

USA DIVING COMPETITION REQUIREMENTS JO

Springboard Requirements

9 & Under Boys and Girls (five dives).

The contest shall consist of three voluntary dives from different groups and must all be '01 dives in the tuck position (101c, 201c, 301c, 401c) and will be assigned the true degree of difficulty for each dive, followed by two optional dives from different groups with a degree of difficulty limit of 2.2 on one meter and 2.6 on 3-meter.

11 & Under/10-11 Boys and Girls (six dives).

For one meter and three-meter springboard, divers will perform three (3) voluntary dives and must all be '01 dives in the tuck position (101c, 201c, 301c, 401c) and will be assigned the true degree of difficulty, followed by three (3) optional dives from different groups with a degree of difficulty limit of 2.2 on one meter and 2.6 on 3 meter.

12/13 (FINA Group C)/13 & Under Girls (eight dives).

For one meter and three-meter springboard, divers will perform five (5) voluntaries from different groups. All voluntary dives will have an assigned degree of difficulty of 1.8 on 1 meter and 1.9 on 3 meter. When doing the front/inward voluntary, one (1) must be tuck and one (1) must be pike. For the back/reverse voluntary, one (1) must be tuck and one (1) must be pike. Followed by three (3) optional dives from different groups with a limit of degree of difficulty of 2.4 for one-meter optional dives and 2.8 for three-meter optional dives.

12/13 (FINA Group C)/13 & Under Boys (eight dives).

For one meter and three-meter springboard, divers will perform five (5) voluntaries from different groups. All voluntary dives will have an assigned degree of difficulty of 1.8 on 1 meter and 1.9 on 3 meter. When doing the front/inward voluntary, one (1) must be tuck and one (1) must be pike. For the back/reverse voluntary, one (1) must be tuck and one (1) must be pike. Followed by three (3) optional dives from different groups with a limit of degree of difficulty of 2.4 for one-meter optional dives and 2.8 for three meter optional dives.

14/15 (FINA Group B) Girls (eight dives). For one meter and three-meter springboard, divers shall perform five (5) voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by three (3) optional dives, from different groups without limit.

14/15 (FINA Group B) Boys (nine dives). For one meter and three-meter springboard, divers shall perform five (5) voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by four (4) optional dives, from different groups without limit.

16-18 (FINA Group A) Girls (ten dives). For one and three-meter springboard, divers shall perform five (5) voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by five (5) optional dives from four groups without limit.

16-18 (FINA Group A) Boys (eleven dives). For one meter and three-meter springboard, divers shall perform five (5) voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by six (6) optional dives from five groups, with one group being repeated, without limit.

Platform Requirements

9 & under Boys and Girls (4 dives on 5-meter only).

Divers shall perform two (2) voluntary dives from different groups with a cumulative degree of difficulty not to exceed 3.4, followed by two (2) optional dives from different groups with a degree of difficulty limit of 2.6.

10-11/11 & Under Boys and Girls (five dives on 5-meter only).

Divers shall perform three voluntary dives from different groups with a cumulative degree of difficulty not to exceed 5.4, followed by two optional dives from different groups with a degree of difficulty limit of 2.6.

12/13 (FINA Group C)/13 & Under Girls (six (6) dives on 5- or 7.5-meter only).

Divers shall perform four (4) voluntary dives from different groups with a cumulative degree of difficulty not to exceed 7.6, followed by two (2) optional dives from different groups with a degree of difficulty limit of 2.8.

12/13 (FINA Group C)/13 & Under Boys (seven (7) dives on 5- or 7.5-meter only).

Divers shall perform four (4) voluntary dives from different groups with a cumulative degree of difficulty not to exceed 7.6, followed by three (3) optional dives from different groups with a degree of difficulty limit of 2.8.

14/15 (FINA Group B) Girls (seven dives on 5-, 7.5-, or 10-meter). Divers shall perform four (4) voluntary dives with total degree of difficulty not to exceed 7.6, followed by three (3) optional dives from different groups without limit. At least five different groups must be used in the competition.

14/15 (FINA Group B) Boys (eight dives on 5-, 7.5-, or 10-meter). Divers shall perform four

(4) voluntary dives with total degree of difficulty not to exceed 7.6, followed by four (4) optional dives from different groups without limit. At least five different groups must be used in the competition.

16-18 (FINA Group A) Girls (nine dives on 5-, 7.5-, or 10-meter). Divers shall perform four

(4) voluntary dives from different groups with a total maximum degree of difficulty of 7.6, followed by five (5) optional dives from different groups without limit. At least five different dive groups must be used in the competition.

16-18 (FINA Group A) Boys (ten dives on 5-, 7.5-, or 10-meter). Divers shall perform four (4) voluntary dives from different groups with a total maximum degree of difficulty of 7.6, followed by six (6) optional dives from different groups without limit. All six dive groups must be used in the competition.

AAU Age Group Requirements

9&Under (Group E): Boys & Girls – 3 voluntaries, 1 optional. Max. Vol DD: 5.4 on 1m & 3m

10-11 (Group D): Boys & Girls – 3 voluntaries, 2 optionals. Max Vol DD: 5.4 on 1m & 3m
12-13 (Group C): Girls – 5 voluntaries, 2 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

Boys – 5 voluntaries, 3 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

14-15 (Group B): Girls – 5 voluntaries, 3 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

Boys – 5 voluntaries, 4 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

16-18 (Group A): Girls – 5 voluntaries, 4 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

Boys – 5 voluntaries, 5 optionals. Max Vol DD: 9.0 on 1m & 9.5 on 3m

*Age groups are determined by the divers' age on December 31st of each year. Senior Springboard Requirements

(A) Men's 1-Meter Competition: (1) The men's 1-meter springboard semifinal competition shall comprise of six dives with a minimum degree of difficulty of 15.4, of which one shall be selected from each group plus an additional dive which may be selected from any group.

(B) Men's 3-Meter Competition: (1) The men's 3-meter quarterfinal, semifinal and final competition shall comprise six dives with a minimum degree of difficulty of 16.8, of which one dive shall be selected from each group plus an additional dive which may be selected

(C) Women's 1-Meter Competition: (1) The women's 1-meter springboard semifinal competition shall comprise five dives from different groups with a minimum degree of difficulty of 11.4.

(D) Women's 3-Meter Competition: (1) The women's 3-meter quarterfinal, semifinal and final competition shall comprise five dives from different groups with a minimum degree of difficulty of 13.2

Senior Platform Requirements

(A) Men's Platform:(1) The men's platform quarterfinal, semifinal and final competition shall comprise six dives from different groups with a minimum degree of difficulty of 16.3.

(B) Women's Platform: (1) The women's platform quarterfinal, semifinal and final competition shall comprise five dives from different groups with a minimum degree of difficulty of 13.2

DIVING FOR DUMMIES:

DIVE GROUPS

There are six groups of dives. The first four are classified by the direction the diver rotates.

- 1) Forward group: The diver faces the front of the board and rotates toward the water. Dives in this group vary from simple front dives to difficult forward, four and one half somersaults.
- 2) Backward group: Dives in the backward group begin with the diver on the end of the board, with his or her back to the water, so as to rotate away from the board.
- 3) Reverse group: Formerly called "gainers," these dives begin with the diver facing the front of the board but then rotates toward the board.
- 4) Inward group: The diver stands on the end of the board with his or her back to the water and rotates toward the board.
- 5) Twisting group: Any dive that uses a twist (excluding armstands) is included in this group.

There are four types of twists: forward, backward, reverse, and inward.

- 6) Armstand group: The diver assumes a handstand position on the edge of the platform before the dive. (Armstand positions are never used on the springboard.)

BODY POSITIONS

A dive may be performed using one of the following four positions.

- 1) Pike: The legs are straight with the body bent at the waist. Like the straight position, arm placement is dictated by the particular dive or by the choice of the diver.
- 2) Tuck: The Body is bent at the waist and knees, with thighs drawn to the chest and heels kept close to the buttocks. Feet and knees should be kept together and toes should be pointed.

- 3) Straight: No bend at the waist or knees. Depending on the dive, there may be an arch in the back. Arm placement is the diver's choice or is defined by the dive performed.
- 4) Free: Indicates the diver's option to use any of the above three positions, or combinations thereof, when performing a twisting dive.

SYNCHRONIZED DIVING

In the past, synchro was common only in aquacades and diving shows. But today, synchronized diving (or synchro diving) has become one of the most popular diving events in the world. Introduced internationally at the 1995 FINA World Cup, synchro diving eventually became a full-medal Olympic sport with its debut at the 2000 Games with four events: men's synchro 3-meter, men's synchro platform, women's synchro 3-meter, and women's synchro platform. Mixed gender synchronized diving is also contested at select events.

Synchro includes two divers performing the same dive from the same level board. For a platform dive, divers take off from opposite sides of the platform. For a springboard dive, divers take off from their own, adjacent boards.

DIVE NUMBERS

Dives are described by their full name (e.g. reverse 3 1/2 somersault with 1/2 twist) or by their numerical identification (e.g. 5371D), or "dive number."

Specific dive numbers are not random—they are created by using these guidelines:

- 1) All dives are identified by three or four digits and one letter. Twisting dives utilize four numerical digits, while all other dives use three.
- 2) The first digit indicates the dive's group: 1 = forward, 2 = back, 3 = reverse, 4 = inward, 5 = twisting, 6 = armstand.
- 3) In front, back, reverse, and inward dives, a '1' as the second digit indicates a flying action. A '0' indicates none. In twisting and armstand dives, the second digit indicates the dive's group (forward, back, reverse).
- 4) The third digit indicates the number of half somersaults.
- 5) The fourth digit, if applicable, indicates the number of half twists.
- 6) The letter indicates body position: A = straight, B = pike, C = tuck, D = free.

Examples:

107B = Forward dive with 3 1/2 somersaults in a pike position

305C = Reverse dive with 2 1/2 somersaults in a tuck position

5253B = Back dive with 2 1/2 somersaults and 1 1/2 twists in a pike position

JUDGING - The Basics

The scoring system and the five basic elements of a dive: The Starting Position, The Approach, The Take-Off, The Flight, and The Entry.

Scoring System:

Scores in all diving meets use a range from one to ten, in 1/2-point increments. The score of each dive is calculated by first adding the total awards of three judges. This is known as the raw score. The raw score is then multiplied by the degree of difficulty of the dive and you have the total diver's score for the dive.

Diving meets must be scored using a minimum of three judges, but can be scored using as many as nine judges. Collegiate diving contests allow the use of two judges in a dual meet. Using the simplest method of scoring: when more than three judges are used, the highest and the lowest scores awarded are dropped and the raw score is determined by the remaining three awards. This same manner of determining the raw score can be used for a seven or nine-member judging panel.

In most international competitions where a judging panel contains more than five judges, the dive score is calculated using the 3/5 method. This process involves multiplying the sum of the middle five awards by the degree of difficulty and then by .06. The result is the equivalent of a three-judge score.

Sample Scoring For a Five Judge Panel

Scores: 6.5, 6, 6.5, 6, 5.5

Low (5.5) and High (6.5) Scores Dropped Raw Score = 18.5 (6.5 + 6 + 6)

Raw Score (18.5) x Degree of Difficulty (2.0) Total Score for the Dive = 37.0

Because of the subjectivity involved in judging, it is advisable to have more than three judges involved in a contest. This helps to eliminate any bias that one or more judges might have and give an accurate representation of dive.

Criteria for Judging a Dive

0: Completely Failed

1/2 - 2: Unsatisfactory

2 1/2 - 4 1/2: Deficient

5 - 6 1/2: Satisfactory

7 - 8: Good

8 1/2 - 9 1/2: Very good

10: Excellent

Note: This is the FINA judging scale. High school and NCAA competitions use a slightly different scale.

Five Basic Elements of a Dive

When judging a dive, five basic elements need to be considered with equal importance before awarding a score.

Starting Position: A dive is to be judged once the diver assumes the starting position on the springboard or platform. This may be standing facing the water for forward approaches, with the diver's back to the water at the end of the springboard or platform for backward approaches, or in preparation for a forward or backward handstand take-off on the platform. Depending on the dive, the diver should be standing straight with the head erect, and the arms straight and steady in a position of the diver's choice.

The Approach: The diver shall, on front approaches, move to the end of the springboard in a smooth motion showing good form. Using no less than three steps, the diver shall execute a forward hurdle from the last step. A hurdle is the jump to the end of the board and must be executed from one foot. The back approach is characterized by a series of arm swings used to initiate momentum. At no time during the back approach shall the diver's feet leave the springboard or platform. If the diver begins the approach from the starting position and stops, the diving referee will declare a balk and two points will be deducted from each judge's score. If the diver again starts the approach and stops, the dive will be considered failed and no points will be awarded.

The Take-Off: After completing the forward approach and hurdle, the take-off should show proper balance and control, and initiate a safe distance from the board. The diver must leave the springboard from both feet. On a platform take-off, the diver may leave the platform surface from one foot.

The Flight: The flight of the dive should be smooth and graceful and at no time should the dive move to the left or the right of the springboard or platform, or shall any part of the diver touch either the springboard or platform. During the dive, the body shall be carried in one of the four acceptable positions: tuck, pike, straight, or free.

The Entry: The entry into the water, whether it is a head-first or feet-first entry, shall be vertical or as close to vertical as possible. The diver's body shall be straight, the legs together, and the toes pointed. The arms must be extended over the head and in-line with the body on head-first entries. On feet-first entries the arms shall be straight and at the diver's side.

Judging diving is a subjective endeavor. What that means is that it is essentially personal opinion, so the more informed a judge is of the rules and the more experience they possess, the more consistent the scoring will be.

DIVING VOCABULARY:

Approach: Three or more steps forward to the end of the board before the hurdle and takeoff.

Armstand Dive: The diver executes a dive from an armstand position. The armstand takeoff represents a sixth group of dives used only in platform diving.

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

Balk: An illegal movement by the diver:

1) False start in which a diver makes an obvious attempt to start the approach but does not complete

the dive.

2) Takeoff for the hurdle from both feet.

3) Loss of balance on an armstand dive causing feet to touch the platform.

Degree of Difficulty: Rating, ranging from 1.2 to 4.1, indicating the difficulty of executing a specific dive. The “DD” is multiplied by the sum of the judges’ scores (after the high and low scores are dropped) to calculate the overall score for a dive.

Entry: The conclusion of a dive as the diver makes contact with the water. Could be either head (hands) 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 with the hands close together.

Flying: Used to describe a dive in which the diver assumes a straight position from takeoff, or after one somersault in a 115C, before executing the remainder of the dive. The straight position must be held for at least one quarter of a somersault (90 degrees).

Forward Dive Takeoff from a standing or running approach, facing the water. Direction of rotation is away from the board.

Free Position: A combination of straight, pike, or tuck positions, to be used in twisting dives only as listed in the DD tables.

Hurdle: The final segment of the 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.

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

Judge: Diving official who scores each dive on a scale of 0 (lowest) to 10 (highest). Seven judges officiate major national and international competition in individual events. Eleven judges officiate during synchro events.

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, while positioning of the arms is optional.

Platform: A stationary, non-bending diving platform that is at least 20 feet long and six and a half feet wide. (For synchronized diving, the platform should be a minimum of eight feet wide. Ten feet is preferred.) The platform height used in senior competition is 10 meters (approximately 33 feet). The platform structure typically also includes levels at three, five, and seven and a half meters that are used during training and in junior competition.

Referee: Manages the competition and ensures that all regulations are observed. Not a judge.

Reverse Dive: Takeoff from a standing or running approach, facing the water. Direction of rotation is toward the board.

Somersault: A movement in which a diver rotates the body on an imaginary horizontal axis through the hips. This move can be performed in a variety of combinations.

Springboard: An adjustable diving board that regulates “springiness,” either 1-meter (3'3") or 3-meters (9'9") above the water. The springboard projects at least five feet beyond the edge of the pool.

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

Takeoff: A diver’s lift from the board prior to execution of the dive. May be done from a forward (running or standing) or backward approach, or from an armstand position.

Tower: The entire diving platform structure.

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

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