

BASICS FOR JUDGING 1 METER DIVING

- Diving at the high school level should be an educational experience in a teaching/learning environment and, as an official, it is your job to assist in this process.
- Diving, unlike many other sports competitions that use absolute performance measures, relies on a panel of judges to assess the aesthetic and technical quality of the athlete's performance. Judges have to learn to trust their instincts.

July 10, 2007



BASICS FOR JUDGING 1 METER DIVING

- Be consistent and fair to all the divers. Score all divers on the same basis.
- Trust your instincts, judge what you and only you see and use the entire range of numbers 10 – 0. Do not allow outside factors such as other officials, spectators, coaches and team members to enter into your 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. You should judge the entire dive independently giving it a score promptly upon its completion and after the pre-arranged signal.


July 10, 2007



OFFICIATING DIVING:

 **KNOW THE RULES.**

 **APPROACH EACH DIVE IN A POSITIVE AND INDIVIDUAL MANNER** – mental attitude of the official influences how well they execute their concentration during each dive.






 **PAY ATTENTION TO THE ANNOUNCEMENT OF EACH DIVE** – listen as each dive is announced and picture it as it is announced then focus on the dive. Judge what you see. Do **NOT** converse with anyone during the diving, and prior to the scoring of the dive. The referee and the announcer should be the only individuals talking. It is very distracting to the other officials and the divers if someone is talking and it does not look good to the audience.

 **USE THE ENTIRE RANGE OF SCORES** – trust your instincts and use all the numbers between 10 – 0.

 **LISTEN AS SCORES ARE ANNOUNCED OR OBSERVE AS THE SCORES ARE DISPLAYED** – it is your responsibility to make sure your score is announced or displayed correctly, if not you must have the scores repeated.



Five Parts of a dive to be considered when scoring each dive:

- ▶  **STARTING POSITION:** motionless. Diver should be set during the starting position.
 - ▶ **FORWARD** – good posture. Arm position is the choice of the diver.
 - ▶ **BACKWARD** – good posture. Maintain balance, arm position is the choice of the diver.
- ▶  **APPROACH:** this involves the steps prior to the takeoff and the hurdle. The diver must have at least 3 steps in a forward approach prior to the hurdle and takeoff.
 - ▶ **BACKWARD/INWARD APPROACH** – no excessive oscillation (the balls of the feet should not lose contact with the board during the oscillations). A maximum of 4 oscillations and then the arms should begin their lift.
- ▶  **TAKEOFF:** this starts when the board is depressed and finishes when the feet leave the board.
 - ▶ **BACK/INWARD TAKEOFF** – good balance is essential. Balls of the feet should leave the board simultaneously.
- ▶  **FLIGHT and POSITIONS:** this is the segment of the dive that happens in the air (take-off to entry): such as the category, number of somersaults, twists and the diver's body position. Balance, height, power and distance from the board.
 - ▶ **TUCK** – the body bending at both the diver's hips and knees.
 - ▶ **PIKE** - the body bends only at the hips and the legs are straight. The tighter and more compact the better. Open pike is acceptable.
 - ▶ **STRAIGHT** – diver may not bend at hips and or knees and the legs are together.
 - ▶ **FREE – ONLY in TWISTING** dives. It is a combination of any of the other 3 positions.
 - ▶ **FLYING** – straight position is maintained from the takeoff until the body has rotated to the horizontal position.
- ▶  **ENTRY:** judge the vertical or near vertical drop of the entry; last part seen. What happens under the water is of no concern to the judge. Judge only what you see.

NOTE: DO NOT over emphasize any particular element of a dive.



CHART OF ENTRIES:

➤ SOMERSAULT ENTRIES:

NUMBER OF SS 1,2,3
DIVER ENTRY feet-first

1 1/2, 2 1/2, 3 1/2
head-first

➤ TWISTING DIVES:

HEAD FIRST ENTRIES:

DIVE GROUP 0, 1, 2, 3 TWISTS
FORWARD facing the board
BACK looking away
REVERSE facing the board
INWARD looking away

1/2, 1 1/2 TWISTS
looking away
facing the board
looking away
facing the board



CHART OF ENTRIES: (continued)

➤ TWISTING DIVES: (continued)

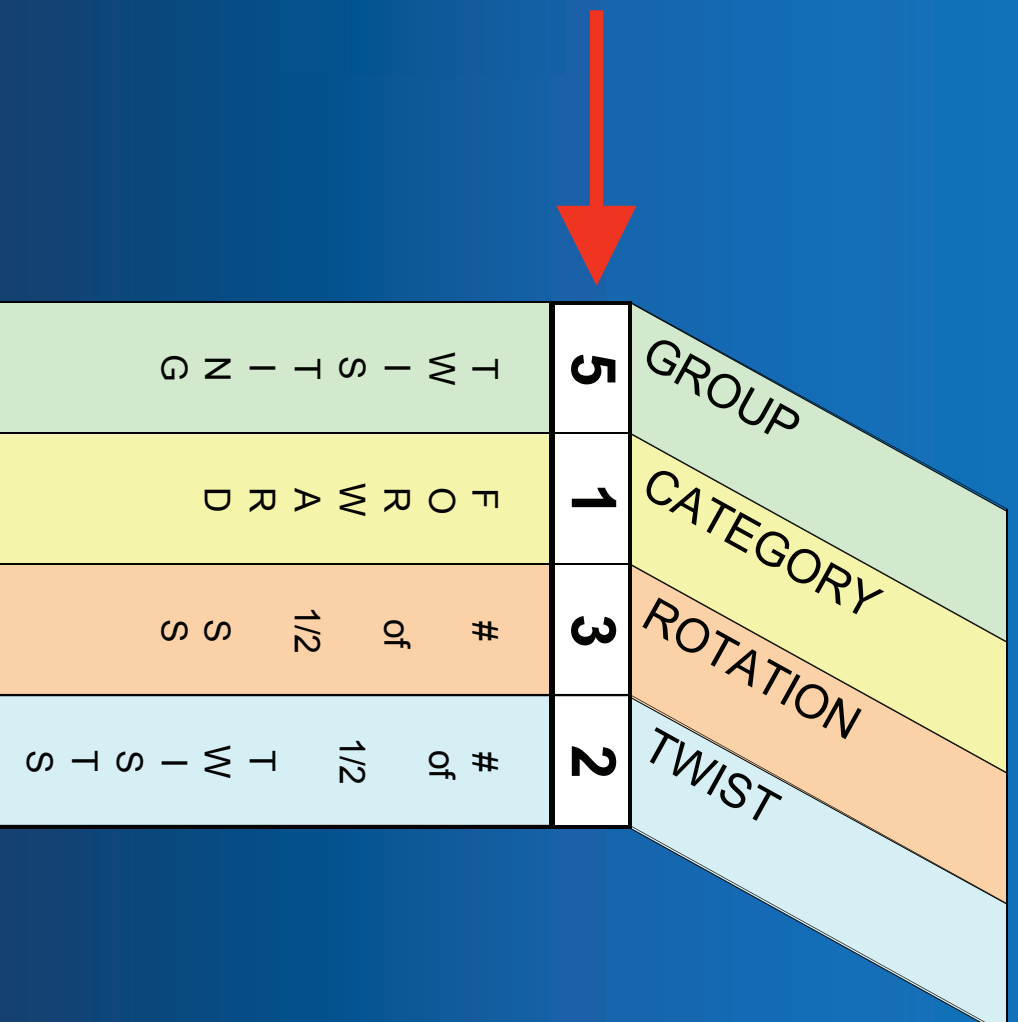
FEET FIRST ENTRIES:

DIVE GROUP 0,1,2,3 TWISTS $\frac{1}{2}$, 1 $\frac{1}{2}$, 2. 2 $\frac{1}{2}$. 3, 3 $\frac{1}{2}$ 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



Forward 1 1/2 SS 1 Twist Dive Number



July 10, 2007



AWARDING POINTS: The National Federation of State High School associations defines the awarding of points in descriptive words.

NOTE:

LONG & SHORT – refers to the rotation (somersault) and entry into the water.

OVER & UNDER – refers to the twists performed.

9 – 10 **EXCEPTIONAL** – no visible flaws. Approach, hurdle, execution, distance, form, entry all exceptional.

7 ½ - 8 ½ **EXCELLENT** – no flaws in approach and hurdle, flight and position are well executed.

6 – 7 **GOOD** – no flaws in approach and hurdle, flight position of dive is correct, entry is controlled may be slightly long or short (over or under)

4 ½ - 5 ½ **SATISFACTORY** – acceptable approach, hurdle, and flight. Adequate position is held entry may be slightly long or short (over or under)



AWARDING POINTS: The National Federation of State High School associations defines the awarding of points in descriptive words.

- 2 ½ - 4** **DEFICIENT** – the approach is not smooth, the hurdle is low and the position is not well executed. The arms are not at the sides on a feet first entry.
- ½ - 2** **UNSATISFACTORY** - not smooth and low hurdle, not at end of board, flight inadequate, position not complete, possible wrong position, entry may be long or short of vertical (over or under).
- 0** **FAILED** – Declared by referee. A dive may not be done as announced or as written on the diving sheet. The incorrect dive is listed and announced. An individual judge may decide to give a 0 if they believe the dive was failed even if the referee does not declare it to be failed.

