

Niagara District Diving League 2006

Purpose:

The purpose of the Niagara District Diving League (NDDL) is to create more competition opportunities for both very inexperienced and very seasoned divers. The League provides this without the complicated list requirements and age groups. The League has set up an outline that has three or four criteria per skill level and relies on a coach's good judgment to place his or her diver in the correct skill level. Each coach should determine diving levels. Age is NOT a factor in NDDL league levels. The diver should compete at the highest level s/he is able. Divers should be able to compete at level 1 after just a short time of being on the boards. The Intermediate or level 2 dive requirements are set up to encourage to beginner divers a level that easily attainable in a short time. These two levels are the focus of the league. The District has developed these requirements to offer young novice athletes a simple format to compete and move up. These meets give each AAU club the potential to grow club membership and retention at the beginner level. The Advanced and Elite levels offer FINA age-group divers a chance to compete a short list more often. We estimate 40 divers at each meet and about a three to four hour meet with both boards. Meets will run quickly so a club could run a meet on a weekend or even a Friday night if needed. Check in with Cliff if your club would like to run a meet.

Diving Levels: 4 levels (Listed on Page 2)

Awards: NDDL Ribbons

Meet Fees: \$10 Diver Registration
\$5 PER EVENT

Records: Records will be kept for both male and female high scores in each event.

Locations:

The goal is to hold NDDL meets once a month at various pools in the New York. All divers are invited to attend. Clubs who join the NDDL are given the opportunity to host at least one league meet per season. League clubs must have the use (or rent) a facility with both one and three meter springboards OR host a synchronized competition with two parallel one meters.

Competition Requirements 1 Meter

<u>Level 1</u>	<u>Beginner</u>	<u>4 Dives at 1.0 DD</u> Front line-up ABC Front Jump ABC Back Jump ABC 1 Optional (Any dive or skill in any position that has not been previously listed)
<u>Level 2</u>	<u>Intermediate</u>	<u>5 Dives at 1.0 DD</u> Front line-up ABC 2 Dives from 101,201,301,401 2 Optional (Any dive, or skill in any position that has not been previously listed)
<u>Level 3</u>	<u>Advanced</u>	<u>6 Dives at True DD</u> Voluntary at 2.0 DD Must cover all 5 categories Optional DD must be at least 9.0
<u>Level 4</u>	<u>Elite</u>	<u>6 Dives at True DD</u> Voluntary at 2.0 DD 5 Optional Dives - Must cover all 5 groups Optional DD must be at least 10.5 Girls 11.5 Boys

Competition Requirements 3 Meter

<u>Level 1</u>	<u>Beginner</u>	<u>4 Dives at 1.0 DD</u> Front line-up ABC Front Jump ABC Back Jump ABC Optional (Any dive or skill in any position that has not been previously listed)
<u>Level 2</u>	<u>Intermediate</u>	<u>5 Dives at 1.0 DD</u> Front line-up ABC 2 Dives from 101,201,301,401 2 Optional (Any dive, or skill in any position that has not been previously listed)
<u>Level 3</u>	<u>Advanced</u>	<u>6 Dives at True DD</u> Must cover all 5 categories Optional DD must be at least 10.0
<u>Level 4</u>	<u>Elite</u>	<u>6 Dives at True DD</u> Voluntary at 2.0 DD 5 Optional Dives - Must cover all 5 groups Optional DD must be at least 11.0 Girls 12.0 Boys

NDDL League Synchro Competition Requirements

Level I: Beginner and Intermediate Teams

3 Dives

- 1 Voluntary (any skill) at 1.0 DD
- 2 Optionals at 1.0 DD (any dive or developmental skill may be used)

Level II: Advanced and Elite Teams

4 Dives

- 1 Voluntary at 2.0 DD
- 3 Optionals from 3 different groups at true DD