

## JUDGING HIGH SCHOOL DIVING

As subjective as the process is, judging diving can be easy. If asked to say what pictures in a museum are the best, many would look at the "MASTERS" Rembrandt, DaVinci, and Michelangelo. If asked to say who is the most beautiful actor or actress you would receive many different choices. Judging diving is looking at the whole picture, not just the finish.

There are six points of reference to be judged on each dive. STARTING POSITION, APPROACH, HURDLE, TAKEOFF, FLIGHT, AND ENTRY. Do you like a movie for just the opening five minutes or for the whole movie? Maybe you didn't like the ending but the action and suspense kept you there for the two hours, and you might want to watch it again. Good divers will entertain you from start to finish.

## FORWARD DIVES

### STARTING POSITION

The diver should have the board adjusted before mounting the board. If they have to adjust the fulcrum while on the board it is more difficult to move. They should pause before starting their approach. In USA DIVING, the diver must wait until the Referee signals for them to start. The diver should present confidence in their ability. The failure to show a starting position may result in a failed dive 9-7.5b.

## BACK AND INWARD DIVES

### STARTING POSITION

The diver should assume a starting position on the end of the board with their heels and mid-foot off the end of the board (this allows greater range of flexation), body erect with their arms in a position of their choice. The diver should stop all oscillations of the board when they assume this position. The diver should do no more than 4 oscillations before their arms start to move into

their press of the board.  $\frac{1}{2}$  -2 points deducted. At no time should the feet leave the board in the oscillations (crow-hop)  $\frac{1}{2}$  - 2 points. Double bounce -2 from scores Referee's call.

## APPROACH

The diver must take at least three steps (may take additional movement) ending in a hurdle off of one foot. These movements should be smooth and natural with no stiff, jerky, awkward or exaggerated arm or leg movements. If the diver only takes two steps into their hurdle the dive referee will declare a violation of the forward approach and deduct 2 points from the awarded score. Judges can take  $\frac{1}{2}$  -2 points off.

## HURDLE

The last step in the approach should bring the diver into a position on the board where they can use the lifting action of the hurdle leg and arms will get them into a position to drop down on the end of the board with a smooth and timed depression of the springboard off of two feet. The diver should show a right angle with the lifting knee in relation to the board. Not doing a hurdle will result in Referee declaring Violation of the forward approach. Judges may take  $\frac{1}{2}$ - 2 points off for a weak hurdle.

## TAKEOFF

The diver should understand that once they leave the board their chances for a "GREAT SCORE" are almost predetermined. Too much or not enough angle of momentum will make or break a dive. The diver should come down from their hurdle in a nearly straight position riding the board down with a circular arm swing timing the rise of the board so that they finish their swing at the peak of the rising board. In order for a diver to rotate they must have some body lean in their takeoff. The greater their lean the less height. An inexperienced diver will rush the takeoff causing

their dives to fly out without much height. Riding the board too long may bring the diver too close to the board on their entry (especially on Reverse dives).

## FLIGHT

Finally we are talking about “Judging Diving”. Once again I would like you to think about the movie. What is real and who is doing the stunts? You have to look close. The diver can use several positions to do a dive. A forward dive straight is more difficult than a tuck so it receives a DD of 1.4 compared to a DD of 1.2 for tuck. Judges should not grade the DD, just the execution.

## A STRAIGHT POSITION

When there is NO bend at the waist or knees, legs together and TOES POINTED.

## PIKE POSITION

Allows the diver to bend at the waist not at knees, legs together and TOES POINTED.

## TUCK POSITION

The fastest rotating position. The diver is allowed to bend at the waist and knees, TOES POINTED.

## FREE POSITION

Is used only for twisting dives and is a combination of positions. The arm position is the choice of the diver but should not distract from the flight of the dive. Flailing arms will not help a diver save a dive. The arms should be extended in a straight line above the head in headfirst entries and should be held straight against the diver’s side in feet first entries. Wrong position max 2, break in form max 4. Hands up on feet first entry max 4.

## TWISTING

Is applied to almost any regular dive but must not be done while on the board. More than 90 is failed. Judged at contact

## ENTRY

The last part of the dive is often JUDGED as the most important part of the dive. The entry should be vertical, long or short entries will score less, but if the diver has done the other parts of the dive they should be rewarded with higher scores than someone who just finishes their dive with less splash. Judges should look for position of the shoulders on contact with water on twisting dives and also do the feet hit first on feet first dives or the head first on headfirst dives. The dive referee should call failed dives but if they don't you must score the dive. The entry should be a safe distance from the board 2-5 feet is "IDEAL". A "rip-entry" 10 feet out should not be an excellent dive.

## JUDGES

Should use the full range of scores 0-10

10-9 exceptional

8 ½ - 7 ½ excellent

7-6 good

5 ½ - 4 ½ satisfactory

4-2 ½ deficient hands up on feet first entry

2- ½ unsatisfactory wrong position

0 failed dive

## BINGO!!

Wow we finally agreed, most of the time it is on a poor dive. We all have different views on what is good or bad, but if we all look at the level of divers (HIGH SCHOOL) we may all try to reward the diver that has worked harder to refine their sport with higher scores. NO PEEKING! Use your view not the first score

announced, they may not ALWAYS be “right“. Why do they use 5 judges, throw out the high and low. Don’t try to make up for being out of range, most Judges will get into the range after a couple of rounds. If it is because of the divers or Judges expectations! You may judge your diver harder because you know they normally do a dive better, 4 other Judges see it different. Throwing 10’s on the first dive leaves no room for rewarding a better dive, yet you can’t go back and raise the 7 you gave earlier. If the dive deserved 10’s throw it. If you get stuck in the 4-7 range YOU MAY BE SAFE, but are you being judged or the diver. Most parents will think their child deserves 10’s for belly flops. You are the judge for ALL divers.

#### SOME GUIDELINES

IS THE DIVER READY

IS THEIR APPROACH GRACEFUL

STRONG HIGH HURDLE

SMOOTH TIMED PLANT

NOT TOO MUCH LEAN LONG RIDE TIME

HEIGHT AND FLIGHT CONTROLLED

LONG DROP INTO ENTRY

VERTICAL SQUARED ENTRY

#### RATIONAL OR IRRATIONAL THOUGHTS

Watching Olympic athletes in almost any sport they seem to perform so effortlessly. Watch a baby take their first steps and we clap and cry and send the video to grandparents, although they are far from Olympic race walkers. THESE ARE HIGH SCHOOLERS! Perfection like MASTER PAINTING is in the eye of the beholder. Do you think the dive is unsatisfactory or exceptional you are the expert on what you like or dislike. Until some rule book comes out and states that a dive that only goes 6 feet up and 6-8 feet out will score a max of 6, 12 feet up and 3-4

with a 15 degree from vertical 7's, we will continue to use our judgment to score hopefully the full dive. I have seen some references that place 3 points on the approach and hurdle, three more points for the takeoff and flight and three points for the entry. That leaves the judge with 1 bonus point for exceptional dives. You are asked to compute all the parts and score it by the time the diver surfaces. If the diver is smooth and confident in their approach and goes high in their hurdle, the lowest score they would get is a three. But if we score only the flight and entry a farm pond diver may throw a 103C for 7's from a stomping approach. Why do we pay so much to watch PROFESSIONAL athletes and actors perform. Some can't hit a free throw or make a tackle, there is more to any game than just the final score. Not everyone wins an Oscar. Little League baseball fences are 200 feet out, if they moved them to Major League lengths not many kids would ever feel the excitement of a "HOME RUN". Swimmers don't have to set Olympic records to win swim events, why should high school divers be expected to be "PERFECT"?

#### HOW CAN I FEEL MORE CONFIDENT

Look at the dive silhouettes in rulebook, watch other dive meets, go on line watch Olympic divers, NCAA. Read rulebook, FINA and diving manual (NCHSAA web site). Get on a diving board and try to do an approach and hurdle into a front dive. Laugh at yourself. If you really want to be brave video your attempt and then JUDGE YOUR DIVE!

The next meet you may throw everyone 10's  
"BINGO"