

JUDGING HIGH SCHOOL DIVING

Judge What You See

An accomplished diver is not always going to do a great dive.

A diver who starts the contest out poorly can get better as the contest continues.

A diver who starts the contest out exceptionally can perform a poor dive later.

Judge what you see, not what you expect to see.

Be Independent

Be independent and trust your own judgment no matter what the other judges score.

Score the dive based on what you feel it is worth, don't worry about what others think.

Don't try to "make-up" for an earlier error

Compare the dive to the image in your mind.

Ignore Outside Influences

Don't allow outside influences to affect your scoring.

Remember you possess the knowledge, not the crowd.

Crowd favorites are not always the best dives in a competition.

Judge The Complete Dive

Remember the dive starts with the starting position and not the entry.

Judge all the elements of the dive: the starting position, approach, takeoff, flight, and entry.

A great dive in the air that has a fair amount of splash can still score a 6 or better.

A terrible dive in the air that “rips” the entry may still be worth only a 4 or less.

A dive that starts with a “crow hop” can still receive 8s as well.

Use The Full Range Of Scores

The scale goes from 0 to 10 [Failed (0); Unsatisfactory($1\frac{1}{2}$ -2); Deficient($2\frac{1}{2}$ - $4\frac{1}{2}$); Satisfactory(5- $6\frac{1}{2}$); Good(7-8); Very Good($8\frac{1}{2}$ - $9\frac{1}{2}$); Excellent(10)]

If you feel a dive is failed, give it a 0

Don't let yourself get stuck between 4 and 6

Your overall impression of the dive should be your first indicator.

Wow! That was great!

Excellent Grouping: 9.5 to 10

That was nice!

Very Good or Good Grouping: $8\frac{1}{2}$ to $9\frac{1}{2}$; or 7 - 8

Hmmm, that was OK.

Satisfactory Grouping 5 to $6\frac{1}{2}$

Uh, what was that?

Deficient Grouping $2\frac{1}{2}$ to $4\frac{1}{2}$

Uh Oh! (Judge flinches)

Unsatisfactory Grouping $1\frac{1}{2}$ to 2

Elements of a Dive

There are six elements of a dive to consider when judging:

1. The Approach
2. Takeoff
3. Flight – Stage 1
4. Flight – Stage 2
5. Line Up
6. Entry into the water

The Approach – To Display Controlled Balance

Starting Position - The forward starting position includes good posture, eyes focused on the end of the board with arms in a position of the diver's choice.

The backward/inward starting position requires an upright head and body with arms straight and in a position of the diver's choice. The diver may move the arms to various preparatory positions provided there is no obvious attempt to start the dive.

Smooth Flowing Approach - The motions should be smooth and continuous towards the end of the springboard. The forward approach must be at least 3 steps followed by a jump off one foot to a landing on both feet at the end of the board. The forward takeoff is from both feet simultaneously to a height adequate to perform the dive.

Balance on approaches takeoffs - The diver should be balanced and in control of his/her movements during the approach, hurdle and takeoff.

The Flight Stage 1 – Starting the Dive in the Air

Starts the execution of the dive.

In an upward direction (including the stationary point or crest).

Adequate Height - The height achieved should provide enough time in the air to complete the rotation and allow the dive to travel a safe distance from the board.

Body Position - The form should be tight and precise according to the dive description.

The Flight Stage 2 and Line-Up – Finishing the Execution and Water Landing

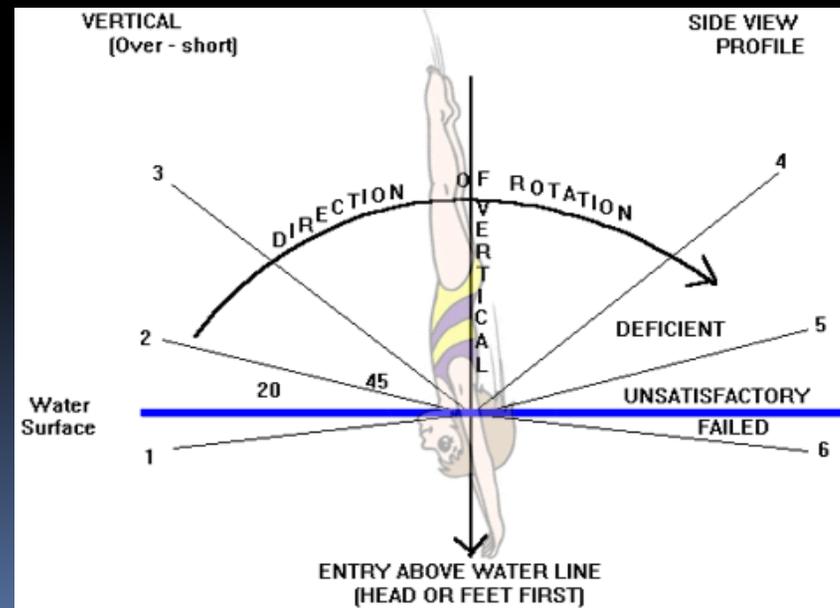
Complete the execution of the flight.

The body should be in a straight and vertical position.

The arms should be in or moving to the appropriate position.

Safe Distance - The dive should clear the end of the board by a safe distance.

Too distant / Too Close - The distance should allow a good technique.



Consider this as a guide to help score degrees of over or short dives. The diagram here shows that a dive that is short or over may not reach deficient level until it is approximately at 45 degrees before or past vertical. A dive may not reach unsatisfactory until it is approximately at 20 degrees before or past vertical. Point being that a dive is not automatically deficient or unsatisfactory if the diver is short or over.

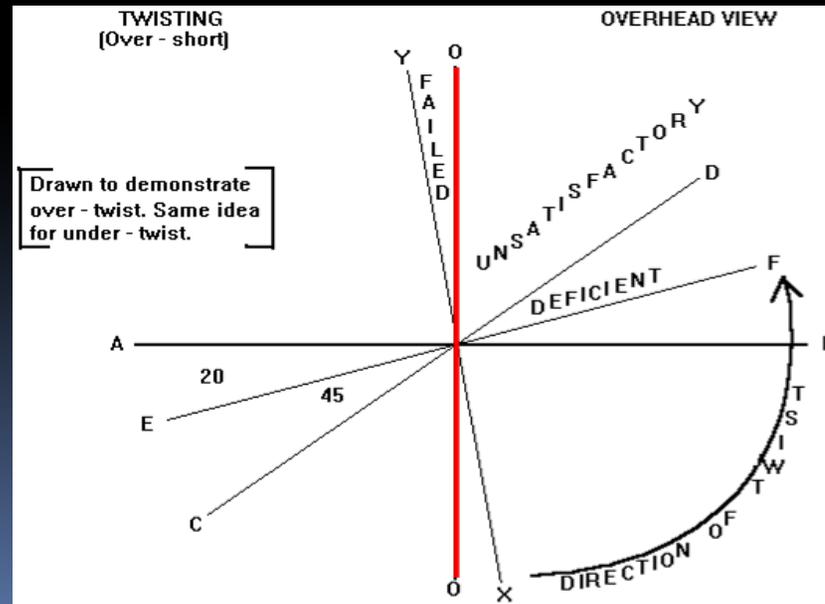
The Entry

Arms in the specified position and the body is stretched, vertical, unbroken until fully immersed.

Angle of Entry - The dive should enter the water vertically.

Body line and alignment of arms and head - The position of the diver's head, arms and body should give the appearance of a straight line as the diver enters the water.

Distance - The dive should not be too close, too distant or off to the side of the board or platform.



Line A-B represents the finish of the exact amount of twist. Line o-o in this drawing, represents 90 degrees past the intended twist. Most rulebooks have interpreted this as the range for a failed dive

Note: The diagram view is from above the dive where Line B is the line of the diving board facing forward and Line A is the line of the diving board for back dives.

Philosophy—Judge the Entire Dive

A judge must keep each element in mind when viewing a dive, yet in the end, the dive should be judged as a whole, without overemphasising any single area.

This is especially true when it comes to the entry. It is very easy to forgive earlier flaws if a dive enters the water vertically and without a splash.

Although a good entry is very impressive, judge all parts of the dive.

NFHS Common Deductions

Excessive oscillation - More the 4 oscillations BEFORE arms move.

Deduction of ½ to 2 points at judges discretion.

Not stopping the oscillation of the board just before or after the starting position is assumed.

Deduction of ½ to 2 points at judges discretion.

Foot/Feet leaving the board on Back/Inward Takeoffs
"Crow Hop".

Deduction of ½ to 2 points at judges discretion.

Note: this is not a mandatory 2 point deduction.
Deduction is based on how major the violation was.

Entering to the side of the board.

Deduction of ½ to 2 points at judges discretion.

This is often missed. It occurs most often on inwards and reverses.

A diver does not attempt to come out of a twist.

Unsatisfactory dive - award $\frac{1}{2}$ to 2 points if declared by the diving referee.

In a twisting dive, the divers shoulders are twisted past 90 degrees before the feet leave the board.

Failed dive if declared by the diving referee. If not declared by the diving referee, diving judges may deduct $\frac{1}{2}$ to 2 points for twisting manifestly from the board.