

SECTION 5 FORM OF THE DIVES

ART. 1 . . . The forward starting position includes good posture, eyes focused on the end of the board with arms in a position of the diver's choice.

ART. 2 . . . The forward approach shall consist of at least three steps followed by a jump off one foot to a landing on both feet at the end of the board. The forward takeoff shall be from both feet simultaneously to an adequate height to perform the dive.

ART. 3 . . . The back/inward starting position requires an upright head and body with arms straight and in a position of the diver's choice. The diver may move the arms to various preparatory positions provided there is no obvious attempt to start the dive.

ART. 4 . . . The back/inward takeoff is permitted only for back and inward dives. Divers:

- shall stop oscillating the board just before or after the starting position is assumed;
- shall not oscillate the board more than four times before the arms move from the starting position;
- shall not permit a foot or both feet to leave the board during an oscillation prior to the final spring from the board;
- shall not permit an oscillation to be so large as to disrupt the tempo and smoothness of the dive.

ART. 5 . . . It is a balk if, in the diving referee's opinion, a diver assumes the starting position and from that position interrupts the continuous execution of the dive prior to the water entry. The balk shall be declared before the dive is scored.

NOTE: A pause in the arm movement of some dives is a natural part of the dive and should not be interpreted as a balk.

ART. 6 . . . The flight shall be either in the:

- straight position in which the body shall not be bent either at the knees or hips, the knees and feet together and toes pointed;
- pike position in which the body shall be bent at the hips, the legs straight and together and the toes pointed;
- tuck position in which the body shall be bent at the hips and the knees, the knees together and toes pointed;
- free position in which a combination of positions may be used to perform twisting dives.

NOTE: Flying somersaults require the straight position be maintained from the takeoff until the body has rotated to the horizontal position.

ART. 7 . . . The position of the arms during flight is the choice of the diver, but they shall be kept still until just before entry into the water when they shall be brought together and extended beyond the head in a line with the body for the head-first entry or against the sides of the body with straight elbows for the feet-first entry.

ART. 8 . . . The entry into the water shall be as nearly vertical as possible with the body straight and toes pointed. The dive is completed and scored when the body has passed below the surface of the water.

ART. 9 . . . All properly executed dives shall be performed at a safe distance from the board and pool walls.

SECTION 6 DIVING OFFICIALS

ART. 1 . . . A judging panel of five, seven or nine judges for championship meets, or three or five judges for other meets, shall be positioned on one or both sides of the diving board with an unobstructed view of all diving competition. Judges may award 10-0 points for any dive, independent of the other officials, except when the diving referee instructs the judging panel of a maximum award for an unsatisfactory or failed dive.

NOTE: In nonchampionship meets when only two judges are available, 50 percent of the total score shall be added to make the final score equate with a three judges' score.

ART. 2 . . . The diving referee shall:

- review or have another official review the diving scoresheets and inform the diver/coach of any errors discovered, permitting correction of these errors until the diving competition begins (exception, 9-3-5);
- before the diving competition, review with the judging panel the basis and scale for awarding points;
- determine balks;
- determine unsatisfactory and failed dives and instruct the judges as to the maximum point award allowable;
- make the mandatory deduction for a violation in the forward approach and for a balk;
- after each dive, request the judging panel to post the values given to the dive;
- determine disqualification of a diver and notify the diver or his/her coach at the time of infraction causing the disqualification;
- authorize a dive to be repeated upon immediate request of the diver involved when the execution of the dive was influenced by exceptional circumstances;
- resolve any disagreement on one dive prior to the next dive;
- check the scorer's tabulation and sign the diving scoresheets making the diving results official.

ART. 3 . . . The announcer shall:

- announce before each dive the name of each competitor and describe the dive to be performed (dive, including number, position and degree of difficulty);
- announces the awards given the dive by each judge in the same order throughout the contest.

NOTE: When an electronic scoreboard is being used and the displayed awards are clearly visible for all the judges and spectators to see, the announcer may announce only the total award received for the dive.

ART. 4 . . . The scorer shall list the award given each dive by each judge. After canceling the high and low scores, the remaining three scores shall be multiplied by the degree of difficulty to determine the diver's score.

SECTION 7 AWARDED POINTS

ART. 1 . . . The areas of consideration in awarding points are the starting position, approach, takeoff, flight and positions, and entry into the water.

ART. 2 . . . Points shall be awarded by judges on a scale from 10-0 at ½ point increments according to the following:

- a. exceptional 9 to 10;
- b. excellent 7½ to 8½;
- c. good 6 to 7;
- d. satisfactory 4½ to 5½;
- e. deficient 2½ to 4;
- f. unsatisfactory ½ to 2;
- g. failed 0.

(See Judging Guide, in Appendix C.)

ART. 3 . . . A dive is deficient if, in a judge's opinion,

- a. the diver partially alters the position of the dive during flight;
- b. a diver enters the water with one or both hands above the shoulders on a dive requiring a feet-first entry, or with one or both hands below the shoulders on a dive requiring a head-first entry;

ART. 4 . . . A dive is unsatisfactory if, in the diving referee's opinion:

- a. the dive is clearly done in a position other than that described on the diving scoresheet;
- b. a diver hits the diving board;
- c. a diver does not attempt to come out from the tuck or pike position.

ART. 5 . . . A dive is failed if, in the diving referee's opinion, the diver:

- a. executes a dive other than that given on the diving scoresheet;
- b. does not assume a starting position;
- c. falls into the water;
- d. is assisted by another person;
- e. does not execute the pike before the twist when dive Nos. 5111 B and 5411 B;
- f. 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;
- g. Executes a twist that is greater or less by more than 90 degrees of what is written on the scoresheet when the diver's feet/hands contact the water;
- h. repeats a dive;
- i. steps off the board after assuming the starting position;
- j. performs a dive requiring a forward approach from a standing forward position;
- k. omits the official description of the dive on the diving scoresheet;
- l. commits two balks;
- m. in a dual meet, does not perform the voluntary dive first;
- n. in a championship meet, does not perform the voluntary and optional dives as specified;
- o. performs a dive not listed on the diving table.

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

ART. 6 . . . The order of finish shall be determined by the cumulative score achieved in all rounds of diving competition. In case of a tie by two or more divers for any place scoring in an event, the points for all places involved shall be divided equally among the tying competitors.

SECTION 8 MANDATORY DEDUCTIONS

ART. 1 . . . The diving referee shall deduct 2 points from each judges award for:

- a. a violation of the forward approach;
- b. a balk.

ART. 2 . . . Each diving judge shall deduct ½-2 points for:

- a. excessive oscillation;
- b. foot/feet leaving the board prior to a back/inward takeoff;
- c. spreading the knees in the tuck position;
- d. not holding the straight position on flying somersaults until the body is horizontal to the surface of the water;
- e. entering to the side of the board;
- f. twisting manifestly from the board.

ART. 3 . . . A diver shall be disqualified and shall perform no further dives if he/she fails two dives. A diver shall be disqualified if in the judgment of the diving referee:

- a. the diver did not make a sincere attempt to perform the dive;
- b. it becomes obvious that the dives listed on the diver's scoresheet are too difficult for the diver;
- c. the diver unnecessarily delays the performance of a dive;
- d. the diver behaves in an unsporting manner.

Appendix C

GUIDELINES FOR JUDGING DIVING

A. STUDY THE RULES. Know:

1. the areas of consideration in awarding points for diving (Rule 9-7-1) ;
2. the required aspects of each of these areas (Rule 9-5):
The following comments supplement, but do not alter these rules:
 - a. **Starting Position: FORWARD** – Diver should demonstrate good posture with arms in a position of diver's choice. **BACKWARD** – Diver should demonstrate good posture, with arms straight and in a position of the diver's choice.
 - b. **Approach: FORWARD** – Divers must take at least three steps, plus a hurdle, prior to takeoff for front approach dives. These steps should be natural walking steps with no stiff, jerky, awkward or exaggerated arm or leg movements. **BACKWARD** – Slight up and down movement of the board (maximum four 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 ½-2 points.
 - c. **Hurdle:** The last step in the forward approach, called the hurdle, consists of the diver lifting the leg (diver's choice 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.
 - d. **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. **BACKWARD** – 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.
 - e. **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.
 - f. **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.

B. JUDGING GUIDE:

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| 10-9 | Exceptional – No visible flaws - approach, hurdle, height, distance, execution and entry all exceptional. |
| 8½-7½ | Excellent – Approach, hurdle, height, distance or entry slightly affected. Execution well-defined. |
| 7-6 | Good – Approach and hurdle unaffected; height and distance acceptable; execution defined, entry controlled but slightly affected. |
| 5½-4½ | Satisfactory – Approach and hurdle acceptable; height and distance adequate; execution complete and entry slightly over or under. |
| 4-2½ | 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. |