

## ---- Quick Guide For Judging 1 Meter Diving ----

\* There are people that will tell you scoring diving is purely judgmental. Don't believe it! The scoring of the dive is a science. Subjective, but only to the point of rating how much of what you are looking at compares to the perfect or near perfect dive pictured in your mind.

- **There are 2 starting positions** to every dive:
  - **Forward** (upright head and body with arms at sides)
  - **Back/Inward** (upright head and body with arms straight and in a position of the diver's choice)
- **All dives must be executed in 1 of 4 positions:**
  - **Pike** (knees straight and body bent at the hips)
  - **Tuck** (knees bent and body bends at the hips)
  - **Straight** (the body and knees are not bent)
  - **Free** (combination of the above positions used to perform certain types of twisting dives).
- **There is a Forward approach** (minimum 3 steps and a jump off one foot, called a hurdle, and landing on both feet simultaneously at or near the end of the board.
- **There is a Back/Inward takeoff**, (stand at end of board over the water, facing other end of board), which is accomplished by pressing down on the toes, bending at the knees and swinging the arms upward from the body and straight overhead. The downward press of the toes and the upward swing of the arms cause the body to raise or spring from the diving board (this is the back/inward takeoff).
- **There is a Flight/Execution of the dive** (to be completed as written on the dive sheet). The position of the arms during the flight is the choice of the diver. However, the arms must be kept still until just before the entry into the water. Then:
  - On a head first entry, arms must be extended before the head and in line with the body
  - On a feet first entry, arms must be at the sides of the body with straight elbows.

The entry into the water shall be as vertical as possible, body straight and toes pointed.

- **The dive is completed and scored when the body has passed below the surface of the water.**

\* Every diver starts with an award of 10. In your analysis of the dive, you subtract from the 10 everything you consider a detriment to the dive. I.e. sloppy approach, graceless, leaning, crow hop, knees spread, toes not pointed (flat footed), entering too far out, finishing the execution of a somersault below the board, diving to the side of the board, the moving of arms during the flight to save the dive, poor approach/hurdle/execution or entry, etc.

\* If you can say "That was a good dive", it is worth a 6-7; "A very good dive" is worth a 7½-10; and a "fair dive" (satisfactory), is worth 4½ to 5½.

\* Never worry about the scores of other officials; judge what you see and score accordingly. Don't become intimidated.

\* **One need not be generous, only to use good sense.**