

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

# NVSL 2025 Rules

|    |  |
|----|--|
| 10 | EXCELLENT                                      |
| 9½ |  |
| 9  | VERY GOOD                                      |
| 8½ |  |
| 8  |  |
| 7½ | GOOD   |
| 7  |  |
| 6½ |  |
| 6  |  |
| 5½ | SATISFACTORY                                   |
| 5  |  |
| 4½ |  |
| 4  | DEFICIENT                                      |
| 3½ | Ref's call: <b>no higher than 4½:</b>          |
| 3  | • Hands over the head on a foot-first entry 4n |
| 2½ | • Hands below head on a head-first entry 4n    |
| 2  | UNSATISFACTORY                                 |
| 1½ | Ref's call: <b>no higher than 2:</b>           |
| 1  | • Dive is clearly in the wrong position 4p     |
| ½  | • Front or Back Entry (001, 002) vice Dive 4p  |
|    | • Doesn't come out of Tuck, Pike or Twist 4m   |
|    | • Contacts or comes too close to the board 4g  |
|    | • Twisting manifestly from board 4i(4),4k      |
| 0  | FAILED   |

Especially: 5111A & 5211A

Judging Criteria and Standards

- Judge the dive on overall impression
- Judge the entire dive (starting position, and approach, take-off, technique and grace in the air, and entry until submerged)
- Use full range of scorecard, recognizing difference btwn excellence & deficiency
- Deduct for errors, but reward superior performance
- Develop the ability to discriminate the skill range of dive performed according to the standards
- Do not take degree of difficulty into account
- Judge all age groups equitably to the same standards

Considerations:

Approach

- Fwd (starts w/ 1<sup>st</sup> step): smooth, aesthetically pleasing and forward to the end of the board
- Back (w/ press): slight up & down is allowed

Take Off - should be bold, high & confident, from end of board. Fwd standing is OK, but...

Flight

- Verticality / Height (relative to diver's size)
- Same height reqmts for Standing starts
- **Distance from Board**
- Clearly defined dive position
- Toes pointed, Legs together
- Graceful

Entry

- Vertical or nearly so, not twisted
- Little splash or Rip entry, but don't over-judge the entry
- Have they **'finished'** the dive?

Esp: 201A

No Twisting where if doesn't belong

- Wrong dive 3f,4t,4p
- Assisted dive 4s
- Double Balk 4q
- Blank dive entry 4t
- Take-off (fwd or back) NOT from two feet 4f(2)
- Twisters >90° out of phase (any time during entry) 4i
- Dive/position not permitted in FINA table 4u
- Dive entry w/o: proper #, position, or description 3c
- 1<sup>st</sup> contact NOT hands or head on a head-first dive 4j
- 1<sup>st</sup> contact NOT feet on feet-first dive 4j
- Double Jump 4f(1)

## MANDATORY DEDUCTIONS (-2 points, Ref's call)

- Balk: Stoppage of Approach or Press 4q
- Violation of Fwd Approach: Hurdle from 2 feet (Bunny Hop) 4e

## OTHER DEDUCTIONS (Judge's discretion)

Amount of deduction is dependent on severity

- Crow-hop (½ – 2 pts) 4f(3)
- Excessive Oscillation (½ – 2 pts) 4f(3)
- Poorly defined position (½ – 2 pts) 4i(5)
- Arms not correct position (½ – 2 pts) 4n
- Break in position 4p
- Too far out from the board 4h
- Off to the side of the board 4h
- Fwd approach is not smooth, aesthetically pleasing, moving to the end of the board 4d
- Take off not: bold, confident, high, from end of board 4f
- Entry is short, over or twisted entry not: straight, feet together, toes pointed 4m

## FRESHMEN ONLY:

- Can do **001** vice 101 and/or **002** vice 201 3b(1)
  - no press required – bonus 🍷 if they do it
- Can do **Jump** as their optional 3b(1)
  - Hands at side or overhead (no deduction)
  - Use same standards as other dives
- These are developmental skills with reduced DDs, reward good skills

## OTHER COMMENTS

- Judge the dive, not the DD or the diver
- Be impartial and consistent
- Use the full range of the scorecards
- Keep track of your last score (eg, w/ finger)
- Have Fun!

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## Considerations:

### Approach

- Fwd (starts w/ 1<sup>st</sup> step): smooth, aesthetically pleasing and forward to the end of the board
- Back (w/ press): slight up & down is allowed

**Take Off** - should be bold, high & confident, from end of board. Fwd standing is OK, but...

### Flight

- Verticality / Height (relative to diver's size)
- **Same height reqmts** for Standing starts
- **Distance from Board**
- Clearly defined dive position
- Straightness, Compactness
- Toes pointed, Legs together
- **Graceful**

Esp:  
201A

No Twisting where  
if doesn't belong

### Entry

- Vertical or nearly so, not twisted
- Little splash or Rip entry, but don't over-judge the entry
- Have they **'finished' the dive?**

**Straight:** Body not bent either at the knees or hips; 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; 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

## FRESHMEN ONLY:

Can do **Jump** as their optional 3b(1)

-- Hands at side or overhead (no deduction)

- Can do **001** vice 101 and/or **002** vice 201 3b(1)
- no press required – bonus 🍀 if they do it

- Use same standards as other dives
- These are developmental skills with reduced DDs, reward good skills

- The dive consists of the starting position & approach, the take-off, the execution in the air, and the entry. We judge all the parts of the dive, until diver is fully submerged.
- Look for a strong approach and hurdle/press off the board, a VERTICAL take-off with height at or above diver's head, tight and aesthetic position in the air, fully stretched finishing position, and entry 2-4 feet from the board.
- Judge the overall impression of the dive.
- Look for good, controlled board work, which gets them up into the air vertically. Reward excellent height (relative to the diver).
- Reward excellent form. Look for really tight pikes or tucks, no bends in straight position, toes pointed, legs together, etc.
- For back dives in the straight position, they still need to get up in the air and have a vertical trajectory, not go out horizontally or in a rainbow arc. Reward the ones that go up, not the ones that go out.
- For twister dives, look for the dive to be fully finished, the twist stopped, and the arms in the correct position before entry. Twisters should maintain a tight body position and enter the water 2-4 feet from the board, like any other dive. They must be within 90 degrees of the correct finishing direction when they contact the water, AND all the way thru entry, to be legal.
- Do not overscore dives that look more difficult or complicated. The dd will take care of rewarding them for that.
- Use full range of scorecard, recognizing difference btwn excellence & deficiency
- Deduct for errors, but reward superior performance
- Judge all age groups equitably to the same standards
- In jumps, consider that this is a developmental skill that is supposed to teach them to use the board. Reward those that demonstrate a good hurdle or press with an arm swing and get some height. It's easy to just stand on the end, hop off, and stay straight and close to the board. Arms on jumps are allowed to be straight up or down at the sides. Deduct for random arm positions.
- In fall-in dives, look for the diver to demonstrate good form and get as vertical as possible on entry.

## Referee Notes

- Get to the meet 30-45 minutes before it starts, meet the Team Reps
- Check the sheets. Key points: (1) make sure everyone has the necessary number of dives; (2) Freshmen can have fall-ins as required dives, but can't then use 101 or 201 as optionals; (3) ensure that Seniors have 401 as their 3<sup>rd</sup> dive.
- Meet with & instruct the judges on judging criteria and your calls vs judges discretion
- Divers can make sheet changes prior to the start of the meet (even after they've been turned in), but need to check with Ref or Meet Mgr. Divers cannot change age groups within the 30 minutes prior to start
- You can have a spoiled dive repeated if there are exceptional circumstances
- If a diver is taking too long to do a dive, meet with the diver and coach
- Disqualifications: eliminating/not attempting a required dive – immediate removal; failing 2 dives – DQ'ed but can continue diving