

# NCHSAA Diving "Cheat Sheet" - Jan 2021

## CATEGORIES

10	<i>Excellent</i>
8.5 - 9.5	<i>Very Good</i>
7 - 8	<i>Good</i>
5 - 6.5	<i>Satisfactory</i>
2.5 - 4.5	<i>Deficient</i>
0.5 - 2	<i>Unsatisfactory</i>
0	<i>Failed Dive</i>

Think category first, then score within that category.

## Descriptions:

- **Unsatisfactory** - Major flaw or hits the diving board with any part of the body (not just hair)
- **Deficient** - Significant flaw (i.e. extremely far out, sloppy form, unclear position, very short or long, poor technique, bad mechanics, etc.)
- **Satisfactory** - Pretty good, but has minor flaws (i.e. great height and position but slightly incorrect shape on entry, came out a bit too early or a bit too late, etc.). The dive is just not polished enough to be considered a good dive.
- **Good** - Overall good mechanics, but perhaps one minor flaw (i.e. slightly short or over, too far out, etc.)
- **Very Good** - Extremely good mechanics, clear positions, very high in the air, dive finishes well above the water, clear lines on entries, correct shape shown on entries, may be just a bit short or over
- **Excellent** - Great dive - does not have to be perfect.

## DEDUCTIONS

½ to 2 points each:

- **Starting Position**
  - Undefined starting position
  - Poor posture
  - Standing crooked on the board
  - Sloppy hands
- **Approach**
  - Distracting
  - Excessive motion
  - Disjointed approach
- **Take Off**
  - More than 4 rocks
  - Too far back on the board
  - Extra bounce (crow hop) in a standing dive
  - The diver starts twisting while still on the board
- **Flight**
  - Rotational speed
  - Height
  - Diving to the side of the board
- **Entry**
  - Under or Over rotation, but less than 45 degrees

## Special Notes:

- The dive is completed when the whole body is underwater.  
**Do not judge anything that a diver does under the water!**

## MAXIMUMS

- **4.5 points (Deficient dive)**
  - Partial break in position (unintentional)
  - At least one hand above the shoulders on a feet first entry
  - At least one hand below the shoulders on a head first entry
- **2 points (Unsatisfactory dive)**
  - A dive is performed clearly in the wrong position
  - A diver makes no attempt to come out of a position and/or a twist
  - A diver hits the board with any part of his/her body (not just hair)
- **0 points (Failed dive)**
  - A dive of a different number has been performed
  - The final step in a forward approach is not from one foot
  - An additional bounce
  - The take-off is not from both feet
  - A twist is greater or less than that announced by more than 90 degrees (judge based on where the diver's shoulders are when the feet or hands first contact the water)

## Top 5 Tips for Success in Judging High School Diving:

1. **Judge the dive that you see** (not the diver's school, reputation, or previous performances). *Judge what you see, not what you expect to see.*
2. **Judge the dive, not the degree of difficulty (DD).** High DD will take care of itself.
3. **Reward good mechanics.** Reward the kids that are jumping, showing good positions, etc. and penalize the kids that don't jump, show unclear positions, etc. The entry is just one of the elements of the dive that we evaluate, so be sure to judge more than just the entry.
4. **Use the entire scale.** Compressing scores keeps the best divers down and average divers up.
5. **Avoid fixating on a specific flaw** (i.e. a crow hop, back on the board, split tuck, etc.). Don't overreact.