

Alabama State Games 2023

Saturday, June 7th

LOCATION: Birmingham Crossplex
2340 Crossplex Blvd
Birmingham, AL 35208

MEET REFEREE: Charlie Dunham – DiverDunham@Yahoo.com
(205)936-3168

EQUIPMENT: (2) 1-Meter Maxi-“B” On Concrete Short Stands
(2) 3-Meter Maxi-“B” On Concrete Short Stand

ELIGIBILITY: This event is licensed by the Amateur Athletic Union of the U. S., Inc. All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event. AAU Youth Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership

AGE GROUPS: Male and Female Summer League and FINA Events – Summer League Events will follow the Jefferson County Dive Council (JCDC) Rules on the next page

Fina Rules:

Group E, 9 & Up	Group D, 10-11	Group C, 12-13	Group B, 14-15	Group A, 16-18
Boys and Girls 3 Vols, 1 opt Vols Max 1m 5.4, 3m 5.4	Boys and Girls 3 Vols, 2 opts. Vols Max 1m 5.4, 3m 5.4	Girls 5 vols. 2 opts Boys 5 Vols. 3opts. Vols Max 1m 9.0, 3m 9.5	Girls 5 vols. 3 opts Boys 5 Vols. 4 opts. Vols Max 1m 9.0, 3m 9.5	Girls 5 vols. 4 opts Boys 5 Vols. 5 opts. Vols Max 1m 9.0, 3m 9.5

Age group will be determined by the age of the diver on December 31, 2022. For the Fina events and July 31, 2022. for the Summer League events.

PRACTICE TIMES: Saturday, June 7th: 8:00-9:45AM
Meet Starts 10:00AM (Should End By 4:00PM)

ENTRY INFO: All Divers must register online at <https://www.alagames.com/diving>.
All entries should be completed on www.cleanentries.com.
The cost to compete is \$30 for one or two boards.

AWARDS: Medals will be awarded for 1st, 2nd and 3rd place in each event.
JCDC and FINA events will be awarded separately

SCHEDULE

Events will be combined based on entries

Event No.	Event Description	Event No.	Event Description
1	5 & U Boys JCDC – 1M	2	5 & U Girls JCDC – 1M
3	7 & U Boys JCDC – 3M	4	6 & 7 Girls JCDC - 1M
5	6 & 7 Boys JCDC – 1M	6	7 & U Girls JCDC – 3M
7	8 & 9 Boys JCDC and 9 & U Boys FINA - 3M	8	8 & 9 Girls JCDC and 9 & U Girls FINA - 1M
9	8 & 9 Boys JCDC and 9 & U Boys FINA - 1M	10	8 & 9 Girls JCDC and 9 & U Girls FINA - 3M
11	10 & 11 Boys JCDC and FINA - 3M	12	10 & 11 Girls JCDC and FINA - 1M
13	10 & 11 Boys JCDC and FINA - 1M	14	10 & 11 Girls JCDC and FINA - 3M
15	12 & 13 Boys JCDC and FINA - 3M	16	12 & 13 Girls JCDC and FINA - 1M
17	12 & 13 Boys JCDC and FINA - 1M	18	12 & 13 Girls JCDC and FINA - 3M
19	14 & 15 Boys JCDC and FINA - 3M	20	14 & 15 Girls JCDC and FINA - 1M
21	14 & 15 Boys JCDC and FINA - 1M	22	14 & 15 Girls JCDC and FINA - 3M
23	16 - 18 Boys JCDC and FINA - 3M	24	16 - 18 Girls JCDC and FINA - 1M
25	16 - 18 Boys JCDC and FINA - 1M	26	16 - 18 Girls JCDC and FINA - 3M
27	Open Men – 1M	28	Open Women – 1M
29	Open Men – 3M	29	Open Women – 3M

JEFFERSON COUNTY DIVING COUNCIL

Competition Requirements

	<u>1-meter</u>	<u>3-meter</u>	
5 & Under:	2 skills 1 voluntary dive	7 & Under:	2 skills 1 voluntary dive
6 & 7:	1 skill 1 voluntary dive 1 optional dive	8 & 9:	1 skill 1 voluntary dive 1 optional dive
8 & 9:	1 voluntary dive 2 optional dives	10 & 11:	1 voluntary dive 2 optional dives
10 & 11:	2 voluntary dives 2 optional dives	12 & 13:	2 voluntary dives 2 optional dives
12 & 13:	3 voluntary dives 2 optional dives	14 & 15:	2 voluntary dives 3 optional dives
14 & 15:	3 voluntary dives 3 optional dives	16 – 18:	3 voluntary dives 3 optional dives
16 – 18:	3 voluntary dives 4 optional dives		

- a. Age is determined by age of diver on July 31, 2022.
- b. Dives must be listed in the above order on the dive sheet.
- c. Voluntary dives are any dives of the diver's choosing with a set degree of difficulty of 1.8 on the 1-meter and 1.9 on the 3-meter. Voluntary dives must be from different dive groups (forward, back, reverse, inward and twist).
- d. Optional dives must be from different dive groups. The DD is determined by the Degree of Difficulty Table.
- e. Any skills may be used as voluntary or optional dives with D.D. = 1.0.
- f. Dives requiring the assistance of the coach will have a D.D. value of zero (0).
- g. Dives performed without an obvious attempt to jump into the air will have a D.D. = 1.0 (i.e. forward and back line-ups).
- h. No dives or skill may be repeated in the same contest. If a diver must repeat a dive, it will have a D.D. value of zero (0).