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Subject: Re: VISAA State Meet Information - In Case You Need It

Hi dive coaches!

As meet coordinator this year, I wanted to reply to this email to go over a few things and offer myself as a resource in case you have any questions.

Qualification Standards

The VISAA committee met on MLK Day and one of the topics was adjusting qualifying standards as teams have been reporting difficulty getting meets in due to the COVID surge and the weather that hit our area in January. I know this impacted my school until recently. Due to that difficulty, the standards have been changed.

- The point total was scrapped altogether, so there is no longer a requirement to score 220 in one 11 dive meet or 150 in two 6-dive meets.
- All divers are still required to be able to do 11 dives above the unsatisfactory range, but proof is not being required. By submitting entries and signing a divers' meet sheet, dive coaches are verifying that their student-athlete *can* do the 11 dives on their sheet and satisfy this requirement. We will be quick with disqualifications if a student-athlete clearly cannot do the 11. The dive referee has the authority to DQ any diver who does not give a legitimate attempt at a dive and will be watching this closely. As a reminder, any diver who fails two dives is automatically DQ'd.

Meet Details

I also want to highlight the following details:

- Dive sheets must be submitted ahead of time on [Clean Entries](#). The meet will be live on that platform soon and entries are due by 2/13. Keep in mind divers also need to be submitted in [Swimcloud](#) along with your school's swimmers.
- Every school that is bringing a diver must provide at least one volunteer to help administer the meet. Historically, coaches have judged the state meet, so please come with that expectation as we want to run a 7-judge panel.
- The venue was changed from Dulles South to [Cub Run](#) as Dulles South only has one diving board. Cub Run is actually 5 minutes closer to [Claude Moore](#), where swim is being held, so it has that advantage, too.
- Spectators are currently being allowed at Cub Run. This is subject to change, but I'd be surprised if it was changed since we seem to be past the COVID peak in our area. Note that no spectators are being allowed for swim, so I'm glad our dive parents have the ability to watch their kid(s) dive. Masks are required to be worn inside the building.

- There will be a coaches meeting at 11:00 AM on the 18th. I am planning on holding it in the Party Room down the stairs at Cub Run.
- We could not book a Thursday warmup session as space was already booked, but we will open the boards for all at 11:00 AM on Friday the 18th. It will go to girls only at noon with a 1:00 PM start time. If there is time after the girls event, the boards will open back up until 5:00 PM
- The boys event starts an hour later on Saturday. 1:00 PM warmup with a 2:00 PM meet start. We will try to get the event wrapped up prior to finals for swim that night, but I can't make any guarantees. Something to consider for student-athletes who are both swimming and diving.

NFHS Rule Changes

There were some NFHS rule changes for this year that I wanted to point out since we, as coaches, will be judging.

- The language around "excessive oscillations" on back takeoffs was clarified to no more than four oscillations. Judges should deduct 1/2-2 points for excessive oscillations
- Standing forward takeoffs are now permitted, but they must be declared by the diver to the dive referee before their dive. These are scored like a balk as long as they are declared. If they are not declared, no more than a two can be awarded. This came up in a meet we participated in this week, so I wanted to point it out here.

If there are any dive coaches not on this list, please forward them this email and let me know to add them to the distribution list. Please reach out with any questions about States! Looking forward to seeing everyone in person again this year.

Andy Pratt
PVI Dive Coach
VISAA Dive Coordinator