

DIVE SAN DIEGO

DIVING 101 - Parent & Diver Cheat Sheet

DIVE GROUPS - FIRST NUMBER		BODY POSITIONS - LETTER	
1 - FRONT	Faces water; rotates forward	A - STRAIGHT	Body straight; no bend at hips/knees
2 - BACK	Back to water; rotates away from board	B - PIKE	Legs straight; body bends at hips
3 - REVERSE	Faces water; rotates back toward board	C - TUCK	Hips and knees bent; compact shape
4 - INWARD	Back to water; rotates toward board	D - FREE	Combination of positions in a twisting dive
5 - TWIST	A dive that includes twisting		
6 - ARMSTAND	Platform dives beginning in a handstand		

HOW TO READ A DIVE NUMBER

103C	1 = Front	0 = No flying action	3 = 3 half-somersaults = 1 1/2	C = Tuck
5132D	5 = Twisting dive	1 = Forward direction	3 = 1 1/2 somersaults	2 = 2 half-twists = 1 twist D = Free

Quick rule: On non-twisting dives, the **third digit** tells the number of half-somersaults. On twisting dives, the **fourth digit** tells the number of half-twists.

JUDGE'S SCORE - 0 TO 10	
10	Excellent
8.5-9.5	Very Good
7-8	Good
5-6.5	Satisfactory
2.5-4.5	Deficient
0.5-2	Unsatisfactory / Very Deficient
0	Completely Failed

DEGREE OF DIFFICULTY (DD)

Every dive has a predetermined **DD** based on how difficult the dive is. Judges score **execution**; the DD is applied afterward.

Simple example

Judge scores kept: 7 + 7 + 7 = 21

DD: 1.6

21 x 1.6 = 33.6 points

At many meets, high and low judge awards are discarded so that three awards are used in the calculation. The exact procedure depends on the judging panel and competition rules.

WHAT ARE THE JUDGES WATCHING?

1. APPROACH Smooth, controlled, confident	2. TAKEOFF Balance, control, height & distance	3. FLIGHT Position, form, technique & execution	4. ENTRY Vertical body line with minimal splash
---	--	---	---

PARENT TIP: A harder dive does not automatically earn more points. A clean, well-executed dive with a lower DD can outscore a harder dive performed poorly.

Dive San Diego - Quick reference for families and developing divers