

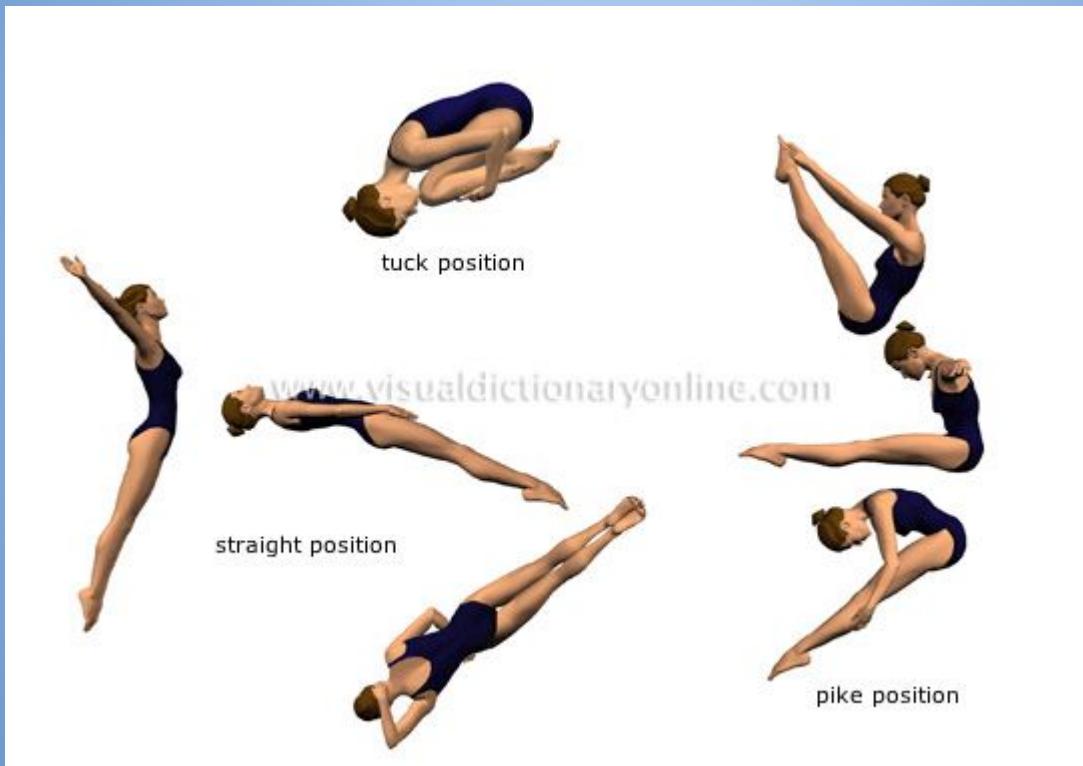
CSL Diving Judge's Clinic

June 2018

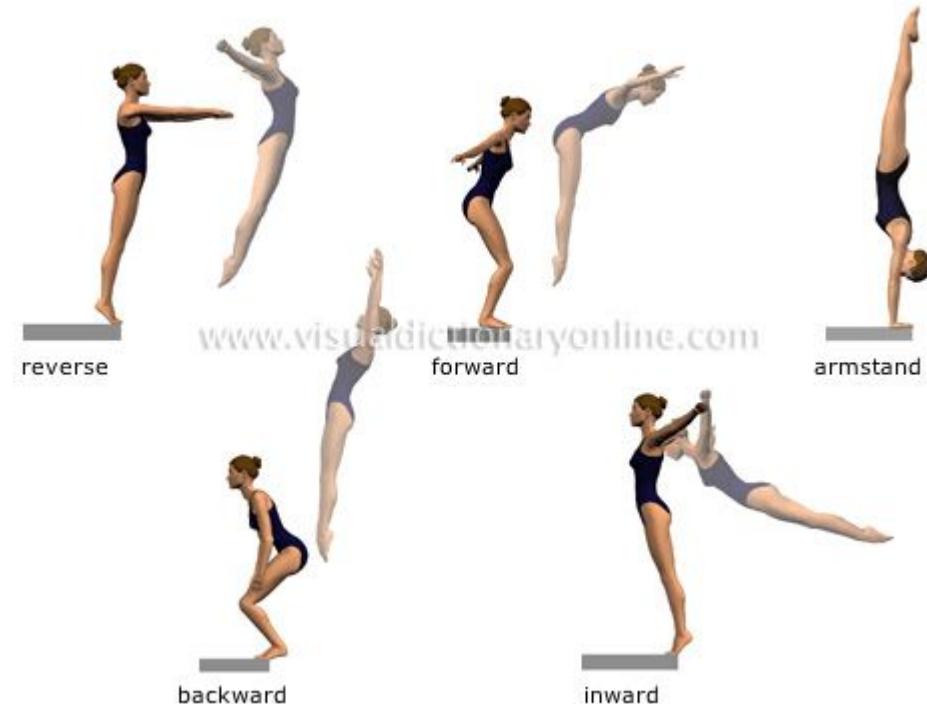
<https://goo.gl/p79N2H>



Diving Basics: Positions



Diving Basics: Takeoff



Diving Basics: Entries



feet-first entry



head-first entry

www.visualdictionaryonline.com

Judging Guidelines

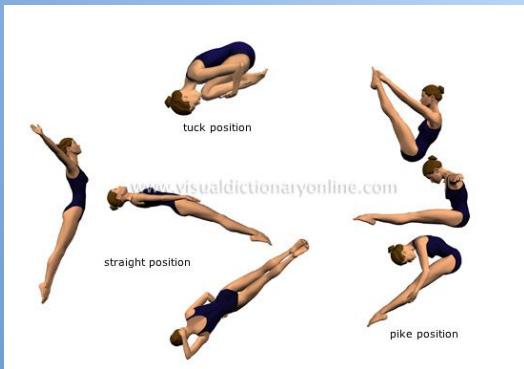
Diving Judging Guidelines

- Judge a dive from start to finish.
- A standing approach is allowed.
- Consider height, distance from the board, and form.
- Out of position is a dive done in a position other than what was announced. If a dive is clearly performed in the incorrect position, it should be awarded no more than 2 points. (example - a dive is announced in pike, and performed in tuck)
- When a dive position is broken, the max score is 4.5. The score can range from 0-4.5. (example - a dive is announced in pike and knees are slightly bent)
- Feet first entries must have hands below the shoulder height of the diver; head first entries must enter the water with hands over their heads.
- A balk, when a diver starts a dive then stops and starts again should be judged as a regular dive. The table will deduct 2 points off of each score.
- When a diver hits the board, the deduction is at the discretion of the judges.

Judging Guidelines

- “Failed” dives are called by the official, however the judges may score a “0” on a dive they believe is failed.
- Failed dives:
 - Head first dives – if any part of the body below the waist enters before the hands
 - Feet first dives – if any part of the body above the waist enters before the feet
 - Twist dives – if the twist is greater or less than 90 degrees of the amount of twist that was announced.
Judge the degree of twist at the point of entry; when the feet hit the water on a foot first dive, or when the hands hit the water on a head first dive.
 - Landing on the butt is not considered a failed dive
 - Landing on the back is considered a failed dive

Updated 2013



Intro to Judging

<https://goo.gl/U0dlpT>



Judging Exercise 1:

<https://goo.gl/n6A81y>



Judging Exercise 2:

<https://goo.gl/nJpZJK>



Resources

Diving 101

<http://www.usadiving.org/about/diving-101>

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The screenshot shows the USA Diving website's 'Diving 101' section. At the top, there's a navigation bar with links for MEMBER LOGIN, SPONSORS, CONTACT US, and a search bar. To the right are buttons for 'DONATE TODAY' and 'JOIN USA DIVING'. Below the navigation, the page title 'Diving 101' is displayed in a red box. The main content area is divided into several sections: 'TYPES OF DIVES' (Forward Group, Backward Group, Reverse Group, Inward Group, Twisting Group, Armstand Group), 'BODY POSITIONS' (Free, Straight, Tuck, Free, Syncro), and 'HOW TO IDENTIFY THE DIVE' (with detailed instructions and diagrams). A sidebar on the left lists 'INFO', 'MEMBER LOGIN', 'SPONSORS', 'CONTACT US', 'SEARCH', 'DONATE TODAY', and 'JOIN USA DIVING'.



Table Guidelines

Diving Table Guidelines

Diving table workers should arrive at the table at least 15 minutes before the start of the meet.

There are 4 people needed at the table:

- 1) An announcer
- 2) A person to write the score and add them up.
- 3) A person to use the diving slide to multiply the score by degree of difficulty.
- 4) A “checker” to make sure it is all correct and pass the sheets back to the announcer.

Table Guidelines

Other Responsibilities:

- 1) Each team is allowed to dive up to 18 divers in the meet. 3 divers per category are official. All others are unofficial and it is very important to make sure they are marked “unofficial” on the diving sheet before the meet begins.
- 2) Unofficial divers are placed first in the diving order, official divers follow the unofficial divers.
- 3) It is the coach’s responsibility to fill out the diving sheets and get them to the table 15 minutes before the start of the meet. Coaches sometimes make mistakes, so it’s appreciated when the table workers check the sheets after they are turned in.

Table Guidelines

- 4) It is very helpful when the announcer has some knowledge of diving. It is also important for the announcer to be clear when announcing the dive, yet fast. Use as few extraneous words as possible.
- 5) At the conclusion of the meet and when all the scores have been tallied, the table workers will fill out the Event Result Sheet. Coaches will have this sheet prepared with just the names filled in. The table workers will fill in the scores, places and points and turn it in to the official swim table where the results will be entered into the computer.