



# HOW TO JUDGE DIVING IN NVSL



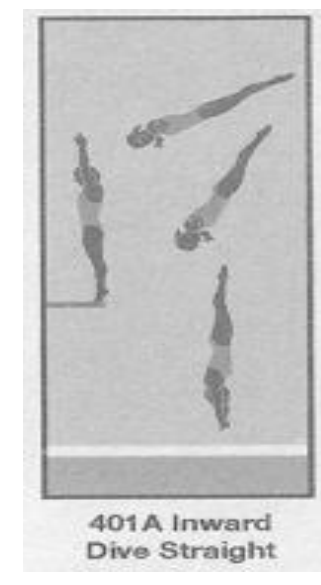
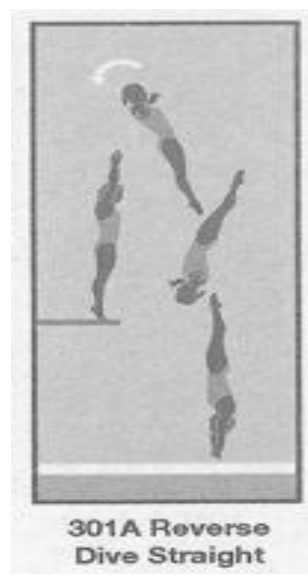
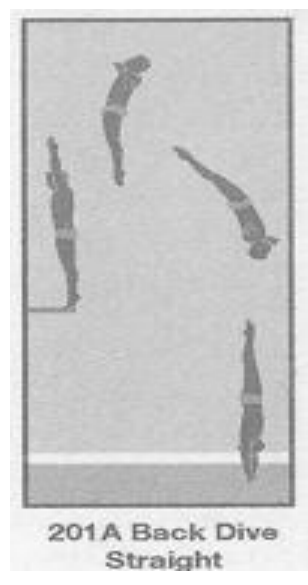


# Outline

- **Dive Groups**
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- **Scoring Scale**
- **The Secret to Judging Diving**
- **Ranges of Scores**
- **Judge's Calls**
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# Dive Groups / Numbers

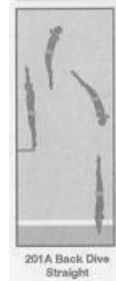
- 5 Dive Groups
  - 1xx Front Dive – Proceed forward, rotate forward
  - 2xx Back Dive – Face backward, rotate backward
  - 3xx Reverse Dive – Proceed forward, rotate backward (in reverse)
  - 4xx Inward Dive – Face backward, rotate forward (inward)
  - 5xxx Twisting Dive – Any of the above and including twists



# Dive Positions

- **Straight (layout)**

- Body not bent at hips or knees
- Feet together, toes pointed



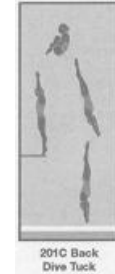
- **Pike**

- Body bent at hips only
- Tight and compact



- **Tuck**

- Body bent at hips and knees
- Knees and feet together, toes pointed, hands on lower legs
- Tight and compact



- **Free**

- May incorporate any of the positions, but must clearly manifest position
- Legs together and toes pointed

- *Note:* For front and back entries (fall-ins), no position is declared



# Components of Dives

- **Approach**
  - Forward approach should be smooth and aesthetically pleasing with a one-step hurdle to the end of the springboard
  - Back approach should include an arm swing and a press
- **Take-off**
  - Bold, high, and confident from the end of the springboard
- **Flight**
  - Well-defined dive position demonstrated
  - Somersaults and twists completed
- **Entry**
  - Vertical, inline, and fully extended – head-first or feet-first
  - Finished, i.e., somersaults and twists stopped
  - About 3 feet from the end of the springboard



# Scoring Scale

- Each judge scores a dive between zero and 10 points, in half-point increments.
- Scores are defined as follows:
  - 10: Excellent
  - 8½-9½: Very good
  - 7-8: Good
  - 5-6½: Satisfactory
  - 2½-4½: Deficient
  - ½-2: Unsatisfactory
  - 0: Failed
- In NVSL, dives are judged from first contact with the water until the diver is submerged.



# The Secret to Judging Diving

- **First**, evaluate all four of the components of the dive
  - Approach, take-off, flight, and entry
- **Second**, decide what category (scoring range) the dive deserves
  - Excellent, Very Good, Good, Satisfactory, Deficient, Unsatisfactory, or Failed
  - Did the dive meet the minimum requirements for a Satisfactory dive?
  - Was it better than Satisfactory?
  - Were there errors in the dive?
    - How many and how egregious were the errors?
- **Third**, now decide on the actual score within that category that you, as a judge, will score
  - This limits your range of scores to choose from
- **Fourth**, put your score up with confidence



# Range of Scores

- **Satisfactory (5 - 6 ½ points)**

- Approach
  - Clear press and arm swing
  - Hurdle is from one foot; and after hurdle, both feet contact end of board
- Take-off
  - Vertical lift from board from both feet
- Flight
  - Verticality, balanced and controlled
  - Arms, legs, and torso aesthetically, and symmetrically aligned
  - Well-defined dive position
  - Dive completed in air and 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 head first entry and arms straight at sides for feet first entry
  - No twists on entry





# Range of Scores (cont.)

- **Good to Very Good to Excellent (7 – 10 points)**
  - All elements of the dive performed at least satisfactorily, plus one or more elements performed better; examples include:
    - Strong vertical lift (diver's center of gravity reaches above the diver's height)
    - Dive completed above board level
    - Aesthetic and symmetrical body alignment from take-off through entry
    - Strong vertical line established well before entry into the water
    - No splash upon entry



# Range of Scores (cont.)

- **Deficient (2 ½ - 4 ½ points)**

- Approach
  - Incomplete hurdle, arm swing, or press;
  - Feet contact not at end of board
- Take-off
  - Arms reaching outward vs. upward
- Flight
  - Body position not tight or compact
  - Over-twisting or under-twisting in Twisting dives or twists in dives not in twister group
  - Dive not tight, aesthetic, and symmetrical
  - Dive not completed before entry into water
  - Bent legs or arms, poor body alignment, legs or feet apart, flat feet
  - Outward, not upward, trajectory
- Entry
  - Arms not over head or at sides as specified for dives
  - Legs or feet apart or not in symmetrical alignment
  - Dive exceeds vertical or fails to reach vertical (goes long or short)
  - Dive too far or to one side of board



# Range of Scores (cont.)

- **Failed (0 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 is from one foot

- **Unsatisfactory (1/2 – 2 points)**

- No take-off (diver simply falls in water)
- Diver too close to board or hits board
- Dive performed out of position / no clearly defined position
- No attempt to come out of tuck, pike, or twist
- Diver manifestly twists from the board



# Judging Jumps

- Forward and back jumps may be used as optional dive for Freshmen
- Criteria for judging jumps essentially the same as for dives.
- Forward jump (100)
  - Either standing or running
- Back jump (200)
  - Always performed with a standing approach
- Even though jumps among easiest skills, reward superior execution



# Judge's Calls

- **Zero (0) score:**
  - Failed dive if referee does not make call
- **No more than 2 points awarded:**
  - Dive manifestly twisted from board if referee does not make call
  - Dive clearly out of position if referee does not make call
  - Fall-in performed when a fwd/back dive announced, if referee does not make call
  - No attempt to come out of a tuck, pike, or twist, if referee does not make call
  - Diver is too close to board or hits board if referee does not make call
- **No more than 4 ½ points awarded:**
  - One or both arms above head on feet first entry if referee does not make call
  - One or both arms below the head on head-first entry if referee does not make call



# Judge's Calls (cont.)

- **Point deduction (1/2 to 2 points):**
  - Crow hop on standing dive (forward or back)
  - Excessive rocking
  - Unaesthetic performance of straight, pike, tuck, or free position on dive
  - Arms not in correct position on the entry of dive
- **Point Deduction (Judge's Opinion)**
  - Forward approach not smooth, aesthetically pleasing, or does not reach the end of the board
  - Take off not bold, high, and confident
  - Dive partially performed (broken) in wrong position
  - Entry is too far from or off to one side of the board
  - Entry is twisted, too short or too long of vertical, or body position is not straight
- **Balks or violation of forward approach (2-point deduction from score)**
  - Motion of approach, press, or dive stopped (balk) if referee does not make call
  - Hurdle from two feet on forward approach (violation of forward approach) if referee does not make call



# Referee's Calls

## • Failed Dives

- Dive announced not executed
- Entries on dives twisted over or under 90 degrees at any time during entry
- Head or hands not contacting water first on head-first dive
- Feet not contacting water first on feet first dive
- Double jump (bound) after a clearly defined hurdle
- Take-off from one foot for forward or back approach
- Diver is assisted by another person
- Diver executes two balks
- Diver executes dive not listed or allowed in World Aquatics or NVSL DD tables
- Blank dive entry for an optional dive found after meet start
- After meet start, dive entry on form missing either dive number, position, or description



# Referee's Calls (cont.)

- **No more than 2 points to be rewarded by judges:**
  - Dive clearly performed in the wrong position
  - Fall-in performed when a forward/back dive is announced
  - Diver does not attempt to come out of a tuck, pike, or twist
  - Diver is too close to board or hits board
  - Diver manifestly twists from the board
- **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 or violation of the forward approach: (2-point deduction from each judge's score)**
  - Motion of approach, press, or dive stopped (balk)
  - Hurdle from two feet on forward approach (violation of forward approach)





# Summary

- Judge the entire dive
  - Approach
  - Take-off
  - Flight (technique and grace in air)
  - Entry
- Use full range of scorecard based on the diver's demonstrated skills
- Put the dive in a category first and then decide your specific score
  - Discriminate skill range of dive performed
  - Judge the dive, not the diver
- Deduct for errors; reward superior performance
- Do not consider degree of difficulty
- Judge all age groups equitably to the same standards
- Have fun! You have the best seat at the pool!

# Questions?

*Thank you for Volunteering!*

**Please provide feedback  
using this QR Code:**

