



Dive Team Manual

Meet Staffing Requirements

Meet Director: Home team pool manager (Dive Finals: Aquatics Coordinator)

Coaches: 1 Head coach, and one assistant coach from each pool

Announcer: 1 guard assigned from dive meet staff

Judges: 3 or more judges, and must be an odd number up to 7

Scorers: 2 members of dive meet staff

Tower Guard: 2 assigned guards – 1 from home team and 1 from visiting team.

Totals: 3 -7 judges, 4 coaches, 1 announcer, 2 scorers, 2 rotating tower guards

Supply Checklist

Clipboards

US Dive score cards

Sharpened pencils

Paper Clips

Sufficient Awards

Rubber bands

Tables and chairs for judges, scorers, and announcer

Canopies

Megaphone

Extension cord

Extra Dive forms

Markers

Team Coaches

Meet preparations (to be completed by the Thursday prior to the meet):

- Assign divers their individual dives based on their desire and ability. Each diver must perform his or her specified dives on the required jumps/dives list.
- Fill out an official dive form for diver to be given to the Announcer on the day of the meet.

At the Meet

- Turn in all dive forms to the Announcer no later than one (1) hour before the meet.
- Check in all divers ½ hour before meet. Report all 'no shows' to the Announcer.
- Make sure that all divers: Listen to the announced diving order at the beginning of the meet; are aware of their position in the order of divers; and are aware of the age group they are diving in.

After the Meet

- Obtain meet results, ribbons, and copies of each diver's official dive form from City Hall prior to practice on the Monday following the meet. Forms and results are to be filed in the pool dive met folder.
- Ribbons should be distributed at the start of practice on the Monday following the meet.
- Note diver's progress on their Diver Tracking Form.

Staff Responsibilities

Before the Meet:

- Set up tables and chairs for the announcer, scorers and judges
- Remove all lane lines from pool
- Set up canopies and shading over judges, scorers and announcers
- Pre-prepare and distribute all necessary equipment and supplies to run an efficient meet.

Warm-ups:

- Warm-ups should be held 45 minutes prior to the start of the meet
- Ensure that adequate number of lifeguards to monitor activity

Conclusion of the Meet:

- Collect and put away all meet materials
- Prepare and distribute meet results to all the coaches in a timely basis

Announcer

Meet Preparations:

- Seating the Meet: After receiving the official dive forms (due one (1) hour before meet on the day of the meet), and after all changes have been reported, seat the divers according to the following criteria:

Divers should be separated, and grouped by the following age groups:

8& under
9-10
11-12
13-14
15-17

The forms should be seeded in such a way so a diver from each team alternates with a diver from the opposite team

At the Meet:

- At the start of the meet announce the order the divers will compete.
- Before each diver performs, wait for the announcement of the following items:
 1. Divers Name
 2. Dive Number
 3. The dive description to be performed
 4. The degree of difficulty assigned to the dive

JUDGES

Three to five judges are needed for each meet. A referee or head judge and the other two to four judges from a pool of coaches, assistant coaches from other teams and/or trained city aquatic personal.

Criteria used for judging dives/jumps and awarding scores are as follows:

- Areas being judged are: Starting position; approach and take-off; flight and position; and entry into the water.
- Points are awarded on a scale of 0 –10 at ½ point increments, using the following chart:

Exceptional:	9 – 10
Excellent:	7 ½ -8 ½
Good:	6 –7
Satisfactory:	4 ½ - 5 ½
Deficient:	2 ½ - 4
Unsatisfactory:	½ - 2

- A dive is deficient if, in the judges opinion:
 - The position of the dive is partially altered through the air
 - The tuck position is utilized in a twisting dive.
- A dive is unsatisfactory if, in the judges opinion:
 - The dive is done in a position other than that written on the dive sheet.
 - The diver enters the water with hands over head on a dive requiring a feet first entry, or with hands below shoulders on a dive requiring a head first entry.
 - A diver hits the board
- A dive is failed if, in the judges opinion the diver:
 - Submits an incorrect dive.
 - Submits an incomplete or incorrect written description of the dive.
 - Executes a dive other than that given in the written description.
 - Does not assume a starting for a standing dive.
 - Makes two balks (See description on Balks)
 - Is assisted by another person.

 - Does not execute the pike before the twist when a dive is to be done in the pike position.
 - Allows their feet to touch first on a head first entry, or their head or hands to touch first on a feet first entry.
 - Repeats a dive.
 - Steps off the board after beginning the approach or assuming the starting position.

- If, in the judge's opinion, a diver on the board begins the approach for a forward dive or attempts to obtain balance for a standing take off dive without completing the dive, the dive is called a balk.

Mandatory deduction for a balk: Two (2) points from each judge's award.

- The starting position requires an erect head and body with arms against the sides, or extended straight out to the side or overhead.
- The forward approach shall be smooth and straight with not less than 3 steps followed by a jump off one foot to a landing on both feet at the end of the board.

Mandatory deduction for violation: Two (2) points from each judge's award.

APPENDIX D — FINA TABLE OF DEGREES OF DIFFICULTY

This table became effective on September 15, 2009

New dives and dives which have been changed are shaded.

SPRINGBOARD		ONE METER				THREE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Forward Group		A	B	C	D	A	B	C	D
101	Forward Dive	1.4	1.3	1.2	-	1.6	1.5	1.4	-
102	Forward Somersault	1.6	1.5	1.4	-	1.7	1.6	1.5	-
103	Forward 1½ Somersaults	2.0	1.7	1.6	-	1.9	1.6	1.5	-
104	Forward 2 Somersaults	2.6	2.3	2.2	-	2.4	2.1	2.0	-
105	Forward 2½ Somersaults	-	2.6	2.4	-	2.8	2.4	2.2	-
106	Forward 3 Somersaults	-	3.2	2.9	-	-	2.8	2.5	-
107	Forward 3½ Somersaults	-	3.3	3.0	-	-	3.1	2.8	-
109	Forward 4½ Somersaults	-	-	-	-	-	4.2	3.8	-
112	Forward Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
113	Forward Flying 1½ Somersaults	-	1.9	1.8	-	-	1.8	1.7	-
115	Forward Flying 2½ Somersaults	-	-	-	-	-	2.7	2.5	-
Back Group		A	B	C	D	A	B	C	D
201	Back Dive	1.7	1.6	1.5	-	1.9	1.8	1.7	-
202	Back Somersault	1.7	1.6	1.5	-	1.8	1.7	1.6	-
203	Back 1½ Somersaults	2.5	2.3	2.0	-	2.4	2.2	1.9	-
204	Back 2 Somersaults	-	2.5	2.2	-	2.5	2.3	2.0	-
205	Back 2½ Somersaults	-	3.2	3.0	-	-	3.0	2.8	-
206	Back 3 Somersaults	-	3.2	2.9	-	-	2.8	2.5	-
207	Back 3½ Somersaults	-	-	-	-	-	3.8	3.5	-
209	Back 4½ Somersaults	-	-	-	-	-	4.6	4.3	-
212	Back Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
213	Back Flying 1½ Somersaults	-	-	-	-	-	-	2.1	-
215	Back Flying 2½ Somersaults	-	-	-	-	-	3.3	3.1	-

APPENDIX D – FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

SPRINGBOARD		ONE METER				THREE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Reverse Group		A	B	C	D	A	B	C	D
301	Reverse Dive	1.8	1.7	1.6	-	2.0	1.9	1.8	-
302	Reverse Somersault	1.8	1.7	1.6	-	1.9	1.8	1.7	-
303	Reverse 1½ Somersaults	2.7	2.4	2.1	-	2.6	2.3	2.0	-
304	Reverse 2 Somersaults	2.9	2.6	2.3	-	2.7	2.4	2.1	-
305	Reverse 2½ Somersaults	-	3.2	3.0	-	3.4	3.0	2.8	-
306	Reverse 3 Somersaults	-	3.3	3.0	-	-	2.9	2.6	-
307	Reverse 3½ Somersaults	-	-	-	-	-	3.8	3.5	-
309	Reverse 4½ Somersaults	-	-	-	-	-	4.8	4.5	-
312	Reverse Flying Somersault	-	1.8	1.7	-	-	1.9	1.8	-
313	Reverse Flying 1½ Somersaults	-	2.6	2.3	-	-	2.5	2.2	-
Inward Group		A	B	C	D	A	B	C	D
401	Inward Dive	1.8	1.5	1.4	-	1.7	1.4	1.3	-
402	Inward Somersault	2.0	1.7	1.6	-	1.8	1.5	1.4	-
403	Inward 1½ Somersaults	-	2.4	2.2	-	-	2.1	1.9	-
404	Inward 2 Somersaults	-	3.0	2.8	-	-	2.6	2.4	-
405	Inward 2½ Somersaults	-	3.4	3.1	-	-	3.0	2.7	-
407	Inward 3½ Somersaults	-	-	-	-	-	-	3.4	-
409	Inward 4½ Somersaults	-	-	-	-	-	4.5	4.2	-
412	Inward Flying Somersault	-	2.1	2.0	-	-	1.9	1.8	-
413	Inward Flying 1½ Somersaults	-	2.9	2.7	-	-	2.6	2.4	-

APPENDIX D — FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

SPRINGBOARD		ONE METER				THREE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Front Twisting Group		A	B	C	D	A	B	C	D
5111	Forward Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5112	Forward Dive 1 Twist	2.0	1.9	-	-	2.2	2.1	-	-
5121	Forward Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5122	Forward Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5124	Forward Somersault 2 Twists	-	-	-	2.3	-	-	-	2.4
5126	Forward Somersault 3 Twists	-	-	-	2.8	-	-	-	2.9
5131	Forward 1½ Somersaults ½ Twist	-	-	-	2.0	-	-	-	1.9
5132	Forward 1½ Somersaults 1 Twist	-	-	-	2.2	-	-	-	2.1
5134	Forward 1½ Somersaults 2 Twists	-	-	-	2.6	-	-	-	2.5
5136	Forward 1½ Somersaults 3 Twists	-	-	-	3.1	-	-	-	3.0
5138	Forward 1½ Somersaults 4 Twists	-	-	-	3.5	-	-	-	3.4
5151	Forward 2½ Somersaults ½ Twist	-	3.0	2.8	-	-	2.8	2.6	-
5152	Forward 2½ Somersaults 1 Twist	-	3.2	3.0	-	-	3.0	2.8	-
5154	Forward 2½ Somersaults 2 Twists	-	3.6	3.4	-	-	3.4	3.2	-
5156	Forward 2½ Somersaults 3 Twists	-	-	-	-	-	3.9	3.7	-
5172	Forward 3½ Somersaults 1 Twist	-	-	-	-	-	3.7	3.4	-
Back Twisting Group		A	B	C	D	A	B	C	D
5211	Back Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5212	Back Dive 1 Twist	2.0	-	-	-	2.2	-	-	-
5221	Back Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5222	Back Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5223	Back Somersault 1½ Twists	-	-	-	2.3	-	-	-	2.4
5225	Back Somersault 2½ Twists	-	-	-	2.7	-	-	-	2.8
5227	Back Somersault 3½ Twists	-	-	-	3.2	-	-	-	3.3
5231	Back 1½ Somersaults ½ Twist	-	-	-	2.1	-	-	-	2.0
5233	Back 1½ Somersaults 1½ Twists	-	-	-	2.5	-	-	-	2.4
5235	Back 1½ Somersaults 2½ Twists	-	-	-	2.9	-	-	-	2.8

APPENDIX D – FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

SPRINGBOARD		ONE METER				THREE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Back Twisting Group		A	B	C	D	A	B	C	D
5237	Back 1½ Somersaults 3¼ Twists	-	-	-	-	-	-	-	3.3
5239	Back 1½ Somersaults 4¼ Twists	-	-	-	-	-	-	-	3.7
5251	Back 2½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5253	Back 2½ Somersaults 1¼ Twists	-	-	-	-	-	3.3	3.1	-
5255	Back 2½ Somersaults 2½ Twists	-	-	-	-	-	3.7	3.5	-
Reverse Twisting Group		A	B	C	D	A	B	C	D
5311	Reverse Dive ½ Twist	1.9	1.8	1.7	-	2.1	2.0	1.9	-
5312	Reverse Dive 1 Twist	2.1	-	-	-	2.3	-	-	-
5321	Reverse Somersault ½ Twist	-	-	-	1.8	-	-	-	1.9
5322	Reverse Somersault 1 Twist	-	-	-	2.0	-	-	-	2.1
5323	Reverse Somersault 1¼ Twists	-	-	-	2.4	-	-	-	2.5
5325	Reverse Somersault 2¼ Twists	-	-	-	2.8	-	-	-	2.9
5331	Reverse 1½ Somersaults ½ Twist	-	-	-	2.2	-	-	-	2.1
5333	Reverse 1½ Somersaults 1¼ Twists	-	-	-	2.6	-	-	-	2.5
5335	Reverse 1½ Somersaults 2¼ Twists	-	-	-	3.0	-	-	-	2.9
5337	Reverse 1½ Somersaults 3¼ Twists	-	-	-	3.5	-	-	-	3.4
5339	Reverse 1½ Somersaults 4¼ Twists	-	-	-	-	-	-	-	3.8
5351	Reverse 2½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5353	Reverse 2½ Somersaults 1¼ Twists	-	3.5	3.3	-	-	3.3	3.1	-
5355	Reverse 2½ Somersaults 2¼ Twists	-	3.9	3.7	-	-	3.7	3.5	-
5371	Reverse 3½ Somersaults ½ Twist	-	-	-	-	-	3.4	3.1	-
Inward Twisting Group		A	B	C	D	A	B	C	D
5411	Inward Dive ½ Twist	2.0	1.7	1.6	-	1.9	1.6	1.5	-
5412	Inward Dive 1 Twist	2.2	1.9	1.8	-	2.1	1.8	1.7	-
5421	Inward Somersault ½ Twist	-	-	-	1.9	-	-	-	1.7
5422	Inward Somersault 1 Twist	-	-	-	2.1	-	-	-	1.9
5432	Inward 1½ Somersaults 1 Twist	-	-	-	2.7	-	-	-	2.4
5434	Inward 1½ Somersaults 2 Twists	-	-	-	3.1	-	-	-	2.8
5436	Inward 1½ Somersaults 3 Twists	-	-	-	-	-	-	-	3.5



Example: 8 and under and 9 & 10 – one (1) meter—Forward dive (any position) mandatory + 2 optionals from different dive groups

Dive #	Pos.	Dive description	D.D.
1. 101	C	Forward dive	1.2
2. 201	B	Back dive	1.6
3. 103	C	Forward 1-1/2 somersault	1.4

Example: 11&12 and 13 & 14 - one (1) meter—Forward dive (any position) mandatory + 3 optionals from different dive groups

Dive #	Pos.	Dive description	D.D.
1. 101	C	Forward dive	1.2
2. 201	B	Back dive	1.6
3. 103	C	Forward 1-1/2 somersault	1.4
4. 5111	A	Forward dive 1/2 twist	1.8

Example: 15 & 17 - one (1) meter -- Forward dive (any position) mandatory + 4 optionals from different dive groups

Dive #	Pos.	Dive description	D.D.
1. 101	C	Forward dive	1.2
2. 201	B	Back dive	1.6
3. 103	C	Forward 1-1/2 somersault	1.4
4. 5111	A	Forward dive 1/2 twist	1.8
5. 303	B	Reverse 1-1/2 somersault	2.4



DIVERS

COACHES

CLUBS

PARENTS

ALUMNI

STORE



The sky's
THE LIMIT.

JUDGING

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 1/2-4 1/2	deficient
5-6	satisfactory
6 1/2-8	good
8 1/2-10	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.



DIVING 101

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.


Positions


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




Pike


USA DIVING


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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.

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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

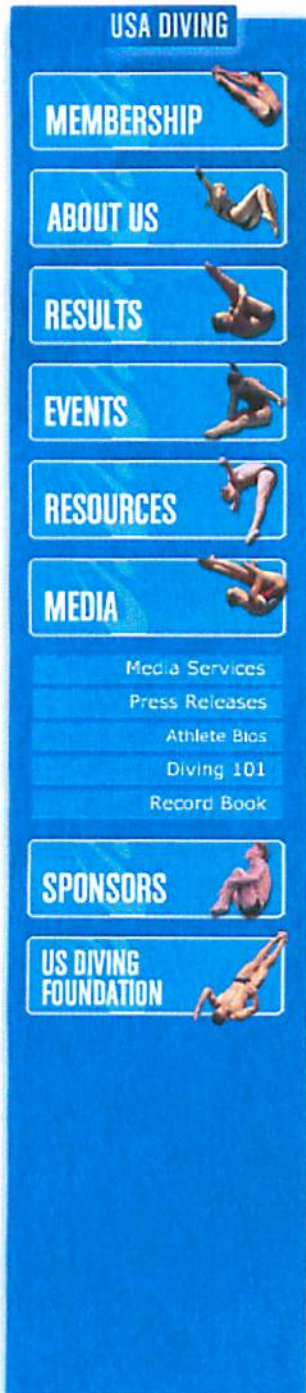
Used to describe a dive in which the diver assumes a straight position from take off, or after one somersault in a 115C, before executing the remainder of the dive. The straight position must be held for at least one quarter of a somersault (90 degrees).

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 dive. 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



Figure 1.1 Incorrect body line.

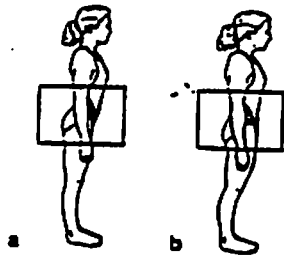


Figure 1.2 Incorrect downward hip rotation (a) and correct upward hip rotation (b).

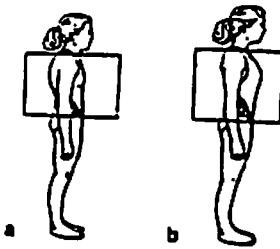


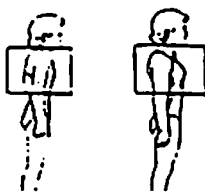
Figure 1.3 Incorrect depressed rib cage (a) and correct elevated rib cage (b).



Figure 1.4 Incorrect forward head position (a) and correct head position (b).



Figure 1.5 Correct body alignment.



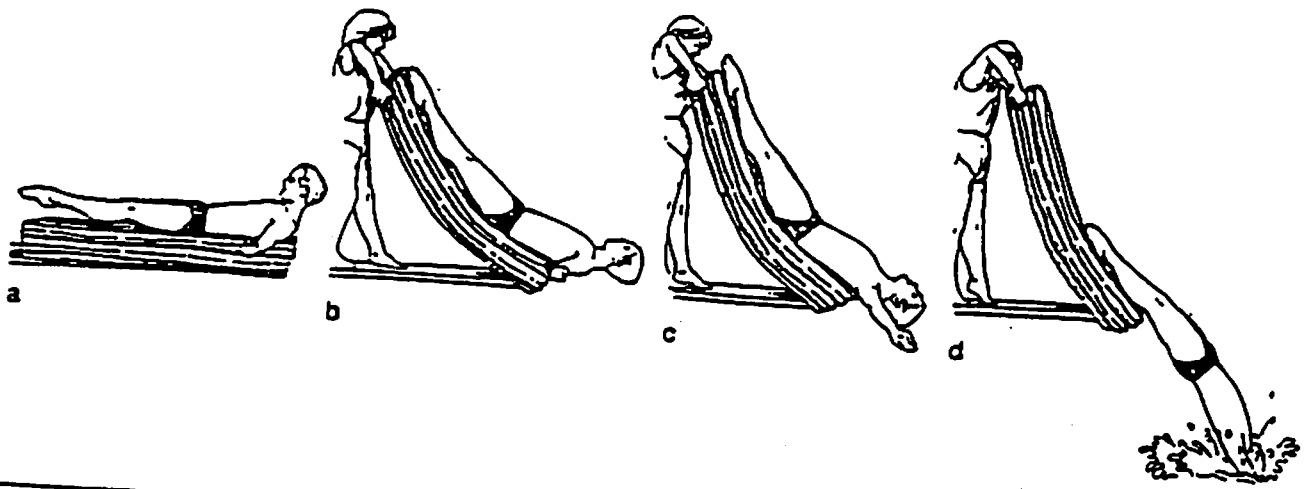


Figure 3.12 Backward slide-in with lateral arms.

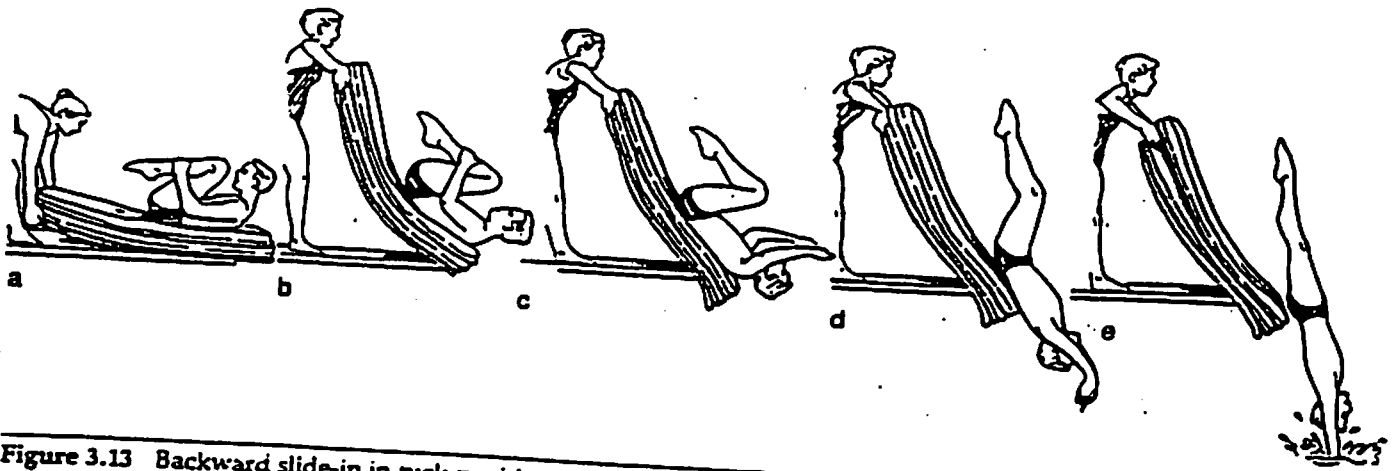


Figure 3.13 Backward slide-in in tuck position.

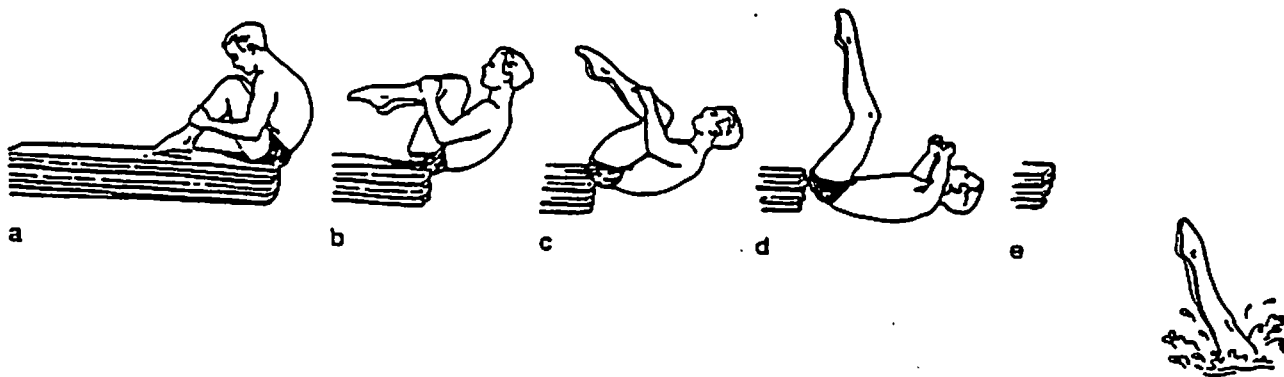


Figure 3.14 Backward roll-off in tuck position.

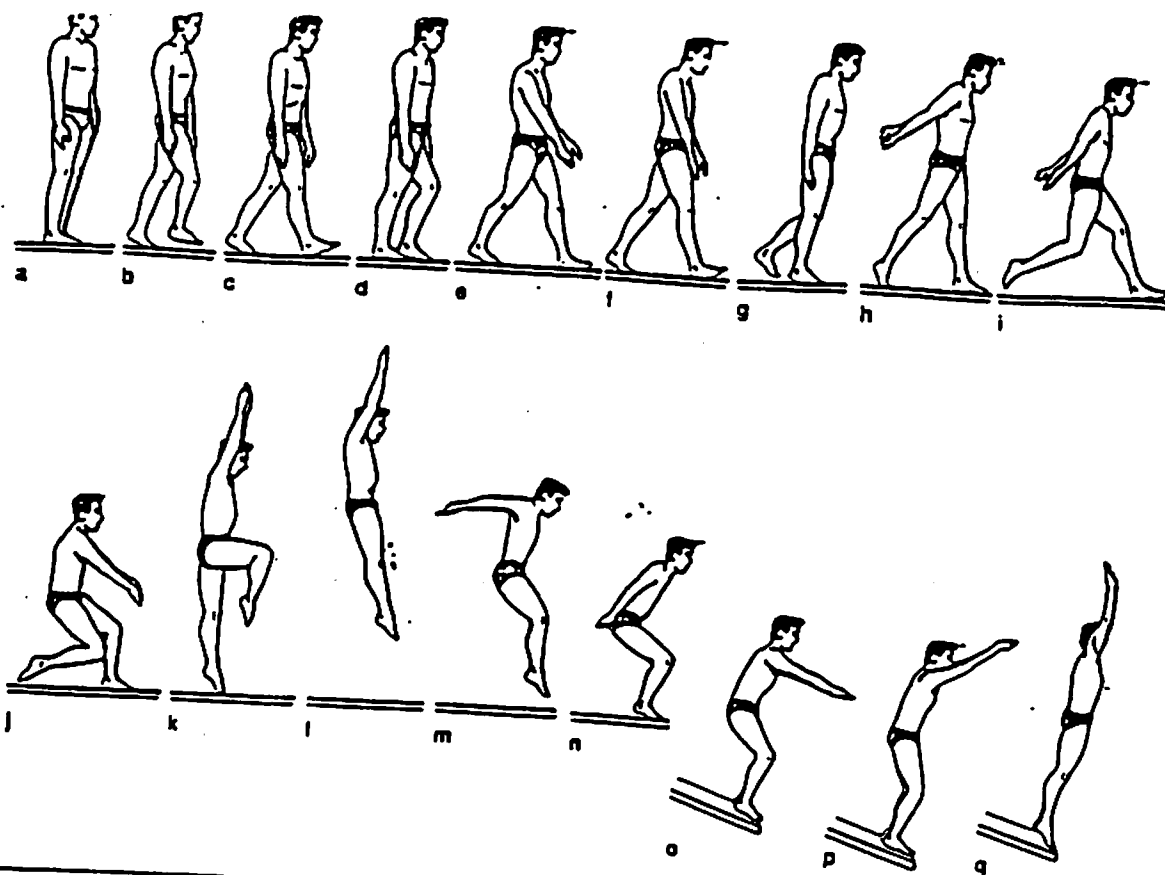


Figure 2.1 Forward approach.

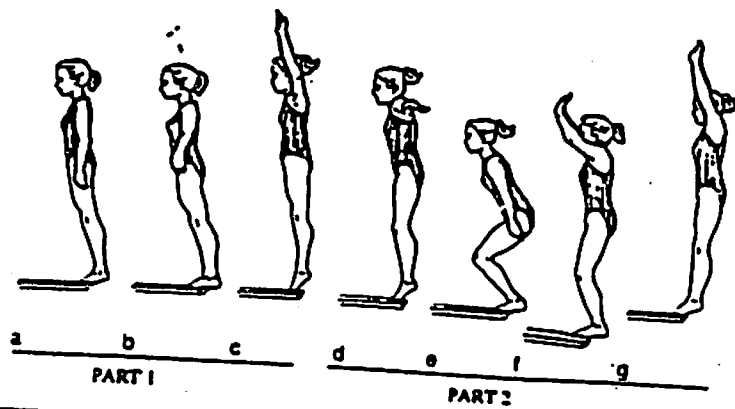


Figure 2.4 2-part backward press.

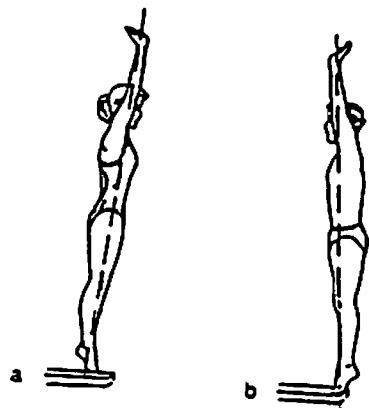


Figure 3.1 Straight-line takeoff in forward (a) and backward (b) directions.

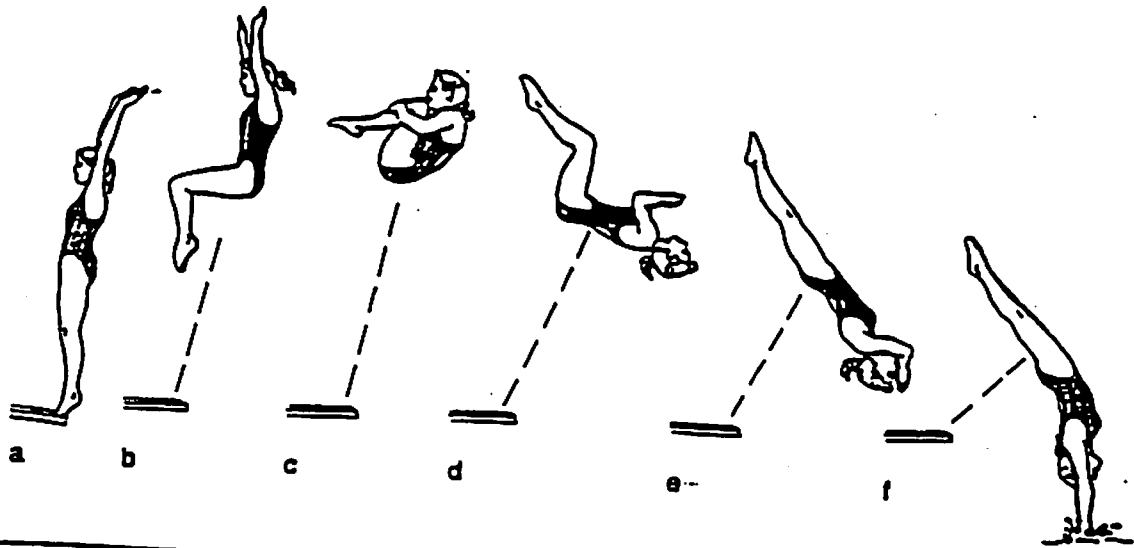


Figure 3.16 Backward dive tuck with straight-line come-out.

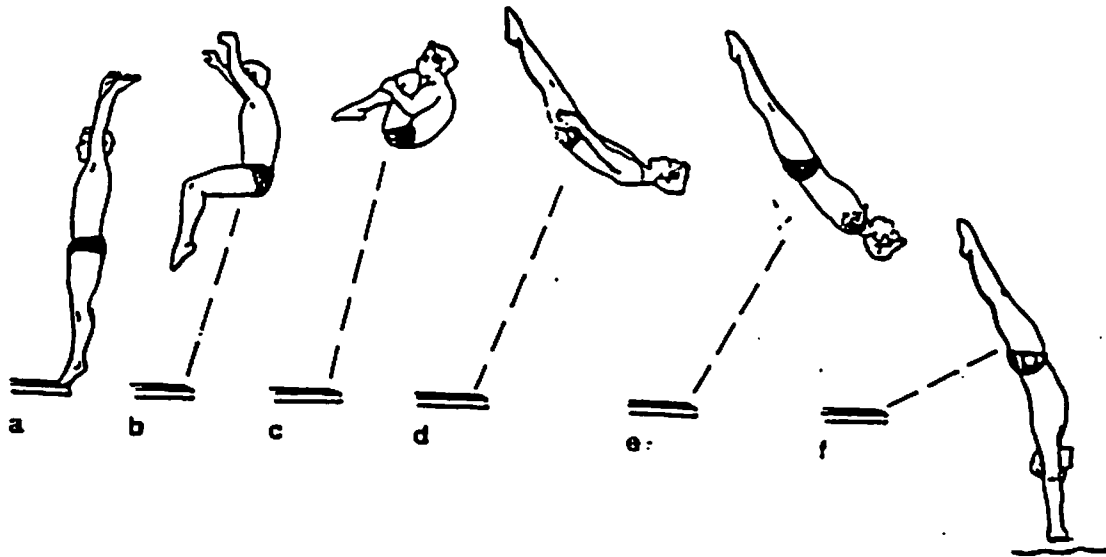


Figure 3.17 Backward dive tuck with lateral come-out.

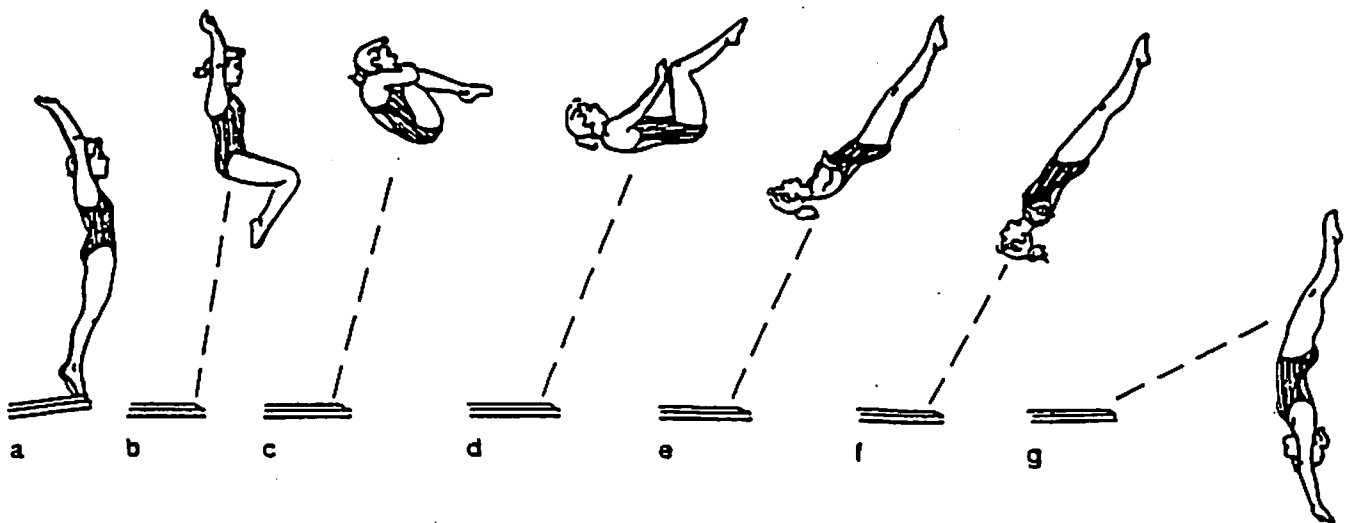


Figure 3.18 Reverse dive tuck with lateral come-out.

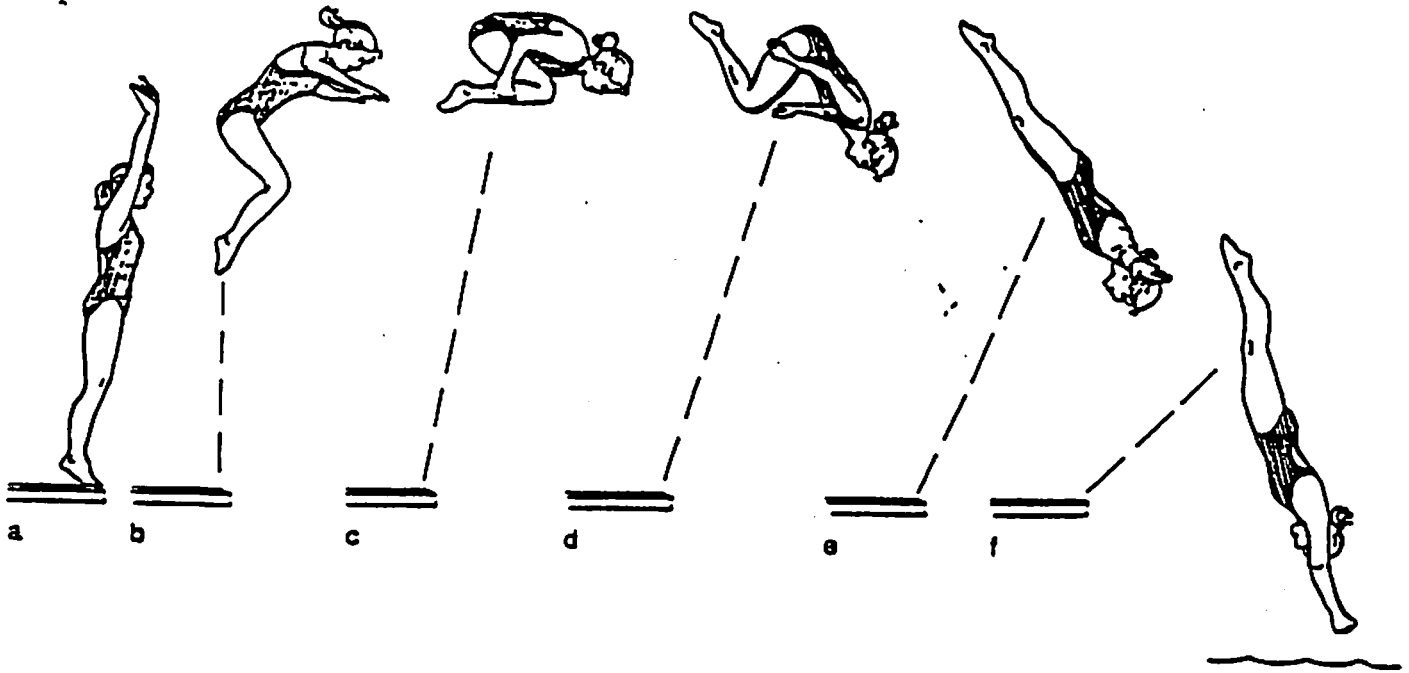


Figure 3.8 Forward dive tuck with lateral come-out.

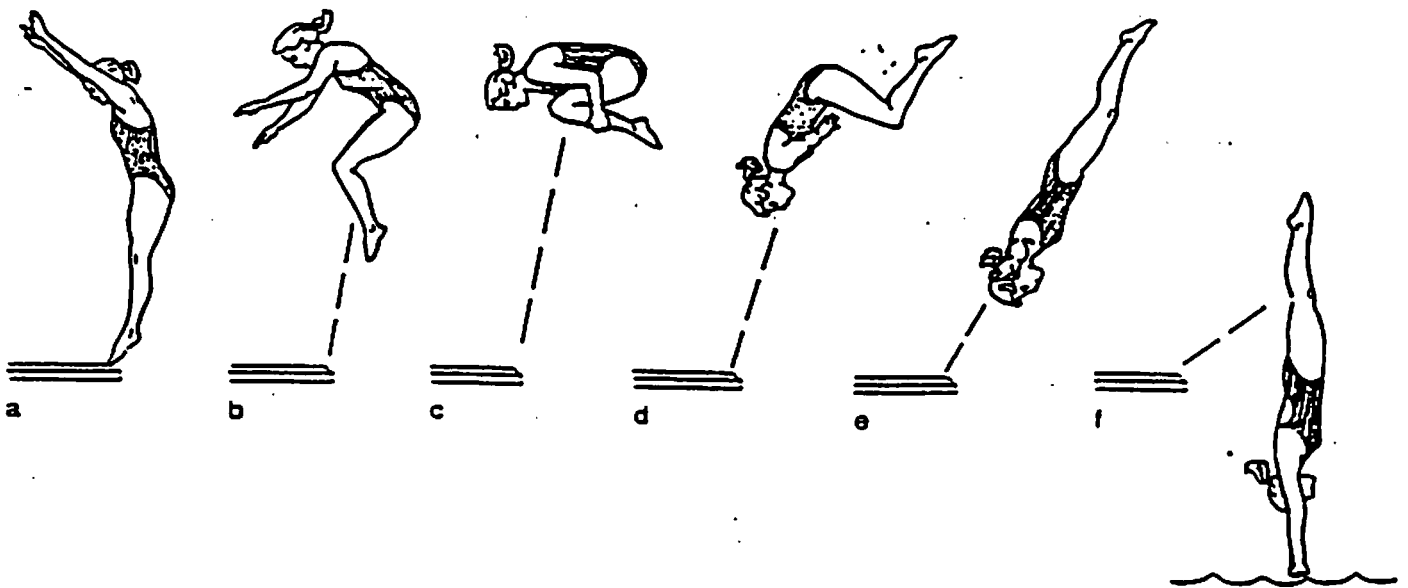
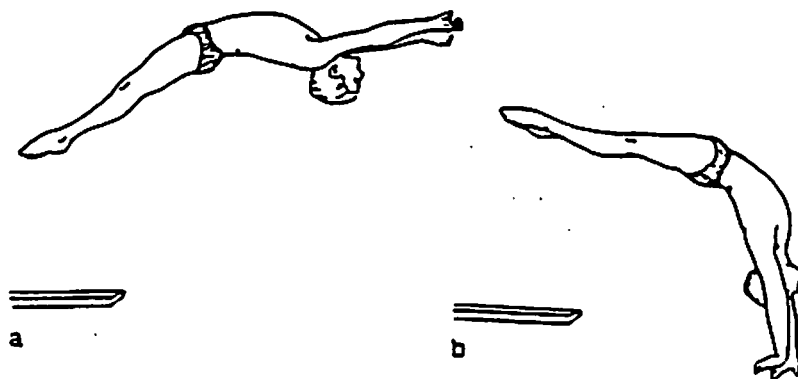


Figure 3.9 Inward dive tuck with lateral come-out.



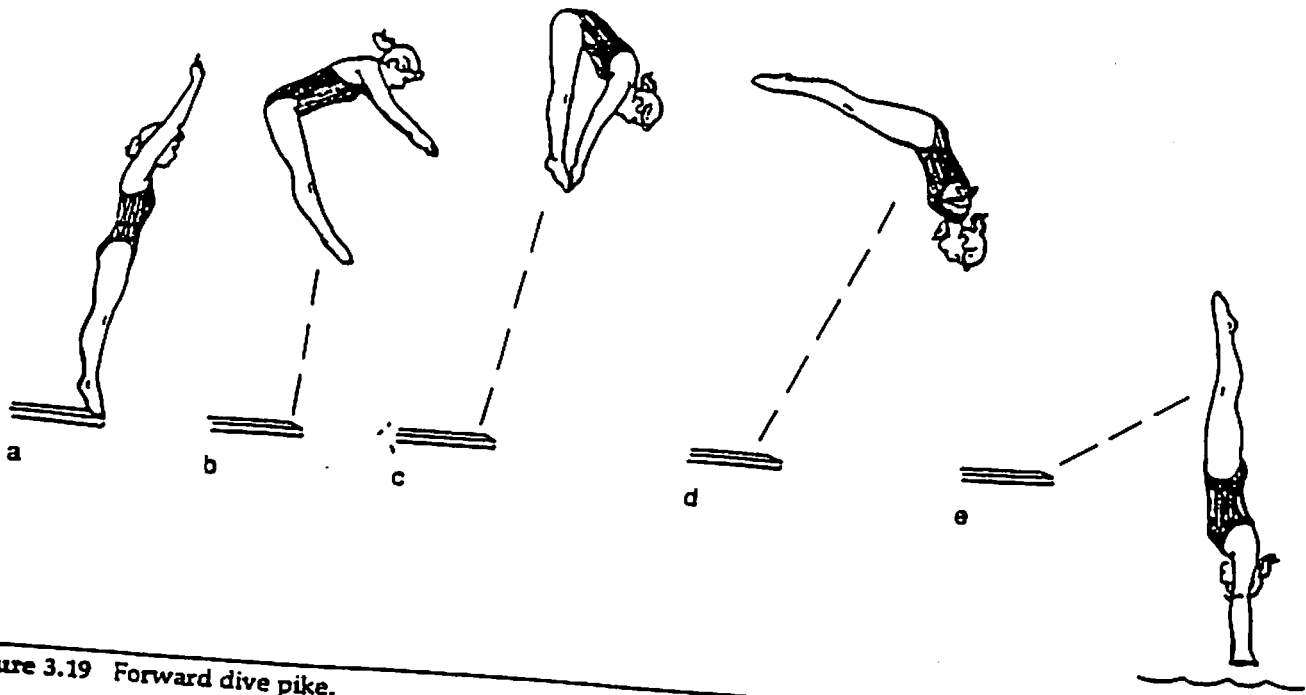


Figure 3.19 Forward dive pike.

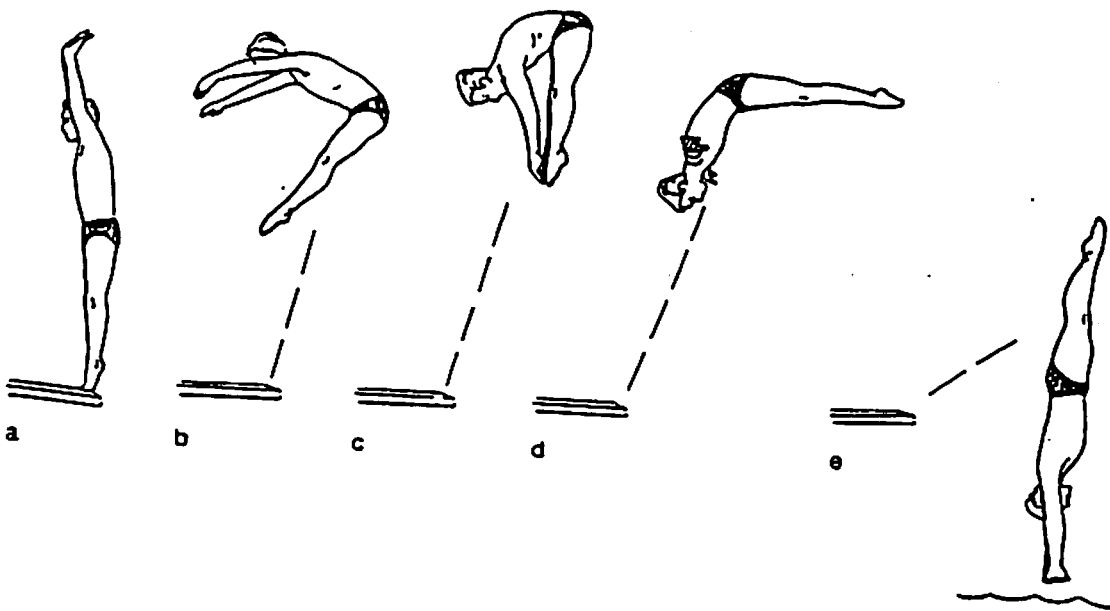


Figure 3.20 Inward dive pike.

