

National Federation of State
High School Associations



DIVING OFFICIALS'

Guidelines Manual

2017-18



Officiating Swimming and Diving

The Officiating Swimming and Diving course was developed by the NFHS in conjunction with the National Interscholastic Swim Coaches Association (NISCA) and USA Diving. This course defines the elements of professional development and the fundamentals of officiating strokes and turns. The course also explores officiating and judging diving, and provides a judging practicum that includes feedback of submitted scores. Officials may select either the swimming track, the diving track, or both, depending on rules required by their state association.

Course Objectives

- Understand the roles of professionalism, rules knowledge, and communication and how they help ensure a fair meet.
- Know how to consistently identify swimming violations in each type of event.
- Learn the elements of a proper dive and how to score dives appropriately.

Units

- Elements of Professional Development
- Officiating Swimming
- Officiating Diving
- Judging Practicum

More

- Unlimited access to course for 1 year from the date of purchase
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2017-18 NFHS DIVING OFFICIALS' GUIDELINES MANUAL

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NFHS Publications

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INTRODUCTION

This manual is provided to improve the consistency of officiating high school diving. It is based on the premise that the purpose of diving judges at a meet is to ensure fair competition for all participants in accordance with the rules established by the NFHS. In order to accomplish this, officials must understand the rules and enforce all rules without regard for the outcome of the competition.

This manual is not meant to be “another rules book.” Rather, it is designed to assist all officials in understanding their role in conducting competition. While it should be especially useful for new and less experienced diving judges, it will also help the veteran judge hone the individual’s organizational skills along with the mechanics of officiating the event of one-meter diving.

PHILOSOPHY AND ETHICS

The primary role of the official is to ensure that the actions of the competitors, coaches and other team personnel are in compliance with the rules. In fulfilling this task, the official must establish the best possible climate for fair competition with the attention on the athletes, rather than on the official.

The conduct of each official affects the public’s attitude toward all officials. Therefore, every official must uphold the honor, integrity and dignity of the profession.

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Officials Code of Ethics

Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility. The purpose of this Code is to establish guidelines for ethical standards of conduct for all interscholastic officials.

Officials shall master both the rules of the game and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.

Officials shall work with each other and their state associations in a constructive and cooperative manner.

Officials shall uphold the honor and dignity of the profession in all interaction with student-athletes, coaches, athletic directors, school administrators, colleagues, and the public.

Officials shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.

Officials shall be punctual and professional in the fulfillment of all contractual obligations.

Officials shall remain mindful that their conduct influences the respect that student-athletes, coaches and the public hold for the profession.

Officials shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to student-athletes. Where appropriate, they shall inform event management of conditions or situations that appear unreasonably hazardous.

Officials shall take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition.

Officials shall maintain an ethical approach while participating in forums, chat rooms and all forms of social media.

KEY POINTS FOR ALL HIGH SCHOOL OFFICIALS

- Be knowledgeable of NFHS diving rules.
- Study the NFHS Swimming and Diving Rules Book, including the situations and rulings, and attend rules meetings regularly as required by the state association or officials' association to stay informed regarding current rules.
- Be consistent in the application of the rules at all times and at all levels of competition.
- Enforce all rules equitably and fairly. Do not allow rule infractions to go uncalled simply because no one has gained an advantage. If there is a violation, it must be called. Do not try to decide who might be unfairly affected by a violation.
- Exercise fair and unbiased judgment by disregarding a diver's identity, team affiliation, etc.
- Mentally review what is required for a legal performance and what would render the performance illegal.
- Make timely decisions.
- Call only those violations you specifically observe. Do not guess or anticipate. Be prepared to explain the "who," "what" and "when" of the violation, as well as where you were positioned to see the violation. Do NOT notify divers or coaches that a diver close to fail a dive. Divers are either in violation of the rules or they are not in violation. Do not discuss close calls with coaches or competitors. A close call is a no call!
- Give your undivided attention to your specific assignment.
- Avoid coaching athletes, but a reminder as to legal starting position prior to the start of a race is acceptable. At lower levels of competition, specifically junior high, the explanation of legal starting position may be given in much more detail than at higher levels of competition.
- Explain the rule and the violation to divers and/or coaches when requested to do so. Do not give advice to divers or coaches on rule violations. At lower levels of competition, specifically junior high, the explanation of the rule and violation may be much lengthier than at higher levels of competition.

- When discussing the circumstances surrounding events that occurred during the meet with other officials, wait until the meet is over or there is a scheduled break and you are away from fans and coaches.
- As an official, never publicly criticize another official or an official's decision. Report any concerns about another official to the meet referee.
- Comments or discussion on a call should not take place with representatives of the media.
- Refrain from cheering or verbally supporting participants or a team while serving in an official's role.
- Mentor less experienced officials, as long as it is not a distraction during a meet.
- Admit when mistakes have been made and correct the mistake according to the NFHS rules. Do not make a decision to "make up" for a poor decision made earlier.
- Be professional and friendly when interacting with administrators, coaches, athletes, spectators, other officials, etc. Do not socialize with these individuals, as it may give the impression of favoring one team over another.
- Dress professionally in accordance with state association rules regarding officials uniforms.
- Maintain control of the meet, but remember that all participants want to do their best while having a fun and enjoyable experience.
- Work a variety of meets. The more experience gained the more comfortable the official will be on deck and the more confident in observation.

ALL OFFICIALS

All officials must remember their primary purposes when on deck. Officials shall conduct the meet in a professional manner, assure compliance with the NFHS rules and assure that no competitor has an unfair advantage. Officials shall remain mindful of the inherent risk of injury that competition poses to student athletes. Where appropriate, they shall inform event management of conditions or situations that appear unreasonably hazardous.

In every meet, all swimming officials should:

- Arrive at least 30 minutes prior to the scheduled start of the meet.
- Have ready access to an NFHS Swimming and Diving Rules Book, whistle, notepad, pen/pencil, and appropriate forms.

- Silence cell phones before the meet begins.
- Introduce themselves to the coaches from all participating teams.

THE DIVING REFEREE
Refer to NFHS Rules 9-6 through 9-8

The diving referee is the head diving judge and has full authority over other diving judges. The diving referee's decision is final.

Before diving competition, the diving referee should:

- Arrive at least 30 minutes prior to the scheduled start of the meet to see that the equipment necessary to conduct the one-meter diving event is in compliance with the rules. Any concern should be referred to the host team's representative or meet manager.
- If necessary, be sure lane lines and backstroke flags are removed from the diving area.
- Require all diving scoresheets be submitted by a designated time, allowing adequate time for review of the scoresheets prior to the competition.
- Confirm the process being utilized to obtain the diver and coach signatures when using electronic diving entries.
- Check carefully that all diving scoresheets are signed by the diver and coach.
- When using electronic devices for entries and/or scoring, confirm the protocols to be followed by the diving referee, coaches and divers to ensure all requirements and responsibilities, by rule, are being met. Review the protocol with appropriate meet personnel to ensure smooth administration of the competition.
 - For dual meets:
 - The number of team entries in diving shall be the same as the number of swimmers allowed in each swimming event.
 - Diving shall count as one of the athlete's two individual entries for the meet.
 - The divers from the visiting team have the choice of selecting the odd or even diving positions. A single diver from the visiting team may select any of the odd or even positions, i.e., 1, 3, 5, which may be different than the lanes selected for the team's swimming lanes.
 - The diving referee, or his/her designee, should check the diving scoresheets for the following: (This is performed as a courtesy to the diver

and his/her coach. The primary responsibility for accuracy of the diving scoresheet lies with the diver and coach.)

- The diver's name and school, diver and coach signatures, dive number and position, the order in which the dives will be performed, and that the designated degree of difficulty for the voluntary dive is circled and not greater than 1.8. *Remember:* the dive number and position are the official description of each dive. When electronic sheets are utilized, initials may be used as signatures;
- Verify that all divers have the correct Voluntary Dive Group for the week: Week #1 – forward group; week #2 – back group; week #3 – inward group; week #4 – twisting group; week #5 – reverse group; then start again with the forward group (*unless determined otherwise by the state association.*);
- Verify that the five optional dives come from at least four of the five dive groups, and may include any dive from the voluntary dive group other than the voluntary dive, and;
- Be sure no dive is repeated on the scoresheet.

○ For 11-dive meets:

- The number of team entries shall be determined by the meet management.
- The order in which the divers shall perform shall be determined by the meet director and shall be by lot or by seeding based on the diver's best competitive 11 dive score submitted. If seeding and no 11 dive score is submitted, the diver shall be seeded by lot at the beginning of the diving order. The same relative position in the diving order shall be maintained by the divers throughout all levels of the competition; however, the diving finalists may be seeded based on the semifinal scores (lowest to highest) or kept in the same dive order as the preliminaries and semifinals, as determined by the meet director.
 - The default method for determining the order of the diving competition shall be by lot for a championship meet or meet conducted under a championship format.
- The diving referee, or his/her designee, should check the diving scoresheets for the following: (This is performed as a courtesy to the diver and his/her coach. The primary responsibility for accuracy of the diving scoresheet lies with the diver and coach.)
 - The diver's name and school, diver and coach signatures, dive number and DD for voluntary dive(s) circled (*if electronic diving entries are being used, the voluntary dives will be identified as such, but not circled*), position, written description, degree of difficulty, and the order the dives will be performed. *Remember:* the dive

number and position are the official description of each dive. When electronic sheets are utilized, initials may be used as signatures;

- That all divers have 11 dives listed;
 - Verify that the five voluntary dives (two in the preliminary round, two in the semifinal round and one in the final round) come from each of the dive groups with their assigned DD and have a sum total of 9.0, or less;
 - Verify that the six optional dives include at least one from each of the five groups and that no more than one optional dive from the same group is performed through the semifinals (i.e., first eight rounds); and
 - Verify that all five groups are represented in the first eight rounds of competition and no dive is repeated.
- Have a meeting with the coaches, and divers if necessary, to discuss the following:
 - The order in which the divers will perform;
 - Warm-up procedures before each session of competition. Immediately prior to the diving competition, each diver is allowed at least two approaches, with or without a water entry at the diver's discretion. A dry bounce shall count as one of the two allotted approaches (i.e. one dry bounce, one water entry equals two approaches);
 - Responsibility for diving sheets;
 - Requesting declared false starts and protocol to follow (Rule 3-2-3);
 - The importance of the diver listening to each dive as it is announced and what to do if a dive is announced incorrectly. Instruct the divers that if the description is not accurate, the diver shall immediately bring it to the attention of the Diving Referee before beginning their dive;
 - Quieting the crowd;
 - Instruct the divers regarding the procedure for exceptional events that may occur. A diver must immediately come to the referee, after the completion of a dive to request that dive be repeated; i.e. not their coach or another person;
 - Requests by the diver to wipe water from the diving board before assuming a starting position;
 - Review rules regarding taping (Divers may wear tape or wraps for support and no medical authorization is required) and;
 - Any special rules which will apply to the competition.
 - Meet with the other diving judges to review calls by the referee, individual judges' responsibilities, the scale for awarding points, their locations while judging diving and discuss any other unique circumstances related to diving.
 - The following areas should be covered:

- Judges should NOT discuss or make comments regarding dives with other judges until after the scores are awarded;
- If a judge is also a coach, it is only appropriate for that coach to talk to his/her own divers;
- Review mandatory deduction for a balk or violation of the forward approach as determined by the diving referee; and
- Not showing their score until it is called for and when called not delaying showing the score.

During the diving competition, the diving referee should:

- Request quiet from spectators and swimmers. This applies to all meets unless swimming and diving are being conducted simultaneously.
- Have announcer announce the order of divers followed by the first dive.
- Keep a record of all failed dives, in order to know when a diver has failed two dives and is disqualified. If there is a disqualification, notify the diver and the coach and give reason.
- Determine disqualifications as per the NFHS rules and notify the competitor and/or the coach.
- Determine and announce failed dives, including declared false starts (choosing not to participate in the diving event), as per the NFHS rules (Rules 9-6-2 and 3-2-3).
- Allow divers to withdraw from the competition and treat this the same as a 'declared false start' taken by swimmers.
- Deduct two points from each judge's award for a violation of the forward approach or a balk as per the NFHS rules.
- Declare an unsatisfactory dive when:
 - The dive is clearly done in a position other than what is written on the scoresheet;
 - The diver hits the board;
 - The diver does not attempt to come out of a tuck or pike position; or
 - The diver does not attempt to come out of a twist.
 - The diver does not hold the straight position until the body is horizontal to the water on any flying one somersault dives, or does not hold the straight position until the body is perpendicular to the water on any flying one and one half somersault dives.

- Not invoke a penalty unless the diving referee is absolutely certain it is warranted. The diving referee may confer with another judge only regarding the determination of a failed dive.

Following the diving competition, the diving referee should:

- Review, or designate other diving officials to review, the scoresheets for accuracy. When electronic scoring is not used it is important to check the math for accuracy and resolve any problems before announcing the final scores. Establish the order of finish and have the scores announced.
- Sign the diving scoresheet.

DIVING JUDGES

Refer to NFHS Rules 9-7 and 9-8

While there are many aspects to being a good diving judge, knowledge of the rules is paramount. Knowing the rules regarding the five elements of all dives (starting position, approach, takeoff, flight and positions, and entry into the water) is essential to being a competent diving judge. It is important for diving judges to review the diving guidelines and/or silhouettes frequently.

Diving judge should:

- Be sure to consider all five elements of a dive when scoring. Judge the entire dive independently and select a score promptly upon completion of the dive.
- Be consistent and fair to all the divers. Score all divers on the same basis.
- Remember the specific rules requiring deductions by a diving judge.
- Trust his/her instincts, judge what is observed and use the entire range of numbers 10-0. Do not allow outside factors such as other judges, spectators, coaches and/or team members to enter into the judging process. Individual judges do not have to agree with the rest of the panel; the score in the middle isn't always the correct one.
- Know the description of each of the judging categories (Excellent, Very Good, Good, Satisfactory, Deficient, Unsatisfactory and Failed), and score each dive based on the scores within each category.
- If in doubt, give the benefit to the diver.
- Not show the score for a dive until it has been called for and once called not delay showing the score.
- Expect properly-executed dives be performed in front of the board and at an appropriate distance from the board and walls.

It is important to hear the announcer read the dive and dive description in order to develop a mental picture of the dive to be completed. Begin judging the dive when the starting position has been established and do not stop judging the dive until the **diver has passed below the surface of the water**. Once the dive is completed, select a score quickly without consulting another diving judge. If there is an error in a score read by the announcer, immediately bring it to the attention of the diving referee.

The judging panel may or may not include the diving referee (Rule 9-6-1).

A diving judge, who is maybe a coach, may converse with his/her diver(s) at times determined by the diving referee, but may not do so when it will distract the diving judge from a dive being performed by another diver. (**Note:** *Coaches may only officiate if it is allowed by their state association.*)

THE DIVING ANNOUNCER
Refer to NFHS Rule 9-6-3

The diving announcer should:

- Be familiar with diving and review the dive sheets prior to competition in order to clarify any questions. This is a good opportunity to review for correct pronunciation of names.
- Make any announcements directed by the diving referee, i.e., no flash photography, quiet during competition, etc.
- Announce the order in which the divers will perform.
- Announce each dive in the following manner: "Name of the diver, dive number, position, dive description, and degree of difficulty." Make this announcement slowly and clearly to be certain the competitors and diving judges hear this information.
- Announce the judges' scores in the same order every time, as has been determined by the diving referee. Wait until all scores are posted before announcing.
- Under championship format, announce the names and places, or names and scores, of the divers at the completion of the preliminary and semifinal rounds for those advancing to the next round of competition.
- Announce the final individual and team scores.

GUIDELINES FOR JUDGING DIVING
Refer to NFHS Rules Book Appendix C

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

- The diver should stop priming the board with his/her feet (oscillating) to assume a starting position. Once the diver assumes the starting position, the board can be oscillated up to four times prior to moving the arms from the starting position. The oscillations shall not be so large as to disrupt the tempo or smoothness of the dive. After moving the arms from the starting position, the diver may continue to oscillate the board until the takeoff occurs. 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 moving the arms, or the diver takes excessively large oscillations, oscillation occurs (more than four) prior to the arm movement, the judge should deduct $\frac{1}{2}$ - 2 points for each violation.

Takeoff

- The take-off 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 and firmness and toe point which should be is 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 ~~they~~ 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, knees and feet together, toes pointed without excessive arch in the lower back. The arm placement is the diver's choice.
- Pike position (B) – The body shall be bent at the hips, legs straight and together, toes pointed. Like in the straight position the arm placement is the choice of the diver.
- Tuck position (C) – The body shall be bent at the hips and knees, knees at or inside the shoulders, toes pointed and be as compact as possible, thigh to chest, calves in contact with the back of the upper leg.
- 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 certain 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 a minimum splash. An exceptionally good entry will result in what is called a "rip" entry with almost no splash. Splashless 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 other elements of the dive. Avoid this common trap and reward 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.

DIVING POINT AWARDS

Refer to NFHS Rule 9-7

10	Excellent – No visible flaws – Approach, hurdle, height, distance, execution and entry are all exceptional.
8½ – 9 ½	Very Good – Approach, hurdle, height and distance slightly affected. Execution well defined.
7 – 8	Good – Approach and hurdle unaffected. Height and distance acceptable. Execution defined, entry controlled, but slightly affected.
5 – 6½	Satisfactory – Approach and hurdle acceptable. Height and distance adequate. Execution complete and entry slightly over or under.
2½ – 4½	Deficient – Approach and hurdle affected. Height and distance inadequate. Execution affected and entry over or under.
½ – 2	Unsatisfactory – Approach and hurdle affected. Height and distance inadequate. Execution not complete or broken position. Entry significantly affected.
0	Failed.

Diving judge's deductions:

- Deficient dives:

- The diver partially alters the position of the dive during flight;
- A 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.
- Mandatory ½ – 2-point deduction:
 - Not stopping the oscillations of the board just before or after the starting position is assumed in a back/inward takeoff;
 - Excessive oscillation during a back/inward takeoff;
 - Feet/foot leaving the board prior to a back/inward takeoff (crowhop);
 - Obviously spreading knees in the tuck position outside the shoulders;
 - Entering the water to the side of the board, and;
 - Twisting manifestly from the board.

Diving referee's deductions:

- 2-point deduction from each judge's score for:
 - Violations of the forward approach;
 - ⊖ Balks (Declared before the diving judges have scored the dive). It is a balk if the diving referee believes the diver assumes the starting position, makes an obvious attempt to start the approach or press, and stops the continuous execution of the dive prior to the water entry.
- Unsatisfactory dive (maximum score of 2 points):
 - A dive clearly done in a position other than that described on the diving scoresheet;
 - A diver hits the diving board;
 - A diver not attempting to come out of the tuck or pike position;
 - A diver does not attempt to come out of the twist;
 - The diver does not hold the straight position until the body is horizontal to the water on any flying one somersault dives, or does not hold the straight position until the body is perpendicular to the water on any flying one and one-half somersault dives.
- Failed dive (0 points awarded):
 - Executing a dive other than that given on the diving scoresheet;
 - Not assuming a starting position;
 - Falling into the water;
 - Being assisted by another person;
 - Not executing the pike before the twist for dives #5111B and #5411B;
 - Does not contact the water with the head or hands first on a head-first dive or with the feet first on a feet-first dive;
 - Executes a twist, as determined by the diver's shoulder position, more or less than 90 degrees indicated on the diving scoresheet when the diver's feet/hands contact the water;

- In a twisting dive, twist the shoulders past 90 degrees before the feet leave the board;
 - Repeats a dive;
 - Steps off the board after assuming the starting position (without permission);
 - Performs a dive requiring a forward approach from the standing forward position;
 - Does not record the official description of the dive (dive number and position) on the diving scoresheet;
 - Commits two balks on the same dive;
 - In a dual meet, does not perform the voluntary dive first;
 - In a championship meet, does not perform the voluntary and optional dives as specified;
 - Performs a dive not listed on the diving table;
 - Performs an additional bounce(s) on the end of the board after the culminating hurdle.
- Disqualifications by the diving referee:
 - Diver does not make a sincere attempt to perform the dive;
 - It becomes obvious the dives listed on the diver's scoresheet are too difficult for the diver to perform;
 - Diver unnecessarily delays in the performance of a dive;
 - Diver behaves in an unsporting manner;
 - Diver fails two dives for any reason.

SIMPLIFYING THE DIVE NUMBERS

The meaning of the dive numbers:

- It is important for a diving judge to know the meaning of the dive numbers so he/she can begin to prepare to judge the dive when it is announced. The dive number and position define the dive to be performed.
 - 100's = forward dives
 - 200's = back dives
 - 300's = reverse dives
 - 400's = inward dives
 - 5000's = twisting dives
 - Position designations:
 - Straight or layout position = "A"
 - Pike position = "B"
 - Tuck position = "C"
 - Free position = "D"
- For forward, back, inward and reverse dives:
 - The first number indicates the direction of travel;
 - The second number indicates whether the dive utilizes the flying position
 - 0 = not a "flying" dive

- 1 = “flying” dive
 - The third number indicates the number of half somersaults;
 - 2 = 1 somersault
 - 3 = 1½ somersaults
 - 4 = 2 somersaults, etc.
 - 1, 2 or 3 somersaults = a feet-first entry;
 - 1½, 2½ or 3½ = a head-first entry;
 - Dives with an odd third number should always enter the water head-first;
 - Dives with an even third number should always enter the water feet-first,
- For twisting dives:
 - The first number indicates the dive will be from the twist group;
 - The second number indicates the direction of travel;
 - The third number indicates the number of half somersaults;
 - 1 = ½ somersault
 - 2 = 1 somersault
 - 3 = 1½ somersaults
 - 4 = 2 somersaults
 - The fourth number indicates the number of half twists to be performed.
 - 1 = ½ twist
 - 2 = 1 full twist
 - 3 = 1½ twists
 - 4 = 2 full twists
 - 5 = 2½ twists
 - 6 = 3 full twists

See the chart below for examples of what the four numbers in a twisting dive mean.

Group	Category	Somersaults	Twists
5	1	3	2
Twisting	Forward	# of ½ SS	# of half Twists

- Twisting dives with a head-first entry

Dive Group	0, 1, 2, 3 Twists	½, 1½, 2½ Twists
Forward	Facing the board	Looking away
Back	Looking away	Facing the board
Reverse	Facing the board	Looking away
Inward	Looking away	Facing the board

- Twisting dives with a feet-first entry

Dive Group	0, 1, 2, 3 Twists	½, 1½, 2½ Twists
Forward	Looking away	Facing the board
Back	Facing the board	Looking away
Reverse	Looking away	Facing the board
Inward	Facing the board	Looking away

ONE METER DIVING TABLE

Any dive from a group may be designated as a voluntary dive. It will receive its assigned DD through 1.8. Any voluntary dive with a DD greater than 1.8 will be assigned a DD of 1.8.

NFHS One Meter Diving Table

Dive No.	Forward Dives	C Tuck	B Pike	A Straight	D Free
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	---	---
Back Dives		C	B	A	D
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	2.2	2.5	---	---
205	Back 2½ SS	3.0	3.2	---	---
Reverse Dives		C	B	A	D
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	2.3	2.6	2.9	---
305	Reverse 2½ SS	3.0	3.2	---	---
Inward Dives		C	B	A	D
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 SS	2.0	2.1	---	---
413	Inward Flying 1½ SS	2.7	2.9	---	---
Twist Dives		C	B	A	D
5111	Forward Dive, ½ Twist	1.6	1.7	1.8	---
5112	Forward Dive, 1 Twist	---	1.9	2.0	---
5121	Forward 1 SS, ½ Twist	---	---	---	1.7
5122	Forward 1 SS, 1 Twist	---	---	---	1.9
5124	Forward 1 SS, 2 Twists	---	---	---	2.3

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 Twists	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



COMMON DIVES



101C Forward Dive Tuck



101B Forward Dive Pike



101A Forward Dive Straight



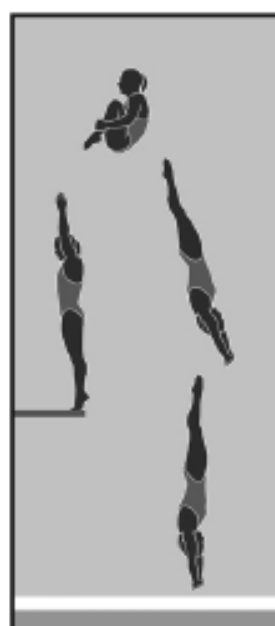
103C Forward 1 1/2 ss Tuck



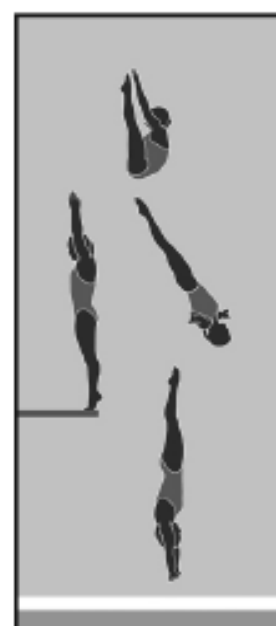
104C Forward 2 ss Tuck



105B Forward 2 1/2 ss Pike



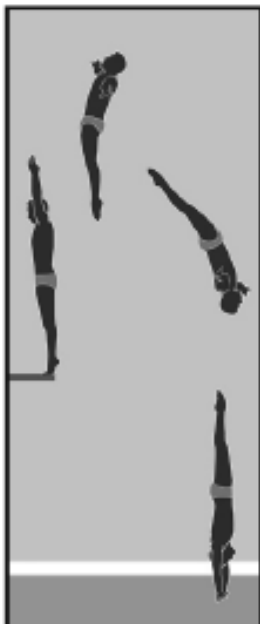
201C Back Dive Tuck



201B Back Dive Pike



COMMON DIVES



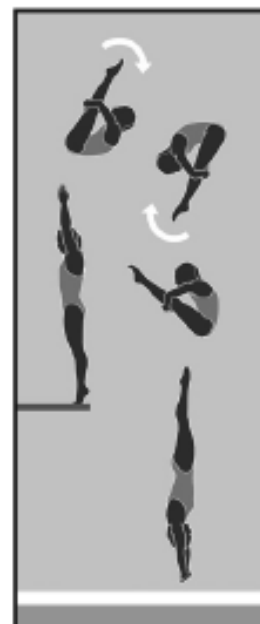
201A Back Dive Straight



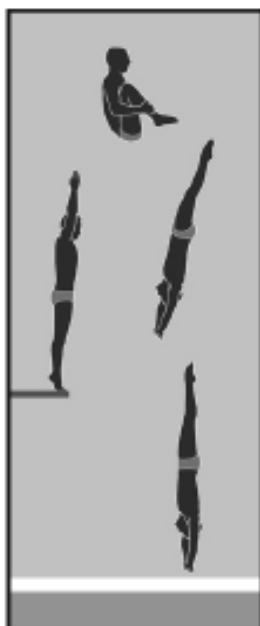
202A Back 1 ss Straight



203C Back 1 1/2 ss Tuck



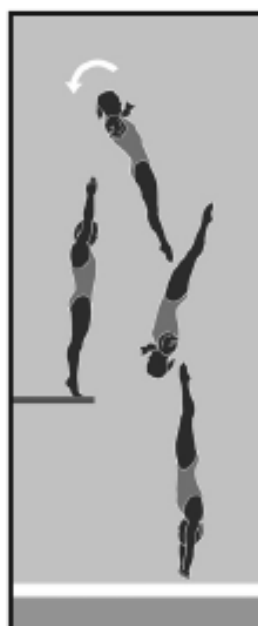
203B Back 1 1/2 ss Pike



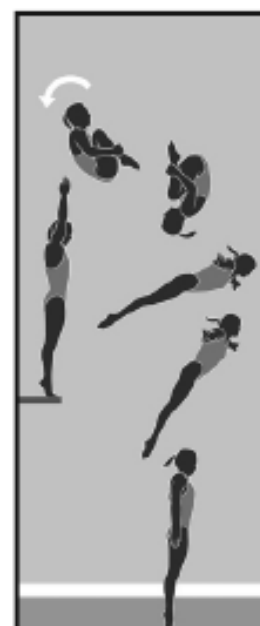
301C Reverse Dive Tuck



301B Reverse Dive Pike



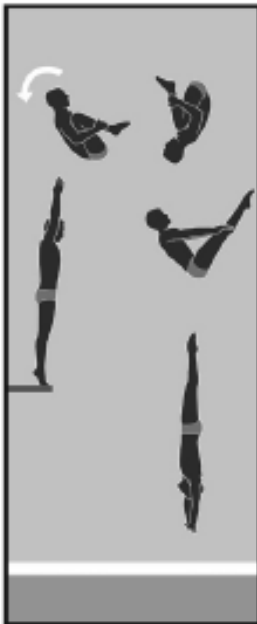
301A Reverse Dive Straight



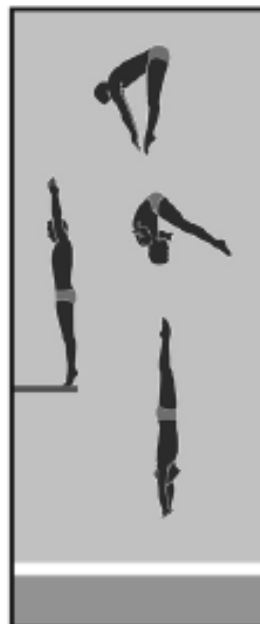
302C Reverse 1 ss Tuck



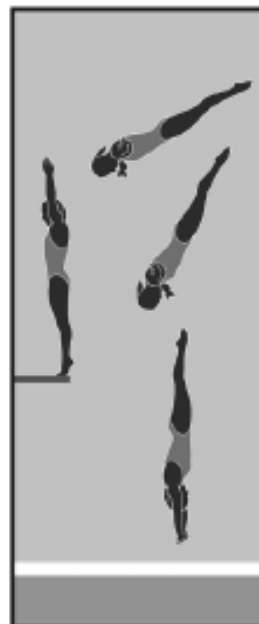
COMMON DIVES



**303C Reverse
1 1/2 ss Tuck**



**401B Inward
Dive Pike**



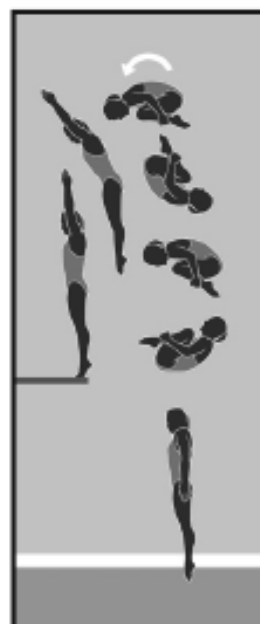
**401A Inward
Dive Straight**



**403C Inward
1 1/2 ss Tuck**



**403B Inward
1 1/2 ss Pike**



**404C Inward
2 ss Tuck**



**5111A Forward
1/2 Twist Straight**



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



COMMON DIVES



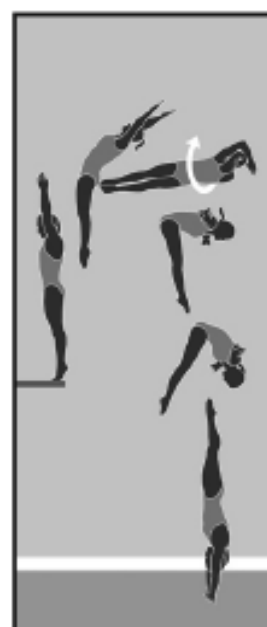
5132D Forward
1 1/2 ss
1 Twist Free



5152B Forward
2 1/2 ss
1 Twist Pike



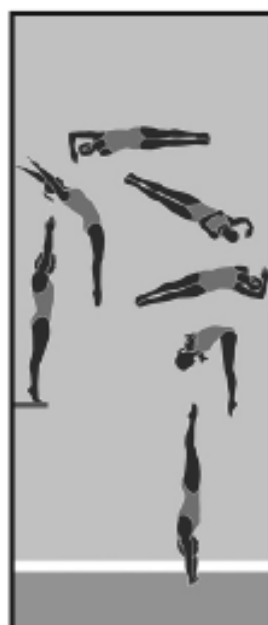
5223D Back 1 ss
1 1/2 Twists Free



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

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