

Welcome to The Hawks Swim & Dive Team!

The Hawks Swim and Dive Team (HS&DT) is a great way to draw together kids of all ages, shapes, sizes and abilities to represent one thing – pride in our team and pool. The kids who participate on our team attend many schools and live in different neighborhoods during the year, but in summer they come together as one community. Competitive swimming and diving help an athlete make lifelong friends, become a team player, have fun while working out and staying healthy. Hawks athletes know the value of dedication, goal-setting, sportsmanship, work ethic, commitment and loyalty. As a team, we have pride in our workouts, our competitions and our spirit. Our coaches not only teach kids how to compete against other teams, but also how pushing themselves to better their own times and scores brings confidence, self-esteem and a strong foundation for future success.

The HS&DT is an age-group competitive program. The coaches have designed the program around instruction of competitive skills. Competition with other teams is designed to reinforce instruction and provide opportunities for positive character development. Competitions take place on weekends at our Hawks pool and league pools throughout the city. The Hawks team was admitted to the All-City Swim and Dive league in 2006 and have continued to grow, excel and build a tradition of excellence!

To compete in the Hawks Landing program, a child must be registered and have fees paid for membership in the Hawks Landing Pool. A minimum skill level for swim team participation is one length each of a front crawl and backstroke. For dive team the requirement is a standing front dive and being able to tread water for 30 seconds. A participant must also agree to follow safety and behavior rules.

Participation is the key goal for the program. HS&DT plans activities that stress togetherness and team spirit. Our older, younger, faster and slower swimmers all work together to achieve team success. Our program provides a special environment in which the recreational swimmer and diver can grow, learn and have fun all while gaining a feeling of accomplishment. Not every swimmer or diver can be a record holder or go to the Olympics, but every swimmer or diver can view the sport as a rewarding experience. HS&DT measures a swimmer's or diver's success in personal growth and improvement as opposed to whether someone wins a race. Winning is great, but we stress that anyone who improves wins!

The Hawks Swim & Dive Team Booster Club is a 501(c)7 non-profit organization, formed to support and actively promote swimming and team participation. All donations made to this organization are used to enrich the team experience for our athletes.

Team Communication

www.hawksfly.com

The Hawks Swim and Dive Team Booster Club maintains a website that houses all the information you need. Registered members of the Hawks team will receive e-mail and periodic updates electronically to keep you and your swimmer(s) informed about upcoming social events, meets, results and other items of interest to the swim team.

Signing up for meets will be completed via the website. Be sure to keep current your e-mail address and check your mail often!! We recommend that, if possible, you check your email Friday afternoon or evening in case there are last minute details pertaining to the weekend meets.

Additionally, each family has a hanging folder, designated as their “mailbox,” in the pool lobby. Folders are filed alphabetically by last name. Please check this mailbox often, frequently swimmers awards will be placed here for pick up. The white dry-erase board in the pool lobby will also have important notices and information on upcoming events – please review these messages every time you are at the pool – especially on Fridays!

The team also maintains a bulletin board in the pool house where intra-squad contests and event information is frequently updated.

Bad Weather Policy

There will be no practice if lightning or thunder is present. Should inclement weather begin while practice is in session, all swimmers must clear the water and pool deck for 30 minutes or a length of time as determined by the pool manager.

If it is raining lightly, practice will still be held. If it is raining hard enough that the bottom of the pool is not visible, the pool will be closed. If it is raining with cold temperatures it will be up to parents to determine whether it is in the best interest for young swimmers to attend.

Diving is always canceled for rain any harder than a light mist due to safety concerns.

Hawks Athletes Rules to Compete By

Everyone's cooperation is needed to make this a safe and enjoyable season. Please pay special attention to the following guidelines. Swimmers may be asked to leave the pool or may be banned from swimming at a meet if they behave inappropriately.

1. Always show respect to all your coaches, teammates, Hawks Landing Pool, other family members and the other teams and facilities we visit. Always demonstrate good sportsmanship.
2. Always behave in a safe manner; do not push anyone into the pool and stay off the lane ropes.
3. Arrive on time and always make your best effort at workouts and meets. Always warm up before each meet.

4. Encourage all teammates to do their best, whether they are in the first or final heat.

5. Swim your assigned events at all meets. Inform your coach if you must miss any assignment.

ALL PARTICIPANTS AND PARENTS SHOULD REALIZE THAT SWIMMING AND DIVING INVOLVES A DEGREE OF RISK OF INJURY. REGISTRATION IN THE HAWKS LANDING COMPETITIVE PROGRAM ASSUMES PARTICIPANTS AND PARENTS ACCEPT RESPONSIBILITY FOR THE INHERENT RISKS IN THESE ACTIVITIES.

Waivers for Hawks Landing AND the All-City League must be signed to participate.

Hawks Parents Pledge

1. I will enjoy myself! This is intended to be as fun and exciting for a me as it is for my child!
2. I will assist my athlete in getting to practices, warm-ups, meets and Clerk of Course on time. If my swimmer is age 12 or under, I will make sure they report to Clerk of Course at least 4 races early so coaches and others are not searching for them. I will advise them to use the restroom and finish all snacks and beverages. I realize that the responsibility of having my child at Clerk of Course on time falls squarely on my shoulders.
3. I will be responsible for my athlete and a model of good sportsmanship at all times. If an issue arises during a meet, I will direct my question or comment to a board member who will respond directly or help resolve the issue if action is needed.
4. I will support my athlete! I will cheer for my child and team during the race. I will trust the coaches to assist my swimmer getting onto the blocks before a race.
5. I will respect our coaching staff. If I need to communicate with any of the coaches, I will do so when they are not actively coaching at practice or at meets. I will not expect coaches to make assignment changes during a meet. I realize changes will only be made when the coaches deem it necessary.
6. I will arrive on time for my volunteer responsibilities. If I need a replacement, I will make arrangements in advance and notify the volunteer coordinator. I will stay at my job until the end of the meet, though I may take a break to watch my child compete.

Meet Details

Events

Each swimmer can swim up to two individual events and two relays. Choose from Freestyle, Breaststroke, Backstroke, Butterfly and Individual Medley (IM) – which is one leg each of Butterfly, Backstroke, Breaststroke, and Freestyle (in that order). Relays require four swimmers. In the Medley Relay, each swimmer swims a specific stroke in this order: Back, Breast, Fly and Free. In the Free Relay, all four swimmers swim Freestyle. At home meets, events can be sponsored to help motivate or recognize your favorite swimmer.

Relay Policy

In most cases, relays will consist of the four fastest swimmers as determined by the team's Meet Manager computer program. However, it is the coaches discretion to fill out relays so that HL can score the maximum number of points per relay event. They may change swimmers in swim order, stroke or to a different relay.

At the Meet

You've arrived on time for warm-ups. Now what?

- Check in with your coach and find where the team tent is set up.
- Find the Clerk of Course where events are staged. Report at least 4 races early. Anyone 12 & under must go to Clerk of Course before going to the blocks.
- Where are the starting blocks? After the swimmers are staged, the coaches will check on the swimmers behind the blocks.
- Support the home team by visiting the concession stand – or bring your own beverages to stay hydrated.
- Know where the bathroom is!!! Very important for those last second visits before staging!!!

Ribbons

At dual meets, ribbons are awarded for the top 3 finishers in all events. In addition, heat winners will be awarded a ribbon in every age group except 15-18. At invitationals, ribbons and trophies are given at the discretion of the host team.

Swim Meet Order of Events

All dual meets and most invitational meets will adhere to the following order of events. You can determine which race numbers your child is swimming ahead of time by finding their events below.

Be sure to ALWAYS check a heat sheet when you arrive at the meet!!!

| Girls Event # | Event Description | Boys Event # |
|---------------|------------------------------|--------------|
| 1 | 8-Under 100 Medley Relay | 2 |
| 3 | 9-10 200 Medley Relay | 4 |
| 5 | 11-12 200 Medley Relay | 6 |
| 7 | 13-14 200 Medley Relay | 8 |
| 9 | 15-18 200 Medley Relay | 10 |
| 11 | 8-Under 25 Freestyle | 12 |
| 13 | 9-10 50 Freestyle | 14 |
| 15 | 11-12 50 Freestyle | 16 |
| 17 | 13-14 100 Freestyle | 18 |
| 19 | 15-18 100 Freestyle | 20 |
| 21 | 8-Under 25 Backstroke | 22 |
| 23 | 9-10 50 Backstroke | 24 |
| 25 | 11-12 50 Backstroke | 26 |
| 27 | 13-14 100 Backstroke | 28 |
| 29 | 15-18 100 Backstroke | 30 |
| 31 | 8-Under 100 Freestyle Relay | 32 |
| 33 | 9-10 100 Individual Medley | 34 |
| 35 | 11-12 100 Individual Medley | 36 |
| 37 | 13-14 100 Individual Medley | 38 |
| 39 | 15-18 200 Individual Medley | 40 |
| 41 | 8-Under 25 Breaststroke | 42 |
| 43 | 9-10 50 Breaststroke | 44 |
| 45 | 11- 12 50 Breaststroke | 46 |
| 47 | 13-14 100 Breaststroke | 48 |
| 49 | 15-18 100 Breaststroke | 50 |
| 51 | 8-Under 25 Butterfly | 52 |
| 53 | 9-10 50 Butterfly | 54 |
| 55 | 11- 12 50 Butterfly | 56 |
| 57 | 13-14 50 Butterfly | 58 |
| 59 | 15-18 100 Butterfly | 60 |
| 61 | 8-Under100 Individual Medley | 62 |
| 63 | 9-10 200 Freestyle Relay | 64 |
| 65 | 11-12 200 Freestyle Relay | 66 |
| 67 | 13-14 200 Freestyle Relay | 68 |
| 69 | 15-18 200 Freestyle Relay | 70 |

Frequently Asked Team Questions

- **My child is not swimming until later in the meet, does he/she have to be there for warmups?** Warmups are NOT optional!!!! It is important that your child is at the meet from the very beginning so that he or she can loosen muscles to prevent injury, participate in cheers and get a feel for the water before competing.
- **Is there a certain time when I can talk to a coach regarding my child or can I approach a coach whenever I see one on deck?** Only approach a coach on deck if it is clear that he or she is not coaching. The best time to reach a coach is immediately after practice or in the evening, by phone or email.
- **What should I bring to a swim meet?** The team suit is available at Walter's on Monroe Street. Any suit can be worn to practice. It is recommended that to keep the team "meet" suit in tip-top shape, it be saved to wear only for meets. Everyone with long hair must wear a cap. A team meet cap will be provided to Hawks swimmers as part of their dues. Sweats, blankets and large towels are good to have at a meet when the weather turns cool (and it will).
 - Team swimsuit, cap, t-shirt and goggles
 - 2 towels (they get wet quickly with all the in-and-out of the water)
 - Sunscreen!!!!
 - Water/juice - to stay hydrated. There should be concessions at most pools, but it never hurts to bring your own.
 - Snacks - you may want to bring energy foods (but perhaps not a cooler of items)
 - Marker (Sharpie or pen) to write the swimmers races on their arms
 - Blanket or cushion to sit on (if you wish)
 - And, most importantly, a Positive Attitude!!!
- **What is the best way for my child to remember what he/she is swimming?** Use a pen or marker to write your child's event number, heat and lane on their hand. This information will be in the heat sheet. Use a Sharpie marker so the info is visible throughout the meet.

Example: 14 2 3 Means event 14 (boys age 9-10 50 freestyle), heat 2, lane #3
41 1 4 Means event 41 (girls 8 & under 25 breaststroke), heat 1, lane #4
- **When should my child report to the Clerk of Course?** As dual meets move along quickly, your child should report to the Clerk of Course at least four events prior to the event he/she is swimming.
- **What is a seed time?** The previous fastest time during current season for a race by a swimmer.
- **Why is my swimmer's seed time different than the last fastest time he or she earned?** Pools in the All-City league vary from meters to yards. Hawks Landing is a yard pool. There is a slight difference in length between a 25 meter pool and 25 yard pool. Yard pools are shorter, so swimming in a meter pool would result in what appears to be a slower time. (One yard is 36 inches, one meter is 39.37 inches.) Then there is Seminole's pool – which has a non-standard length of approx 27.5 yards (compared to the standard 25 yards). Times at Seminole will seem very slow because of the extra length. Depending on whether the meet will take place in a yard pool or meter pool, the coaches will use a multiplier to adjust the submitted times to compensate for the difference in distance so all swimmers are properly seeded.
- **Who should I talk to if I have questions about swimming?** You can talk to any of the coaches or any of the HS&DT Booster Club officers or board members. Contact information is at the beginning of this handbook.



Swimmers Dictionary

Soon you'll be understanding and maybe even speaking some "SWIMSLANG".

- **Age Group** • Division according to age.
- **Alternate** • In a Prelims/Finals meet, after the finalist are decided, the next two fastest swimmers other than the finalists are designated as alternates. The faster of the 2 being first alternate and the next being second alternate. If a finalist cannot participate, the alternates are called to take their place, often on a moments notice. Used during the All-City Championship meet.
- **Anchor** • The final swimmer in a relay.
- **Backstroke** • One of the 4 competitive racing strokes, basically any style of swimming on your back. Backstroke is swam as the first stroke in the Medley Relay and second stroke in the I.M. Racing distances are 50 yards/meter, 100 yards/meter, and 200 yards/meter.
- **Blocks** • The starting platforms behind each lane.
- **Breaststroke** • One of the 4 competitive racing strokes. Breaststroke is swam as the second stroke in the Medley Relay and the third stroke in the I.M.
- **Butterfly** • One of the 4 competitive racing strokes. Butterfly (nicknamed FLY) is swam as the third stroke in the Medley Relay and first stroke in the I.M.
- **Clerk of Course** • An area set aside at a meet where individual events for swimmers age 12 & under are organized. Swimmers need to report to the "Clerk" 4 events before the one they are swimming. Most meets announce or post the event numbers that need to currently report. They are organized on chairs or benches by event, heat and lane and then taken, in order, to the area behind the blocks before the start of their race.
- **Colorado** • A brand of automatic timing system.
- **Consolation Finals** • After the fastest 6 or 8 swimmers, the next 6 or 8 swimmers (depending on the # of pool lanes) in a Prelims/Finals meet who, after the Prelims swim, qualify to return to the Finals. Consolations are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat. Used during the All-City Championship meet.



- **Course** • Designated distance (length of pool) for swimming competition. (ie) Long Course = 50 meters
Short Course = 25 yards or 25 meters.
- **Deck** • The area around the pool reserved for swimmers, officials, and coaches.
- **Distance** • How far a swimmer swims. Distances for short course are: 25 yards (1 length), 50 yards (2 lengths), 100 yards (4 lengths), 200 yards (8 lengths), 400 yards (16 lengths), 500 yards (20 lengths), 1000 yards (40 lengths), 1650 yards (66 lengths).
- **Dive** • Entering the water head first. Diving is not allowed during warmups except at the designated time, in specific lanes that are monitored by the swimmers coach.
- **DQ'd or "Deeked"** • Disqualified. A swimmer's performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.
- **Dry-Side** • Mainly administrative duties related to swim team – managing day-to-day operations and responsibility for developing program on "Wet Side."
- **Dryland** • The exercises and strength programs swimmers do out of the water.
- **Dropped Time** • When a swimmer goes faster than a previous performance they have "dropped time".
- **Dual Meet** • Type of meet where two teams/clubs compete against each other.
- **Entry** • An Individual, Relay team, or Club roster's event list into a swim competition.
- **Event** • A race or stroke over a given distance.
- **False Start** • When a swimmer leaves the starting block before the horn or gun.
- **Flip Turn** • Technique used by swimmers during specific strokes to reverse the direction in which they are swimming. Usually done when the swimmer reaches the end of the swimming pool but still has a lap(s) to swim. Like a somersault under water.
- **Flyover Start** • Method of starting swimmers used to shorten time between races. When swimmers complete their race, they remain in the water and the swimmer in the next race takes their mark on the block and dives in over them (similar to a relay exchange, but with an official giving the usual commands for a start). The swimmer who is finished then exits the water without interfering with current race.



- **Stroke Judge** • The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the Stroke Judge sees something illegal, they report to the referee and the swimmer may be disqualified.
 - **Taper** • The resting phase of a senior swimmer at the end of the season before the championship meet.
 - **Timer** • The volunteers sitting behind the starting blocks/finish end of pool, who are responsible for getting watch times on events and activating the backup buttons for the timing system.
 - **Tri-meet** • Triangular. A meet with 3 team competing for points to see who places .
 - **Turn Judge** • Stands at the end of the pool and judges swimmers for correct execution of turns.
- If the Turn Judge sees something illegal, they report to the referee and the swimmer may be disqualified.
- **Two-hand Touch** • Simultaneous touch with both hands used at the end of a pool to change directions to swim more laps or finish a race. Required in breaststroke and butterfly.
 - **Warm-up** • The practice and “loosening up” session a swimmer does before the meet or their event is swum.
 - **Wet-Side** • Anything directly pertaining to the swimmers in the water. Any wet-side questions should be directed to your child’s coach.
 - **Yards** • The measurement of the length of a swimming pool that was built per specs using the American system. A short course yard pool is 25 yards (75 feet) in length.

Frequently Asked Swim Questions

- ***In what age group will my child swim?*** The age of your child on June 1 is the age that your child will compete at for the entire season. Thus, even though your child may turn 11 on June 2nd, he or she will compete in the 9-10 age group for the season.
- ***What distances will my child have to swim?*** The distance your child will swim varies by your child’s age: 8 & Under swim 25s (one length) of a stroke, a 100 (four lengths) for Individual Medley (all four strokes combined). 9-10s and 11-12s swim a 50 of each stroke, a 100 for Individual Medley. 13-14s swim a 50 butterfly, 100s of the other three strokes, and a 100 Individual Medley. 15-18s swim 100s of a stroke and a 200 Individual Medley.
- ***How many practices must my child attend during the week in order to attend the Saturday meet?*** Your child does not HAVE to swim in any practices in order to attend a meet, but every child is strongly urged to swim as many practices as he/she can. Children who regularly attend practice will find themselves on more relays, swimming faster and an integral part of the team. Recommendations for swimmers 8 & under are 3 times per week; 9-10 year olds 7 times per 2 weeks and 11 and older 8 times per 2 weeks.

- ***How many meets must my child swim to be eligible for the All-City Meet?*** Your child must swim in at least three All-City Conference dual meets to be eligible for the All-City Championship Meet. The HLS&DT requires that in years we have 3 home meets, you must swim 2 of those, in years we have 4 home meets, you must swim 3 of those. These home meets DO count toward your All-City requirement. Your swimmer can, and is encouraged, to swim as many meets as they are in town for.
- ***How long does a meet last?*** Dual meets usually last 3-4 hours. An invitational can last half a day, while the All-City Championship Meet takes three days (broken into sessions by age).
- ***How do I know what my child will swim in a meet?*** Your child will sign up for the events he or she wishes to swim. If the coaches change an event to ensure they are covered in all races, they will let the swimmer know. If there are any questions regarding the meet lineup, you may contact the coach (in person is preferred).



A Spectator's Guide to Diving

Types of Dives

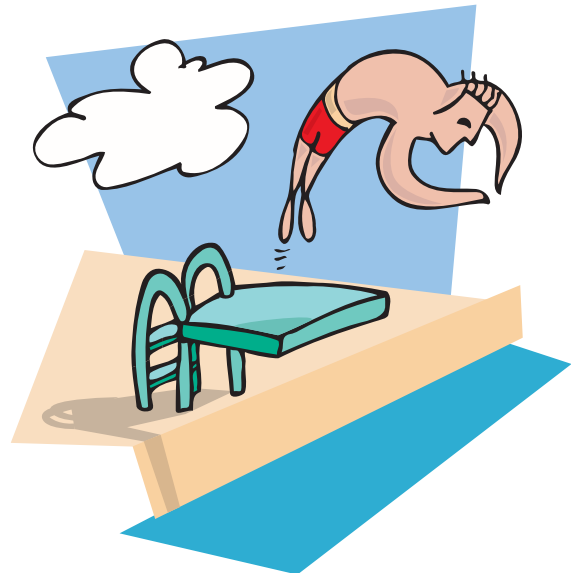
There are six groups of dives. The first four involve rotating in directions relative to the board and starting position. The fifth includes an dive with a twist. The final group, used in platform diving, begins with an armstand.

- **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 three 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. Rotation is away from the board.
- **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.
- **Inward Group** The diver stands on the end of the board with back to the water and rotates toward the board. The earlier term for these dives were “cutaways.”
- **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.
- **Armstand Group** Here the diver assumes a handstand position on the edge of the platform before executing the dive.

Body Positions

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

- **Straight** This position requires no bend at the waist or knees. Depending on the dive, however, there may be an arch in the back. Arm placement is either the diver's choice or is defined by the dive performed.
- **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.
- **Tuck** Body is bent at the waist and knees, with thighs drawn to the chest and heels kept close to the buttocks.
- **Free** This is not an actual body position, but a diver's option to use any of the above three positions, or combinations thereof, when performing a twisting dive. A combination of straight and pike is common, while tuck is rarely used.



Frequently Asked Dive Questions

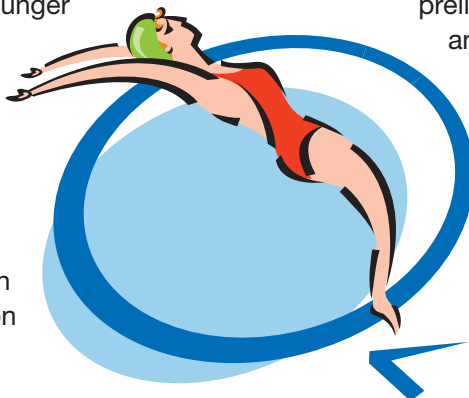
- **When are the dive meets?** Dive meets are on Fridays, starting at 5:00 p.m. Warm-ups for the home team are from 3:00-4:00 p.m. The away team warms up from 4:00-5:00 p.m. Depending on the number of divers competing, the meets take 1 to 3 hours.

- **How are dive meets run?** Dive meets are organized by age groups (10 and under, 11-12, 13-14, and 15-18). Each age group competes separately, from youngest to oldest. Depending on the number of divers in an age group, the boys and girls may dive in the same rotation, but divers only compete against their same gender.

- **How are dive meets scored?** Each dive has an assigned degree of difficulty. A dive is scored from 0-10 by three coaches from the two competing teams. The three scores are added together and then multiplied by the degree of difficulty to determine the score for a dive. The scores for all the dives are added to arrive at a diver's score for a meet. Awards are given for 1st through 3rd place for boys and girls in each age group.

- **Who runs the dive meets?** Parent volunteers. Dive meets need a minimum of 3 volunteers for scoring and an announcer.

- **How many dives must a diver be able to perform to compete?** Divers in the 10 and under age group perform 5 dives in a meet, of which 1 will be the required dive. Divers in the 11 and older groups perform 6 dives in meet, of which 1 will be the required dive. Younger divers who cannot yet do 5 dives are still encouraged to compete. Younger divers, and older ones as well, are encouraged to take diving lessons, which are offered in addition to the dive team practices.



- **What is a "required dive"?**

For each meet, the home team coach chooses a "required dive" for each age group, and notifies the visiting team during the week before the meet. There are five categories of dives: forward, back, inward, twist and reverse. There are many dives within each of these categories, with varying degrees of difficulty. The coaches chose a dive at random for each group. All divers in an age group must perform a dive from the required dive category.

- **Why is a dive scored a "0" or not scored?**

A dive is given a zero or not scored if the diver fails to complete the basic requirements of the dive. Divers cannot change dives after the meet has started. "Fails a dive" means a diver does not complete certain critical elements.

- **When is the All-City Dive Meet and what are the eligibility requirements for competing in this event?**

For the All-City Meet, there are cuts after 3 dives for the 10 and Under, and after 4 dives for all other age groups. The top 16 divers in each age group after the preliminaries perform two more dives in the finals. There are seven judges for the All-City competition. The two highest and two lowest scores for each dive are not used. The sum of the remaining three scores are added and then multiplied by the degree of difficulty for the dive to arrive at a score for each dive. The scores for the preliminary and final dives (total of 5 dives for 10 and Under and 6 dives for all others) are added to determine a diver's score for the meet. A diver must have competed in a minimum of three dual meets during the regular league season to compete in the All-City Championship meet.

- **Who should I talk to if I have questions about diving?** You can talk to any of the dive coaches.



Dive Judging Demystified (sort of)

As you watch more diving, especially by talented performers, you will observe that although several divers may do the same dive, it never looks quite the same. This is because each diver has unique mannerisms, characteristics of movement, strengths and timing – all adding up to an abstract 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. The areas of consideration in awarding points are the starting position, approach, takeoff, flight and positions, and entry into the water.

| | |
|--------|----------------|
| 9 - 10 | exceptional |
| 7 - 8 | excellent |
| 6 - 7 | good |
| 4 - 5 | satisfactory |
| 3 - 4 | deficient |
| 1 - 2 | unsatisfactory |
| 0 | failed |

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:

- **Approach** Should be smooth but forceful, showing good form.
- **Takeoff** 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. Since more height means more time, higher dive generally affords greater accuracy and smoothness of movement

- **Execution** This is most important, for this is the dive. 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. 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** Seven judges are used in individual competition (such as the All-City Championship meet – dual meets use 3 judges). When the judges awards are given, the high and low scores will be eliminated and the remaining five scores totaled. The number will be multiplied by the degree of difficulty rating assigned to the dive. The DD is predetermined with a table ranging from 1.2 to 3.7 in one-tenth increments. This is then multiplied by 0.6. A scoring example is shown below:

Awards: 6 5 5 5 5 4
"6" and "4" are dropped
Total of remaining scores = 25
multiplied by DD: 2.0 = 50
Multiplied by 0.6 = 30 point score

