



2017 Minnesota Diving Association Championship

- Date:** Saturday July 22, 2017
- Site:** Hidden Oaks Middle School, 15855 Fish Point Rd. SE, Prior Lake, MN 55372
- Facility:** Two 1-Meter boards, One 3-Meter board
- Host:** North Star Diving Club and Minnesota Diving Association of USA Diving
- Meetings:** The annual Minnesota Diving Association Meeting will follow the conclusion of the last diving events of the day and last approximately 1 hour.
- Meet Director:** Jason Baumann, jason@northstardiving.com, 612-499-2263
- Rules:** USA Diving Rules for Junior Events and Future Champion Events will be followed. To view the complete rules, please follow the links below. Additional information regarding event and entry requirements can also be found on the included reference pages.
- Junior Events: <http://www.usadiving.org/wp-content/uploads/2013/10/2015-Rulebook-Subpart-C-Junior-Diving-Program.pdf>
 - Future Champion Events: <http://www.usadiving.org/wp-content/uploads/2013/10/2015-Rulebook-Future-Champions.pdf>
- Sanction:** USA Diving #1808
- Membership:** All divers must have either a valid 2016-17 competitive blue or gold USA Diving membership
- Entry Fees:** \$20 per event plus www.divemeets.com (meet registration site) fees
- Registration:** Each Diver and Coach will need to create a divemeets.com profile for online registration. <https://secure.meetcontrol.com/divemeets/system/register.php?organization=DM>
For a more detailed example on how to create a divemeets.com profile (please substitute your team and coach information when creating the profile).
<http://northstardiving.com/wp-content/uploads/2016/01/DiveMeets-Online-Registration-Instructions.docx>
Online Registration at www.divemeets.com
Online registration closes on Saturday July 15th, 2017 at 12pm; \$20 late fee after and must register at the event.
- Team Scoring:** Team points shall be awarded to the top 12 places in each event as follows: 15-12-11-10-9-8-7-6-4-3-2-1. In the event of a tie, the points allocated to the tied place shall be added to those allocated to the next place or places, the sum divided by the number of divers who have tied, and that amount added to the score for each team.

Practice: Open Warm-Up (all boards) 7:00am-9:00am
First event will start at 9:00am
Up to 30 minute warm-up before each event (if needed)

Schedule: Events may be combined and/or run simultaneously, reordered depending upon number of event entries. Exact Schedule will be determined after entry deadline (Total of 52 Events)

1. Future Champions (Levels 1-8)	1M Both Boys and Girls (all ages)	16 Events
2. Future Champions (Levels 1-8)	3M Both Boys and Girls (all ages)	16 Events
3. 16-18 Boys 1M and 3M		2 Events
4. 16-18 Girls 1M and 3M		2 Events
5. 14-15 Boys 1M and 3M		2 Events
6. 14-15 Girls 1M and 3M		2 Events
7. 12-13 Boys 1M and 3M		2 Events
8. 12-13 Girls 1M and 3M		2 Events
9. 11&U Boys 1M and 3M		2 Events
10. 11&U Girls 1M and 3M		2 Events
11. Open Men's 1M and 3M	Men (6 dives no minimum DD)	2 Events
12. Open Women's 1M and 3M	Women (5 dives no minimum DD)	2 Events

Event Requirements & Registration Notes:

Please note that the following pages should serve as a reference only. Coaches will help your diver determine which events, dives and/or levels they should register for. Each will receive a list at practice that they can bring home to help with the registration process. The registration and entry process utilized for this meet is meant to reflect any USA Diving competition, including the upcoming Regional meet in May. Our goal is to familiarize our divers and families with this process. If you have not already done so, we encourage parents and divers, especially those new to the sport, to read through the "Diving 101" section of the USA Diving website to give you a basic understanding of the components of the sport.

FINA Age: Your FINA age is your age as of December 31st of this year (i.e. if you turn 14 on or before December 31st of 2016 you are in the 14-15 age group).

Springboard Competition Dive Requirements for Junior Competition:

- **11 & Under Boys and Girls (six dives):** For one meter and three meter springboard, divers will perform three voluntaries from different groups with a cumulative degree of difficulty not more than 5.0 on one meter and not more than 5.4 on three meter, followed by three optional dives from different groups without limit of degree of difficulty.
- **12-13 Girls (seven dives):** For one meter and three meter springboard, divers will perform five (5) voluntaries from different groups with a cumulative degree of difficulty not to exceed 9.0 on one meter and 9.5 on three meter, followed by two (2) optional dives from different groups without limit of degree of difficulty.
- **12-13 Boys (eight dives):** For one meter and three meter springboard, divers will perform five (5) voluntaries from different groups with a cumulative degree of difficulty not to exceed 9.0 on one meter

and 9.5 on three meter, followed by three (3) optional dives from different groups without limit of degree of difficulty.

- **14-15 Girls (eight dives):** For one meter and three meter springboard, divers shall perform five voluntary dives, one from each group, with a cumulative degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by three optional dives from different groups without limit of degree of difficulty.
- **14-15 Boys (nine dives):** For one meter and three meter springboard, divers shall perform five voluntary dives, one from each group, with a cumulative degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by four optional dives from different groups without limit of degree of difficulty
- **16-18 Girls (ten dives):** For one and three meter springboard, divers shall perform five voluntary dives, one from each group, with a cumulative degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by five (5) optional dives from five (5) groups without limit of degree of difficulty.
- **16-18 Boys (eleven dives):** For one meter and three meter springboard, divers shall perform five voluntary dives, one from each group, with a cumulative degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by six (6) optional dives from five groups, with one group being repeated, without limit of degree of difficulty.
- **Men's Open (six dives)** The men's open competition shall comprise six dives with no minimum cumulative degree of difficulty. One dive shall be selected from each group and an additional dive will be selected from any group. Divers can be any age.
- **Women's Open (five dives)** The women's open competition shall comprise five dives from different groups with no minimum cumulative degree of difficulty. Divers can be any age.

Future Champions Competition Dive Requirements

- **Future Champions Level 1:** Diver completes 6 actions; 6 skills chosen from the bank below. Skills may be reused in a different position/degree of twist (i.e., 100C and 100A may be performed as separate and distinct actions in the competition.)
- **Future Champions Level 2:** Diver completes 6 actions; 5 skills chosen from the bank below and any 1 dive. Skills may be reused in a different position/degree of twist. The dive may be 101, 201, 301, or 401 – any position with true Degree of Difficulty; any other dive may instead be selected at Degree of Difficulty of 1.0.
- **Future Champions Level 3:** Diver completes 6 actions; 4 skills chosen from the bank below and any 2 dives from different groups. The dives may be 101, 201, 301, or 401 – any position with true Degree of Difficulty; any other dive may instead be selected at Degree of Difficulty of 1.0.
- **Future Champions Level 4:** Diver completes 6 actions; 3 skills chosen from the bank below and any 3 dives of different groups. The dives may be 101, 201, 301, or 401 – any position with true Degree of Difficulty; any other dive may instead be selected at Degree of Difficulty of 1.0.
- **Future Champions Level 5:** Diver completes 7 actions; 3 skills chosen from the bank below, 2 voluntary dives, and 2 optional dives from different groups. The voluntary dives shall be selected from 101, 201, 301, or 401 (any position) and will be given true Degree of Difficulty. The optional dives may be any competitive dives and will be given the true Degree of Difficulty.
- **Future Champions Level 6:** Diver completes 7 actions; 2 skills chosen from the bank below, 3 voluntary dives, and 2 optional dives from different groups. The voluntary dives shall be selected from 101, 201,

301, or 401 (any position) and will be given true Degree of Difficulty. The optional dives may be any competitive dives and will be given true Degree of Difficulty.

- **Future Champions Level 7:** Diver completes 7 actions; 1 skill chosen from the bank below, 3 voluntary dives, and 3 optional dives from different groups. The voluntary dives shall be 101, 201, 301, or 401 (any position) and will be given true Degree of Difficulty. The optional dives may be any competitive dives and will be given true Degree of Difficulty.
- **Future Champions Level 8:** Diver completes 7 actions; 4 voluntary dives and 3 optional dives from different groups. The voluntary dives shall be 101, 201, 301, and 401 (any position) and will be given true Degree of Difficulty. The optional dives may be any competitive dives and will be given true Degree of Difficulty.

SKILLS BANK: FUTURE CHAMPIONS LEVELS 1-8		
100	A, B, C	Front Jump
200	A, B, C	Back Jump
5301, 5102, 5104	A, B, C	Front Jump w/Degree of Twist
5201, 5203, 5205	A, B, C	Back Jump w/Degree of Twist
001	ANY – NO JUMP	Front Line Up/Entry
002	ANY – NO JUMP	Back Line Up/Entry

*A = Straight, B = Pike, C = Tuck