

A SPECTATOR'S GUIDE TO DIVING

As a spectator of the sport of diving, your appreciation is greater if you know what to watch for in the competition. . . what makes a great dive.

TYPES OF DIVES

There are six different groups of platform and springboard dives. The first four types involve rotating in different directions relative to the board and starting position, while the final group involves any dive with a twist.

1. **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 three and one-half somersault.
2. **Backward Group** - all the dives in the backward group begin with the diver on the end of the board with the divers back to the water. The direction of rotation is away from the board.
3. **Reverse Group** - formerly called "gainers," these dives begin with the divers facing the front of the board (using the forward approach) and rotating toward the board.
4. **Inward Group** - the diver stands on the end of the board with their back to the water and rotates toward the board or opposite of the backward groups movement. The earlier terms for these dives were "cutaways."
5. **Twisting Group** - any dive with a twist is included in this group. There are four types of twisting dives: *forward, backward, reverse, and inward*. Because of the many possible combinations, this group includes more dives than any other.

In platform diving there is a sixth unique group of dives called "armstands." Here, the diver assumes a handstand position on the edge of the platform before executing the dive.

BODY POSITIONS

When each type of dive is performed, the diver utilizes one or more of the four different types of body positions:



1. **Tuck** - the body is bent at the waist and knees, the thighs are drawn to the chest while the heels are kept close to the buttocks.
2. **Pike** - the legs are straight with the body bent at the waist. The arm position is dictated by the particular dive being done or the choice of the diver.
3. **Straight** - The position requires no bending at the waist or the knees. However, there may be an arch in the back. As in the pike position, the arm placement is either the diver's choice or defined by the dive done.
4. **Free** - this is not an actual body position but a diver's option to use any of the other three positions or combinations thereof when performing a dive which includes somersaults and twists. However, in dives of this kind, the tuck position is rarely used while a combination of the other two positions is the most common occurrence.

SCORING

When the judge's 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 (DD) rating assigned to the dive. The degree of difficulty is predetermined with a table rate of 1.2 to 3.5 in one tenth increments. A scoring example is shown below:

Awards:	6-5-5-5-4
Total:	15
Degree of Difficulty:	2.0
Total:	15 x 2 = 30

JUDGING

As you watch more and more diving, especially by talented performers, you will observe that although several divers may do exactly the same dive, it never looks quite the same. This is because each individual has different mannerisms, characteristics of movement, strengths and sense of timing, which all add up to an abstract but as an observable phenomenon called "style."

Style is difficult to assess by any other standard, except whether or not you like it. Primarily this is why it is so hard to judge competitive diving. Even though there are certain criteria of execution which all divers must meet, evaluation still remains an objective process. No matter how well a dive is performed, the artistic likes and dislikes of the judging panel will play a large part in the outcome of any contest, and for this reason there is usually considerable differences of opinion among coaches, competitors, judges and spectators regarding the accuracy of meet results. A dive is scored between zero and ten points by each judge. A table of the scores and how they are generally awarded is listed below:

0	Completely Failed
½ - 2	Unsatisfactory
2½ - 4½	Deficient
5 - 6	Satisfactory
6½ - 8	Good
8½ - 10	Very Good

In classifying a dive into one of the judges' categories, certain parts of each dive must be analyzed and evaluated, and an overall award obtained. They are:

1. **Approach** - should be smooth but forceful, showing good form.
2. **Take-Off** - must show control and balance, plus the proper angle of landing and leaving for the particular dive being attempted.
3. **Elevation** - the amount of spring or lift a diver receives from the take-off greatly affects the appearance of the dive. Since more height means more time, a higher dive generally affords greater accuracy and smoothness of movement.
4. **Execution** - this is most important, for this is the dive. A judge watches for proper mechanical performance, technique, form and grace.
5. **Entry** - the entry into the water is very significant because it is the last thing the judge sees and the part probably remembered best. The two criteria to be evaluated here are the angle of entry which should be vertical and the amount of splash, which should be as little as possible.



OFFICIAL DIVING FORM

		ORDER OF DIVING											AGE GROUP	12 <u>fu</u>										
NAME JOE DIVER					MEET HOME VS AWAY					PLACE														
CLUB AFFILIATION HOME					SITE HOME					MEN	WOMEN													
CITY-STATE					DATE 6/8/2015					1 METER	3 METER													
DIVER'S SIGNATURE					DIVER'S COACH COACH					PRE-LIMS	SEMIS		FINALS											
DIVE NUMBER	POSITION A,B,C,D	DIVE DESCRIPTION							D.D.	JUDGE'S SCORES									NET TOTAL	AWARD				
		FWD	BACK	REV	INW	1/2 TW	ARM CUT	1		2	3	4	5	6	7	8	9							
1	A	<u>(DIVE)</u>	<u>(BACK)</u>						1.7	6	6	7	6	5						19	3	2	3	0
2	C	<u>(DIVE)</u>	<u>(BACK)</u>						2.0	5	6	5	6	6						17	3	5	0	0
3	C	<u>(DIVE)</u>	<u>(BACK)</u>						2.2	8	7	8	6	7						23	5	0	6	0
4	C	<u>(DIVE)</u>	<u>(BACK)</u>						2.4	6	5	6	5	6						17	4	2	0	0
5	D	<u>(DIVE)</u>	<u>(BACK)</u>						2.3	7	7	6	7	7						22	5	0	6	0
6																								
7																								
8																								
9																								
10																								
11																								
											21050									TOTAL				

6' = 6.5

3 JUDGES - ALL SCORES COUNT
5 JUDGES - DROP HIGHEST & LOWEST SCORES

- MULTIPLY DIVE SCORE BY DEGREE OF DIFFICULTY (DD) FOR DIVE TOTAL
201A = 1.7DD x 19 = 32.30 pts
- ADD ALL DIVE SCORES FOR TOTAL SCORE

JCCA Diving Meet Results

1st - 5pts
2nd - 3pts
3rd - 1pt

Date: MEET DATE

Home Team: US

Visitors: THEM

Group	#	Diver's Name	Score	Team ID	US	THEM
					Home	Visitors
-- 6 -- AND UNDER GIRLS	1	FIRST PLACE DIVER	85.00	US	5	
	2	SECOND PLACE DIVER	75.00	THEM		3
	3	THIRD PLACE DIVER	68.00	US	1	
	4	FORTH	32.50	US		
	5	FIFTH	30.00	THEM		
	6					
-- 6 -- AND UNDER BOYS	1	FIRST	90.00	THEM		5
	2	SECOND	75.00	US	3	
	3	THIRD	60.00	US	1	
	4					
	5					
	6					
-- 8 -- AND UNDER GIRLS	1	FIRST	105.00	US	5	
	2					
	3					
	4					
	5					
	6					
-- 8 -- AND UNDER BOYS	1	FIRST	120.00	US	5	
	2	SECOND	115.00	THEM		3
	3	THIRD (EXHIBITION)	108.00	US	0	
	4	FORTH	95.00	THEM		1
	5					
	6					

← EXHIBITION

20 12 ← CARRY OVER

⊗ EXHIBITION DIVERS DO NOT EARN TEAM POINTS

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