



GUIDE TO DIVING

As a volunteer or spectator of the sport of diving, your appreciation is greater if you know what to watch for...what makes a great dive.

TYPES OF DIVES

There are six different groups of platform and springboard dives. The first four types involve rotating in different directions relative to the board and the starting position, while the fifth group includes any dive with a twist and a sixth group involves an armstand starting position on the platform.

- 1. Forward Group:** The diver faces the front of the board and rotates toward the water. Dives in this group vary from the simple front dive to the difficult forward four and one-half somersault.
- 2. Backward Group:** All the dives in the backward group begin with the diver on the end of the board with his back to the water. The direction of rotation is away from the board.
- 3. Reverse Group:** Formerly called "gainers," these dives begin with the diver facing the front of the board (using a forward approach) and rotating toward the board.
- 4. Inward Group:** The diver stands on the end of the board with his back to the water and rotates toward the board or opposite of the backward group's movement.
- 5. Twisting Group:** Any dive with a twist is included in this group. There are four types of twisting dives: forward, backward, reverse, and inward. Because of the many possible combinations, this group includes more dives than any other.

BODY POSITIONS

When each type of dive is performed, the diver utilizes one or more of the four different types of body positions:

Tuck: The body is bent at the waist and knees, the thighs are drawn to the chest while the heels are kept close to the buttocks.

Pike: The legs are straight with the body bent at the waist. The arm position is dictated by the particular dive being done or by the choice of the diver.

Straight: This position requires that there be no bend at the waist or knees. However, there may be an arch in the back, depending on the dive. As in the pike position the arm placement is either the diver's choice or defined by the dive done.

Free: This is not an actual body position but a term used to describe the diver's option to use any of the other three positions or combinations thereof when performing a dive which includes somersaults and twists.

PERFORMANCE & JUDGING

As you watch more and more diving, especially by talented performers, you will observe that although several divers may do exactly the same dive, it never looks quite the same. This is because each individual has different mannerisms, characteristics of movement, strengths and sense of timing-which all add up to an abstract but observable phenomenon called "style". Style is difficult to assess by any standard, except whether or not you like it. This is why it is hard to judge diving. Even though there are criteria of execution all divers must meet, evaluation remains a subjective process. No matter how well a dive is performed, artistic likes and dislikes of the judges play a large part in the outcome of any contest, and for this reason there are usually differences of opinion among coaches, competitors, judges and spectators about the accuracy of results. A dive is scored between zero and 10 points in either full or ½ -point increments by each judge. A table of the scores and the criteria for how they should be awarded follows:

| | |
|----------------|-------------------|
| 0..... | completely failed |
| ½ - 2 | unsatisfactory |
| 2½ - 4½..... | deficient |
| 5 - 6 | satisfactory |
| 6 ½ - 8 | good |
| 8 ½ - 10 | very good |

In classifying a dive into one of the judging categories, certain parts of each dive must be analyzed and evaluated, and an overall award obtained. The parts of a dive are:

- 1. Approach:** Should be smooth but forceful, showing good form.
- 2. Takeoff:** Must show control and balance plus the proper angle of landing and leaving for the particular dive being attempted.
- 3. Elevation:** The amount of spring or lift a diver receives from the takeoff greatly affects the appearance of the dive. Since more height means more time, a higher dive generally affords greater accuracy and smoothness of movement.
- 4. Execution:** This is most important, for this is the dive. A judge watches for proper mechanical performance, technique, form and grace.
- 5. Entry:** The entry into the water is very significant because it is the last thing the judge sees and the part probably remembered best. The two criteria to be evaluated are the angle of entry, which should be near vertical, and the amount of splash, which should be as little as possible.

SCORING

Five judges are used in the FWSDL City Meet. When the judges' awards are given, the highest and lowest scores will be eliminated. The remaining three scores are totaled and that number will then be multiplied by the degree of difficulty rating assigned to that dive. The DD is predetermined with a table range from 1.2 to 3.5 in one-tenth increments.

OFFICIALS AND PENALTIES

Judge

Diving official who scores each dive on a scale of 0 (lowest) to 10 (highest) in graduations of one-half. Usually five judges officiate at dual and tri meets. Usually seven judges officiate during divisional, three-meter, and All-Stars meets.

Referee

Manages the competition and insures that all regulations are observed. Can also be a judge.

Degree of Difficulty

Rating ranging from 1.2 to 3.7 for executing a specific dive according to how hard it is to perform. The DD is multiplier factor used with judges' scores in figuring the score for a dive.

Balk

An illegal movement by the diver: (1) a false start in which a diver makes an obvious attempt to start the dive but stops the dive motion before takeoff; (2) takeoff for the hurdle from both feet.

Fail Dive

A failed dive will be called by the Referee if:

- the diver's rotation is 1/4 turn short or past the described amount of rotation
- any body part touches the water before the feet in a feet first entry or the hands and head in a head first entry
- the diver balks twice on the same dive

Unsatisfactory Dives

An unsatisfactory dive will be called by the Referee if:

- a dive is performed in a position other than stated in the dive description
- the diver's hands are above their shoulders in a feet first entry
- the diver's hands are below their shoulders in a head first entry
- the diver hits the board
- the diver does not attempt to come out of a tuck or pike position