

# **ALL ABOUT DIVING**

**Monona has a great group of divers, and as long as your new diver is ready to learn and be a little adventurous, he or she should have a great time!**

**Here are a few basics to know. In our league, divers who are 10 and under (the youngest age group) will have to know five different dives to compete in a meet. Divers who are 11 and older need to know six different dives. The dives have to be in different groups, but more on that later. Divers sometimes enter the water in a traditional hands-first dive position, but can also go in feet first, like with a front flip. There is a degree of difficulty, or to use dive lingo, a DD, associated with each dive. During competition, the judges score each dive from 0 to 10. Those scores get added together, and then the total will be multiplied by the DD, for the total score for that dive. All of the dive scores are added together for the total meet score.**

**There are five different dive groups in competitive diving: the front group, the back group, inwards, reverses and twisters. Divers have to do dives from a variety of groups; for example, a nine year old cannot have three of his five dives be in the front group.**

**Each diver's name is announced when it's his or her turn, followed by the type of dive and the DD (degree of difficulty). One thing you may have noticed is that the "position" is always referenced, often in the form of "Charlie will be doing a back dive in the straight position; DD is 1.7." The "position" generally refers to what the hips and legs are doing when the diver is in the air. For example, most divers start out learning a back dive in the straight position, or where the diver's body remains straight from the takeoff from the board through the entry into the water, with no bending in the knees or hips. Other positions are the "tuck" in which the diver curls up into a ball and rotates into the dive, or the "pike", where just the hips bend but the legs remain straight. Most new divers will likely do their dives in either the tuck or the straight positions when they're learning, depending on the dive. There is one more position, called "free", and that one is generally only used for twister dives.**

**Depending on the position, the DD of the dive may change slightly. Also, if a diver is supposed to perform a dive in a certain position, but instead performs it in another position, the diver will still get a score, but there is a deduction that must be taken in the scoring to account for the incorrect position.**

**A diver may not compete the same dive in two different positions. So if Mary knows how to do a front flip in the tuck position and the pike position, she may still only compete one front flip because the dive is the same, even though the position is different.**

**Some other terminology you may hear:**

**~Hurdle: this is generally the motions that precede the takeoff from the dive. For front dives, it would be the walk to the end of the board, and the bounce on the board. Divers spend a lot of time on this to make sure that they get the best takeoff from the board that they can.**

**~Failed Dive or No Dive: this is when a diver does not complete the intended dive in a satisfactory fashion. For example, a diver might be doing a dive with a full twist but may only be able to do a half twist. This would be a failed dive and the diver would receive no score. It's tough to see those, but it's a great learning experience.**