



2009 RULES AND REGULATIONS

Central Ohio Diving Association Rules

1. Purpose: To promote and administer a not for profit developmental diving league created for athletes of all abilities to gain experience in a meet setting. Divers from CCL, SSL and GCSL may participate in these meets to supplement missed meets and bye weeks. As well, club or high school divers may participate to gain meet experience and practice new dives for USA Diving, AAU events and more.
2. Diving Team Chairperson: The person designated by a member club to represent that respective team in League affairs. The team chairperson or his/her representative shall be present at all meetings of the League and shall be present at all diving meets. He/she shall assist the Referee in order to ensure smooth operation and conduct of the meet. Any procedural question regarding the League shall be presented to the League Coordinator through the Team's Chairperson.
3. Participation Requirements: Divers in the Central Ohio area who are active members of **dues-paying** families of a pool or club may represent that club in CODA competition with a coach present. Divers not representing a summer team, or U.S. Club divers ("unattached") must have a current AAU number. To sign up go to www.aausports.org Cost is \$14/yr.
2009 CODA Code: OHDI47AKB9
4. CODA is a not for profit developmental diving league. To defray costs of pool rental, awards and expenses, there is a \$10 per meet fee payable to CODA.
5. Age Groups are 8 and U, 9-10, 11-12, 13-14, and 15-18. Maximum age is 19. **Diver's age for the entire season is his/her age as of June 12th.** Divers must dive in their age group. Requirements for the 8 and Under age group are the same as 9-10 and will only be broken into two age groups as needed.
6. Divers may compete in a cumulative total of 7 meets in a summer season. This includes summer league and CODA meets. Exceptions may be made by presenting a request to the League Coordinator.
7. Registration for CODA events is done by completing the email registration page through www.ACESDiving.com at least 12 hours prior to the participating event. CODA Dive Sheets with age group requirements are available to print online.
8. Events are limited to 20 divers, male and female, per age group.
9. Failure to show for an event which results in eliminating other divers (> 20) will cost the \$10 entry fee.
10. Two no shows in a given season will result in suspension from rest of the season.
11. Rules: The current issue of The United States Diving Rules and Regulations shall govern all diving functions, except as noted in these rules.
12. Penalties: Any infraction of the Diving League rules shall be handled by the League Coordinator or his/her appointed representative. If there is an infraction that is not settled, it should be put in writing and sent to the League Coordinator within 24 hours.
13. Incomplete dive sheets may be corrected before the event starts. If the missing dive is not caught until after the start of the event, the dive may be added or changed with a two (2) point deduction from each judges scores.

14. Cancellation: In the event of inclement weather during a scheduled meet, a 30 minute waiting period will be observed before cancellation of that event. After 2 waiting periods, the meet director will decide if the meet is to be cancelled or postponed. No make-up meets will be scheduled.
15. Judges: Coaches will be responsible for judging.
16. Parents will be responsible for helping at the table.

Dual Meet Format

1. Procedure: CODA Meet Director is responsible for the preparation and conduct of the meet. Details concerning the start time, date, and location are available on the CODA main website at: www.ACESDiving.com

2. Schedule: Meets will be conducted as posted by June 12 of the given season. Order of events and timeline is posted on the website.

3. Conduct of Events:

a) Diving sheets shall be filled out in its entirety before the warm-ups for the meet. Check DD's carefully. CODA Dive Sheets with age group requirements and CODA DD Tables are available on the main website.

b) Dives may be changed up to 30 minutes before the specific event. After that, a two (2) point deduction will be made on any dive changes. Positions may be changed immediately before the dive without penalty. If the changed position results in an increase in DD, the DD will remain as listed. If the change in position results in a decrease in DD, it will change to the true DD. The lower DD will always prevail.

c) A diver may elect to jump one dive for a DD or 1.0, except in championships. We encourage the development of the divers using proper and safe technique. It is important to not put any individual in an unsafe situation, pressured to trying dives without proper preparation.

d) Score sheets – will remain on file with CODA through championships. After this, email your request if you would like a copy of your sheets.

e) The Referee will announce a 90 second completion time of a dive. If it is not executed within that period, the dive will be considered failed.

4. Events: All events shall be conducted by the following age groups: 10 & Under, 11–12, 13–14 and 15-18. * 8 & Under may be scored separate but will follow 10 & Under guidelines.

5. Number of Dives:

8 - U, 9 - 10 (4 total dives)

Front jump, front entry or forward dive
3 other dives covering 2 categories

11 – 12 (5 total dives)

Forward dive (101)
4 other dives covering 3 categories

13 – 14 (6 total dives)

Forward dive (101)
5 other dives from 4 categories

15 - 18 (8 total dives)

Forward dive (101) or one and one half som. (103)
7 other dives covering all 5 categories

- a. No balks will be called for 8 & under age group. They should be judged accordingly.
- b. The following dives are not allowed: 5111, 5211, 5311, and 5411.
- c. All optional dives must be listed on the FINA DD table. Please see the CODA website for a copy of the CODA DD Table.

6. Participation: There is a limit of 20 divers, male and female, in each age group.

7. Awards: Ribbons will be awarded for 1st through 8th place. All other participants will receive an exhibition or participation ribbon. CODA will provide all awards.

8. Judging: A minimum of three (3) judges are required for each event; a five (5) member panel is recommended. Each team shall be willing to provide at least one (1) qualified judge per event. *If a coach is judging, please refrain from interrupting the flow of the meet by excessive encouragement from the judge's chair.*

9. Diving Order: The order shall be chosen randomly by the meet director.

10. Team Scoring: No team points are awarded for individual place finishes except at championships.

Championship Meet

1. Age Groups and Events: The following shall be the age groups and events for the CODA Diving League Championship Meet: 10 & Under ; 11 – 12; 13 – 14; 15 & over

2. Order of Events: Diving order will be posted the day of the event.

3. Eligibility: A diver must have placed in the top 6 in their home league championships to be invited to participate in the CODA Grand Championship Meet. Unattached divers will be selected and invited at the discretion of the Meet Director based on performance during CODA competitions.

4. Conduct of Events:

a) Each event shall employ a panel of five (5) judges. Teams are requested to furnish names of table workers. The Meet Director will determine the qualifications of each judging panel.

b) Diving forms must be completed in duplicate, and in pencil, and turned in to the League Coordinator no later than 1 week before the meet (July 25, 2009). The entry fee will be determined at the time of invitation to the meet, but will not exceed \$10 per participant.

c) Changes in diving forms may be made in writing (email) until 9 p.m. three (3) days prior to the Championship Meet. Any other changes will result with the dive having a two (2) point deduction. Once the meet begins, positions may be changed before the dive and the lower DD will prevail, same as in a dual meet.

d) A diver cannot unduly delay the event. The Referee will announce a 90 second completion time of a dive. If it is not executed within that period, the dive will be considered failed.

5. Awards:

a) Individual: Medals shall be awarded to the top sixteen (16), and trophies to the top three (3) per age group, male and female. All other participants will receive a qualifying participation award.

b) Team points for individuals placed in each event shall be:

1st place	20 points	9 th place	8 points
2nd place	17 points	10 th place	7 points
3rd place	16 points	11 th place	6 points
4th place	15 points	12 th place	5 points
5th place	14 points	13 th place	4 points
6th place	13 points	14 th place	3 points
7th place	12 points	15 th place	2 points
8th place	11 points	16 th place	1 point

c) Trophies shall be awarded to the top three teams.

6. Order of Dives: Same as regular season CODA meets with the exception of no jumped dives.

7. There will be at least a 15 minute warm-up between each event.



Sportsmanship Guide

1. All Team Representatives and Coaches will lead by example in demonstrating fair play, sportsmanship and positive support for all Participants.
2. All Team Representatives and Coaches shall provide support for Coaches working with the League to provide a positive and enjoyable experience for everyone.
3. All Team Representatives and Coaches will place the emotional and physical well-being of their Participants ahead of a personal desire to win.
4. All Team Representatives and Coaches will treat each participant as an individual, remembering the large range of emotional and physical development of members of the same age group.
5. All Team Representatives, Coaches and Officials will do their best to provide a safe playing situation and environment. Concerns should be immediately addressed to the meet director.
6. All Team Representatives and Coaches will be knowledgeable in the rules of the League and the sport, and will teach these rules to their Participants and Parents.
7. All Team Representatives and Coaches will use coaching techniques appropriate for the League and the sport of diving.
8. All Team Representatives, Coaches and Officials must remember that CODA is for children and not for adults.
9. Individuals not complying with these rules will be subject to suspension or dismissal from CODA.
10. CODA Board will be responsible for hearing any complaints pertaining to these guides during the season and rendering any penalty if necessary.