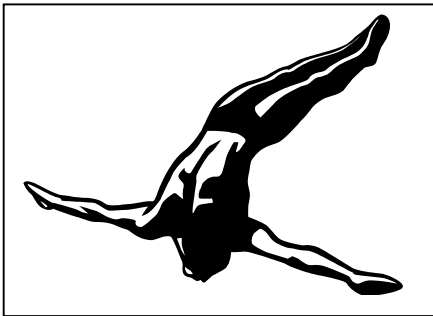


# Spectator Guide To Diving



## Five Groups of Dives

You will see dives from five basic groups at the All-City Competition. The first four groups (forward, backward, reverse, and inward) involve rotating in directions relative to the board and diver starting position. The fifth group includes a dive with a twist. In platform diving, there is a sixth group of dives that begins with an arm stand on the diving board. This will not be seen during this springboard competition.

Divers choose their dives from the five groups listed below. No more than two dives may come from the same group. The first dive must be the “required” dive. For more information on the 2013 required dive see the page titled “All-City Diving Rules.”

1. **Forward Group (Front)** – The diver faces the front of the board and rotates towards the water. This group of dives includes the simple front dive all the way up to a three and one half somersault.
2. **Backward Group (Back)** – All dives in the backward group begin with the diver on the end of the board with their back to the water. Rotation is away from the board.
3. **Reverse Group (Gainers)** – These dives begin with the diver facing the front of the board using a forward approach and then rotating back towards the board. The earlier term for these dives was “gainers.”
4. **Inward Group** – The diver stands on the end of the board with back toward the water and rotates toward the board. The earlier term for these dives was “cutaways.”
5. **Twisting Group** – Any dive with a twist is included in this group. There are four types of twisting dives: forward, backward, reverse (aka gainer), and inward (nee cutaway). Because of the many possible combinations, this group includes more dives than any other.

## Four Body Positions

When each type of dive is performed, the diver uses one of more of the four types of body positions listed below.

1. **Straight** – This position requires no bend at the waist or knees. Depending on the dive, however, there may be an arch in the back. Arm placement is either the diver’s choice or is defined by the dive performed.
2. **Pike** – The legs are straight with the body bent at the waist. Like the straight position, arm placement is either the diver’s choice or is defined by the dive performed.
3. **Tuck** – The body is bent at the waist and knees, with thighs drawn to the chest and heels kept close to the buttocks.
4. **Free** – This is not an actual body position, but a diver’s option to use any of the three positions, or combination thereof, when performing a twisting dive. A combination of straight and pike is common, while tuck is rarely used.

# Judging Basics

## Analyzing & Evaluating the Dive

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

**Approach** – The approach should be smooth, yet forceful, and show good form.

**Takeoff** – The takeoff must show control and balance, plus the proper angle of landing and leaving for the particular dive being attempted.

**Elevation** – The elevation or amount of spring or lift a diver receives from the takeoff greatly affects the appearance of the dive. Since more height means more time before feeling gravity's pull, higher elevation also affords greater accuracy and smoothness of movement.

**Execution** – The execution 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 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 a little as possible.

## Judging the Dive

Seven judges are used in the All-City meet. A dive is scored by each judge between 0 and 10 points in half- or full-point increments. When the judges awards are given, the two high and two low scores will be eliminated and the remaining three scores totaled. This totaled score will be multiplied by the degree of difficulty (DD) rating assigned to the dive. The DD is predetermined with a value ranging from 1.2 to 3.7 in one-tenth increments. To see a list of each dive and the associated degree of difficulty (DD) see the page titled "Dive List." The scale of 0 to 10 for the awarded score is represented below:

10	Excellent
8.5 – 9.5	Very Good
7 – 8.0	Good
5 – 6.5	Satisfactory
2.5 – 4.5	Deficient
0.5 – 2	Unsatisfactory
0	Fail

# Dive Description and Degree of Difficulty

#	Description SS=Somersault	Tuck	Pike	Straight		#	Description SS=Somersault	Tuck	Pike	Straight	Free
101	Forward Dive	1.2	1.3	1.4		5111	Forward Dive, ½ Twist	1.6	1.7	1.8	
102	Forward 1 SS	1.4	1.5	1.6		5112	Forward Dive, 1 Twist		1.9	2.0	
103	Forward 1½ SS	1.6	1.7	2.0		5121	Forward 1 SS, ½ Twist				1.7
104	Forward 2 SS	2.2	2.3	2.6		5122	Forward 1 SS, 1 Twist				1.9
105	Forward 2½ SS	2.4	2.6			5124	Forward 1 SS, 2 Twists				2.3
106	Forward 3 SS	2.9	3.2			5126	Forward 1 SS, 3 Twists				2.8
112	Fwd Flying 1 SS	1.6	1.7			5131	Forward 1½ SS, ½ Twist				2.0
113	Fwd Flying 1½ SS	1.8	1.9			5132	Forward 1½ SS, 1 Twist				2.2
						5134	Forward 1½ SS, 2 Twists				2.6
201	Back Dive	1.5	1.6	1.7		5136	Forward 1½ SS, 3 Twists				3.1
202	Back 1 SS	1.5	1.6	1.7		5152	Forward 2½ SS, 1 Twist	3.0	3.2		
203	Back 1½ SS	2.0	2.3	2.5		5211	Back Dive, ½ Twist			1.8	
204	Back 2 SS	2.2	2.5			5212	Back Dive, 1 Twist			2.0	
205	Back 2½ SS	3.0	3.2			5213	Back 1 SS, ½ Twist				1.7
212	Flying 1 SS	1.6	1.7			5222	Back 1 SS, 1 Twist				1.9
						5223	Back 1 SS, 1½ Twists				2.3
301	Reverse Dive	1.6	1.7	1.8		5225	Back 1 SS, 2½ Twists				2.7
302	Reverse 1 SS	1.6	1.7	1.8		5227	Back 1 SS, 3½ Twist				3.2
303	Reverse 1½ SS	2.1	2.4	2.7		5231	Back 1½ SS, ½ Twist				2.1
304	Reverse 2 SS	2.3	2.6	2.9		5233	Back 1½ SS, 1½ Twists				2.5
305	Reverse 2½ SS	3.0	3.2			5235	Back 1½ SS, 2½ Twists				2.9
312	Rev Flying SS	1.7	1.8			5251	Back 2½ SS, ½ Twist	2.7	2.9		
						5311	Reverse Dive, ½ Twist			1.9	
401	Inward Dive	1.4	1.5	1.8		5312	Reverse Dive, 1 Twist			2.1	
402	Inward 1 SS	1.6	1.7	2.0		5321	Reverse 1 SS, ½ Twist				1.8
403	Inward 1½ SS	2.2	2.4			5322	Reverse 1 SS, 1 Twist				2.0
404	Inward 2 SS	2.8	3.0			5323	Reverse 1 SS, 1½ Twist				2.4
405	Inward 2½ SS	3.1	3.4			5325	Reverse 1 SS, 2½ Twists				2.8
412	Inwd Flying SS	2.0	2.1			5331	Reverse 1½ SS, ½ Twists				2.2
413	Inwd Flying 1½ SS	2.7	2.9			5333	Reverse 1½ SS, 1½ Twist				2.6
						5335	Reverse 1½ SS, 2½ Twist				3.0
						5351	Reverse 2½ SS, ½ Twist	2.7	2.9		
						5411	Inward Dive, ½ Twist		1.7	2.0	
						5412	Inward Dive, 1 Twist		1.9	2.2	
						5421	Inward 1 SS, ½ Twist				1.9
						5422	Inward 1 SS, 1 Twist				2.1
						5432	Inward 1½ SS, 1 Twist				2.7
						5434	Inward 1½ SS, 2 Twists				3.1

# 2017 All-City Diving Rules (abridged)

- A diver may compete for only one pool during the summer season and must be a member of that pool.
- A diver must compete in at least three dual meets during the league season to be eligible for the All-City Meet
- A diver must compete in his/her own age group.
- The order of the divers in championship meets shall be determined by lot, and the same relative position of divers shall be maintained for all levels of competition.
- For 10 & Under, there will be three preliminary dives; the first of which will be the required dive. Divers placing in the top 16 after prelims will perform two additional dives in the finals. No more than two dives may come from the same dive group. A description of the five dive groups (Back, backward, inward, reverse, and twisting) is located on the page titled "Spectator Guide to Diving."
- For all other age groups, there will be four preliminary dives; the first of which will be the required dive. Divers placing in the top 16 after prelims will perform two additional dives in the finals. No more than two dives may come from the same dive group.
- If a diver fails to appear for a dive, it will count as a failed dive. The diver will be allowed to dive for his/her remaining dives.
- Any rules not covered by the Madison All-City rules will fall under the latest National Federation rules book.
- Sixteen-place scoring will be used with the following team points awarded:

• 1 <sup>st</sup>	20 points	• 2 <sup>nd</sup>	17 points
• 3 <sup>rd</sup>	16 points	• 4 <sup>th</sup>	15 points
• 5 <sup>th</sup>	14 points	• 6 <sup>th</sup>	13 points
• 7 <sup>th</sup>	12 points	• 8 <sup>th</sup>	11 points
• 9 <sup>th</sup>	9 points	• 10 <sup>th</sup>	7 points
• 11 <sup>th</sup>	6 points	• 12 <sup>th</sup>	5 points
• 13 <sup>th</sup>	4 points	• 14 <sup>th</sup>	3 points
• 15 <sup>th</sup>	2 points	• 16 <sup>th</sup>	1 point
- Awards will be as follows:

• 1 <sup>st</sup> Place	Gold Medal
• 2 <sup>nd</sup> Place	Silver Medal
• 3 <sup>rd</sup> Place	Bronze Medal
• 4 <sup>th</sup> – 16 <sup>th</sup>	Ribbons
- Required dives for 2015

• 10 & Under	Twisting
• 11 – 12	Inward
• 13 – 14	Back
• 15 – 18	Front