

EDINA HIGH SCHOOL GIRLS' DIVING

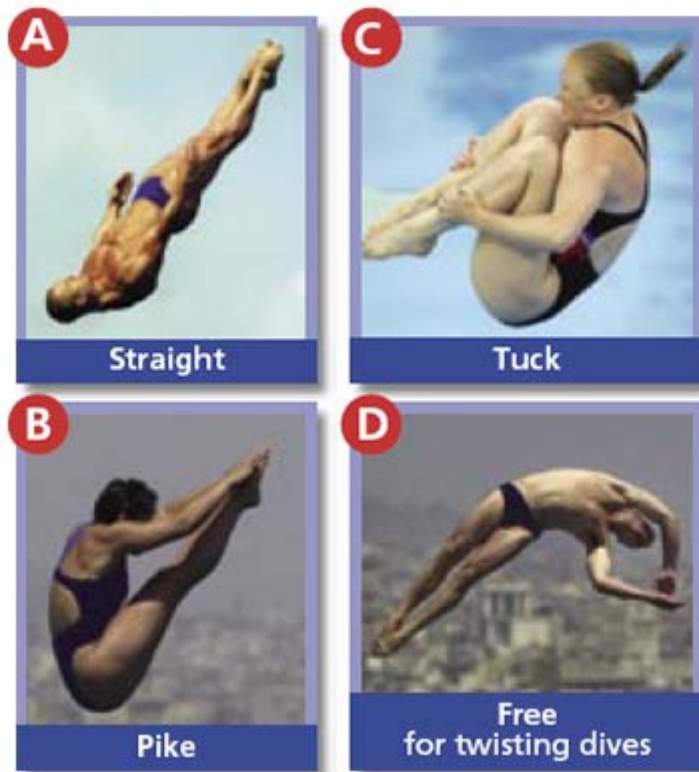
The Fundamentals of Diving

Diving is one of the most exciting sports in the world. It involves leaping and springing into water, while trying to perfect a series of perfect body positions. But it is also very strictly controlled. If you want to learn more, or just discover some fascinating facts about the sport then read on....

If you've ever watch a diving competition you will have seen the strength, flexibility and courage of the divers. You may have also noticed that some divers perform different dives.

Despite this variety, the sport, and all the dives within it, are based on four distinct body positions:

There are 4 main positions in diving, which are:



- A. 'Straight' is where the body is kept in a fluid line, not being bent at the hips or knees.
- B. 'Pike' is where the body is bent at the hips but not the knees.
- C. 'Tuck' involves the body being bunched up tightly with the hands on the lower legs and
- D. 'Free' is only for twisting dives and can be a combination of at least two of the other positions. So a diver can bend their legs or bend their hips without being penalized.

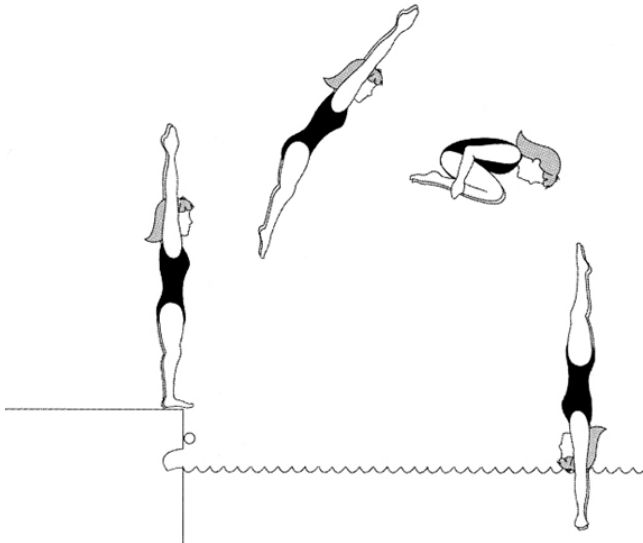
In a competition these positions are referred to by the letters A, B,C and D respectively, as can be seen in the illustration.

Dive Groups

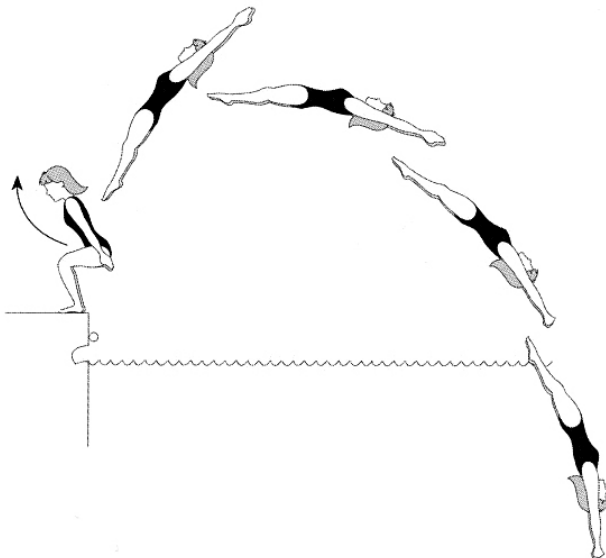
You may have also noticed that when they are standing on the diving platform or springboard divers will approach the dive from different positions.

All the positions can be placed into six different groups. These are as follows:

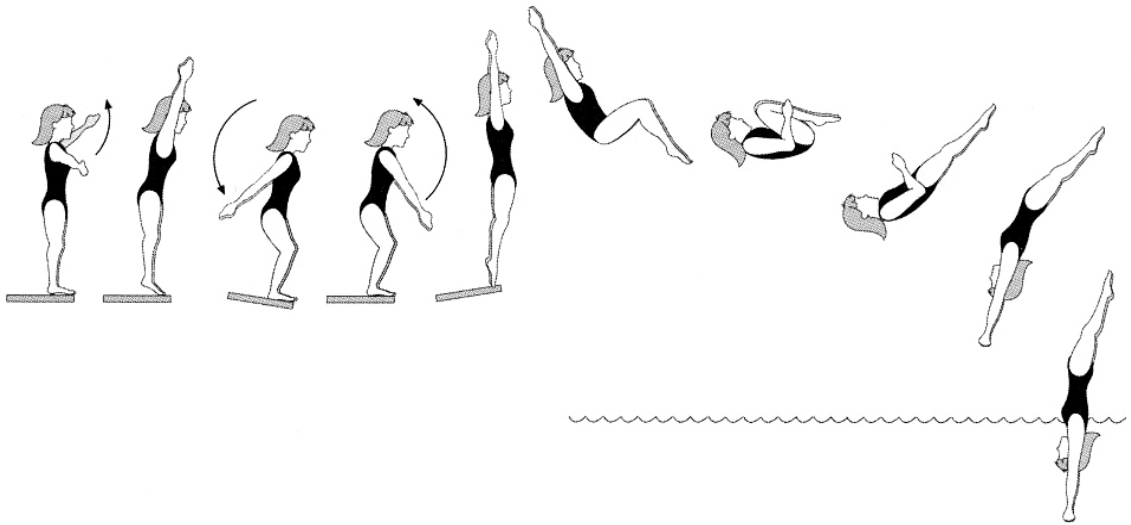
- **Forward:**
The diver faces forward and rotates forward



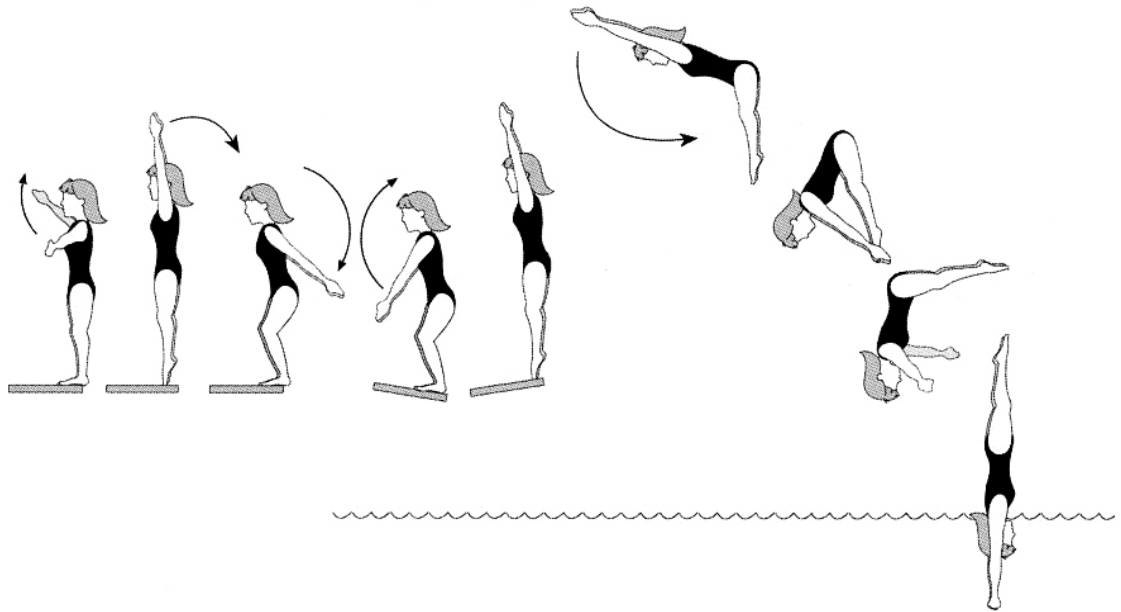
- **Backward:**
The diver faces backwards and rotates backwards



- **Reverse:**
The diver faces forwards and rotates backwards

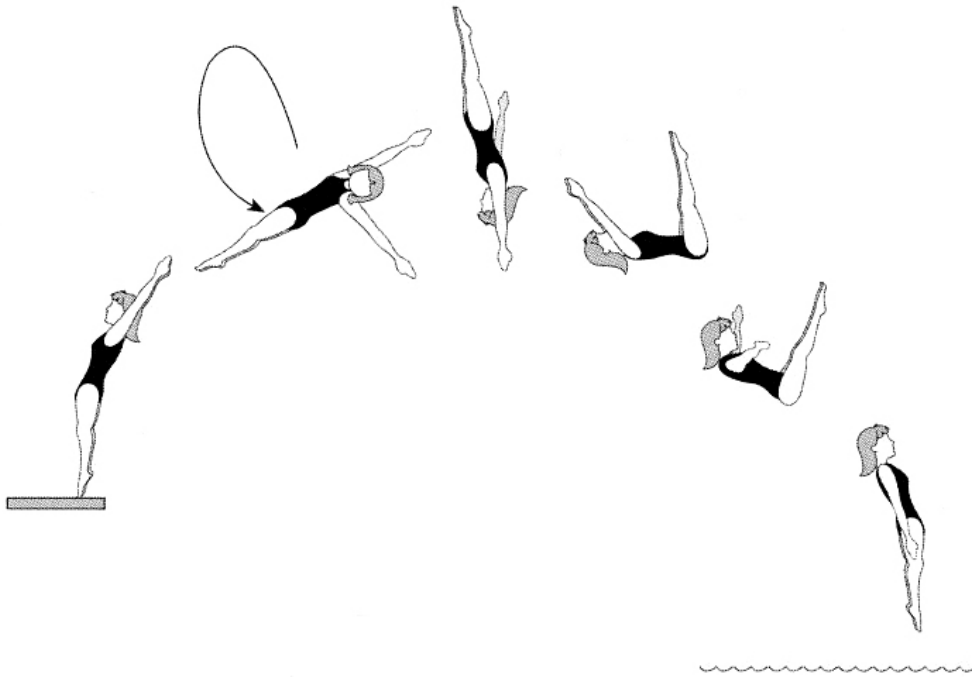


- **Inward:**
The diver faces backwards and rotates forwards



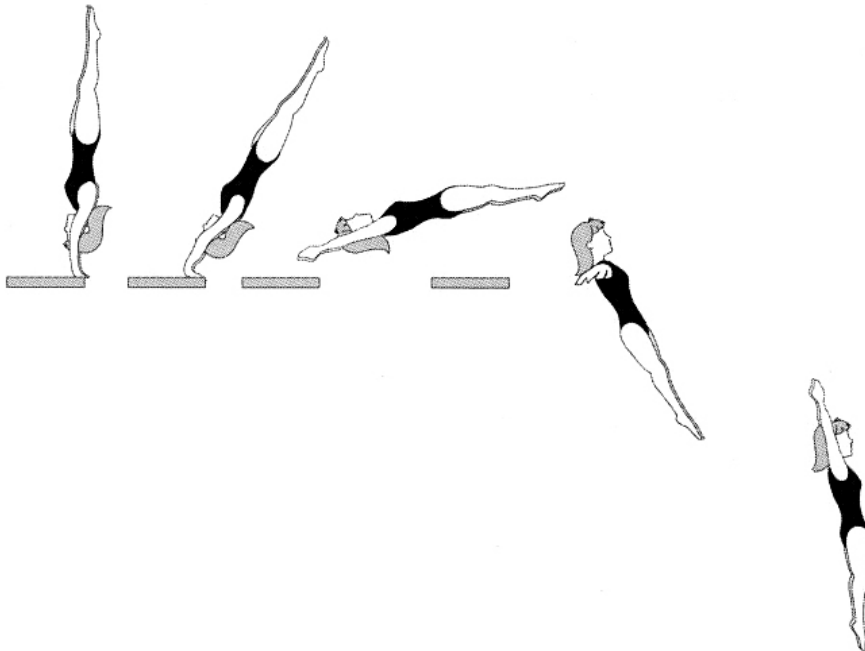
- **Twisting:**

These dives can be performed forwards, backwards, reverse or inwards, and involves a lateral twist.



- **Armstand:**

These dives are performed **only from platforms** and begin from a handstand. They can be performed forwards or backwards, with forward, back or reverse rotation, and may include twists.



Judging

As you watch more diving, especially by talented performers, you will observe that although several divers may do the same dive, it never looks quite the same. This is because each individual has unique mannerisms, characteristics of movement, strengths and timing>>> all adding up to an abstract but observable phenomenon called "style."

Style is difficult to assess by any standard, except whether or not you like it. This is why judging is difficult. Even though there are criteria of execution all divers must meet, evaluation remains a subjective process. No matter how well a dive is performed, artistic likes and dislikes of the judges play a large part in the outcome of any contest, and for this reason there are usually differences of opinion among coaches, competitors, judges and spectators about the accuracy of results. A dive is scored between zero and 10 points by each judge.

Judging Categories

In classifying a dive into one of the judging categories, certain parts of each dive must be analyzed and evaluated, and an overall award obtained. The parts of a dive are:

- **Approach**
Should be smooth but forceful, showing good form.
- **Takeoff**
Must show control and balance, plus the proper angle of landing and leaving for the particular dive being attempted.
- **Elevation**
The amount of spring or lift a diver receives from the takeoff greatly affects the appearance of the dive. Since more height means more time, a higher dive generally affords greater accuracy and smoothness of movement.
- **Execution**
This is most important, for this is the dive. A judge watches for proper mechanical performance, technique, form and grace.
- **Entry**
The entry into the water is very significant because it is the last thing the judge sees and the part probably remembered the best. The two criteria to be evaluated are the angle of entry, which should be near vertical, and the amount of splash, which should be as little as possible.

Scoring

Three, five, or seven judges are used in individual competition. When the judges awards are given, the high and low scores are eliminated and the remaining scores are totaled. The number will be multiplied by the degree of difficulty rating assigned to the dive. The DD is predetermined with a table range from 1.2 to 3.7 in one tenth increments.

It is customary in large meets to have five or seven judges, and they only focus on how dive has been performed. The difficulty of a dive is taken care of by assigned degree of difficulty (DD), so the judges only score the actual performance of the dive, without regard for its difficulty. If there are five judges, the highest and lowest marks are ignored. The remaining three scores are then multiplied by the degree of difficulty to arrive at a total score for the dive. If there are seven judges, the five remaining scores are added together and then the result is mathematically adjusted to be the equivalent of three scores for comparison purposes.

Glossary of Common Diving Terms

Approach

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

Back Dive

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

Balk

An illegal movement by the diver: (1) a 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.

Degree of Difficulty

Rating that assigns a numeric value to the complexity of each dive. DD ranges from 1.2 to 3.7 for executing a specific dive. The DD is multiplied by the sum of the judges' scores to figure the score for a dive.

Entry

The conclusion of a dive as a diver makes contact with the water. May be either head 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 and hands close together. In feet first entries, the arms should be held close to the body, without bending the elbows.

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 a 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 to 10. Five to seven judges are used at invitational swim meets while 3 judges are used at dual meets.

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 and position of arms is optional.

Referee

Manages the competition and insures that all regulations are observed.

Reverse Dive

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

Rip Entry

Used to describe a water entry in which there is virtually no splash.

Somersault

A movement in which a diver rotates the body on an imaginary horizontal axis through the hips. A dive that can be performed in a variety of combinations.

Springboard

An adjustable diving board that regulates "springiness." Board is 1 meter above the surface of the water.

Straight Position

A dive position in which the body is straight without bending at knees or hips, feet together and toes pointed.

Takeoff

A diver's lift from the board prior to execution of the dive. May be done from a forward approach or back.

Tuck Position

A dive position in which the body is bent at the waist and knees, with thighs drawn to the chest and 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.

