

**NORTH BRANDYWINE SWIM LEAGUE
POOL DEPTHS DIVING RULES**

POOL	Depth 1	Start Method	Depth 2	8 and 10 Relay Start	Lanes	Yds or Meters	Other Comments
Arden	5ft	Blocks	3ft	Start in Water	5	25 Yard	
Ashboune	L1-2 < 4ft, L3-6 > 4ft	Blocks, Lanes 3 - 6 In water, Lns 1 - 2	39"	Start in Water	6	25 Meter	Lanes 1 & 2 Unofficial
Crestview	7ft	Blocks	3ft	Start in Water	5	25 Yard	
Darley	10ft	Blocks	3ft	Start in Water	5	25 Yard	
Del Vets	9ft	Blocks	3.5ft	Start in Water	5	25 Yard	
Elks	5ft	Blocks	3.5ft	Start in Water	6	25 Meter	
Fair Blue	5ft	Blocks	3.5ft	Start in Water	6	25 Yard	
Graylyn Crest	5ft	Blocks	3.5ft	Start in Water	5	25 Meter	
Green Acres	9ft	Blocks	4ft	Start in Water	6	25 Meter	
High Point	5ft	Blocks	3ft	Start in Water	5	25 Yard	
JCC	6ft	Blocks	4ft	Start in Water	6	25 Meter	
Lane	L1 < 4ft, L2-6 4ft 4in	Blocks, Lanes 2 - 6	L1 < 4ft, L2-6 4ft 4in	Start in Water	6	25 Meter	
River Road	5ft	Blocks	3.5ft	Start in Water	6	25 Meter	
Shellcrest	3.5ft	Start in Water	3.5ft	Start in Water	5	25 Yard	
Silverside	5ft	Blocks	3.5ft	Start in Water	6	25 Meter	
Tatnall	10ft	Blocks	3.5ft	Start in Water	4	25 Yard	
Timberlane	6ft	Blocks	3.5ft	Start in Water	4	20 Yard	
Windybush	5ft	Blocks	3.5ft	Start in Water	5	25 Yard	

North Brandywine Swim League (NBSL) looks to the rules and regulations as provided by USS Swimming, unless specifically noted in the NBSL rule book. Under current USS Swimming rules, diving is only allowed in water depths of greater than 4 feet. The NBSL recommends the following USS Swimming water depth requirements for all competitive meets; however, each swim club is ultimately responsible for setting the water depth requirements for their particular pool. Visiting clubs are to abide by the requirements set by the home pool.

Less than 4' 0" - swimmers must start from the water
 4' 0" or Greater - swimmers may start from blocks up to 29.5" in height (above the surface of the water)

Water depth is measured from 1.0 - 5.0 meters from the edge of the pool.

Please note that these requirements are not in effect for warm-ups. Diving in warm ups should only occur in designated lanes where the water depth is greater than 5 feet.