

# SCORING DIVES

## DIVING JUDGES SHOULD:

While there are many aspects to being a good diving judge, knowledge of the rules is a must. Knowing the rules regarding the four elements of dives (approach and hurdle, takeoff, flight, and entry into the water) is essential to being a diving judge. It is important for diving judges to review the diving guidelines and silhouettes frequently. These include:

- Be sure to consider all four elements of a dive when scoring. Judge the entire dive independently, selecting a score promptly upon completion of the dive.
- Be consistent and fair to all the divers. Score all divers on the same basis.
- Remember the specific rules requiring deductions by a diving judge.
- Trust your instincts. Judge what is seen and use the entire range of numbers 10-0. Do not allow outside factors such as other officials, spectators, coaches, and team members to enter into the judging process. Individual judges do not have to agree with the rest of the panel; the score in the middle isn't always the correct one.
- If in doubt, give the benefit to the diver.
- Do not show the score for a dive until it has been called for and do not delay once the score has been called for.

It is important to hear the announcer read the dive and dive description in order to develop a mental picture of the dive to be completed. Begin judging the dive when the starting position has been established and do not stop judging the dive until the diver has passed below the surface of the water. Once the dive is completed, select a score quickly, without consulting another diving judge. If there is an error in the score read by the announcer, bring it to the attention of the diving referee immediately.

Diving judges, who are also coaches, may converse with their divers at times determined by the diving referee, but may not do so when it will distract them from a dive being performed by another diver.

## GUIDELINES FOR JUDGING DIVING:

- **STARTING POSITION:**
  - **Forward Dives** – The diver should demonstrate good posture with arms in a position of the diver's choice.
  - **Backward/Inward Dives** – The diver should demonstrate good posture, with the head upright, arms straight and in a position of the diver's choice. A diver may move the arms to a variety of preparatory positions provided there is no attempt to start the dive.

- **APPROACH:**

- **Forward Dives** – The diver must take at least three steps, plus a hurdle, prior to takeoff for the front approach. These steps should be natural walking steps with no stiff, jerky, awkward, or exaggerated arm or leg movements.

- **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 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 Dives** – 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.
- **Backward/Inward Dives** – The diver must stop the board from moving after assuming the starting position. Once the diver initiates the dive, the board can be oscillated up to four times prior to moving the arms from the starting position. The oscillations shall not be so large as to disrupt the tempo or smoothness of the dive. After moving the arms from the starting position, the diver may continue to oscillate the board until the takeoff occurs. At NO time should the balls of the feet lose contact with the board. If the feet leave the board or excessive oscillation occurs (more than four) prior to the arm movement, each judge should deduct  $\frac{1}{2}$  - 2 points.
- 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 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 dive's height and power along with grace, 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. The arms may be in the position of the diver's choice during flight, however, just before entry into the water the arms should be brought together and extended overhead in line with the body for head-first entry or against the sides of the body with straight elbows for feet-first entry.
- **Straight Position** – The body shall not be bent either at the knees or hips, knees and feet together, toes pointed.
- **Pike Position** – The body shall be bent at the hips, legs straight and together, toes pointed.
- **Tuck Position** – The body shall be bent at the hips and knees, knees together, toes pointed.

- **Free Position** – Combination of straight, pike, and tuck positions may be used for twisting dives.
- **ENTRY**
  - The entry into the water should be as vertical as possible with the body straight and toes pointed. 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.
  - The dive is completed and scored when the body passes below the surface of the water.
  - Properly executed dives should be performed a safe distance from the board and walls.

### **DIVING POINT AWARDS:**

- **10-9** - Exceptional – No visible flaws – approach, hurdle, height, distance, execution and entry all exceptional.
- **8 ½ - 7 ½** - Excellent – Approach, hurdle, height, and distance slightly affected. Execution well defined.
- **7-6** – Good – Approach and hurdle are unaffected; height and distance acceptable; execution defined, entry controlled, but slightly affected.
- **5 ½ - 4 ½** - Satisfactory – Approach and hurdle acceptable; height and distance adequate; execution complete and entry slightly over or under.
- **4-2 ½** - Deficient – Approach and hurdle affected; height and distance inadequate; execution affected and entry over or under.
- **2- ½** - Unsatisfactory – Approach and hurdle affected; height and distance inadequate; execution not complete or broken position; entry significantly affected.
- **0** – Failed dive

### **DIVING JUDGE'S DEDUCTIONS:**

- **½ - 2 POINT DEDUCTION:**
  - Excessive oscillation;
  - Foot/feet leaving the board prior to a back/inward takeoff;
  - Spreading knees in the tuck position;
  - When executing flying somersaults, does not hold the straight position until the body is horizontal to the surface of the water;
  - Entering to the side of the board;
  - Twisting manifestly from the board.

## **DIVING REFEREE'S DEDUCTIONS:**

- **2 POINT DEDUCTION FROM EACH JUDGE'S SCORE FOR:**
  - **Violations of the forward approach:**
    - **Starting Position** - (*Comment: rules do not impose mandatory deduction for starting position; only for deficiencies in the actual approach or hurdle*).
    - Minimum of 3 step approach followed by a jump off one foot to a landing on both feet at the end of the board. Takeoff shall be from both simultaneously to an adequate height to perform the dive.
  - **BALKS** (*Declared before the diving judges have scored the dive*)
    - It is a balk if the diving referee believes the diver interrupts the continuous execution of the dive after assuming starting position.
- **UNSATISFACTORY DIVE (maximum score of 2 points):**
  - A dive clearly done in a position other than that described on the diving score sheet;
  - A diver hitting the diving board;
  - A diver not attempting to come out of the tuck or pike position.
- **FAILED DIVE (0 points awarded):**
  - Executing a dive other than that given on the diving score sheet;
  - Not assuming the starting position;
  - Falling into the water;
  - Being assisted by another person;
  - Not executing the pike before the twist for dives 5111B, 5211B, 5311B and 5412B;
  - Does not contact the water with head or hands first on a head-first dive or with the feet first on a feet first dive;
  - Twists the shoulders 90 degrees, more or less, than indicated on the diving score sheet when the diver's feet/hands contact the water;
  - Repeats a dive;
  - Steps off the board after assuming the starting position;
  - Performs a dive requiring a forward approach from the standing forward position;
  - Does not record the official description of the dive (dive number and position on the diving score sheet);
  - Commits two balks;
  - 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.

## **DISQUALIFICATIONS BY THE DIVING REFEREE:**

- Diver does not make a sincere attempt to perform the dive;
- It becomes obvious the dives listed on the diver's score sheet are too difficult for the diver;
- Diver unnecessarily delays in the performance of a dive;
- Diver behaves in a unsportsmanlike manner;
- Diver fails two dives for any reason.

## **THE DIVING ANNOUNCER SHOULD:**

**\*\*Refer to NFHS Rule 9.6 for the diving announcer's responsibilities.\*\***

- Be familiar with diving and review dive sheets prior to competition in order to clarify any questions. This is a good opportunity to determine if clarifications are needed for correct pronunciation of names.
- Make any announcements directed by the diving referee (i.e. no flash photography, quiet during competition, etc.)
- Announce the order the divers will perform.
- Announce each dive in the following manner: "Name of the diver, dive number, dive description, position, and degree of difficulty." Making this announcement slowly and clearly is a must for the competitors and diving judges.
- Check with the referee before announcing judges' scores clearly and accurately.
- Announce judges' scores in the same order every time, as has been determined by the diving referee. Prior to diving competition beginning, an announcement giving the names of the diving judges and the order in which their scores will be read is appropriate.
- Announce places after each round of diving competition (no one really does this because it prolongs the meet).
- Announce the final individual and team scores.