



HOW TO JUDGE DIVING IN NVSL





Outline

- **Dive Groups**
- **Dive Positions**
- **Components of Dives**
- **Scoring Scale**
- **The Secret to Judging Diving**
- **Ranges of Scores**
- **Judge's Calls**
- **Referee's Calls**
- **Summary**

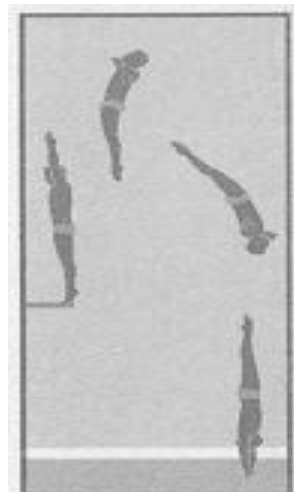
Dive Groups / Numbers

- 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



101A Forward
Dive Straight



201A Back Dive
Straight



301A Reverse
Dive Straight

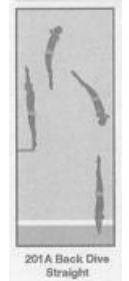


401A Inward
Dive Straight

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 Four Secrets to Judging Diving

- **First**, evaluate all four of the components of the dive
 - Approach, take-off, flight, and entry
- **Second (and most important)**, 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, finally 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 absolute 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 headfirst entry and arms straight at sides for feetfirst 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 head height when standing on the end of the board)
 - 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, or minimum, 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
 - 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 at any time during entry
- Take-off is from one foot

- **Unsatisfactory (1/2 – 2 points)**

- No take-off (diver simply falls in water)
- Diver too close to the diving board or hits the diving 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 an optional dive for Freshmen
- Criteria for judging jumps essentially the same as for dives
 - Look for definition and tightness in position and control
- Forward jump (100)
 - Either standing or running
- Back jump (200)
 - Always performed with a standing approach
- Even though jumps are among the easiest skills, reward superior execution when demonstrated



Judge's Calls

- **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*



Judge's Calls (continued)

- **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*



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 (continued)

- **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 (smooth and aesthetically pleasing)
 - Take-off (bold, high, confident at the end of the diving board)
 - Flight (proper position, tightness, technique and grace in air)
 - Entry (body extended, nearly vertical, legs together, toes pointed)
- 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:**

