawford Blvd. Bear to the right at the fork and merge onto Crofton Pkwy for approximately 1 mile & turn right on Reynolds Street. Street sign for Reynolds hard to see - it's the 1<sup>st</sup> right after Tarrytown Ave. Pool entrance is ~.3 mile on the right (5<sup>th</sup> right).

**NOTES / Amenities:** Plenty of chairs and shade are available. Do not park in Fire Zones. Handicapped Accessible.

## Dulaney Swim Club

www.dulaneyswimclub.com  
234 E. Ridgely Road  
Timonium, MD 21093  
410-252-2125

Mail: PO Box 37 Timonium, MD 21094

<b>Dive Representative:</b>	Sara Rosen Jennifer Erwin Apua Paquola	C) 443-846-5565 C) 408-427-7661 (C)858-344-2809	svrosen@gmail.com jennifer.erwins@gmail.com apuapaquola@gmail.com
<b>Head Coach:</b>	Abby O'Leary	(C) 717-825-1595	abbyoyo9@gmail.com

### Directions to Dulaney Swim Club:

**From the North:** Take 95 South to 695 toward Towson (E). Take the Dulaney Valley Road Exit North. Take a left onto Pot Springs Road. Make a left on Ridgely Road. Take a right into the parking lot for Dulaney Swim Club. If lot is full please ONLY park on pool side of the street.

**From the South:** 95 North to 695 Toward Towson (W). Take the Timonium Road Exit. Cross York Road and continue to Pot Springs Road. Turn Right on Pot Springs. Go to light at Ridgely. Turn right onto Ridgely Road and pool is on your right.

**NOTES / Amenities:** We have plenty of chairs and a full snack bar, serving various dinner items, for your enjoyment.

## Five Oaks Swim Club

www.fiveoaksswimclub.org  
1817 Frederick Road  
Catonsville, MD 21228  
410-747-5122

<b>Dive Representative:</b>	Leah Hayes Erica Mah Wendy Weber	(C) 410-446-7841 (C) 410-409-8985 (C) 919-414-9147	lakhayes@yahoo.com ericapanmah@yahoo.com wendypweber@yahoo.com
<b>Head Coach:</b>	Patty Jazwiecki	(C) 301-801-7000	pattyahrens@gmail.com
<b>Assistant Coaches:</b>	Alexis Bruington	(C) 301-651-3060	alexisbrew@gmail.com

### Directions to Five Oaks:

**From the North:** Head South on 695 towards Glen Burnie. Take exit #13, Frederick Road. Turn right onto Frederick Road. Pass five lights, the last one being South Rolling Road. (Hillcrest Elementary is at the intersection on the right) Travel ahead about 1/4 mile and pool will be on the left just prior to the next light, which is North Rolling Road.

**From the South:** Head North on 695 towards Towson. Take exit #13, Frederick Road. Turn left onto Frederick Road. Continue as above

**NOTES / Amenities:** Concessions sold to benefit Dive Team; Must bring own chairs. Handicapped accessible, except restrooms.

## Forest Hill Swim & Tennis Club

www.fhstc.com  
4310 Columbia Road  
Ellicott City, MD 21042  
410-465-1386

**Dive Representative:** Dana Babik (C) 412-354-0680 dmhugill@yahoo.com  
**Head Coach:** Alex Stewart (C) 443-472-8170 alest1@umbc.edu  
**Assistant Coach:** Haley Crane (C) 410-952-8356 hcrane1120@gmail.com

### Directions

**From 100West:** 100W to Exit 1A (Long Gate Parkway). Turn right at end of exit. At second light (dead end), turn left onto Route 103. Go through 3 lights. At stop sign (dead end), turn left onto St. John's Lane. At next stop sign, turn left onto Columbia Road. Go approximately .3 mile, turn right into Forest Hill entrance.

**From 29 North or South:** Rte. 29 to Rte. 108W (Clarksville). Turn right at the first light (Columbia Road) and stay on that road for 1.8 miles. Turn left into the Forest Hill driveway.

**NOTES / Amenities:** Plenty of chairs. Concessions sold to benefit Dive Team. Handicapped accessible.

## Frederick Area Divers

www.frederickareadivers.com  
Edward P. Thomas Memorial Pool  
500 Fleming Avenue,  
Frederick, MD 21701  
301-663-5666

**Dive Representative:** Katie Hager (C) 443-677-3419 hagerfamily2008@gmail.com  
**Head Coach:** Lucy Sokoloff (C) 240-367-3886 sokolucy@gmail.com

### Directions:

From I-70 West, take Exit 53 B (Rt. 15 North Gettysburg). Proceed on Rt. 15 North approximately .8 mile to Exit 14 (Rosemont Ave). At traffic light at the end of the exit ramp, go straight onto W. 2nd St. Continue on W. 2nd St. for approx. .8 mile. At first traffic light, turn right onto College Ave. Take first right onto Fleming Ave. The pool is on the left. Park anywhere you can find a spot on the street.

Note that Fleming Ave. is one-way. To return to Rt. 15 South, drive past the pool on Fleming Ave. At stop sign at the end of Fleming, turn right onto W. College Terrace. At first stop sign (4-way stop), turn left onto W. 2nd St. At traffic light, turn left onto Rosemont Ave. Immediately follow signs for Rt. 15 South.

**NOTES / Amenities:** Bring Chairs, umbrellas/Canopy Tents for shade. Concessions Sold. Handicapped accessible.

## North Saint John's Swim and Tennis Club

www.nsjswim-tennis.org  
9200 Marydell Road  
Ellicott City, MD 21042  
410-313-9234

<b>Dive Representative:</b> Breanne Chadwick	(C) 214-392-8434	breeanne.ch@gmail.com
<b>Co-Dive Representative:</b> Susan Walker	(C) 410-458-3997	jandswalker@comcast.net
<b>Head Coach:</b> Sean Kelly	(C) 401-294-3265	s.kelly.2695@gmail.com
<b>Assistant Coaches:</b> Rowan Vessey	(C) 410-370-7478	rowanvessey@gmail.com

### Directions: (From Baltimore Beltway I-695):

Take I-70 West to Route 29 South (Rte. 29 S. is a LEFT exit). Take Route 29 South to Route 40 West (1st exit) and stay on 40 West to St. John's Lane - 1st right. Take St. John's Lane to Marydell Road on right (1st right after St. Johns Elementary school). Follow Marydell Road to end for North St. John's Pool.

**NOTES / Amenities:** Concessions are sold to benefit the dive team. Plenty of chairs and picnic tables. Handicapped accessible.

## Padonia Park Club

www.padoniaparkclub.com  
12006 Jenifer Road  
Cockeysville, MD 21030  
410-252-2046

<b>Dive Representative:</b> Stacey Bures	(C) 443-506-7198	cmdldiving@gmail.com
<b>Head Coach:</b> Lisa Lagator	(H) 443-901-1794 (C) 410-905-3137	lisamlagator@gmail.com

### Directions:

Follow I 83 North from I-695. Take the Padonia Road exit. Stay left on ramp. At stop light turn left on to Padonia Road. Go approximately 1.5 miles and turn left onto Jenifer Rd. Pool entrance is on right just past tennis courts.

### NOTES / Amenities

Full service snack bar and bake table to support the dive team. Plenty of chairs and Cabana Bar open during Thursday dive meets.

## St. Andrews Swim and Tennis Club

www.sastc.com  
490 Yorkshire Dr.  
Severna Park, MD 21146  
410-672-5225

**Dive Co-Representative:** Christine Duey (C)202-550-0153 diverrep2023@gmail.com  
**Dive Co-Representative:** Ariana Marshall (C) 802-272-0000 marshall.ariana@gmail.com  
**Head Coach:** Kristen Ritz (C) 410-353-1009 divecoachkristen@gmail.com

### Directions (From Baltimore Beltway):

Take I-695 to I-97 South towards Annapolis (left exit). Take I97 S to exit 10A, Benfield Blvd. Travel East on Benfield to the third light, Lynwood Drive. Make a left onto Lynwood Drive. Make a Right onto Maryleborne Road (second right). Go to Stop sign at Yorkshire Dr. Make a left into SASTC parking lot.

### From points South:

Take Crain Hwy/MD-3 N. Stay STRAIGHT to go onto Veterans Hwy. Turn Right at light onto W Benfield Rd. Merge onto Benfield Blvd. Turn LEFT at light onto Lynwood Dr. Turn RIGHT onto Maryleborn Rd. Turn Left at stop sign onto Yorkshire Dr.

**NOTES / Amenities:** Concessions sold to benefit the Dive Team. Plenty of chairs available. Handicapped accessible.

## Severn River Swim Club

www.severniverswimclub.com  
R117 Cedar Road  
Severna Park, MD 21146  
410-647-9833

**Dive Representative:** Emily Seltzer (C) 410-299-7326 ecseltzer@gmail.com  
**Head Coach:** Leah St. Lawrence (C) 443-534-3203 stlaw009@umn.edu

### Directions (From Baltimore Beltway I-695):

Pool is located on Cedar Avenue, Severna Park. Take MD 3/I-97E exit. Follow 3/I-97 to Benfield Blvd. exit #10-A. Pass through 5 lights. At the sixth light (in front of Severna Park HS), turn right onto Evergreen. Go right at second street (Cedar Avenue). Bear left at "Y" in Cedar Ave. This is entrance to pool.

**Alternate Route:** Take Route 10S (exit 2 from I-695) to stoplight on MD 2 (Ritchie Highway). Turn left onto MD 2. Turn right at 4th light onto Robinson Road. Turn left at next light (by Severna Park HS) onto Evergreen Road. Take 2nd right onto Cedar as above.

**NOTES / Amenities:** Handicapped accessible. Snack bar concessions sold. Chairs and loungers available.

## Waugh Chapel Swim Club

www.wcswimclub.com  
854 Waugh Chapel Road  
Gambrills, MD 21054  
410-672-5225

**Dive Representative:** Casey Boswell (C) 410 693-6300 wscsdiverep@yahoo.com

**Head Coach:** Ruthie Edmunds (C) 443-790-5530 boomer917@yahoo.com

**Assistant Coach:** Cassy Mahdi

### **Directions:** (from Baltimore Beltway I-695):

Follow I-97/301 south to 301 exit (about one mile south of Benfield Blvd.) marked Bowie/Odenton. (Caution: if you miss this exit, you will end up in Annapolis!). About ¼ mile past this exit, bear left to go south to Bowie. You will see Severn Valley Racket Club on right just before reaching Waugh Chapel Road. There is a AAA at intersection of Waugh Chapel Road and Rt. 3. Turn right onto Waugh Chapel Road. The pool is about 1.5 miles on the right on Waugh Chapel Road.

**NOTES / Amenities:** Concessions Sold. Handicapped accessible.

## Whitehall Pool and Tennis Club

www.whitehallpool.net  
12414 Whitehall Drive  
Bowie, MD 20715  
301-464-2662

**Dive Representative:** Kelly Felder (C) kellyannfelder@gmail.com

**Dive Co-Representative:** Keith Grimes (C) 301-661-9727 keithgrimesjr@gmail.com

**Head Coach:** Kelly Stanfill-Murray (C) 240-417-7294 umterpdiver@gmail.com

### **Directions:** (from Baltimore Beltway I-695):

Follow I-97/301 south to 301 exit (about one mile south of Benfield Blvd.) marked Bowie/Odenton. (Caution: if you miss this exit, you will end up in Annapolis!). About ¼ mile past this exit, bear left to go south to Bowie. You will go through Crofton, after you cross the Patuxent River into Prince Georges County make the next right at the light (A Mobil Station is at the corner) on to rt 450 east. At the top of the hill go right on Race Track Rd. Go about a mile and go left onto Old Chapel Rd. On the right, about ½ a mile is Whitehall Drive, in one block the pool will be on your right.



## **West Howard Swim Club**

www.westhowardswimclub.com

16131 Old Frederick Road

Mt. Airy, MD 21771

410-489-7350

**Dive Representative:** Annie Sennet (C): 410-963-4600 asennetcassity@msn.com

**Head Coach:** Kasey Wootton (C) 443-822-6242 kaseywootton@gmail.com

**Assistant Coach:**

### **Directions:**

From I-70, take Exit 73 MD-94 for Woodbine/Lisbon. Bear right at exit and turn right onto Route 94 North towards Woodbine. Enter 1<sup>st</sup> roundabout and take 3rd road off of the roundabout which is heading west (or left) onto Old Frederick Road. Pool is 300 feet on the left.

**NOTES / Amenities:** Concessions sold to benefit the dive team. Seating available. Handicapped accessible. Free wifi.

<b>Blue Division Pools</b>	<b>Dive Team Representative</b>	<b>Contact Information</b>
Aberdeen Swim Club	Rick Culbertson	(C) 610-585-5798 r2culbert@aol.com
	Nancy Merritt	(C) 443-506-3601 ncsparkle03@gmail.com
Dulaney Swim Club	Sara Rosen	(C) 443-846-5565 svrosen@gmail.com
	Jennifer Erwin	(C) 408-427-7661 Jennifer.erwins@gmail.com
	Apua Paquola	(C)858-344-2809 apuapaquola@gmail.com
Five Oaks Swim Club	Leah Hayes	(C) 410-446-7841 lakhayes@yahoo.com
	Erica Mah	(C) 410-409-8985 ericapanmah@yahoo.com
	Wendy Weber	(C) 9194149147 wendypweber@yahoo.com
Forest Hill Swim & Tennis Club	Dana Babik	(C) 412-354-0680 dmhugill@yahoo.com
Frederick Area Divers	Katie Hagar	(C) 443-667-3419 hagerfamily2008@gmail.com
Padonia Park Club	Stacey Bures	(C) 443-506-7198 cmdldiving@gmail.com
	Lisa Lagator	(C) 410-905-3137 lisamlagator@gmail.com
West Howard Swim Club	Annie Sennet	(C) 410-963-4600 asennetcassity@msn.com

<b>Red Division Pools</b>	<b>Dive Team Representative</b>	<b>Contact Information</b>
Crofton Swim & Tennis Club	Michelle Scofield	(C) 410-980-1703 MLscofield@hotmail.com
	Heather Clark	(C)410-991-6400 hadclark@gmail.com
North St. John's Swim & Tennis Club	Breanne Chadwick	(C) 214-392-8434 breeanne.ch@gmail.com
	Susan Walker	(C) 410-458-3997 jandswalker@comcast.net
Severn River Swim Club	Emily Seltzer	(C) 410-299-7326 ecseltzer@gmail.com
St. Andrews Swim & Tennis Club	Christine Duey	(C) 202-550-0153 Diverrep2023@gmail.com
	Ariana Marshall	(C) 802-272-0000 Marshall.ariana@gmail.com
Waugh Chapel Swim Club	Casey Boswell	(C) 410 693-6300 wscsdiverep@yahoo.com
Whitehall Pool and Tennis Club	Keith Grimes	(C) 313-405-6745 keithgrimesjr@gmail.com
	Kelly Felder	kellyannfelder@gmail.com
	Kelly Stanfill-Murray	(C) 240-417-7294 umterpdiver@yahoo.com

## 2022 CMDL Individual Championship Meet Results

<b>Age Group</b>	<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Score</b>
8 & Under Girls	1	Kennedy Beam	St Andrews	80.65
	2	Zoe Lessard	Aberdeen	78.85
	3	Audrey Wright	Five Oaks	68.30
8 & Under Boys	1	Beckett Lessard	Aberdeen	77.00
	2	Ashton Wootton	West Howard	75.70
	3	Jayce Sedgwick	Waugh Chapel	75.40
9/10 Girls	1	Catherine Wong	Padonia	87.55
	2	Emily Romanczyk	Crofton	84.80
	3	Reese Wootton	West Howard	83.40
9/10 Boys	1	Kyle Baldwin	West Howard	88.75
	2	Sullivan Hughes	West Howard	79.70
	3	Smith Seidel	Waugh Chapel	73.20
11/12 Girls	1	Avery Seltzer	Severn River	140.45
	2	Ella Schick	West Howard	134.90
	3	Katelyn Cochran	Waugh Chapel	128.20
11/12 Boys	1	Hudson Beal	Forest Hill	130.60
	2	Owen Ivy	Forest Hill	121.30
	3	Carter Mcdermott	Whitehall	99.00
13/14 Girls	1	Cecilia Park	Aberdeen	191.70
	2	Anna Clark	Crofton	174.15
	3	Josie Halper	West Howard	154.55
13/14 Boys	1	Paul Stanco	Padonia	218.85
	2	Michael Marshall	Waugh Chapel	197.15
	3	Owen Lyons	St Andrews	188.20
15 - 18 Girls	1	Olivia Bashura	North St. John	240.75
	2	Samantha Rhee	West Howard	202.85
	3	Adrianna Compofelice	Waugh Chapel	196.65
15 - 18 Boys	1	Rocky Ramsland	Aberdeen	371.10
	2	John Walker	North St. John	243.85
	3	Jackson Hayes	Five Oaks	222.10

## League Records

### Highest Dual Meet Scores – Regular Season 1978-1992

Age Group	Diver's Name	Club	Score	Year
8 & Under Girls	Crissy Roland	Bay Hills	82.95	1987
8 & Under Boys	Brian Zerrlaut	Waugh Chapel	88.05	1992
9/10 Girls	Nicole Dodson	North St. John	98.50	1987
9/10 Boys	Jay Twell	Padonia	95.35	1985
11/12 Girls	Kristie Snyder	West Howard	151.70	1987
11/12 Boys	John Soulakis	Westview**	144.05	1987
13/14 Girls	Christina Soulakis	Westview**	201.00	1991
13/14 Boys	Darren Taylor	Waugh Chapel	199.75	1991
15 - 18 Girls	Nicole Maraso	Padonia	244.45	1987
	Heather Stewart*	North St. John	265.90	1987
15 - 18 Boys	James Edwards	Padonia	300.15	1990

\*Achieved as an exhibition diver

\*\*Now Crosby Crossing

### Highest Scores Achieved Under Current Rules (since 1993)

Age Group	Diver's Name	Club	Score	Year
8 & Under Girls	Diana Janda	Waugh Chapel	96.50	1995
8 & Under Boys	Alexander Marshall	Waugh Chapel	107.15	2017
9/10 Girls	Ronni Binstock	Severn River	133.80	2011
9/10 Boys	Rocky Ramsland	Aberdeen	137.25	2015
11/12 Girls	Olivia Bashura	North St. John	172.85	2018
11/12 Boys	John Walker	North St. John	190.60	2018
13/14 Girls	Cecilla Park	Aberdeen	223.55	2022
13/14 Boys	Rocky Ramsland	Aberdeen	280.70	2019
15 - 18 Girls	Anna Scofield	Crofton	284.60	2018
15 - 18 Boys	Rhett Hopkins	Whitehall	375.35	2021

2023 Qualifying Scores		
Girls	Age Group	Boys
56	8 & Under	62
77	9/10	73
109	11/12	106
137	13/14	135
180	15-18	180