

Diving Primer (excerpted from www.usadiving.org)

Judging the Dive

Although several divers may do the same dive, each performance never looks quite the same. This is because each individual has unique mannerisms, characteristics of movement, strengths and timing -- all adding 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 judging is difficult. 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 (full or half point increments) by each judge. A table of the scores and how they should be awarded appears to the left. Note that the guidelines do not indicate an award of 10 as "perfect," but instead as "very good."

GUIDELINES

0	completely failed
1/2-2	unsatisfactory
2 1/2-4 1/2	deficient
5-6	satisfactory
6 1/2-8	good
8 1/2-10	very good

SCORING

1. Awards: 6-5-5-5-5-4
2. "6" and "4" are dropped
3. Total of remaining scores=25
4. Multiplied by DD (2.0)=50
5. Multiplied by 0.6=30 points

Categories of Judging

Certain parts of each dive must be analyzed and evaluated, and an overall award obtained. The parts of a dive are:

Approach

Three or more steps forward to the end of the board before the hurdle and takeoff. Form: Should be smooth but forceful, showing good form.

Takeoff

A diver's lift from the board prior to execution of the dive. Form: Must show control and balance, plus the proper angle of landing and leaving for the particular dive being attempted.

Elevation

The amount of spring or lift a diver receives from the takeoff greatly affects the appearance of the dive. Form: Since more height means more time, a higher dive generally affords greater accuracy and smoothness of movement.

Execution

The dive itself. Form: A judge watches for proper mechanical performance, technique, form and grace.

Entry

The entry into the water is very significant because it is the last thing the judge sees and the part probably remembered best. Form: 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

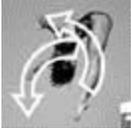
When the judges awards are given, the high and low scores will be eliminated and the remaining scores totaled. The number will be multiplied by the degree of difficulty rating assigned to the dive. The DD is predetermined with a table range from 1.2 to 3.7 in one-tenth increments.

Team points are awarded based on overall placement. First place earns 5 points, Second place earns 3 points and Third place earns 1 point. Ties will split the points earnings.

Elements of the Dive

Types of Dives

Of the six dive types, the first four involve rotating in directions relative to the board and starting position. The fifth includes any dive with a twist. The final group begins with an armstand.



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.



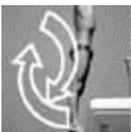
Backward Group

All dives in the backward group begin with the diver on the end of the board with back to the water. The direction of rotation is away from the board.



Reverse Group

Formerly called "gainers," these dives begin with the diver facing the front of the board and rotating toward the board.



Inward Group

Formerly called "cutaways." The diver stands on the end of the board with back to the water and rotates toward the board.



Twisting Group

Any dive that uses a twist (excluding armstands) is included in this group. There are four types: forward, backward, reverse and inward.



Armstand Group

Here the diver assumes a handstand position on the edge of the platform before executing the dive. This position is not used on the springboard.

Positions

Divers use one or more of the four body positions during each dive:



Pike

The legs are straight with the body bent at the waist. Like the straight position, arm placement is dictated by the particular dive or by the choice of the diver.



Straight

No bend at the waist or knees. Depending on the dive, there may be an arch in the back. Arm placement is the diver's choice or is defined by the dive performed.



Tuck

Body is bent at the waist and knees, with thighs drawn to the chest and heels kept close to the buttocks. Feet and knees should be kept together and toes should be pointed.

Free

Indicates the diver's option to use any of the above three positions, or combinations thereof, when performing a twisting dive.

Degree of Difficulty

Dives are described by their full name (e.g. reverse 3 1/2 somersault with 1/2 twist) or by their numerical identification (e.g. 5371D), or "dive number." Twisting dives utilize four numerical digits, all other dives use three. Dive numbers are created using these guidelines:

5	2	3	1	D
1	0	7	B	

Key: 5231D = Back 1 1/2 somersaults, 1/2 twists, free

Key: 107B = Forward 3 1/2 somersaults, pike

5	2	3	1	D
1	0	7	B	

Position: A=straight, B=pike, C=tuck, D=free

5	2	3	1	D
1	0	7	B	

Rotations 1: Number of head to toe rotations (*Example: 7 = 3 1/2 somersaults*); When twisting, indicates number of half twists (*Example: 1 = 1/2 twists*)

5	2	3	1	D
1	0	7	B	

Rotations 2: 0 = no designation, 1 = flying; When twisting, indicates head-to-toe rotations (*Example: 3 = 1 1/2 somersaults*)

5	2	3	1	D
1	0	7	B	

Type of Dive: 1=forward, 2=back, 3=reverse, 4=inward, 5=twisting, 6=armstand; Twisting dives use four numerical digits (either a 5 or 6)

Terminology

Approach - Three or more steps forward to the end of the board before the hurdle and takeoff. **Armstand Dive**

The diver executes a dive from an armstand position. The armstand takeoff represents a sixth group of dives used only in platform diving.

Back Dive - Takeoff from the end of the board with back toward water. Direction of rotation is away from the board.

Balk - An illegal movement by the diver: (1) a false start in which a diver makes an obvious attempt to start the approach but does not complete the dive; (2) takeoff for the hurdle from both feet; (3) Loss of balance on an armstand dive causing feet to touch the platform.

Degree of Difficulty - Rating ranging from 1.2 to 3.7 for executing a specific dive. The DD is multiplied by the sum of the judges' scores in figuring the score for a dive.

Entry - The conclusion of a dive as a diver makes contact with the water. May be either head or feet-first. Upon entry, the body should always be near vertical in a straight position with toes pointed. In a headfirst entry, arms should be stretched above the head in line with the body and hands close together.

Flying - Used to describe a dive in which the diver assumes a straight position from take off, or after one somersault in a 115C, before executing the remainder of the dive. The straight position must be held for at least one quarter of a somersault (90 degrees).

Forward Dive - Takeoff from a standing or running approach, facing the water. Direction of rotation is away from the board.

Free Position - A combination of straight, pike or tuck positions. To be used in twisting dives only as listed in the DD tables.

Hurdle - The final segment of a diver's approach to takeoff. Consists of a spring to the end of the board, taking off from one foot, and landing on two feet at the end of the board.

Inward Dive - Takeoff from a standing position at the end of the board, with back to the water. Direction of rotation is toward the board.

Judge - Diving official who scores each dive on a scale of 0 (lowest) to 10 (highest). Seven judges officiate major national and international competition in individual events. Nine judges officiate during synchro events.

Pike Position - A dive position in which the body is bent at the hips, legs straight at the knees, and toes pointed. Feet should be held together and position of arms is optional.

Platform - A stationary, non-bending diving platform is at least 20 feet long and six and a half feet wide. The platform height used in competition is 10 meters (approximately 33 feet). The platform structure typically also includes levels at three, five and seven and a half meters that are used during training.

Referee - Manages the competition and insures that all regulations are observed. Not a judge.

Reverse Dive - Takeoff from a standing or running approach, facing the water. Direction of rotation is toward the board.

Somersault - A movement in which a diver rotates the body on an imaginary horizontal axis through the hips. A dive that can be performed in a variety of combinations.

Springboard - An adjustable diving board that regulates "springiness." Either 1-meter (3'3") or 3-meters (9'9") above the water. Projects at least five feet beyond the edge of the pool.

Straight Position - A dive position in which the body is straight without bending at knees or hips, feet together and toes pointed. Formerly called the "layout" position.

Takeoff - A diver's lift from the board prior to execution of the dive. May be done from a forward (running or standing) or backward approach, or from an armstand position.

Tower - The entire diving platform structure.

Tuck Position - A dive position in which the body is bent at the waist and knees, with thighs drawn to the chest and feet kept close to the buttocks. Feet and knees should be kept together and toes should be pointed.

Twisting Dive - Any dive with a twist. There are four types of twisting dives: forward, back, reverse and inward.

Unattached - A term used to describe a diver who competes in a U.S. Diving-sponsored event but does not represent a U.S. Diving club.

USAS - United States Aquatic Sports, Inc. An organization representing all aquatic sports including diving, swimming, water polo and synchronized swimming.