

**2022 Amateur Athletic Union
AAU Aquatics Handbook
Diving and Swimming**



Sports for all, forever!

www.ausports.org

www.diveaau.org

www.auswimming.org

TABLE OF CONTENTS

I.	National Sport Committee Governance and Administration	3
	A. National Committee Structure and Procedures	3
	1. National Chair.....	3
	2. National Sport Committee Composition	3
	3. Other Committee Positions.....	3
	B. Sport Committee Meetings	4
	1. National Sports Committee Regular Meetings	4
	2. Non-Regular Sport Committee Meetings	4
	3. National Sport Committee Special Meetings	4
	4. National Sport Executive Committee Meetings	4
	5. Agenda Additions	4
II.	Sport Policies and Procedures	4
	A. Sportsmanship.....	4
	B. Program Violations	4
	C. No Guarantee Policy	5
	D. Cross Boundary Athletes	5
III.	Sport Operations.....	5
	A. Event Operating Rules.....	5
	1. District Qualifier Medals	5
	B. Competition Rules	5
	1. Youth Diving Competition Rules	5
	2. Adult Diving Competition Rules.....	6
	3. Youth Swimming Competition Rules	7
	4. Other Aquatics Sports Competition Rules	7
IV.	Excerpts from AAU Code Book	
	A. AAU Membership	7
	1. Conditions for Membership.....	8
	2. Classes of Membership.....	8
	B. Membership and Residency.....	8
	C. Eligibility	9
	1. Participation.....	9
	2. Club Attachment.....	9
	3. Transfers	9
	D. Use of Logos and Trademarks.....	9
	E. Event Licenses	10
	F. District Sport Committee Biennial Meetings	11
	1. District Sport Committee Biennial Meeting.....	11
	2. Notice of District Sport Meetings.....	11
	G. Functions of District Sport Committees	11
	1. District Sports Committees.....	11
	2. Composition.....	11
	3. Duties.....	11
	H. Functions of District Sport Director	12
	1. District Sports Director.....	12

2. Duties.....	12
3. Removal.....	12

V. Appendix

A. Qualifications for AAU Diving National Championship	14
B. Qualifications for AAU Junior Olympic Games National Swimming Championships	16
C. District Map and Alignment	17
D. National Sport Committee Contacts	22
E. National Sport Committee Awards	23
F. Definitions/Glossary	24

2022 AAU Aquatics Handbook & Regulations

PREAMBLE

The AAU Aquatics National Committee has been established in order to promote the benefits of participation in athletics and hereby adopts these rules & regulations for the advancement of that purpose. AAU Aquatics includes the sports of Diving, Swimming, Synchronized Swimming and Water Polo. The AAU Aquatics Committee operates under the governance of the AAU Code in addition to rules herein.

I. NATIONAL SPORT COMMITTEE GOVERNANCE AND ADMINISTRATION

A. National Committee Structure and Procedures

1. **National Sport Chair.**
 - a. National Sports Chairs shall be elected National Sport Committee at the committee meeting during National Conventions in which National Officers are elected.
 - b. Terms are four years.
 - c. National election policies shall apply.
 - d. National Sport Chairs can be removed for cause by a majority vote of the National Officers, subject to the Right of Appeal to the National Board of Review. The President, with the approval of a majority of the officers, may appoint a person to fill a vacant Sport Chair position. The appointee will serve until the next regular or special meeting of the Sport Committee, at which time an election shall be held to complete the term. (Updated 11/14)

2. **National Sport Committee Composition.** The Committee will consist of the National Sports Chair, members of the Executive Committee who are elected as provided by the sport's operating rules, the elected or appointed Sport Director of each District, or a representative designated by the District Governor, and one appointed representative from each Allied member that registers members in the sport. The President may appoint up to two (2) members-at-large (Updated 11/14).
 - a. **Voting.** Only members of the Committee are permitted to vote. There shall be no voting by proxy. Each member of the Committee will have one vote. Only representatives from Districts which registered a minimum of .5% (a half percent) of the total number of athletes in that sport in the previous year shall be allowed to vote in the National Sport Committee meeting.

3. **Other Committee Positions.** The National Chair may appoint additional committee positions, including members of an Executive

Committee.

B. Sport Committee Meetings

1. **National Sport Committee Regular Meetings.** Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.
2. **Non-Regular Sport Committee Meetings.** National Sport Committee may hold a Non-Regular National Sport Committee meeting in odd years subject to the following provisions:
 - a. The meeting is called by the Chair following approval of the National Office.
 - b. The National Office has the right to coordinate the meeting and pick the site for the meeting.
3. **National Sport Committee Special Meetings.** Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee members. Ten (10) days' notice is required and notice shall state the purpose of the meeting.
4. **National Sport Executive Committee Meetings.** The National Chair shall determine the date and location of Executive Committee Meetings.
5. **Agenda Additions**
 - a. **Sport Committee Meeting Order (Agendas)-** The Regular National Sport Committee meetings, the Non-Regular National Sport Committee meetings, and National Sport Committee Special meetings shall follow meeting order (agenda format) as established by Code (Bylaw 9.5).

II. SPORT POLICIES AND PROCEDURES

- A. **Sportsmanship.** It is the obligation of coaches, players, administrators, volunteers and other representatives of the AAU to practice the highest principles of sportsmanship and to observe the ethics of competition. Good sportsmanship is defined as qualities of behavior, which are characterized by courtesy and genuine concern for others. The display of good sportsmanship is a statement of the individual's understanding and commitment to fair play, ethical behavior and integrity.
- B. **Program Violations.** Disciplinary action may be considered by the Districts, Sport Committee or the Executive Committee for any violations bringing discredit upon the AAU, including, but not limited to, passing "bad" checks, participation of athletes in an improper age division, or any violation of any part of this Handbook or the AAU Code. In instances of alleged violations, Board of Review action may be taken against athletes,

coaches, parents and/or clubs according to AAU Code.

- C. No Guarantee Policy.** The AAU cannot and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.
- D. Cross Boundary Athletes:** The Aquatics Committee does not have a limit on the number of cross boundary athletes.

III. SPORT OPERATIONS

A. Event Operating Rules.

1. **District Qualifier Medals.** AAU medals shall be used at any sanctioned district qualifying event. Medals must be purchased through the AAU medal program or the sanction shall be denied/voided. Effective September 1, 2009. (Added 3/09)

B. Competition Rules.

1. **Youth Diving Competition Rules.** AAU Diving is conducted under the AAU Code, AAU Aquatics Handbook and the competition rules of FINA as modified by the AAU National Aquatics Committee.
- a. Qualification Procedure.** For qualification scores to compete in the Diving National Championship, please refer to **Appendix A.**
- b. Single Age Divisions for Diving National Championships**

i.

9 & Under	10 Years	11 Years
12 Years	13 Years	14 Years
15 Years	16 Years	17 Years
18 Years	Open	

- ii. Age groups are determined by the divers' age on December 31, year of competition.

c. Categories of Competition

- i. 1m springboard
3m springboard
Platform
1m synchronized
springboard 3m
synchronized springboard.

d. Rules and Restrictions. See Appendix A.

2. **Adult Diving Competition Rules.** AAU Diving is conducted under the AAU Code, AAU Aquatics Handbook and the competition rules of FINA as modified by the AAU National Aquatics Committee.

a. Levels of Competition

- i. Open.** Primarily for divers that want to compete at the elite level. There are no age restrictions and youth can compete in open events if the meet is sanctioned as a combined Youth and Adult competition.
- ii. Masters.** Primary for divers that no longer what to compete in Open events. Elite divers are permitted to compete in master events but are restricted to competing in their natural age group.
- iii. Masters B.** Primarily for divers who are not ready to perform a full list of dives competitively but still want to compete and socialize with other divers.

b. Rules and Regulations

- i. Men's and women's events will use the men's rules for number of dives to complete for each age group.
- ii. Masters program will have an additional 21-24 year old age group, which will execute the same number of dives as the 25-29 age group.
- iii. There are no restrictions for dives performed from the 10 meter platform. For divers 50 and over, head first and/or dives with a DD of 2.0 or more can be performed from the 10 meter platform.
- iv. Masters B (short list) events will have the following requirements:
 - 1. 19-49 year old Masters B age groups perform any 5 dives for Springboard events and any 4 dives for platform events.
 - 2. 50-79 year old Masters B age groups perform any 4 dives for Springboard events and any 4 dives for platform events.
 - 3. For Masters B platform events, dives may be performed only from 5M, 7M and/or any platform

- levels in between.
4. There will be no forced migration from competing in Masters B (short list) events to Masters (full list) events.
 - v. Invitational meets can deviate from these rules as long as exceptions are defined as part of the meet information.
3. **Youth Swimming Competition Rules.** AAU Swimming is conducted under the AAU Code, AAU Aquatics Handbook and the competitive rules of USA Swimming as modified by the AAU National Aquatics Committee.
 - a. **Qualification Procedure.** The AAU Swimming National Championships will be held at the AAU Junior Olympic Games. For qualifications, please refer to **Appendix B.**
 - b. **Age Divisions for Swimming National Championships**
 - i. 8 and Under Boys and Girls
9-10 Boys and Girls
11-12 Boys and Girls
13-14 Boys and Girls
15-18 Boys and Girls
 - ii. Athlete's age on the first day of competition shall determine the division of the competitor.
 - iii. At the National Championship, heats for 8 and Under division may be combined with 9-10 division but will be awarded separately. The 8 and Under division is offered for the 50 Meter events and 200 Meter freestyle relays.
 - c. **Rules and Restrictions.** Additional rules and restrictions as outlined in the AAU Junior Olympic Games Meet Information Packet shall be followed.
 4. **Other Aquatics Competition Rules.** For other Aquatics sports such as Water Polo and Synchronized Swimming, the competition rules of the National Governing Body will apply.

IV. EXCERPTS FROM AAU CODE BOOK

- A. **AAU Membership.** All participants must be a member of the AAU in order to participate in any AAU licensed Event. Event Operators may not collect AAU membership money at any AAU licensed event.

Membership Requirements. Membership in the AAU is a privilege granted by the AAU. It is not a right. The AAU at its sole discretion reserves the right to accept or reject applicants for membership.

1. **Conditions for Membership.** Membership in any class may be granted only after an application is submitted and approved. By submitting an application, the applicant agrees to comply with all the provisions of the AAU Code, including its Constitution, Bylaws, policies, procedures and rules of the AAU.
2. **Categories of Membership**
 - a. **District Member.** The organization chartered by the Congress to provide administrative services within a designated geographic area.
 - b. **Club Member.** An organization or group that has been approved for membership after meeting the registration requirements of the Code.
 - c. **Individual Member.** A person who has been approved for membership after meeting the registration requirements of the Code. Individual membership categories include:
 - i. Youth Athlete
 - ii. Adult Athlete
 - iii. Non-Athlete
 - d. **Allied Member.** An organization or group approved by Congress which is engaged in athletics or sports-related activities.

B. Membership and Residency

1. Adult members will not be bound by residence requirements.
2. Youth members must register in the District of their bona fide residency, except as follows:
 - a. A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District.
 - b. A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option of registering in either District.
 - c. A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.
 - d. The National Board of Review will determine issues of residency.
3. Persons living outside the U.S. may register online or through the AAU National Office. The respective National Sports Committee rules shall govern their participation in AAU competitions.

C. Eligibility

1. A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team events the National Sports Committee shall determine the number of youth members permitted to participate on a team from an adjoining District.
2. **Club Attachment.** A youth member becomes attached to a club member when he/she competes with that club in any AAU licensed event (practice not included). A youth member may be attached to only one club with the following exceptions:
 - a. An athlete may attach to additional clubs (one in each sport) if he/she participates in additional sports.
 - b. Participation in an AAU licensed league does not create club attachment.
3. **Transfers.** Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by the National Sport Committee. After a youth member becomes attached to a club, he/she may only transfer to another club in the same sport as follows:
 - a. If the youth member has not competed in any AAU authorized events in that Sport for a period of sixty (60) days no permission is necessary.
 - b. If the representative of the club to which an athlete is attached signs a release form permitting an immediate transfer. (Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by National Sport Committees.)
 - c. When the transfer is for the purpose of competing with a team which has qualified for a National Championship as provided by National Sport Committee rules.
 - d. If the Registrar determines there is good cause to believe that the transfer is due to events outside the control of the athlete or that the transfer serves the best interest of the AAU.

D. Use of Logos and Trademarks

1. **AAU Registered Marks.** The AAU name, mark, seal, logo, and other insignia (all "AAU marks") are protected through trademark registration and are defined as the intellectual property of the AAU. No person or entity may use the AAU's intellectual property without the prior and continued approval of the National AAU. Only those subordinates and affiliated organizations which are expressly authorized by the National AAU may use the intellectual property of the AAU. The National AAU may withdraw its approval to use its marks, in its sole discretion. Members shall immediately comply with notice to cease and desist from the use of the AAU's intellectual

property. The unauthorized use of any of the intellectual property of the AAU is a violation of this policy as well as the (Federal) Lanham Act and may subject the member/entity to penalties set out in the AAU Code. If granted approval/permission to use any of the AAU marks, the limited right to use the marks shall be non-exclusive and the user shall not acquire any ownership in or of such mark(s).

2. Only chartered Districts, District Sport Committees and National Sport Committees may use the AAU marks in their name.
3. There are three (3) levels of AAU club membership. Level 1 AAU Clubs acquire no rights to use the AAU's intellectual property. Level 2 and Level 3 Clubs may use AAU's registered marks only as follows:
 - a. For the purpose of promoting an AAU licensed event.
 - b. For the purpose of promoting the club's AAU related activities.
 - c. Neither members nor clubs may use the name AAU in their legal name, domain name, email or any other name without the express written consent of the National AAU.
4. In the event of a dispute or conflict as to a member's/entity's claim(s) to use any of the intellectual property of the AAU, the Officers of the AAU shall decide and determine the dispute in their sole discretion.
5. No license will be granted by the AAU for any event where the word "Olympic" or any derivative thereof is used in any advertisement or notice in any manner in connection with AAU competitions.

E. Event Licenses

1. No event shall be conducted under the auspices of the AAU unless a written license has been issued for the activity. A license is the written approval of the AAU for the conduct of the activity.
2. Only AAU members may participate in licensed events unless otherwise provided in the Bylaws.
3. Licenses may be issued to any club in good standing and which meets the membership criteria. A license should be reviewed by the District Sport Committee Director or Governor if there is no District Sport Director. If the license is reviewed and rejected, the organization submitting the license application shall be notified.
4. No license shall take effect until approved or until the 15-day review period has expired.
5. The National Registration Executive Committee has the authority to:
 - a. Issue a license for events in locations where there is no active District member.
 - b. Issue a license for events in Districts where there is no current active participation. (No District Championship in the prior

- membership year).
 - c. Issue a license for events directly sponsored by the National AAU or National Sports Committee (The National Sport Committee shall consult with the District Sports Director and Governor prior to seeking an event license.)
 - d. Review and approve any sanction license rejected by the District.
 - e. Issue a license in an unchartered District.
 - f. Revoke an approved license for good cause.
6. Event licenses issued to one organization cannot be transferred to another organization.
 7. No event license will be issued for any event where the word “Olympic” or any derivative thereof is used in any advertisements or notice in connection with the event except upon the specific written approval of the Board of Directors.

F. District Sport Committee Biennial Meeting

1. **District Sport Committee Biennial Meeting.** It is the duty of the District Sport Committee to in even years hold a biennial meeting, the date, time and location shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee]
2. **Notice of District Sport Meetings.** Notice of the biennial meetings of the District Sport Committee will be given to all clubs with members registered in the sport. Notice shall be sent not less than 30 or more than 60 days prior to the scheduled meeting. In election years, the notice of election must be sent 60 days prior to the meeting.
 - a. **Quorum.** Five (5) member clubs with voting eligibility must be present to constitute a quorum of the Biennial Sport Committee meeting.
 - b. **Voting.** Each club that has registered at least five (5) individual members in the sport during the current year shall appoint one (1) representative to serve on the District Sport Committee. The representative shall be designated on the club membership application.
 - i. There shall be no voting by proxy.
 - ii. A club may designate another representative for the club by written notice to the District Sport Director. Replacements in writing must be received 7 days prior to the meeting.
 - iii. Each member of the Sport Committee shall have one vote.
 - c. Minutes of the meeting must be written and filed with the District Secretary and the National AAU Compliance Department.

G. Functions of District Sport Committees

1. **District Sport Committees.** In each approved AAU sport in which

the District has athletes actively participating, there may be a Committee to manage competition within the District.

2. **Composition.** The District Sport Committee shall include the following :
 - a. Each club member which registers at least five individual members in the sport shall have one representative on the District Sport Committee.
 - b. District Sport Committee Officers as defined by that sport's operating rules.
 - c. The Governor may appoint up to two (2) at-large members.

3. **Duties.** The duties of the District Sport Committee are to:
 - a. In even years, hold a Biennial meeting, the date, time and location of which shall be approved by the District Executive Committee.
 - b. Adopt at the Biennial Meeting, rules of operation of the Committee to be submitted to the Executive Committee for approval and which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National Sport Committee rules.
 - c. Determine whether to establish a Committee operating account and if so to comply with all relevant AAU procedures and policies.
 - d. Provide for the conduct of the District championships.
 - e. If the District Sport Committee is organized as an administrative club under the AAU, it shall annually file the Location of Assets Report with the District Office, and forward a copy to the National Office.

H. Functions of the District Sport Director

1. **District Sport Director.** In each approved sport in which the District has athletes actively participating, there may be a Director.
 - a. **Election.** In each sport in which five or more club members have designated the sport as its primary sport, the Director shall be elected by the Committee at its Biennial Meeting. When there are fewer than five clubs registered to the Sport, the Chair may be appointed by the Governor with the approval of the National Sport Committee Chair. The District Sport Director takes office upon election or upon appointment.
 - b. **Term.** The term of office for an elected District Sport Director shall be four (4) years to run concurrently with the District Officers. Once elected, each District Sport Director is required to purchase a four (4)-year membership that will complete their term. The term of office for an appointed District Sport Director shall be one year or until removed by the Governor, or until the Sport Committee meets the criteria to elect a Director.

- c. **Vacancies.** A vacancy occurring in an elected District Sport Director shall be filled by the Governor with approval of the National Sport Committee Chair.
2. **Duties.** The Sport Committee Director shall :
 - a. Develop a budget for the Sport Committee to file with the District Treasurer.
 - b. Perform the duties set forth in the Committee Rules of Operation.
 - c. Review and approve, or for a reasonable cause deny event licenses in the sport.
 - d. Preside at Sport Committee meetings.
 - e. Maintain records of the District Sport Committee, including but not limited to the minutes of all meetings, the budget, location of assets report (if required), and the District Sports Committee operating rules.
 - f. Prepare, or have prepared, meeting minutes (which shall be approved at all District Sports Committee meetings). Forward a copy of all minutes to the National Office and District Secretary no later than 30 days following the District Sport Committee meeting.
 - g. File a copy of all records requested by the District Secretary and the AAU National Office Compliance Department no later than 30 days following District Sport Committee meetings.
 - h. At the conclusion of service as Sport Director, turn over all records to the successor to the position.
3. **Removal.** District Sport Directors may be removed as follows:
 - a. **By District Sport Committee.** An elected Sport Committee Director may be removed by a two-thirds (2/3) vote of the Sport Committee at the Biennial meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda.
 - b. **By National Sport Chair.** Each National Sport Chair shall annually review the number of events held in their sport. If the minimum number of licensed days of activity events, excluding practice sanctions, are below five (5), the National Sport Chair may remove the District Director. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision
 - c. **By National Board of Review.** A Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board's proceedings.
 - d. By the National Board of Review Chair after the failure of the District Sports Director to file minutes, reports and records as required by this article.

APPENDIX A

2022 Scores to AAU Nationals

If you competed in a meet between the 2021 and 2022 AAU Diving Nationals, please use the table below to verify your score as meeting the minimum qualifying score(s) to compete at the 2022 AAU Diving Nationals.

Group E	1 Meter	3 Meter	Platform
9 & Under Girls	No minimum score (coaches please use discretion)		
9 & Under Boys	No minimum score (coaches please use discretion)		
Group D	1 Meter	3 Meter	Platform
10-11 Girls	130 (5 Dives)	140 (5 Dives)	130 (5 Dives)
	150 (6 Dives)	160 (6 Dives)	
10-11 Boys	120 (5 Dives)	125 (5 Dives)	130 (5 Dives)
	140 (6 Dives)	150 (6 Dives)	
Group C	1 Meter	3 Meter	Platform
12-13 Girls	205 (7 Dives)	210 (7 Dives)	160 (6 Dives)
	225 (8 Dives)	235 (8 Dives)	
12-13 Boys	185 (7 Dives)	195 (7 Dives)	190 (7 Dives)
	210 (8 Dives)	225 (8 Dives)	
Group B	1 Meter	3 Meter	Platform
14-15 Girls	250 (8 Dives)	260 (8 Dives)	248 (7 Dives)
	284 (9 Dives)	294 (9 Dives)	
	362 (11 Dives)		
14-15 Boys	250 (9 Dives)	270 (9 Dives)	280 (8 Dives)
	382 (11 Dives)		
Group A	1 Meter	3 Meter	Platform
16-18 Girls	305 (9 Dives)	315 (9 Dives)	245 (8 Dives)
	340 (10 Dives)	350 (10 Dives)	275 (9 Dives)
	372 (11 Dives)		
16-18 Boys	365 (10 Dives)	390 (10 Dives)	305 (9 Dives)
	405 (11 Dives)	430 (11 Dives)	335 (10 Dives)
Open Group	1 Meter	3 Meter	Platform
19 & Over Girls	No minimum score (coaches please use discretion)		

19 & Over Boys

No minimum score (coaches please use discretion)

Coaches: Please note that there is no qualifying standard for the 9 & unders. They will be doing 4 dives – 3 voluntaries and 1 optional on 1 and 3 meter. Please use your discretion by bringing divers who you feel are capable of competing at this meet. There is no 9 & under platform event, but 9 & unders may compete in the 11 & under platform.

Age groups are determined by the divers' age on December 31, 2022. All divers must compete in their age group and qualify in that age group.

Preliminaries may be run as combined events. Example, Group D may be run for 10s and 11s together and then a final for the top twelve 10 year olds and a final for the top 11 year olds may be held.

Tower events will be run as finals only.

Divers who qualify on 3 meter may compete in the tower event. Coaches, please use your discretion. Divers should not be learning dives at the meet site. The tower minimums are there for tower specialists who do not achieve a springboard score.

State Games following the AAU format may be used for qualifying scores. Also placing in the top 3 at an AAU District Championship will qualify.

Proof of qualifying scores may be required at the meet site. Divers or coaches should bring qualifying dive sheets plus meet results available for proof of performance.

Group E, 9 & U	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, 3 opts. 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 groups are determined by the divers' age on December 31, 2022.

APPENDIX B

Qualifications for the AAU Junior Olympic Games Swimming National Championships

First, second, and third place finishers in approved AAU District Swimming Championship Meets in individual events under 400M, will qualify for this AAU National Championship, in only those events unless they meet the time standards below to qualify in other events. Swimmers must place in the District Championship in the age division they will compete in during the AAU National Championship. Swimmers must list their Championship time on the entry form and bring their time verification from the Championship.

In addition, swimmers who meet or beat the U.S. Swimming long course ***“A” minimum time standard for all 200M, 400M and 1500M events and “BB” time standards for events under 200M are eligible to compete in*** the events where they meet the minimum time standards. Qualification for the 400M and 1500M is time only. The time standard must have been met during a bona fide competition between the date of the previous year’s National Championship entry deadline and the current year’s National Championship entry deadline, whether it was AAU, USA Swimming, YMCA, Boys and Girls Club, Parks & Recreation, etc. No attempts against time are acceptable as a means of qualification. ***No yard times will be accepted. Yard times must be converted to long course meter times!***

Swimmers must list their time on the entry form and bring their time verification to the Championship. Qualified swimmers may swim in bonus events, as approved, for 50M, 100M and 200M events. For every qualified event, a swimmer may enter 2 bonus events. At a minimum, it is suggested to have a “B” time standard to request approval for bonus events. Bonus events are subject to approval by the AAU National Aquatics Committee.

For time standards, [click here](#).

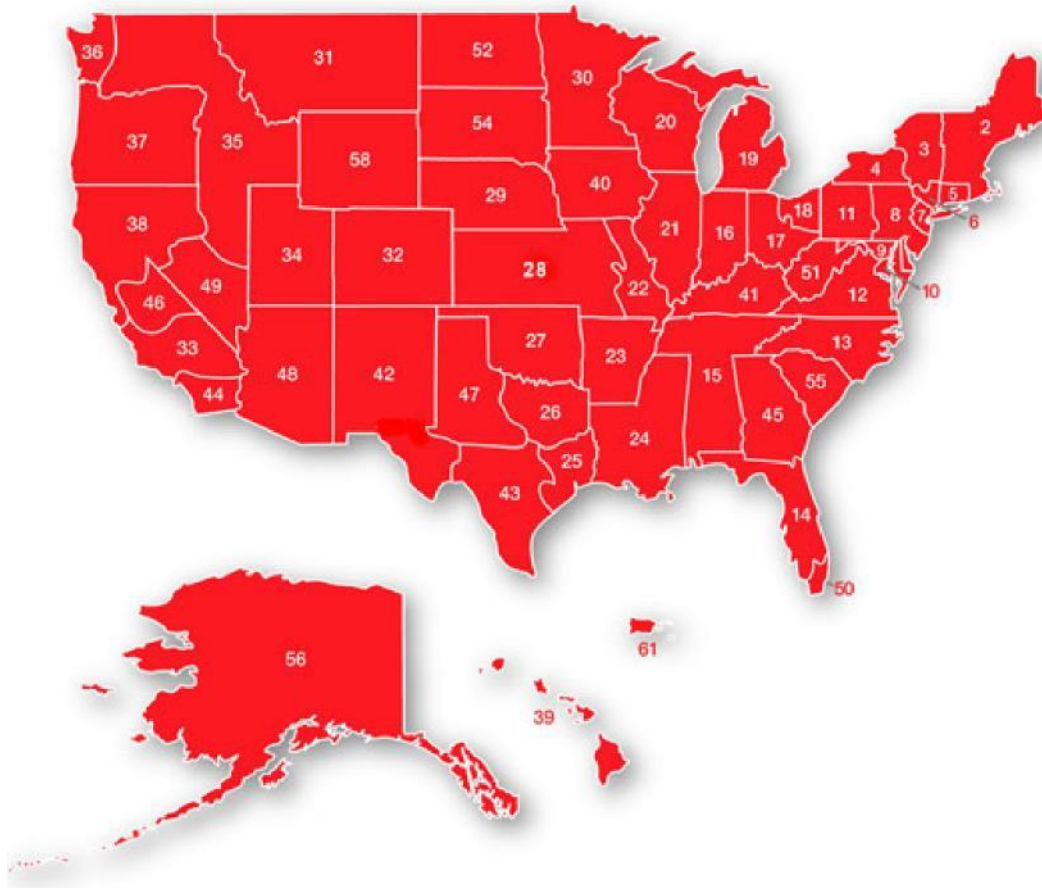
Suggested Conversion Online Tool, [click here](#).

National Championships

National Championships held outside of the AAU Junior Olympic Games may have separate qualifying standards.

APPENDIX C

District Map and Alignment



3 - ADIRONDACK DISTRICT (Organized January 31, 1920). That portion of New York State east and north of Broome, Cortland, Dutchess, Onondaga, Orange, Oswego and Sullivan Counties.
Neighboring Districts: Connecticut, Middle Atlantic, New England, New York Metropolitan and Niagara.

56 - ALASKA DISTRICT (Organized December 3, 1965). State of Alaska. Neighboring Districts: None

48 - ARIZONA DISTRICT (Organized March 10, 1956). State of Arizona.
Neighboring Districts: Colorado, New Mexico, Pacific Southwest, Southern Nevada, Southern Pacific and Utah

23 - ARKANSAS DISTRICT (Organized February 16, 1936). State of Arkansas and (added December, 1948) Bowie County, Texas.
Neighboring Districts: Southeastern, Southern, Southwestern, Oklahoma, Missouri Valley and Ozark

12 - CENTRAL DISTRICT (Organized 1890). Illinois, except Calhoun, Greene, Jersey, Madison, Monroe and St. Clair Counties (counties of Calhoun, Greene, Jersey, Madison, Monroe and St. Clair given to Ozark District, with reservation that all judo therein to be controlled by Central District).
Neighboring Districts: Wisconsin, Iowa, Ozark, Kentucky and Indiana

46 - CENTRAL CALIFORNIA DISTRICT (Organized 1952). Counties of Fresno, Inyo, Kern, Kings, Madera, Mariposa, Merced, Mono, Tulare in the State of California. (Territory re-aligned, December, 1963).
Neighboring Districts: Pacific, Southern Nevada and Southern Pacific

32 - COLORADO DISTRICT (Organized November, 1906). State of Colorado. (Territory re-aligned December, 1963, 1965, 1968. Renamed October, 2004.)
Neighboring Districts: Wyoming, Nebraska, Missouri Valley, Oklahoma, New Mexico, Arizona and Utah

5 - CONNECTICUT DISTRICT (Organized September 17, 1929). State of Connecticut. Neighboring Districts: Adirondack, New England and New York Metropolitan

14 - FLORIDA DISTRICT (Organized January, 1925). Florida, except Miami-Dade (official county name has been changed to Miami-Dade), Broward, that part of Hendry County West of Route 833 and Palm Beach Counties. (Territory re-aligned, December 1958, 1959, 1963, 1972, and 1999.)
Neighboring Districts: Florida Gold Coast, Georgia and Southeastern

50 - FLORIDA GOLD COAST DISTRICT (Organized December 30, 1959). Counties of Broward, Miami-Dade (official county name has been changed to Miami-Dade), that part of Hendry County East of Route 833, and Palm Beach Counties. (Territory re-aligned, December 1958, 1959, 1963, 1972 and 1999.)
Neighboring Districts: Florida

45 - GEORGIA DISTRICT (territory realigned September, 1989). State of Georgia Neighboring Districts: Florida, North Carolina, Southeastern and South Carolina

25 - GULF DISTRICT (Organized March 6, 1931). That part of the State of Texas bounded on the North and including the counties of Angelina, Houston, Leon, Nacogdoches, Robertson and Shelby; on the East by the State of Louisiana; on the South by the Gulf of Mexico and on the West by and including the counties of Austin, Brazos, Colorado, Fort Bend, Grimes, Matagorda, Robertson, Waller, Washington and Wharton. (Territory re-aligned September, 1992.)
Neighboring Districts: Southern, Southwestern and South Texas

39 - HAWAIIAN DISTRICT (Organized November, 1910). State of Hawaii. Neighboring Districts: None

16 - INDIANA DISTRICT (Organized August 22, 1919). All of State of Indiana excepting Clark, Dearborn and Floyd Counties with the reservation that all wrestling therein be controlled by the Indiana District.
Neighboring Districts: Central, Kentucky, Michigan and Ohio

35 - INLAND EMPIRE DISTRICT (Organized April 25, 1937). State of Washington, counties of Adams, Asotin, Benton, Chelan, Columbia, Douglas, Ferry, Franklin, Garfield, Grant, Kittitas, Klickitat, Lincoln, Okanogan, Spokane, Stevens, Walla Walla, Whitman and Yakima County. State of Idaho, State of Nevada, counties of Elko, Eureka and White Pine. (Territory re-aligned September, 1987.)
Neighboring Districts: Pacific Northwest, Pacific, Oregon, Southern Nevada, Utah, Wyoming and Montana

40 - IOWA DISTRICT (Organized January 15, 1939). State of Iowa.
Neighboring Districts: Minnesota, South Dakota, Wisconsin, Missouri Valley, Nebraska, Ozark and Central

41 - KENTUCKY DISTRICT (Organized February 27, 1939). The Commonwealth of Kentucky and Clark and Floyd County in the State of Indiana (except for the sports of wrestling, boys and girls basketball). (Territory realigned, September, 1987; October 2003).
Neighboring Districts: Central, Indiana, Ohio, Ozark, Southeastern, Virginia and West Virginia

18 - LAKE ERIE DISTRICT (Organized January 5, 1931 As Northeastern Ohio District. Name changed at 1956 Convention). The Counties of Ashland, Ashtabula, Belmont Columbiana, Crawford, Cuyahoga, Erie, Geauga, Huron, Jefferson, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawus and Wayne. (Territory re-aligned December, 1960 and September, 1991.)
Neighboring Districts: Ohio and Western Pennsylvania

9 - MARYLAND DISTRICT (Organized, 1981). State of Maryland (except the counties of Montgomery and Prince Georges.) (Territory re-aligned December, 1968.)
Neighboring Districts: Potomac, Virginia, West Virginia, Western Pennsylvania and Middle Atlantic

19 - MICHIGAN DISTRICT (Organized November, 1923). State of Michigan. (Territory re-aligned December, 1962 and October, 1971.)
Neighboring Districts: Indiana and Ohio

8 - MIDDLE ATLANTIC DISTRICT (Organized 1906). New Jersey, south of Mercer and Monmouth County; all of the State of Delaware and the Commonwealth of Pennsylvania, east of and including Bedford, Centre, Clinton and Potter Counties (Territory re-aligned December, 1962.)
Neighboring Districts: Adirondack, New Jersey, New York Metropolitan, Niagara, Western Pennsylvania and Maryland

30 - MINNESOTA DISTRICT (territory realigned September, 1989). State of Minnesota. Neighboring Districts: Iowa, North Dakota, South Dakota and Wisconsin

28 - MISSOURI VALLEY DISTRICT (Organized February 14, 1931). All of Kansas and that portion of the western part of the state of Missouri including and bounded by Adair, Audrain, Benton, Callaway, Christian, Cole, Greene, Hickory, Macon, Montineau, Morgan, Polk, Randolph, Schuyler and Taney. (Territory re-aligned December, 1962.)
Neighboring Districts: Iowa, Nebraska, Colorado, Oklahoma, Arkansas and Ozark

31 - MONTANA DISTRICT (Organized February 15, 1936). State of Montana. Neighboring Districts: Inland Empire, North Dakota, South Dakota and Wyoming

29- NEBRASKA DISTRICT (Organized June 26, 1922). State of Nebraska. (Territory re-aligned September, 1986.)
Neighboring Districts: South Dakota, Wyoming, Colorado, Missouri Valley and Iowa

2 - NEW ENGLAND DISTRICT (Organized, 1890). New Hampshire, Maine, Massachusetts, Rhode Island and Vermont. (Territory re-aligned September, 1987.)
Neighboring Districts: Adirondack and Connecticut

7 - NEW JERSEY DISTRICT (Organized April 21, 1930). New Jersey north of and including Hudson, Mercer and Monmouth Counties.
Neighboring Districts: Middle Atlantic and New York Metropolitan

42 - NEW MEXICO DISTRICT (Organized May 29, 1947). State of New Mexico and the counties of Brewster, Culbertson, Crockett, El Paso, Hudspeth, Jeff Davis, Presidio and Terrell in the State of Texas. (Territory re-aligned September, 1988.)
Neighboring Districts: Colorado, Utah, Arizona, West Texas, South Texas and Oklahoma

6 - NEW YORK METROPOLITAN DISTRICT (Organized, 1890). New York, south of and including Dutchess, Orange, Sullivan and Ulster Counties; also the Canal Zone. (Renamed October, 2004)
Neighboring Districts: Adirondack, Connecticut, Middle Atlantic and New Jersey

4 - NIAGARA DISTRICT (Organized September 27, 1919). State of New York west of and including Broome, Cortland, Onondaga and Oswego Counties.
Neighboring Districts: Adirondack, Middle Atlantic and Western Pennsylvania

13 - NORTH CAROLINA DISTRICT (Organized December 5, 1965). State of North Carolina. Neighboring Districts: Georgia, South Carolina, Southeastern and Virginia

52 - NORTH DAKOTA DISTRICT (Organized December 1, 1962). State of North Dakota Neighboring Districts: Minnesota, Montana and South Dakota

17 - OHIO DISTRICT (Organized May 1, 1923). State of Ohio (except the counties of Ashland, Ashtabula, Belmont, Columbiana, Crawford, Cuyahoga, Erie, Geauga, Huron, Jefferson, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawus and Wayne); and the Dearborn County in the State of Indiana. (Territory re-aligned, December, 1959, 1960, 1962, 1963, and October, 2003).
Neighboring Districts: Indiana, Lake Erie, Michigan, Kentucky, West Virginia and Western Pennsylvania

- 27 - OKLAHOMA DISTRICT** (Organized February 23, 1936). State of Oklahoma.
Neighboring Districts: Missouri Valley, Colorado, New Mexico, West Texas, Southwestern and Arkansas
- 37 - OREGON DISTRICT** (Organized September 23, 1935). State of Oregon and the following counties of Washington: Clark, Cowlitz and Skamania. (Territory re-aligned September, 1987.)
Neighboring Districts: Inland Empire, Pacific and Pacific Northwest
- 22 - OZARK DISTRICT** (Organized, 1935). Missouri east of and including the following counties, Camden, Dallas, Douglas, Knox, Miller, Monroe, Montgomery, Osage, Ozark, Pike, Scotland, Shelby, including the city of St. Louis, and Webster. Counties of Calhoun, Greene, Jersey, Madison, Monroe and St. Clair in Illinois with reservation that all judo therein be controlled by Central DISTRICT. (Territory re-aligned December, 1962.)
Neighboring Districts: Arkansas, Central, Kentucky, Iowa, Missouri Valley and Southeastern
- 38 - PACIFIC DISTRICT** (Organized, 1890). The State of California, north of but not including the counties of Fresno, Madera, Mariposa, Merced, Mono and San Luis Obispo and the Counties of Churchill, Douglas, Humboldt, Lander, Lyon, Mineral, Ormsby, Pershing, Storey and Washoe in the State of Nevada. (Territory re-aligned December, 1961 and December, 1962 and 1963.)
Neighboring Districts: Central California, Inland Empire, Oregon, Southern Nevada and Southern Pacific
- 36 - PACIFIC NORTHWEST DISTRICT** (Organized June, 1905). Washington, west of but not including Chelan, Kittitas, Okanogan and Yakima Counties and north of but not including Cowlitz, Klickitat and Skamania Counties. Neighboring Districts: Inland Empire and Oregon
- 44 - PACIFIC SOUTHWEST DISTRICT** (Organized December 10, 1949, as Southwest Pacific Border DISTRICT. Name changed at 1956 Convention). Imperial and San Diego Counties, California. Neighboring Districts: Arizona and Southern Pacific
- 10 - POTOMAC VALLEY DISTRICT** (Organized October 15, 1929). All territory within the District of Columbia, counties of Montgomery and Prince Georges in the State of Maryland, and counties of Arlington and Fairfax and cities of Alexandria and Falls Church in the Commonwealth of Virginia. (Territory re-aligned December 1968. Formerly District of Columbia District. Renamed December, 1972.) Neighboring Districts: Maryland and Virginia.
- 61 - PUERTO RICO DISTRICT** (Organized September 8, 1984). Puerto Rico and U.S. Virgin Islands.
Neighboring Districts: None
- 55 - SOUTH CAROLINA DISTRICT** (Organized December 5, 1965). State of South Carolina. Neighboring Districts: Georgia and North Carolina
- 54 - SOUTH DAKOTA DISTRICT** (Organized December 4, 1964). State of South Dakota. Neighboring Districts: Iowa, Minnesota, Montana, Nebraska, North Dakota and Wyoming
- 43 - SOUTH TEXAS DISTRICT** (Organized November 12, 1945). That part of the State of Texas bounded on the East by and including the counties of Burleson, Fayette, Jackson, Lavaca, Lee, Milam and; on the South by the Gulf of Mexico and the Republic of Mexico; on the West by and including the counties of Schleicher, Sutton and Val Verde, and on the North by and including the counties of Bell, Burnett, Coryell, Falls, Lampasas, Llano, Mason and Menard. (Territory re-aligned December, 1961, 1963 and September, 1992.)
Neighboring Districts: Gulf, Southwest, South Texas, New Mexico and West Texas
- 15 - SOUTHEASTERN DISTRICT** (Organized August 13, 1951). The State of Alabama and the State of Tennessee. (Territory re-aligned December 1958, December 1972, September 30, 1989 and September 1999)
Neighboring Districts: Kentucky, Virginia, North Carolina, Georgia, Southern, Arkansas and Ozark
- 24 - SOUTHERN DISTRICT** (Organized, 1892). The State of Louisiana and the State of Mississippi.
Neighboring Districts: Southeastern, Arkansas, Gulf and Southwestern
- 49 - SOUTHERN NEVADA DISTRICT** (Organized January 15, 1959). Counties of Clark, Esmeralda, Lincoln, Nyle, all within the State of Nevada. (Territory re-aligned December, 1961, 1962.) Neighboring Districts: Inland Empire, Utah, Arizona, Central California, Pacific and Southern Pacific

33 - SOUTHERN PACIFIC DISTRICT (Organized November, 1909). Including the counties of Los Angeles, Orange, Riverside, San Bernardino, San Luis Obispo, Santa Barbara and Ventura all within the State of California. (Territory re-aligned October, 1973.) Neighboring Districts: Arizona, Central California, Pacific, Pacific Southwest, Southern Nevada

26 - SOUTHWESTERN DISTRICT (Organized May 8, 1936). That part of the State of Texas bounded on the South but not including the counties of Angelina, Brown, Callahan, Coryell, Falls, Houston, Lampasas, Leon, Milam, Mills, Nacogdoches, Robertson and Shelby; on the East by the State of Louisiana, State of Arkansas and the county of Bowie, Texas; on the North by the State of Oklahoma and the county of Bowie, Texas and on the West by the counties of, but not including Foard, Hardeman, Haskell, Jones and Knox in the State of Texas. (Territory realigned September, 1992.) Neighboring Districts: Oklahoma, Arkansas, Southern, Gulf, South Texas and West Texas

34 -UTAH DISTRICT (Organized November, 1910). State of Utah. (Territory re- aligned December, 1978.) Neighboring Districts: Inland Empire, Wyoming, Colorado, New Mexico, Arizona and Southern Nevada

12 - VIRGINIA DISTRICT (Organized December 9, 1934). Commonwealth of Virginia (except the Counties of Arlington and Fairfax and cities of Alexandria and Falls Church.) (Territory re-aligned December, 1968.) Neighboring Districts: Potomac Valley, West Virginia, Kentucky, Southeastern and North Carolina

11 - WESTERN PENNSYLVANIA DISTRICT (Organized November 16, 1917). All counties in Pennsylvania west of Bedford, Centre, Clinton, Huntingdon and Potter Counties and the Counties of Brooke, Hancock, Marshall and Ohio in West Virginia. (Territory re-aligned December, 1959 and September, 1991.) Neighboring Districts: Middle Atlantic, Niagara, Maryland, West Virginia, Ohio, and Lake Erie

47 - WEST TEXAS DISTRICT(Organized 1952). All that part of the State of Texas bounded on the South side and including the counties of Concho, Irion, McCulloch, Pecos, Reeves, Regan, San Saba, Tom Green and Upton; on the West by the State of New Mexico; on the North by the State of Oklahoma; on the East by the State of Oklahoma and by and including the counties of Brown, Callahan, Foard, Hardeman, Haskell, Jones, Knox, Mills and San Saba in the State of Texas. (Territory re-aligned December, 1961; October, 1976.) Neighboring Districts: Oklahoma, New Mexico, South Texas and Southwestern

51 - WEST VIRGINIA DISTRICT (Organized February 28, 1960). The State of West Virginia. (Territory realigned December 1963, October 1973 and October 2003). Neighboring Districts: Maryland, Western Pennsylvania, Ohio, Kentucky and Virginia

20 - WISCONSIN DISTRICT (Organized June 6, 1935). State of Wisconsin. (Territory re-aligned December, 1964 and September 30, 1989) Neighboring Districts: Michigan, Minnesota, Iowa and Central

58 - WYOMING DISTRICT (Organized December 9, 1968). State of Wyoming. Neighboring Districts: Montana, South Dakota, Nebraska, Colorado, Utah and Inland Empire

APPENDIX D**NATIONAL SPORT COMMITTEE CONTACT INFORMATION**

AAU National Aquatics Chair

Lewis Fellingner

216-288-3483

lfellinger@jcu.edu

AAU Diving Program Director

Joe Chirico

617-233-4837

joe@usadiver.com

AAU Diving Coordinator of National Events

Luke Bagnaschi

909-553-3184

Luke_bagnaschi@yahoo.com

AAU Swimming District Development Director

Rich Rogers

813-846-8352

coachrichrogers@gmail.com

AAU Junior Olympic Games Swimming Meet Director

Sarah Tobin

216-283-0057

sarah@b3aquatics.com

APPENDIX E

NATIONAL SPORT COMMITTEE AWARDS

KALOS KAGATHOS FOUNDATION AWARD

1994 Fred Schnell, GA

SERVICE AWARD

1995 Don Roberts

1996 David Rave

1997 Jessica Ruppel

2014 Anastasia Saunders

VOLUNTEER OF THE YEAR AWARD

2005 Stan Randall, ST - Diving
Trey Collins - Diving
Joe Chirico, NE - Diving

2006 Oates Family, OZ - Swimming
Heather Morris, OH - Diving

2007 Ferguson Family, SE - Swimming

2010 Luke Bagnaschi (GA) - Diving
Mike Killpack (UT) – Swimming

2012 Sven Schultz (GU) – Diving
Richard Foell (CC) – Swimming

2014 Anastasia Saunders – Swimming/Diving

2016 Antoinette Dubose – Swimming

2018 Jim Brainerd – Diving
Sarah Tobin – Swimming

2020 John Wingfield – Diving
Mary Ruffin – Swimming

2021 Mike Retcher – Diving
Rich Rogers - Swimming

APPENDIX F

Definitions/Glossary

AAU Code - The AAU Code is the collective reference to the Constitution, Bylaws, National Policies, National Sports Committee rules and District Sport Committee rules and regulations. The AAU Code is available at www.aausports.org.

Amateur - Amateur is one who engages in athletic competition or exhibition solely for the pleasure and physical, mental or social benefits derived there from and to who the sport is an avocation.

Athlete - A person who participates in an AAU sports activity as defined by the appropriate AAU Adult or Youth Sports Committee in regards to eligibility, rules, age, gender, etc.

Attached - An individual registered athlete becomes attached to an AAU club or team when the athlete participates as a club representative in a competition sanctioned by a District which includes two or more teams.

Membership - An agreement to participate under the rules, regulations, Code, policies and procedures of the AAU. Membership entitles participation; it does not create agency, or authorize member(s) to be spokesperson(s) on behalf of AAU.

Non-Athlete - A person who participates in the AAU in an administrative role such as Administrator, Bench Personnel, Coach, Instructor, Manager, Official, Team Leader, Tournament Director, Volunteer or other who supports the sport's activity but does not compete as an athlete.

Practice - For the purpose of sanctioning, a practice is organized and/or regularly scheduled sessions supervised at all times by a registered AAU non-athlete and conducted for the purpose of preparing, training, instructing and conditioning only AAU registered athletes for AAU competitions. Tryouts and scrimmages are included as long as they meet requirements of the above definition. Practices do not require a separate sanction application but are included in the AAU Club Membership (Level 1, 2 and 3).

License - The written approval of the AAU to authorize registered athletes to participate in a specific competition or activity.

Scrimmage - A practice of an AAU club or with AAU athletes or another club. A scrimmage does not qualify as a practice if an admission fee is charged or the officials are paid. Scrimmage results must not affect the team/club standings or rankings.

Supervision - Supervision requires that an AAU registered coach/instructor be physically present at all times at the practice premises or site during each practice session.

Transfer - A change in an athlete's attachment, or club affiliation, from one club to another.

Unattached - An AAU Athlete who represents no club member.