

**NVSL DIVE  
TEAM REP MEETING  
March 3, 2019  
Arlington Central Library**

1. Welcome, introduce EXCOM, roll call - Lynn Clark
2. Treasurer's report, assessments - Bob McKinney
3. Insurance and team roster reporting, survey - Jim Sweeder
4. Sportsmanship & judge/ref concerns - Jim Sweeder
5. Dual meets - Jim Sweeder
6. Championship & clinic schedule, handbook updates - Mike Schaeffer
7. Safety - Mike Schaeffer
8. Website updates - Thomas Joyce
9. Awards, table work clinic info - Mary Bowersox
10. Scholarship - Nancy Steffen
11. Proposed rule changes discussion & vote - Mike Schaeffer
12. Reminder - next meeting will be Sunday 6/9, 8:30am at Arlington Forest

Handouts (on website)

1. Agenda
2. Treasurer's report
3. Ref list
4. Dual meet schedule
5. Championship, clinics schedule; EXCOM contact info
6. Safety
7. Proposed rule changes

**NVSL Diving 2018 Financial Report**  
**(reflects 1-1-2018 start date and 12-31-2018 end date)**

<b>Income</b>	<b>2018 Budget</b>	<b>vs</b>	<b>2018 Actuals</b>
Member dues	9400.00		9400.00
Insurance	2615.00		2615.00
Net Ads	3500.00		7136.98
Interest	1.00		0.77
Meet income	150.00		214.80
Late fees (paid on deck)	100.00		145.00
Ribbon fees	200.00		187.00
Team late fee	100.00		75.00
<b>Total Income</b>	<b>16066.00</b>		<b>19774.55</b>

**Expenses**

Trophies/plaques/medals	4100.00		3948.76
Ribbons	2150.00		1884.42
Insurance	2615.00		2614.00
Pool rental	2500.00		2302.41
Printing & Postage	950.00		1556.72
Handbook cost	2000.00		1655.00
All Star patches	300.00		281.00
NVSL meet support & equipment	250.00		230.00
NVSL Score reporting System			375.00
<b>Total Expenses</b>	<b>14865.00</b>		<b>14847.31</b>
<b>Over/Under</b>	<b>1201.00</b>		<b>4927.24</b>

**Beginning balance as of 1/1/2018:**

**2001.01**

**Ending Balance as of 12/31/2018:**

**6928.25**

## REFEREES WHOSE CERTIFICATION EXPIRES AS OF THE 2019 SEASON

<u>Name</u>	<u>Pool</u>	<u>Phone Number</u>
Malia Asfour	KG	623-0114
Kelly Brockway	HP	346-6447
Stacey Brooks	KG	202-222-5891
Kathie Burgess	THA	505-9130
Chris Cafferky	WG	209-2483(c)
Lynn Clark	AF	919-4376
Courtney Collins	WC	220-8215(c)
Victoria Esposito	HSC	424-3023
Bonnie Gagermeier	CCC	876-0611
Brenda Greene	CCC	846-0335
Ira Hersh	KG	201-3833
Darrin Holley	DR	202-277-8619
Heather Lawrence	KG	930-6548(c)
Celeste Leyhe	NS	347-3865
Sonya Marsden	DL	919-3616
Linda McElligott	HSC	608-4157
Bob McKinney	Unatt	916-8212/568-6762
Carson Murray	T	864-8354
Jeff Olnhausen	SHR	855-5965
Noah Paci	VW	975-0694
Rachel Paci	VW	975-6425
Tim Polnow	PAR	503-8652
Barbara Price	RH	321-890-6621
Paige Schupp	FS	622-0243
Tom Smialowicz	AF	407-6800
Mike Summersgill	SR	599-0082(c)
Pamela Torok	GF	629-4533
Rachel Townsend	HP	405-9608
Heather Vogus	R	593-9186(c)/913-0349(h)
Christopher Wade	RFD	571-238-3468
Lesya Yeatman	W	967-4733
Stuart Young	R	731-7366

Validated Feb 2019

**SCHEDULE OF 2019 NVSL® DIVING MEETS**

**DIVE DIVISION 1 – Jim McHugh 703-334-1313**

June 25	Oakton	at	Vienna Woods
	Sideburn Run	at	Dunn Loring
	Overlee	at	Fairfax
July 2	Vienna Woods	at	Overlee
	Oakton	at	Sideburn Run
	Fairfax	at	Dunn Loring
July 9	Fairfax	at	Vienna Woods
	Overlee	at	Sideburn Run
	Dunn Loring	at	Oakton
July 16	Vienna Woods	at	Dunn Loring
	Sideburn Run	at	Fairfax
	Oakton	at	Overlee
July 23	Vienna Woods	at	Sideburn Run
	Dunn Loring	at	Overlee
	Fairfax	at	Oakton
July 28	Divisionals	at	Overlee

**DIVE DIVISION 2 – Scott Friedman 703-328-2891**

June 25	Old Keene Mill	at	Mansion House
	Walden Glen	at	Truro
	Arlington Forest	at	Lee Graham
July 2	Mansion House	at	Arlington Forest
	Old Keene Mill	at	Walden Glen
	Lee Graham	at	Truro
July 9	Lee Graham	at	Mansion House
	Arlington Forest	at	Walden Glen
	Truro	at	Old Keene Mill
July 16	Mansion House	at	Truro
	Walden Glen	at	Lee Graham
	Old Keene Mill	at	Arlington Forest
July 23	Mansion House	at	Walden Glen
	Truro	at	Arlington Forest
	Lee Graham	at	Old Keene Mill
July 28	Divisionals	at	Truro

**DIVE DIVISION 3 – Mike Schaeffer 703-593-5075**

June 25	Great Falls	at	Tuckahoe
	Chesterbrook	at	Pinecrest
	Kent Gardens	at	Hayfield
July 2	Tuckahoe	at	Kent Gardens
	Great Falls	at	Chesterbrook
	Hayfield	at	Pinecrest
July 9	Hayfield	at	Tuckahoe
	Kent Gardens	at	Chesterbrook
	Pinecrest	at	Great Falls
July 16	Tuckahoe	at	Pinecrest
	Chesterbrook	at	Hayfield
	Great Falls	at	Kent Gardens
July 23	Tuckahoe	at	Chesterbrook
	Pinecrest	at	Kent Gardens
	Hayfield	at	Great Falls
July 28	Divisionals	at	Tuckahoe

**DIVE DIVISION 4 – Sheri Crotty 703-862-1636**

June 25	Highlands Swim	at	Camelot
	Wakefield Chapel	at	Sleepy Hollow Rec
	Donaldson Run	at	Crosspointe
July 2	Camelot	at	Donaldson Run
	Highlands Swim	at	Wakefield Chapel
	Crosspointe	at	Sleepy Hollow Rec
July 9	Crosspointe	at	Camelot
	Donaldson Run	at	Wakefield Chapel
	Sleepy Hollow Rec	at	Highlands Swim
July 16	Camelot	at	Sleepy Hollow Rec
	Wakefield Chapel	at	Crosspointe
	Highlands Swim	at	Donaldson Run
July 23	Camelot	at	Wakefield Chapel
	Sleepy Hollow Rec	at	Donaldson Run
	Crosspointe	at	Highlands Swim
July 28	Divisionals	at	Wakefield Chapel

**DIVE DIVISION 5 – Thomas Joyce 703-622-8452**

June 25	Dominion Hills	at	Lakeview
	Sleepy Hollow B&R	at	Ravensworth
	Hunt Valley	at	Mantua
July 2	Lakeview	at	Hunt Valley
	Dominion Hills	at	Sleepy Hollow B&R
	Mantua	at	Ravensworth
July 9	Mantua	at	Lakeview
	Hunt Valley	at	Sleepy Hollow B&R
	Ravensworth	at	Dominion Hills
July 16	Lakeview	at	Ravensworth
	Sleepy Hollow B&R	at	Mantua
	Dominion Hills	at	Hunt Valley
July 23	Lakeview	at	Sleepy Hollow B&R
	Ravensworth	at	Hunt Valley
	Mantua	at	Dominion Hills
July 28	Divisionals	at	Ravensworth

**DIVE DIVISION 6 – Leddyanne Dell 703-906-1328**

June 25	Greenbriar	at	Cardinal Hill
	Highland Park	at	Rolling Hills
	Stratford	at	Woodley
July 2	Cardinal Hill	at	Stratford
	Greenbriar	at	Highland Park
	Woodley	at	Rolling Hills
July 9	Woodley	at	Cardinal Hill
	Stratford	at	Highland Park
	Rolling Hills	at	Greenbriar
July 16	Cardinal Hill	at	Rolling Hills
	Highland Park	at	Woodley
	Greenbriar	at	Stratford
July 23	Cardinal Hill	at	Highland Park
	Rolling Hills	at	Stratford
	Woodley	at	Greenbriar
July 28	Divisionals	at	Highland Park

**DIVE DIVISION 7 – Betsy Yarrison 703 371-7183**

June 25	Parliament	at	Hamlet
	Fairfax Station	at	Ilda
	Springfield	at	Rutherford
July 2	Hamlet	at	Springfield
	Parliament	at	Fairfax Station
	Rutherford	at	Ilda
July 9	Rutherford	at	Hamlet
	Springfield	at	Fairfax Station
	Ilda	at	Parliament
July 16	Hamlet	at	Ilda
	Fairfax Station	at	Rutherford
	Parliament	at	Springfield
July 23	Hamlet	at	Fairfax Station
	Ilda	at	Springfield
	Rutherford	at	Parliament
July 28	Divisionals	at	Hamlet

**DIVE DIVISION 8 – Celeste Levhe 703-347-3865**

June 25	Annandale	at	<b>BYE</b>
	Orange Hunt	at	North Springfield
	Commonwealth	at	Springboard
July 2	<b>BYE</b>	at	Commonwealth
	Annandale	at	Orange Hunt
	Springboard	at	North Springfield
July 9	Springboard	at	<b>BYE</b>
	Commonwealth	at	Orange Hunt
	North Springfield	at	Annandale
July 16	<b>BYE</b>	at	North Springfield
	Orange Hunt	at	Springboard
	Annandale	at	Commonwealth
July 23	<b>BYE</b>	at	Orange Hunt
	North Springfield	at	Commonwealth
	Springboard	at	Annandale
July 28	Divisionals	at	Springboard

**NVSL® 2019 DIVING**  
**OFFICERS AND COMMITTEE CHAIRPERSONS (EXCOM)**

**OFFICERS**

VICE PRESIDENT (Diving)

Lynn Clark (AF) clarkmail@verizon.net 703-919-4376  
4610 S. 4<sup>th</sup> St., Arlington 22204

SECOND VICE-PRESIDENT

Stacey Brooks (KG) comtnclimr@gmail.com 703-437-3453  
6718 Van Fleet Dr., McLean 22101 (c)202-222-5891

CHIEF INFORMATION OFFICER

Thomas Joyce (DH) tjoyce72@hotmail.com 703-622-8452  
850 N. Burlington St., Arlington 22203

SECRETARY

Renata McHugh (SR) renatamc1983@gmail.com 703-425-5080  
5215 Grinnell St., Fairfax, 22032 (c)703-625-8050

TREASURER

Bob McKinney (NS) bobjenmac@cox.net 703-916-8212  
7403 Farnum St., Springfield, 22151 (c)703-568-6762

DIRECTOR AT LARGE

Arlene Pripeton (M) apripeton@gmail.com 703-323-5687  
3811 Moss Brooke Ct., Fairfax 22031 703-385-2858

**COMMITTEES**

AWARDS

Mary Bowersox (OKM).....703-913-5420  
mtbowersox@fcps.edu

RULES COMMITTEE

Mike Schaeffer, Chair (HF) .....703-593-5075  
mikejudy@cox.net

Nancy Steffen (Unatt) .....(h)703-938-4611  
fachsteffen@cox.net..... (c)202-359-1603

Bob McKinney (NS) .....703-916-8212  
bobjenmac@cox.net..... (c)703-568-6762

Lee Bowersox (OKM) .....703-913-5420  
lee.bowersox@navy.mil

Mary Gelbach (HV) .....760-712-8068  
marygelbach@gmail.com .....760-453-5070

**SEEDING COMMITTEE**

Jim Sweeder, Chair (Unatt) .....703-503-2959  
jsweeder@verizon.net..... (c)571-214-3931

Julie Fowler (WG) .....703-425-2846  
jfowler10@cox.net..... (c)703-732-8877

Peggy Di Scipio (LG) .....703-618-2613  
peggy.discipio@gmail.com

Doug Gelbach (HV) .....760-453-5070  
u88sna@gmail.com.....760-712-8068

**SCHOLARSHIP**

Nancy Steffen (Unatt) .....(h)703-938-4611  
fachsteffen@cox.net..... (c)202-359-1603

**CHIEF OFFICIAL**

Jim Sweeder (Unatt).....703-503-2959  
jsweeder@verizon.net..... (c)571-214-3931

**SAFETY AND CLINICS COORDINATOR**

Mike Schaeffer (HF) .....703-593-5075  
mikejudy@cox.net

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**NORTHERN VIRGINIA SWIMMING LEAGUE**  
**2019 DIVING DIVISION COORDINATORS**

*[Note: first phone number listed is the preferred number.]*

- 1 Jim McHugh (SR) .....703-334-1313  
dive@sideburnrun.com
  - 2 Scott Friedman (LG) ..... (c)703-328-2891  
friedman.scott@gmail.com
  - 3 Mike Schaeffer (HF) .....703-593-5075  
mikejudy@cox.net
  - 4 Sheri Crotty (SHR)..... (c)703-862-1636  
crottycrew@hotmail.com.....703-914-2777
  - 5 Thomas Joyce (DH) .....703-622-8452  
tjoyce72@hotmail.com
  - 6 Leddyanne Dell (W) .....703-906-1328  
woodleydiverep@gmail.com
  - 7 Betsy Yarrison (S).....703-371-7183  
betsy.yarrison@gmail.com
  - 8 Celeste Leyhe .....703-347-3865  
celesteleyhe@yahoo.com
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## **2019 CHAMPIONSHIP MEETS**

### Wally Martin Memorial Meet

July 14 Oak Marr Rec Center  
Meet Manager: Stacey Brooks ..... 703-437-3453

### Cracker Jack Meet Invitational

July 21 Sideburn Run  
Meet Managers: Mary Bowersox .....703-913-5420  
Arlene Pripeton .....703-323-5687  
Local Contact Jim McHugh.....703-334-1313

### Division Individual Championship Meets

July 28 Sites to be listed in the 2019 Handbook

### All-Star Meet

August 4 Springfield  
Meet Manager: Lynn Clark.....703-919-4376  
Local Contact: Betsy Yarrison..... 703 371-7183  
.....703-644-4039

## **2019 CLINICS**

Coaches June 1, 4:00 PM at Dominion Hills  
Thomas Joyce, Local Contact .....703-622-8452

Division Coordinators Week of June 2, actual date/location/time TBD  
Arlene Pripeton, Local Contact .....703-323-5687

Team Reps June 9, 8:30 AM at Arlington Forest  
Lynn Clark, Local Contact .....703-919-4376

Meet Workers June 9, 9:45 AM at Arlington Forest  
Lynn Clark, Local Contact .....703-919-4376

Judges June 9, 9:45 AM at Arlington Forest  
Lynn Clark, Local Contact .....703-919-4376  
June 23, 2 PM at Chesterbrook  
Katy Beach, Local Contact.....703-553-7970  
June 26, 6:30 PM at Camelot  
Megan Wells, Local Contact .....703-801-5355

Referees June 13, 6:30 PM at Truro  
Kathie Burgess, Local Contact.....703-505-9130  
June 19, 6:30 PM at Truro  
Kathie Burgess, Local Contact.....703-505-9130

### Future Dates:

Proposed Rule Changes Submitted ..... 10/06/19  
Executive Board Meeting ..... 10/27/19  
Team Rep Meeting ..... 11/17/19  
Executive Board Meeting ..... 02/16/20  
Team Rep Meeting ..... 03/01/20

## **2019 Diving Board and Equipment Safety and Maintenance**

As the NVSL Safety Coordinator, I'm sending out my annual message about diving boards and diving equipment to facilitate meeting safety, installation, and maintenance standards. First off, please read paragraph 1.h. contained in the Dive Rules section and of the NVSL Handbook. Also review the Recommended Safety Reminders for NVSL Dive Teams in the Handbook right after the 1-meter DD Table. Paragraph 1.h. indicates that pool organizations are responsible for setting standards of care regarding safety at pools where dive meets are held. Second, become familiar with the Duraflex International website <https://duraflexinternational.com/> for maintenance, refurbishment, and installation procedures and performance standards for Duraflex products (boards and dive stands).

### **Safety Emphasis items:**

#### **Tightening Nuts/Bolts on Diving Boards during Installation:**

Consultations were conducted at nine (9) NVSL pools during the 2018 season on request by team representatives. Seven diving facilities had insufficiently tightened bolts attaching the boards to the stands; two facilities were found to be acceptably tightened. In two out of seven cases, the bolts were able to be loosened by hand. This is an easy problem to remedy. Pool companies should be instructed to review and follow board installation procedures found on the Duraflex International Website. Investment in a torque wrench is highly recommended. All that has to be done is to set the wrench to 110 foot-pounds, see that the board is centered on the stand, and tighten the bolts to the setting on the wrench. Many facilities' nuts/bolts exhibited claw marks. Pls don't use vise grips, pliers, or channel locks, or similar tools to tighten nuts/bolts. It's not possible to get the proper tightness with these tools – and the nuts will be damaged.

#### **Taking Care of Worn-out Slippery Boards:**

When your boards are taken out of storage and cleaned for installation and surfaces are found to be slippery, take them out of service immediately. Avoid the notion that you can get by for one more season before taking corrective action. Either purchase an exact model new diving board from or return the old board to Duraflex for resurfacing. Please check the Duraflex website for instructions on returning boards for resurfacing, especially the inspection criteria for old boards. If the old board doesn't meet these criteria, then purchase of a new replacement board is necessary. Only Duraflex resurfacing is acceptable. Resurfacing by another vendor or self-resurfacing by the pool or the pool company must be avoided. Otherwise, the board will become unacceptably slippery again in a short time and in some cases the board surface will prematurely experience delamination (peeling).

#### **Storage of Diving Boards:**

To get the best lifetime out of diving boards, avoid storing them in the pump room on their sides. The pump room, even after seasonal use, continues to retain a residual caustic chemical environment even if chemicals are not stored there. It could result in premature failure of the board surface. Storing of the boards on their sides promotes warpage across the width of the board. If severe enough, it could affect whether the board is an acceptable candidate for resurfacing. Boards should be stored bottom-side up supported at two points, for example on saw horses, table surfaces, etc. They can be stored inside in a chemical free environment or outside as long as the boards are kept out of the rain, freezing rain, and snow.

**Information:**

Diving boards do not last forever and require periodic upkeep depending on how much your boards are used. The surfaces of boards at pools with average dive team activity last an average of 6 to 7 years. Very active dive team pools could experience a 3 to 4 year surface lifetime; less active pools 7 to 10 years or more.

**Other Things to Pay Attention to:**

- Metal contact between board and roller; replace shredded rubber runners to prevent damage
- Creaking noises when the board is flexed can indicate structural damage meaning board replacement
- Corroded channel at mounting end of the board might mean the board requires replacement
- Exact model new board replacement is necessary to be compliant with County Health codes

**Other Helpful Information:** Other useful services for dive stand maintenance, board installation, or stand installation are available from Bill York by calling 703-887-9762 or by contacting Larry May (609-828-9250) or at: <http://www.thefulcrumguy.com/>.

**Please call me or email me if you have questions, 703-593-5075 or [mikejudy@cox.net](mailto:mikejudy@cox.net).**

**Mike Schaeffer, NVSL Diving Safety Coordinator**

## **PROPOSED RULE CHANGES FOR THE 2019 SEASON – RULES COMMITTEE RECOMMENDATIONS TO THE EXCOM**

The NVSL Diving Rules Committee corresponded by email during December 2018 to review, discuss, and formulate recommendations to the EXCOM on the adoption or non-adoption of proposed rules changes received and accepted for consideration. Four of five committee were engaged in the recommendation process. One member was unavailable. The EXCOM met on February 17, 2019. The committee and the EXCOM recommendations are summarized as follows:

I. – unanimous for adoption (Rules Committee and EXCOM) (Subject to changes noted in the rule change)

II. – unanimous for adoption (Rules Committee and EXCOM)

III. – unanimous for adoption (Rules Committee and EXCOM)

The Rules Committee review comments are summarized below. No changes by the EXCOM.

**Submitted for the Committee by Mike Schaeffer, NVSL Diving Rules Chair**

### **I. MAKE CLEAR THAT DOUBLE JUMPING OR DOUBLE BOUNDING ON THE END OF THE BOARD BEFORE TAKE OFF IS A FAILED DIVE:**

#### Comments:

- The rationale makes eminent sense – NVSL has a policy to standardize its rules to the FINA rules when they involve diving performance and scoring standards and they do not affect the developmental aspects of NVSL; the FINA rule is not currently stated in the NVSL rules.
- The proposed rule has been applied in the past through rule 9 in the Handbook (default to FINA rules) whenever double bounding has been observed and the dive subsequently failed.
- It is better for referees to be able to apply the rule directly from the NVSL Handbook than to google it from the FINA rules while administering the meet; it removes risk of delaying a meet to resolve potential questions.

### **II. ADOPT AS A CLARIFICATION THE FINA WORDING ON JUDGES AWARDED 4 ½ POINTS ON HANDS ABOVE THE HEAD ON A FEET FIRST DIVE AND HANDS BELOW A HEAD FIRST ENTRY IF THE REFEREE DID NOT MAKE THE CALL:**

#### Comments:

- The rule continues to require the referee to make a preemptive call for judges to award no more than 4 ½ point if the referee observes the rule infraction.
- The clarification standardizes to FINA rule wording that specifies judges to award no more than 4 ½ points for the rule infraction if an individual judge makes the observation and the referee did not make the preemptive call.

### **III. ALLOW JUDGES TO DEDUCT POINTS FOR DIVES PARTIALLY OUT OF POSITION ACCORDING TO THEIR OWN OPINION VERSUS A MAXIMUM OF 4 ½ POINTS:**

#### Comments:

- NVSL has a policy to standardize its rules to the FINA rules when they involve diving performance and scoring standards and they do not affect the developmental aspects of NVSL.
- Divers benefit from this rule change by allowing a score deduction based on severity of the infraction vs. requiring a capped score deduction and limited range of points for award.
- A few point deduction for good/very good dives performed with a minor break in position can be reflected in individual judges' awards vs. a mandatory reduction to 4 ½ points or less.
- This rule change returns to the old version of the FINA rule that was in effect prior to 2008.

## **PROPOSED RULE CHANGES FOR THE 2019 SEASON**

### **TOPICAL SUMMARY**

- 1. EXPLICITLY SPECIFY THAT DOUBLE JUMPING OR DOUBLE BOUNDING ON THE END OF THE BOARD ON DIVES BEFORE TAKE OFF IS A FAILED DIVE PER CURRENT FINA RULES**
- 2. ADOPT FINA WORDING ON AN EXISTING RULE**
- 3. ALLOW JUDGES TO DEDUCT POINTS ACCORDING TO THEIR OWN OPINION FOR DIVES PARTIALLY OUT OF POSITION PER CURRENT FINA RULES**

### **PROPOSED RULE CHANGES FOR THE 2019 SEASON**

- 1. MAKE CLEAR THAT DOUBLE JUMPING OR DOUBLE BOUNDING ON THE END OF THE BOARD BEFORE TAKE OFF IS A FAILED DIVE**

**Add Rule 4.f.(1). and renumber subsequent subparagraphs as 4.f.(2) and 4.f.(3).**  
 The diver must not double jump (bound) on the end of the springboard before the take-off. When the referee considers that the diver has double jumped (bounded) in a dive, the referee shall declare the dive failed. Judges may award zero points, notwithstanding that the Referee has not declared it to be a failed dive.

NOTE: After a clearly defined hurdle off one foot, double jump (bound) on the springboard is defined as feet leaving the springboard twice, two arm swings and/or two distinct knee bends taking place before the take-off. (EXCOM concurred in the changes in red).

**Rationale:** It is the policy of NVSL Diving to standardize its rules, where possible, with FINA rules as they pertain to dive performance and scoring standards. The applicable FINA rule has been invoked in NVSL Diving by applying Rule 9, i.e. for rules not covered herein, refer to the FINA dive rules. The recommended adoption of this FINA rule gives referees and judges a direct way to apply the FINA rule without having to possibly delay a meet by having look it up on the FINA website.

**2. ADOPT AS A CLARIFICATION THE FINA WORDING ON AWARDING 4 ½ POINTS ON HANDS ABOVE THE HEAD ON A FEET FIRST DIVE AND HANDS BELOW A HEAD FIRST ENTRY**

**Addition to Rule 4.m.** m. All head first entries shall be executed with the arms stretched; all feet first entries with the arms close to the body and not bending at the elbows. For jumps, the arms must be at the side or overhead, as long as the diver demonstrates balance and control. Except for jumps, when one or both arms are held above the head in a feet-first entry, or below the head in a head-first entry, the referee shall declare the maximum award to be 4 ½ points. Judges may award a maximum of 4 ½ points, notwithstanding that the referee has not made a prior declaration. Other than the cases of arm positions described above, if the arms are not in the correct position on entry into the water, judges shall deduct from ½ to 2 points from their awards.

**Rationale:** It is the policy of NVSL Diving to standardize its rules, where possible, with FINA rules as they pertain to dive performance and scoring standards. In this case, the FINA wording is recommended for adoption as a clarification to a rule for an existing scoring standard.

**3. ADOPT THE FINA STANDARD TO MAKE A JUDGES' SCORE AWARD ON DIVES PARTIALLY OUT OF POSITION TO BE THEIR OWN INDIVIDUAL OPINION VICE A MAXIMUM OF 4 ½ POINTS:**

**Rule 4.o.** If a dive is performed clearly in a position other than that announced or if a front or back entry (001 or 002) is performed when a front or back dive (101 or 201) is announced, it shall be awarded not more than two points from each judge. The referee may make the declaration preemptively for the judges. If the diver does not execute the dive announced (i.e. 101, 203, 403, 5111), it shall be considered a failed dive. Additionally, if the dive is partially performed in the position announced, i.e. broken in position, judges shall deduct points on the dive according to their own individual opinion. ~~award no more than 4 1/2 points for the dive~~

**Rationale:** It is the policy of NVSL Diving to standardize its rules, where possible, with FINA rules as they pertain to dive performance and scoring standards. In this case, the FINA wording relaxes the existing scoring standard that now requires a judges to award a maximum of 4 ½ points to judges deducting points according to their own opinions. The new FINA scoring standard is recommended for adoption.