

**Greater Mansfield Aquatic Conference  
Modifications to the Rules**

1. **Rule 3, Section 1 Article 1** states in championship meets, (unless conference or league determine otherwise) each team shall be permitted a maximum of four entries in an individual event and one team in a relay event.

**Modification:** In the GMAC championship meet each team shall be permitted unlimited individual entries in an individual event and one (1) team in a relay event.

2. **Rule 3, Section 1 Article 2** states in other meets, each team shall be permitted a maximum of:

- a. two entries per individual and relay event in a pool with five lanes or less;
- b. three entries per individual and relay event in a pool with six lanes or more;
- c. by prior mutual consent, in a pool with eight lanes or more, each team shall be permitted as many additional entries as may be equally provided for both teams;
- d. unless state association policy determines otherwise, unlimited team entries shall be permitted at invitational, triangular and nonvarsity meets. However, the individual entry rule shall be followed. (3-2-1)

**Modification:** In the GMAC each team may enter three (3) divers per age group. Note: Each team may score two (2) individuals and one (1) relay team per event.

3. **Rule 3, Section 2 Article 1** states a competitor shall be permitted to enter a maximum of four events, no more than two of which may be individual events. Prelims and finals are considered one meet.

Unless state association policy determines otherwise:

- a. exhibition competitors are permitted. An exhibition swim/dive shall count as one of the four allowed entries, does not score points, but may count as a qualifying time and is subject to disqualification.
- b. pentathlon-type meets may be conducted with unlimited individual entries.

**PENALTY:** For a competitor(s) participating in, or attempting to participate in, more than the allowable number of events, the competitor(s) is disqualified from that event and further competition.

**Modification:** A competitor shall be permitted to enter a maximum of three (3) individual events and two (2) relay events. Competitors may compete in older age groups. A competitor will be permitted to compete in one (1) exhibition event that shall not count towards the five (5) allowed entries. A diver may dive in one (1) diving event that does not count toward their individual events.

4. **Rule 3, Section 3 Article 2** states the uniform consists of a suit and, if worn, cap(s).

- a. The suit or cap(s) may display the name and/or number of the competitor, school or mascot.
- b. Advertising or name other than that permitted in 3-3-2c is prohibited.
- c. A single visible manufacturer's logo/trademark/reference, no more than 2¼ square inches is permitted on each item of the uniform (suit and cap(s)).
- d. An American flag, not to exceed 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on each item of the uniform.

**NOTE:** The FINA mark and/or individual barcode on certain swimsuits designating that the suit has been approved for FINA and/or USA Swimming competition is not considered to be a second manufacturer's logo nor a form of advertising. Such swimsuits with a FINA marking shall be legal for NFHS competition.

**Modification:** The logo size section is waived.

5. **Rule 3, Section 3 Article 5** states a competitor shall not wear illegal attire or jewelry. When it is discovered that any competitor is wearing illegal attire or jewelry prior to the start of that heat/round, he/she shall not be permitted to participate in an event/dive until the illegal attire/jewelry is replaced or removed.

a. Medical alert medals are not considered jewelry, must be taped to the body and alert may be visible.

b. Religious medals are not considered jewelry, must be worn under the uniform and taped to the body.

c. Hair-restraining devices are considered legal, provided they are functioning and are being worn in the hair during the event.

Note: When the competitor starts an event/round and is observed with jewelry or illegal attire he/she shall complete that heat/round and be notified to remove the jewelry and make legal the uniform before becoming eligible for any further participation. The competitor's coach shall be notified of the violation (4-2-2).

PENALTY: When an official discovers a competitor wearing illegal attire or jewelry a subsequent time within the same meet, the official shall:

1. when prior to the start of the heat/round, notify the competitor to make legal the uniform and/or remove the jewelry before becoming eligible to compete;

2. when during or after the heat/round, notify the competitor and his/her coach at the completion of that heat/round of his/her ineligibility to compete in that heat/round and disqualification from the event (or a failed dive) for failure to make legal the uniform and/or removal of jewelry;

3. notify the competitor he/she is ineligible to compete in further competition until compliant with Rule 3-3-5.

**Modification:** The excessive jewelry worn will not be a DQ.

6. **Rule 5, Section 1 Article 1** states boys and girls events for all meets shall be as follows:

(1)	200 yd./m	medley relay
(2)	200 yd./m	freestyle
(3)	200 yd./m	individual medley
(4)	50 yd./m	freestyle
(5)	1 m	diving
(6)	100 yd./m	butterfly
(7)	100 yd./m	freestyle
(8)	500 yd./400 m	freestyle
(9)	200 yd./m	freestyle relay
(10)	100 yd./m	backstroke
(11)	100 yd./m	breaststroke
(12)	400 yd./m	freestyle relay

Note: By state association adoption:

a. these events may only be modified for nonvarsity and invitational competition;

b. order of events may be modified for state championships.

**Modification:** Order of events modified.

7. **Rule 5, Section 3 Article 2** states in dual meets, the visiting team shall have the choice of the odd or even numbered lanes for all swimming events. In pools with an odd number of lanes, a lane shall be voided and the lanes renumbered if necessary.

**Modification:** In dual meets, the home team will use the odd numbered lanes and visitors the even.

8. **Rule 7, Section 1 Article 3** states in championships and other multiple team meet scoring, including triangular meets, points are awarded for places as follows:

a. Individual Events

Places	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>
5	6	4	3	2	1															
6	7	5	4	3	2	1														
7	8	6	5	4	3	2	1													
8	9	7	6	5	4	3	2	1												
9	10	8	7	6	5	4	3	2	1											
10	14	11	10	9	8	6	4	3	2	1										
12	16	13	12	11	10	9	7	5	4	3	2	1								
14	18	15	14	13	12	11	10	8	6	5	4	3	2	1						
16	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1				
18	22	19	18	17	16	15	14	13	12	10	8	7	6	5	4	3	2	1		
20	24	21	10	19	18	17	16	15	14	13	11	9	8	7	6	5	4	3	2	1

b. For all relays, double the individual points possible for that place.

**Modification:** GMAC championship scoring will be twelve (12) places.

9. **Rule 7, Section 2 Article 1** states the winning team is the team which has accumulated the greatest number of points at the end of the scheduled events.

**Modification:** The GMAC shall recognize a dual meet winning team in Swimming & Diving combined. (Boys & Girls)

10. **Rule 7, Section 2 Article 4** states when a meet is suspended due to power failure or other unforeseen circumstances, it may be resumed from the point of suspension unless state association rules determine otherwise. Resumed meets start from the point of suspension with the score and entries the same as they were at the time the meet was suspended.

**Modification:** In case of inclement weather before or during a meet, events will be delayed until it is safe to continue. Prior to the start of the meet, the home team is responsible for determining if weather conditions will permit the meet to begin. After the start of the meet, the meet referee with the coaches will be responsible for determining when to stop and restart a meet or to postpone the meet.

If a meet is postponed prior to the completion of fifty eight (58) events, the meet will be continued at the earliest possible date mutually agreed upon by the coaches. If fifty eight (58) events or more have been completed, the meet will be considered finished and the scored tallied at that point.

11. **Rule 8, Section 1 Article 3** states subject to the discretion of the referee/starter, (referee and starter in championship meets), an infraction/false start occurs when a swimmer:

- unnecessarily delays in reporting for the start, or in assuming a starting position;
- does not step into water feet-first for an "in-water" start;
- does not remain stationary immediately prior to the start. Other swimmers are to be released by the starters command, "Stand-up;" or
- leaves the mark before the starting signal.

**PENALTIES:**

- The swimmer or relay team is disqualified from the event
  - And shall not swim when in violation of the items a-d above;
  - If the starting signal has been given before the disqualification is declared, the race shall continue without recall. The disqualification is then declared after the race has completed.
  - These same penalties apply in championship meets when there is dual confirmation.

**Modification:** False start penalty modified: 10 and under swimmers are permitted one (1) false start, all others are disqualified on their first false start.

12. **Rule 8, Section 2 Article 1e, 3f, 4d** states (Article 1e) the swimmer may be completely submerged during the turn or for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water. After breaking the surface of the water, the swimmer must remain on the surface except for turns and finishes; (Article 3f, 4d) the swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water. After breaking the surface of the water, the swimmer must remain on the surface except for turns and finishes.

**Modification:** The 16.4 yards (15 meters) under water maximum before surfacing is waived for the Backstroke, Butterfly and Freestyle events.

13. **Rule 8, Section 3 Article 5** states on the takeoff, the second, third and fourth swimmers on a relay team may be in motion before the previous swimmer finishes. The swimmer shall remain in contact with the starting platform/pool deck until the previous swimmer has finished. However, moving from the back of the starting platform to the front is permitted provided the swimmer is on the starting platform and does not initiate the action from the pool deck. NOTES: 1. On starts from the deck, the second, third and fourth swimmers must use the forward start with at least one foot at the edge of the deck. The body may be in motion but no intentional movement of the feet is permitted. 2. For in-water starts, the second, third and fourth swimmers need only maintain contact with the end wall with a foot until the previous swimmer has finished.

**Modification:** For in-water starts, the swimmers must maintain contact with the wall with a hand until the previous swimmer has finished.

14. **Rule 9, Section 1 Article 3** states a fulcrum, which can be moved and set at varying positions between 5 feet 6 inches and 7 feet 6 inches (1.676 meters and 2.286 meters) from the rear of the diving board, is required. However, it is permissible to limit the range of movement of the fulcrum if the diving facility does not conform to one or more of the recommendations of Rule 9-1-1. The board shall remain horizontal with the fulcrum in any position.

PENALTY: When diving equipment is such that the event cannot be conducted, the host team is disqualified from that event and points shall be awarded the visiting team(s) in proportion to their number of submitted entries in the event.

**Modification:** A moveable fulcrum is NOT required for a dual meet. A moveable fulcrum IS required for the championship meet.

15. **Rule 9, Section 4 Article 1** states in championship meets, the competition shall consist of five voluntary dives and six optional dives.

a. The five voluntary dives shall come from each of the five groups, with their assigned dd and have a sum total of 9.0 or less.

b. The six optional dives shall include at least one chosen from each of the five groups. No more than one optional dive from the same group is permitted through semifinals.

c. All five groups must be represented in the first eight rounds.

d. The dives to be performed during each round of championship competition shall be as follows:

No. of Contestants	Preliminaries	Semifinals	Finals
	(Performed in any order within each round of completion.)		
1-32	Any 2 vol. & 3 opt.	2 vol. & 1 opt.	1 vol. & 2 opt.

PENALTIES:

1. When the total degree of difficulty for voluntary dives exceeds 9.0, the dive or dives that causes the total degree of difficulty to exceed 9.0 will be failed.

2. Once the diving competition has started, the following errors on the dive sheet shall result in the disqualification of the offending diver:

- a. four or less dives are designated as voluntary;
- b. four or less groups are listed in the first eight dives;
- c. five or less dives are designated as optional dives.

**Modification:** The championship meet and dual meet requirements for diving are amended to be:  
The 13 & 14 age group voluntary dives may not exceed 7.2 and the 15-18 age group may not exceed 9.0.

#### 8 & Under

Voluntary Dives: 101 A, B or C Front Dive with or without a hurdle

Dual Meet: 3 Dives (1 Voluntary & 2 Optional)

Championship Meet: 4 Dives (1 Voluntary & 3 Optional)

#### 9 & 10

Voluntary Dives: 100 Group (Forward Dive Group) & 200 Group (Back Dive Group)

Dual Meet: 4 Dives (1 Voluntary & 3 Optional)

Championship Meet: 5 Dives (2 Voluntary & 3 Optional)

- Preliminary Round: 3 Dives (1 Voluntary & 2 Optional)
- Final Round: 2 Dives (1 Voluntary & 1 Optional)

#### 11 & 12

Voluntary Dives: 100 Group (Forward Dive Group), 200 Group (Back Dive Group) & 5000 Group (Twist Dive Group)

Dual Meet: 4 Dives (1 Voluntary & 3 Optional)

Championship Meet: 6 Dives (3 Voluntary & 3 Optional)

- Preliminary Round: 4 Dives (2 Voluntary & 2 Optional)
- Final Round: 2 Dives (1 Voluntary & 1 Optional)

#### 13 & 14

Voluntary Dives: 100 Group (Forward Dive Group), 200 Group (Back Dive Group), 400 Group (Inward Dive Group) & 5000 Group (Twist Dive Group)

Dual Meet: 5 Dives (1 Voluntary & 4 Optional)

Championship Meet: 7 Dives (4 Voluntary & 3 Optional)

- Preliminary Round: 4 Dives (2 Voluntary & 2 Optional)
- Final Round: 3 Dives (2 Voluntary & 1 Optional)

#### 15 & 18

Voluntary Dives: 100 Group (Forward Dive Group), 200 Group (Back Dive Group), 300 Group (Reverse Dive Group), 400 Group (Inward Dive Group) & 5000 Group (Twist Dive Group)

Dual Meet: 6 Dives (1 Voluntary & 5 Optional)

Championship Meet: 8 Dives (3 Voluntary & 3 Optional)

- Preliminary Round: 5 Dives (3 Voluntary & 2 Optional)
- Final Round: 3 Dives (2 Voluntary & 1 Optional)

**16. Rule 9, Section 4 Article 6** states the competition shall consist of one voluntary dive which shall be done first – Week 1 = forward group, Week 2 = back group, Week 3 = inward group, Week 4 = twisting group, Week 5 = reverse group, etc., and five optional dives, coming from at least four of the five groups and which may include any of the dives other than the voluntary dive. Any dive from a group may be designated as a voluntary dive. It will receive its assigned dd through 1.8. Any designated voluntary dive with a dd greater than 1.8 will be assigned a dd of 1.8.

**Modification:** Modified to the chart below:

MEET	8 & UNDER	9 - 10	11 - 12	13 - 14	15 - 18
1	Dive # 101	100 Group	100 Group	100 Group	100 Group
2	Dive # 101	200 Group	200 Group	200 Group	200 Group
3	Dive # 101	100 Group	5000 Group	400 Group	400 Group
4	Dive # 101	200 Group	100 Group	5000 Group	5000 Group
5	Dive # 101	100 Group	200 Group	100 Group	300 Group
6	Dive # 101	200 Group	5000 Group	200 Group	100 Group
7	Dive # 101	100 Group	100 Group	400 Group	200 Group
8	Dive # 101	200 Group	200 Group	5000 Group	400 Group
9	Dive # 101	100 Group	5000 Group	100 Group	5000 Group
10	Dive # 101	200 Group	100 Group	200 Group	300 Group

17. DQ for 2 failed dives will not apply for dual meets, however 2 failed dives in the championship meet will DQ the diver but the diver will be able to complete their dives with NO points awarded for their team.

18. Place judges "may" be located on the same side of the pool.

19. One coach from each pool must attend the annual coach's meeting at the beginning of the season.

Reference: National Federation of State High School Associations Swimming and Diving and Water Polo Rules Book 2015-16

**Greater Mansfield Aquatic Conference**  
**Diving Referee and Judging Rules**

1. Referee to declare "Failed Dive"; 0 Points

- **D 6.16** If a diver double bounces on the end of the springboard or platform before take-off.
- **D 6.18** If a diver has performed a dive number other than announced.
- **D 6.19.1** If the feet enter the water before the head or hands in a head first dive.
- **D 6.19.2** If the head or hands enter the water before the feet in a feet first dive.
- **D 6.21** If assistance has been given to the diver after the starting signal.
- **D 6.25** If a diver refuses the execution of a dive.
- **D 8.3.3** If the final step is not from one foot.
- **D 8.4.3** If the take-off from the springboard is not from both feet simultaneously.
- **D 8.6.6** If a twist is greater or less than that announced by 90 degrees or more.

2. Referee to declare "2 point deduction"

- **D 6.22** If a diver takes a step or stops the movement for the take-off after the legs have commenced to press.

3. Referee to give "2 point deduction" before scoring

- **D 6.17** If a diver performs a dive in a position other than that announced.

4. Referee to declare "4 ½ points maximum"

- **D 6.19** If a diver has one or both arms held above the head in a feet first entry or below the head in a head first entry.

5. Judges to award "4 ½ points maximum"

- **D 8.1.5** If a dive is performed partially in a position other than that announced
- **D 8.6.3** If the arms are not stretched beyond the head and in line with the body, with the hands close together in a headfirst dive.
- **D 8.6.4** If the arms are held above the head in a feet first entry.

6. Judges to deduct "from ½ to 2 points"

- **D 8.1.6** If a dive is not performed in a position as described.
- **D 8.2.4.3** If there is a bounce (crow-hop) in a standing dive.
- **D 8.4.5** If the take-off is not bold, high and confident.
- **D 8.4.6** If in a twist dive, the twisting is manifestly done from the springboard.
- **D 8.5.6** If in a pike dive with twist, the pike position is not clearly shown.
- **D 8.5.8** If in a tuck dive with twist, the tuck position is not clearly shown.

7. Judges to deduct "according to individual opinion"

- **D 8.5.1** If in a dive, the diver touches the end of the springboard or dives to the side of the direct line of flight.
- **D 8.6.2** If the entry into the water is not vertical, or neatly so, or twisted with the body not straight, the feet not together and toes not pointed.
- **D 8.1.1** A Judge shall award from 0 to 10 points for a dive according to his/her overall impression within the following criteria:

- Excellent 10
  - Very Good 8.5 – 9.5
  - Good 7.0 – 8.0
  - Satisfactory 5.0 – 6.5
  - Deficient 2.5 – 4.5
  - Unsatisfactory 0.5 – 2.0
  - Completely Failed 0
- **D 8.1.2** When judging a dive, the judge must not be influenced by any factor other than the technique and execution of the dive. The dive must be considered without regard to the approach to the starting position, the difficulty of the dive, or any movement beneath the surface of the water.
  - **D 8.1.3** The points to be considered in judging the overall impression of a dive are the techniques and grace of:
    - the starting position and the approach
    - the take-off
    - the flight
    - the entry

## 8 & Under and 9-10 Diving Rules/Modifications

### 1. Available dives:

Dive #	Description	Position	Degree of Difficulty
● 100	Front Jump	Tuck, Pike, or Straight	1.0
● 200	Back Jump	Tuck, Pike, or Straight	1.0
● 5101	Front Jump, ½ Twist	Straight	1.0
○	This can be front or back with more twists added, but DD still 1.0		
● 001	Front Entry (Dive)	Tuck or Pike	1.0
● 002	Back Entry (Dive)	Straight	1.0

2. Required to perform a 101 A, B, or C Front Dive at every meet, with or without a hurdle and must have their arms either above their head or by their side. They then choose any 2 other jumps, entries, or dives with the listed DD's. (3 dives total)

- Judging is based on:
  - correct hurdle, not required
  - correct technique
  - distance from the board
  - entry into the water

3. 9-10 divers keep their required dives from the 100 and 200 categories. They will perform four (4) dives in a dual meet. One (1) required dive and three (3) optional dives. Their optional dives can be chosen from the jumps, entries, or dive list with the listed DD's.

4. Championship format for the 8 & Under is 4 dives – one (1) voluntary (101 A, B, or C 101 Front Dive with or without a hurdle) and three (3) optional.

5. Championship format for 9-10 is 5 dives – two (2) voluntary (100 group with the correct hurdle and 200 group) and three (3) optional.