

HIGH SCHOOL DIVING

In dual meets, Divers will perform 6 dives, one from each of the five groups and one additional dive from one of the five groups. One dive will be considered a 'voluntary' dive which is required from one of the five groups with a degree of difficulty (DD) of no more than 1.8. The remaining five dives are called optionals. When competing in a championship meet, Divers will perform 11 dives consisting of five 'voluntary' dives whose combined DD cannot total more than 9.0, and six optionals.

Dive Groups and Positions

1. Forward
2. Back
3. Reverse
4. Inward
5. Twisting

All dives are performed in one of four positions from a diving board 1 meter (3.3 ft) above the water.

1. Straight (layout)
2. Tuck
3. Pike
4. Free



For more information on diving or to start or locate a team for lessons and the opportunity for year round competition contact:

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A diver in mid-air above a water splash. The diver is in a pike position, with arms and legs extended. The water splash below is a large, circular ripple with a central droplet. The background is a solid blue color.

Diving Spectator's Guide

DEFINITIONS AND TERMS USED IN DIVING

• **Springboard**

An adjustable diving board that regulates “springiness.” that is 1-meter (3’3”) above the water and projects at least five feet beyond the edge of the pool.

• **Approach**

Diver must take a minimum of three steps forward to the end of the board before the hurdle and takeoff.

• **Hurdle**

The final segment of a diver’s approach to takeoff. Consists of a spring to the end of the board, taking off from one foot, and landing on two feet at the end of the board.

Takeoff

A diver’s lift from the board prior to execution of the dive. May be done from a forward (from approach) or backward standing.

• **Entry**

The conclusion of a dive as a diver makes contact with the water. May be either head or feet-first. Upon entry, the body should always be near vertical in a straight position with toes pointed. In a headfirst entry, arms should be stretched above the head in line with the body and hands close together.



DIVE GROUPS AND POSITIONS

• **Forward Dive (100 Group)**

Takeoff from a walking approach, facing the water. Direction of rotation is away from the board.

• **Back Dive (200 Group)**

Takeoff from standing position at the end of the board with back toward water. Direction of rotation is away from the board.

• **Reverse Dive (300 Group)**

Takeoff from a walking approach, facing the water. Direction of rotation is backwards toward the board.

• **Inward Dive (400 Group)**

Takeoff from a standing position at the end of the board, with back to the water. Direction of rotation is toward the board.

• **Twisting Dive (5000 Group)**

Any dive with a twist. There are four types of twisting dives: forward, back, reverse and inward.

• **Somersault**

A movement in which a diver rotates the body on an imaginary horizontal axis through the hips. A dive that can be performed in a variety of combinations.

• **Straight Position**

A dive position in which the body is straight without bending at knees or hips, feet together and toes pointed. Formerly called the “layout” position.

• **Pike Position**

A dive position in which the body is bent at the hips, legs straight at the knees, and toes pointed. Feet should be held together and position of arms is optional.

• **Tuck Position**

A dive position in which the body is bent at the waist and knees, with thighs drawn to the chest and feet kept close to the buttocks. Feet and knees should be kept together and toes should be pointed.

• **Free Position**

A combination of straight, pike or tuck posi-

tions. To be used in twisting dives only as listed in the DD tables.

OFFICIALS AND PENALTIES

• **Judge**

Diving official who scores each dive on a scale of 0 (lowest) to 10 (highest) in graduations of one-half. Usually five judges officiate at dual and tri meets. Usually seven judges officiate during divisional, three-meter, and All-Stars meets.

• **Referee**

Manages the competition and insures that all regulations are observed. Can also be a judge.

• **Degree of Difficulty**

Rating ranging from 1.2 to 3.7 for executing a specific dive according to how hard it is to perform. The DD is multiplier factor used with judges’ scores in figuring the score for a dive.

• **Balk**

An illegal movement by the diver: (1) a false start in which a diver makes an obvious attempt to start the dive but stops the dive motion before takeoff; (2) takeoff for the hurdle from both feet.

• **Fail Dive**

A failed dive will be called by the Referee if:

- the diver’s rotation is 1/4 turn short or past the described amount of rotation
- any body part touches the water before the feet in a feet first entry or the hands and head in a head first entry
- the diver balks twice on the same dive

• **Unsatisfactory Dives**

An unsatisfactory dive will be called by the Referee if:

- a dive is performed in a position other than stated in the dive description
- the diver’s hands are above their shoulders in a feet first entry
- the diver’s hands are below their shoulders in a head first entry
- the diver hits the board
- the diver does not attempt to come out of a tuck or pike position