**Diving Glossary of Terms**

New to the sport of DIVING?  We have created a list of the most common terms you might hear at meets (and have probably heard during practice).

·       Approach - Dive approach in which a diver takes several steps and a hurdle prior to takeoff.  This is immensely challenging—multiple steps, order to remember, balance, arm circle, plus having to remember the skill they are performing!

·       Bingo - When all the judges award the same score for a particular dive (like, 4, 4, 4, 4, 4). AKA "across," like "four across".

·       Degree of difficulty (aka DD) - A measure of how “difficult” a dive is to execute, ranging in value from 1.0 to 4.2. A diver’s final score for a dive is calculated by multiplying the degree of difficulty by the sum of the judges’ scores.

·       Dive Number/Dive Code:  Basically, an abbreviation of the dive description.  A=straight/layout, B=pike, C=tuck, D=free (used for twists only). First # is the TYPE of dive (1=Front/forward, 2=Back, 3=Reverse, 4=Inward, 5=Twister, which is slightly different). Last # is the amount of ROTATION--you typically divide this number by 2 to find out how many spins you will do (0=no rotation, aka a jump, 1= 0.5 rotations, aka a dive, 2=1 rotation, aka flip, 3=1.5 rotations, 4=2 rotations, etc)

So... 100a is front jump straight, 200a is back jump straight, 101 = front dive, 202c = Back (1) flip tuck, 104c = Front (2) Double somersault tuck, 301b = reverse dive pike, 5111a = Front dive, half twist, straight

·       Flat-hand grab (aka “diver hands”) - A method used in diving to create an entry with little to no splash. This technique derives its name from the position of the hands: The palms of the hands face-up above the head, creating a “flat” or level surface.  Most importantly, the diver hands protect the head and neck—that is why I’m constantly correcting “swimmer” hands.

·       Forward dive - Type of dive in which the diver faces forward (away from the board) and goes forward after the takeoff.  The difference between a front dive and a front entry/lineup is that the dive requires a jump, instead of just a leaning entry.

·       Fulcrum - A moveable wheel on the springboard, which divers adjust to change the amount of spring or bounce in the board.

·       Hurdle - The last, giant step taken before takeoff from the board. Looks like a hop to the end of the board.

·       Lineup - A standing dive from the side, tip of the diving board, or platform; used to practice entries. The fall into the water (either forward or backward) is to focus on entry and having perfect body alignment. There is no jumping—it’s more like stretching the body into the water.

·       Point (pointed toes, pointed feet) - We always want to have awesome toe points.  Sitting down with your legs out in front of you, try to touch the ground with your toes!

·       Scooping - Arching the back and creating a shallow dive after entering the water from a forward or inward dive. Something I discourage!  It’s really bad for your back!

·       Scratch - To withdraw from a competition.

·       Shammy/Sammy - A small aqua towel that divers use to dry themselves. It acts like a sponge.

·       Smack - When a diver lands similar to a belly flop or back flop…something we try to prevent.

·       Smoke - The term "smoke" refers to “ripping” an entry; a "smoke" is an entry with little to no splash.

·       Somersault - Flip.  I encourage the divers to do an underwater somersault after their dives (like the watermelon) instead of scooping.  This helps prevent back injuries, and is more natural for the body.

·       Spotting - Refers to a coach or an assistant helping a diver practice dives.  We also have the divers spot certain points in the water to encourage the correct body position.

·       Table - In a competition, the place where diving scores are tallied and where the announcer sits.

·       Tower - Platform diving structure. Platforms are typically placed 5, 7.5 and 10 meters above the surface of the water. Here at PENN, we have don't have any towers or platforms.

·       Tuck - The legs are bent at the knees and pulled into the diver’s chest.  The knees are together and the toes are pointed.  The arms are in close to the diver’s body with the hands touching the mid-shins.  One hand one each shin—not “hugging” the legs!

Read more at: <http://diving.isport.com/diving-guides/diving-glossary>