



# **DIVING**

# **INFORMATION**

## **2022-2023**

**MCPS Athletics**  
**850 Hungerford Drive, Room 174**  
**Rockville, Maryland 20850**  
**240.740.5650**

# TABLE OF CONTENTS

<b>FOREWARD</b>	<b>4</b>
<b>CONTACTS</b>	<b>4</b>
<b>EFFICIENT TABLE WORK</b>	<b>5</b>
<b>HIGH SCHOOL DIVING INFORMATION SHEET</b>	<b>6</b>
The Approach	6
The Take Off	6
Flight Through the Air	6
Straight	6
Pike	6
Tuck	6
Free	6
The Entry	6
What to Watch for While Judging	6
Diving Events	7
Dual Meets	7
Divisional Meet	7
Regional Championship	7
Metros	7
Diving Do's and Don'ts	7
<b>WORKSHEET FOR DIVING OFFICIALS</b>	<b>8</b>
<b>REFEREE'S CALL / JUDGE'S CALL</b>	<b>9</b>
<b>GUIDELINES FOR JUDGING DIVING (APPENDIX C – NFHS RULES BOOK)</b>	<b>10</b>
<b>MCPS DIVING – THE FUNDAMENTALS</b>	<b>12</b>
1. Starting Position	12
2. Approach	12
3. Hurdle	12
4. Take-Off	12
5. Execution	12
6. Entry	12
<b>DIVING SCORE SHEET INSTRUCTIONS</b>	<b>13</b>
<b>HIGH SCHOOL DUAL MEET SHEETS (SAMPLE)</b>	<b>14</b>
<b>MCPS DUAL MEET DIVING SCORESHEET</b>	<b>15</b>
<b>MCPS DIVISIONAL DIVING SCORESHEET</b>	<b>16</b>
<b>REGIONAL CHAMPIONSHIPS DIVING SCORESHEET</b>	<b>17</b>

<b>HOW TO CHECK AN 11 DIVE – DIVING SHEET (METRO) SAMPLE</b>	<b>18</b>
<b>HOW TO CHECK AN 11 DIVE – DIVING SHEET (METRO)</b>	<b>19</b>
<b>NFHS DIVE SILHOUETTES</b>	<b>20</b>
<b>DIVE SILHOUETTES</b>	<b>24</b>
Forward Approach & Take Off	24
101 Forward Dive - Layout/Straight (One Meter)	25
101 Forward Dive - Forward Dive Tuck (One Meter)	26
101 Forward Dive – Pike (One Meter)	27
103 Forward 1 ½ Somersaults – Tuck (One Meter)	28
102 Forward Somersault – Tuck (One Meter)	29
104 Double Somersault – Tuck (One Meter)	30
201 Back Dive – Layout (One Meter)	31
202 Back Somersault – Layout (One Meter)	32
201 Back Dive – Tuck (One Meter)	33
202 Back Somersault – Tuck (One Meter)	34
203 Back 1 ½ Somersaults – Tuck (One Meter)	35
401 Inward Dive – Tuck (One Meter)	36
301 Reverse – Layout (Three Meter)	37
401 Inward Dive - Pike (Three Meter)	38
402 Inward Somersault – Tuck (One Meter)	39
403 Inward 1 ½ Somersaults – Tuck (One Meter)	40
5111 Forward Dive, Half Twist – Layout (One Meter)	41
5112 Forward Dive, Twist Layout – (One Meter)	42
5121 Forward Somersault, Half-Twist – Layout (One Meter)	43
5211 Back Dive, Half-Twist – Layout (Three Meter)	44
5122 Forward Somersault-Twist (Free Position) (One Meter)	45

## FOREWORD

The Montgomery County Public Schools (MCPS) Diving Information booklet provides additional information for volunteers assisting with the MCPS diving program. The booklet is updated each year and reflects selected National Federation of State High School Associations (NFHS) swimming and diving information, selected MCPS swimming and diving information, and samples of MCPS diving competition forms.

The booklet should be considered a resource for volunteers who assist with MCPS diving. It provides an overview of the functions of table personnel at a diving event, a brief description of the various stages of a dive, and the judging criteria used when scoring a dive.

In addition to receiving a copy of the booklet, parents/volunteers receive valuable information at the annual diving judges' clinic which is held annually prior to the start of the season. The MCPS diving coaches provide detailed examples of dives and volunteers have an opportunity to judge some sample dives and ask questions.

MCPS is grateful for the many volunteers that sacrifice their time for the MCPS swimming and diving program, allowing the program to flourish. The information provided is meant to assist volunteers in the operation of a diving event and to answer potential questions. However, the high school coach remains the final authority with regards to the swimming and diving program.

## CONTACTS

*MCPS Systemwide Athletics Specialist:*

E. Kathy Green

240-740-5650

Elizabeth\_K\_Green@mcpsmd.org

*Sport Director:*

Jason Blanken

240-286-4699

Jason.M.Blanken@gmail.com

*Countywide Dive Coach:*

Katie Johnson

301-570-2858

evernor@ecrcontractors.com

## Table Setup:

1 Announcer	2 Secretary	3 Asst. Secretary	4 Asst. Secretary	5 Asst. Secretary	6 Asst. Secretary
Clear view of diving board	Before meet, inspect diver's sheet for accuracy and legibility	Cross out high & low scores from the judges	Calculate degree of difficulty	Keep running totals	Check over whole sheet & checks arithmetic
Understanding of dive numbers	Write scores on divers' sheet	Keep log-book of judge's scores		Check arithmetic	Pass sheets back to the announcer in order
Quick paced delivery (see below)	Complete meet result sheet, assigning points to divers & team				Assign places to each diver at the end of the last round
Organize warm-up					
Read the scores of the judges in the same order					

Host Team Provides	Visiting Team Provides:	Announcer:
<ul style="list-style-type: none"> <li>▪ Meet Secretary</li> <li>▪ 1 Asst. Secretary</li> <li>▪ Meet Referee</li> <li>▪ 2 Judges</li> <li>▪ Announcer</li> </ul>	<ul style="list-style-type: none"> <li>▪ 3 Asst. Secretary</li> <li>▪ 3 Judges</li> </ul>	<p>The announcer shall:</p> <ul style="list-style-type: none"> <li>• announce before each dive the name of each competitor and describe the dive to be performed (dive, including #, position and degree of difficulty)</li> </ul> <p><i>Example:</i>  <i>Kenny,</i>  <i>101</i>  <i>Front Dive</i>  <i>Pike</i>  <i>1.3</i>  <i>Shawn</i></p> <ul style="list-style-type: none"> <li>• announce the awards given the dive by each judge in the same order throughout the contest.</li> </ul>

## HIGH SCHOOL DIVING INFORMATION SHEET

There are four parts to a dive. Judge each part equally.

**The Approach** – The approach is the movement a diver takes following the starting position. It shall be smooth, straight and forceful, and shall comprise no fewer than three steps before the hurdle. If a diver takes fewer than three steps, the referee will deduct two points from each judge's score. The hurdle shall be from one foot only. Both feet should contact the end of the board simultaneously following the hurdle. A take-off for the hurdle from both feet shall constitute a balk. In a back approach, the diver should attempt to make a press.

**The Take Off** – The take-off shall be forceful, reasonably confident and shall proceed without undue delay. A diver is entitled to his own method of arm swing. When executing a back entry, the diver must not bounce on the board or rock the board excessively before the take-off. Excessive bouncing should be deducted for more than four (4) bounces. Referees will instruct the judges to deduct  $\frac{1}{2}$  - 2 points. On a back entry, if a diver leaves the board and then comes down again, a judge should deduct  $\frac{1}{2}$  - 2 points for crow-hopping.

**Flight Through the Air** – During the passage through the air the body can be carried through one of four positions – straight, pike, tuck, or free.

**Straight** – In the straight position, the body shall be held straight without bending at the knees or the hips. If the body is bent at the knees or hips, the judge shall rule partially out of position (max 4 points) or the referee should call out of position (2 points max).

**Pike** – The body shall be bent at the hips, but the legs must be kept straight at the knees. The body should be as compact as possible.

**Tuck** – The body shall be bent at the knees and hips with the feet together and toes pointed. The tuck should be as compact as possible.

**Free** – This is a combination of the above positions. Two or more positions are used in this twisting dive.

The position of the arms shall be the choice of the diver, except in the case of the front dive in straight position where the arms must be stretched out sideways in line with the shoulders during the flight through the air (called a set). The arms are brought together rapidly and extended beyond the head in a line with the body for the entry.

In a twisting dive, the diver must not execute the twist from the board. It is executed after the feet leave the board.

**The Entry** – The entry in all cases must be vertical with the body straight and toes pointed. All head first entries, shall be executed with the arms stretched beyond the head in a line with the body, with hands close together. All feet first entries shall be performed with the arms held close to the body, and without bending at the elbows. On a feet first dive, if the arm (s) are above the shoulders, the referee shall declare a **4.5** point maximum score from each judge. On twisting dives, watch the entry of the shoulders not head. A diver can turn his/her head to face correct direction of the dive.

### **What to watch for while judging** –

1. The height the diver gets when he leaves the board. It is much more difficult to control a dive that has tremendous height. If this is achieved, score higher than a "pretty dive" that has no height.
2. The power, grace, and technique during the flight in the air. Dives that possess this should be scored higher than dives where the diver has no control.

- During the entry take into consideration the size of the diver. Divers come in a variety of shapes and sizes which may influence the splash. Don't just judge the entry. Do not judge the dive under the water.

Category of Dives

Front – 100 series

Back – 200 series

Reverse – 300 series

Inward – 400 series

Twisting – 500 series

Voluntary or required dives – One or more of the dives listed in the category above. Optional dives – additional set of dives done in addition to required. Diver's choice.

**Diving Events:**

**Dual Meets:** Divers perform four (4) dives. The first dive shall be a required dive and may be from any one of the five groups. The dive will receive its actual degree of difficulty (d.d.) up to a 1.8. If the dive has a higher d.d. it will be given a d.d. of 1.8. The remaining three optional dives shall receive the true d.d. These dives must be from two of the remaining four categories. Two divers per event. A team may not dive five divers, even if one is exhibition. If a team has only one male or female diver, the team is allowed one exhibition diver.

**Divisional Meet:** Divers perform six (6) dives. The first dive shall be required (max d.d. of 1.8). The remaining five (5) dives must be from a different category (true d.d.) i.e. one front, back, inward, reverse, twisting. Diver may choose the diving order. Three divers per event. The coach must have seen the diver complete all dives to be eligible to dive. Divers will be disqualified for insincere attempts.

**Regional Championship:** Divers perform eleven (11) dives, but may do 11 to qualify for the All-American. If diving 11 dives, last two will comprise the missing two (2) optional. The last two dives will not count for the championship meet score. The competition shall consist of five (5) voluntary dives and four (4) optional dives. The five (5) voluntary dives shall come from each of the five (5) groups with their assigned d.d. and have a sum total of 9.0 or less. The four (4) optional dives must each come from a different category. (The voluntary dive should be circled on the diving sheet). All five (5) groups must be represented in the first eight rounds.

The dives to be performed during each round of the championship competition shall be as follows:

Dives 1 to 5:	Any 2 voluntary and 3 optional
Dives 6 to 8:	2 voluntary and 1 optional
Dive 9:	1 voluntary

Two divers per event. The coach must have seen the diver complete all dives to be eligible to dive. Divers will be disqualified for insincere attempts.

**Metros:** Divers perform 11 dives. Divers dive two sets of five (5) categories, plus one additional dive. The remaining set will have true d.d. Four divers allowed, but must be able to do a full list.

Remember that the judge is always right; Judges may see something at a different angle than the spectator. If you make or feel you have made an error, don't worry, the high and low scores are thrown out in competition.

**Diving Do's and Don'ts**

Don't photograph a diver with a flash camera.

Respect the judges: They are volunteers!

## WORKSHEET for DIVING OFFICIALS

POINTS	Referee's Call	Judge's Call	POINTS
<b>10</b>	<b>Excellent</b>	<b>Excellent:</b> No visible flaws – approach, hurdle, height, distance, execution and entry all exceptional.	<b>10</b>
<b>8½–9½</b>	<b>Very Good</b>	<b>Very Good:</b> Approach, hurdle, height distance or entry slightly affected. Execution well-defined.	<b>8½–9½</b>
<b>7–8</b>	<b>Good</b>	<b>Good:</b> Approach and hurdle unaffected; height and distance acceptable; execution defined, entry controlled but slightly affected.	<b>7–8</b>
<b>5–6½</b>	<b>Satisfactory</b>	<b>Satisfactory:</b> Approach and hurdle acceptable; height and distance adequate; execution complete and entry slightly over or under.	<b>5–6½</b>
<b>2½–4½</b>	<b>Deficient</b> Incorrect hand(s)/arm(s) position on entry Maximum 4 ½ points	<b>Deficient:</b> Approach and hurdle affected; height and distance inadequate; execution affected and entry over or under. 1. Diver <u>partially alters</u> the position of the dive 2. Diver enters the water with one or both hands above the shoulders on a dive requiring a feet-first entry or with one or both hands below the shoulders on a dive requiring a head-first entry.	<b>2½–4½</b>
<b>½–2</b>	<b>Unsatisfactory</b> Maximum 2 points 1. Dive done in another position 2. Diver hits board 3. Diver does not attempt out of tuck or pike position 4. Diver does not attempt out of the twist 5. Diver does not hold correct body position on any flying one somersault dives, or flying one and a half somersault dives.	<b>Unsatisfactory:</b> Approach and hurdle affected; height and distance inadequate; execution not complete or broken position, entry significantly affected.	<b>½–2</b>
<b>0</b>	<b>Failed Dive</b> 1. Incorrect dive 2. No starting position 3. Falls in water 4. Assisted in dive 5. No pike before twist on 5111B, 5411B 6. Wrong end enters first 7. Over or under twist 8. Repeated dive 9. Step off board after starting 10. Two (2) balks 11. Required dive not performed 12. Dive not in table 13. Additional bounce(s) after culminating hurdle	<b>Failed Dive:</b> Judge should award a "0" score if he or she believes the dive was a failed dive, but the referee did not call it.	<b>0</b>
<b>Referee:</b> <b>2 point deduction from each judge's score if:</b> 1. Violation of forward approach 2. Does not declare a standing forward takeoff 3. Balk <b>Diver disqualification if:</b> 1. not sincere attempt 2. dives too difficult 3. unnecessary delays 4. unsportsmanlike behavior		<b>Judge:</b> <b>½ – 2 point deduction if:</b> 1. Not stopping oscillation before or after starting position is assumed 2. Excessive oscillation 3. Foot/feet leaving the board prior to back/inward takeoff 4. Knees spread in tuck position outside the shoulders 5. Entering to side of board 6. Twist from board	



10.0	<b>EXCELLENT</b>		<b>EXCELLENT</b>	10.0	
9.5	<b>VERY GOOD</b>			9.5	
9.0				9.0	
8.5				8.5	
8.0	<b>GOOD</b>	<div style="background-color: #333; color: white; padding: 5px;">           2 point deduction from each judge's score for:            1. Violation of forward approach            2. Balk         </div>		8.0	
7.5					7.5
7.0					7.0
6.5	<b>SATISFACTORY</b>			6.5	
6.0				6.0	
5.5				5.5	
5.0				5.0	
4.5	<b>DEFICIENT</b>			4.5	
4.0				4.0	
3.5				3.5	
3.0				3.0	
2.5				2.5	
2.0	<b>UNSATISFACTORY</b>	<div style="background-color: #333; color: white; padding: 5px;">           1. Dive done another position            2. Incorrect hand position            3. Diver hits board         </div>		2.0	
1.5					1.5
1.0					1.0
0.5					0.5
0	<b>FAILED DIVE</b>		<b>FAILED DIVE</b>	0	

Maximum of 4 points if diver alters position during flight

1. Dive done another position  
 2. Incorrect hand position  
 3. Diver hits board

## **2022–23 Swimming and Diving Rules**

### **Appendix C – Guidelines for Judging Diving**

#### ***Starting Position***

- Forward – The diver should demonstrate good posture with arms in a position of the diver's choice.
- Back/inward – The diver should demonstrate good posture, with the head upright, arms in a position of the diver's choice. A diver may move the arms to a variety of preparatory positions provided there is no attempt to start the dive.

#### ***Approach***

- Forward – The approach shall begin with not less than three steps and finish with a hurdle, defined as a jump off one foot to a landing on both feet at the end of the board. The diver may use steps, hops, leaps and/or jumps during the initial steps and before the culminating hurdle. The forward takeoff shall be from both feet simultaneously to an adequate height to perform the dive. The hops, leaps and/or jumps shall be considered as "steps".

#### ***Hurdle***

- The last step in the forward approach, called the hurdle, consists of the diver lifting the leg (diver's choice of which leg) to form an angle that may be approximately 90 degrees at the hip and knee. The other leg pushes down on the board and helps the diver jump to the end of the board where he/she lands on two feet. The hurdle is the foundation for the rest of the dive, thus an important element for judges to observe.

#### ***Back Press – on back and inward groups, the back press combines the starting position, approach and hurdle.***

- The diver should stop oscillating the board with the feet to assume a starting position. Once the diver assumes the starting position, the board can be oscillated up to four times prior to the diver leaving the board. The oscillations shall not be so large as to disrupt the tempo or smoothness of the dive. At NO time should the balls of the feet/foot lose contact with the board. If the feet/foot leave the board, or more than four oscillations occur before the diver leaves the board, or the diver takes excessively large oscillations, the judge may deduct ½ - 2 points.

#### ***Takeoff***

- The takeoff should be balanced and controlled so as to allow the diver to achieve good height and appropriate distance from the springboard. The posture should be upright and pleasing to the eye.
- Balance on the balls of the feet should be maintained (on both a forward approach landing and a back press) as the arms swing around and move in time with the leg push to assist lift from the board. Too much lean forward or backward will affect the divers balance, power, distance and ultimately the success of the dive.

#### ***Flight***

- The dive should have adequate height to provide enough time in the air to complete the rotation and allow the dive to travel a safe distance from the board.
- Ideally a diver should exhibit strength and power while displaying grace and beauty.
- The overall form of the diver must also be considered, as well as speed of rotation and twist mechanics in twisting dives.
- The dive position (tuck, pike or straight) should be clearly defined. Good form should be displayed by means of body flexibility, firmness, and toe point which should be maintained throughout the entire dive flight. The arms may be in the position of the diver's choice. Just prior to the entry into the water, the arms should be brought together and extended beyond the head in line with the body for a head-first entry or against the sides of the body with straight elbows for a feet-first entry.

- Straight position (A) – The body shall not be bent either at the knees or hips. The feet shall be together and the toes pointed. The position of the arms is at the option of the diver.
- Pike position (B) – The body shall be bent at the hips, the legs must be kept straight at the knees, the feet shall be together, and the toes pointed. The position of the arms is at the option of the diver.
- Tuck position (C) – The body shall be compact, bent at the knees and hips, with the knees and feet close together within the body line of the shoulders. The hands shall be on the lower legs and the toes pointed.
- Free position (D) – The free position is not really a body position but a combination of the other three positions and is used most often to perform twisting dives. The combinations should be well defined using the positions described above.

**NOTES:**

1. Flying one somersault dives require the diver to hold the straight position until the body is horizontal to the water (9-7-4e).
2. Flying one and one-half somersault dives require the diver to hold the straight position until the body is perpendicular to the water.

**Entry**

- The entry into the water should be as vertical as possible with the body straight and toes pointed. The diver’s line into the water is only one segment of the total dive and should not be over judged.
- The dive should not be too close, too distant or off to the side of the springboard.
- Twist on Entry - the dive should be square (without any twist) as it enters the water.
- A properly performed dive will result in an entry with minimum splash. An exceptionally good entry will have little to no splash. This is commonly called a “rip” entry. Rip entries are impressive and are essential to the overall impression. However, since the entry is the last part of the dive seen, it is easy to judge the dive solely on the entry, forgetting mistakes on other elements of the dive. Avoid this common trap and score the dive based on all of its elements.
- The dive is completed and scored when the body passes through the surface of the water. What happens after the diver passes through the surface of the water should not affect the judges score.
- Properly executed dives should be performed a safe distance from the board and walls.
- Two elements a judge should not consider are the approach to the starting position of a dive and a diver’s movements beneath the surface of the water.

Score	Description
10	<b>Excellent</b> – No visible flaws – Approach, hurdle, height, distance, execution and entry are all exceptional.
8½ – 9½	<b>Very Good</b> – Approach, hurdle, height and/or distance slightly affected. Execution well defined.
7 – 8	<b>Good</b> – Approach and hurdle adequate. Height and distance acceptable. Execution defined, entry controlled, but slightly affected.
5 – 6½	<b>Satisfactory</b> – Approach and hurdle acceptable. Height and distance adequate. Execution complete and entry over or under.
2½ – 4½	<b>Deficient</b> – Approach and/or hurdle affected. Height and/or distance inadequate. Execution affected and entry over or under.
½ – 2	<b>Unsatisfactory</b> – Approach and hurdle affected. Height and distance inadequate. Execution not complete or broken position. Entry significantly affected.
0	<b>Failed.</b>

# MONTGOMERY COUNTY HIGH SCHOOL DIVING

## Fundamentals – The Difference Between a Novice and an Experienced Diver

What makes a good diver? Why do some divers perform smoother than others? How can one diver make a dive look so hard while another diver doing the same dive makes it look easy? What gives one diver a more balanced approach than another diver's? In short, what makes a good diver stand out? The answer is good, solid fundamentals. Fundamentals such as a solid starting position, a smooth balanced approach, a high controlled hurdle, a firm strong take-off, a compact and well-defined execution, and finally, a clean, vertical entry. Compare the poor and good diver.

### 1. Starting Position

Novice Diver – Fast, uneven steps, last step very long, excessive arm movement, walking on toes, head bent forward.

Experienced Diver – Body erect, shoulders back, chest high, stomach in, arms and fingers straight, eyes on the board.

### 2. Approach

Novice Diver – Fast, uneven steps, last step very long, excessive arm movement, walking on toes, head bent forward.

Experienced Diver – Slight arm movement, slow approach with last step slightly longer, head erect, eyes down.

### 3. Hurdle

Novice Diver – Leaning backward, very short hurdle, stomps the board, arms waving, flat feet, head down.

Experienced Diver – Uses foot as a rocker, high knee flexion, toes pointed, lands on balls of feet, reaches with and sets arms, hurdle 2-3 feet long, eyes on end of board.

### 4. Take-off

Novice Diver – Erratic take-off; sometimes leaning forward and sometimes back, slight reach with arms, weak toe and leg extension, in a hurry to get off board.

Experienced Diver – Slight body lean, good reach with arms, lifts chest, strong extensions of legs, feet and toes, waits for the board, good ride.

### 5. Execution

Novice Diver – All movements jumbled together, poor toe point, poor height, in a hurry to get into a dive, just makes the dive.

Experienced Diver – Attains good height, all movements are firm, smooth and well defined, good toe point throughout the dive, finishes the dive above the water.

### 6. Entry

Novice Diver – Arms apart, legs bent, poor toe point, little stretch, way over or way short.

Experienced Diver – Hands together, head between arms, looks for entry, legs are straight, toes pointed, almost vertical entry – Stretch!

The best way a diver can develop good, sound fundamentals is to start with beginning dive. The most important fundamentals to develop are those connected with the approach and hurdle. Once a diver has a smooth, balanced approach with a high controlled hurdle, the fundamentals connected with the take-off, execution, and entry will quickly fall into place. For this reason, the beginning diver must spend the major part of early practice sessions on approaches and hurdles.

## DIVING SCORE SHEET INSTRUCTIONS

1. Refer to diving table provided below to complete the diving score sheet.
2. For each dive, write the number of the dive, position and degree of difficulty in the space provided; sign the score sheet, then have the coach sign it.
3. For meets requiring cancellation of high and low judge's scores, the scorer circles those scores which will be used in establishing the score for that dive.
4. The scorer keeps the diver's cumulative running score on the second line of each dive's Points Awarded column.
5. The diving referee checks the scorer's tabulation and signs the score sheet.

### ONE-METER DIVING TABLE

DIVE No.	DIVE NAME	C	B	A	D
		TUCK	PIKE	STRAIGHT	FREE
<b>FORWARD DIVES</b>					
101	Forward Dive	1.2	1.3	1.4	-
102	Forward 1 SS	1.4	1.5	1.6	-
103	Forward 1½ SS	1.6	1.7	2.0	-
104	Forward 2 SS	2.2	2.3	2.6	-
105	Forward 2½ SS	2.4	2.6	-	-
106	Forward 3 SS	2.9	3.2	-	-
107	Forward 3½ SS	3.0	3.3	-	-
112	Forward Flying 1 SS	1.6	1.7	-	-
113	Forward Flying 1½ SS	1.8	1.9	-	-
<b>BACK DIVES</b>					
201	Back Dive	1.5	1.6	1.7	-
202	Back 1 SS	1.5	1.6	1.7	-
203	Back 1½ SS	2.0	2.3	2.5	-
204	Back 2 SS	2.0	2.3	-	-
205	Back 2½ SS	3.0	3.2	-	-
<b>REVERSE DIVES</b>					
301	Reverse Dive	1.6	1.7	1.8	-
302	Reverse 1 SS	1.6	1.7	1.8	-
303	Reverse 1½ SS	2.1	2.4	2.7	-
304	Reverse 2 SS	2.1	2.4	2.9	-
305	Reverse 2½ SS	3.0	3.2	-	-
<b>INWARD DIVES</b>					
401	Inward Dive	1.4	1.5	1.8	-
402	Inward 1 SS	1.6	1.7	2.0	-
403	Inward 1½ SS	2.2	2.4	-	-
404	Inward 2 SS	2.8	3.0	-	-
405	Inward 2½ SS	3.1	3.4	-	-
412	Inward Flying 1 SS	2.0	2.1	-	-
413	Inward Flying 1½ SS	2.7	2.9	-	-
<b>TWIST DIVES</b>					
5111	Forward Dive, ½ Twist	1.6	1.7	1.8	-
5112	Forward Dive, 1 Twist	-	1.9	2.0	-
5121	Twist	-	-	-	1.7
5122	Forward 1 SS, 1 Twist	-	-	-	1.9
5124	Forward 1 SS, 2 Twists	-	-	-	2.3

DIVE No.	DIVE NAME	C	B	A	D
		TUCK	PIKE	STRAIGHT	FREE
<b>TWIST DIVES (continued)</b>					
5126	Forward 1 SS, 3 Twists	-	-	-	2.8
5131	Forward 1½ SS, ½ Twist	-	-	-	2.0
5132	Forward 1½ SS, 1 Twist	-	-	-	2.2
5134	Forward 1½ SS, 2 Twists	-	-	-	2.6
5136	Forward 1½ SS, 3 Twists	-	-	-	3.1
5142	Forward, 2 SS, 1 Twist	2.6	2.7	-	-
5152	Forward, 2½ SS, 1 Twist	3.0	3.2	-	-
5211	Back Dive, ½ Twist	-	-	1.8	-
5212	Back Dive, 1 Twist	-	-	2.0	-
5221	Back 1 SS, ½ Twist	-	-	-	1.7
5222	Back 1 SS, 1 Twist	-	-	-	1.9
5223	Back 1 SS, 1½ Twists	-	-	-	2.3
5225	Back 1 SS, 2½ Twists	-	-	-	2.7
5227	Back 1 SS, 3½ Twists	-	-	-	3.2
5231	Back 1½ SS, ½ Twist	-	-	-	2.1
5233	Back 1½ SS, 1½ Twists	-	-	-	2.5
5235	Back 1½ SS, 2½ Twists	-	-	-	2.9
5251	Back 2½ SS, ½ Twist	2.7	2.9	-	-
5311	Reverse Dive, ½ Twist	-	-	1.9	-
5312	Reverse Dive, 1 Twist	-	-	2.1	-
5321	Reverse 1 SS, ½ Twist	-	-	-	1.8
5322	Reverse 1 SS, 1 Twist	-	-	-	2.0
5323	Reverse 1 SS, 1½ Twists	-	-	-	2.4
5325	Reverse 1 SS, 2½ Twists	-	-	-	2.8
5331	Reverse 1½ SS, ½ Twist	-	-	-	2.2
5333	Reverse 1½ SS, 1½ Twists	-	-	-	2.6
5335	Reverse 1½ SS, 2½ Twists	-	-	-	3.0
5351	Reverse 2½ SS, ½ Twist	2.7	2.9	-	-
5411	Inward Dive, ½ Twist	-	1.7	2.0	-
5412	Inward Dive, 1 Twist	-	1.9	2.2	-
5421	Inward 1 SS, ½ Twist	-	-	-	1.9
5422	Inward 1 SS, 1 Twist	-	-	-	2.1
5432	Inward 1½ SS, 1 Twist	-	-	-	2.7
5434	Inward 1½ SS, 2 Twists	-	-	-	3.1

### MCPS DUAL MEET DIVING SCORESHEET

Order of Finish	
Total Points	
Diving Order	

School: \_\_\_\_\_

Name: \_\_\_\_\_

Meet: \_\_\_\_\_ Site: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_

#	Dive Description	Pos	Judges Scores					Judges Total	Degree of Diff	Points Awarded								
			1	2	3	4	5											
1																		
2																		
3																		
4																		
<b>Total Points</b>																		

\_\_\_\_\_ Diver's Signature \_\_\_\_\_ Coach's Signature

## MCPS DIVISIONAL MEET DIVING SCORESHEET

School: \_\_\_\_\_

Name: \_\_\_\_\_

Meet: \_\_\_\_\_ Site: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_

Order of Finish	
Total Points	
Diving Order	

#	Dive Description	Pos	Judges Scores					Judges Total	Degree of Diff	Points Awarded		
			1	2	3	4	5					
1												
2												
3												
4												
5												
6												
<b>Total Points</b>												

\_\_\_\_\_  
Diver's Signature

\_\_\_\_\_  
Coach's Signature

# REGIONAL CHAMPIONSHIPS DIVING SCORESHEET

School: \_\_\_\_\_

Name: \_\_\_\_\_

Meet: \_\_\_\_\_ Site: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_

Order of Finish	
Total Points	
Diving Order	

	#	Dive Description	Pos	Judges Scores					Judges Total	Deg of Diff	Points Awarded							
				1	2	3	4	5										
1																		
2																		
3																		
4																		
5																		
6																		
7																		
8																		
9																		
10																		
11																		
										<b>TOTAL POINTS</b>								

\_\_\_\_\_  
Diver's Signature

\_\_\_\_\_  
Coach's Signature



## How to check an 11 dive – Diving Sheet – (Metro)

### The “5” Voluntary Dives

- Dive Number and Degree of Difficulty circled
- One dive from each of the 5 dive groups
- In correct dive order (see below)
- Degree of difficulty having a sum of 9.0 or less

### The “6” Optional Dives

- All 5 dive groups represented
- No optional dive group repeated within the 1<sup>st</sup> eight dives

Dive order	Dive Number	Diver's Name	Dive Description	Dive Pos.	Judges' Scores					Judges' Total	Degree of Difficulty
					1	2	3	4	5		
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											

2 Voluntary

&  
3 Optional

2 Voluntary

&  
1 Optional

1 Voluntary

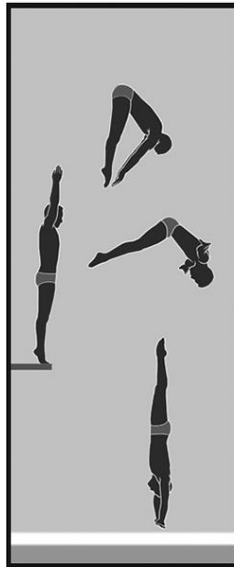
&  
2 Optional



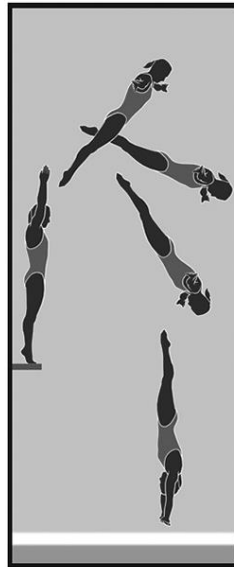
# COMMON DIVE FORMS



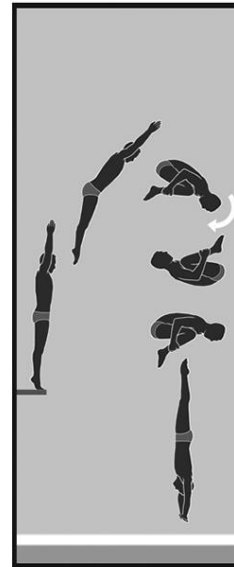
101C Forward Dive Tuck



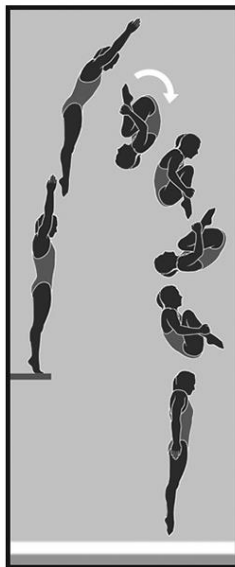
101B Forward Dive Pike



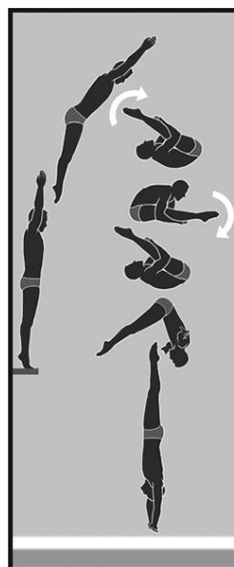
101A Forward Dive Straight



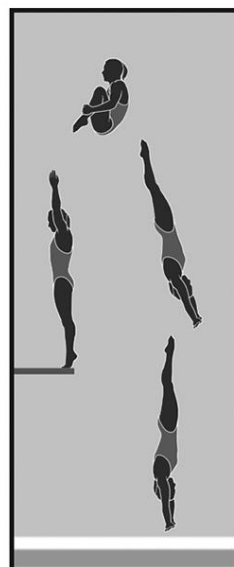
103C Forward 1 1/2 ss Tuck



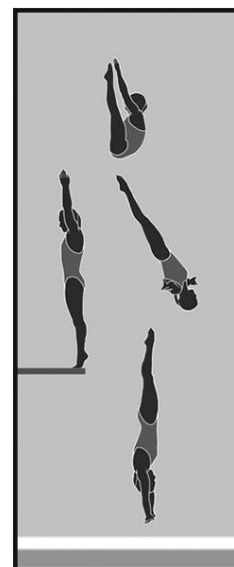
104C Forward 2 ss Tuck



105B Forward 2 1/2 ss Pike



201C Back Dive Tuck

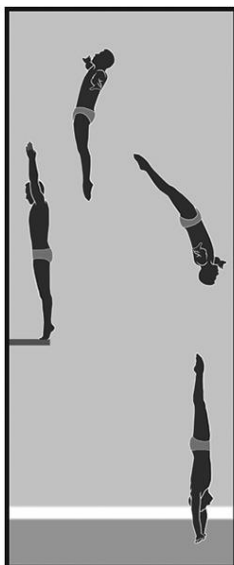


201B Back Dive Pike

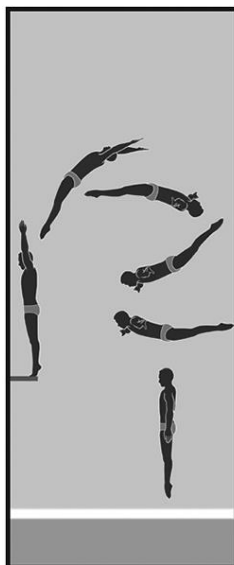
PlayPic® PlayPics courtesy of **REFEREE** ([www.referee.com](http://www.referee.com))



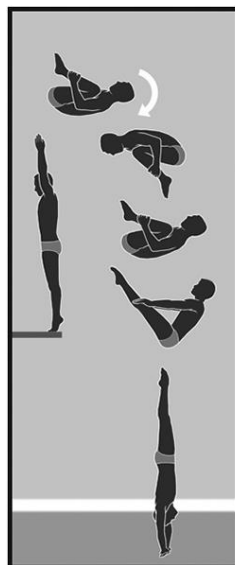
# COMMON DIVE FORMS



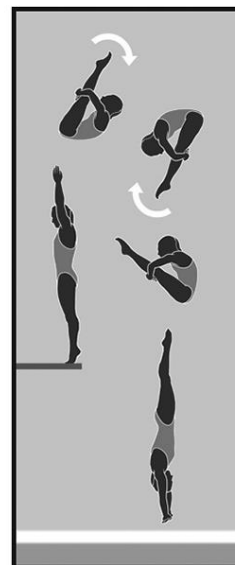
201A Back Dive  
Straight



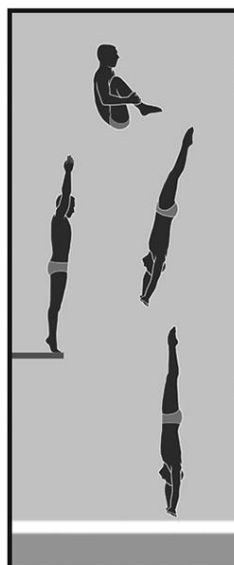
202A Back 1 ss  
Straight



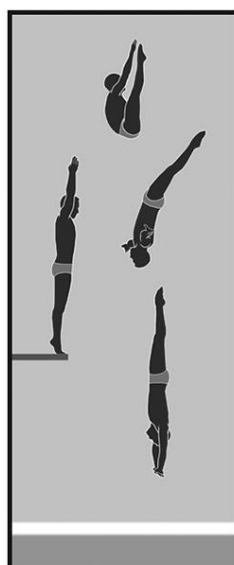
203C Back  
1 1/2 ss Tuck



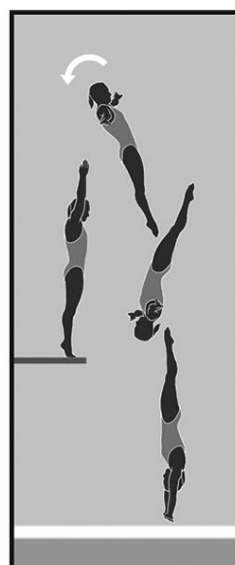
203B Back  
1 1/2 ss Pike



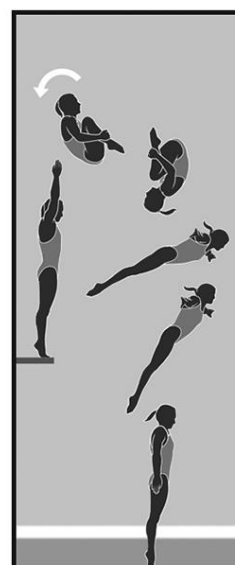
301C Reverse  
Dive Tuck



301B Reverse  
Dive Pike



301A Reverse  
Dive Straight

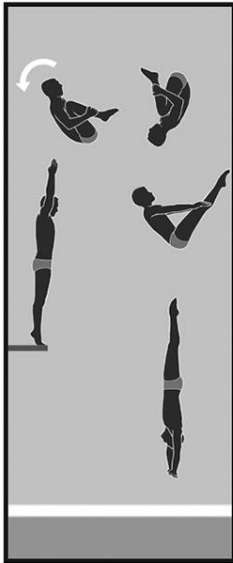


302C Reverse  
1 ss Tuck

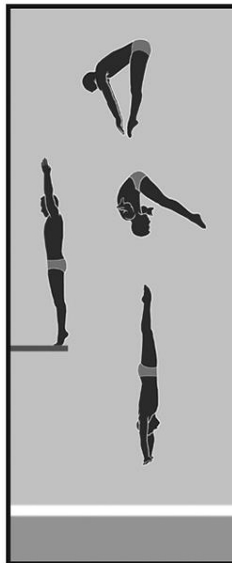
PlayPic® PlayPics courtesy of **REFEREE** ([www.referee.com](http://www.referee.com))



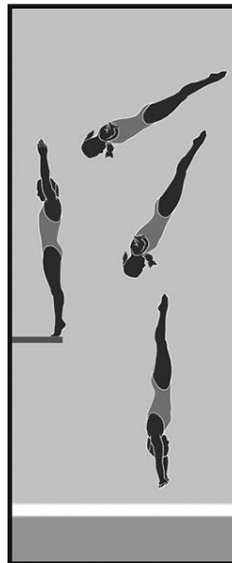
# COMMON DIVE FORMS



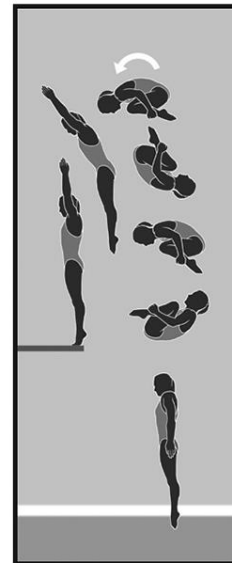
303C Reverse  
1 1/2 ss Tuck



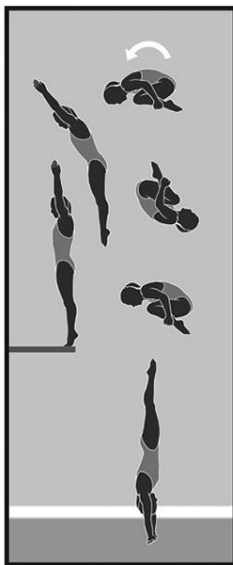
401B Inward  
Dive Pike



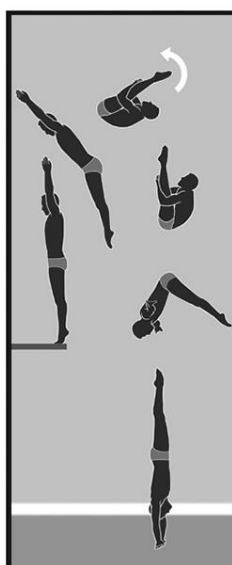
401A Inward  
Dive Straight



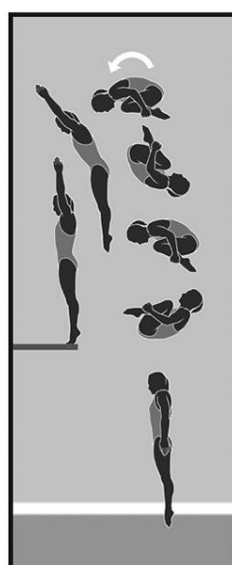
402C Inward  
1 ss Tuck



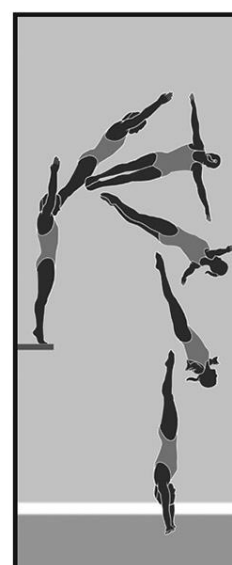
403C Inward  
1 1/2 ss Tuck



403B Inward  
1 1/2 ss Pike



404C Inward  
2 ss Tuck

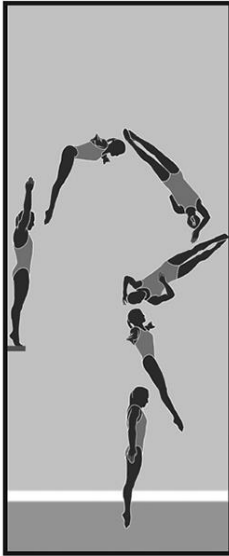


511A Forward  
Dive 1/2 Twist  
Straight

PlayPic® PlayPics courtesy of **REFEREE** ([www.referee.com](http://www.referee.com))



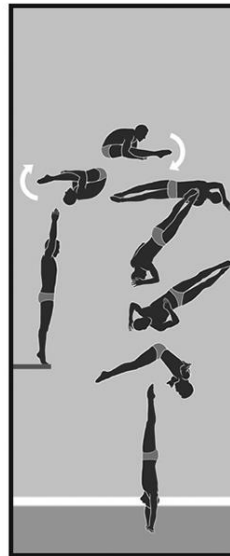
# COMMON DIVE FORMS



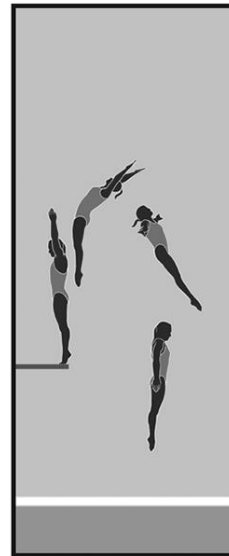
**5122D Forward**  
1 ss 1 Twist Free



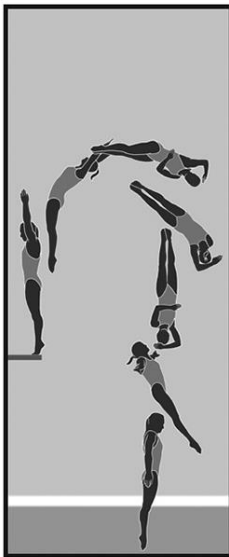
**5132D Forward**  
1 1/2 ss  
1 Twist Free



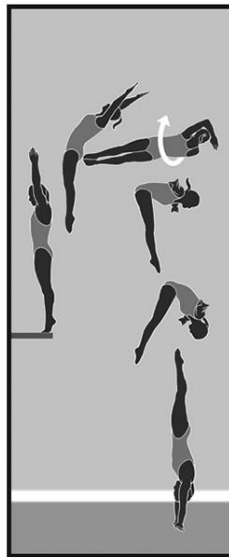
**5152B Forward**  
2 1/2 ss  
1 Twist Pike



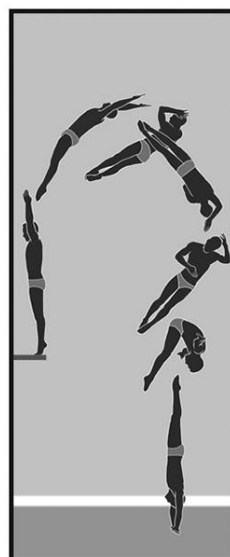
**5221D Back**  
1 ss 1/2  
Twist Free



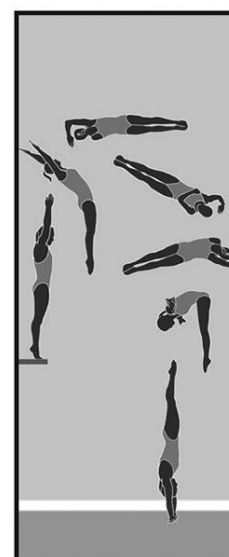
**5223D Back** 1 ss  
1 1/2 Twists Free



**5231D Back**  
1 1/2 ss  
1/2 Twist Free



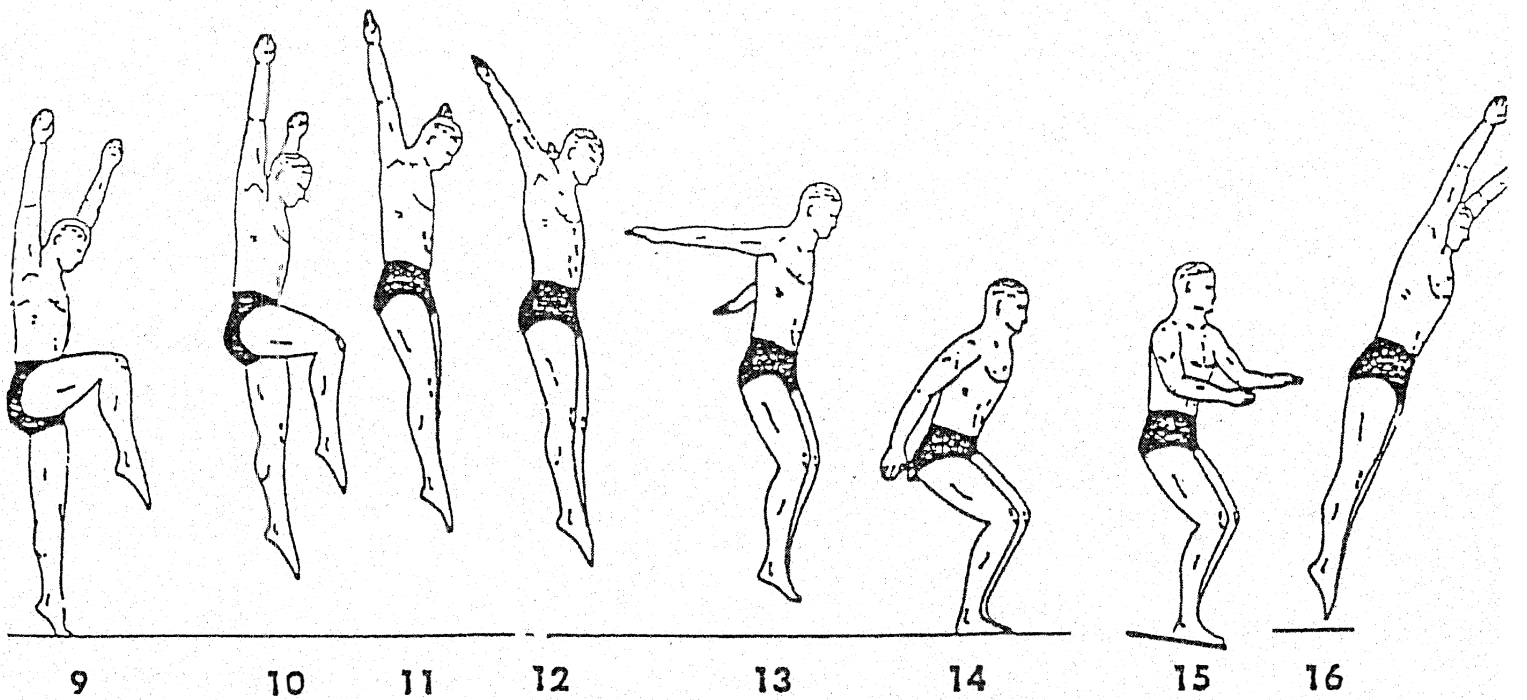
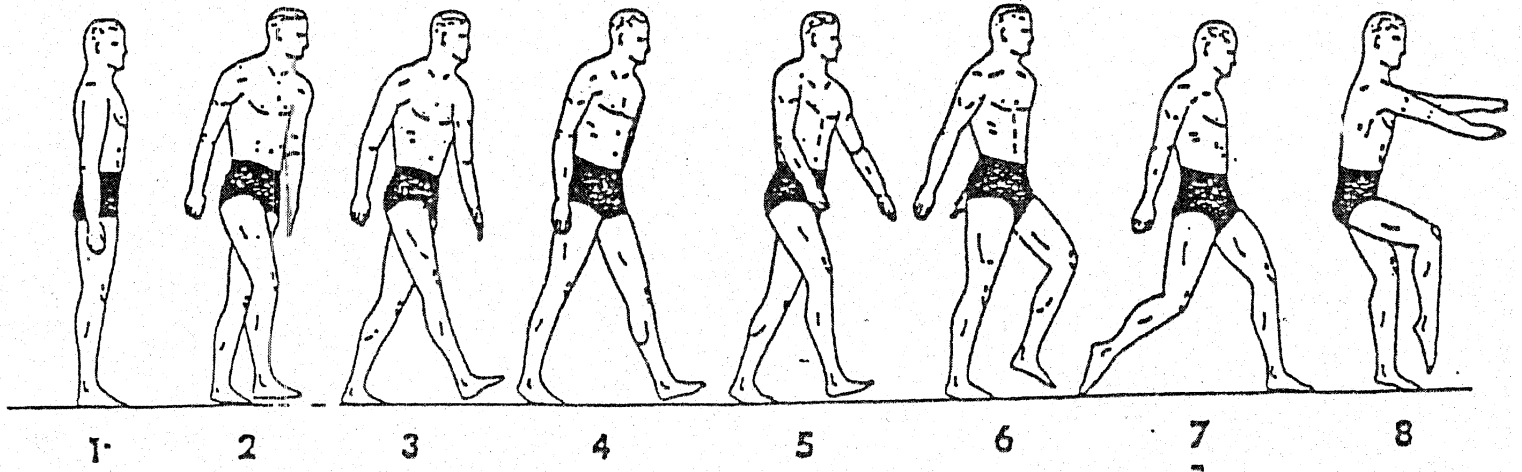
**5233D Back**  
1 1/2 ss  
1 1/2 Twists Free



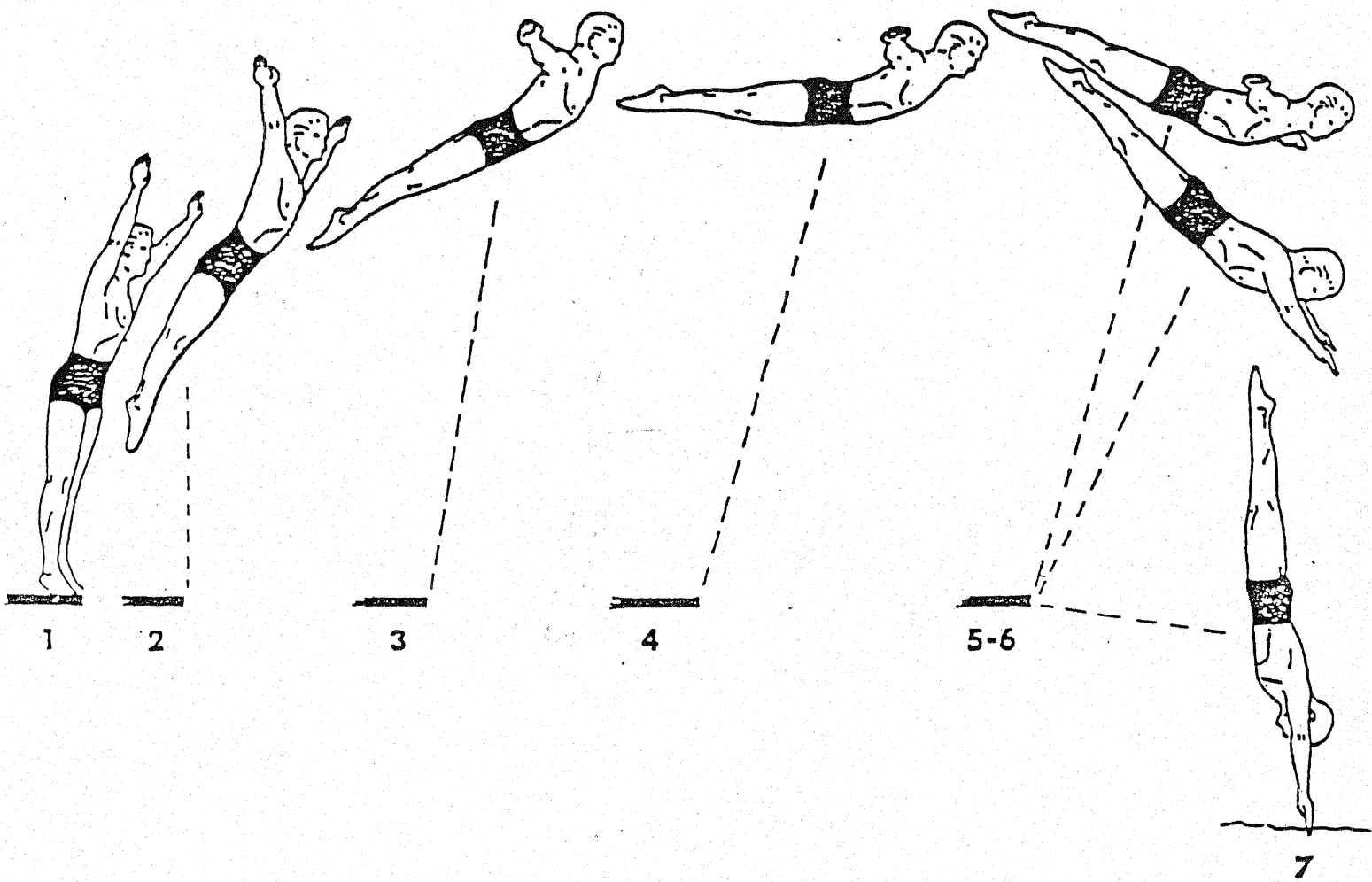
**5333D Reverse**  
1 1/2 ss  
1 1/2 Twists Free

PlayPic® PlayPics courtesy of **REFEREE** ([www.referee.com](http://www.referee.com))

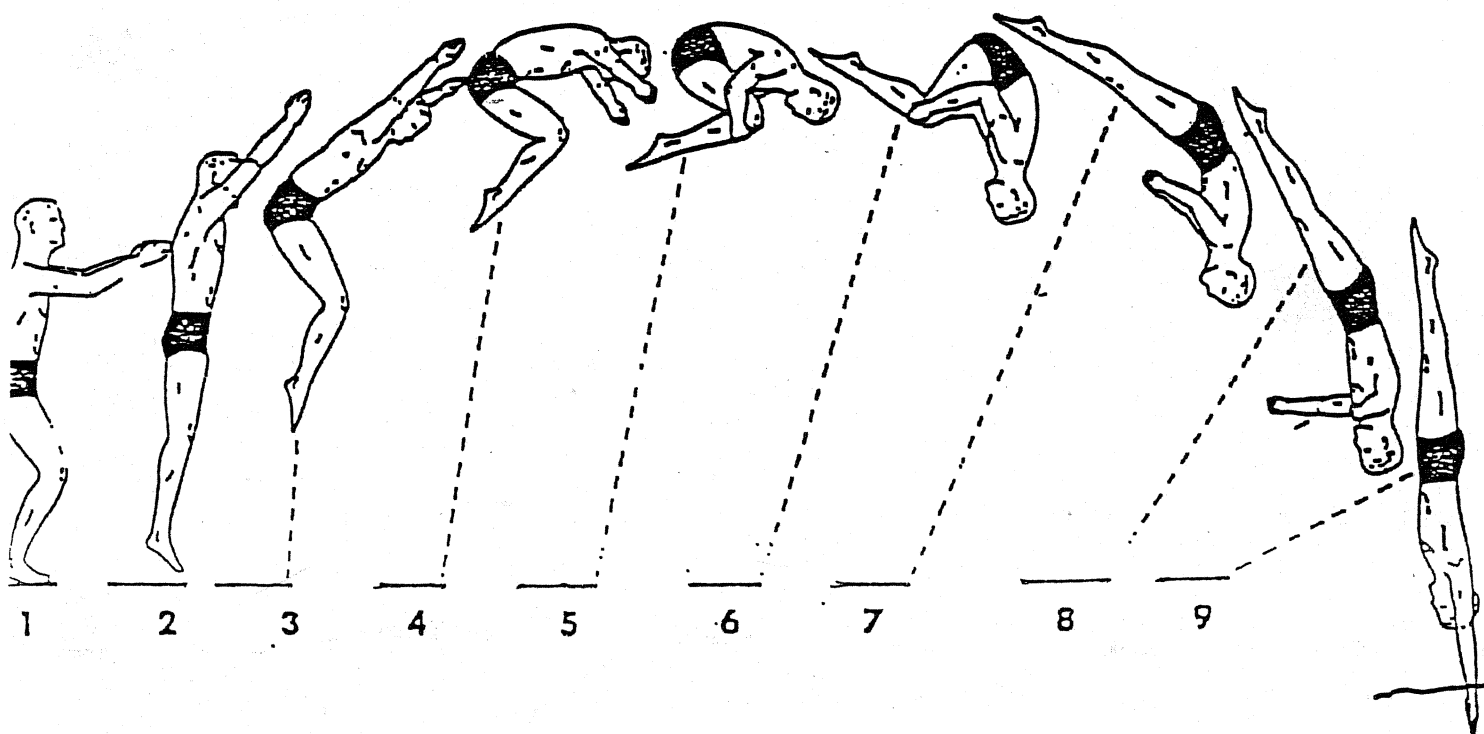
# FORWARD APPROACH AND TAKE-OFF



# 101 FORWARD DIVE-LAYOUT/STRAIGHT (One Meter)

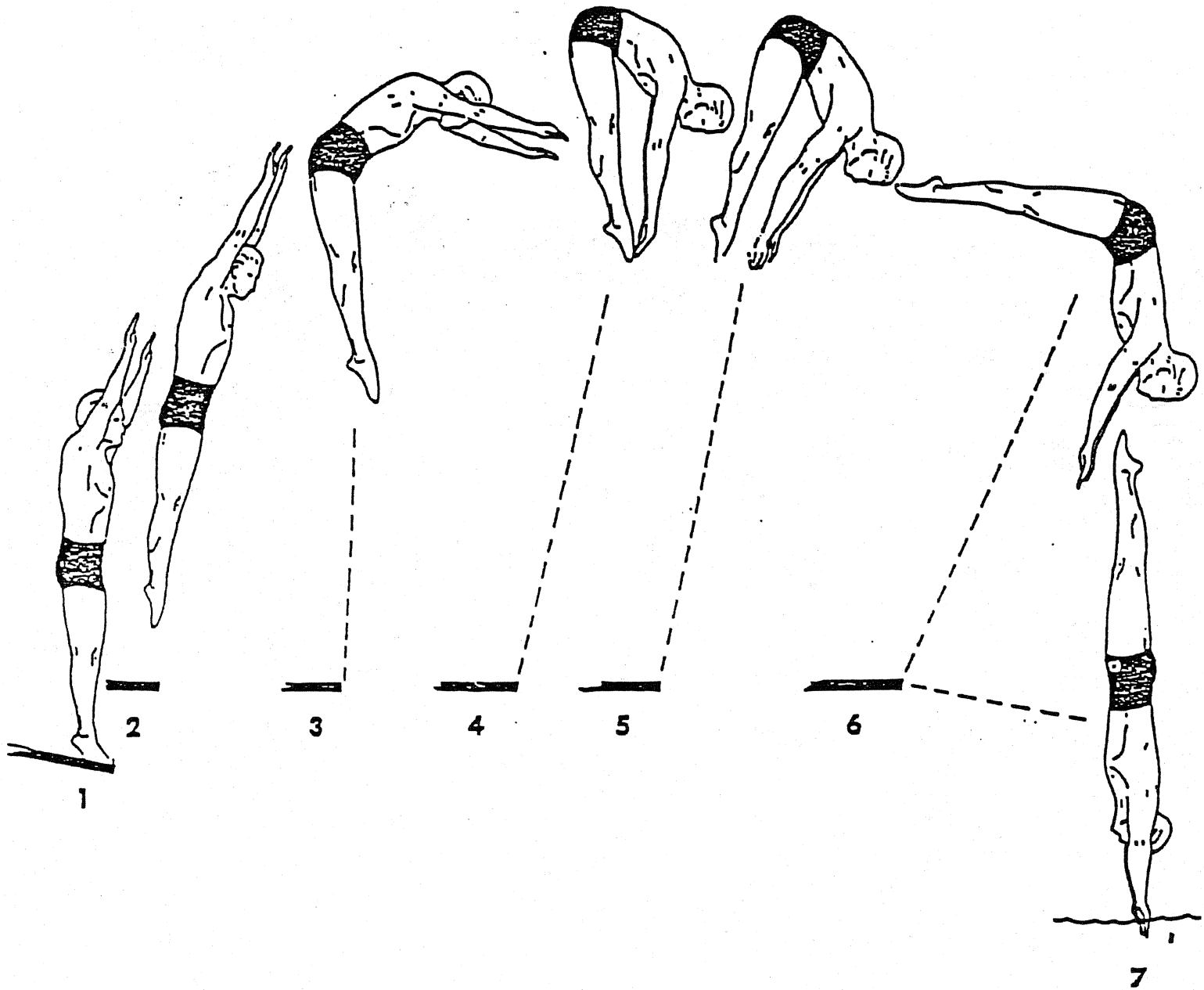


01  
FORWARD DIVE-TUCK  
(One Meter)

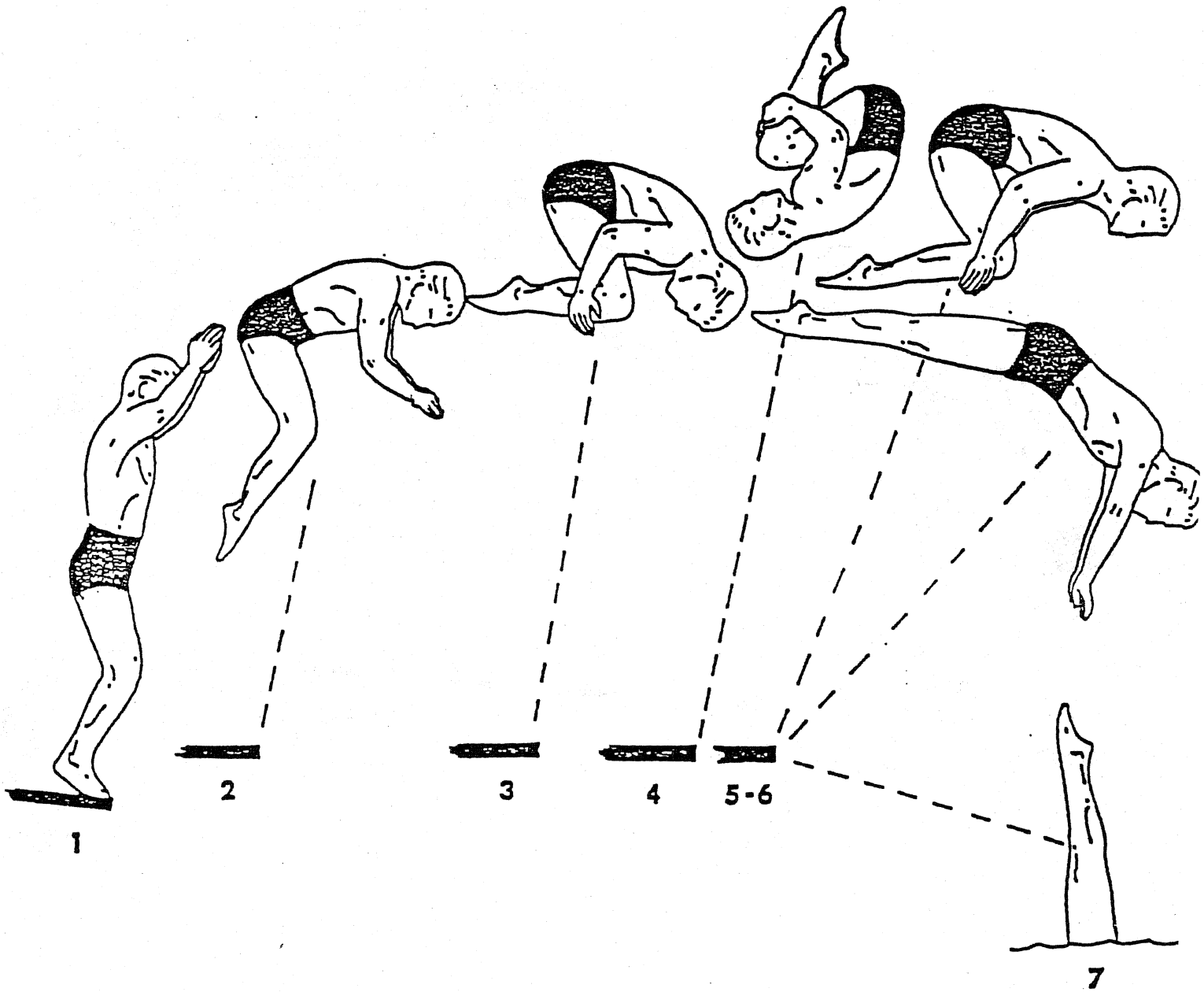




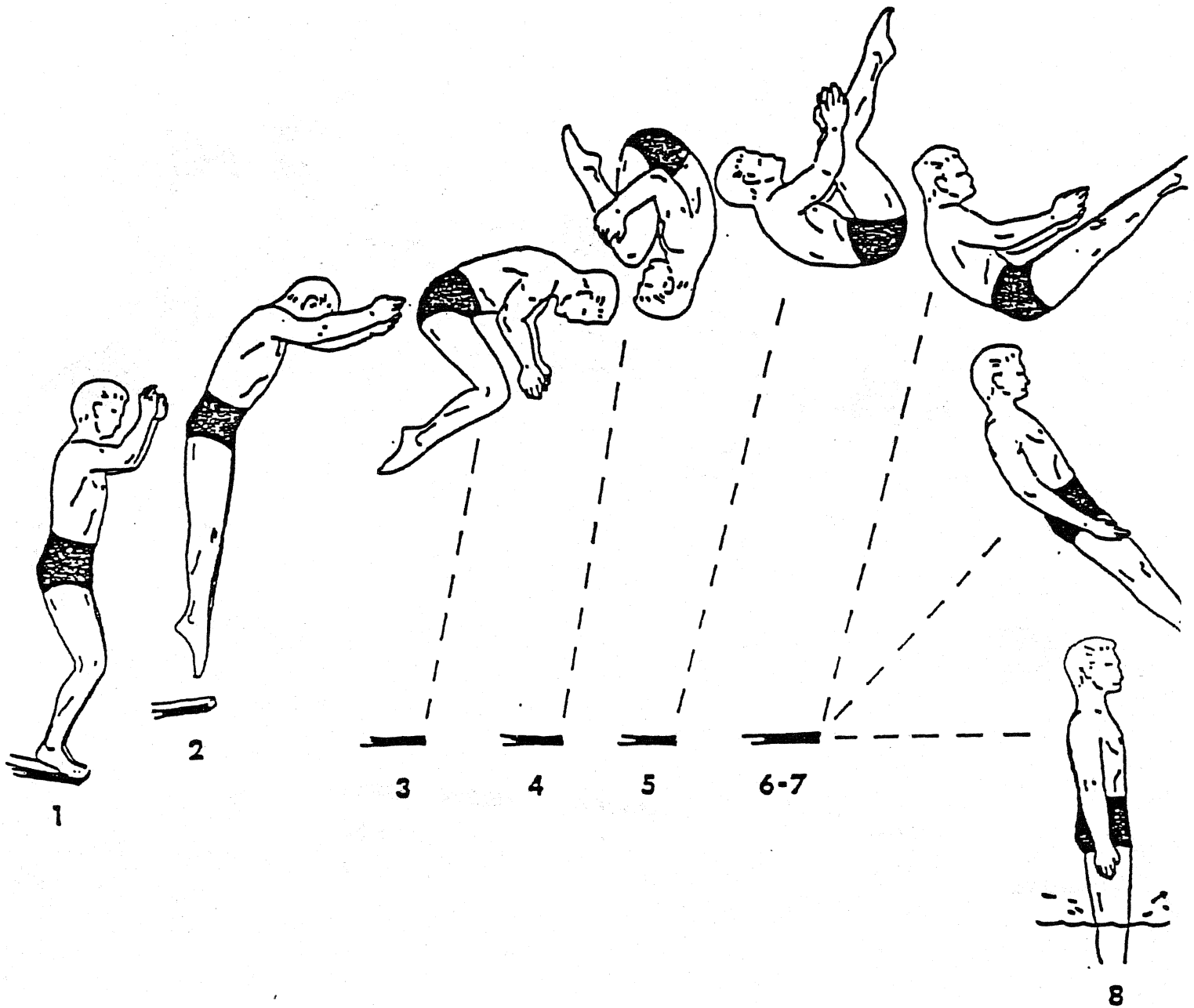
101  
FORWARD DIVE-PIKE  
(One Meter)



**103**  
**FORWARD 1½ SOMERSAULTS-TUCK**  
**(One Meter)**

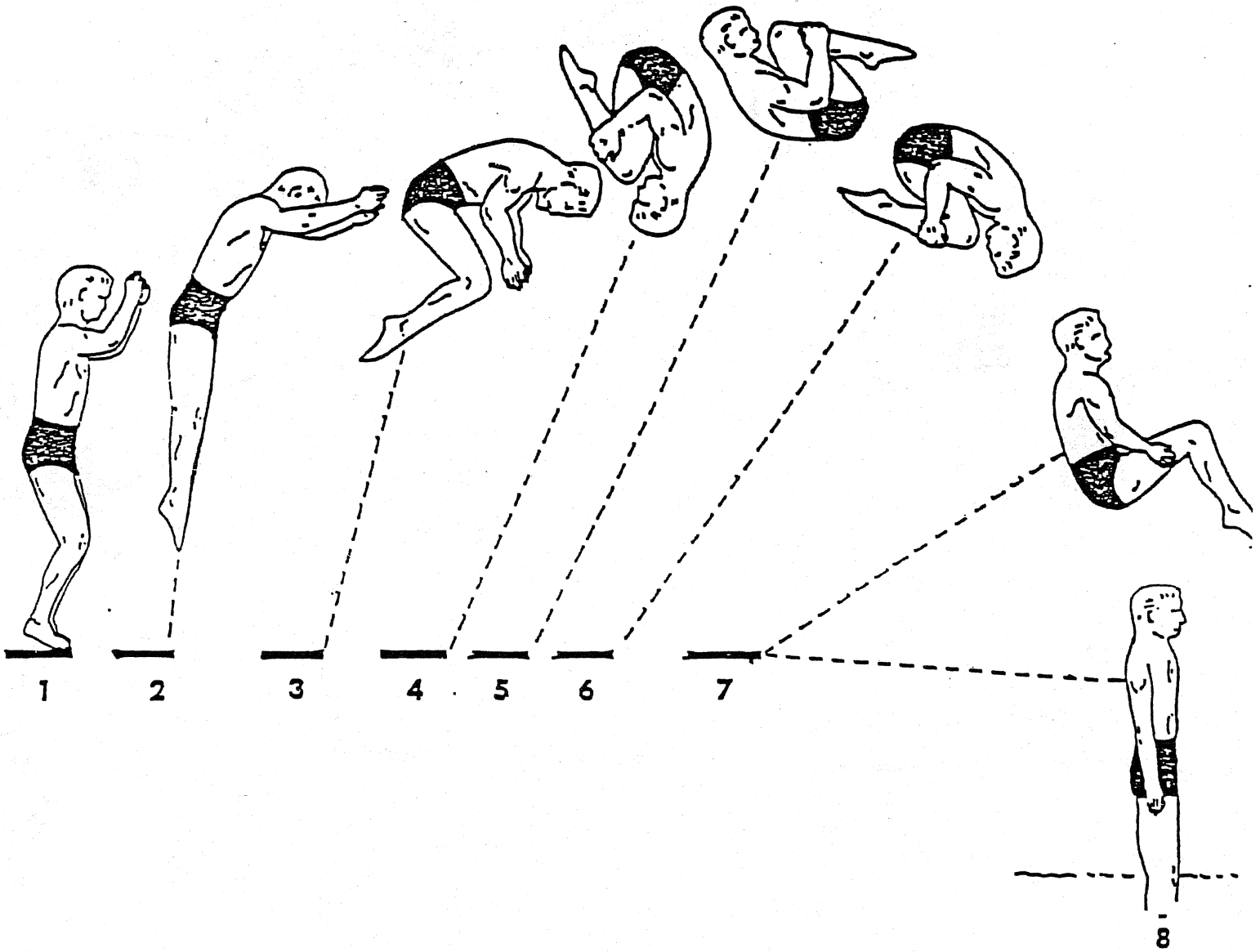


102  
FORWARD SOMERSAULT-TUCK  
(One Meter)

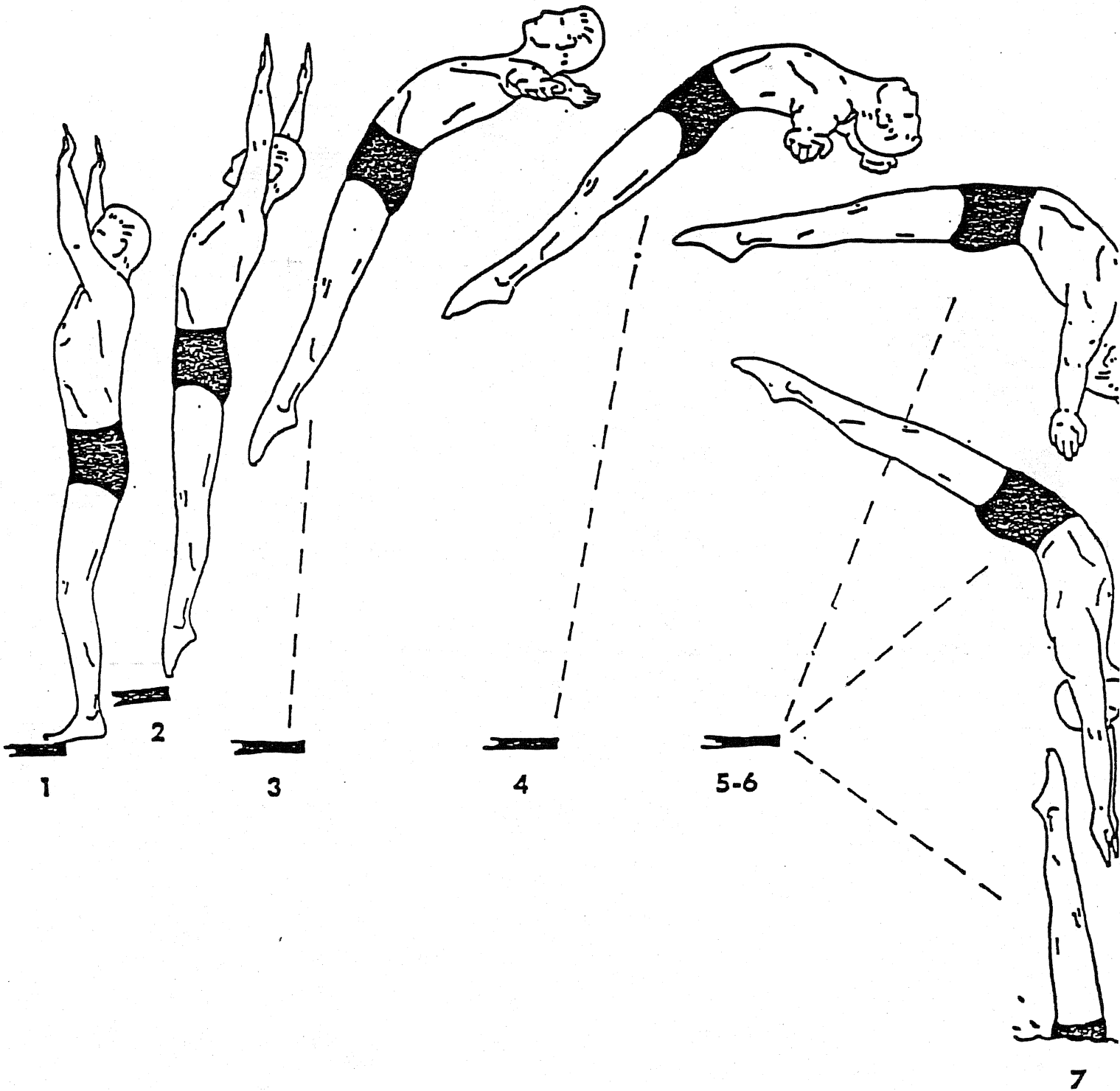


104

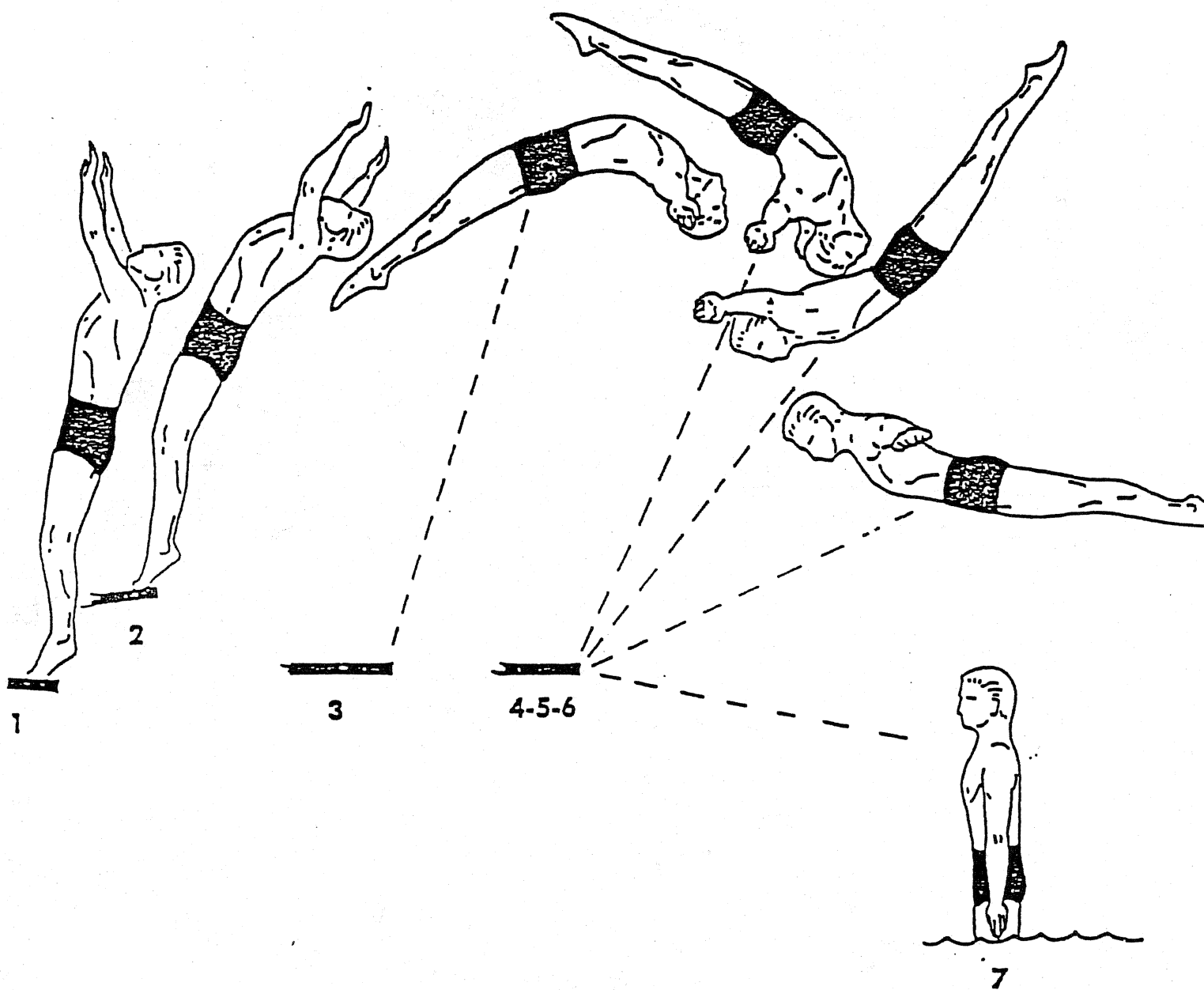
**FORWARD DOUBLE SOMERSAULT-TUCK**  
**(One Meter)**



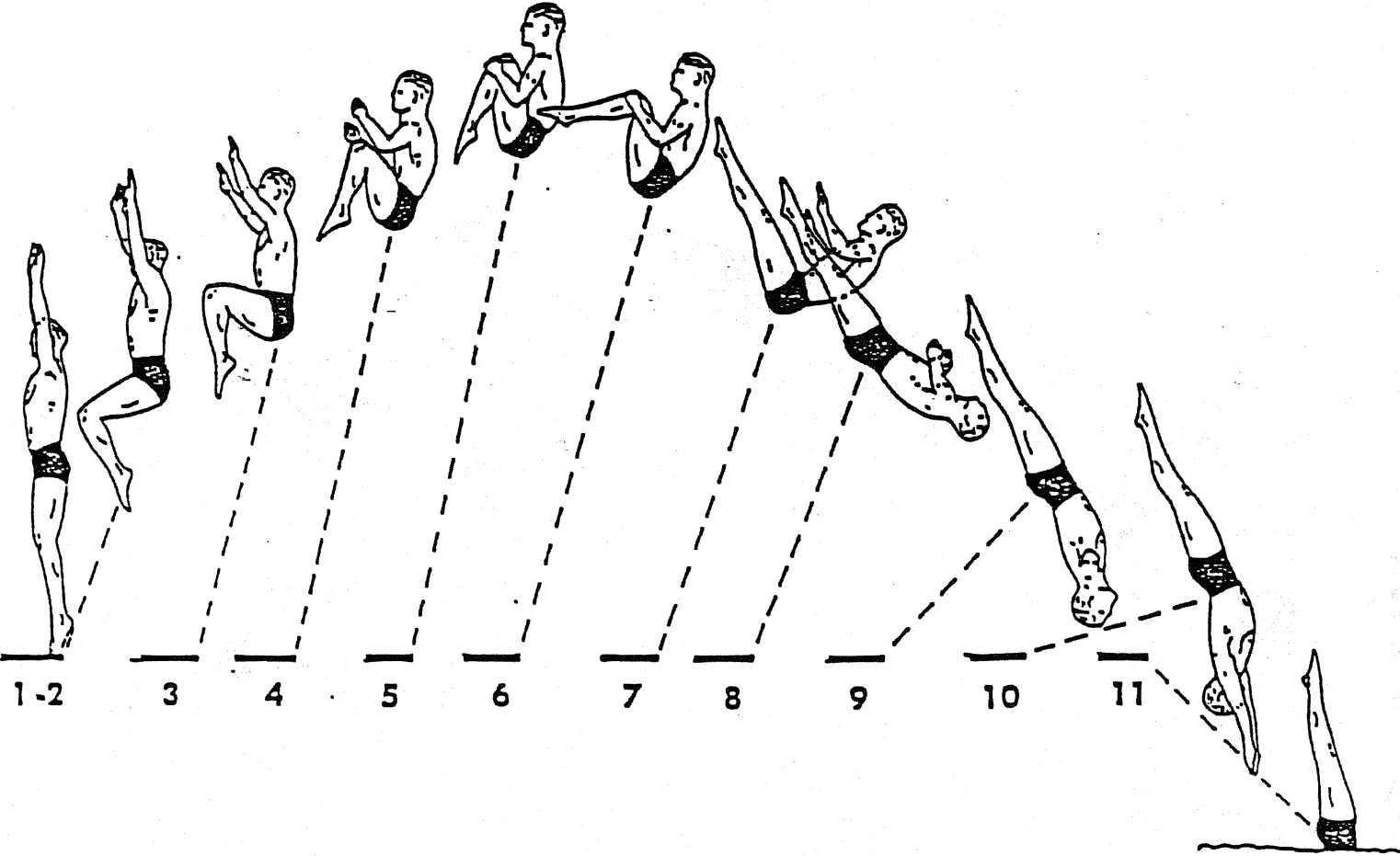
**201**  
**BACK DIVE-LAYOUT**  
**(One Meter)**



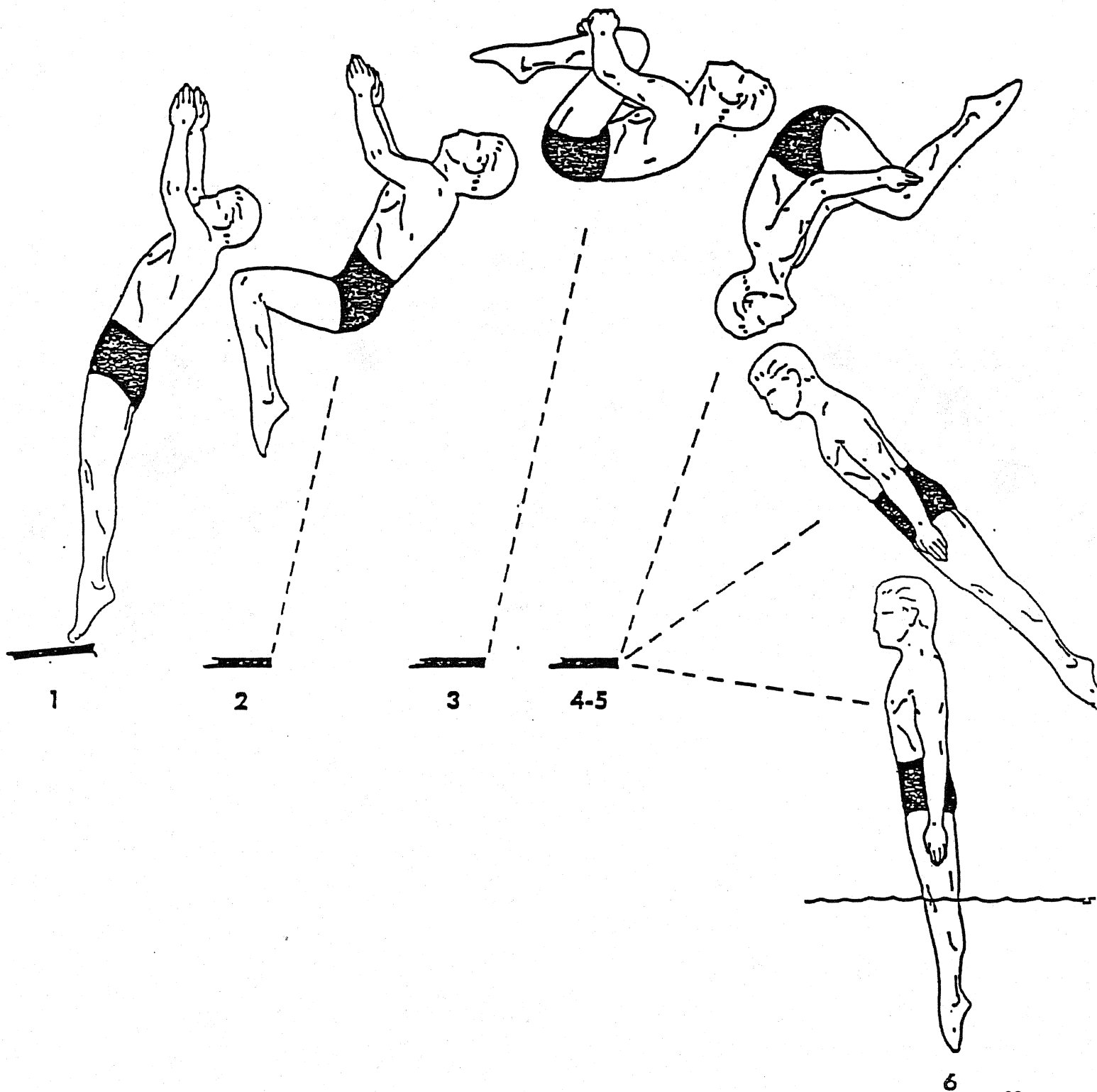
# 202 BACK SOMERSAULT-LAYOUT (One Meter)



**201**  
**BACK DIVE-TUCK**  
**(One Meter)**

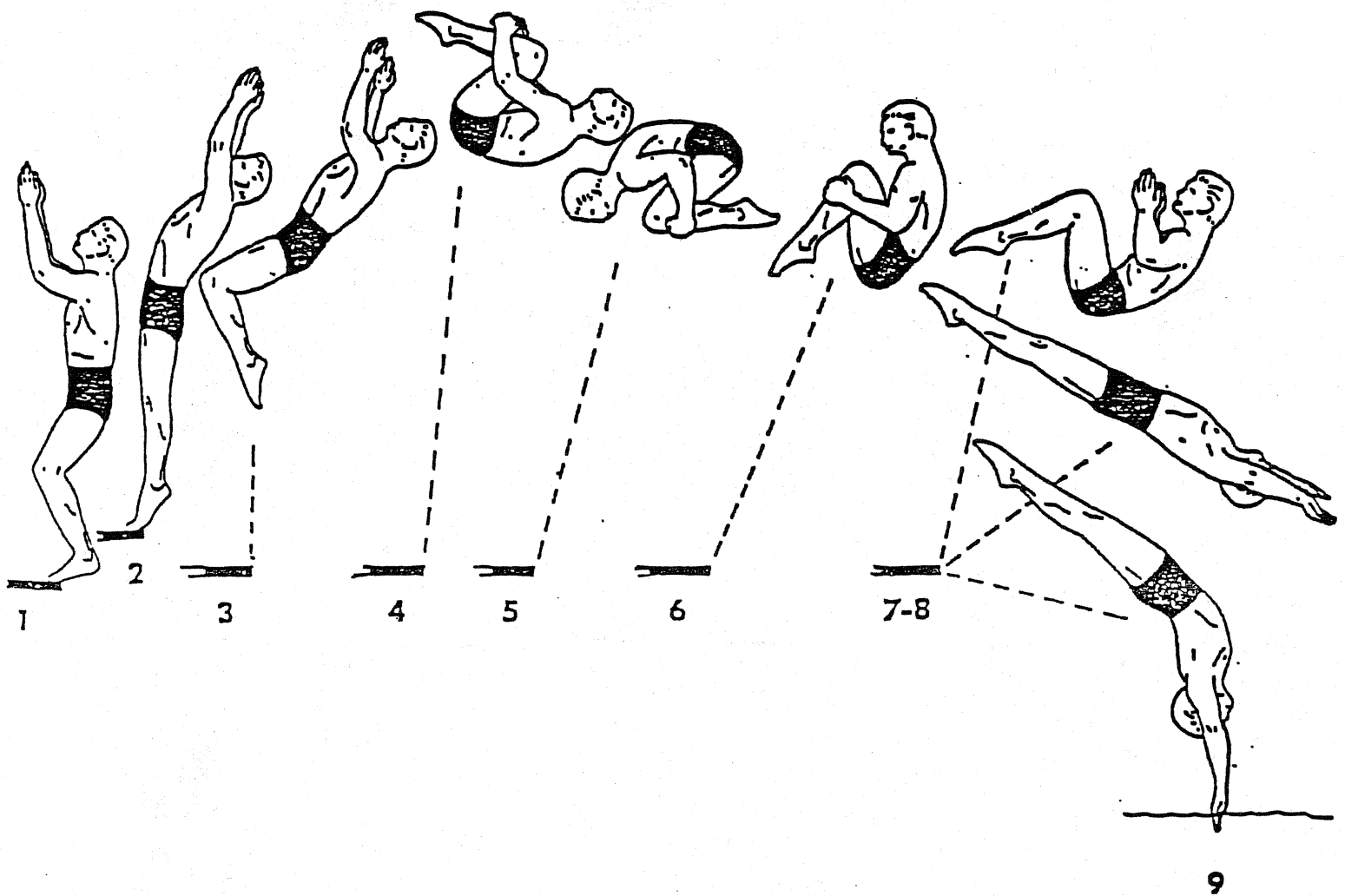


202  
BACK SOMERSAULT-TUCK  
(One Meter)

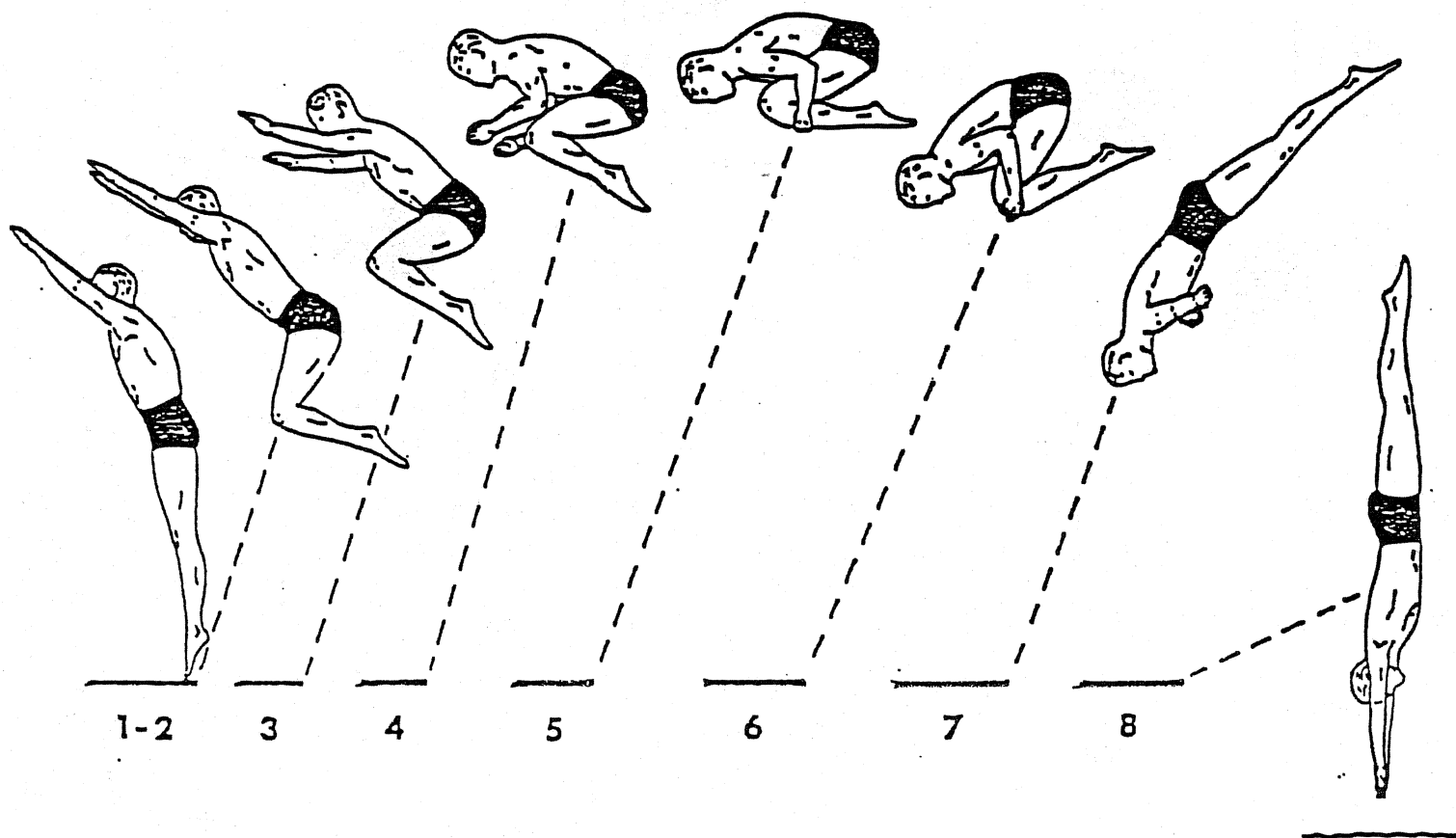




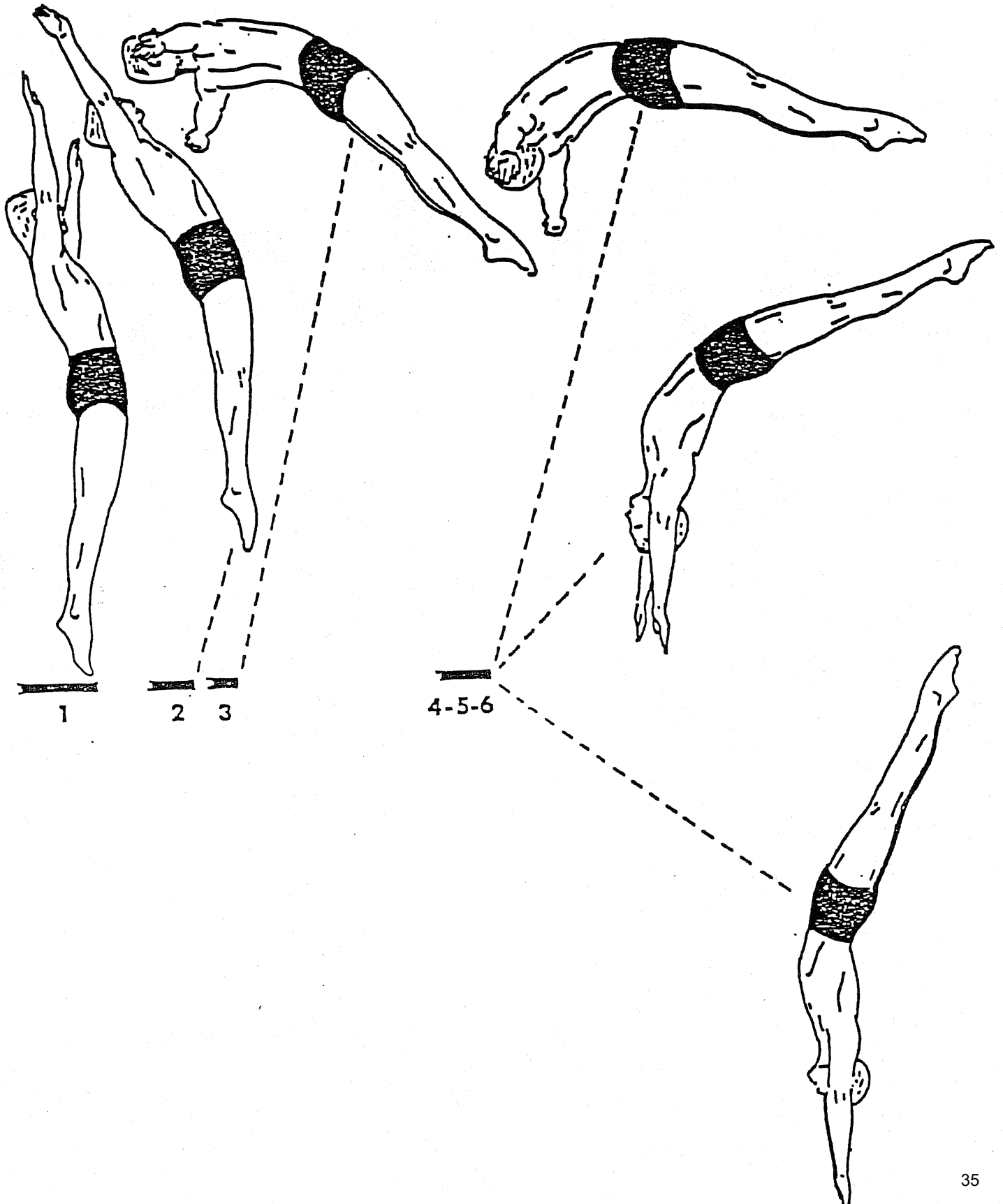
203  
BACK 1½ SOMERSAULTS-TUCK  
(One Meter)



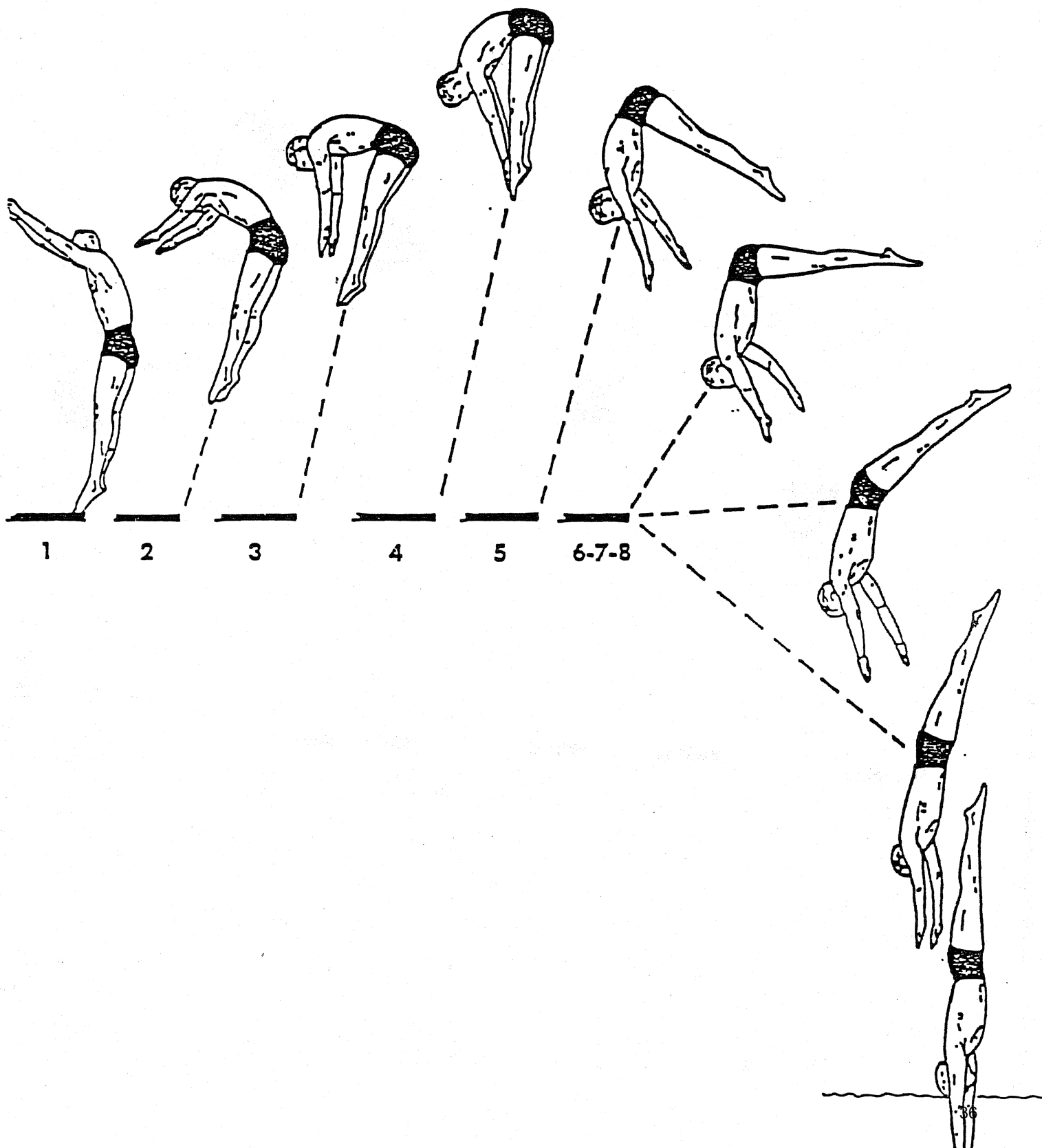
# 401 INWARD DIVE-TUCK (One Meter)



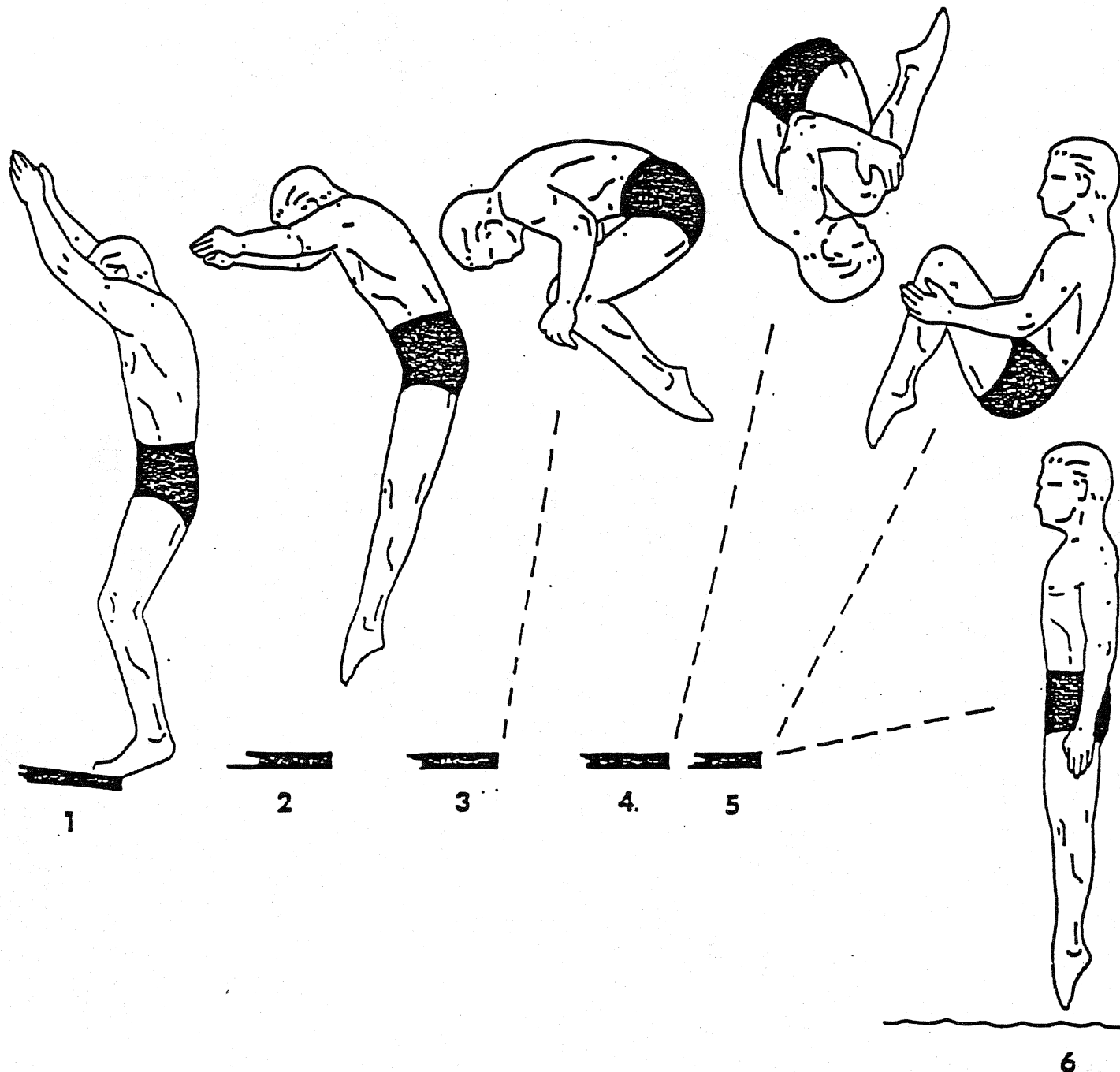
**301**  
**REVERSE-LAYOUT**  
**(Three Meter)**



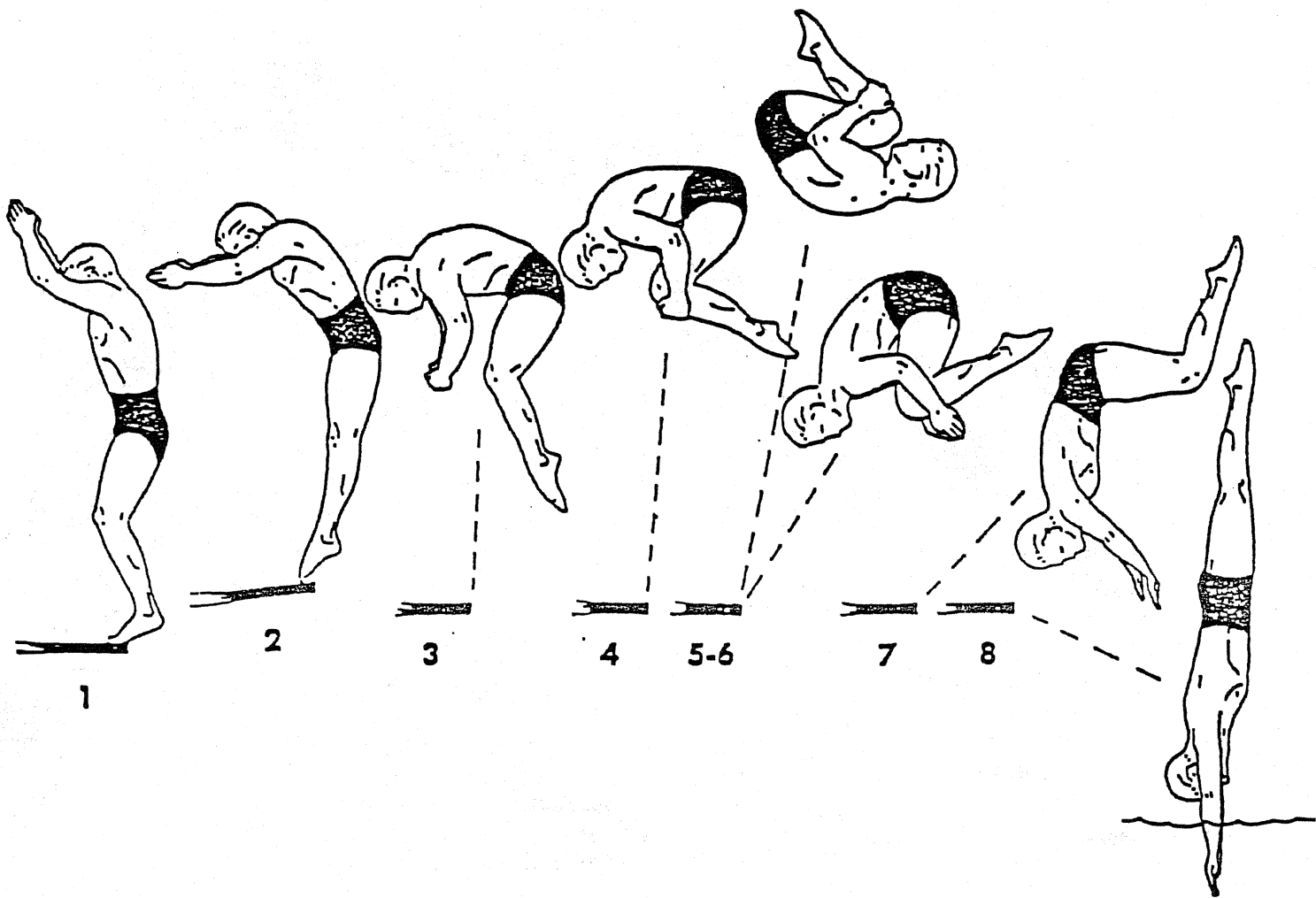
**401**  
**INWARD DIVE-PIKE**  
**(Three Meter)**



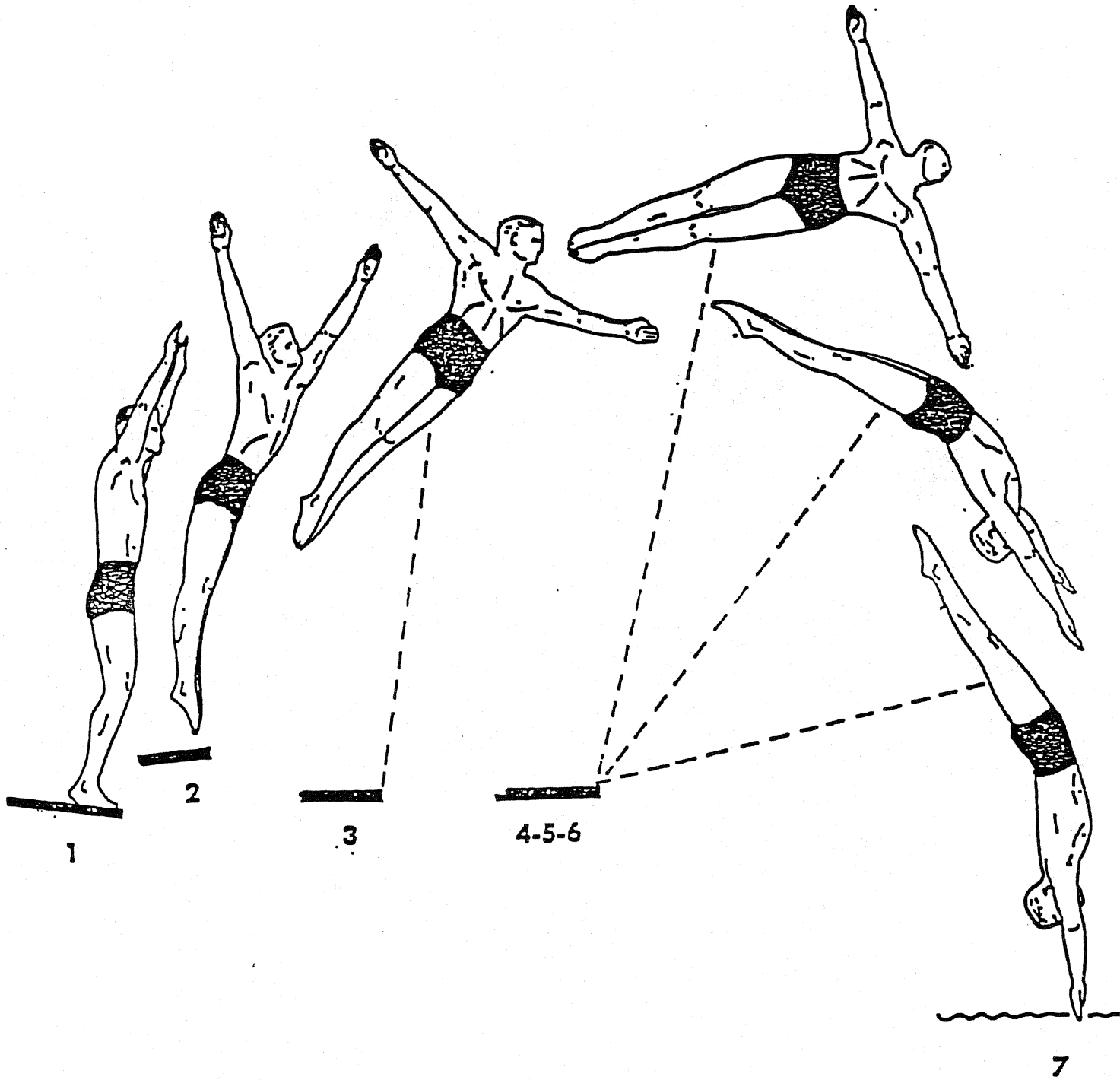
**402**  
**INWARD SOMERSAULT-TUCK**  
**(One Meter)**



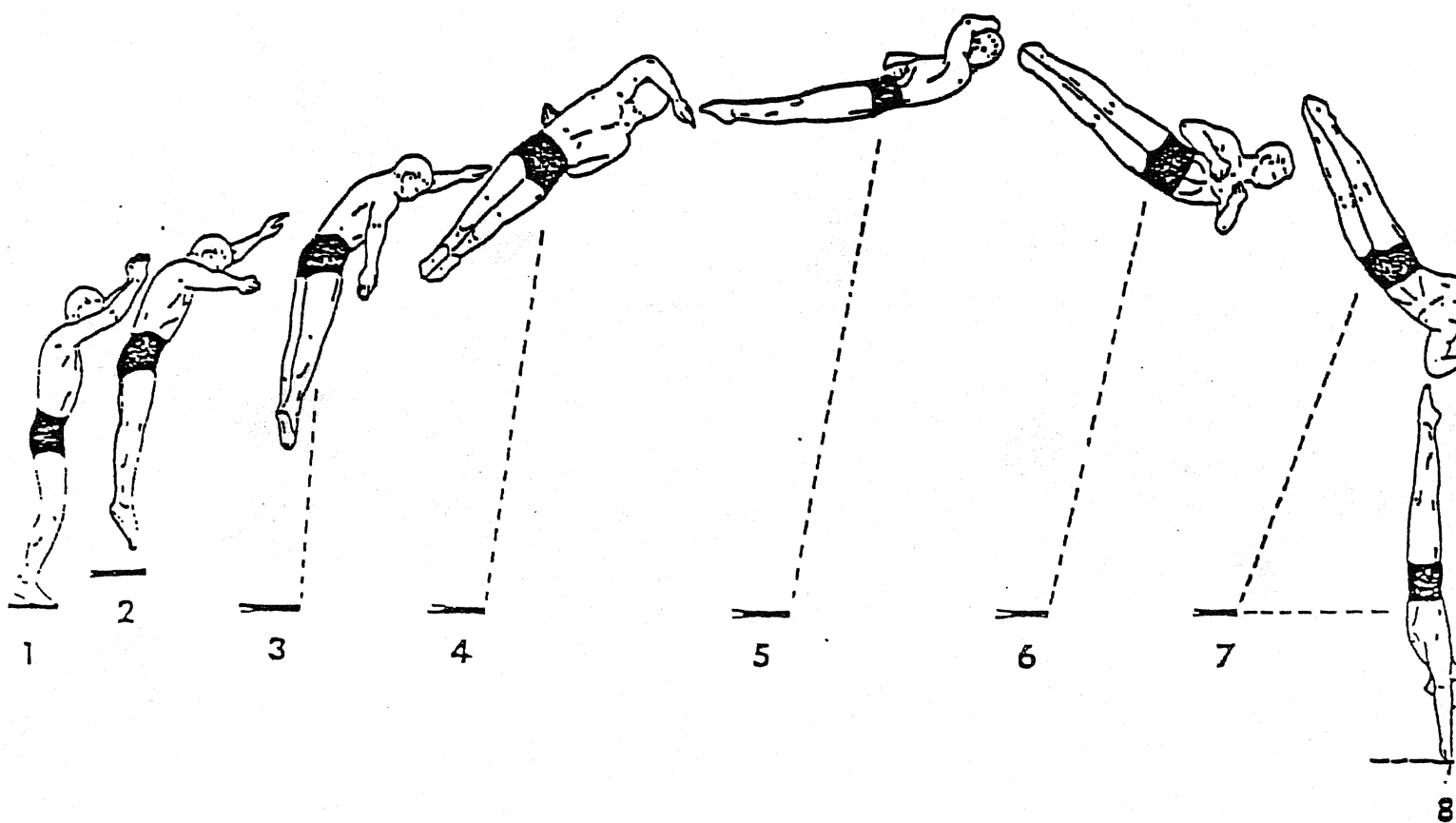
**403**  
**INWARD 1½ SOMERSAULTS-TUCK**  
**(One Meter)**



**5111**  
**FORWARD DIVE, HALF TWIST-LAYOUT**  
**(One Meter)**

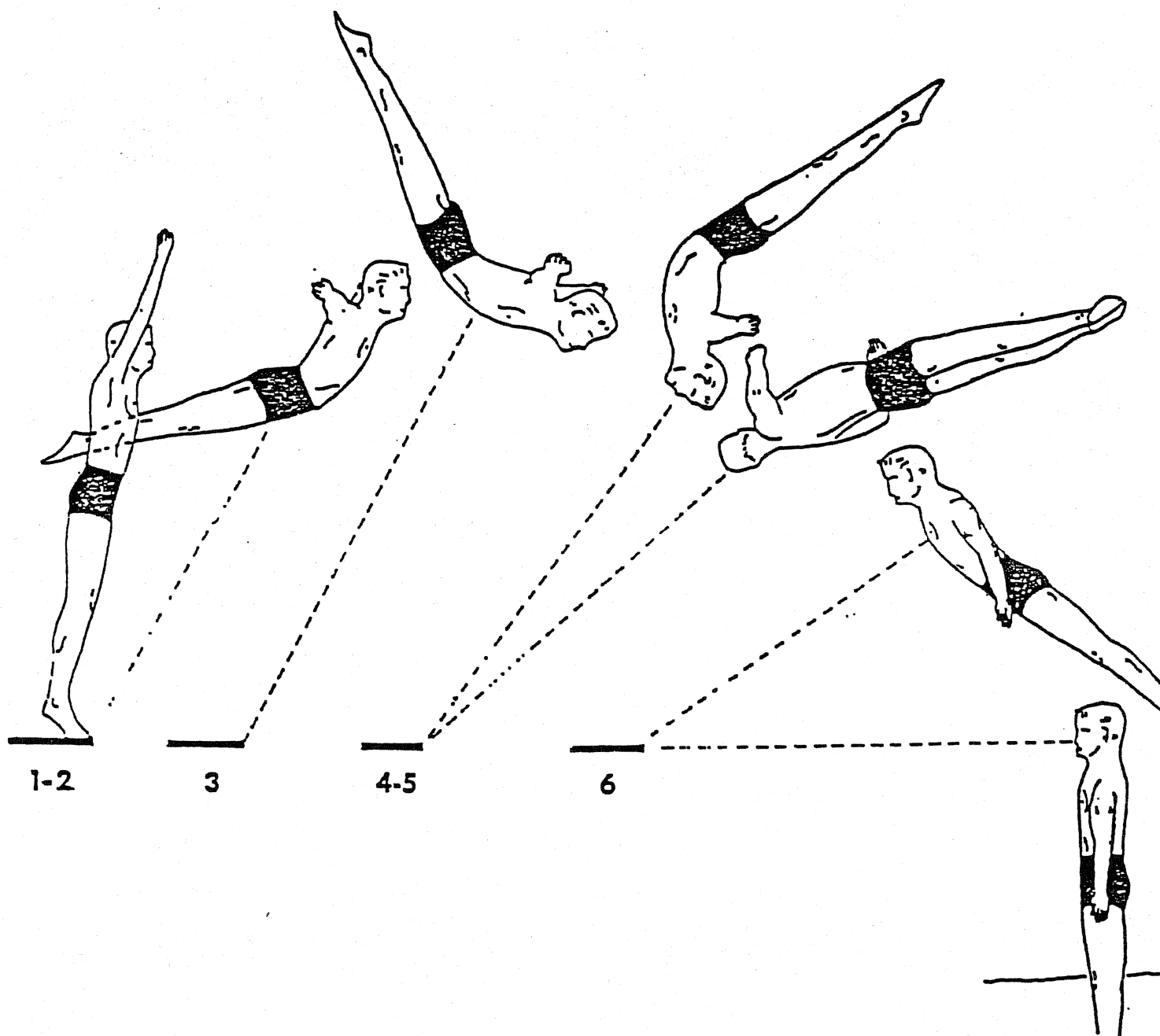


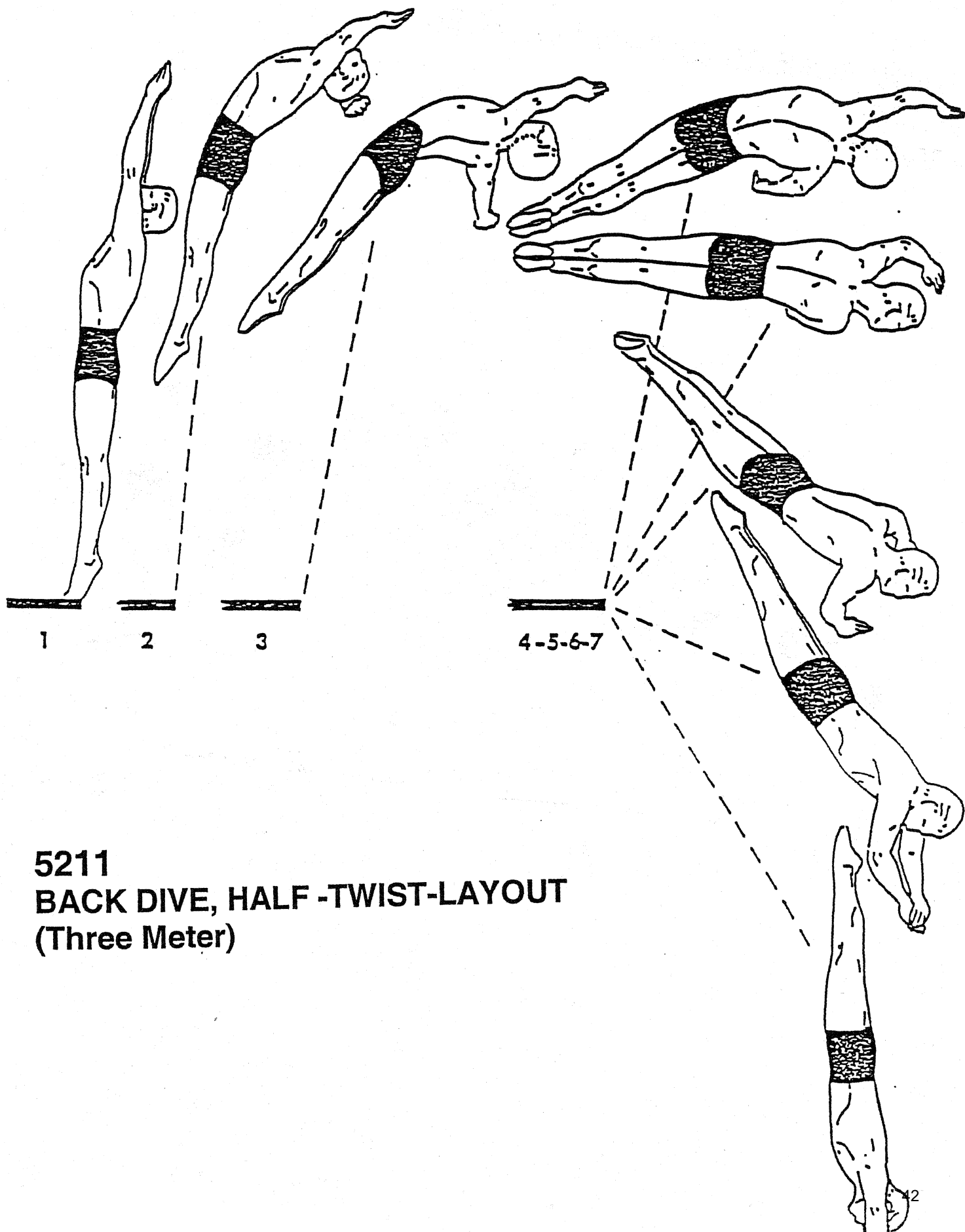
# 5112 FORWARD DIVE, TWIST LAYOUT (One Meter)





**5121**  
**FORWARD SOMERSAULT, HALF-TWIST-LAYOUT**  
**(One Meter)**





**5211**  
**BACK DIVE, HALF -TWIST-LAYOUT**  
**(Three Meter)**

**5122**  
**FORWARD SOMERSAULT-TWIST (FREE**  
**POSITION)**  
**(One Meter)**

