

2009 NFHS (RULE 9) DIVING JUDGING REMINDER SHEET:

Points are awarded for:

- Starting position
- Approach
- Takeoff
- Flight and position
- Entry

Scoring

- **Exceptional** 9 - 10
- **Excellent** 7½ - 8½
- **Good** 6 - 7
- **Satisfactory** 4½ - 5½
- **Deficient** 2½ - 4
 - A dive is *DEFICIENT* in the **Judge's opinion** if the diver partially alters the position of the dive during flight
 - one or both hands are above the shoulders on a feet-first entry
 - one or both hands are below the shoulders on a head-first entry
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- **Unsatisfactory** ½ - 2
 - A dive is *UNSATISFACTORY* if the **Referee's opinion** is
 - a dive is performed in a position other than indicated on score sheet
 - the diver hits the board
 - the diver does not attempt to come out of from the tuck or pike position
- **Failed** 0
 - A dive is *FAILED* if the **Referee's opinion** is
 - The dive performed is other than that on the score sheet
 - Does not assume a starting position
 - Falls into the water
 - Is assisted by another person (i.e. called out of a somersault)
 - Does not execute the pike before the twist on dive #5111B and #5411B
 - When hands or head do not contact the water first on a head-first entry
 - Executes a twist that is greater or less by more than 90 degrees (¼ of 1 rotation) of what is written on the score sheet when the diver contacts the water
 - Repeats a dive
 - Steps off the board after assuming the starting position
 - Omits the official description of the dive on the score sheet
 - Commits two balks
 - Does not perform the voluntary dive first at a dual meet
 - Does not perform the voluntary and optional dives as specified in a championship meet
 - Performs a dive not listed on the DD sheet



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Mandatory 2 point Deductions *by the Referee*

- A violation of the forward approach
- A balk
- **Mandatory ½ - 2 point deductions *by the Judges***
 - Excessive oscillations
 - Foot / feet leaving the board prior to takeoff on back / inward approach (crow-hop)
 - Spreading the knees in the tuck position
 - Not holding the straight position on flying somersaults until the body is horizontal to the water
 - Entering to the side of the board
 - Twisting manifestly from the board
- **DISQUALIFICATION – *judgment of the Referee***
 - Diver fails two dives
 - Diver did not make a sincere attempt to perform the dive
 - Becomes obvious that the dives listed on the diver's score sheet are too difficult for the diver
 - Diver unnecessarily delays the performance of a dive
 - Diver behaves in an unsportsmanlike manner

Approach

- Forward: must consist of at least 3 steps followed by a hurdle off of one foot to a landing on both feet at the end of the board. The forward takeoff shall be from both feet simultaneously to an adequate height to perform the dive
- Back / Inward: arms straight and in a position of the diver's choice;
 - Board shall stop oscillating just before or after the starting position is assumed
 - No more than four (4) oscillations of the board before the arms move from the starting position
 - Both feet must leave the board at the same time during the final spring; no crow-hops
- Referee will declare a balk if the diver interrupts the continuous execution of the dive prior to the water entry and will deduct 2 points from each of the judges scores.

Positions

- Straight: body shall not be bent either at knees or hips, with knees and feet together and toes pointed
- Pike: body shall be bent at hips, legs straight and together with toes pointed
- Tuck: body shall be bent at hips and knees, with the knees together and toes pointed
- Free: a combination of positions may be used to perform twisting dives only
- Flying: straight position must be maintained from the takeoff until the body has rotated to the horizontal position
- Arms may be placed in the divers choice of positions but must be kept still until just before entering the water when they shall be brought together and extended beyond the head in a line with the body for the head-first entry or against the sides of the body with straight elbows for the feet-first entry

