

JUDGING NVSL DIVING

NVSL Diving is a developmental league. The rules for judging developmental diving are slightly adapted to make it easier for beginners to learn the sport, but they are based on the same criteria and standards for athleticism, aesthetics, and safety used to judge competitive diving at more advanced levels. As a judge, you must apply these standards conscientiously and fairly. When in doubt, give the benefit to the diver.

JUDGING CRITERIA AND STANDARDS:

- Judge the entire dive (starting position and approach, take-off, technique and grace in air, and entry into the water until body completely submerged; no underwater actions judged)
- Use full range of scorecard, recognizing difference between excellence and deficiency
- Develop the ability to discriminate the skill range of dive performed according to the standards
- Deduct for errors, but reward superior performance
- Do not take degree of difficulty into account
- Judge all age groups equitably to the same standards

START OF DIVE: First step on forward approach or press on back approach

POSITIONS OF DIVES: Straight (layout), pike, tuck, and free (NOTE: for front and back fall-ins, no position is declared)

Straight: Body not bent either at the knees or hips (bent means forward or backwards)
Feet together and toes pointed
Diver's option for position of arms

Pike: Body bent at hips
Legs straight at the knees, feet together, and toes pointed
Diver's option for position of arms
Pike tight and compact as possible

Tuck: Body bent at hips and knees
Knees and feet together
Tuck tight and compact as possible, meaning:
 front of thighs close to the chest and
 backs of the lower legs close to the backs of the thighs
Hands on lower legs and toes pointed

Free: May incorporate any or all of the positions
Must clearly manifest position(s)
Legs together and toes pointed
No manifest twisting from board

RANGE OF SCORES:

Satisfactory: (5 – 6 1/2 points)

Approach: Clear press and arm swing
Running approach must have hurdle
Hurdle is from one foot; after hurdle, both feet must contact board

Take-off: Vertical lift from board from both feet

Flight: Up, but not out
Balanced and controlled
Arms, legs, and torso aesthetically, symmetrically aligned

Well defined dive position
Dive completed in air
Body fully extended at or before entry

Entry: Approximately vertical, feet together, and toes pointed
In front of board, not off to the side
Not too far out, not too close
Full extension of arms on headfirst entry
Arms straight at sides for feet first entry
No twists on entry

Good to Very Good to Excellent: (7 to 10 points)

All of the above, plus one or more of the following:

Strong vertical lift (diver's center of gravity reaches at or above the diver's height)
Dive completed above board level
Aesthetic and symmetrical body alignment from takeoff through entry
Strong vertical line established well before entry into the water
Rip entry (no splash)

Deficient: (2 ½ to 4 ½ points)

The following descriptions provide examples of performance faults which, depending upon severity or in combination, could result in scores in the deficient range:

Approach: Incomplete hurdle, arm swing, or press

Take-off: Arms reaching outward vs. upward

Flight: One or more breaks in position
Body position not tight or compact, i.e. lacks some element of aesthetics and symmetry
Twists in dives that are not in the twister group
Twisting dives over-twisted or under-twisted
For tuck position: front of thighs not close to the chest
Position of dive definable, but not tight, aesthetic, and symmetrical
Dive not completed at or before entry into the water
Bent leg(s) or arm(s), poor body alignment, legs or feet apart, flat feet
Outward rather than upward trajectory

Entry: Arms not over the head or at the sides as specified for dives or jumps
Legs or feet apart or not in symmetrical alignment
Dive exceeds vertical or fails to reach vertical (goes long or short)
Dive too far, too close, or to one side of board

Unsatisfactory: (1/2 to 2 points)

No take-off (diver simply falls in water)
Diver hits the board, but still enters the water vertically
Dive performed out of position or with no clearly definable position
A nearly horizontal or balled up entry (cannonball)
Front or back entry performed instead of front or back dive

Failed: (zero points)

Wrong dive performed
Head or hands not contacting water first on head first dive
Feet not contacting water first on feet first dive
Entries on dives twisted over or under 90 degrees
Take off from one foot on a forward approach

JUDGING JUMPS -- Front and back jumps may be used as the optional dive in the *Freshman group only*. **The criteria for judging jumps are essentially the same as those for judging dives.**

Front Jump: The front jump (100) may be executed either standing or running. If standing approach is used, the diver should stand at the end of the board with the body in a straight vertical line. A standing front take-off may start with the arms in any position, but must contain a complete arm circle with the arms coming to an overhead position for take-off. During the arm circle, the diver should bend his/her knees to depress the board so that the jump goes into the air rather than out in a horizontal line.

If the front jump is being done with a running approach, there should be a hurdle to depress the board for take-off. The approach should contain a complete arm circle with the arms reaching over the diver's head for take-off. The take-off should be from both feet simultaneously.

During the flight through the air, the diver's body should remain vertical whether the dive is being done in the tuck position (legs bent at knees), pike position (body only bent at hips), or in the straight (layout) position (legs straight). The flight should demonstrate good body alignment, balance and control. For the entry, the diver's body should be in a straight vertical line ***with the arms straight, either overhead or down at the sides in line with the body.***

Back Jump: The back jump (200) is always performed with a standing approach. The diver should stand on the end of the diving board facing the stand, with the body in a straight vertical line and the feet either together or apart with the balls of the feet on the end of the board. A back approach may begin with the arms in any position, but the diver must complete a full arm circle with the arms coming to an overhead position for take-off while the legs and feet are used to depress the board for maximum lift.

The flight through the air should go upward rather than out from the board with the body vertical and legs, torso, and arms aligned. The flight should demonstrate good body alignment, balance and control. For the entry, the diver's body should be in a straight vertical line

Even though jumps are among the easiest skills, superior execution should be rewarded. If a diver keeps his/her body perfectly straight and takes a clear hurdle and jump into the air before beginning the descent into the water, do not hesitate to award a score in the Good to Excellent range (7 to 10).

REFEREE'S CALLS

Failed Dives (zero points awarded)

- Dive announced not executed
- Entries on dives twisted over or under 90 degrees
- Head or hands not contacting water first on head first dive
- Feet not contacting water first on feet first dive
- Forward approach take-off from one foot
- Diver is assisted by another person
- Diver executes two balks
- Diver executes dive not listed or allowed in FINA or NVSL DD tables

No more than 2 points to be rewarded by judges:

- Dive clearly performed in the wrong position
- Fall-in performed when a front/back dive is announced

No more than 4 ½ points to be rewarded by judges:

- One or both arms above head on feet first entry
- One or both arms below the head on head first entry

Balks: (2 point deduction from each judge score)

- Motion of approach or press or dive stopped
- Hurdle from two feet

JUDGE'S CALLS

Zero score: failed dive if referee does not call

No more than 2 points awarded:

- Dive manifestly twisted from board
- Dive clearly out of position if referee does not call
- Fall-in performed when a front/back dive is announced, if referee does not call

No more than 4 ½ points awarded:

- Dive partially performed (broken) in wrong position
- One or both arms above head on feet first entry if referee does not call
- One or both arms below the head on head first entry if referee does not call

Point deduction (1/2 to 2 points):

- Crow hop on standing dive (front or back)
- Excessive rocking
- Unaesthetic performance of straight, pike, tuck, or free position on dive
- Arms not in correct position on entry of dive

Point deduction (judges opinion):

- Fwd approach not smooth, aesthetically pleasing, or moving to end of board
- Take off not bold, high, and confident or from end of board
- Hits board or entry too close to, too far from, or off to one side of the board
- Entry twisted, short, long, or body position not straight

Note: Should there be any discrepancies between this handout and the NVSL Diving Rules, the Rules take precedence.

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