



South Jersey Diving Association

2016 Judge's Handbook

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FINA Diving Officials Manual Glossary

Approach - The portion of the dive immediately following the starting position. For standing dives, the approach commences when the arms leave the starting position. For running dives the approach commences when the diver leaves the starting position and begins the movement towards the end of the springboard.

Balk - When a diver stops a dive after he or she has left the starting position. This illegal movement by the diver will result in a two point deduction from each judge's award for: a false start in which a diver makes an obvious attempt to start the approach but does not complete the dive

Cast - A term used to describe an entry in which a diver's body is entering the water off axis, or tilted sideways.

Crow Hop - A movement where the diver lifts his feet from the board. This is considered a flaw in technique and should result in the judge making a deduction from ½ to 2 points, according to his opinion.

Degree of Difficulty (D.D.) - A rating of the difficulty of a dive as determined by the Degree of Difficulty Formula. The D.D. is multiplied by the sum of the remaining judges' awards after cancellations when calculating the total score for a dive.

Double Bounce - An intentional trampolining bounce (as if bouncing on a trampoline) on the springboard for the purpose of acquiring greater elevation. It is a prohibited maneuver and should result in failed dive declared by the referee. (This should not be confused with a crow hop as defined above).

Entry - The conclusion of the dive as the diver enters the water. An entry may either be head-first or feet-first, depending on the description of the dive.

Failed Dive - A dive that receives zero points.

Federation International de Natation (FINA) - The international governing body for aquatic sports, including diving.

Flight - The flight is the element of a dive which occurs after the takeoff once the diver has left the board and concludes prior to the diver's entry into the water.

Free Position (Position D in the Degree of Difficulty Table) - Twisting dives where the diver can use any of the positions straight, pike, or tuck or any combination of them.

Hurdle - A jump from one foot to a two-foot landing on the end of the springboard or platform followed by the takeoff.

Judge - Diving official who evaluates the performance of each dive and makes an award on a scale of 0 (lowest) to 10 (highest).

Long - A term used to describe a dive that has over-rotated.

Pike Position (Position B in the Degree of Difficulty Table) - A dive position in which the body is bent at the hips, the legs are straight at the knees, the feet together, and the toes pointed. The position of the arms is optional.

Press - The action of a diver depressing the springboard or loading the body weight onto the legs prior to takeoff.

Referee - Diving official who manages the competition and insures that all regulations are observed.

Rip Entry - An entry into the water that creates little splash and is accompanied by a sound similar to fabric ripping.

Running Dive - Any dive that utilizes a forward approach with steps which ends with a hurdle on springboard.

Save - A term used to describe a diver's deliberate movement underwater to make the dive appear to enter the water as vertically as possible.

Short - A term used to describe a dive that is under-rotated at the entry.

Split Tuck or Pike - A flaw in the tuck or pike positions in which a diver separates, or splits, the legs apart during the execution of the dive.

Spotting - A technique in which a diver visually sees or "spots" a specific reference point to aid orientation during a somersaulting dive.

Square - A term used to describe an entry that is not twisted.

Square-out - The method of stopping the twist in dives that combine somersaulting and twisting.

Standing Dive - Any dive that begins from the front end of the springboard without taking any steps or bounces prior to takeoff.

Straight Position (Position A in the Degree of Difficulty Table) - A dive position in which the body is straight without bending at the knees or hips, feet together, and toes pointed. The arm position is optional. Formerly called the "layout" position.

Starting Position - The position a diver takes to begin the dive, and the point in which a judge begins to evaluate the dive.

Takeoff - The period of two foot contact with the springboard which follows the hurdle and precedes the flight. In the case of standing springboard takeoffs, it refers to the final depression and recoil of the springboard preceding the flight.

Tuck Position (Position C in the Degree of Difficulty Table) - A dive position in which the body is bent at both the hips and the knees and the hands are held on the lower legs with the knees and feet together.

FINA Diving Number Designations

All dives are designated by a system of 3 or 4 numerals followed by a single letter. The letter at the end of the number indicates the position in which the dive is performed. The dive numbers for the twisting group all have 4 numerals, while all of the other dive group numbers have 3 numerals. Going from left to right, here is what each digit indicates. See the following Degree of Difficulty Tables for examples.

1st Digit (from left) of All Dive Numbers: Indicates the group to which the dive belongs— 1=front (100's), 2=back (200's), 3=reverse (300's), 4=inward (400's), 5=twist (5000's).

Next Digits from Left: What these next digit indicates varies according to the dive group.

Front, Back, Reverse and Inward Groups: Dive numbers for all these groups have 3 numerals (100's, 200's, 300's and 400's).

2nd Digit from Left: A "1" indicates that the dive has a flying action. A "0" indicates there is no flying action.

3rd Digit from Left: Indicates the number of $\frac{1}{2}$ somersaults being performed—1= $\frac{1}{2}$ somersault, 2=1 full somersault, 3= $1\frac{1}{2}$ somersaults, etc.

Twisting Group: Dive numbers for the twisting group have 4 numerals and begin with 5 (5000's).

2nd Digit from Left: Indicates that dive group with twisting (1=front (5100's), 2=back (5200's), 3=reverse (5300's), 4=inward (5400's).

3rd Digit from Left: Indicates the number of $\frac{1}{2}$ somersaults being performed—1= $\frac{1}{2}$ somersault, 2=1 full somersault, 3= $1\frac{1}{2}$ somersaults, etc.

4th Digit from Left: Indicates the number of $\frac{1}{2}$ twists being performed—1= $\frac{1}{2}$ twist, 2=1 full twist, 3= $1\frac{1}{2}$ twists, etc.

Letters at the End of Dive Number: Indicates the position in which the dive is performed— A=straight, B=pike, C=tuck, D=free (which means any combination of the other positions and is restricted in its use in some twisting dives).

2015-2017 FINA TABLE OF DEGREES OF DIFFICULTY - Springboard

A- Straight, B- Pike, C- Tuck, D- Free

#	Name/Group	One Meter			Three Meter		
		Str.	Pike	Tuck	Str.	Pike	Tuck
	FORWARD	A	B	C	A	B	C
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 1 ½ 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 2 ½ 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 3 ½ Somersaults	-	3.3	3.0	-	3.1	2.8
108	Forward 4 Somersaults	-	-	4.0	-	3.8	3.4
109	Forward 4 ½ Somersault	-	-	4.3	-	4.2	3.8
112	Forward Flying Somersault	-	1.7	1.6	-	1.8	1.7
113	Forward Flying 1 ½ Somersault	-	1.9	1.8	-	1.8	1.7
115	Forward Flying 2 ½ Somersault	-	-	-	-	2.7	2.5
		One Meter			Three Meter		
#	Name/Group	Str.	Pike	Tuck	Str.	Pike	Tuck
	BACK	A	B	C	A	B	C
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 1 ½ 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 2 ½ Somersaults	-	3.2	3.0	-	3.0	2.8
206	Back 3 Somersaults	-	3.2	2.9	-	2.8	2.5
207	Back 3 ½ Somersaults	-	-	-	-	3.9	3.6
208	Back 4 Somersaults	-	-	-	-	3.7	3.4
209	Back 4 ½ Somersaults	-	-	-	-	4.7	4.4
212	Back Flying Somersaults	-	1.7	1.6	-	1.8	1.7
213	Back Flying 1 ½ Somersaults	-	-	-	-	2.4	2.1
215	Back Flying 2 ½ Somersaults	-	-	-	-	3.3	3.1
		One Meter			Three Meter		
#	Name/Group	Str.	Pike	Tuck	Str.	Pike	Tuck
	REVERSE	A	B	C	A	B	C
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 1 ½ 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 2 ½ 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 3 ½ Somersaults	-	-	-	-	3.8	3.5
308	Reverse 4 Somersaults	-	-	-	-	3.7	3.4
309	Reverse 4 ½ Somersaults	-	-	-	-	4.7	4.4
312	Reverse Flying Somersault	-	1.8	1.7	-	1.9	1.8
313	Reverse Flying 1 ½ Somersault	-	2.6	2.3	-	2.5	2.2
		One Meter			Three Meter		
#	Name/Group	Str.	Pike	Tuck	Str.	Pike	Tuck
	INWARD	A	B	C	A	B	C
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 1 ½ Somersaults	-	2.4	2.2	-	2.1	1.9
404	Inward 2 Somersaults	-	3.0	2.8	-	2.6	2.4
405	Inward 2 ½ Somersaults	-	3.4	3.1	-	3.0	2.7
407	Inward 3 ½ Somersaults	-	-	-	-	3.7	3.4
409	Inward 4 ½ Somersaults	-	-	-	-	4.6	4.2
412	Inward Flying Somersault	-	2.1	2.0	-	1.9	1.8
413	Inward Flying 1 ½ Somersault	-	2.9	2.7	-	2.6	2.4

#	Name/Group	One Meter				Three Meter			
		Str.	Pike	Tuck	Free	Str.	Pike	Tuck	Free
	TWISTING GROUP-FORWARD	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 1 ½ Somersaults ½ Twists	-	-	-	2.0	-	-	-	1.9
5132	Forward 1 ½ Somersaults 1 Twists	-	-	-	2.2	-	-	-	2.1
5134	Forward 1 ½ Somersaults 2 Twists	-	-	-	2.6	-	-	-	2.5
5136	Forward 1 ½ Somersaults 3 Twists	-	-	-	3.1	-	-	-	3.0
5138	Forward 1 ½ Somersaults 4 Twists	-	-	-	3.5	-	-	-	3.4
5151	Forward 2 ½ Somersaults ½ Twist	-	3.0	2.8	-	-	2.8	2.6	-
5152	Forward 2 ½ Somersaults 1 Twist	-	3.2	3.0	-	-	3.0	2.8	-
5154	Forward 2 ½ Somersaults 2 Twists	-	3.6	3.4	-	-	3.4	3.2	-
5156	Forward 2½ Somersaults 3 Twists	-	-	-	-	-	3.9	3.7	-
5172	Forward 3 ½ Somersaults 1 Twist	-	-	-	-	-	3.7	3.4	-
#	Name/Group	One Meter				Three Meter			
		Str.	Pike	Tuck	Free	Str.	Pike	Tuck	Free
	TWISTING GROUP-BACKWARD	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 1 ½ Twists	-	-	-	2.3	-	-	-	2.4
5225	Back Somersault 2 ½ Twists	-	-	-	2.7	-	-	-	2.8
5227	Back Somersault 3 ½ Twists	-	-	-	3.2	-	-	-	3.3
5231	Back 1 ½ Somersaults ½ Twists	-	-	-	2.1	-	-	-	2.0
5233	Back 1 ½ Somersaults 1 ½ Twists	-	-	-	2.5	-	-	-	2.4
5235	Back 1 ½ Somersaults 2 ½ Twists	-	-	-	2.9	-	-	-	2.8
5237	Back 1 ½ Somersaults 3 ½ Twists	-	-	-	-	-	-	-	3.3
5239	Back 1 ½ Somersaults 4 ½ Twists	-	-	-	-	-	-	-	3.7
5251	Back 2 ½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5253	Back 2 ½ Somersaults 1 ½ Twists	-	-	-	-	-	3.4	3.2	-
5255	Back 2 ½ Somersaults 2 ½ Twists	-	-	-	-	-	3.8	3.6	-
#	Name/Group	One Meter				Three Meter			
		Str.	Pike	Tuck	Free	Str.	Pike	Tuck	Free
	TWISTING GROUP-REVERSE	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 1 ½ Twists	-	-	-	2.4	-	-	-	2.5
5325	Reverse Somersault 2 ½ Twists	-	-	-	2.8	-	-	-	2.9
5331	Reverse 1 ½ Somersaults ½ Twist	-	-	-	2.2	-	-	-	2.1
5333	Reverse 1 ½ Somersaults 1 ½ Twists	-	-	-	2.6	-	-	-	2.5
5335	Reverse 1 ½ Somersaults 2 ½ Twists	-	-	-	3.0	-	-	-	2.9
5337	Reverse 1 ½ Somersaults 3 ½ Twists	-	-	-	3.6	-	-	-	3.5
5339	Reverse 1 ½ Somersaults 4 ½ Twists	-	-	-	-	-	-	-	3.8
5351	Reverse 2 ½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5353	Reverse 2 ½ Somersaults 1 ½ Twists	-	3.5	3.3	-	-	3.3	3.1	-
5355	Reverse 2 ½ Somersaults 2 ½ Twists	-	3.9	3.7	-	-	3.7	3.5	-
5371	Reverse 3 ½ Somersaults ½ Twist	-	-	-	-	-	3.4	3.1	-
5373	Reverse 3 ½ Somersaults 1 ½ Twists	-	-	-	-	-	-	3.7	-
5375	Reverse 3 ½ Somersaults 2 ½ Twists	-	-	-	-	-	-	4.1	-
#	Name/Group	One Meter				Three Meter			
		Str.	Pike	Tuck	Free	Str.	Pike	Tuck	Free
	TWISTING GROUP - INWARD	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 1 Somersault 1 Twist	-	-	-	2.1	-	-	-	1.9
5432	Inward 1 ½ Somersault 1 Twist	-	-	-	2.7	-	-	-	2.4
5434	Inward 1 ½ Somersault 2 Twists	-	-	-	3.1	-	-	-	2.8
5436	Inward 1 ½ Somersault 3 Twists	-	-	-	-	-	-	-	3.5

“The Five Elements of a Dive” FINA Diving Officials Manual

There are five elements of a dive to consider when judging the overall impression of a dive:

1. The Starting Position 2. The Approach 3. The Takeoff 4. The Flight 5. The Entry

A judge must keep each element in mind when viewing a dive but the dive should be judged as a whole, without overemphasizing any single element. This approach to judging is especially true when it comes to the entry. It is very easy to forgive earlier flaws if a dive enters the water vertically and without a splash. Although a good entry is very impressive, all parts of the dive are to be judged.

In general, a judge should look for the following when evaluating a dive:

1. The Starting Position for Running Dives and Backward Takeoffs

Good posture – The diver should be standing straight and not be slouched, the head in line with the body, the elbows straight, and the feet together.

2. The Approach For Running Dives

Smooth flowing approach - the motions should be smooth, aesthetically pleasing, and in a forward direction toward the end of the springboard with the final step being from one foot.

Hurdle - the hurdle should be strong and initiated from one foot with a landing on both feet at the end of the springboard.

Balance on forward approaches - the diver should be balanced and in control of his / her movements during the approach and hurdle.

A rear dive starts with the press. The diver assumes a rear facing position, extends arms, and starts rocking the board. Movement by the diver to assume backward position at the end of the board is not considered in judging. There is no maximum number of rocks, but rocking motion should not be so prolonged as to be distracting to the judge.

3. The Takeoff

Balance and control - the takeoff should be balanced and controlled so as to allow the diver to achieve good height and appropriate distance from the springboard.

4. The Flight

Adequate height - the height achieved should provide enough time in the air to complete the rotation and allow the dive to travel a safe distance from the board.

Safe distance - the dive should clear the end of the board by a safe distance.

Body Position - the form should be tight and precise according to the dive description.

Mechanics of the dive – the dive number observed by the judge before the dive is performed should create a mental image of the dive in the mind of the judge. During the flight it is compared to the expectation of what the dive should look like in the air. Observing the number of somersaults and / or twists as well as the overall aesthetic appearance during the flight path of the dive is an important responsibility of the judge.

5. The Entry

Angle of Entry - the dive should enter the water vertically.

Body line and alignment of arms and head on head first dives - the position of the diver's head, arms, and body should give the appearance of a straight line as the diver enters the water.

The arms should be straight and directly overhead, the legs straight and together, and the toes pointed.

Body line and alignment of arms and head on feet first dives - the position of the diver's head, arms, and body should give the appearance of a straight line as the diver enters the water.

The arms should be straight and at the sides, the legs straight and together, and the toes pointed. **The exception to this arm position rule is with regards to 100C front jump tuck and 200C back jump tuck as the athletes may enter the water with their arms straight and parallel overhead when entering the water.**

Distance - the dive should not be too close, too distant or off to the side of the springboard.

Twist on Entry - the dive should be square (without any twist) as it enters the water.

Amount of Splash - a properly performed dive will result in an entry with a minimum splash.

An exceptionally good entry will result in what is called a "rip" entry with almost no splash.

Elements to Ignore

Two elements not to consider when judging, are the approach to the starting position of a dive and a diver's movements beneath the surface of the water.

The deliberate movement underwater by a diver is called a save. A save is a diver's attempt to make the dive appear to enter the water vertically.

Saves are a legitimate part of the technique of diving, and even though the saving action underwater may be viewed clearly, the diver should not be penalized (unless the saving action adversely affects the dive above the water).

What Am I Looking For When Judging Diving?

1. The Starting Position: The starting position for a forward approach is assumed when the diver is ready to take the first step. For standing dives (forward and backward) the starting position is assumed when the diver stands on the front end of the springboard. The body should be straight, head erect, and arms straight and in the position of the diver's choice.

2. The Approach: Forward approach shall be smooth, straight and forceful, the head is held erect, and the arms, hands, and fingers are straight. The takeoff for the hurdle shall be from one foot only. Both feet shall contact the end of the springboard simultaneously following the hurdle. In the hurdle step; look for a high knee lift, overhead arm reach and a straight trailing leg. Straight arms at the top and bottom of the armswing are also desirable.

A rear dive starts with the press. The diver assumes a rear facing position, extends arms, and starts rocking the board. Movement by the diver to assume backward position at the end of the board is not considered in judging. There is no maximum number of rocks, but rocking motion should not be so prolonged as to be distracting to the judge.

3. The Takeoff: The takeoff shall be forceful, reasonably confident and shall proceed without undue delay. A forward dive takeoff can be performed either standing or running. The judge should mark a standing dive bearing in mind the height and standards of execution which might be expected from the same dive with a forward approach. In running dives, and back and standing front takeoffs, the takeoff from the springboard must be from both feet simultaneously. On back and standing front takeoffs the diver is entitled to his own method of armswing but must not lift their feet from the board, bounce on the board or rock the board excessively before the takeoff.

4. The Flight: The higher the dive above the board, generally the more spectacular it is. Look for balance, control and technique, while considering the reasonable expectations for the age group and level of competition. During the passage through the air, the body can be carried straight, with a pike, or with a tuck. If any diver touches the end of the board or dives to the side of the direct line of flight, this indicates that they were too close to the end of the board for proper execution. In dives with twists, the twisting must not be done directly from the board. In somersaults in the tuck position (other than flying somersaults), the turn must commence as soon as the diver leaves the board. In flying somersault dives, there must be a well-defined straight position for at least half a somersault. Look for feet and knees together, pointed toes, good stretch, good body-line, clear demonstration of intended position and full control at all times.

The Positions of the Dive During the Flight:

Straight: The body should be held straight without bending at the waist, hips, or knees, with feet together and toes pointed. The amount of body arch which is acceptable depends on the dive performed and judge's opinion. The arm placement is the diver's choice.

Pike: The body should be bent at the hips, but the legs must be kept straight at the knees, and toes pointed with the legs together. The pike position should be tight and as compact as possible. The arm placement is dictated the particular dive or by choice of the divers. In the pike dives with twist, the pike position must clearly be shown.

Tuck: The body shall be bent at the knees and hips with the feet together and toes pointed. The tuck should be as compact as possible with the front of the thighs close to the chest and the backs of the lower legs close to the back of the thighs. In tuck dives with twist, the tuck position must clearly be shown.

Free: The free position is not really a body position, but a diver's option to use any of the other three positions, or a combination thereof, when performing a twisting dive. A combination of straight and pike or tuck positions are common. In dives with twists, the twisting must not manifestly appear to be done directly from the springboard. In other words, a diver's feet must leave the springboard before the twist appears to have begun. In somersaulting dives with twists, the twist may be performed at any time during the dive at the option of the diver, unless otherwise specified.

5. The Entry: A long controlled drop of entry at a distance of approximately 2 to 5 feet from the end of the board is often indicative of good technique and mechanics.

Remember that the entry is only one of the aspects on which to judge the dive. It is, however, what you see last, and thus, be careful not to let it over influence your overall impression. A clean vertical entry ("rip") is however often indicative of good technique and mechanics. The entry into the water must be vertical, or nearly so, with the body straight and toes pointed.

Head First Entry: Arms must be stretched beyond the head and in a line with the body with hands close together. If any part of the body below the waist enters the water before the hands, the referee will declare the dive to be a failed dive.

Feet First Entry: Arms must be close to the body with no bending of the elbow. **The exception to this arm position rule is with regards to 100C front jump tuck and 200C back jump tuck as the athletes may enter the water with their arms straight and parallel overhead when entering the water.**

Where a dive relative to vertical is over or under rotated, the judges should penalize according to the extent of over or under rotation.

If a twist is greater or less than announced by 90 degrees the referee will declare the dive failed. The judge SHALL use the last part of the body entering the water is used to determine failed twisting dives which is plus or minus 90 degrees of the intended rotation.

“Judging the Dive” FINA Diving Officials Manual

The starting position, approach and takeoff elements of a dive are closely inter-connected. In addition, the initial stage of the flight is closely related to the takeoff, and the components of the flight largely determine the quality of the entry.

Therefore, in discussions regarding a dive, it is often difficult to isolate where one part ends and the other begins.

Judges are to award points based on their overall impression of the dive. Judges should be aware that penalties associated with the individual parts of dives may or may not be cumulative. The most important factor in judging a dive is the final award given to the whole dive. Applying penalties or values to parts of dives is useful only as a guide. Most good judges are somewhat flexible in the range of their awards and accurate in the comparison of the skills of the divers in the contest. It is very difficult to judge the overall impression of a dive and at the same time account for penalties associated with the individual parts of the dive. To achieve success in this endeavor a judge must see many dives and judge many contests. Studying video and shadow judging are good ways for diving judges to improve their ability to balance overall impression with individual parts of the dive.

1. The Starting Position

It is stated in subsection D 8.1.2 in the FINA Handbook that “The dive must be considered without regard to the approach to the starting position.” Obviously, this means that judging begins with the starting position. Starting positions vary for standing and running dives.

Starting Position - Standing Dives

The starting position for standing dives shall be assumed when the diver stands on the front end of the springboard or platform. The body should be straight, head erect with the arms straight forward, to the sides, above the head, or in any position at the option of the diver.

Starting Position - Running Dives

The starting position for a forward approach shall be assumed when the diver is ready to take the first step. Again, the body should be straight with the head erect and the arms at the diver’s side.

Starting Position – Flaws:

Posture - For standing and running dives, the most common error is poor posture, for example with a forward head and rounded shoulders. In these cases, where the correct starting position is not assumed, each judge shall deduct ½ to 2 points according to the judge’s individual opinion (D 8.2.3).

The Approach

A diver’s movements during the approach element of a dive vary depending on whether a standing or running dive is being performed. The rule books states “the run shall be smooth, aesthetically pleasing, and in a forward direction to the end of the springboard with the final step being from one foot.” (D 8.3.1).

Approach - Standing Dive

A standing dive commences when the arms leave the starting position. When executing forward or backward standing dives, the diver should not rock the springboard excessively before takeoff. Judges may deduct if the rocking affects the overall impression of the dive but should deduct not more than one point for awkward or excessive movements during the armswing or excessive rocking or priming of the springboard. In addition, divers must not double bounce on the end of the springboard before the take-off. A double bounce is defined as a trampolining action similar to a person jumping on a trampoline. If a diver should double bounce, the referee shall declare a failed dive. (D 6.16, and D 8.3.4)

The double bounce should not be confused with the “crow hop”. If a diver leaves the springboard for a standing dive with a “crow hop” during the takeoff, the judge shall deduct ½ to 2 points according to his opinion (D 8.2.3).

After assuming the starting position for standing dives, if the diver makes an obvious attempt to start the armswing or press and then stops, a balk shall be declared by the referee, and two points will be deducted from each judge’s award. However, the diver has the option to move the arms in various preparatory positions without a balk being declared, as long as there is no obvious attempt to start the press.

Approach - Running Dives

The forward approach should be smooth, aesthetically pleasing and in a forward direction to the end of the springboard (D 8.3.1).

The importance of this is to ensure the diver’s continuous movement toward the end of the springboard. Slight variations of this process, such as a skip step or different size steps, should only be penalized if they seem ungraceful or detract from the overall impression of the approach.

The hurdle is described as the jump to the end of the springboard following the approach. The takeoff for the hurdle shall be from one foot only. Both feet shall contact the end of the springboard simultaneously following the hurdle. When the final step is made from two feet or when the diver takes off from one foot from the springboard, the referee shall declare a failed dive. (D8.3.3, D 8.4.3)

When a diver takes his last step before the hurdle at or near the tip of the springboard or he is performing a spot hurdle.

In the event a diver begins the approach and then stops, the referee, on completion of the second attempt, shall declare a balk, for which two points will be deducted from each judge’s award. (D6.22, D 6.23) If the diver balks twice, the referee shall declare a failed dive and no further attempt shall be allowed. (D6.24). In cases of questionable circumstances, the benefit always goes to the diver.

The Takeoff

For the purpose of discussion, the takeoff is considered to be the period of two foot contact with the springboard which follows the hurdle and precedes the flight. In the case of standing springboard takeoffs, it refers to the final depression and recoil of the springboard preceding the flight. The takeoff determines the speed, angle, height and distance a diver achieves from the springboard.

The takeoff should be bold, confident, and proceed without undue delay. The takeoff should begin from a balanced position at the end of the springboard which allows the diver to obtain reasonable height in the dive at an angle which projects the dive to an acceptable distance from the springboard. The angle of the takeoff varies for each dive. However, all dives have an acceptable range of angles of takeoff that will project the dive to optimum height and distance from the springboard.

Takeoff - Standing Dives

For standing dives, the takeoff consists of the arms swinging and the legs pushing to propel the diver up and away from the springboard.

Takeoff - Running Dives

In running dives, the takeoff from the springboard must be from both feet simultaneously, immediately following the hurdle. For a violation of this rule, the referee shall declare a failed dive. (D 8.4.3)

Common Faults in Springboard Takeoffs:

1. Back from end of the springboard - Failure to land on the end of the springboard upon completion of the hurdle is a fault that will often negatively affect the takeoff in height, angle, distance, and clearance and should be penalized from ½ to 2 points, depending upon the judge's opinion. It is quite possible that the effects of this error may negatively affect the remainder of the dive causing additional penalties.

2. Incorrect timing with the springboard - An indication that the diver is not completely in time or fluid with the springboard occurs when a diver comes down from the hurdle and lands on the springboard in such a way that a loud stomping noise is heard.

Since this detracts from the overall impression of the dive, a deduction could be incurred.

3. Balance - The takeoff should be from a balanced position, which allows maximum height and desirable angle of takeoff resulting in correct distance from the springboard. A diver leaning forward with his toes hanging over the end of the springboard is an example of poor balance, and usually negatively impacts the remainder of the dive. Similarly, a diver who is leaning back at the take-off is out of balance and may cause a dive to be too close to the springboard and should also incur a penalty.

The Flight

A judge must evaluate several different elements during the flight of a dive. The height a diver achieves from the springboard and the distance away from the springboard are two of these elements. Body position is another element. Is a diver's body position correct as defined by the dive being performed? Finally, the overall form of the diver must be considered. Are the diver's toes pointed and the body as tight as it could be? A judge has much to evaluate in those one or two seconds while a diver is in the air.

Height During The Flight:

As mentioned in the takeoff section of this manual, the height a diver achieves on a dive is determined by the takeoff from the springboard. A reasonable amount of height is desirable, keeping in mind the type of dive being performed and the age level of the diver. Lack of height may be caused by poor balance, angle of takeoff, poorly coordinated movements, or lack of strength. When a diver fails to reach a reasonable height, points shall be deducted. Where a diver obtains impressive height, it may affect the overall impression of the dive and result in a reward for good technique.

Common Errors Regarding Distance from the Springboard During the Flight:

1. Dive to the side

D 8.5.1 in the FINA Handbook states, "If during the execution of a dive, a diver dives to the side of the direct line of flight, each judge shall deduct according to his opinion". If a diver dives to the side of the springboard in order to prevent hitting the springboard it should be judged more severely than the dive in line with the springboard that hits the end. The diver has committed two errors, diving to the side and coming too close. If "unsafely" close then rule D 8.5.3 would apply.

2. Touch the springboard with feet or hands

D 8.5.2: "If during the execution of a dive, a diver touches the end of the springboard with his feet or hands, each judge shall deduct according to his opinion". To touch the springboard is in any case a result of bad technique and loss of control. It can influence the flight and the entry and must be penalized. Sometimes a dive may touch the end of the springboard even though it is not performed "unsafely" close. For example, a diver may brush the springboard with hands or feet as a result of reaching out from the path the body takes when passing the springboard. Obviously, this should result in a smaller deduction if the dive is not seriously affected.

3. Touch the springboard with head

D 8.5.3: "If during the execution of a dive, a diver is unsafely close to the springboard or touches the end of the springboard with his head, the judges shall award up to a maximum of 2 points". To touch the springboard or platform with the head is extremely dangerous and may seriously impact the health of the diver. A judge has a responsibility to indicate that a dive performed "unsafely" close is unsatisfactory and should be considered the same as if the diver has hit the board or platform. In such cases when a diver is "unsafely" close with the head, a maximum of 2 points shall be awarded even when there is no contact with the springboard or platform.

Body Position During The Flight:

During the flight the diver can perform a dive in the straight, pike, tuck, or free position. The position will be determined by the dive the diver has chosen to perform.

Straight Position

In a straight position, the body should be held straight without bending at either the knees or the hips, with the feet together, and toes pointed. The amount of body arch which is acceptable depends on the dive performed and judge's opinion. The arm placement is the diver's choice.

Common Form Errors Committed By a Diver When Performing a Dive in the Straight Position Include the Following:

1. The body is slightly piked - This usually occurs on forward or inward dives when a diver does not have the necessary rotation to make the dive enter the water vertically. To compensate, the diver pikes slightly in order to speed up the rotation. A judge should deduct for this depending on the severity of the pike.

2. Excessive arching of the back - This is more prevalent on back and reverse dives, when the diver does not have the rotation needed to make the dive go in straight. To compensate, the diver arches the back in order to pull the dive around so it enters the water vertically. Again, the more severe the arch, the more severe the deduction. It should be noted that in multiple somersaulting dives in the straight position, such as a back 1½, slightly more back arch is allowable and necessary due to the rotation needed to complete the dive.

3. Bent knees (crimp) in the straight position - In a dive in the straight position, if the knees are bent, the dive is to be judged on its overall performance and the judges (not the referee) shall deduct ½ to 2 points from their awards, from ½ to 2 points according their individual opinion. This is more common on multiple spinning dives, such as back and reverse 1 ½ somersaults straight, where the knees are slightly bent throughout the entire dive.

When the knee bend is severe (break in position) the judges should apply Rule D 8.1.5 which states: "When a dive is performed partially in a position other than that announced, the judges shall exercise their own opinion in making their award up to a maximum of 4 ½ points".

Pike Position

In the pike position, the body should be bent at the hips, but the legs must be kept straight at the knees, and toes pointed with the legs together. The pike position should be as compact as possible. Like the straight position, arm placement is dictated by the particular dive or by the choice of the diver.

Common Form Errors Committed by a Diver When Performing a Dive in the Pike Position Include the Following:

1. Knees and feet open (split) in the pike - This is usually done by a diver to either speed up the rotation of the dive or to assist in visual spotting. Following rule D 8.5.2 the judges shall deduct ½ to 2 points for a split pike if the position is not aesthetically pleasing and thus impact the overall impression of the dive.

2. Loose pike (too open) - This can happen in pike dives as well as multiple somersaults. One reason for a loose pike is lack of flexibility on the part of the diver. Another is lack of strength to offset the effects of centrifugal force. This will affect either the overall impression of the dive or the actual completion of the somersaults. A deduction at the discretion of the judge should be incurred for a loose pike position.

3. Legs slightly bent (crimped) in the pike - This is relatively common in multiple spinning somersaults. However, it is usually very hard for a judge to spot because the bent knees are covered up by the diver's arms. If a judge sees a diver's knees bent in the pike, ½ to 2 points should be deducted based on the severity of the bend.

Tuck position

In a tuck position, the body shall be bent at the knees and hips with the feet together and toes pointed. The tuck should be as compact as possible.

When viewing the tuck from the side the tuck shall be compact, that is, the front of the thighs close to the chest and the backs of the lower legs close to the backs of the thighs.

Common Form Errors Committed by a Diver When Performing a Dive in a Tuck Position Include the Following:

1. Split tuck - As in the pike position, this is usually done to either speed up the rotation or to assist in visual spotting. If the diver opens the knees and feet in the tuck, and the dive is not perceived to be aesthetically pleasing, the judge shall deduct ½ to 2 points.

2. Loose tuck - This usually indicates the diver had trouble getting into position. A deduction should be made.

In somersaults in the tuck position (other than flying somersaults) the turn must commence as soon as the diver leaves the springboard.

Free position

The free position is not really a body position, but a diver's option to use any of the other three positions, or a combination thereof, when performing a twisting dive.

A combination of straight and pike or tuck positions are common.

In dives with twists, the twisting must not manifestly appear to be done directly from the springboard. In other words, a diver's feet must leave the springboard before the twist appears to have begun. In somersault dives with twists, the twist may be performed at any time during the dive at the option of the diver, unless otherwise specified.

Common Form Errors for Dives Done in the Free Position Include the Following:

1. Wobbly twist - This usually indicates that the body is not quite straight in the twist, or that the head is out of line.

2. Loose twist - There is more than one way to hold the arms in a twist. But regardless of the method chosen, the arms should be wrapped close to the body for twisting dives of more than a half twist. If the arms are not held very close to the body, or if they are in an awkward position, a deduction should be incurred.

3. Bending of the legs in the twist - When the twisting dive is in the pike or straight position there should be no bending of the legs. A slight bending of the legs (crimp) sometimes occurs, especially in back and reverse twisting dives, at the takeoff and into the start of the twist, and sometimes at the end of the twist during the descent or pike down before the entry. In these instances, the judges should deduct points depending on the severity of the bend (crimp).

Additional Guidelines Relating to Body Position During The Flight

1. Where a dive is performed clearly in a position other than that announced the dive shall be deemed unsatisfactory. The highest award for such a dive is 2 points. This should be declared by the referee but should be observed by the judges regardless of such a declaration (D 6.1.7 and D 8.1.4).

2. Where a dive is performed partially in a position other than that announced, the judges shall award up to a maximum of 4 ½ points, according to their opinion (D 8.1.5).

3. In all flying dives a straight position shall be clearly shown and that position shall be assumed from the takeoff or after one somersault. When the straight position is not shown for at least one quarter of a somersault (90°) in dives with one somersault and at least one half somersault (180°) in dives with more than one somersault the maximum award shall be 4 ½ (D 8.5.4).

Form Errors Common To All Dives:

1. The diver's feet are flat (toes not pointed).

2. The legs and arms are loose or bent at inappropriate times during the flight.

3. The legs come apart during the dive.

The Entry

The entry, being the last part of the dive to be observed, is often given the most emphasis when awarding points for a dive. While it is obviously an important component, the previous portion of the dive must not be overlooked. Points to consider on the entry include angle of entry, the body posture, head and arm alignment, distance away from the springboard, amount of splash, and squareness of entry.

Angle of entry

The angle of entry should be vertical or nearly so to be awarded maximum points. When an entry is not vertical, two items must be assessed when allocating points for the dive:

1. Degree off vertical - If a dive is not vertical on entry, then it is either short, which means the dive did not rotate enough to reach vertical, or long, which means the dive rotated past vertical. As a general guideline, dives which are more than five degrees off vertical cannot be classified as very good, and dives which are more than 35 degrees off vertical can only be deficient or lower.

2. Reason for being off vertical - Consideration must also be given as to why the dive was not vertical. For example, a dive which had very little height which caused can cause the diver to be short of vertical and should be given a lower award than a dive with good height and a misjudgment of the come out causes the dive to be over-rotated by the same degree.

Along these same principles, when a dive is short (under rotated), this usually means the diver has not been able to complete the skill. In some instances though, this is just poor judgement of the amount of rotation performed. The diver may have thought the skill had been completed and simply prepared for the entry too soon. The judge should deduct more for the dive which was not and could not be completed than for a dive which was short by the same degree due to poor judgement in the amount of rotation.

Dives that are long (over rotated) may result from a diver's miscalculation of the speed of rotation or because the dive was totally out of control at takeoff. As with dives that are short, the dive which was out of control or not stopped at all should be marked down more than the dive that has a controlled takeoff but was long due to an error in judgement in the amount of rotation or timing of come-out. Care should also be taken to differentiate between a long dive where the whole body is off vertical and one where the legs rotate to some extent as the body is entering the water. Commonly called "washing over", this is prevalent with backward spinning dives.

Distance

Although distance was mentioned in the takeoff and flight sections, it is also important to evaluate where the dive actually enters the water. A judge must check to make sure that the dive was not performed too far from the springboard or too dangerously close. As a general rule, two to five feet away from the springboard is considered good distance for a dive to enter the water, depending on the dive performed.

A judge must also check to see if a dive entered the water in front of the springboard takeoff point. If the dive is off to either side, the judge must deduct points based on the degree of the error.

Amount of splash

The rip entry (splash-less entry) technique has been one of the major reasons for the judging fault of over-emphasizing the entry when judging a dive.

A rip entry, which is a splash-less entry that produces a sound similar to cloth or paper ripping, is a very spectacular finish to a dive. However, extreme care must be taken to ensure that the performance of the rest of the dive is taken into account.

This is especially the case since many divers have learned to rip a dive with a very short entry. It has been common to see a short dive which would normally be awarded a 5 - 6 be given a 7½ - 8 score due to the rip entry.

Another fault which often occurs is to penalize a diver who has performed a very good dive with high takeoff, good flight, and vertical entry but which does not rip. In these cases, the dive is often given only a 7, whereas with a rip, it would have been given a 9 or a 10.

With more and more divers performing a rip entry, a judge must concentrate on the diver entering the water in a vertical position rather than how close the diver is to a rip entry. As a general rule, a vertical rip entry should be awarded 1 point more than exactly the same dive without a rip.

Squareness of Entry

A "square" entry means that a diver enters the water such that a judge can only see the profile side of the body. An entry is considered twisted when a judge is able to see a portion of either the front or back side of the body.

A twisted entry can occur on any dive, but is most prevalent on twisting dives, where the diver is unable to stop the twist (also called "squaring out" of the twist) at the proper time. A general guideline is that dives which are more than five degrees off square cannot be classified as very good or excellent. Dives which are more than 15 degrees off square cannot be classified as good and dives which are more than 35 degrees off square can only be deficient or lower. If a dive is twisted 90 degrees or more on the entry, the referee shall declare it a failed dive. However, if the referee does not declare it a failed dive the judges are to award a zero if in their opinion the dive has twisted more or less than 90 degrees from than requirement of the dive.

A different but similar problem to twisting on entry is casting on the entry, whereby the legs are tilted at the side as they enter the water. It is not uncommon to see an entry which is square at the beginning but in which the legs are 40 - 45 degrees cast (tilted) to the side as they enter the water. Specific recommendations cannot be made for these situations as they must be judged on merit, but in general, it can be said that this fault is not as severe as a complete twist on entry, and would normally incur a ½ to 2 point penalty.

Body Alignment on the Entry

The body should be straight when entering the water. A common fault is that the number of somersaults has not been fully completed before the start of the entry, and the body is still being straightened out while going through the water. In this situation, the dive can at best be considered deficient, i.e. 4½ maximum.

Another common fault is that while the dive has been basically completed, the body is not fully straightened and enters the water with some bending at the hips, in a semi - pike position. This has to be judged on its merits but would normally incur a ½ to 2 point penalty. All head first entries should be executed with the arms stretched beyond the head in a line with the body, with hands close together. A common fault with back spinning dives (although it can also occur on forward spinning dives) is that the diver is not able to complete the number of somersaults announced, and therefore, the arms are not able to be extended before entering the water.

If it is a “no arms” entry, such that the hands are below the head, the dive should be considered no better than deficient with a maximum of 4 ½ declared by the referee.

If the arms are not fully extended prior to entry, the dive cannot be considered any better than fair - 6 maximum.

If, in head first dives, the feet enter the water before the hands, the referee shall declare the dive to be a failed dive.

Feet first entries need to be judged on the same standards as head first entries, with the exception of course that the arms must be by the diver’s sides. There should be no bending at the elbows. If the arms are not straight on entry, a deduction should be made. **The exception to this arm position rule is with regards to 100C front jump tuck and 200C back jump tuck as the athletes may enter the water with their arms straight and parallel overhead when entering the water.**

If one or both arms are held beyond the head in a feet first entry, the dive is not to be considered satisfactory, and the highest award for such a dive is 4 ½ points which is to be declared by the referee. **The exception to this arm position rule is with regards to 100C front jump tuck and 200C back jump tuck as the athletes may enter the water with their arms straight and parallel overhead when entering the water.**

FINA Diving Rules 2013-2017

Judge's Scoring Scale

A judge's award can range from zero (0) to ten (10) points for a dive. Awards are given in half point increments according to the following scale:

<u>Excellent</u>	<u>10.0</u>
<u>Very Good</u>	<u>8.5 - 9.5</u>
<u>Good</u>	<u>7.0 - 8.0</u>
<u>Satisfactory</u>	<u>5.0 - 6.5</u>
<u>Deficient</u>	<u>2.5 - 4.5</u>
<u>Unsatisfactory</u>	<u>0.5 - 2.0</u>
<u>Completely Failed</u>	<u>ZERO</u>

When judging a dive a judge must not be influenced by any factor other than the technique and execution of the dive. The dive must be considered without regard to the approach to the starting position, the difficulty of the dive or any movement beneath the surface of the water. The points to be considered in judging the overall impression of a dive are the technique and grace of:

1. The starting position
2. The approach.
3. The take-off.
4. The flight.
5. The entry.

During the course of a diving contest, the judging of dives becomes a process of comparison. Given this fact, it is recommended that the scale be used as a "flexible" scale to apply to a particular contest, not a "straight" scale to apply equally across all levels of competition – Novice to Junior Olympic.

To illustrate, in a younger age group contest, a diver who performs a very good forward 1½ somersaults in pike position should be awarded between an 8 ½ and 9 ½ under the "flexible" scale principle. In contrast, we would expect an older Novice or Junior Olympic diver to perform the same dive with a stronger takeoff, higher jump, and tighter position on the entry to receive a score in the Very Good range (8 ½ to 9 ½).

If the principle of a straight scale were applied, it would be difficult for a younger age group diver to be awarded higher than a 5, based on what we would expect to see from an older Novice or Junior Olympic diver.

Using the straight scale principle may result in discouragement on the part of the younger, less experienced divers as well as reducing a judge's ability to discriminate between the quality of performance of dives because of the smaller range of awards to work with.

When judging, it is important to use the scale as a "flexible" scale to compare divers in a particular contest, rather than a "straight" scale to apply across all diving competitions.

EXCELLENT: (10)

VERY GOOD: (8 ½ to 9 ½ points)

& GOOD: (7 to 8 points)

The difference between Good, Very Good, and Excellent categories is with regards to the preciseness of execution, technique, and grace of the five elements of a dive, **1. The Starting Position; 2. The Approach; 3. The Takeoff; 4. The Flight; and 5. The Entry**, which are the points to be considered when judging the overall impression of a dive. In the **Excellent (10) and Very Good dive (8.5 to 9.5)** the overall impression of the dive is considered to be exceptional with slight, insignificant performance errors or virtually no visible performance flaws with regards to the preciseness of execution, technique, and grace of the five elements of the dive. Scores of 7 and above should be given to dives that display the following characteristics:

Starting Position: The starting position for standing dives the diver shall have the body straight, head erect with the arms straight forward, to the sides, above the head, or in any position at the option of the diver. The starting position for a running dive the body should be straight with the head erect and the arms at the diver's side.

Approach: The diver's movements during the approach element of a dive vary depending on whether a standing or running dive is being performed. The rule book states "the run shall be smooth, aesthetically pleasing, and in a forward direction to the end of the springboard with the final step being from one foot" (D 8.3.1).

Takeoff: The takeoff should be bold, confident, and proceed without undue delay. The takeoff should be from a balanced position at the end of the springboard which allows the diver to obtain optimal height in the dive at an angle which projects the dive to an ideal distance from the springboard.

Flight: There are several different elements during the flight of a dive that a judge must observe such as the height or elevation, distance from the springboard, tight and precise body position, overall aesthetic form or appearance, technique and mechanics, speed of execution, as well as the extension of the body during the drop to the water which are all contributing factors to determine whether a dive is in the Excellent, Very Good, or Good category.

1. Elevation During The Flight: The flight of the dive will have impressive height and allow the dive to travel a safe distance from the board which will affect the overall appearance of the dive and result in greater rewards for good technique. A reasonable amount of height is desirable, keeping in mind the type of dive being performed and the age level of the diver. Higher elevation results in a longer duration of time in the air and generally affords greater accuracy and smoothness of movement in an aesthetically pleasing way. The greater the height attained, the more time the diver has to execute the necessary physical movements of the dive at a higher elevation in the air. When the diver completes these movements higher in the air it provides enough time to transition to an aesthetically pleasing extended straight line body alignment as they descend toward the water in preparation for the entry which will influence the resulting award to be in the Excellent, Very Good, or Good category.

2. Execution During the Flight: The execution, mechanics, technique, grace, and position during the flight of the dive shall be at all times aesthetically pleasing and clear the end of the springboard at a safe distance while entering the water two to five feet away from as well as in front of the springboard. During the flight the diver will precisely as well as tightly adopt the designated body position at the highest elevation which is the peak or top of the flight arc. The speed of the somersault and twisting rotation as well as the quick and precise transitions between the positions are additional factors that should be taken into account when evaluating the execution during the flight of the dive. During the flight, the position of the dive shall be at all times aesthetically pleasing and the dive can be executed in the following positions:

Straight: The body should be held straight without bending at the waist, hips, or knees, with feet together and toes pointed. The amount of body arch which is acceptable depends on the dive performed and judge's opinion. It should be noted that in multiple somersaulting dives in the straight position, such as a back 1 ½, slightly more back arch is allowable and necessary due to the rotation needed to complete the dive. The arm placement is the diver's choice.

Pike: The body should be bent at the hips, but the legs must be kept straight at the knees, and toes pointed with the legs together. The pike position should be tight and as compact as possible. The arm placement is dictated the particular dive or by choice of the divers. In the pike dives with twist, the pike position must clearly be shown.

Tuck: The body shall be bent at the knees and hips with the feet together and toes pointed. The tuck should be as compact as possible with the front of the thighs close to the chest and the backs of the lower legs close to the back of the thighs. In tuck dives with twist, the tuck position must clearly be shown.

Free: The free position is not really a body position, but a diver's option to use any of the other three positions, or a combination thereof, when performing a twisting dive. A combination of straight and pike or tuck positions are common. In dives with twists, the twisting must not manifestly appear to be done directly from the springboard. In other words, a diver's feet must leave the springboard before the twist appears to have begun. In somersaulting dives with twists, the twist may be performed at any time during the dive at the option of the diver, unless otherwise specified.

Entry: The entry will be vertical or nearly so to be awarded maximum points. As a general guideline, dives which are more than 5 degrees off vertical, being either short of vertical or past vertical (long or over), cannot be classified as Very Good or Excellent dives. The diver should have established a strong vertical line, the appearance of a straight line with regards to body position, well before entry into the water in both head first and feet first dives. In head first dives, the body should be fully extended with the arms straight and directly overhead, the legs straight and together and the toes pointed. In feet first entries, the body should be fully extended with the arms straight and at the sides, the legs straight and together, and the toes pointed. **The exception to this arm position rule is with regards to 100C front jump tuck and 200C back jump tuck as the athletes may enter the water with their arms straight and parallel overhead when entering the water.** As another general rule, two to five feet away from the springboard is considered good distance and the dive should not be too close, too distant, or off to the side of the springboard. The entry should be square without any twist as a diver enters the water such that a judge can only see the profile of the body. A general guideline is that dives which are more than five degrees off square cannot be classified as Very Good or Excellent and dives which are more than 15 degrees off square cannot be classified as Good. A properly performed dive in the Good, Very Good, and Excellent category will result in an entry with a minimal amount of splash or an entry with virtually no splash. An exceptionally good entry will result in a rip entry, an entry into the water that creates little splash and is accompanied by a sound similar to fabric ripping, and as a general rule, a vertical rip entry should be awarded 1 point more than exactly the same dive without a rip entry.

D 10 SUMMARY OF THE PENALTIES

Judges to deduct "from ½ to 2 points"

- D 8.1.6 If a dive is not performed in a position as described.
- D 8.2.3 If the correct starting position is not free and unaffected.
- D 8.2.4.3 If there is a bounce (crow hop) in a standing dive.
- D 8.3.2 If the run is not smooth, aesthetically pleasing in a forward direction to the end of the springboard.
- D 8.4.5 If the takeoff is not bold, high, and confident.
- D 8.4.6 If in a twist dive, the twisting is manifestly done from the springboard or platform.
- D 8.5.4 If the positions as described in the rules are not shown.
- D 8.5.8 If in a pike dive with twist, the pike position is not clearly shown.
- D 8.5.10 If in a tuck dive with twist, the tuck position is not clearly shown.
- D 8.6.5 Notwithstanding Rules D 8.6.3 and D 8.6.4, the arms are not in the correct position in either the head first or feet first entry.

SATISFACTORY: (5 to 6 points)

Satisfactory scores ranging from 5 to 6 points should be given to dives that display the following characteristics:

Starting Position: The starting position for standing dives the diver shall have the body straight, head erect with the arms straight forward, to the sides, above the head, or in any position at the option of the diver. The starting position for a running dive the body should be straight with the head erect and the arms at the diver's side.

Approach: The diver's movements during the approach element of a dive vary depending on whether a standing or running dive is being performed. The rule book states "the run shall be smooth, aesthetically pleasing, and in a forward direction to the end of the springboard with the final step being from one foot" (D 8.3.1).

Takeoff: The takeoff should be forceful, controlled, vertical, and proceed without undue delay. The takeoff should be from a balanced position at the end of the springboard which allows the diver to obtain adequate height in the dive at an angle which projects the dive to an acceptable distance from the springboard.

Flight: There are several different elements during the flight of a dive that a judge must observe such as the height or elevation, distance from the springboard, tight and precise body position, overall aesthetic form or appearance, technique and mechanics, speed of execution, as well as the extension of the body during the drop to the water which are all contributing factors to determine whether a dive is in the Satisfactory category.

1. Elevation During The Flight: The flight of the dive will have adequate height and allow the dive to travel a safe distance from the board to allocate a competent overall appearance of the dive and result in acceptable rewards for proper technique. A reasonable amount of height is desirable, keeping in mind the type of dive being performed and the age level of the diver. The movements of the dive should be completed with sufficient height which will provide enough time to transition to the correct extended straight line body alignment prior to the entry into the water for resulting award to be considered in the Satisfactory category.

2. Execution During the Flight: The execution, mechanics, technique, grace, and position during the flight of the dive shall be at all times aesthetically pleasing and clear the end of the springboard at a safe distance and enter the water in front of the springboard. During the diver will correctly demonstrate the designated body position at sufficient elevation, adequate speed of the somersault and twisting rotation, and proper transitions between the positions for the dive to be deemed in the Satisfactory category. During the flight, the position of the dive shall be at all times aesthetically pleasing and the dive can be executed in the following positions:

Straight: The body should be held straight without bending at the waist, hips, or knees, with feet together and toes pointed. The amount of body arch which is acceptable depends on the dive performed and judge's opinion. It should be noted that in multiple somersaulting dives in the straight position, such as a back 1 ½, slightly more back arch is allowable and necessary due to the rotation needed to complete the dive. The arm placement is the diver's choice.

Pike: The body should be bent at the hips, but the legs must be kept straight at the knees, and toes pointed with the legs together. The pike position should be tight and as compact as possible. The arm placement is dictated the particular dive or by choice of the divers. In the pike dives with twist, the pike position must clearly be shown.

Tuck: The body shall be bent at the knees and hips with the feet together and toes pointed. The tuck should be as compact as possible with the front of the thighs close to the chest and the backs of the lower legs close to the back of the thighs. In tuck dives with twist, the tuck position must clearly be shown.

Free: The free position is not really a body position, but a diver's option to use any of the other three positions, or a combination thereof, when performing a twisting dive. A combination of straight and pike or tuck positions are common. In dives with twists, the twisting must not manifestly appear to be done directly from the springboard. In other words, a diver's feet must leave the springboard before the twist appears to have begun. In somersaulting dives with twists, the twist may be performed at any time during the dive at the option of the diver, unless otherwise specified.

Entry: The entry will be vertical or nearly vertical to receive awards in the Satisfactory category. As a general guideline, dives which are more than 35 degrees off vertical, being either short of vertical or past vertical (long or over), cannot be classified as Satisfactory dives and can only be categorized as Deficient or lower. The diver should establish a sufficient vertical line, the appearance of a straight line with regards to body position, prior entry into the water in both head first and feet first dives. In head first dives, the body should be extended with the arms straight and directly overhead, the legs straight and together and the toes pointed. In feet first entries, the body should be extended with the arms straight and at the sides, the legs straight and together, and the toes pointed.

The exception to this arm position rule is with regards to 100C front jump tuck and 200C back jump tuck as the athletes may enter the water with their arms straight and parallel overhead when entering the water. As another general rule, two to five feet away from the springboard is considered good distance and the dive should not be too close, too distant, or off to the side of the springboard. The entry should be square or nearly square with a marginal, insignificant amount twist as a diver enters the water. A general guideline is that dives more than 35 degrees off square cannot be classified as Satisfactory and can only be categorized as Deficient or lower. A properly performed dive in the Satisfactory category will result in an entry with a minimal amount of splash.

D 10 SUMMARY OF THE PENALTIES

Judges to deduct "from ½ to 2 points"

- D 8.1.6 If a dive is not performed in a position as described.
- D 8.2.3 If the correct starting position is not free and unaffected.
- D 8.2.4.3 If there is a bounce (crow hop) in a standing dive.
- D 8.3.2 If the run is not smooth, aesthetically pleasing in a forward direction to the end of the springboard.
- D 8.4.5 If the takeoff is not bold, high, and confident.
- D 8.4.6 If in a twist dive, the twisting is manifestly done from the springboard or platform.
- D 8.5.4 If the positions as described in the rules are not shown.
- D 8.5.8 If in a pike dive with twist, the pike position is not clearly shown.
- D 8.5.10 If in a tuck dive with twist, the tuck position is not clearly shown.
- D 8.6.5 Notwithstanding Rules D 8.6.3 and D 8.6.4, the arms are not in the correct position in either the head first or feet first entry.

Judges to deduct "according to individual opinion"

(NOTE: These performance flaws, depending on the severity, may cause the dive to be considered DEFICIENT.)

- D 8.5.1 If in a dive, the diver dives to the side of the direct line of flight.
- D 8.5.2 If in a dive, a diver touches the end of the springboard with his feet or hands.
- D 8.6.2 If the entry into the water is not vertical, or nearly so, or twisted with the body not straight, the feet not together, and the toes not pointed.

DEFICIENT: (2 ½ to 4 ½ points)

The following descriptions provide examples of performance faults which, depending upon severity or in combination, cause the dive and the resulting scores to be in the Deficient category:

Starting Position: For standing and running dives the most common error is poor posture, for example with a forward head and rounded shoulders. In these cases, where the correct starting position is not free and unaffected, each judge shall deduct from ½ to 2 points according to the judge's individual opinion (D 8.2.3).

Approach: For running dives the approach may be awkward or ungraceful. When the run is not smooth, aesthetically pleasing, or in a forward direction to the end of the springboard, each judge shall deduct ½ to 2 points, according to his opinion (D 8.3.2). When executing forward or backward standing dives, the diver should not rock the springboard excessively before takeoff. Judges may deduct if the rocking affects the overall impression of the dive but not more than one point for awkward or excessive movements during the armswing or excessive rocking or priming of the springboard. When executing a standing dive, the diver must not bounce (crow-hop) on the springboard before the takeoff. In this circumstance, the judge shall deduct from ½ to 2 points according to his opinion. (D 8.2.4.3)

Takeoff: A deficient dive may have one or more of the following common faults in running springboard takeoffs:

1. Back from the end of the springboard - Failure to land on the end of the upon completion of the hurdle is a fault that will often negatively affect the takeoff in height, angle, distance, and clearance and should be penalized from ½ to 2 points, depending upon the judge's opinion. It is quite possible that the effects of this error may negatively affect the remainder of dive causing additional penalties.

2. Incorrect timing with the springboard – An indication that the diver is not completely in time or fluid with the springboard occurs when a diver comes down from the hurdle and lands on the springboard in such a way that a loud stomping noise is heard. Since this detracts from the overall impression of the dive, a deduction could be incurred.

3. Balance - The takeoff should be from a balanced position, which allows maximum height and desirable angle of takeoff resulting in correct distance from the springboard. A diver leaning forward with his toes hanging over the end of the springboard is an example of poor balance, and usually negatively impacts the remainder of the dive. Similarly, a diver who is leaning back at the takeoff is out of balance and may cause a dive to be too close to the springboard and should also incur a penalty.

4. Twisting manifestly done from the springboard – In dives with twists, the twisting must not manifestly appear to be done directly from the springboard. In other words, a diver's feet must leave the springboard before twist appears to have begun. If the twisting is manifestly done from the springboard, each judge shall deduct ½ to 2 points, according to his opinion (D 8.4.6).

Flight: Unsafe distance from the springboard may cause a dive to be deficient and there are two different cases:

1. Dive to the side D 8.5.1: in the FINA Handbook states, "If during the execution of a dive, a diver dives to the side of the direct line of flight, each judge shall deduct according to his opinion". If a diver dives to the side of the springboard in order to prevent hitting the springboard it should be judged more severely than the dive in line with the springboard that hits the end. The diver has committed two errors, diving to the side and coming too close. If "unsafely" close then rule D 8.5.3 would apply.

2. Touch the springboard or platform with feet or hands D 8.5.2: "If during the execution of a dive, a diver touches the end of the springboard with his feet or hands, each judge shall deduct according to his opinion". To touch the springboard or is in any case a result of bad technique and loss of control. It can influence the flight and the entry and must be penalized. Sometimes a dive may touch the end of the springboard even though it is not performed "unsafely" close. For example, a diver may brush the springboard with hands or feet as a result of reaching out from the path the body takes when passing the springboard. Obviously, this should result in a smaller deduction if the dive is not seriously affected.

Body Position During Flight: During the flight the diver can perform a dive in the straight, pike, tuck, or free position. Errors in these positions may cause the dive to be deficient.

Common form errors committed by a diver when performing a dive in the STRAIGHT POSITION:

1. The body is slightly piked - This usually occurs on forward or inward dives when a diver does not have the necessary rotation to make the dive enter the water vertically. To compensate, the diver pikes slightly in order to speed up the rotation. A judge should deduct for this depending on the severity of the pike.

2. Excessive arching of the back - This is more prevalent on back and reverse dives, when the diver does not have the rotation needed to make the dive go in straight. To compensate, the diver arches the back in order to pull the dive around so it enters the water vertically. Again, the more severe the arch, the more severe the deduction. It should be noted that in multiple somersaulting dives in the straight position, such as a back 1½, slightly more back arch is allowable and necessary due to the rotation needed to complete the dive.

3. Bent knees (crimp) in the straight position - In a dive in the straight position, if the knees are bent, the dive is to be judged on its overall performance and the judges (not the referee) shall deduct ½ to 2 points from their awards, from ½ to 2 points according their individual opinion. This is more common on multiple spinning dives, such as back and reverse 1½ somersaults straight, where the knees are slightly bent throughout the entire dive. When the knee bend is severe (break in position) the judges should apply Rule D 8.1.5 which states: "When a dive is performed partially in a position other than that announced, the judges shall exercise their own opinion in making their award up to a maximum of 4 ½ points".

Common form errors committed by a diver when performing a dive in the PIKE POSITION:

1. Knees and feet open (split) in the pike - This is usually done by a diver to either speed up the rotation of the dive or to assist in visual spotting. Following rule D 8.5.2 the judges shall deduct ½ to 2 points for a split pike if the position is not aesthetically pleasing and thus impact the overall impression of the dive.

2. Loose pike (too open) - This can happen in pike dives as well as multiple somersaults. One reason for a loose pike is lack of flexibility on the part of the diver. Another is lack of strength to offset the effects of centrifugal force. This will affect either the overall impression of the dive or the actual completion of the somersaults. A deduction at the discretion of the judge should be incurred for a loose pike position.

3. Legs slightly bent (crimped) in the pike - This is relatively common in multiple spinning somersaults. However, it is usually very hard for a judge to spot because the bent knees are covered up by the diver's arms. If a judge sees a diver's knees bent in the pike, ½ to 2 points should be deducted based on the severity of the bend.

Common form errors committed by a diver when performing a dive in a TUCK POSITION:

1. Split tuck - As in the pike position, this is usually done to either speed up the rotation or to assist in visual spotting. If the diver opens the knees and feet in the tuck, and the dive is not perceived to be aesthetically pleasing, the judge shall deduct ½ to 2 points.

2. Loose tuck - This usually indicates the diver had trouble getting into position. A deduction should be made.

In somersaults in the tuck position (other than flying somersaults) the turn must commence as soon as the diver leaves the springboard.

Common form errors for dives done in the FREE POSITION:

1. Wobbly twist - This usually indicates that the body is not quite straight in the twist, or that the head is out of line.

2. Loose twist - There is more than one way to hold the arms in a twist. But regardless of the method chosen, the arms should be wrapped close to the body for twisting dives of more than a half twist. If the arms are not held very close to the body, or if they are in an awkward position, a deduction should be incurred.

3. Bending of the legs in the twist - When the twisting dive is in the pike or straight position there should be no bending of the legs. A slight bending of the legs (crimp) sometimes occurs, especially in back and reverse twisting dives, at the takeoff and into the start of the twist, and sometimes at the end of the twist during the descent or pike down before the entry. In these instances, the judges should deduct points depending on the severity of the bend (crimp).

Additional guidelines relating to body position:

1. Where a dive is performed partially in a position other than that announced, the judges shall award up to a maximum of 4 ½ points, according to their opinion (D 8.1.5).
2. In all flying dives a straight position shall be clearly shown and that position shall be assumed from the takeoff or after one somersault. When the straight position is not shown for at least one quarter of a somersault (90°) in dives with one somersault and at least one half somersault (180°) in dives with more than one somersault the maximum award shall be 4 ½ (D 8.5.4).

Form During The Flight: In addition to the common form errors described above, a judge should look for the following errors which are common to all dives. Deductions should be based on the judge's opinion of the severity of the flaw.

- 1. The diver's feet are flat (toes not pointed).**
- 2. The legs and arms are loose or bent at inappropriate times during the flight.**
- 3. The legs come apart during the dive.**

Entry:

Angle Of Entry: When the angle of an entry is not vertical two items must be assessed when allocating points for the dive:

1. Degree off vertical - If a dive is not vertical on entry, then it is either short, which means the dive did not rotate enough to reach vertical, or long, which means the dive rotated past vertical. As a general guideline, dives which are more than 35 degrees off vertical can only be deficient or lower.

2. Reason for being off vertical - Consideration must also be given as to why the dive was not vertical. For example, a dive which had very little height which caused the dive to be short of vertical should be given a lower award than a dive with good height and a misjudgment of the come out which caused the dive to be over-rotated by the same degree.

Along these same principles, when a dive is short (under rotated), this usually means the diver has not been able to complete the skill. In some instances though, this is just poor judgement of the amount of rotation performed. The diver may have thought the skill had been completed and simply prepared for the entry too soon. The judge should deduct more for the dive which was not and could not be completed than for a dive which was short by the same degree due to poor judgement in the amount of rotation

Dives that are long (over rotated) may result from a diver's miscalculation of the speed of rotation or because the dive was totally out of control at takeoff. As with dives that are short, the dive which was out of control or not stopped at all should be marked down more than the dive that has a controlled takeoff but was long due to an error in judgement in the amount of rotation or timing of come-out. Care should also be taken to differentiate between a long dive where the whole body is off vertical and one where the legs rotate to some extent as the body is entering the water. Commonly called "washing over", this is prevalent with backward spinning dives.

Distance Of The Entry: A judge must check to make sure that the dive was not performed too far from the springboard, too dangerously close, and if the dive entered the water in front of the springboard takeoff point. If the dive is off to either side, the judge must deduct points based on the degree of the error. Unsafe distance from the springboard may cause a dive to be deficient and there are two different cases:

1. Dive to the side D 8.5.1: in the FINA Handbook states, "If during the execution of a dive, a diver dives to the side of the direct line of flight, each judge shall deduct according to his opinion". If a diver dives to the side of the springboard in order to prevent hitting the springboard it should be judged more severely than the dive in line with the springboard that hits the end. The diver has committed two errors, diving to the side and coming too close. If "unsafely" close then rule D 8.5.3 would apply.

2. Touch the springboard or platform with feet or hands D 8.5.2: "If during the execution of a dive, a diver touches the end of the springboard with his feet or hands, each judge shall deduct according to his opinion". To touch the springboard or is in any case a result of bad technique and loss of control. It can influence the flight and the entry and must be penalized. Sometimes a dive may touch the end of the springboard even though it is not performed "unsafely" close. For example, a diver may brush the springboard with hands or feet as a result of reaching out from the path the body takes when passing the springboard. Obviously, this should result in a smaller deduction if the dive is not seriously affected.

Squareness of Entry: A "square" entry means that a diver enters the water such that a judge can only see the profile side of the body. An entry is considered twisted when a judge is able to see a portion of either the front or back side of the body.

A twisted entry can occur on any dive, but is most prevalent on twisting dives, where the diver is unable to stop the twist at the proper time. As a general guideline is that dives that are more than 35 degrees off square can only be deficient or lower. If a dive is twisted 90 degrees or more on the entry, the referee shall declare it a failed dive. However, if the referee does not declare it a failed dive the judges are to award a zero if in their opinion the dive has twisted more or less than 90 degrees from than requirement of the dive.

A different but similar problem to twisting on entry is casting on the entry, whereby the legs are tilted at the side as they enter the water. It is not uncommon to see an entry which is square at the beginning but in which the legs are 40 - 45 degrees cast (tilted) to the side as they enter the water. Specific recommendations cannot be made for these situations as they must be judged on merit, but in general, it can be said that this fault is not as severe as a complete twist on entry, and would normally incur a ½ to 2 point penalty.

Body Alignment on the Entry: The body should be straight when entering the water either feet first or head first.

Some common errors regarding body alignment on the Entry:

1. A common fault is that the number of somersaults has not been fully completed before the start of the entry, and the body is still being straightened out while going through the water. In this situation, the dive can at best be considered deficient, i.e. 4½ maximum.
2. Another common fault is that while the dive has been basically completed, the body is not fully straightened and enters the water with some bending at the hips, in a semi - pike position. This has to be judged on its merits but would normally incur a ½ to 2 point penalty. All head first entries should be executed with the arms stretched beyond the head in a line with the body, with hands close together. A common fault with back spinning dives (although it can also occur on forward spinning dives) is that the diver is not able to complete the number of somersaults announced, and therefore, the arms are not able to be extended before entering the water.
3. If it is a "no arms" entry, such that the hands are below the head, the dive should be considered no better than deficient with a maximum of 4 ½ declared by the referee. Feet first entries need to be judged on the same standards as head first entries, with the exception of course that the arms must be by the diver's sides. There should be no bending at the elbows. If the arms are not straight on entry, a deduction should be made. If one or both arms are held beyond the head in a feet first entry, the dive is not to be considered satisfactory, and the highest award for such a dive is 4 ½ points which is to be declared by the referee. **The exception to this arm position rule is with regards to 100C front jump tuck and 200C back jump tuck as the athletes may enter the water with their arms straight and parallel overhead when entering the water.**

UNSATISFACTORY: (1/2 to 2 points)

Either of these two penalties or several severe and significant performance faults which cause an inadequate, unacceptable, and insufficient dive resulting in scores in the Unsatisfactory category:

1. A dive performed in the wrong position is an Unsatisfactory dive:

Where a dive is performed clearly in a position other than that announced the dive shall be deemed unsatisfactory. The highest award for such a dive is 2 points. This should be declared by the referee but should be observed by the judges regardless of such a declaration (D 6.1.7 and D 8.1.4).

Referee to declare "2 points maximum"

D 6.19 If a diver performs a dive in a position other than that announced.

Judges to award "2 points maximum"

D 8.1.4 If a dive is performed clearly in a position other than that announced.

2. Unsafe distance from the springboard may cause the dive to be Unsatisfactory:

To be unsafely close to the springboard or to touch the springboard with head D 8.5.3: "If during the execution of a dive, a diver is unsafely close to the springboard or touches the end of the springboard with his head, the judges shall award up to a maximum of 2 points". To touch the springboard with the head is extremely dangerous and may seriously impact the health of the diver. A judge has a responsibility to indicate that a dive performed "unsafely" close is unsatisfactory and should be considered the same as if the diver has hit the board. In such cases when a diver is "unsafely" close with the head, a maximum of 2 points shall be awarded even when there is no contact with the springboard.

Judges to award "2 points maximum"

D 8.5.3 If in a dive, a diver is unsafely close to the springboard or touches the end of the springboard or with his head.

COMPLETELY FAILED: (0 points)

Any of the following penalties causes the dive to be deemed Completely Failed:

Referee to declare "Failed Dive"; 0 points

- D 6.12 If the diver takes more than one minute, after a warning.
- D 6.16 If a diver double bounces on the end of the springboard before take-off.
- D 6.17 If the final step is not from one foot.
- D 6.18 If the take-off is not from both feet simultaneously.
- D 6.20 If a twist is greater or less than that announced by 90 degrees or more.
- D 6.21 If a diver has performed a dive of a number other than that announced.
- D 6.22.1 If the feet enter the water before the head or hands in a head first dive.
- D 6.22.2 If the head or hands enter the water before the feet in a feet first dive.
- D 6.24 If assistance has been given to the diver after the starting signal.
- D 6.27 When a second attempt (a re-start) is unsuccessful.
- D 6.28 If a diver refuses the execution of a dive.

Judges to award "0 points"

- D 8.1.7 If a dive of a different number has been performed.
- D 8.3.3 If the final step is not from one foot.
- D 8.3.4 If a diver double bounces in a dive at the end of the springboard before the take-off.
- D 8.4.3 If the takeoff is not from both feet simultaneously.
- D 8.6.6 If a twist is greater or less than that announced by 90° or more.

S.J.D.A. Referee's Scoring Scale

Scoring Dives:	Excellent	10.0
	Very Good	8.5 - 9.5
	Good	7.0 - 8.0
	Satisfactory	5.0 - 6.5
	Deficient	2.5 - 4.5
	Unsatisfactory	0.5 - 2.0
	Completely Failed	ZERO

Judge: When judging a dive a judge must not be influenced by any factor other than the technique and execution of the dive. The dive must be considered without regard to the approach to the starting position, the difficulty of the dive or any movement beneath the surface of the water. The points to be considered in judging the overall impression of a dive are the technique and grace of:

- 1. The starting position.**
- 2. The approach.**
- 3. The takeoff.**
- 4. The flight.**
- 5. The entry.**

This means that you need to consider all five parts of the dive. Don't simply judge the diver's entry into the water.

Declarations Called By The Referee

Referee to declare "Failed Dive"; 0 points

- If the diver takes more than one minute, after a warning.
- If a diver double bounces on the end of the springboard before takeoff.
- If the final step is not from one foot.
- If the takeoff is not from both feet simultaneously.
- If a twist is greater or less than that announced by 90 degrees or more.
- If a diver has performed a dive of a number other than that announced.
- If the feet enter the water before the head or hands in a head first dive.
- If the head or hands enter the water before the feet in a feet first dive.
- If assistance has been given to the diver during the execution of a dive.
- If when a second attempt (a re-start) is unsuccessful.
- If a diver refuses the execution of a dive.

Referee to declare "2 points deduction"

- If a diver takes a step and stops or stops the movement for a standing takeoff after the legs have commenced to press.
- If there is a re-start in a standing or running dive.

Referee to declare "4 ½ points maximum"

- When one or both arms are held above the head in a feet first entry or below the head in a head first entry, the Referee shall declare the maximum award to be 4½ points. If a judge then awards more than 4½ points, the Referee shall declare the award from that judge to be 4½ points. **The exception to this arm position rule is with regards to 100C Front Jump Tuck and 200C Back Jump Tuck as the divers may enter the water with their arms straight and parallel overhead when entering the water.**

Referee to declare "2 points maximum"

- If a diver performs a dive in a position other than that announced.

S.J.D.A. Judge's Scoring Scale

Scoring Dives:	<u>Excellent</u>	<u>10.0</u>
	<u>Very Good</u>	<u>8.5 - 9.5</u>
	<u>Good</u>	<u>7.0 - 8.0</u>
	<u>Satisfactory</u>	<u>5.0 - 6.5</u>
	<u>Deficient</u>	<u>2.5 - 4.5</u>
	<u>Unsatisfactory</u>	<u>0.5 - 2.0</u>
	<u>Completely Failed</u>	<u>ZERO</u>

Judge: When judging a dive a judge must not be influenced by any factor other than the technique and execution of the dive. The dive must be considered without regard to the approach to the starting position, the difficulty of the dive, or any movement beneath the surface of the water. The points to be considered in judging the overall impression of a dive are the technique and grace of:

1. The starting position.
2. The approach.
3. The takeoff.
4. The flight.
5. The entry.

This means that you need to consider all five parts of the dive. Don't simply judge the diver's entry into the water.

Judges to award "0 points"

- If a dive of a different number has been performed.
- If the final step is not from one foot.
- If a diver double bounces in a dive at the end of the springboard before the takeoff.
- If the takeoff is not from both feet simultaneously.
- If a twist is greater or less than that announced by 90° or more.

Judges to award "2 points maximum"

- If a dive is performed clearly in a position other than that announced.
- If in a dive, a diver is unsafely close to the springboard or touches the end of the springboard with his head.

Judges to award "4 ½ points maximum"

- If a dive is performed partially in a position other than that announced.
- If in a flying dive, a straight position is not clearly shown for at least one quarter of a somersault (90°) in dives with somersault and at least a half somersault (180°) in dives with more than 1 somersault.
- If the arms are not stretched beyond the head and in line with the body, with the hands close in a head first dive.
- If the arms are held above the head in a feet first entry. **The exception to this arm position rule is with regards to 100C Front Jump Tuck and 200C Back Jump Tuck as the divers may enter the water with their arms straight and parallel overhead when entering the water.**

Judges to deduct "from ½ to 2 points"

- If a dive is not performed in a position as described.
- If the correct starting position is not free and unaffected.
- If there is a bounce (crow hop) in a standing dive.
- If the run is not smooth, aesthetically pleasing in a forward direction to the end of the springboard.
- If the takeoff is not bold, high, and confident.
- If in a twist dive, the twisting is manifestly done from the springboard.
- If the positions as described in the rules are not shown.
- If in a pike dive with twist, the pike position is not clearly shown.
- If in a tuck dive with twist, the tuck position is not clearly shown.
- Notwithstanding the above rules regarding arm position upon entry, if the arms are not in the correct position in either the head first or feet first entry.

Judges to deduct "according to individual opinion"

- If in a dive, the diver dives to the side of the direct line of flight.
- If in a dive, a diver touches the end of the springboard with his feet or hands.
- If the entry into the water is not vertical, or nearly so, or twisted with the body not straight, the feet not together, and the toes not pointed.

Dive Terminology Regarding SJDA Age Group Requirements

Groups of Springboard Dives:

Forward Group: Takeoff from a standing or a running approach, facing the water and rotating toward the water.

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

Reverse Group: Takeoff from either a standing or running approach facing the water and rotating toward the board.

Inward Group: Takeoff from a standing position at the end of the board with back toward the water. Direction of rotation is toward the board.

Twisting Group: Any dive that includes a twist is included in this group. There are four types of twisting dives: forward, backward, reverse, and inward.

Voluntary Dives: Divers must select various dives from different groups based on their age group as well as if they are in the Novice or Junior Olympic category. Novice divers may only perform head first dives that complete a ½ rotation as a voluntary dive and it may be performed in either a tuck, pike, or straight position. There are only 4 voluntary dives that a Novice diver may select to perform as a voluntary dive and they are the following: 101 Forward Dive, 201 Backward Dive, 301 Reverse Dive, and 401 Inward Dive. The Junior Olympic diver may select any dives from each specific group that meets their age group requirements as their voluntary dives, but there is a restriction placed on the sum total of degree of difficulty for these voluntary dives which is dependent upon the number of voluntary dives performed based on their respective age group.

Optional Dives: The number of optional dives from each group is dependent upon their age group as well as if they are in the Novice or Junior Olympic category. Divers may select any dive as their optional dive that has not already been used as a voluntary dive, but there are some restrictions based upon the Novice or Junior Olympic category. The Junior Olympic divers have no limit on the total degree of difficulty allowed, but the Novice level divers will have a maximum degree of difficulty limit of 1.9 on the 1-meter and 2.0 on the 3-meter regardless of the degree of difficulty of the selected optional dive.

Novice Category: Novice diving competition has been developed to allow new and less experienced divers an opportunity to compete with other divers at their ability level and to allow a diver to start competing at any age level. Novice diving is designed to develop essential boardwork skills using forward and backward jumps, forward line-up drills for entry technique, as well as fundamental basic dives to stimulate interest and improvement in the sport of diving. Also, Novice divers may elect to compete in Junior Olympic events if the diver is able to learn and safely execute the list of voluntary and optional dives required by his/her Junior Olympic age group category.

Junior Olympic Category: This category is for more experienced, advanced level divers who have developed a larger repertoire of dives necessary to compete in this more challenging category. Junior Olympic divers may select any dive as a voluntary dive that meets the requirements of their respective age group, but there is a restriction placed on the sum total of degree of difficulty for these voluntary dives which is dependent upon the number of voluntary dives performed based on their respective age group. Junior Olympic divers may select any dive not previously performed as a voluntary dive as their optional dive according to their specific age group requirements and there are no restrictions or limits regarding the degree of difficulty of these optional dives.

SJDA Summer Diving Age Group Dive Requirements

9 & Under			
1-Meter		3-Meter	
Novice (3 Dives)	JO (5 dives)	Novice (3 dives)	JO (5 dives)
Front Jump Tuck 2 Dives (any 2) Each Dive Can Not Exceed 1.9 DD	3 Voluntary (3 groups) 2 Optional (2 groups) Vol. Total DD ≤ 5.0	Front line-up Front Jump Tuck 1 Dives (any) Each Dive Can Not Exceed 2.0 DD	3 Voluntary (3 groups) 2 Optional (2 groups) Vol. Total DD ≤ 5.2
10-11			
1-Meter		3-Meter	
Novice (5 Dives)	JO (6 Dives)	Novice (4 Dives)	JO (6 Dives)
Front Jump Tuck Back Jump Tuck 2 Required 1 Optional Each Dive Can Not Exceed 1.9 DD	3 Voluntary (3 groups) 3 Optional (3 groups) Vol. Total DD ≤ 5.0	Front line-up Front Jump Tuck 2 Dives (any) Each Dive Can Not Exceed 2.0 DD	3 Voluntary (3 groups) 3 Optional (3 groups) Vol. Total DD ≤ 5.4
12 - 13			
1-Meter		3-Meter	
Novice (6 Dives)	JO (7 Dives)	Novice (5 Dives)	JO (7 Dives)
Front Jump Tuck Back Jump Tuck 2 Required 2 Optional Each Dive Can Not Exceed 1.9 DD	4 Voluntary (4 groups) 3 Optional (3 groups) Vol. Total DD ≤ 7.2	Front line-up Front Jump Tuck Back Jump Tuck 2 Dives (from 2 groups) Each Dive Can Not Exceed 2.0 DD	4 Voluntary (4 groups) 3 Optional (3 groups) Vol. Total DD ≤ 7.6
14 - 15			
1-Meter		3-Meter	
Novice (6 Dives)	JO (8 Dives)	Novice (6 Dives)	JO (8 Dives)
3 Required (3 groups) 3 Optional (2-3 groups) Each Dive Can Not Exceed 1.9 DD	5 Voluntary (5 groups) 3 Optional (3 groups) Vol. Total DD ≤ 9.0	Front line-up Front Jump Tuck Back Jump Tuck 3 Dives (from 2-3 groups) Each Dive Can Not Exceed 2.0 DD	5 Voluntary (5 groups) 3 Optional (3 groups) Vol. Total DD ≤ 9.5
16 – 18			
1-Meter		3-Meter	
Novice (6 Dives)	JO (9 Dives)	Novice (6 Dives)	JO (9 Dives)
3 Required (3 groups) 3 Optional (2-3 groups) Each Dive Can Not Exceed 1.9 DD	5 Voluntary (5 groups) 4 Optional (4 groups) Vol. Total DD ≤ 9.0	Front line-up Front Jump Tuck Back Jump Tuck 3 Dives (from 2-3 groups) Each Dive Can Not Exceed 2.0 DD	5 Voluntary (5 groups) 4 Optional (4 groups) Vol. Total DD ≤ 9.5

DD = Degree of Difficulty is used to calculate the final score of a dive. The DD is multiplied by the sum of the judges' scores for each dive.

Groups = Front, Back, Inward, Reverse, & Twist. If indicated, one dive from each group is chosen.

Novice Required (Voluntary) Dives = are any head-first dive, in any position (Tuck, Pike, or Straight), that rotates only ½. There are only 4: 101 Front Dive, 201 Back Dive, 401 Inward Dive, and 301 Reverse Dive

Optional Dives = are any dive that has not already been used on the list.

JO Voluntary Dives = any dives (*i.e.*, either Required or Optional) so long as the sum of their DD does not exceed the total DD listed for that age group.

SJDA Qualifying Scores Adopted in 2016

Age Group	Event	Novice	Junior Olympic
9 & Under Boys & Girls	1 Meter	52.0	101.5
	3-Meter	None	None
10-11 Boys & Girls	1 Meter	90.0	129.0
	3-Meter	None	None
12-13 Boys & Girls	1 Meter	112.50	153.00
	3-Meter	None	None
14-15 Boys & Girls	1 Meter	129.0	178.50
	3-Meter	None	None
16-18 Boys & Girls	1 Meter	129.0	202.50
	3-Meter	None	None

S.J.D.A. Judging Forward and Backward Jumps Tuck (100C & 200C)

Front Jump (100C): The front jump (100C) may be executed either standing or with an approach and hurdle. If standing position is used, the diver should stand at the end of the board with the body in a straight vertical line. A standing front takeoff may start with the arms in any position and the diver may complete an arm circle with the arms coming to an overhead position for takeoff. The judges may take into consideration if the jump is not bold and confident with a high elevation.

If the front jump is being done with an approach and hurdle, the takeoff for the hurdle shall be from one foot only and it should contain a complete arm circle with the arms reaching over the diver's head for take-off. The takeoff should be from both feet simultaneously. There should be an extension of the arms straight and parallel overhead and in line with the body at takeoff

During the flight through the air, the diver's body should remain vertical while the dive is being done in a tight tuck position which is compact as possible at the peak of the dive. Upon descent from the top of the dive the athlete should then extend and open to a position with the body in a straight line, with the arms parallel and overhead and in line with the body. The flight should demonstrate good body alignment, balance and control and the diver should enter the water 2 to 5 feet from the board. **With regards to the entry, the diver's arm position may be with their arms straight and parallel overhead and in line with the body when entering the water or the athlete may choose to have the arms held straight at the sides upon entry.**

Back Jump (200C): The back jump (200C) is always performed with a backward press with the diver standing on the end of the board assuming a rear facing position. The diver may start with the arms in any position with the body in a straight vertical line and the feet either together or apart with the balls of the feet on the end of the board. A diver may rock or oscillate the board upon initiating the back press and there is no maximum number of oscillations, but this rocking motion should not be so prolonged as to be distracting to the judge. The diver's backward press should contain a full arm circle with the arms coming to an overhead position for takeoff while the legs and feet are used to depress the board for maximum lift. There should be an extension of the arms straight and parallel overhead and in line with the body at takeoff.

As with the front jump tuck, the back jump tuck during the flight through the air, the diver's body should remain vertical while the dive is being done in a tight tuck position which is compact as possible at the peak of the dive. Upon descent from the top of the dive the athlete should then extend and open to a position with the body in a straight line, with the arms parallel and overhead and in line with the body. The flight should demonstrate good body alignment, balance and control and the diver should enter the water 2 to 5 feet from the board. **With regards to the entry, the diver's arm position may be with their arms straight and parallel overhead and in line with the body when entering the water or the athlete may choose to have the arms held straight at the sides upon entry.**

The criteria for judging jumps are essentially the same as those for judging dives. Even though jumps are among the easiest skills, superior execution should be rewarded and do not hesitate to award a score in the Good to Excellent range (7-10).

S.J.D.A. Judging Forward Line-Ups (001D)

Line-ups are skills divers use for practicing their entry techniques without having to deal with the additional distracting influences of takeoffs and somersaulting momentum. Line-ups allow the diver to focus solely on achieving correct angle of entry, correct body line, and control of the entry path while performing a variety of movements that directly relate to those needed in the basic and optional dives. The diver extends the body in a straight line with proper body alignment while stretching for the top of the water. The palm of the hand should make contact with the water first to initiate a good entry. The fingers of one hand, clasp the fingers of the other hand and the palms should be completely flat to the water. The diver must elevate the shoulders and hold them tightly against the ears while locking the elbows. The divers are attempting to enter the water with the least amount of splash possible which is the last thing a judge sees when observing a dive. There are several different types of forward line-ups that the divers may choose from when performing this skill and these are the three most common:

001D Forward Fall in Line-Up, Straight or Hollow- The diver stands on the end of the board maintaining a straight line at the hips with the upper body curled into the hollow position. The diver may choose to place the arms in the entry stretch overhead with the hands in the entry grab position or have the arms lateral at shoulder height and in line with the body. The diver will rise up on the toes and fall keeping the body straight during the flight. The diver who chooses to hold the arms out to the side will close laterally with arms straight for flight. No spring from the board is allowed.

001D Forward Open Pike Line-Up, Standing- The diver stands on the end of the board in the forward open pike position. The diver may choose to place the arms in the entry stretch overhead with the hands in the entry grab position or have the arms lateral at shoulder height and in line with the body. The diver will rise up on the toes and fall keeping the body straight during flight. The diver who chooses to hold the arms out to the side will close laterally with arms straight for flight. No spring from the board is allowed.

001D Forward Tuck Roll Off, Sitting- The diver sits on the end of the board in a tuck position. Staying in the tuck position, the diver rocks forward and begins rotating to the front dive position. Just as the hips leave the board the diver kicks out and lines the dive up using either a straight line or pike out method. In a straight line come-out the diver extends the legs and arms simultaneously to a straight line. The diver brings the arms from their position in the spin to the overhead stretch by keeping the elbows bent as the hands pass the center of the body. The diver may also choose to kick out and line up laterally with the arms if they so desire. In a pike-out the diver extends the legs at the knee joint while remaining in a pike position at the hips. As the legs straighten at the knees, the arms move from their spinning position to a lateral shoulder-level position. Following this preliminary move to an open-pike position, the diver then straightens at the hips while the arms move laterally to the overhead stretch.

The criteria for judging line-ups are the following:

- 1. Elbows locked and completely straight.**
- 2. Shoulders elevated and against the ears.**
- 3. Head level in between the arms.**
- 4. Body completely flat and in a straight line.**
- 5. Legs straight at the knees, feet together and toes pointed.**
- 6. Hands grabbed with the palm of one hand horizontal with the water.**
- 7. A vertical entry with little or no splash.**

Even though line-ups are among the easiest skills, superior execution should be rewarded and do not hesitate to award a score in the Good to Excellent range (7-10).

South Jersey Diving Association

Judging Deductions

- | | |
|--|--|
| 1. Assisted Dive | -judge SHALL award no <u>more</u> than 1.0 |
| 2. Protective Attire | -judge SHALL award no <u>more</u> than 1.0 |
| 3. Falling Back Dive | -judge SHALL award no <u>MORE</u> than 2.0 |
| 4. Back Press or a Push are Present in the Take Off | -judge SHALL award no <u>LESS</u> than 2.0 |
| 5. Back Press and a Jump are <u>BOTH</u> Present in the Take Off | -judge SHALL award no <u>LESS</u> than 3.0 |

Please instruct the divers before competitions that BALKS are to be called in all qualifying meets this summer. All participants should be made aware of this during practices and prior to competitions so they are aware of this and understand what constitutes a balk in diving.

Judging Guidelines

-Assign a Head Referee and an Assistant Referee before the event begins. Please take the time to read and review the Referee's Scoring Scale and Declarations card so that you are aware the rules and proper deductions. These two individuals will be the ones to make the appropriate calls to instruct the judging panel and/or the scoring table.

-Please take the time to read and review the Judge's Scoring Scale card so that you are aware the rules and proper deductions. It is your responsibility to understand the fundamental written rules of the sport.

-Listen to the dive number, position, description, and DD of the dive before the diver attempts to perform it. Often errors can be identified just by listening to how the dive was announced. Please pay attention to the dive being performed.

-Judge the dive based on the five principal parts of the dive. Judge the good diving mechanics with good scores and award appropriately lower scores for poorer diving mechanics. Consider all the parts of the dive and not just the diver's entry into the water.

-Be professional about judging and coaching because appearances count when viewed by the public. After each dive each of the judges shall immediately and simultaneously, without communicating with one another, display their award. Please refrain from talking during competitions unless the situation requires it. Be prepared to judge every event regardless of whether or not you have a competitor in that event.

"The Golden Rules For Good Judging" FINA Diving Officials Manual

• **Knowledge of the sport**

Obviously, knowledge of the sport is essential. However, no person is born with it.

It can be acquired by learning to dive under good instruction, studying the FINA Handbook and other texts, participating in judging seminars, discussing the sport with knowledgeable persons, and most importantly, by observation in person and by viewing videotapes, films, and other media. A great deal can be learned about the sport by studying videos of all levels of diving and getting exposure to as many diving competitions as possible. No judge, however seasoned, should stop studying and observing. Even the real experts lose their "diving eye" after several months without contact with diving. It is very important to stay up to-date on the rules and developments of this dynamic sport.

• **Patience, patience, patience**

There are several reasons a judge needs a lot of patience. Firstly, most of the problems that occur during a diving contest are not described in the rules. No written rule describes, for instance, the difference between scores of 7 and 8 for a "good" dive. The small differences are completely dependent on the judge's own opinion. The written rules leave the decision almost completely to the judge.

There are very few rules which describe exactly what the judge should do.

"Deduct ½ - 2 points," for instance, leaves much space for individual opinions. A judge could award either a 6 or a 7 without breaking any rule. The same applies to the rules "maximum 4.5 points" or "deduction according to own judgement" - and so on.

Thus, much of the judging system is based on the discernment and experience of the judge.

Secondly, just as the diver must train his or her body, the judge must train his or her eyes. It is not sufficient to have an abundance of experience and good judgement if you cannot see what is happening in the air. The fine details cannot be grasped without regular training and observation, especially considering the very complex and rapid movements in today's diving.

Finally, patience becomes particularly important in situations where a judge finds himself or herself faced with an unhappy, disappointed parent or a coach vocally dissatisfied with the results. Under these circumstances, a judge must control any temper he or she may have, remain tactful, and be able to take criticism calmly, even though it may not be justified.

• **Be aware of your prejudices – Judge what you see**

Every judge is affected by his/her preconceived opinions. For example, it is very easy for a judge to over-score the favorites, the "stars" who have been very successful in previous contests. The judge expects to see a good dive from the "star" diver, and therefore may rate the dive higher than it deserves. Similarly, a bad dive by a favorite diver may not get as low an award as a bad dive by an unknown diver.

There are also other variants, such as the "halo effect." A diver who performs badly with his or her first few dives in a contest may give the judges the impression that the diver is not very good. The judges expect to see additional bad dives, and it may be more difficult for that diver to receive fair awards even if he or she performs better during the rest of the contest.

The opposite is also seen. An unknown diver starts a contest brilliantly. The audience and the judges give the diver their support. It seems that the diver is about to achieve a breakthrough. In this situation, it often happens that the judges expect the diver to continue to dive as well, and the diver may get high awards even if he or she performs badly on a subsequent dive.

The same thing can happen on single dives. The judges know in advance that a diver can perform a particular dive especially well. Alternatively, they may have seen a diver having difficulty with a certain dive during the practice session. In these situations, it can easily happen that the judging of the dive is affected by the knowledge the judge has in advance. It is important for a judge to evaluate the dive the judge sees from the judge's chair during the competition, and not what was seen prior to the competition.

These prejudices or anticipated results often affect judges unconsciously. It is important for judges to be aware of the existence of prejudices and to ask themselves constantly: "Am I judging the dive or the diver?" "Am I judging what I see or what I expect to see?"

• **Vary the judging**

A golden rule for each judge is to vary the judging – try to use the whole scale from zero to 10.

Since many judging analysis programs look at how many times a judge's score was outside the range of the rest of the panel, many judges tend to view it as a merit not to have the low or high award. A good judge must have the courage to raise the scores on good dives and lower the scores on bad dives. The first round is often decisive in telling whether a contest is going to be well judged or not. If one of the judges "breaks the ice" in the first round by giving an 8 or a 9 on a dive, it may open the door for the other judges to give high awards on good dives during the remainder of the contest. Cautious judging in the first round often results in a "4 - 7.5 contest." This is often referred to as getting into a "rut," where all the judges' scores fall within a small range for all divers throughout the competition. Divers become aware of this when it happens, and their incentive to do a great dive diminishes. When divers see that the judging is such that they can receive a high score for a good dive, there is more excitement and enthusiasm, and believe it or not, this usually results in a higher quality contest.

Therefore, remember that good judging results in good diving.

• **Judge independently**

Of the other judges - a judge must judge independently of the other judges. If a judge's award differs from the awards of the other judges, then that judge should, in principle, be convinced that he or she is the one who is right. This "quiet confidence" is an important component of judging. A judge who has done his or her conscientious best to judge fairly should not worry if his or her opinion happens to differ from that of the rest of the panel. Judges sit in different positions and on different sides of the pool. From these different vantage points it is reasonable that awards may also differ somewhat. Judging diving is not an exact science, which is why more than one judge is used in a contest. If a judge starts to adjust his or her scores to the others, the judge can easily lose consistency in his or her judging. Remember, the goal of a judge is NOT to be part of a "BINGO" (where every judge gives the same award), but to give the right award for the dive!

Of the audience or deck population (coaches, athletes) - judges should never let the audience or deck population influence their judging. This can be very difficult to avoid, especially if a hometown favorite is in the contest. However, a judge's task is to give the divers a fair contest, not to please the audience. A

judge has to resist letting distractions, such as the applause of the crowd, influence his or her award. Remember, the judge is the expert, not the audience.

• **Do not make up for mistakes**

“I am the one who is right.” is the correct attitude, but, as mentioned, only in principle. Of course, judges sometimes make mistakes. It can happen to most judges in every contest. Judges may ask themselves, “How can I make up for my mistake?” The answer is - do not try to compensate by making the same mistake several times. Instead, accept that a mistake was made. For instance, if a judge believes that his or her award was too high an award on a twisted entry in the first round, the judge should not try to give an excessive award on all twisted entries in the entire contest. Similarly, if a judge awarded a particular diver too high in one round, the judge should not judge the diver low in the next round. In the long run, it is almost impossible to be consistent in that way. After a few rounds a judge is back in his or her normal way of judging whether the judge means it or not. So if a mistake was made when judging a dive, a judge should simply forget about it. This is why the two highest and two lowest awards are eliminated.

• **Biased judging**

Biased judging is an offence against the concept of sportsmanship and fair competition. All divers, coaches, and judges agree on that principle. In spite of this, some judges believe that they are entitled to give their own divers a half point extra on each of their dives. This mistake should never be made! There is no “team” or even “national” duty to favor one’s own diver. It is considered an unethical practice in the sport of diving. If you do not believe you can be fair, you should not be judging.

• **Do not respond to biased judging**

Judges may claim it is their right to “respond” to bias judging. However, this mistake should be avoided. Just as it is unethical to engage in biased judging, it is equally unethical to respond to it. Even if one considers it a “measure of defense,” it is cheating just the same.

If judges respond to biased judging, they are no longer entitled to criticize it because they are engaging in it themselves.

• **Do not let degree of difficulty influence the award**

When judging a dive, the degree of difficulty should not be considered. The DD is calculated when determining the total score for the dive performed. Judges should expect the same proficiency for a forward 3 ½ somersaults in pike as they would for a forward 1 ½ or 2 ½ somersaults in pike.

• **“Am I trained enough to judge today?”**

The best judge is sometimes the judge who refrains from judging and says: “No thank you. I have not watched enough diving lately.” This is a judge who understands the importance of fairness in sport.

• **Do not be concerned who is winning or losing**

It is the judge’s responsibility to judge each dive as it is performed, without consideration of the final standings. The judge should not try to calculate the running score or current standing of the contestants. There should be no observation of the scoreboard when it displays the standings or current score totals.

How To Become A Good Judge

To become a well-qualified diving judge requires plenty of practice at judging all age groups and levels. It can be argued the judging of age group divers is much harder than judging more experienced divers because of the range of talent and ability within the same competition. Here are some guidelines on how to become a good judge:

Read and understand the rules of competition so that you are familiar with the dive descriptions, degree of difficulty and the process used in the competition.

Position yourself (with the referee's approval) such that you have a good sideways view of the dive.

Listen as the dive is announced and form a mental picture of how the dive should be perfectly performed. Compare the dive performed to your mental picture.

Do not converse with or listen to others while judging. Keep your attention on the divers, the announcer and referee.

Always remember to recognize the level of competition.

Judge all aspects of the dive and not just the entry. Aspects to be considered are the following: 1. The Starting Position; 2. The Approach; 3. The Takeoff; 4. The Flight; 5. Entry

Do not judge what the diver does before assuming the start position or below the water. From a judging view point, the dive is complete when the entire body has passed the water's surface.

Judge the dive, not the person. Be fair to each contestant by disregarding personal prejudices or impressions.

Do not be influenced by the response of the spectators.

Give the diver what you believe the dive is honestly worth. Do not be influenced by the other judges. If your scores are higher than those of other judges, do not feel that you should bring your scores down to the level of theirs.

Have the courage to use the full range of marks and give the diver what you honestly believe their dive is worth. If a dive is excellent, then give it a 10. If a dive is very poorly performed or failed, then give it a 0. Be fair to all contestants by rewarding good divers and not being scared to penalize a poor dive.

Judge with confidence. On the given signal, immediately hold your mark up for the world to see! If you make a mistake, do not perpetuate the mistake by compensating or marking low for the rest of the round. Adopt the attitude that you made a mistake, forget about it and concentrate on the next dive.

Things Every Diving Judge Should Know by Steve Voellmecke –

Now that the high school diving season is upon us, many parents (and swimming officials) will take their place in the judges' chair. For many, this will be the first time that they have ever judged diving and it can be somewhat intimidating. In order to lessen the stress associated with your first time sitting in the judges' chair, I offer the following "Things Every Diving Judge Should Know."

1. Every Diving Judge should know and be able to identify the FIVE categories of dives. They are Forward Dives, Back Dives, Reverse Dives, Inward Dives and Twisting Dives.
2. Every diving judge should know and be able to identify the FOUR positions used in diving. They are Tuck position, Pike position, Straight (or Layout) position and Free Position.
3. Every diving judge should know and be able to identify a Starting Position, Forward Approach and Hurdle. Every diving judge should also know that there is no such thing as a "hurdle" on a backward takeoff dive.
4. Every diving judge should know that a Hurdle must take-off from ONE foot and land on BOTH feet simultaneously with the toes at or very near the end of the diving board.
5. Every diving judge should know that scores for a dive can range from TEN ("excellent") to a ZERO (completely failed dive). ** See #7 below.
6. Every diving judge should know the scoring descriptions for judging. They are: 0 Points – completely failed; 0.5 – 2.0 Points (Unsatisfactory); 2.5 – 4.5 Points (Deficient); 5.0 – 6.5 Points (Satisfactory); 7.0 – 8.0 Points (Good); 8.5 – 9.5 Points (Very Good); and 10 (Excellent).
7. Every diving judge should know and understand that relative to the scoring description chart stated in #6 above, a "10" is NOT a perfect score; rather, it is a score that is in the "Excellent" range.
8. Every diving judge should know that diving is a sport of aesthetics – dives that "look good" score higher.
9. Every diving judge should know that any action a diver does beneath the surface of the water is not taken into account when scoring the dive.
10. Every diving judge should know that a higher dive is a better dive. If two divers do the exact same dive with the exact same form, at the exact same distance and with the exact same entry -- but one of the divers went higher in the air, THAT diver should receive higher scores than the other diver.
11. Every diving judge knows that a dive performed too close to the board is NOT a good dive. TOO CLOSE IS TOO DANGEROUS and should not be rewarded with high scores – even if all other aspects of the dive were good.
12. Every diving judge should understand and be able to identify a "crow hop" and should know that if two divers perform the exact same dive the exact same way, except for one of the divers "crow hops" on the takeoff, then that diver's scores should be lower than the scores for the diver who did not "crow

hop.” (A “crow hop” is defined as the lifting of one or both feet off of the board during a back or inward takeoff dive but prior to the actual takeoff for the dive).

13. Every diving judge should understand the concept of a “balk” in diving and how it DOES NOT affect the score they give for the dive. (A “balk” is declared when a diver, after assuming a starting position, makes an obvious attempt to start the dive and then stops for any reason. If a diver “balks” they get to try the dive one more time. Upon successful completion of the dive on the second try, each judge scores the second attempt as if nothing happened but the REFEREE instructs the announcer to reduce each judge’s score by TWO points as a penalty for the balk).

14. Every diving judge should know to show their score immediately upon command of the announcer. All judges should show their score for each dive simultaneously. NO PEEKING AT THE OTHER SCORES BEFORE YOU SHOW YOUR SCORE!!

15. Every diving judge should have a basic understanding of how to calculate the point total for each dive. With five judges, the high score and low score are dropped. The remaining three “middle” scores are added together and their sum total is multiplied by the “Degree of Difficulty” of the dive performed. For a three judge panel, the process is the same except that the high score and low score are NOT dropped.

16. Every diving judge should know that “Degree of Difficulty” is NOT taken into account when judging a dive. Judges are to score the PERFORMANCE of the dive – not the DIFFICULTY of the dive.

17. Every diving judge should know to be consistent with their judging and to not play favorites. If you are a “tough” judge – be “tough” on every diver.

18. Every diving judge should know that the safety of the diver is the number one priority and if they, the judge, see something that could result in injury to a diver they should immediately bring it to the attention of the coach, referee or pool manager. (Examples include broken or malfunctioning equipment, horseplay, lightning in the distance, objects floating in the pool near the diving boards, unsafe dives being attempted or repeated, etc.)

19. Every diving judge should know that judging diving is SUBJECTIVE – it is YOUR opinion. You may like certain things about certain dives that the other judges do not like and vice versa. Remember, YOU are the expert – do not be influenced by anything! (Crowd favorite; Hometown hero; well-known diver; etc.)

20. Every diving judge should know that the more times you judge diving, the better you get!

21. Every diving judge should know that in order to fine tune your “diving eye” you must watch diving on a regular basis. Visit a local high school, summer swim club or age group diving team and watch some practices. Practice scoring each dive you see. If you are fortunate enough to go with somebody, have them practice scoring too and then you can compare scores.

22. Every diving judge should know that you can never stop improving your judging. It takes time; it takes practice and it takes patience.

23. Good luck and HAVE FUN!

FINA DIVING RULES 2015-2017

D 6 DUTIES OF THE REFEREE AND ASSISTANT REFEREES

D 6.1 The Referee shall be in control of the competition and located in a position so that he can manage the competition and ensure that the Rules are observed.

D 6.3 The Referee shall inspect the statements of dives. If the statement does not comply with the Rules, the Referee shall have it corrected before the beginning of the competition.

D 6.4 The diver, or the diver's representative, shall be informed of the Referee's decision, that a correction is required, as soon as possible.

D 6.5 In the case of unforeseen circumstances, the Referee may declare a short break, a postponement or a discontinuation of the competition. If possible the break should be done after a full round of dives.

D 6.6 Following an interruption, the competition shall be continued from where it was stopped. The points scored before the interruption shall be carried forward into the remaining portion of the competition, whenever it is held. The final results must be based on the last complete round of dives. Note: If the competition cannot be continued, the result will be determined by the Jury of Appeal.

D 6.7 When there is a strong wind, the Referee may give a diver the right to make a re-start without deduction of points.

D 6.9 When a dive is incorrectly announced, the diver or his representative shall advise the Referee immediately, who shall then confirm the diver's statement of dives.

D 6.10 If the incorrectly announced dive is executed by the diver, the Referee may cancel it and have the correct dive announced and performed immediately. The awards for the first dive must be noted should a protest be lodged.

D 6.12 Each diver shall be given sufficient time for the preparation and execution of the dive, but if it takes more than one minute after the Referee has given a warning, the diver shall receive zero (0) points for the dive announced.

D 6.14 In exceptional circumstances, the Referee may allow a diver to repeat a dive without penalty. The awards for the first dive must be noted should a protest be lodged.

D 6.15 The request for such a repetition must be made immediately by the diver or his representative.

D 6.16 If the diver double bounces on the end of the springboard before takeoff, the Referee shall declare it a failed dive.

D 6.17 When in a running dive the final step is not from one foot, the Referee shall declare it a failed dive.

D 6.18 When the takeoff from the springboard is not from both feet simultaneously, the Referee shall declare it a failed dive.

D 6.19 When it is quite clear that the dive has been performed in a position other than that announced, the Referee shall repeat the announcement, and declare that the maximum award shall be 2 points, before giving the judges the signal to show their marks. If a judge then awards more than 2 points, the Referee shall declare the award from that judge to be 2 points.

D 6.20 When at the entry a twist is greater or less than that announced by 90 degrees or more, the Referee shall declare it a failed dive.

D 6.21 When the Referee is certain that a diver has performed a dive of a number other than that announced, the Referee shall declare it a failed dive.

D 6.22 When one or both arms are held above the head in a feet first entry or below the head in a head first entry, the Referee shall declare the maximum award to be 4½ points. If a judge then awards more than 4½ points, the Referee shall declare the award from that judge to be 4½ points.

D 6.22.1 In head first dives, if the feet enter the water before the head or hands, the Referee shall declare it a failed dive.

D 6.22.2 In feet first dives, if the head or hands enter the water before the feet, the Referee shall declare it a failed dive.

D 6.23 During the execution of a dive, there shall be no assistance to the diver from any person. Assistance between dives shall be permitted.

D 6.24 The Referee may declare a dive to be failed if he considers that assistance has been given to the diver.

D 6.25 When a diver in a running dive takes a step and stops or in a standing dive stops the movement for the takeoff after the legs have commenced to press, the Referee shall declare there has been a re-start and shall deduct 2 points from the award of each judge.

D 6.26 When there is a restart in a running or standing dive, the Referee shall deduct 2 points from the award of each judge.

D 6.27 When a second attempt (a re-start) is unsuccessful, the Referee shall declare a failed dive.

D 6.28 When a diver refuses to execute a dive, the Referee shall declare a failed dive.

D 6.29 If a diver in a competition disturbs a contest, the Referee may exclude him from that competition. If a member of a team, a coach or an official disturbs a contest, the Referee may exclude that person from the competition area.

D 6.30 The Referee may remove any judge from the competition whose judgement he regards as unsatisfactory and may appoint another judge to replace him. At the end of the competition the Referee shall make a written report to the Jury of Appeal.

D 6.31 Such a change of judge shall take place only at the end of a session or round of dives performed by each diver.

D 8 JUDGING

D 8.1 General

D 8.1.1 A judge shall award from 0 to 10 points for a dive according to his overall impression within the following criteria:

Excellent	10
Very Good	8.5 – 9.5
Good	7.0 – 8.0
Satisfactory	5.0 – 6.5
Deficient	2.5 – 4.5
Unsatisfactory	0.5 – 2.0
Completely failed	0

D 8.1.2 When judging a dive, the judge must not be influenced by any factor other than the technique and execution of the dive. The dive must be considered without regard to the approach to the starting position, the difficulty of the dive, or any movement beneath the surface of the water.

D 8.1.3 The points to be considered in judging the overall impression of a dive are the technique and grace of:

1. The starting position
2. The approach
3. The takeoff
4. The flight
5. The entry

D 8.1.4 When a dive is performed clearly in a position other than that announced the dive shall be deemed unsatisfactory. The highest award for such a dive is 2 points.

D 8.1.5 When a dive is performed partially in a position other than that announced, the judges shall exercise their own opinion in making their award up to a maximum of 4½ points.

D 8.1.6 When a dive is not performed in the straight (A), pike (B), tuck (C), or free (D) position, the judge shall deduct from ½ to 2 points, according to his opinion.

D 8.1.7 When a judge considers that a dive of a different number has been performed he may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

D 8.2 The starting position

D 8.2.2 The starting position shall be free and unaffected.

D 8.2.3 When the correct starting position is not free and unaffected, each judge shall deduct ½ to 2 points, according to his opinion.

D 8.2.4 Standing dives

D 8.2.4.1 The starting position in standing dives shall be assumed when the diver stands on the front end of the board.

D 8.2.4.2 The body shall be straight, head erect, with the arms straight in any position.

D 8.2.4.3 When executing a standing dive, the diver must not bounce (crow hop) on the springboard before the takeoff. In this circumstance, the judge shall deduct from $\frac{1}{2}$ to 2 points, according to his opinion.

D 8.2.5 Running dives

D 8.2.5.1 The starting position in a running dive shall be assumed when the diver is ready to take the first step of the run.

D 8.3 The approach

D 8.3.1 When executing a running dive from the springboard, the run shall be smooth, aesthetically pleasing, and in a forward direction to the end of the springboard with the final step being from one foot.

D 8.3.2 When the run is not smooth, aesthetically pleasing, or in a forward direction to the end of the springboard, each judge shall deduct $\frac{1}{2}$ to 2 points, according to his opinion.

D 8.3.3 When the final step is not from one foot, the judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

D 8.3.4 The diver must not double bounce on the end of the springboard before the takeoff. When the judge considers that the diver has double bounced in a dive, the judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

D 8.4 The takeoff

D 8.4.1 The takeoff in forward and reverse dives may be performed either standing or running at the option of the diver. The takeoff in backward and inward dives must be performed standing.

D 8.4.2 The takeoff from the springboard shall be from both feet simultaneously.

D 8.4.3 When the takeoff from the springboard is not from both feet, the judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

D 8.4.4 In running and standing dives, the takeoff shall be bold, high and confident, and shall be from the end of the springboard.

D 8.4.5 When the takeoff is not bold, high and confident, or from the end of the springboard, each judge shall deduct $\frac{1}{2}$ to 2 points, according to his opinion.

D 8.4.6 In dives with twist, the twisting shall not be manifestly done from the springboard. If the twisting is manifestly done from the springboard, each judge shall deduct $\frac{1}{2}$ to 2 points, according to his opinion.

D 8.5 The flight

D 8.5.1 If during the execution of a dive, a diver dives to the side of the direct line of flight, each judge shall deduct according to his opinion.

D 8.5.2 If during an execution of a dive, a diver touches the end of the springboard with his feet or hands, each judge shall deduct according to his opinion.

D 8.5.3 If during the execution of a dive, a diver is unsafely close to the springboard or touches the end of the springboard with his head, the judges shall award up to a maximum of 2 points. If the majority of the judges (at least three (3) in a 5 judge panel / at least four (4) in a 7 judge panel) award two (2) or less points, all higher scores shall be two (2) points. The judges indicates to the Referee by the use of electronic technology or where electronic technology is not available by raising one hand that the two (2) or less points are in relation to the unsafe close execution of the dive.

D 8.5.4 During the flight, the position of the dive shall be at all times aesthetically pleasing. Should any of the positions not be shown as described below, each judge shall deduct ½ to 2 points, according to his opinion.

The dive can be executed in the following positions:

Straight (A)

D 8.5.5 In the straight position the body shall not be bent either at the knees or hips. The feet shall be together and the toes pointed. The position of the arms is at the option of the diver.

D 8.5.6 In all flying dives a straight position shall be clearly shown and that position shall be assumed from the takeoff or after one somersault. When the straight position is not shown for at least one quarter of a somersault (90°) in dives with one (1) somersault, and at least one half of a somersault (180°) in dives with more than one (1) somersault, the maximum award by the judges shall be 4½ points.

Pike (B)

D 8.5.7 In the pike position the body shall be bent at the hips, but the legs must be kept straight at the knees, the feet shall be together, and the toes pointed. The position of the arms is at the option of the diver.

D 8.5.8 In the pike dives with twist, the pike position must be clearly shown. Should this position not be shown, each judge shall deduct ½ to 2 points, according to his opinion.

Tuck (C)

D 8.5.9 In the tuck position the body shall be compact, bent at the knees and hips with the knees and feet together. The hands shall be on the lower legs and the toes pointed.

D 8.5.10 In tuck dives with twist, the tuck position must be clearly shown. Should this position not be shown, each judge shall deduct ½ to 2 points, according to his opinion.

Free position (D)

D 8.5.11 In the free position, the body position is optional but the legs shall be together and the toes pointed.

D 8.5.12 In somersault dives with twist, the twist may be performed at any time during the flight.

D 8.6 The entry

D 8.6.1 The entry into the water shall in all cases be vertical, not twisted, with the body straight, the feet together, and the toes pointed.

D 8.6.2 When the entry is short or over, twisted or the body not straight, the feet not together, and the toes not pointed, each judge shall deduct according to his opinion.

D 8.6.3 In head first entries, the arms shall be stretched beyond the head and in line with the body, with the hands close together. If one or both arms are held below the head on entry, the judge may award up to 4 ½ points, notwithstanding that the Referee has not declared a maximum award of 4 ½.

D 8.6.4 In feet first entries, the arms shall be close to the body with no bending at the elbows. If one or both arms are held beyond the head on entry, the judge may award up to 4 ½ points, notwithstanding that the Referee has not declared a maximum award of 4 ½.

D 8.6.5 Other than as provided in Rules D 8.6.3 and D 8.6.4, when the arms are not in the correct position in either the head first or feet first entry, each judge shall deduct from ½ to 2 points, according to his opinion.

D 8.6.6 When at the entry a twist is greater or less than that announced by 90 degrees or more, the judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

D 8.6.7 The dive is considered to have been completed when the whole of the body is completely under the surface of the water.

D 10 SUMMARY OF THE PENALTIES

Referee to declare "Failed Dive"; 0 points

- D 6.12 If the diver takes more than one minute, after a warning.
- D 6.16 If a diver double bounces on the end of the springboard before takeoff.
- D 6.17 If the final step is not from one foot.
- D 6.18 If the takeoff is not from both feet simultaneously.
- D 6.20 If a twist is greater or less than that announced by 90 degrees or more.
- D 6.21 If a diver has performed a dive of a number other than that announced.
- D 6.22.1 If the feet enter the water before the head or hands in a head first dive.
- D 6.22.2 If the head or hands enter the water before the feet in a feet first dive.
- D 6.24 If assistance has been given to the diver.
- D 6.27 When a second attempt (a re-start) is unsuccessful.
- D 6.28 If a diver refuses the execution of a dive.

Referee to declare "2 points deduction"

- D 6.25 If a diver takes a step and stops or stops the movement for a standing takeoff after the legs have commenced to press.
- D 6.26 If there is a re-start in a standing or running dive.

Referee to declare "2 points maximum"

- D 6.19 If a diver performs a dive in a position other than that announced.

Referee to declare "4 ½ points maximum"

- D 6.22 If a diver has one or both arms held above the head in a feet first entry or below the head in a head first entry.

Judges to award "0 points"

- D 8.1.7 If a dive of a different number has been performed.
- D 8.3.3 If the final step is not from one foot.
- D 8.3.4 If a diver double bounces in a dive at the end of the springboard before the takeoff.
- D 8.4.3 If the takeoff is not from both feet simultaneously.
- D 8.6.6 If a twist is greater or less than that announced by 90° or more.

Judges to award "2 points maximum"

D 8.1.4 If a dive is performed clearly in a position other than that announced.

D 8.5.3 If in a dive, a diver is unsafely close to the springboard or touches the end of the springboard with his head.

Judges to award "4 ½ points maximum"

D 8.1.5 If a dive is performed partially in a position other than that announced.

D 8.5.6 If in a flying dive, a straight position is not clearly shown for at least one quarter of a somersault (90°) in dives with somersault and at least a half somersault (180°) in dives with more than 1 somersault.

D 8.6.3 If the arms are not stretched beyond the head and in line with the body, with the hands close together in a head first dive.

D 8.6.4 If the arms are held above the head in a feet first entry.

Judges to deduct "from ½ to 2 points"

D 8.1.6 If a dive is not performed in a position as described.

D 8.2.3 If the correct starting position is not free and unaffected.

D 8.2.4.3 If there is a bounce (crow hop) in a standing dive.

D 8.3.2 If the run is not smooth, aesthetically pleasing in a forward direction to the end of the springboard.

D 8.4.5 If the takeoff is not bold, high, and confident.

D 8.4.6 If in a twist dive, the twisting is manifestly done from the springboard.

D 8.5.4 If the positions as described in the rules are not shown.

D 8.5.8 If in a pike dive with twist, the pike position is not clearly shown.

D 8.5.10 If in a tuck dive with twist, the tuck position is not clearly shown.

D 8.6.5 Notwithstanding Rules D 8.6.3 and D 8.6.4, the arms are not in the correct position in either the head first or feet first entry.

Judges to deduct "according to individual opinion"

D 8.5.1 If in a dive, the diver dives to the side of the direct line of flight.

D 8.5.2 If in a dive, a diver touches the end of the springboard with his feet or hands.

D 8.6.2 If the entry into the water is not vertical, or nearly so, or twisted with the body not straight, the feet not together, and the toes not pointed.