



Dive Team Basics

COMPETITIVE DIVING

Most diving competitions consist of three disciplines: 1m, 3m and tower, aka platform. Competitive athletes are divided by gender, and often by age groups as well. In tower events, competitors are allowed to perform their dives on either the five, seven and a half (generally just called seven) or ten meter towers, although high level meets, including the Olympic Games and world championships, usually require all dives to be executed from the ten meter.

One and three meter dives are performed from a springboard. Five through ten meter dives are performed from concrete or wooden platforms, and such platforms also exist at one and three meter heights as training tools.

Divers must perform a set number of dives according to various established requirements, including somersaults and twists in various directions and from different starting positions (see *Components of a Dive below*). Divers are judged on whether and how well they completed all aspects of the dive, the conformance of their body to the requirements of the nominated dive, and the amount of splash created by their entry to the water (less being better). A perfect entry, with no splash, is called a “rip,” after the loud tearing sound it creates, and is usually accompanied by a “pop” caused by the diver’s hands impacting the water (as well as a sometimes painful bursting feeling on the hands of the diver). A bad entry, in which the diver enters the water at an angle not nearly vertical, is called a “wash”. In some cases, the diver lands completely horizontal, in what casually would be called a “belly flop” but most divers refer to as a “smack”. Theoretically, a score out of ten is supposed to be broken down into three points for the takeoff, three for the flight, and three for the entry, with one more available to give the judges flexibility. However, since judges must give their scores instantaneously, they base their scores more on a gut instinct and overall impression than actual calculations.

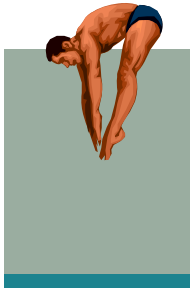
The raw score is multiplied by a difficulty factor, derived from the number and combination of movements attempted. The diver with the highest total score after a sequence of dives (which depend on age group and skill level in elite competition.) is declared the winner.

While diving is closely related to gymnastics, it differs in one large way: Male and female gymnasts compete vastly different skills on vastly different apparatus, while male and female divers compete the same dives on the same boards. Women are often required to perform one fewer dive than men (10 as opposed to 11, or 5 as opposed to 6), but there has been a movement in recent years to change this fact.

Synchronized diving was adopted as an Olympic sport in 2000. In this event, two divers form a team and attempt to perform dives simultaneously. The dives are usually identical; however, sometimes the dives may be opposites, in what is called a pinwheel. This is an impressive spectacle, and requires great coordination between the team-mates. In these events, synchronicity is valued as highly as technical skill. Thus, if both divers perform their individual dives badly, but in the same way, they will still score fairly well.

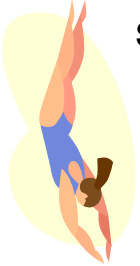
Positions

Divers use one or more of the four body positions during each dive:



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.



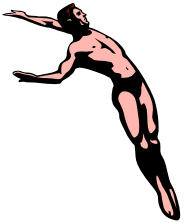
Straight

No bend at the waist or knees. Depending on the dive, there may be an arch in the back. Arm placement is the diver's choice or is defined by the dive performed.



Tuck

Body is bent at the waist and knees, with thighs drawn to the chest and heels kept close to the buttocks. Feet and knees should be kept together and toes should be pointed.

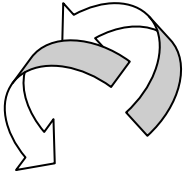


Free

Indicates the diver's option to use any of the above three positions, or combinations thereof, when performing a twisting dive.

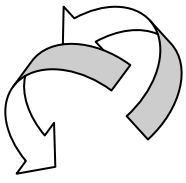
Types of Dives

Of the six dive types, the first four involve rotating in directions relative to the board and starting position. The fifth includes any dive with a twist. The final group begins with an armstand.



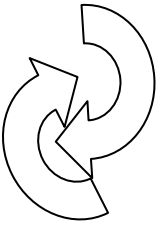
Forward Group

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 four 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. The direction of rotation is away from the board.



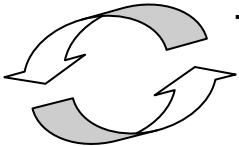
Reverse Group

Formerly called “gainers,” these dives begin with the diver facing the front of the board and rotating toward the board.



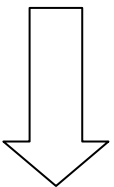
Inward Group

Formerly called “cutaways.” The diver stands on the end of the board with back to the water and rotates toward the board.



Twisting Group

Any dive that uses a twist (excluding armstands) is included in this group. There are four types: forward, backward, reverse and inward.



Armstand Group

Here the diver assumes a handstand position on the edge of the platform before executing the dive. This position is not used on the springboard.

Mechanics of Diving

At the moment of take-off, two critical aspects of the dive are determined, and cannot subsequently be altered during the execution. One is the trajectory of the dive, and the other is the magnitude of the angular momentum. The speed of rotation - and therefore the total amount of rotation - may be varied from moment to moment by changing the shape of the body, in accordance with the law of conservation of angular momentum.

The center of mass of the diver follows a parabolic path in free-fall under the influence of gravity (ignoring the effects of air resistance, which are negligible at the speeds involved).

Trajectory

Since the parabola is symmetrical, the travel away from the board as the diver passes it is twice the amount of the forward travel at the peak of the flight. Excessive forward distance to the entry point is penalized when scoring a dive, but obviously an adequate clearance from the diving board is essential on safety grounds. The greatest possible height that can be achieved is desirable for several reasons:

- The height attained is itself one of the factors that the judges will reward.
- A greater height gives a longer flight time and therefore longer to execute the moves.
- For any given clearance when passing the board, the forward travel distance to the entry point will be less for a higher trajectory.

Control of Rotation

The magnitude of angular momentum remains constant throughout the dive, but since

$$\text{angular momentum} = \text{rotational velocity} \times \text{moment of inertia},$$

and the moment of inertia is larger when the body has an increased radius, the speed of rotation may be increased by moving the body into a compact shape, and reduced by opening out into a straight position. Since the tucked shape is the most compact, it gives the most control over rotational speed, and dives in this position are easier to perform. Dives in the straight position are hardest, since there is almost no scope for altering the speed, so the angular momentum must be created at take-off with a very high degree of accuracy. (A small amount of control is available by moving the position of the arms and by a slight hollowing of the back). Notice that the opening of the body for the entry does not stop the rotation, but merely slows it down. The vertical entry achieved by expert divers is largely an illusion created by starting the entry slightly short of vertical, so that the

legs are vertical as they disappear beneath the surface. A small amount of additional tuning is available by 'entry save' techniques, whereby underwater movements of the upper body and arms against the viscosity of the water affect the position of the legs.

Twisting

Dives with multiple twists and somersaults are some of the most spectacular movements, as well as the most challenging to perform. The rules state that twisting 'must not be generated manifestly on take-off. This leaves a puzzle of how a twisting movement can be generated in free-fall without any purchase for applying a turning force. The solution is that some of the somersaulting angular momentum is resolved to produce the twisting action.

Entry

The rules state that the body should be vertical, or nearly so, for entry. The arms must be beside the body for feet-first dives and extended forwards in line for "head-first" dives. It used to be common for the hands to be interlocked with the fingers extended towards the water, but a different technique has become favored during the last few decades. Now the usual practice is for one hand to grasp the other with palms forward to strike the water with a flat surface (the so-called "rip entry"). This pushes the water away leading to an air filled channel which the body enters. Then the channel collapses, but the usual fountain is dragged down by the legs. While diving and slowing down the air channel transforms into a bubble channel and when all bubbles are gone the hands are rearranged into a "streamlined" position.

Scoring the Dive

Ultimately, the judges' scores given on each dive are subjective. However, there are specific rules governing how a dive is supposed to be scored. Usually a score factors three elements of the dive: the approach, the flight, and the entry. The primary not be too far away, but should ideally be within 2 feet of the board/platform), (3) the properly defined body position of the diver according to the dive being performed, including pointed toes and feet touching at all times, (4) the proper amounts of rotation and revolution upon completion of the dive and entry into the water, and (5) angle of entry (a diver should enter the water straight, without any angle). Many judges award divers for the amount of splash created by the diver on entry, with less splash resulting in a higher score. To reduce the subjectivity of scoring in major meets, panels of five or seven judges are assembled. In the case where five judges are assembled, the highest and lowest scores are discarded and the middle three are summed and multiplied by the DO (Degree of Difficulty -- determined from a combination of the moves undertaken, in which position and from what height). In major international events, seven

judges are assembled. In these circumstances, the highest and lowest scores are again discarded and the middle five are summed, then ratioed by 3/5, and multiplied by the DD, so as to provide consistent comparison with 5- judge events. Accordingly, it is extremely difficult for one judge to manipulate scores.

There is a general misconception about scoring and judging. In serious meets, the absolute score is somewhat meaningless. It is the relative score, not the absolute score that wins meets. Accordingly, good judging implies consistent scoring across the dives. Specifically, if a judge consistently gives low scores for all divers, or consistently gives high scores for the same divers, the judging will yield fair relative results and will cause divers to place in the correct order. However, absolute scores have significance to the individual divers. Besides the obvious instances of setting records, absolute scores are also used for rankings and qualifications for higher level meets.

JUDGING THE DIVE

Although several divers may do the same dive, each performance never looks quite the same. This is because each individual has unique mannerisms, characteristics of movement, strengths and timing — all adding up to an abstract but 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. A table of the scores and how they should be awarded appears to the left. Note that the guidelines do not indicate an award of 10 as “perfect,” but instead as “very good.”

| GUIDELINES | |
|------------|-------------------|
| 0 | completely failed |
| 1/2-2 | unsatisfactory |
| 2 ½--4 ½ | deficient |
| 5-6 | satisfactory |
| 6½-8 | good |
| 8½-10 | very good |

Categories of Judging

Certain parts of each dive must be analyzed and evaluated, and an overall award obtained. The parts of a dive are:

Approach

Three or more steps forward to the end of the board before the hurdle and takeoff. Form: Should be smooth but forceful, showing good form.

Takeoff

A diver's lift from the board prior to execution of the dive. Form: 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. Form: Since more height means more time, a higher dive generally affords greater accuracy and smoothness of movement.

Execution

The dive itself. Form: 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. Form: 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

Five judges are used in individual competition. When the judges awards are given, the high and low scores will be eliminated and the remaining three scores totaled. The number will be multiplied by the degree of difficulty rating assigned to the dive. The DD is predetermined with a table range from 1.2 to 3.7 in one-tenth increments.

INSTRUCTIONS TO
DIVING JUDGES



Full
Numbers



Half
Numbers

1. Judges shall be placed by the diving referee, separately and preferably on opposite sides of the diving area.
2. After each dive, on a signal from the referee, each of the judges, without communicating with any other judge or judges, shall immediately and simultaneously flash his award.
3. Points or half points shall be awarded from 0-10 according to the opinion of the judges and the following table:

| | | |
|--------------------------|-------|------------------------|
| Very good | | 8½ to 10 points |
| Good | | ½ to 8 points |
| Satisfactory | | 5 to 6 points |
| Deficient | | 2½ to 4½ points |
| Unsatisfactory | | ½ to 2 points |
| Completely failed | | 0 points |

4. When judging a dive only the dive is to be considered, without regard to the approach to the position. The points to be considered are:

The run: the take-off; the technique and grace of the dive during the passage through the air; the entry into the water.
Judges shall not consider or score a diver's actions beneath the surface of the water.

Designed by R. Jackson Smith

UNSATISFACTORY - 1½ to 2

- a) Dive in another position
- b) Tuck in tree position other than 5152. 5221. 5231. 5321. 5331
- c) Hands in wrong position on entry
- d) Diver hits board

FAILED - 0 - (REFEREE)

- a) Dive other than written
- b) No starting position
- c) Falls into water
- d) Assisted by another
- e) No pike before twist - 5111. 5211, 5311, 5411
- f) Head or feet enter at wrong time
- g) 90° twist more/less when contact water
- h) Repeats a dive
- i) Steps off board after assuming start
- j) Standing forward dive
- k) No official dive number or position
- l) 2 balks
- m) No required dive first (dual meet)
- n) Doesn't perform specified dives (cham)
- o) Performs dives not listed

-DEDUCTIONS -

REFEREE - 2 points

- a) Approach Violation
- b) Balk

JUDGES - ½ to 2 points

- a) Board rock (more than 4) before arms move from start position
- b) Crow-hop in back or forward dive
- c) Knees spread in tuck
- d) No straight to horizontal in flying dives
- e) Enters to side of board
- f) Twist manifestly from board

-DISQUALIFICATION (REFEREE)-

- a) No sincere attempt at dives
- b) Dives listed are too difficult
- c) Diver delays performance
- d) Injury – cannot/should not continue
- e) Unsportsmanlike conduct

What To Do At The Diving Score Table

Find the table - walk up and introduce yourself. Ask if you may do anything to help get ready.

Separate the sheets - separate the official copies from the unofficial copies. The unofficial copies are usually on colored paper. Separate the junior sheets from the senior sheets.

Check the sheets:

- Make sure the heading is filled out

- Make sure both the coach and the diver sign the official sheet

- Using a DD chart, check each dive to ensure it is recorded accurately - inaccurate dives can result in a diver losing points

- Make sure the required dive of the week is listed first on the sheet, as it must be completed first

- Junior divers perform 3 dives

- Senior divers perform 4 dives

Order the sheets - The visiting coach always decides whether they want to dive first or second.

Usually the referee will ask the visiting coach and let the table know. Once you know who is diving first, then you can line up the sheets, alternating between teams. If one team has more divers than the other after all the sheets have been alternated, then the rest of the sheets go at the end. Place the number of the diving order in the upper left hand corner of each sheet in the box provided. Once the order has been established for each group, the table is ready to begin the meet.

The announcer will announce the last round of practice dives. When the board is clear of divers, the announcer will read the Code of Conduct, and then announce the order of divers for the first event.

In addition to the announcer, there are 5 other positions at the table: Generally, most summer meets run a double set of sheets to ensure accuracy. One set is the official set, which is the set closest to the announcer. A duplicate set (usually on colored paper) will run on the table from the other end. There should be a person from each team scoring each set of sheets. The two people on the outside of the table will start with the sheets and the sheets will flow to the center of the table to be checked. See the chart below.

| Person recording scores | Person calculating DD | Checker | Person calculating DD | Person recording scores |
|-------------------------|-----------------------|-------------------------|-----------------------|-------------------------|
| Team A | Team B | Can be from either team | Team A | Team B |

Once the dive is complete, the announcer will call for the scores from the judges and then announce them out loud. The person in the first position (on the outside of the table) will record the scores as they are announced. Remember to listen for the scores and record them in the order they are announced. This is important in case there is a conflict in with the scores recorded. Once they are recorded, cross off the highest and lowest scores and add the three remaining scores together and record that number in the box marked "Net Total". If a score being called is a half number, rather than using the $-\frac{1}{2}$ sign, just use a slash mark after the number. (Example: $4\frac{1}{2} = 4'$). It will save a lot of time when writing.

The first person will then pass the paper to the person next to them. The second person will calculate the total for the dive using the slide rule. This second person will line the slide rule up to match the bb of the dive that was performed, then look down to the value listed in the 'Net Total'. The number following that is the total value of the points the dive is given. This number goes in the award column. After the first round of dives are complete, this second person will also add the award for each dive to the total score. The second person will pass the paper to the person in the middle of the table.

The middle person's job is to check to make sure both sheets have the same totals. If they are the same, turn each sheet face down on the table in front of you. After you collect a few, pass them back to the person at each end of the table. If the scores do not match, try to figure out where the mistake was made and correct it. If at all possible, do not stop the meet while the corrections are being made, but allow the divers to continue. Once the problem is corrected, you will be able to quickly catch up to the current diver.

In the event that there are not enough people to run the score table, the checker position may be eliminated and the two people doing the bb will check with each other before they pass the sheets back to ensure that the scores are the same.

HOW TO BE A GOOD JUDGE ARTICLE

(Reprinted from the Feb/March 1986 issue of THE DIVER)

By BOB WEBSTER

Recently, I conducted a judging clinic for parents, coaches and divers involved in the age group and novice levels. It seems to me that the material I presented, reprinted below, is just as relevant for judging at the senior national championship level.

1. Be honest, judge the dive, not the diver. You may not like the diver and/or the diver's parents or coach. Remember, however that this is an athletic event, not a personality contest, so evaluate the diver on athletic and aesthetic merit.

Most judges have a difficult time giving a good score to a rival diver. Example: The contest is close between our son and another boy (whom you don't like). It's down to the last dive.

Your boy goes over and it is only an average dive—give it an *average score!*

The other boy steps up and does a much better dive (you know it will beat your son with a good score). Give this dive a *good score* even though it means defeat for your boy! *Why! Because it is honest?*

You have to live with yourself and—believe me—the divers know!

Your son will respect you in the long run. If you start judging with integrity, you may turn some other judges around.

So, *Number 1*, be honest! Now consider a reverse situation. If a prominent diver you admire does a poor job, give that dive a poor score. This doesn't mean we will always be correct. We are human; we all miss on a few of our scores. Let them be honest errors.

2. Don't play revenge.

Try not to play revenge with another judge (coach or parent) on the panel. For example: Someone obviously scores your diver low on a dive. Don't get back at that judge by scoring that judge's diver low on

her/his next dive. Why? It isn't the diver's fault that her/his coach is wrong. Two wrongs don't make a right.

If you feel someone has something against one of your divers and you have proof (score sheets) to back it up, then away from the meet, after any anger has subsided, talk calmly with that person in an unaccusing manner.

Don't start out by verbally attacking him/her because his/her immediate response will be to defend himself/herself—so nothing is accomplished.

Poor example: "Hey, why did you give Mary a 5 1/2 on her reverse dive?" -

Good example: "Have you got a minute? You probably are not aware of this but you seem to be low on Mary . . ."

NOTE: Judges, parents, coaches and divers—don't get into a blue funk over a 1/2 point. Further, so many times a diver (or coach or parent) only hears and remembers the low score on his/her own diver (6 7 7 5 6) and only the high score on an opponent's diver (5 5 5 5 7). Most of the time, that score is thrown out.

Divers, try not to pay attention to the judging. Look at your score after the dive and then condensate on your next dive.

3. Differentiate between a good dive and a poor dive. Your score should reflect the difference between good and poor dives by 3-4 points or more. A poor dive gets a 4, the good dive should then get 7 or 8, not 6 or 6 1/2.

4. Try to be a positive judge. If you are hesitant about giving a 6 1/2 or 7, give the 7. The divers do respond favorably, to higher Scoring. We've all seen the 5 1/2-6 syndrome. Getting all the judges together-before the contest to loosen up their scoring is

good. But you have to be very aware to loosen up throughout the entire range of scores.

Example: For a dive that would normally score 5 1/2 or 6, you score 7. That's fine. Now the dive that normally scores 7 should go 8 or 8 1/2, not 7 1/2. Otherwise, the better dives are penalized while the weaker dives are rewarded.

5. Don't play statistically "middle of the road." Trying to keep your score neutral so that it is not thrown out doesn't do anybody any good.

Judge the dive as you see it and don't worry about what others may think of your score. If you judge just so you look like you are in line with the others on the panel, then I suggest you don't judge.

Don't try to be the odd man or woman out, either. Just call the dives as you honestly see them.

If something about a diver really appeals to you, judge it up accordingly. And vice versa!

6. Don't judge degree of difficulty.

The D.D. takes care of itself. This is difficult to do sometimes but try not to automatically give higher score to a high D.D. dive or a lower one to a low D.D. dive.

Example: Divers performing 3 twisters shouldn't be getting higher scores than divers only doing 1 1/2 twists who performed well. Likewise, a diver only doing 2 1/2 pike front on 3M shouldn't be limited to a top score of only 7-7 1/2 just because everyone else doing 3 1/2. The 2 1/2 pike if done well should score up to 10.

Dive Numbers

In competition, the dives are referred to by a schematic system of three- or four-digit numbers. The letter to indicate the position is appended to the end of the number.

The first digit of the number indicates the dive group as defined above.

For groups 1 to 4, the number consists of three digits. The third digit represents the number of half-somersaults. The second one is either 0 or 1; with 1 signifying a “flying” variation of the basic movement: ie the first half somersault is performed in the straight position, and then the piked or tucked shape is assumed.

For example:

- **101A - Forward Dive Straight**
- **203C - Back one-and-a-half somersaults, tuck**
- **307c - Reverse three-and-a-half somersaults, tuck**
- **113B - Flying forward one-and-a-half somersaults, pike**

For Group 5, the dive number has 4 digits. The second one indicates the group (1-4) of the underlying movement; the third digit indicates the number of half- somersaults, and the fourth indicates the number of half-twists.

For example:

- **521 1A - Back dive, half twist, straight position.**
- **5337D - Reverse one and a half somersaults with three and a half twists, in the Free position.**

For Group 6 - Armstand - the dive number has either three, four or five digits:

Three digits for dives without twist and four for dives with twists.

In non-twisting armstand dives, the second digit indicates the direction of rotation (0 = no rotation, 1 = forward, 2 = backward, 3 = reverse, 4 = Inward) and the third digit indicates the number of half-somersaults. Inward-rotating armstand dives have never been performed, and are generally regarded as physically impossible.

For example:

- 600A - Armstand dive straight
- 612B - Armstand forward somersault pike
- 624c - Armstand back double somersault tuck

For twisting Armstand dives, the dive number again has 4 digits, but rather than beginning with the number 5, the number 6 remains as the first digit, indicating that the “twister” will be performed from an Armstand. The second digit indicates the direction of rotation - as above, the third is the number of half-somersaults, and the fourth is the number of half-twists:

e.g. 6243D - armstand back double-somersault with one and a half twists in the free position All of these dives come with DD (degree of difficulty) this is an indication of how difficult/complex a dive is. The score that the dive receives is multiplied by the DD (also known as tariff) to give the dive a final score. Before a diver competes they must decide on a “list” this is a number of optional dives and compulsory dives. The optionals come with a DD limit, this means that you must select X number of dives and the combined DD limit must be no more than the limit set by the competition/organization etc. Until the mid 1990s the tariff was decided by the FINA diving committee, and divers could only select from the range of dives in the published tariff table. Since then, the tariff is calculated by a formula based on various factors such as the number of twist and somersaults, the height, the group etc., and divers are free to submit new combinations.

DIVING GLOSSARY

Approach

Three or more steps forward to the end of the board before the hurdle and takeoff.

Armstand Dive

The diver executes a dive from an armstand position. The armstand takeoff represents a sixth group of dives used only in platform diving.

Back Dive

Takeoff from the end of the board with back toward water. Direction of rotation is away from the board.

Balk

An illegal movement by the diver: (1) a false start in which a diver makes an obvious attempt to start the approach but does not complete the dive; (2) takeoff for the hurdle from both feet; (3) Loss of balance on an armstand dive causing feet to touch the platform.

Degree of Difficulty

Rating ranging from 1.2 to 3.7 for executing a specific dive. The DD is multiplied by the sum of the judges' scores in figuring the score for a dive.

Entry

The conclusion of a dive as a diver makes contact with the water. May be either head or feet-first. Upon entry, the body should always be near vertical in a straight position with toes pointed. In a headfirst entry, arms should be stretched above the head in line with the body and hands close together.

Flying

Used to describe a dive in which the diver assumes a straight position from take off, or after one somersault in a 11 5C, before executing the remainder of the dive. The straight position must be held for at least one quarter of a somersault (90 degrees).

Forward Dive

Takeoff from a standing or running approach, facing the water. Direction of rotation is away from the board.

Free Position

A combination of straight, pike or tuck positions. To be used in twisting dives only as listed in the DD tables.

Hurdle

The final segment of a diver's approach to takeoff. Consists of a spring to the end of the board, taking off from one foot, and landing on two feet at the end of the board.

Inward Dive

Takeoff from a standing position at the end of the board, with back to the water. Direction of rotation is toward the board.

Judge

Diving official who scores each dive on a scale of 0 (lowest) to 10 (highest). Seven judges officiate major national and international competition in individual events. Nine judges officiate during synchro events.

Pike Position

A dive position in which the body is bent at the hips, legs straight at the knees, and toes pointed. Feet should be held together and position of arms is optional.

Platform

A stationary, non-bending diving platform is at least 20 feet long and six and a half feet wide. The platform height used in competition is 10 meters (approximately 33 feet). The platform structure typically also includes levels at three, five and seven and a half meters that are used during training.

Referee

Manages the competition and insures that all regulations are observed. Not a judge.

Reverse Dive

Takeoff from a standing or running approach, facing the water. Direction of rotation is toward the board.

Somersault

A movement in which a diver rotates the body on an imaginary horizontal axis through the hips. A dive that can be performed in a variety of combinations.

Springboard

An adjustable diving board that regulates "springiness." Either 1-meter (3'3") or 3-meters (9'9") above the water. Projects at least five feet beyond the edge of the pool.

Straight Position

A dive position in which the body is straight without bending at knees or hips, feet together and toes pointed. Formerly called the "layout" position.

Takeoff

A diver's lift from the board prior to execution of the dives May be done from a forward (running or standing) or backward approach, or from an armstand position.

Tower

The entire diving platform structure.

Tuck Position

A dive position in which the body is bent at the waist and knees, with thighs drawn to the chest and feet kept close to the buttocks. Feet and knees should be kept together and toes should be pointed.

Twisting Dive

Any dive with a twist. There are four types of twisting~ dives: forward, back, reverse and inward.

Unattached

A term used to describe a diver who competes in a U.S. Diving-sponsored event but does not represent a U.S. Diving club.

USAS

United States Aquatic Sports, Inc. An organization representing all aquatic sports including diving, swimming, water polo and synchronized swimming.

Dual Meet Dive Requirements

11 & under: (3 dives)

One required (Drawn from 101, 201)

Two optionals from at least two groups

12 - 14: (4 dives)

One required (Drawn from 101, 201, 401)

Three optionals from three groups

15 & over: (5 dives)

One required (Drawn from 101, 201, 301, 401)

Four optionals from four groups

Division Championship Dive Requirements

11 & under: (4 dives)

Two required: 101 and 201

Two optionals from two groups

12- 14: (5 dives)

Three required: 101, 201 and 401

Two optionals from two groups

15 & over: (6 dives)

Three required: 101, 201 and 401

Three optionals from three groups

League Championship Dive Requirements

11 & under: (5 dives)

Two required: 101, 201

Three optionals from at least two groups

12- 14: (6 dives)

Three required: 101, 201, 401

Three optionals from three groups

15 & over: (8 dives)

Four required: 101, 201, 301, 401

Four optionals from at least three groups

SUBURBAN AQUATIC LEAGUE SCHEDULE

2008-2009 SEASON — REQUIRED DIVES

| | | | 11/U | 2/14 | 15/0 |
|-------------|----------|--------------------------------|------|------|------|
| NOVEMBER 8 | SATURDAY | 1 st DUAL MEET | 101 | 101 | 101 |
| NOVEMBER 15 | SATURDAY | 2 nd DUAL MEET | 201 | 201 | 201 |
| NOVEMBER 22 | SATURDAY | 3 rd DUAL MEET | 101 | 401 | 401 |
| DECEMBER 6 | SATURDAY | 4 th DUAL MEET | 201 | 101 | 301 |
| DECEMBER 13 | SATURDAY | 5 th DUAL MEET | 101 | 201 | 101 |
| JANUARY 10 | SATURDAY | CONFERENCE DUAL MEET FINALS | 201 | 401 | 201 |
| JANUARY 17 | SATURDAY | LEAGUE DUAL MEET CHAMPIONSHIPS | 101 | 101 | 401 |
| JANUARY 25 | SUNDAY | LAST CHANCE DIVING MEET | 201 | 201 | 301 |

Dual Meet Dives:

11 and under: 1 required (drawn from 101, 201) plus two optionals from two groups

12 — 14: 1 required (drawn from 101, 201, 401) plus three optionals from three groups

15 & over: 1 required (drawn from 101, 201, 401, 301) plus four optionals from four groups



Order of
Diving

SUBURBAN AQUATIC LEAGUE 2008/09 DUAL MEET DIVING FORM

| | | | |
|-------------------|-------------------|-------------|-------|
| Name | Age Group | Men | Women |
| Club Affiliation | Meet | Final Score | |
| Site | Date | | |
| Diver's Signature | Coach's Signature | Place | |

| DIVE NUMBER | POS A, B C, D | DIVE DESCRIPTION | | | | | | D.D | JUDGES' AWARDS | | | | | | | NET TOTAL | SCORE | | | | |
|-------------|---------------------------|------------------|-----|------|-----|-----|-----|-----|----------------|---|---|---|---|---|---|--------------|-------|--|--|--|--|
| | | S | R | FWD | BAC | REV | INW | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | |
| 1 | | S | R | FWD | BAC | REV | INW | | | | | | | | | | | | | | |
| | | DIVE | | | | | | | | | | | | | | | | | | | |
| | | FLY | TUC | PIKE | LAY | FRE | | | | | | | | | | | | | | | |
| 2 | | S | R | FWD | BAC | REV | INW | | | | | | | | | | | | | | |
| | | DIVE | | | | | | | | | | | | | | | | | | | |
| | | FLY | TUC | PIKE | LAY | FRE | | | | | | | | | | | | | | | |
| 3 | | S | R | FWD | BAC | REV | INW | | | | | | | | | | | | | | |
| | | DIVE | | | | | | | | | | | | | | | | | | | |
| | | FLY | TUC | PIKE | LAY | FRE | | | | | | | | | | | | | | | |
| 4 | | S | R | FWD | BAC | REV | INW | | | | | | | | | | | | | | |
| | | DIVE | | | | | | | | | | | | | | | | | | | |
| | | FLY | TUC | PIKE | LAY | FRE | | | | | | | | | | | | | | | |
| 5 | | S | R | FWD | BAC | REV | INW | | | | | | | | | | | | | | |
| | | DIVE | | | | | | | | | | | | | | | | | | | |
| | | FLY | TUC | PIKE | LAY | FRE | | | | | | | | | | | | | | | |
| 6 | | S | R | FWD | BAC | REV | INW | | | | | | | | | | | | | | |
| | | DIVE | | | | | | | | | | | | | | | | | | | |
| | | FLY | TUC | PIKE | LAY | FRE | | | | | | | | | | | | | | | |

- 11-under 1 required and 2 optionals (from 2 groups)
- 12-14 1 required and 3 optionals (from 3 groups)
- 15-over 1 required and 4 optionals (from 4 groups)

Required Dive Rotation

| Week of: | 11-under | 14-under | 15-over |
|----------|----------|----------|---------|
| 11/8/08 | 101 | 101 | 101 |
| 11/15/08 | 201 | 201 | 201 |
| 11/22/08 | 101 | 401 | 401 |
| 12/6/08 | 201 | 101 | 301 |
| 12/13/08 | 101 | 201 | 101 |
| 1/10/09 | 201 | 401 | 201 |
| 1/17/09 | 101 | 101 | 401 |
| 1/25/09 | 201 | 201 | 301 |



Order
of
Diving

SUBURBAN AQUATIC LEAGUE DIVING FORM - Division Champs

| | | | | | |
|-------------------|--|------------------------------------------------|--|--------|-------|
| Name | | Age Group | | Place | |
| Club Affiliation | | Meet SAL 2009 Division Championships | | Men | Women |
| Site | | Date | | Points | |
| Diver's Signature | | Diver's Coach | | | |

| Dive Number | Pos. A,B, C,D | Dive Description | | | | | | D.D. | Judges' Score | | | | | | | Net Total | | | | | | |
|-------------|---------------------|------------------|------|------|-----|------|-----|------|---------------|---|---|---|---|---|---|-----------|--|-------|--|--|--|--|
| | | | | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | |
| 1 | | S | R | FWD | BCK | REV | INW | | | | | | | | | | | AWARD | | | | |
| | | Dive | | Som | | Tw | | | | | | | | | | | | | | | | |
| | | Fly | Tuck | Pike | Lay | Free | | | | | | | | | | | | | | | | |
| 2 | | S | R | FWD | BCK | REV | INW | | | | | | | | | | | AWARD | | | | |
| | | Dive | | Som | | Tw | | | | | | | | | | | | | | | | |
| | | Fly | Tuck | Pike | Lay | Free | | | | | | | | | | | | | | | | |
| 3 | | S | R | FWD | BCK | REV | INW | | | | | | | | | | | AWARD | | | | |
| | | Dive | | Som | | Tw | | | | | | | | | | | | | | | | |
| | | Fly | Tuck | Pike | Lay | Free | | | | | | | | | | | | | | | | |
| 4 | | S | R | FWD | BCK | REV | INW | | | | | | | | | | | AWARD | | | | |
| | | Dive | | Som | | Tw | | | | | | | | | | | | | | | | |
| | | Fly | Tuck | Pike | Lay | Free | | | | | | | | | | | | | | | | |
| 5 | | S | R | FWD | BCK | REV | INW | | | | | | | | | | | AWARD | | | | |
| | | Dive | | Som | | Tw | | | | | | | | | | | | | | | | |
| | | Fly | Tuck | Pike | Lay | Free | | | | | | | | | | | | | | | | |
| 6 | | S | R | FWD | BCK | REV | INW | | | | | | | | | | | AWARD | | | | |
| | | Dive | | Som | | Tw | | | | | | | | | | | | | | | | |
| | | Fly | Tuck | Pike | Lay | Free | | | | | | | | | | | | | | | | |
| 7 | | S | R | FWD | BCK | REV | INW | | | | | | | | | | | AWARD | | | | |
| | | Dive | | Som | | Tw | | | | | | | | | | | | | | | | |
| | | Fly | Tuck | Pike | Lay | Free | | | | | | | | | | | | | | | | |
| 8 | | S | R | FWD | BCK | REV | INW | | | | | | | | | | | AWARD | | | | |
| | | Dive | | Som | | Tw | | | | | | | | | | | | | | | | |
| | | Fly | Tuck | Pike | Lay | Free | | | | | | | | | | | | | | | | |

Required Dives (Division "B" Champs):

11 & Under - 101, 201 and 2 optionals from at least 2 groups (4 dives total)

12-14 - 101, 201, 401 and 2 optionals from at least 2 groups (5 dives total)

15 & Over - 101, 201, 401 and 3 optionals from at least 3 groups (6 dives total)



Order
of
Diving

SUBURBAN AQUATIC LEAGUE DIVING FORM - League Champs

| | | | | | | |
|------------------------------------------------|--|----------------------------------------------|--|--|--------|-------|
| Name | | Age Group | | | Place | |
| Club Affiliation | | Meet SAL 2009 League Championships | | | Men | Women |
| Site Central Bucks South High School | | Date Saturday, February 7, 2009 | | | Points | |
| Diver's Signature | | Diver's Coach | | | | |

| Dive Number | Pos. A,B, C,D | Dive Description | | | | | | D.D. | Judges' Score | | | | | | | Net Total | AWARD | | | | |
|-------------|---------------------|------------------|------|------|-----|------|-----|------|---------------|---|---|---|---|---|---|-----------|-------|--|--|--|--|
| | | S | R | FWD | BCK | REV | INW | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | |
| 1 | | S | R | FWD | BCK | REV | INW | | | | | | | | | | | | | | |
| | | Dive | | Som | | Tw | | | | | | | | | | | | | | | |
| | | Fly | Tuck | Pike | Lay | Free | | | | | | | | | | | | | | | |
| 2 | | S | R | FWD | BCK | REV | INW | | | | | | | | | | | | | | |
| | | Dive | | Som | | Tw | | | | | | | | | | | | | | | |
| | | Fly | Tuck | Pike | Lay | Free | | | | | | | | | | | | | | | |
| 3 | | S | R | FWD | BCK | REV | INW | | | | | | | | | | | | | | |
| | | Dive | | Som | | Tw | | | | | | | | | | | | | | | |
| | | Fly | Tuck | Pike | Lay | Free | | | | | | | | | | | | | | | |
| 4 | | S | R | FWD | BCK | REV | INW | | | | | | | | | | | | | | |
| | | Dive | | Som | | Tw | | | | | | | | | | | | | | | |
| | | Fly | Tuck | Pike | Lay | Free | | | | | | | | | | | | | | | |
| 5 | | S | R | FWD | BCK | REV | INW | | | | | | | | | | | | | | |
| | | Dive | | Som | | Tw | | | | | | | | | | | | | | | |
| | | Fly | Tuck | Pike | Lay | Free | | | | | | | | | | | | | | | |
| 6 | | S | R | FWD | BCK | REV | INW | | | | | | | | | | | | | | |
| | | Dive | | Som | | Tw | | | | | | | | | | | | | | | |
| | | Fly | Tuck | Pike | Lay | Free | | | | | | | | | | | | | | | |
| 7 | | S | R | FWD | BCK | REV | INW | | | | | | | | | | | | | | |
| | | Dive | | Som | | Tw | | | | | | | | | | | | | | | |
| | | Fly | Tuck | Pike | Lay | Free | | | | | | | | | | | | | | | |
| 8 | | S | R | FWD | BCK | REV | INW | | | | | | | | | | | | | | |
| | | Dive | | Som | | Tw | | | | | | | | | | | | | | | |
| | | Fly | Tuck | Pike | Lay | Free | | | | | | | | | | | | | | | |

Required Dives (League "A" Champs):
11 & Under - 101, 201, and 3 optionals from at least 2 groups (5 dives total)
12-14 - 101, 201, 401, and 3 optionals from at least 3 groups (6 dives total)
15 & Over - 101, 201, 301, 401 and 4 optionals from at least 3 groups (8 dives total)