

## DIVING

### Eleven dive format:

Prelims 5 dives – 2 vol., 3 opt.

Semi's 3 dives – 2 vol., 1 opt.

Finals 3 dives - 1 vol., 2 opt.

Voluntary: one from each of 5 groups total DD of 9.0 or less

Optional: one from each group, cannot repeat a group until finals

All 5 groups must be represented in first 8 dives

### Unsatisfactory Dives:

1. Dive clearly done in a position (completely broken) than described on scoresheet
2. Hits the board
3. Does not attempt to come out of tuck or pike position on entry
4. Does not attempt to come out of the twist on entry (must come out of wrap position)
5. Not holding the straight position on flying somersaults until the body is horizontal (1/4 rotation) to the surface of the water and to vertical (1/2 rotation for a one-and-one-half somersault)

### Failed Dives:

1. Does the wrong dive
2. Does not assume the starting position
3. Falls in
4. Assisted by another person
5. Does not do pike before twist on 5111B (forward) or 5411B (inward)
6. Feet first entry on head first entry dive and head first entry on feet first dive
7. 90 degree twist at shoulders when feet/hands hit water
8. In a twisting dive, twists shoulders past 90 degrees before feet leave the board
9. Repeats a dive
10. Steps off the board after assuming starting position
11. Does forward approach dive from a standing position
12. Official description is not on the scoresheet
13. Does 2 balks
14. Does not do vol. and opt. dives as specified (vol. dive first in dual meet)
15. Does a dive that is not in the diving table

### Disqualification:

1. Insincere attempt
2. Unnecessarily delays
3. Unsportsmanlike conduct
4. Diver cannot do the dives
5. Diver fails 2 dives

### Ref Mandatory Deductions: 2 points off

1. Forward approach violation
2. One balk

### **Judges Mandatory Deductions: ½ to 2 points off**

1. Diver does not stop oscillating the board just before or after assuming the starting position
2. Excessive oscillation
3. Foot/feet leaving the board prior to a back/inward takeoff
4. Spreading the knees in a tuck position
5. Entering the water to the side of the board
6. Twisting manifestly from the board

### **Deficient Dives:**

1. The diver partially alters the position of the dive during flight.
2. A diver enters the water with one or both hands above the shoulders on a dive requiring a feet-first entry or with one or both hands below the shoulders on a dive requiring a head-first entry.

### **Score ranges:**

- Exceptional 9 to 10
- Excellent 7.5 to 8.5
- Good 6 to 7
- Satisfactory 4.5 to 5.5
- Deficient 2.5 to 4
- Unsatisfactory 0.5 to 2
- Failed 0