

## A beginners guide to diving competition

Diving is classified as an art as well as a sport. Beauty and grace must be added to feats of strength and agility while the body is moving through the air. The diver must have total body control and good kinesthetic awareness. Divers compete in one-meter springboard events. A dive is not judged by entry alone. All phases of the performance are considered: the approach, the take-off, the technique and grace during flight, and the entry into the water. The judges score each dive, in its entirety, without concern for difficulty as each dive has an assigned Degree of Difficulty (D.D.) to reward the athletes for complicated skills.

**STARTING POSITION ON THE BOARD** - The diver stands with his or her body straight, head erect, arms straight and to the sides or above the head. Once a diver moves his or her arms from a backward take-off position or starts to run in a forward take-off position he or she must continue or the referee can call a balk. One balk is allowed - resulting in a penalty of two points that is deducted from each judge's score by the scorers as instructed by the referee. Should a diver lose his or her balance and his or her feet touch the platform in an armstand dive, the same rule applies. A second balk results in a failed dive.

**THE APPROACH** - The diver walks down the board maintaining good posture and must take at least four steps including the hurdle. If a diver takes less than four steps the referee shall instruct the scorers to deduct two points from the award of each judge. The run should be smooth, straight and without hesitation.

**THE TAKE-OFF** - The diver must leave the board from both feet on the springboard. It shall be bold, reasonably high and confident and may be performed either standing or running. The judges shall award points for a standing dive, bearing in mind the height and standard of execution which might be expected from a running dive. Only one bounce on the same spot is allowed, it is permissible for a diver to start the board in motion in preparing for a back take-off.

**THE FLIGHT** - The diver's legs should be together and toes pointed. There are five groups of dives:

- ?? Forward: forward take-off (facing the water) with forward rotation.
- ?? Backward: backward take-off (back to the water) with backward rotation.
- ?? Reverse: forward take-off with backward rotation.
- ?? Inward: backward take-off with forward rotation.
- ?? Twist: Any of the above groups with 1/2 to 4 twists added.

The body positions are:

?? A: Straight - body not bent.

?? B: Pike - body bent at the hips only.

?? C: Tuck - body bent at hips and knees.

?? D: Free - combination of the above positions (used for twist dives)

Arm position is optional.

If a position is clearly other than announced, the referee will declare that the highest mark shall be two points. If a position is partially other than announced the maximum mark is 4.5. If the diver touches the end of the board, or dives to the side of the direct line of flight - this indicates, no matter how well the dive may have been executed, that they were too close to the board for proper execution and the judges make their own decisions regarding the deduction of points from their scores. It is proposed that in this case the highest mark be 4.5.

**TWISTS:** Twisting must not be done manifestly from the board in straight dives with one-half or full twist. In pike dives with the twist, the twist must not be started until there is a definite pike position shown. Twists may be done at any time in somersaults with twists. If a twist is more or less than announced by 90 degrees the diver receives zero for that dive as declared by the referee.

**FLYING DIVES:** In all flying somersault dives a straight position should be clearly shown for approximately one-half of the somersault. This position should be assumed from the take-off except for dive 116 in which the straight position must be shown after one somersault has been completed.

**ENTRIES:**

**HEAD FIRST:** body is vertical, or nearly so, with arms stretched beyond the head in line with the body, hands close together.

**FEET FIRST:** body is vertical, or nearly so, with arms tightly at the sides of the body. A dive is finished when the whole body is completely under the surface of the water. What happens under the water is not judged.

The diver must execute all dives without help from anyone after the referee has signaled the start of the dive.

After the competition is started, a diver must not bounce on the springboard until after the score of the previous diver has been announced. A diver who refuses the execution of a dive shall receive zero points for that dive.

A referee, a panel of 5 or 7 judges, an announcer and scorers conduct a diving meet. The referee manages the event and ensures all regulations are observed.

After each dive, the referee signals the judges who, without communication with any colleagues, immediately flash their awards. Points are awarded from zero to ten, according to the opinion of the judge based on the criteria and the performance.

#### What The Scores Mean

Very Good 8-1/2 to 10 Good 6-1/2 to 8

Satisfactory 5 to 6 Deficient 2-1/2 to 4-1/2

Unsatisfactory 1/2 to 2 Failed 0

The judges' scores are written in order on each diver's sheet. The highest and lowest scores are eliminated and the remaining scores are added. This score is then multiplied by the D.D to produce the final score for the dive. The scores for each dive are added to give the total score for the event. The diver with the highest cumulative score at the end of the competition is the winner.

During a competition, the divers must perform compulsory and optional dives, the number of dives varies depending on the competition.

#### IMPORTANT TERMS FOR DIVING PARENTS:

Springboard Diving: Diving from the one meter springboards.

Diving List or List: The dives a diver uses for competition are called a list.

Rip: A rip is when you enter the water with no splash.

Smack or Crash: An incorrect and painful landing on the water.

Degree of Difficulty (DD): All dives are assigned a numeric DD that rates dives based on difficulty. For example, a front dive tuck on 1M has a DD of 1.3 while a front 3 ½ tuck on 1M has a DD of 3.0. The DD is multiplied by the diver's raw score (total judges' score) to calculate a total award for each dive.

Required or Voluntary dives: The easy ones, where DD is limited.

Optional Dives: Can be simple or difficult, there is no limit on DD.

**Check out the US Diving Web site at [www.usdiving.org](http://www.usdiving.org) for specific rules.**