

NATIONAL INTERSCHOLASTIC SWIMMING COACHES ASSOCIATION OF AMERICA, INC.  
RULES, REGULATIONS AND PROCEDURES FOR BOYS AND GIRLS NISCA  
Interscholastic Diving All-America

**THIS FORM CAN BE FILLED OUT ON-LINE AT [www.niscaonline.org](http://www.niscaonline.org)**

**ELIGIBILITY and QUALIFYING**

1. Only divers, their parents, or the diver's high school diving coach can complete and submit this form.
2. All applicants must be in high school; only GRADES 9, 10, 11, and 12 will be considered.
3. Applicant must compete for an interscholastic team.
4. Applicant must be scholastically eligible as determined by school administrative authority and/or State Athletic Association.
5. **ONLY 1-METER DIVING WILL BE CONSIDERED.**
6. All diving performances must be done in a regularly scheduled INTERSCHOLASTIC 11-dive championship format meet using National Federation Rule 9-4.
7. Points and Degree of Difficulty (D.D.) Requirement:
  - a. BOYS - Minimum score of 375 points and D.D. of Optional Dives 13.3 or higher.
  - b. GIRLS - Minimum score of 375 points and D.D. of Optional Dives 13.0 or higher.
8. EXCEPTION - A Diver who places FIRST through SIXTH in their respective STATE MEET and meets the minimum D.D. requirement BUT DOES NOT MEET THE MINIMUM SCORE REQUIREMENT MAY submit an application, along with their tape and appropriate fee, for consideration.

**SUBMITTING DVDS**

1. Submitting DVD, score sheets, and applications:
  - a. Each score sheet and application submitted must be for one diver in one 11-dive 1-meter interscholastic contest following National Federation Rule 9-4-1c.
  - b. Two (2) different meets for the SAME DIVER may be submitted on one (1) DVD with separate applications and fees for each meet.
  - c. ALL DVDS, score sheets and applications submitted *MUST* be labeled with the DIVER'S NAME, SCHOOL NAME, DATE and NAME of the MEET.
  - d. Enclose applicable fee(s) for EACH application. All fees are non-refundable.
  - e. PREVIEW your DVDS BEFORE mailing.
  - f. Must use DVD Format. No other will be accepted.
  - g. DVDS WILL NOT be returned.
  - h. *DVDS not in compliance with these rules will be rejected.*
2. A maximum of TWO (2) meets will be judged by the Selection Committee.
3. DEADLINE for applications to be entered, DVDS, score sheets to be sent:
  - a. By **December 31<sup>st</sup>** for Fall Seasons, or by **March 31<sup>st</sup>** for Winter Seasons
  - b. Teams competing in Spring Season - Deadline is **May 31<sup>st</sup>**. *If your state championship is after this deadline, contact the All-America Diving Chair.*
  - c. \$20 late fee per APPLICATION for any application entered past the deadline for your season. **NO APPLICATIONS WILL BE ACCEPTED AFTER MAY 31<sup>ST</sup>.**

**ADDITIONAL INFORMATION**

1. DVDS WILL NOT be returned after the final All-America Selections are made.
2. Up to 100 divers will be named as All-America.
3. Divers who are selected to the All-America Teams shall receive one commemorative certificate. This certificate will be sent directly to the Diver.
4. Additional certificates for Coaches, Parents, or Schools may be purchased from NISCA. Order form available at [www.niscaonline.org](http://www.niscaonline.org).
5. Results of the selection committee may be found at [www.niscaonline.org](http://www.niscaonline.org) after June 15.
6. Make a copy of your application for your records and for use if your application is lost in the delivery process.

**FILMING INSTRUCTIONS FOR ALL-AMERICA APPLICATIONS**

1. DVD must have only one diver performing 11 dives following National Federation Rule 9-4-1c.
2. Two meets for the SAME diver may be on one (1) DVD, (2 applications and fees are needed).
3. You must have DIVER'S NAME, SCHOOL NAME, DATE and NAME of the MEET at the BEGINNING of each contest.
4. What MUST BE FILMED:
  - a. Forward takeoffs; STARTING POSITION, APPROACH, EXECUTION, and ENTRY into the water.
  - b. Backward takeoffs; STARTING POSITION, EXECUTION, and ENTRY into the water.
  - c. Entries; Continue filming all entries for two seconds after the diver enters the water.
  - d. DO NOT FILM THE SCORES OR SCOREBOARD.
5. All filming should be done from as near a judge's position as possible. "BOARD LEVEL AND SIDE VIEW OF THE DIVE."
6. If changing tapes be careful NOT TO ERASE any part of the previous dive (especially the entry).
7. Review DVD and score sheet. Make sure DVD and score sheet match and that dives are in the correct order on the DVD.
8. **IF YOU WANT A COPY, MAKE ONE BEFORE YOU SEND IN YOUR DVD! DVDS WILL NOT BE RETURNED.**
9. PLEASE FOLLOW THESE DIRECTIONS TO AVOID DISQUALIFICATION.