

# NATIONAL FEDERATION OF HIGH SCHOOLS

## *SPRINGBOARD DIVING ~ JUDGING CRITERION*

provided by

**CAL Diving Club (CDC)**

### **Starting Position**

- Forward/reverse – Diver should demonstrate good posture; arms in a position of the diver's choice.
- Backward/inward – Diver should demonstrate good posture, with the head upright, arms in a position of the diver's choice. A diver may move the arms to a variety of preparatory positions provided there is no attempt to start the dive.

### **Approach**

- Forward – The approach shall begin with not less than three steps and finish with a hurdle, defined as a jump off one foot to a landing on both feet at the end of the board. The diver may use additional steps, hops, leaps and/or jumps during the initial steps and before the culminating hurdle. The forward takeoff shall be from both feet simultaneously to an adequate height to perform the dive.

### **Hurdle**

- The last step in the forward approach, called the hurdle, consists of the diver lifting the leg (diver's choice of which leg) to a right angle at the hip and knee. The other leg pushes down on the board and helps the diver jump to the end of the board where he/she lands on two feet. The hurdle is the foundation for the rest of the dive, thus an important element for judges to observe.

### **Takeoff**

- Back/inward – The diver shall stop oscillating the board just before or after assuming the starting position. Once the diver assumes the starting position, the board can be oscillated up to four times prior to moving the arms from the starting position. The oscillations shall not be so large as to disrupt the tempo or smoothness of the dive. After moving the arms from the starting position, the diver may continue to oscillate the board until the takeoff occurs. At NO time should the balls of the feet/foot lose contact with the board. If the feet/foot leave the board or excessive oscillation occurs (more than four) prior to the arm movement, the judge should deduct  $\frac{1}{2}$  - 2 points for each violation.

- Balance on the balls of the feet should be maintained as the arms move in time with the leg push to assist lift from the board. Too much lean forward or backward will affect the success of the dive.

### **Flight**

- Once in the air, the diver should demonstrate control of the dive. Contributing to control is the diver's height and power along with grace, beauty and accuracy. The dive position (tuck, pike or straight) should be clearly defined. Good form should be displayed by means of body tightness and toe point which is maintained throughout the entire dive flight. The arms may be in the position of the diver's choice just prior to the entry into the water: they should be brought together and extended beyond the head in line with the body for head-first entry or against the sides of the body with straight elbows for feet-first entry.

### Position(s)

- Straight position (A) – the body shall not be bent either at the knees or hips, knees and feet together.
- Pike position (B) – the body shall be bent at the hips, legs straight and together.
- Tuck position (C) – the body shall be bent at the hips and knees, knees at or inside the shoulders.
- Free position (D) – a combination of positions may be used to perform certain twisting dives.

IN ALL CASES WITH TOES/FEET POINTED AT ALL TIMES.

### FLYING DIVES:

- 1) Flying one somersault dives require the diver to hold the straight position until the body is horizontal to the water.
- 2) Flying one and one half somersault dives require the diver to hold the straight position until the body is perpendicular to the water.

### Entry

- The entry into the water should be as vertical as possible with the body straight and toes pointed. The diver’s line into the water is only one segment of the total dive and should not be over judged.
- Splashless entries (known as “rip” entries) are impressive and are a critical part of the total dive. However, since the entry is the last part of the dive seen, it is easy to judge the entry, forgetting mistakes in takeoff and/or flight. Avoid this common trap. Conversely, a good dive with a rip entry is automatically a better dive and deserves a higher score.
- The dive is completed and scored when the body passes below the surface of the water.
- Properly executed dives should be performed a safe distance from the board and walls.

### GRID OF NFHS SCORING RANGES **versus** COLLEGE/FINA (Olympic) JUDGING

DIVE SCORING GRIDS ~ Olympic/College vs. High School			
Score	FINA	Score	NFHS
10.0	Excellent	9.0 - 10.0	Exceptional
8.5 - 9.5	Very Good	7.5 - 8.5	Excellent
7.0 - 8.0	Good	6 - 7	Good
5.0 - 6.5	Satisfactory	4.5 - 5.5	Satisfactory
2.5 - 4.5	Deficient	2.5 - 4	Deficient
0.5 - 2.0	Unsatisfactory	0.5 - 2	Unsatisfactory
0.0	Failed or Incorrect	0.0	Failed or Incorrect