

## **NVSL Diving Rules for the Operation and Administration of the Cracker Jack (CJ) Meet**

**Purpose:** The CJ meet cultivates and invites divers of basic developing skills across all age group levels to participate in a once a season meet held under NVSL Diving's direction. The rules below specify the qualifications, age groups, order of dives, and judging/refereeing and performance standards applicable to the CJ meet.

**Qualifications:** The CJ meet is intended only for divers with basic developing skills. Participation in the CJ meet disqualifies divers from competing in their Divisional meet. Only divers whose dual/tri meet scores for the current season are all below the qualifier scores may dive in the CJ meet. Qualifier scores are:

**FG – 67 FB – 65 JG – 99 JB – 95 IG – 136 IB – 129 SG – 155 SB – 155**

**Age Groups:** Separate events for boys and girls in the following age groups: 6 and Under (6U), 7, 8, 9, 10, 11, 12, 13 and Up (13+). Age determination as of 1 June of the current season. Divers must dive in their own age group.

**Order of Dives for the Age Groups:** Divers in age groups 6U through 10 shall perform 3 skills and divers in age groups 11 through 13+ shall perform 4 skills in the order specified in the lists below:

### **6U through 10**

101 or 001 only  
201, 002, or 200 only  
1 optional (jumps OK)\*

### **11 through 13+**

101 or 001 only  
201 or 002 only  
2 optionals from separate dive groups (jumps OK)

\* 200 not permissible if already performed as the second skill.

Meet sheets shall be prepared and submitted per the instructions contained in the current season's NVSL-published CJ meet flyer.

**Judging/Refereeing and Performance Standards:** The standards for the CJ meet shall be the same as those for all other NVSL dive meets and follow the diving rules as specified in the NVSL Handbook, except as follows:

- divers may change front/back fall-ins (001/002) to front/back dives (101/201) and vice versa from the board and they shall be scored at their actual DD
- divers may change back dives or fall-ins (201/002) to a back jump (200) from the board as long as they are not doing a back jump as their optional and the jump will be scored at its actual DD
- divers will be allowed one "do-over" dive if the initial dive is failed
- divers performing a "do-over" dive may change to a dive of equal or lesser DD
- divers succeeding with a "do-over" will receive a max of 2 points per ref call
- divers failing the "do-over" will be rewarded ½ point by judges per ref call
- divers refusing a "do-over" on a failed dive will receive no score per ref call
- coach assistance allowed only on dives 101/201/401/001/002/100/200

- divers with coach assistance on any skill will receive a max of 2 points per ref call
- coach assisted dives will be assigned the following DDs
  - 101 and 201 DDs will be reduced to 0.5 and 1.0 respectively
  - 401 DDs will be reduced to 1.0
  - 001 and 002 DDs will retain their original DDs of 0.5 and 1.0 respectively
  - 100 and 200 DDs will retain their original DDs, both 0.5
- bails/forward approach defects will be reflected in the judges' overall award score

All referees will emphasize to their judges that twister dives being twisted manifestly from the board with no attempt by the diver to execute a jump or press upward before the twisting motion shall be rewarded scores in the unsatisfactory range.

**Validated May 14, 2025**  
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