

Judging the execution of a dive

When judging a dive, the points to be considered are:

The approach

The take-off

The technique and grace of the dive during the passage through the air

The entry into the water

Judges shall not consider or score a diver's actions prior to the starting position or beneath the surface of the water.

The starting position of a forward approach shall be assumed when the diver is ready to take the first step. For a backward approach the body shall be straight, head erect with the arms straight and in a position of the diver's choice.

If the diver makes an obvious attempt to start the approach or "press" and stops, he or she will make a second attempt. Upon completion of the dive, the referee (head judge) will declare a "balk" and instruct the announce to reduce each judge's award by two points. If the diver balks twice, it is a failed (incomplete) dive.

THE APPROACH

The forward approach shall be smooth, straight and forceful, and shall comprise not less than three steps before the hurdle (the jump to the end of the board). If a diver takes less than three steps before the hurdle, the referee shall deduct two points from the award of each judge.

THE TAKE-OFF

The take-off for the hurdle is to be from one foot only. Both feet shall contact the end of the board simultaneously following the hurdle. A take-off for the hurdle is to be from one foot only. Both feet shall contact the end of the board simultaneously following the hurdle. A take-off for the hurdle from both feet shall constitute a balk. A diver is entitled to his or her own method of arm swing on back take-offs, but must not lift his/her feet from the board before the take-off (crow-hop). In this case the judges, according to their individual opinion, shall deduct up to two points from their award.

TECHNIQUE DURING PASSAGE THROUGH THE AIR

If, in any dive, the diver touches the end of the board or dives to the side of the board, this indicates that, no matter how good the dive was, that he or she was too close to the board for proper execution, and each judge must exercise his/her own opinion regarding the deduction to be made.

Dives performed in one of four positions

STRAIGHT – The body shall be held straight without bending at either the knees or the hips, with the feet together and the toes pointed.

PIKE – The body shall be bent at the hips, but the legs must be kept straight at the knees, toes pointed.

TUCK – The body shall be bent at the knees and hips with feet together and toes pointed. The tuck should be as compact as possible.

FREE – This is a combination of straight and pike. It may be used in twisting dives only.

If the dive is performed clearly in a position other than as announced, the referee shall instruct the judges to award no more than two points. In case of a slight break in position, the judges shall award no more than four and one-half points.

All twisting dives must be within 90 degrees of completion during the entry. If the amount of twist is 90 degrees or more than what was announced, the dive is considered a failed (incomplete) dive.

THE ENTRY INTO THE WATER

The entry must be vertical – body straight and toes pointed.

- 1) Head first entries – arms overhead, hands close together
- 2) Feet first entries – arms close to the body, elbows straight

In head

- 3)