

National Federation of State
High School Associations



DIVING OFFICIALS' GUIDELINES MANUAL

2015-16



Coaching Swimming was developed by the NFHS and the National Interscholastic Swim Coaches Association of America (NISCA). This course teaches the basic skills of the four competitive strokes, and also includes starts, turns and finishes. It also provides material on how to best administer a successful swimming program.



Course Objectives

- How to successfully administer a student first swimming program including—recruitment, pre-event management, interscholastic coaching philosophy, differences in club v. high school, communication and risk minimization
- Become familiar with the NFHS Swimming rulesbook and local guidelines
- Learn the basics of the four competitive swimming strokes —freestyle, backstroke, breaststroke and butterfly
- Learn the elements of the start and different variations
- Learn the two basic types of turns (flip and open) and how to execute each

Units

- Administering the Program
- Competitive Swimstrokes
- Starts
- Turns and Finishes

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2015-16 NFHS DIVING OFFICIALS' GUIDELINES MANUAL

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NFHS Publications

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INTRODUCTION

This manual is provided to improve the consistency of officiating high school diving. It is based on the premise that the purpose of diving judges at a meet is to ensure fair competition for all participants in accordance with the rules established by the NFHS. In order to accomplish this, officials must understand the rules and enforce all rules without regard for the outcome of the competition.

This manual is not meant to be “another rules book.” Rather, it is designed to assist all officials in understanding their role in conducting competition. While it should be especially useful for new and less experienced diving judges, it will also help the veteran judge hone the individual’s organizational skills along with the mechanics of officiating the event of one-meter diving.

PHILOSOPHY AND ETHICS

The primary role of the official is to ensure that the actions of the competitors, coaches and other team personnel are in compliance with the rules. In fulfilling this task, the official must establish the best possible climate for fair competition with the attention on the athletes, rather than on the official.

The conduct of each official affects the public’s attitude toward all officials. Therefore, every official must uphold the honor, integrity and dignity of the profession.

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Officials Code of Ethics

Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility. The purpose of this Code is to establish guidelines for ethical standards of conduct for all interscholastic officials.

Officials shall master both the rules of the game and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.

Officials shall work with each other and their state associations in a constructive and cooperative manner.

Officials shall uphold the honor and dignity of the profession in all interaction with student-athletes, coaches, athletic directors, school administrators, colleagues, and the public.

Officials shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.

Officials shall be punctual and professional in the fulfillment of all contractual obligations.

Officials shall remain mindful that their conduct influences the respect that student-athletes, coaches and the public hold for the profession.

Officials shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to student-athletes. Where appropriate, they shall inform event management of conditions or situations that appear unreasonably hazardous.

Officials shall take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition.

Officials shall maintain an ethical approach while participating in forums, chat rooms and all forms of social media.



THE DIVING REFEREE
Refer to NFHS Rules 9-6 through 9-8

The diving referee is the head diving judge and has full authority over other diving judges. The diving referee's decision is final.

Before diving competition, the diving referee should:

- Arrive at least 30 minutes prior to the scheduled start of the meet to see that the equipment necessary to conduct the one-meter diving event is in compliance with the rules. Any concern should be referred to the host team's representative or meet manager.
- If necessary, be sure lane lines and backstroke flags are removed from the diving area.
- Require all diving scoresheets be submitted by a designated time, allowing adequate time for review of the scoresheets prior to the competition.
- Confirm the process being utilized to obtain the diver and coach signatures when using electronic diving entries.
- Check carefully that all diving scoresheets are signed by the diver and coach.
- When using electronic devices for entries and/or scoring, confirm the protocols to be followed by the diving referee, coaches and divers to ensure all requirements and responsibilities, by rule, are being met. Review the protocol with appropriate meet personnel to ensure smooth administration of the competition.
 - For dual meets:
 - The number of team entries in diving shall be the same as the number of swimmers allowed in each swimming event.
 - Diving shall count as one of the athlete's two individual entries for the meet.
 - The divers from the visiting team have the choice of selecting the odd or even diving positions. A single diver from the visiting team may select any of the odd or even positions, i.e., 1, 3, 5, which may be different than the lanes selected for the team's swimming lanes.
 - The diving referee, or his/her designee, should check the diving scoresheets for the following: (This is performed as a courtesy to

the diver and his/her coach. The primary responsibility for accuracy of the diving scoresheet lies with the diver and coach.)

- The diver's name and school, diver and coach signatures, dive number and position, the order in which the dives will be performed, and that the designated degree of difficulty for the voluntary dive is circled and not greater than 1.8. *Remember:* the dive number and position are the official description of each dive;
 - Verify that all divers have the correct Voluntary Dive Group for the week: Week #1 – forward group; week #2 – back group; week #3 – inward group; week #4 – twisting group; week #5 – reverse group; then start again with the forward group (*unless determined otherwise by the state association.*);
 - Verify that the five optional dives come from at least four of the five dive groups, and may include any dive from the voluntary dive group other than the voluntary dive, and;
 - Be sure no dive is repeated on the scoresheet.
- For 11-dive meets:
- The number of team entries shall be determined by the meet management.
 - The order in which the divers shall perform shall be determined by the meet director and shall be by lot or by seeding based on the diver's best competitive 11 dive score submitted. If seeding and no 11 dive score is submitted, the diver shall be seeded by lot at the beginning of the diving order. The same relative position in the diving order shall be maintained by the divers throughout all levels of the competition; however, the diving finalists may be seeded based on the semifinal scores (lowest to highest) or kept in the same dive order as the preliminaries and semifinals, as determined by the meet director.
 - The default method for determining the order of the diving competition shall be by lot for a championship meet or meet conducted under a championship format.
 - The diving referee, or his/her designee, should check the diving scoresheets for the following: (This is performed as a courtesy to the diver and his/her coach. The primary responsibility for accuracy of the diving scoresheet lies with the diver and coach.)
 - The diver's name and school, diver and coach signatures, dive number and DD for voluntary dive(s) circled (*if electronic diving entries are being used, the voluntary dives will be identified as such, but not circled*), position, written description, degree of difficulty, and the order the dives will be performed. *Remember:* the dive number and position are the official description of each dive;

- That all divers have 11 dives listed;
 - Verify that the five voluntary dives (two in the preliminary round, two in the semifinal round and one in the final round) come from each of the dive groups with their assigned DD and have a sum total of 9.0, or less;
 - Verify that the six optional dives include at least one from each of the five groups and that no more than one optional dive from the same group is performed through the semifinals (i.e., first eight rounds); and
 - Verify that all five groups are represented in the first eight rounds of competition and no dive is repeated.
- Have a meeting with the coaches, and divers if necessary, to discuss the following:
 - The order in which the divers will perform;
 - Warm-up procedures before each session of competition (immediately prior to the diving competition, each diver is allowed at least two approaches, with or without a water entry at the diver's discretion);
 - Responsibility for diving sheets;
 - Requesting declared false starts and protocol to follow (Rule 3-2-3);
 - The importance of the diver listening to each dive as it is announced and what to do if a dive is announced incorrectly;
 - Quieting the crowd;
 - Requests by the diver for performing a dive again due to a distraction;
 - Requests by the diver to wipe water from the diving board before assuming a starting position;
 - Review rules regarding taping (Divers may wear tape or wraps for support and no medical authorization is required) and;
 - Any special rules which will apply to the competition.
- Meet with the other diving judges to review calls by the referee, individual judges' responsibilities, the scale for awarding points, their locations while judging diving and discuss any other unique circumstances related to diving.
- The following areas should be covered:
 - Judges should NOT discuss or make comments regarding dives with other judges until after the scores are awarded;
 - If a judge is also a coach, it is only appropriate for that coach to talk to his/her own divers;
 - Review mandatory deduction for a balk or violation of the forward approach as determined by the diving referee; and
 - Not showing their score until it is called for and when called not delaying showing the score.

During the diving competition, the diving referee should:

- Determine disqualifications as per the NFHS rules and notify the competitor and/or the coach.
- Determine and announce failed dives, including declared false starts (no dive), as per the NFHS rules (Rules 9-6-2 and 3-2-3).
- Allow divers to withdraw from the competition and treat this the same as a 'declared false start' taken by swimmers.
- Deduct two points from each judge's award for a violation of the forward approach or a balk as per the NFHS rules.
- Declare an unsatisfactory dive when:
 - The dive is clearly done in a position other than what is written on the scoresheet;
 - The diver hits the board;
 - The diver does not attempt to come out of a tuck or pike position; or
 - The diver does not attempt to come out of a twist.
- Not invoke a penalty unless the diving referee is absolutely certain it is warranted. The diving referee may confer with another judge only regarding the determination of a failed dive.

Following the diving competition, the diving referee should:

- Review, or designate other diving officials to review, the scoresheets for accuracy, establish the order of finish and have the scores announced.
- Sign the diving scoresheet.

DIVING JUDGES
Refer to NFHS Rules 9-7 and 9-8

While there are many aspects to being a good diving judge, knowledge of the rules is paramount. Knowing the rules regarding the five elements of all dives (starting position, approach, takeoff, flight and positions, and entry into the water) is essential to being a competent diving judge. It is important for diving judges to review the diving guidelines and/or silhouettes frequently.

Diving judge should:

- Be sure to consider all five elements of a dive when scoring. Judge the entire dive independently and select a score promptly upon completion of the dive.
- Be consistent and fair to all the divers. Score all divers on the same basis.
- Remember the specific rules requiring deductions by a diving judge.

- Trust his/her instincts, judge what is observed and use the entire range of numbers 10-0. Do not allow outside factors such as other judges, spectators, coaches and/or team members to enter into the judging process. Individual judges do not have to agree with the rest of the panel; the score in the middle isn't always the correct one.
- If in doubt, give the benefit to the diver.
- Not show the score for a dive until it has been called for and once called not delay showing the score.
- Expect properly-executed dives be performed in front of the board and at an appropriate distance from the board and walls.

It is important to hear the announcer read the dive and dive description in order to develop a mental picture of the dive to be completed. Begin judging the dive when the starting position has been established and do not stop judging the dive until the **diver has passed below the surface of the water**. Once the dive is completed, select a score quickly without consulting another diving judge. If there is an error in a score read by the announcer, immediately bring it to the attention of the diving referee.

The judging panel may or may not include the diving referee (Rule 9-6-1).

A diving judge, who is maybe a coach, may converse with his/her diver(s) at times determined by the diving referee, but may not do so when it will distract the diving judge from a dive being performed by another diver. (**Note:** *Coaches may only officiate if it is allowed by their state association.*)

THE DIVING ANNOUNCER
Refer to NFHS Rule 9-6-3

The diving announcer should:

- Be familiar with diving and review the dive sheets prior to competition in order to clarify any questions. This is a good opportunity to review for correct pronunciation of names.
- Make any announcements directed by the diving referee, i.e., no flash photography, quiet during competition, etc.
- Announce the order in which the divers will perform.
- Announce each dive in the following manner: "Name of the diver, dive number, position, dive description, and degree of difficulty." Make this announcement slowly and clearly to be certain the competitors and diving judges hear this information.

- Announce the judges' scores in the same order every time, as has been determined by the diving referee. Wait until all scores are posted before announcing.
- Under championship format, announce the names and places, or names and scores, of the divers at the completion of the preliminary and semifinal rounds for those advancing to the next round of competition.
- Announce the final individual and team scores.

GUIDELINES FOR JUDGING DIVING
Refer to NFHS Rules Book Appendix C

Starting Position

- Forward – The diver should demonstrate good posture with arms in a position of the diver's choice.
- Back/inward – The diver should demonstrate good posture, with the head upright, arms in a position of the diver's choice. A diver may move the arms to a variety of preparatory positions provided there is no attempt to start the dive.

Approach

- Forward – The approach shall begin with not less than three steps and finish with a hurdle, defined as a jump off one foot to a landing on both feet at the end of the board. The diver may use additional steps, hops, leaps and/or jumps during the initial steps and before the culminating hurdle. The forward takeoff shall be from both feet simultaneously to an adequate height to perform the dive.

Hurdle

- The last step in the forward approach, called the hurdle, consists of the diver lifting the leg (diver's choice of which leg) to a right angle at the hip and knee. The other leg pushes down on the board and helps the diver jump to the end of the board where he/she lands on two feet. The hurdle is the foundation for the rest of the dive, thus an important element for judges to observe.

Takeoff

- Back/inward – The diver shall stop oscillating the board just before or after assuming the starting position. Once the diver assumes the starting position, the board can be oscillated up to four times prior to moving the arms from the starting position. The oscillations shall not be so large as to disrupt the tempo or smoothness of the dive. After moving the arms from the starting position, the diver may continue to oscillate the board until the takeoff occurs. At NO time should the balls of the feet/foot lose contact with the board. If the feet/foot leave

the board or excessive oscillation occurs (more than four) prior to the arm movement, the judge should deduct $\frac{1}{2}$ - 2 points for each violation.

- Balance on the balls of the feet should be maintained as the arms move in time with the leg push to assist lift from the board. Too much lean forward or backward will affect the success of the dive.

Flight

- Once in the air, the diver should demonstrate control of the dive. Contributing to control is the diver's height and power along with grace, beauty and accuracy. The dive position (tuck, pike or straight) should be clearly defined. Good form should be displayed by means of body tightness and toe point which is maintained throughout the entire dive flight. The arms may be in the position of the diver's choice just prior to the entry into the water: they should be brought together and extended beyond the head in line with the body for a head-first entry or against the sides of the body with straight elbows for a feet-first entry.
- Straight position (A) – The body shall not be bent either at the knees or hips, knees and feet together, toes pointed.
- Pike position (B) – The body shall be bent at the hips, legs straight and together, toes pointed.
- Tuck position (C) – The body shall be bent at the hips and knees, knees at or inside the shoulders, toes pointed.
- Free position (D) – A combination of positions may be used to perform certain twisting dives.

NOTES:

1. Flying one somersault dives require the diver to hold the straight position until the body is horizontal to the water (9-7-4e).
2. Flying one and one half somersault dives require the diver to hold the straight position until the body is perpendicular to the water.

Entry

- The entry into the water should be as vertical as possible with the body straight and toes pointed. The diver's line into the water is only one segment of the total dive and should not be over judged. Splashless entries (known as "rip" entries) are impressive and are a critical part of the total dive. However, since the entry is the last part of the dive seen, it is easy to judge the entry, forgetting mistakes in takeoff and/or flight. Avoid this common trap. Conversely, a good dive with a rip entry is automatically a better dive and deserves a higher score.

- The dive is completed and scored when **the body passes below the surface of the water.**

Properly executed dives should be performed a safe distance from the board and walls.

DIVING POINT AWARDS
Refer to NFHS Rule 9-7

10	Excellent – No visible flaws – Approach, hurdle, height, distance, execution and entry are all exceptional.
$8\frac{1}{2} - 9\frac{1}{2}$	Very Good – Approach, hurdle, height and distance slightly affected. Execution well defined.
7 – 8	Good – Approach and hurdle unaffected. Height and distance acceptable. Execution defined, entry controlled, but slightly affected.
5 – $6\frac{1}{2}$	Satisfactory – Approach and hurdle acceptable. Height and distance adequate. Execution complete and entry slightly over or under.
$2\frac{1}{2} - 4\frac{1}{2}$	Deficient – Approach and hurdle affected. Height and distance inadequate. Execution affected and entry over or under.
$\frac{1}{2} - 2$	Unsatisfactory – Approach and hurdle affected. Height and distance inadequate. Execution not complete or broken position. Entry significantly affected.
0	Failed.

Diving judge's deductions:

- Deficient dives:
 - The diver partially alters the position of the dive during flight;
 - A diver enters the water with one or both hands above the shoulders on a dive requiring a feet-first entry, or with one or both hands below the shoulders on a dive requiring a head-first entry.
- Mandatory $\frac{1}{2} - 2$ point deduction:
 - Not stopping the oscillations of the board just before or after the starting position is assumed in a back/inward takeoff;
 - Excessive oscillation during a back/inward takeoff;
 - Feet/foot leaving the board prior to a back/inward takeoff;
 - Obviously spreading knees in the tuck position outside the shoulders;
 - Not holding the straight position until the body is horizontal to the surface of the water on any flying one somersault or does not hold the straight position until the body is perpendicular to the water on any flying one and one half somersault dives;

- Entering the water to the side of the board, and;
- Twisting manifestly from the board.

NOTE: A crow hop is not permitted.

Diving referee's deductions:

- 2 point deduction from each judge's score for:
 - Violations of the forward approach;
 - Balks (Declared before the diving judges have scored the dive).
 - It is a balk if the diving referee believes the diver interrupts the continuous execution of the dive after assuming starting position.
- Unsatisfactory dive (maximum score of 2 points):
 - A dive clearly done in a position other than that described on the diving scoresheet;
 - A diver hitting the board;
 - A diver not attempting to come out of the tuck or pike position, and;
 - A diver does not attempt to come out of the twist.
- Failed dive (0 points awarded):
 - Executing a dive other than that given on the diving scoresheet;
 - Not assuming a starting position;
 - Falling into the water;
 - Being assisted by another person;
 - Not executing the pike before the twist for dives #5111B and #5411B;
 - Does not contact the water with the head or hands first on a head-first dive or with the feet first on a feet-first dive;
 - Executes a twist, as determined by the diver's shoulder position, more or less than 90 degrees indicated on the diving scoresheet when the diver's feet/hands contact the water;
 - In a twisting dive, twist the shoulders past 90 degrees before the feet leave the board;
 - Repeats a dive;
 - Steps off the board after assuming the starting position (without permission);
 - Performs a dive requiring a forward approach from the standing forward position;
 - Does not record the official description of the dive (dive number and position) on the diving scoresheet;
 - Commits two balks on the same dive;
 - In a dual meet, does not perform the voluntary dive first;
 - In a championship meet, does not perform the voluntary and optional dives as specified;
 - Performs a dive not listed on the diving table.

- Disqualifications by the diving referee:
 - Diver does not make a sincere attempt to perform the dive;
 - It becomes obvious the dives listed on the diver's scoresheet are too difficult for the diver to perform;
 - Diver unnecessarily delays in the performance of a dive;
 - Diver behaves in an unsporting manner, or;
 - Diver fails two dives for any reason.

SIMPLIFYING THE DIVE NUMBERS

The meaning of the dive numbers:

- It is important for a diving judge to know the meaning of the dive numbers so he/she can begin to prepare to judge the dive at the time it is announced by the diving announcer. The dive number and position define the dive to be performed.
 - 100's = forward dives
 - 200's = back dives
 - 300's = reverse dives
 - 400's = inward dives
 - 500's = twisting dives
 - Position designations:
 - Straight or layout position = "A"
 - Pike position = "B"
 - Tuck position = "C"
 - Free position = "D"
- For forward, back, inward and reverse dives:
 - The first number indicates the direction of travel;
 - The second number indicates whether the dive utilizes the flying position
 - 0 = not a "flying" dive
 - 1 = "flying" dive
 - The third number indicates the number of half somersaults;
 - 2 = 1 somersault
 - 3 = 1½ somersaults
 - 4 = 2 somersaults, etc.
 - 1, 2 or 3 somersaults = a feet-first entry;
 - 1½, 2½ or 3½ = a head-first entry;
 - Dives with an odd third number should always enter the water head-first;
 - Dives with an even third number should always enter the water feet-first,

- For twisting dives:
 - The second number indicates the direction of travel;
 - The third number indicates the number of half somersaults;
 - The fourth number indicates the number of half twists to be performed.
 - 1 = ½ twist
 - 2 = 1 full twist
 - 3 = 1½ twists
 - 4 = 2 full twists
 - 5 = 2½ twists
 - 6 = 3 full twists

See the chart below for examples of what the four numbers in a twisting dive mean.

Group	Category	Somersaults	Twists
5	1	3	2
Twisting	Forward	# of ½ SS	# of half Twists

- Twisting dives with a head-first entry

Dive Group	0, 1, 2, 3 Twists	½, 1½, 2½ Twists
Forward	Facing the board	Looking away
Back	Looking away	Facing the board
Reverse	Facing the board	Looking away
Inward	Looking away	Facing the board
- Twisting dives with a feet-first entry

Dive Group	0, 1, 2, 3 Twists	½, 1½, 2½ Twists
Forward	Looking away	Facing the board
Back	Facing the board	Looking away
Reverse	Looking away	Facing the board
Inward	Facing the board	Looking away

ONE METER DIVING TABLE

Any dive from a group may be designated as a voluntary dive. It will receive its assigned DD through 1.8. Any voluntary dive with a DD greater than 1.8 will be assigned a DD of 1.8.


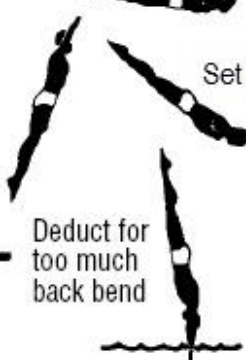



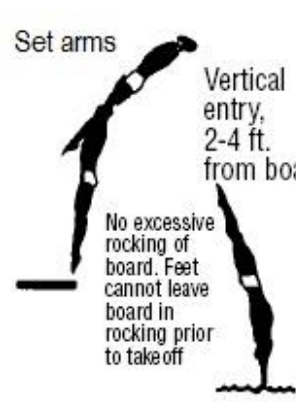



NFHS One Meter Diving Table

Dive No.	Forward Dives	C Tuck	B Pike	A Straight	D Free
101	Forward Dive	1.2	1.3	1.4	---
102	Forward 1 SS	1.4	1.5	1.6	---
103	Forward 1½ SS	1.6	1.7	2.0	---
104	Forward 2 SS	2.2	2.3	2.6	---
105	Forward 2½ SS	2.4	2.6	---	---
106	Forward 3 SS	2.9	3.2	---	---



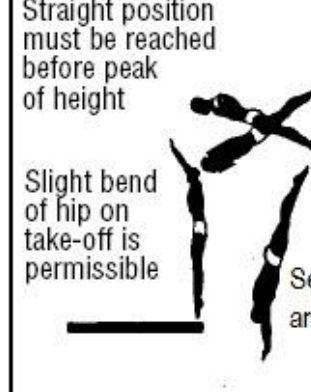

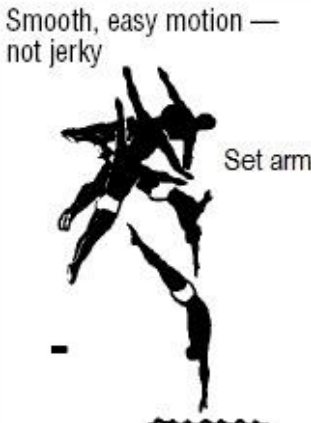
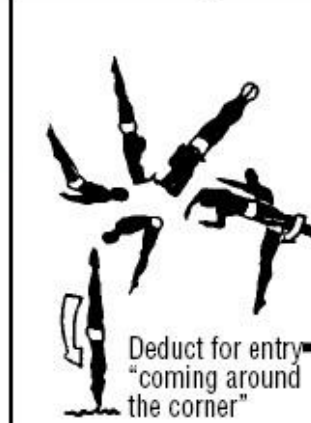
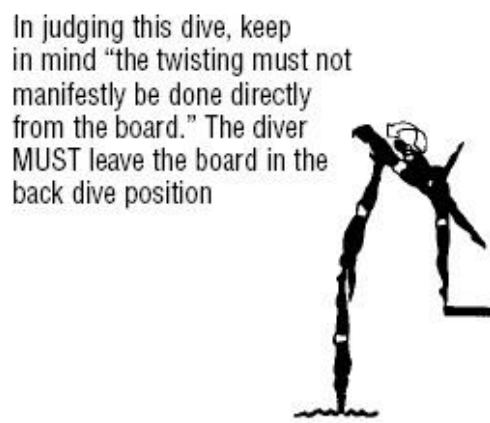

107	Forward 3½ SS	3.0	3.3	---	---
112	Forward Flying 1 SS	1.6	1.7	---	---
113	Forward Flying 1½ SS	1.8	1.9	---	---
Back Dives		C	B	A	D
201	Back Dive	1.5	1.6	1.7	---
202	Back 1 SS	1.5	1.6	1.7	---
203	Back 1½ SS	2.0	2.3	2.5	---
204	Back 2 SS	2.2	2.5	---	---
205	Back 2½ SS	3.0	3.2	---	---
212	Flying Back 1 SS	1.6	1.7	---	---
Reverse Dives		C	B	A	D
301	Reverse Dive	1.6	1.7	1.8	---
302	Reverse 1 SS	1.6	1.7	1.8	---
303	Reverse 1½ SS	2.1	2.4	2.7	---
304	Reverse 2 SS	2.3	2.6	2.9	---
305	Reverse 2½ SS	3.0	3.2	---	---
312	Flying Reverse SS	1.7	1.8	---	---
Inward Dives		C	B	A	D
401	Inward Dive	1.4	1.5	1.8	---
402	Inward 1 SS	1.6	1.7	2.0	---
403	Inward 1½ SS	2.2	2.4	---	---
404	Inward 2 SS	2.8	3.0	---	---
405	Inward 2½ SS	3.1	3.4	---	---
412	Inward Flying SS	2.0	2.1	---	---
413	Inward Flying 1½ SS	2.7	2.9	---	---
Twist Dives		C	B	A	D
5111	Forward Dive, ½ Twist	1.6	1.7	1.8	---
5112	Forward Dive, 1 Twist	---	1.9	2.0	---
5121	Forward 1 SS, ½ Twist	---	---	---	1.7
5122	Forward 1 SS, 1 Twist	---	---	---	1.9
5124	Forward 1 SS, 2 Twists	---	---	---	2.3
5126	Forward 1 SS, 3 Twists	---	---	---	2.8
5131	Forward 1½ SS, ½ Twist	---	---	---	2.0
5132	Forward 1½ SS, 1 Twist	---	---	---	2.2
5134	Forward 1½ SS, 2 Twists	---	---	---	2.6
5136	Forward 1½ SS, 3 Twists	---	---	---	3.1
5152	Forward 2½ SS, 1 Twist	3.0	3.2	---	---
5211	Back Dive, ½ Twist	---	---	1.8	---
5212	Back Dive, 1 Twist	---	---	2.0	---
5221	Back 1 SS, ½ Twist	---	---	---	1.7
5222	Back 1 SS, 1 Twist	---	---	---	1.9
5223	Back 1 SS, 1½ Twists	---	---	---	2.3
5225	Back 1 SS, 2½ Twists	---	---	---	2.7
5227	Back 1 SS, 3½ Twists	---	---	---	3.2
5231	Back 1½ SS, ½ Twist	---	---	---	2.1
5233	Back 1½ SS, 1½ Twists	---	---	---	2.5
5235	Back 1½ SS, 2½ Twists	---	---	---	2.9
5251	Back 2½ SS, ½ Twist	2.7	2.9	---	---
5311	Reverse Dive, ½ Twist	---	---	1.9	---

5312	Reverse Dive, 1 Twist	---	---	2.1	---
5321	Reverse 1 SS, ½ Twist	---	---	---	1.8
5322	Reverse 1 SS, 1 Twist	---	---	---	2.0
5323	Reverse 1 SS, 1½ Twists	---	---	---	2.4
5325	Reverse 1 SS, 2½ Twists	---	---	---	2.8
5331	Reverse 1½ SS, ½ Twist	---	---	---	2.2
5333	Reverse 1½ SS, 1½ Twists	---	---	---	2.6
5335	Reverse 1½ SS, 2½ Twists	---	---	---	3.0
5351	Reverse 2½ SS, ½ Twists	2.7	2.9	---	---
5411	Inward Dive, ½ Twist	---	1.7	2.0	---
5412	Inward Dive, 1 Twist	---	1.9	2.2	---
5421	Inward 1 SS, ½ Twist	---	---	---	1.9
5422	Inward 1 SS, 1 Twist	---	---	---	2.1
5432	Inward 1½ SS, 1 Twist	---	---	---	2.7
5434	Inward 1½ SS, 2 Twists	---	---	---	3.1

NFHS DIVE SILHOUETTES

DIVE SILHOUETTES		
<p>The higher, the better</p>  <p>101. Forward Dive Pike</p>	<p>Good arm position</p>  <p>Deduct for too much back bend</p> <p>101. Forward Dive Straight</p>	<p>Tight tuck</p> <p>Fast spin</p>  <p>Long drop to water in final position</p> <p>Vertical entry</p> <p>103. Forward 1 1/2 SS — Tuck</p>
<p>Tight, early tuck</p>  <p>Judge entry on smoothness and vertical entry</p> <p>104. Forward 2 SS — Tuck</p>	<p>Look for height</p>  <p>Long drop to water in final position</p> <p>201. Back Dive — Pike</p>	<p>Set arms</p>  <p>Vertical entry, 2-4 ft. from board</p> <p>No excessive rocking of board. Feet cannot leave board in rocking prior to take off</p> <p>201. Back Dive — Straight</p>
<p>Legs Straight and together</p>  <p>Nearly vertical entry</p> <p>203. Back 1 1/2 SS — Tuck</p>	<p>Look for height</p>  <p>Long drop to water in final position</p> <p>301. Reverse Dive — Pike</p>	<p>Good height</p> <p>Set arms</p>  <p>Legs straight on way up</p> <p>Vertical entry</p> <p>301. Reverse Dive — Straight</p>

DIVE SILHOUETTES

<p>Tight tuck</p>  <p>Dive must be directly in front of the board, NOT pulled to either side</p> <p>303. Reverse 1 1/2 SS — Tuck</p>	<p>Look for height</p>  <p>Long drop to water in final, vertical position</p> <p>401. Inward Dive — Pike</p>	<p>Straight position must be reached before peak of height</p>  <p>Slight bend of hip on take-off is permissible</p> <p>Set arms</p> <p>401. Inward Dive — Straight</p>
<p>Dive must be directly toward board, NOT pulled to either side</p>  <p>Tight tuck</p> <p>The longer the drop to the water in vertical position the better</p> <p>403. Inward 1 1/2 SS — Tuck</p>	<p>Smooth, easy motion — not jerky</p>  <p>Set arms</p> <p>5111. Forward Dive, 1/2 Twist — Straight</p>	 <p>Deduct for entry "coming around the corner"</p> <p>5132. Forward 1 1/2 SS, 1 Twist — Free</p>
<p>In judging this dive, keep in mind "the twisting must not manifestly be done directly from the board." The diver MUST leave the board in the back dive position</p>  <p>5211. Back dive, 1/2 Twist — Straight</p>	 <p>Vertical entry</p> <p>5233. Back dive 1 1/2 SS, 1 1/2 Twist — Free</p>	

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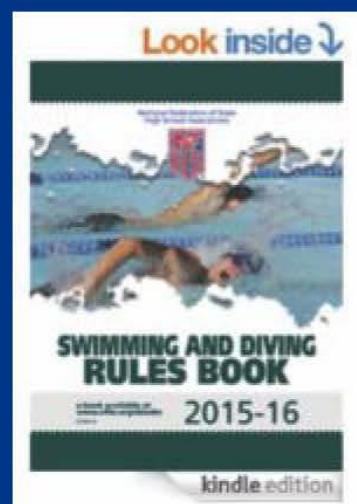
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