

# GUIDELINES FOR JUDGING DIVING – NFHS

## Starting Position

- Forward – The diver should demonstrate good posture with arms in a position of the diver's choice.
- Back/inward – The diver should demonstrate good posture, with the head upright, arms in a position of the diver's choice. A diver may move the arms to a variety of preparatory positions provided there is no attempt to start the dive.

## Approach

- Forward – The approach shall begin with not less than three steps and finish with a hurdle, defined as a jump off one foot to a landing on both feet at the end of the board. The diver may use steps, hops, leaps and/or jumps during the initial steps and before the culminating hurdle. The forward takeoff shall be from both feet simultaneously to an adequate height to perform the dive. The hops, leaps and/or jumps shall be considered as "steps".

## Hurdle

- The last step in the forward approach, called the hurdle, consists of the diver lifting the leg (diver's choice of which leg) to form an angle that may be approximately 90 degrees at the hip and knee. The other leg pushes down on the board and helps the diver jump to the end of the board where he/she lands on two feet. The hurdle is the foundation for the rest of the dive, thus an important element for judges to observe.

Back Press - on back and inward groups, the back press combines the starting position, approach and hurdle.

- The diver should stop oscillating the board with his/her feet to assume a starting position. Once the diver assumes the starting position, the board can be oscillated up to four times prior to moving the arms from the starting position. The oscillations shall not be so large as to disrupt the tempo or smoothness of the dive. After moving the arms from the starting position, the diver may continue to oscillate the board until the takeoff occurs. At NO time should the balls of the feet/foot lose contact with the board. If the feet/foot leave the board or more than four oscillations occur before moving the arms, or the diver takes excessively large oscillations, the judge may deduct ½ - 2 points.

## **Takeoff**

- The takeoff should be balanced and controlled so as to allow the diver to achieve good height and appropriate distance from the springboard. The posture should be upright and pleasing to the eye.
- Balance on the balls of the feet should be maintained (on both a forward approach landing and a back press) as the arms swing around and move in time with the leg push to assist lift from the board. Too much lean forward or backward will affect the divers balance, power, distance and ultimately the success of the dive.

## **Flight**

- The dive should have adequate height to provide enough time in the air to complete the rotation and allow the dive to travel a safe distance from the board.
- Ideally a diver should exhibit strength and power while displaying grace and beauty.
- The overall form of the diver must also be considered, as well as speed of rotation and twist mechanics in twisting dives.
- The dive position (tuck, pike or straight) should be clearly defined. Good form should be displayed by means of body flexibility, firmness, and toe point which should be maintained throughout the entire dive flight. The arms may be in the position of the diver's choice. Just prior to the entry into the water, the arms should be brought together and extended beyond the head in line with the body for a head-first entry or against the sides of the body with straight elbows for a feet-first entry.
- Straight position (A) – The body shall not be bent either at the knees or hips. The feet shall be together and the toes pointed. The position of the arms is at the option of the diver.
- Pike position (B) – The body shall be bent at the hips, the legs must be kept straight at the knees, the feet shall be together, and the toes pointed. The position of the arms is at the option of the diver.
- Tuck position (C) – The body shall be compact, bent at the knees and hips, with the knees and feet close together within the body line of the shoulders. The hands shall be on the lower legs and the toes pointed.
- Free position (D) – The free position is not really a body position but a combination of the other three positions, and is used most often to perform twisting dives. The combinations should be well defined using the positions described above.

## NOTES:

1. Flying one somersault dives require the diver to hold the straight position until the body is horizontal to the water (9-7-4e).
2. Flying one and one-half somersault dives require the diver to hold the straight position until the body is perpendicular to the water.

## Entry

- The entry into the water should be as vertical as possible with the body straight and toes pointed. The diver's line into the water is only one segment of the total dive and should not be over judged.
- The dive should not be too close, too distant or off to the side of the springboard.
- Twist on Entry - the dive should be square (without any twist) as it enters the water.
- A properly performed dive will result in an entry with a minimum splash. An exceptionally good entry will result in what is called a "rip" entry with almost no splash. Splashless entries are impressive and are essential to the overall impression. However, since the entry is the last part of the dive seen, it is easy to judge the dive solely on the entry, forgetting mistakes on other elements of the dive. Avoid this common trap and score the dive based on all of its elements.
- The dive is completed and scored when the body passes through the surface of the water. What happens after the diver passes through the surface of the water should not affect the judges score.
- Properly executed dives should be performed a safe distance from the board and walls.
- Two elements a judge should not consider are the approach to the starting position of a dive and a diver's movements beneath the surface of the water.