

FCSL Diving Rules Changes

To all FCSL Club Diving Coaches and Diving Chairs:

At the Kickoff League Meeting on **June 5, 2014**, several changes to the FCSL Diving Rules were recommended by the FCSL Diving VP, Heather Pech, in conjunction with the FCSL Diving Coaches Rep', Joe Somma.

One change was to cut one of the Optional dives for 10/unders at Championships to give a total of 4 dives.

Another Diving Rule change applies only to the 14 & Under and 17 & Under age groups: and removes an FCSL restriction in the Required Dive list.

The 101 Forward Required Dive to be changed to now include the 103 Forward Dive as a Voluntary alternative to the 101 Forward Dive. This then matches USA Diving Rules.

One other proposed Diving Rule amendment, ie to remove a Required Back Jump for 10/Unders, resulting in a total of 5 dives for 10 & Unders in FCSL Dual Meets was already included in a printed replacement (Diving Rules, page 4) in anticipation of it's adoption.

This page was distributed as part of a packet of printed material to update each of the Club and Board FCSL Rule Book binders.

All of these Diving Rule changes were proposed, seconded and passed by a show of hands at the League Kickoff Meeting.

Thus the following page 4 should be printed out for your 2014 Rule Books to replace page 4 in the FCSL Diving Rules. It is updated to reflect all the Diving Rule amendments which were approved.

(Note: page 3 on the reverse of the existing page 4 is not changed and should not be removed from your binder)

Diving Rules Changes Summary

- Drop 1 dive (back jump) for 5 dives total for 10/u in FCSL dual meet
- Drop 1 dive for 4 dives total in 10/u Diving Championships
- 14/u and 17/u add 103 as a voluntary (ie becomes option of 101 OR 103, as in USA Diving Rules)

In FCSL dual meets, the dives for each age group shall be performed with the required dives first, followed by optional dives in any order.

At Championships Meets the order **must** be as shown in table below:

Age Group	Dual Meets	Championships	
		1 Meter	3 Meter
10/Under	Front Jump	Required	N/A
	Required (101, 201, 301, 401, or forward twisting dive)		
	Optional*	Optional*	
	Optional*	Optional*	
	Optional*	Optional*	
	NB: No Back Dive ½ Twist		
12/Under	Required (101, 201, 301, 401, or twisting dive)	Required	Required
	Required (101, 201, 301, 401, or twisting dive)	Required	Optional*
	Optional*	Optional*	Optional*
	Optional*	<u>Optional*(cut)</u>	Optional*
	Optional*	Required	Optional
		Optional*	
14/Under	Required (101/103, 201, 301, 401, or twisting dive)	Required	Required
	Required (101/103, 201, 301, 401, or twisting dive)	Required	Optional*
	Optional*	Optional*	Optional*
	Optional*	<u>Optional*(cut)</u>	Optional*
	Optional*	Required	Optional*
	Optional*	Required	Optional
		Optional*	
17/Under	Required (101/103, 201, 301, 401, or twisting dive)	Required	Required
	Optional*	Required	Required
	Optional*	Optional*	Optional*
	Optional*	Optional*	Optional*
	Optional*	<u>Optional* cut)</u>	Optional*
	Optional	Required	Optional*
		Required	Optional
		Optional*	Optional
		Optional	
<p><i>* Denotes dive must be from separate group</i></p> <p><i>* (cut) denotes last dive before cut to top 12</i></p> <p>NB: REQUIRED DIVES must be taken from the list: 101 Forward, 201 Backward, 301 Reverse , 401 Inward, Twisting dive as listed above.</p> <p><u>For 14/U & 17/U only: '101 Forward' is replaced by '101 OR 103 Forward'</u></p>			