2020-21 DIVING REFERENCE CARD

JUDGING GUIDE

10 Excellent: No Visible flaws – approach, hurdle, height distance, execution and entry are exceptional. “WOW”

8 ½ - 9 ½ Very Good: Approach, hurdle, height, distance or entry slightly affected. Execution well defined. “wow”

7 – 8 Good: Approach and hurdle unaffected; height and distance acceptable; execution defined, entry controlled but slightly affected. “that was nice”

5 - 6 ½ Satisfactory: Approach and hurdle acceptable; height and distance adequate; execution complete and entry slightly over or under. Hmm-OK

2 ½ - 4 ½ Deficient: Approach and hurdle affected; height and distance inadequate; execution affected and entry over or under. “Umm – what was that?”

½ - 2 Unsatisfactory: Approach and hurdle affected; height and distance inadequate; execution not complete or broken position, entry significantly affected. “Uh oh”

0 Failed Dive

Starting Position: FORWARD: includes good posture, eyes focused on the end of the board with arms in a position of the diver’s choice. BACK/INWARD: requires an upright head and body with arms straight and in a position of the diver’s choice. Diver may move arms to various preparatory positions provided there is no obvious attempt to start the dive.

Approach: FORWARD: the forward approach shall begin with not less than three steps and finish with a hurdle, defined as a jump off one foot to a landing on both feet at the end of the board. The diver may use steps, hops, leaps and/or jumps during the initial steps and before the culminating hurdle. The forward takeoff shall be from both feet simultaneously to an adequate height to perform the dive. BACK/INWARD: Slight up and down movement of the board (max 4 times) while standing backward is allowed. However, at no time, should the balls of the feet lose contact with the board. If the feet leave the board, deduct ½ to 2 points. Position of the arms is the choice of the diver. The back/inward takeoff is permitted only for back and inward dives.

Hurdle: The last step in the forward approach, called the hurdle, consists of the diver lifting the leg (diver’s choice of which leg) to a right angle at the hip and the knee. The other leg pushes down on the board and helps the diver jump to the end of the board where they land on two feet. The hurdle is the foundation for the rest of the dive thus an important element for judges to observe.

Takeoff: FORWARD: The diver should land from the hurdle on the end of the board in a nearly straight body position. Good balance is essential. Too much lean forward or backward will affect the success of the dive. BACK: Balance on the balls of the feet should be maintained as the arms make a forward circle in time with the leg push to assist the lift from the board. Too much lean forward or backward will affect the success of the dive.

Flight: Once in the air, the diver should demonstrate dive control. Contributing to control is the dives’ height and power along with the grace and beauty and accuracy. The dive position (pike, tuck or straight) should be clearly defined. Good form should be displayed by means of body tightness and toe point which is maintained throughout the entire dive flight.

Entry: The diver’s line into the water is only one segment of the total dive and should not be over judged. Splashless entries (known as “rip” entries) are impressive and are a critical part of the total dive. However, if other segments of the dive had flaws, the rip entry means little. Because the entry is the last part of the dive seen, it is easy to judge the entry, forgetting mistakes in takeoff and/or flight. Avoid this common trap. Conversely, a good dive with a rip entry is automatically a better dive and deserves a higher score.

Divers shall be permitted at least two practice approaches, with or without water entry, immediately prior to the start of diving competition.
REFEREE SHALL:
- Determine balks and violation in the forward approach and makes the mandatory deduction.
- Determine unsatisfactory and failed dives and instructs the judges as to the maximum point award allowable.
- Determine disqualification of a diver and notifies the diver or his/her coach at the time of infraction causing the disqualification.

FAILED DIVES:
- Executes a dive other than that given on the diving scoresheet.
- Does not assume a starting position.
- Falls into the water.
- Is assisted by another person.
- Does not execute the pike before the twist when dives Nos. 5111B and 5411B.
- Does not contact the water with the head or hands first on a head-first dive or with the feet initially on a feet-first dive.
- Executes a twist, as determined by the position of the diver’s shoulders that is greater or less by more than 90 degrees of what is written on the score sheet when the diver’s feet/hands contact the water.
- In a twisting dive, twists the shoulders past 90 degrees before the feet leave the board.
- Repeats a dive.
- Steps off the board after assuming the starting position.
- Performs a dive requiring a forward approach from a standing forward position.
- Omits the official description of the dive on the diving scoresheet.
- Commits two balks on the same dive.
- In a dual meet, does not perform the voluntary dive first.
- In a championship meet, does not perform the voluntary and optional dives as specified.
- Performs a dive not listed on the diving table.
- The diver performs an additional bounce(s) on the end of the board after the culminating hurdle.

UNSATISFACTORY DIVES:
- The dive is clearly done in a position other than that described on the diving scoresheet.
- Diver hits the board.
- Diver does not attempt to come out from the tuck/pike or twist positions.
- Diver does not hold straight position until the body is horizontal to the water on any flying one somersault dive or does not hold straight position until the body is perpendicular to the water on flying one and one half somersault dive.

DEFICIENT DIVES:
- The diver partially alters the position of the dive during flight.
- Diver enters the water with one or both hands above the shoulders on a dive requiring a feet-first entry or with one of both hands below the shoulders on a dive requiring a head-first entry.

MANDATORY DEDUCTIONS:
- Referee shall instruct the judges to deduct two points from their scores before the dive is scored, for violation of the forward approach or a balk.
- Diving judges shall deduct ½ to 2 points for: not stopping the oscillation of the board just before or after the starting position is assumed; excessive oscillation; foot/feet leaving the board prior to a back/inward takeoff; spreading the knees in the tuck position; entering the water to the side of the board and twisting manifestly from the board.

DIVER DISQUALIFICATION:
- A diver shall be disqualified and shall perform no further dives if she/she fails two dives. A diver shall be disqualified, if in the judgment of the diving referee: the diver did not make a sincere attempt to perform the dive; it becomes obvious that the dives listed on the diver’s scoresheet are too difficult for the diver; the diver unnecessarily delays the performance of the dive; or the diver behaves in an unsporting manner.

NOTE: In championship meets, the diving referee may consult with a designated member of the judging panel concerning a possible unsatisfactory and fail dive.