# 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.

- 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.
- 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.
- 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."
- 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 then 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:



- 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.
- 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.
- 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: 6-5-5-4
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.\*

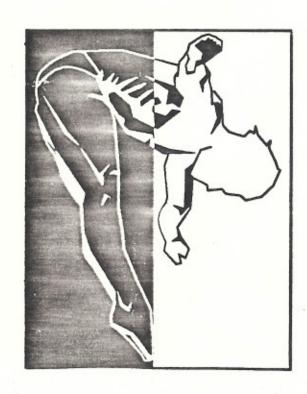
Style is difficult to assess by any other standard, except whether or not you like it. Primarily this is why it is so hard to judge competitive diving. Even though there are certain criteria of execution which all divers must meet, evaluation still remains an objective process. No matter how well a dive 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
%-2	Unsatisfactory
2%-4%	Deficient
5-6	Satisfactory
61/4 - 8	Good
8% - 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:

- Approach should be smooth but forceful, showing good form.
- Take-Off 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 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.
- 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

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2	203	C	DIVE	FLY FLY	SOM UCB	INW PIKE	TW	CUT	2.0	3	6	5'	6	4				17'		36	5	3	0	FETA
3	403		FWD	BACK Y2	REV	PIKE	TW	ARM CUT	Z.Z.	8	7'	8	10	7				23	1	5 1	0	69	6	•
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- MULTIPLY DIVE SCORE BY DEGREE OF DIFFICULTY (DD) FOR DIVE TOTAL

201A = 1.700 x 19 = 32.30 pts

- ADD ALL DIVE SCORES FOR TOTAL SCORE

## **JCCA Diving Meet Results**

IST_	5pts
Zind-	3pts
3rd_	· lpt

Date: MEET DATE

THEM Home Team: US Visitors:

					US	THEM
Group	#	Diver's Name	Score	Team ID	Home	Visitors
	1	FIRST PLACE DIVER	85.00	US	5	
6	2	SECOND PLACE DIVER	75.00	THEM		3
AND	3	THERO PLACE DINEL	68.00	US	l	
UNDER	4	FORM	32.50	US		
GIRLS	5	FIFTH	30.00	THEM		
	6			·		
	1	FIRST	90.00	THEM		5
6	2	SECOND	75.00	VS	3	
AND	3	THEAD	60.00	VS	1	
UNDER	4	1. 2.09				
BOYS	5					
	6					
	1	FIRST	105.00	US	5	
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AND	3					
UNDER	4					
GIRLS	5					
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	1	FSAST	120.00	US	5	
8	2	SECONO	115.00	THEM		3
AND	3	THIRD (EXHIZI FIDE)	108.00	VS	Ø	
UNDER	4	FORM	95.00	THEM	Y	)
BOYS	5		75.00	[PCIVI		
20.0	6					
	9					

EXMISITION

12 & CAPPLY OVER PAGE TOTAL 20

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(S) EXMIBITION DIVERS DU NOT EARN TEAM POINTS