

## **NVSL Diving Rules for the Operation and Administration of the Three Meter Meet (TMM)**

**Purpose:** The TMM cultivates and invites divers across all age group levels to develop skills to participate in diving from a three (3) meter board. The TMM is held once a season as part of the Wally Martin Meet under NVSL Diving's direction. The rules below specify the entry requirements, age group requirements, diving performance standards, and judging/refereeing criteria applicable to the TMM.

**Qualifications:** All NVSL League pool members, conforming to Article IV of the League Bylaws, are eligible to compete in the TMM (see Rule 1.m. of the Rules for Diving Competition in the NVSL Handbook).

**Age Group Requirements:** Age determination as of 1 June of the current season specifies the age group the diver must participate in. Divers must participate in their own age group. Diving up an age group is not allowed. For further information, see dive rules 2.a. and 2.c.(1), (2), and (4) of the current year's NVSL Handbook.

**Dive Order and Dive Performance for Age Groups:** The age group events shall follow the order in dive rules 3.b. for (1) Freshmen, (2) Juniors, (3) Intermediates, and (4) Seniors. The dive order and dive performance for each age group shall be as specified in dive rules 3.b.(1), (3), and (4), except for (2) Juniors. Juniors must perform the following dives in the order specified:

**Juniors:** 2 required dives (101 and 201) and two optional dives (2 optionals drawn from different groups). A front or back jump may be declared for optional dives. 001 may be substituted for the 101 on the dive form as the required dive; 002 may be substituted for the 201 on the dive form as the required dive. Substitutions shall not be declared on the dive form on or after the meet start. 101, 201, 001 and 002 cannot be used as optional dives. The DDs for entries and jumps (001, 002, 100, and 200) listed in the 3-meter Table of Dives in the NVSL Handbook shall be used for this age group.

**Judging/Refereeing and Performance Standards:** The standards for the TMM shall be the same as those for all other NVSL dive meets and follow the diving rules as specified in the current year's NVSL Handbook.

**Validated May 8, 2025  
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