

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 and/or arm swing on back approach; forward approach dives may also be initiated standing with a press and/or arm swing. *Initial Arm position is the option of diver.*

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

Pike: Body bent at hips only
Legs straight at the knees, feet together, and toes pointed
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 the end of the 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 *level of* board *level*
Aesthetic and symmetrical body alignment from takeoff through*out* 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; *final* feet contact not at end of board

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 *too* long or *too* short)

Dive too far or to one side of board

Unsatisfactory: (1/2 to 2 points)

No take-off (diver simply falls in water)

Diver is too close to board or hits board

Dive performed out of position or with no clearly definable position

No attempt to come out of a tuck, pike, or twist

Front or back entry performed instead of forward or back dive

Diver is too close to board

Diver manifestly twists from the board

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 – Forward 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.

Forward Jump: The forward 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 forward take-off may start with the arms in any position, but should 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 forward 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 should 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
- Double jump (bound) after a clearly defined hurdle (see rule 4.f.(1))
- 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

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) (see rule 4.e)

JUDGE'S CALLS

Zero 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

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):

- Fwd approach not smooth, aesthetically pleasing, or does not reach the end of the board *before take-off*
- Take off not bold, high, and confident
- Dive partially performed (broken) in wrong position (see rule 4.p)
- 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

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) (see rule 4.e)

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

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