

DIVING POINT AWARDS AND DEDUCTIONS – NFHS

10 Excellent – No visible flaws – Approach, hurdle, height, distance, execution and entry are all exceptional.

8½ – 9 ½ - Very Good – Approach, hurdle, height and/or distance slightly affected. Execution well defined.

7 – 8 Good – Approach and hurdle adequate. Height and distance acceptable. Execution defined, entry controlled, but slightly affected.

5 – 6½ Satisfactory – Approach and hurdle acceptable. Height and distance adequate. Execution complete and entry over or under.

2½ – 4½ Deficient – Approach and/or hurdle affected. Height and/or distance inadequate. Execution affected and entry over or under.

½ – 2 Unsatisfactory – Approach and hurdle affected. Height and distance inadequate. Execution not complete or broken position. Entry significantly affected.

0 Failed.

Diving judge's deductions:

• Deficient dives:

- o The diver partially alters the position of the dive during flight;
- o A diver enters the water with one or both hands above the shoulders on a dive requiring a feet-first entry, or with one or both hands below the shoulders on a dive requiring a head-first entry.

• Mandatory ½ – 2-point deduction:

- o Not stopping the oscillations of the board just before or after the starting position is assumed in a back/inward takeoff;
- o Excessive oscillation during a back/inward takeoff;
- o Feet/foot leaving the board prior to a back/inward takeoff (crow hop);

- o Obviously spreading knees in the tuck position outside the shoulders;
- o Entering the water to the side of the board, and;
- o Twisting manifestly from the board.

Diving referee's deductions:

- 2-point deduction from each judge's score for:
 - o Violations of the forward approach;
 - o Balks (Declared before the diving judges have scored the dive). It is a balk if the diving referee believes the diver assumes the starting position, makes an obvious attempt to start the approach or press, and stops the continuous execution of the dive prior to the water entry. An illegal forward approach occurs when a diver does less than the required three steps.

- Unsatisfactory dive (maximum score of 2 points):
 - o A dive clearly done in a position other than that described on the diving scoresheet;
 - o A diver hits the diving board;
 - o A diver not attempting to come out of the tuck or pike position;
 - o A diver does not attempt to come out of the twist;
 - o The diver does not hold the straight position until the body is horizontal to the water on any flying one somersault dives, or does not hold the straight position until the body is perpendicular to the water on any flying one and one-half somersault dives.

- Failed dive (0 points awarded):
 - o Executing a dive other than that given on the diving scoresheet;
 - o Not assuming a starting position;
 - o Falling into the water;
 - o Being assisted by another person;
 - o Not executing the pike before the twist for dives #5111B and #5411B;
 - o Does not contact the water with the head or hands first on a head-first dive or with

the feet first on a feet-first dive;

o Executes a twist, as determined by the diver's shoulder position, more or less than 90 degrees indicated on the diving scoresheet when the diver's feet/hands contact the water;

o In a twisting dive, twist the shoulders past 90 degrees before the feet leave the board;

o Repeats a dive;

o Steps off the board after assuming the starting position (without permission);

o Performs a dive requiring a forward approach from the standing forward position;

o Does not record the official description of the dive (dive number and position) on the diving scoresheet;

o Commits two balks on the same dive;

o In a dual meet, does not perform the voluntary dive first;

o In a championship meet, does not perform the voluntary and optional dives as specified;

o Performs a dive not listed on the diving table;

o Performs an additional bounce(s) on the end of the board after the culminating hurdle.

• Disqualifications by the diving referee:

o Diver does not make a sincere attempt to perform the dive;

o It becomes obvious the dives listed on the diver's scoresheet are too difficult for the diver to perform;

o Diver unnecessarily delays in the performance of a dive;

o Diver behaves in an unsporting manner;

o Diver fails two dives for any reason.



