



We have compiled some Dive FAQs with answers below.
There is also an explanation of terms at the end of this primer.

- **How will I know if my diver qualifies to compete in an A meet?**

For **freshman**, divers must have a front dive (101) or front fall in (001) (where the diver falls headfirst into the pool), a back dive (201) or back fall in (002), and can use a forward (100) or back jump (200) as their third optional (it isn't optional, but that is what it is called) dive. Freshmen are the only category of divers that may substitute a front fall-in or back fall-in for the front and back dive requirements.

Intermediate divers Required: front dive, back dive, and two optional dives.

Junior divers Required: front dive, back dive, and three optional dives.

Senior divers. Required: front dive, back dive, inward dive, and three optional dives.

All divers must register with Hamlet to dive for Hamlet. Additionally, in the vast majority of cases, we will require that a diver must attend a minimum of 3 practices before going to an A meet. this is for safety reasons.

- **What if my diver does not qualify to compete in an A meet?** A diver who uses coach assistance for any of the required components for divers may compete in a **B meet**, which is currently scheduled for June 29th against Cardinal Hill, hosted at Hamlet. It will be a very fun event with popsicles! It's a great way to learn more about diving in a low-stress environment.
- **What is the Wally Martin meet?** The Wally Martin meet is a special meet for all of NVSL using boards that are 3 meters in height. This meet is generally held at Oak Marr Recreation Center. If your diver has experience using 3 meter boards and the diver is available on July 9, 2023, please indicate that availability on the Google form (again, here: <https://forms.gle/BQx2fZfgy8EWScPg9>)
- **What is the Cracker Jack meet?** The Cracker Jack meet is a fun meet for younger divers who might not qualify for Divisionals. Participants receive a box of Cracker Jacks when they finish! More information will be forthcoming.
- **What are All-Stars and Divisionals?** All-Stars (to be held Sunday July 20th) and divisionals (date TBD) are competitive by-invitation meets. A-meet scoring is evaluated to create the by-invitation roster. Note: Divers must attend at least 2 A-meets to be considered for Divisionals.
- **Who are our coaches?** This year, we are grateful to have Coach Claire, Coach Luke, and Coach Anthony on deck! They are all super patient, enthusiastic, and AWESOME with our divers. We will also have volunteer coaches - information forthcoming!

INTRODUCTORY DIVE TERMINOLOGY / FYI'S

- Divers are separated into **age categories** to compete
 - **Freshman** age 10 and under as of June 1st
 - **Intermediate** ages 11 & 12 as of June 1st
 - **Junior** ages 13 & 14 as of June 1st
 - **Senior** ages 15 and older (a diver may be older than 18 if they graduated high school in the preceding year)

- **Types of dives**

- Front Dive
- Back Dive
- Reverse Dive
- Inward Dive
- Twist Dive

- **Positions of dives**

- Straight
- Pike
- Tuck
- Free

- **Nomenclature of dives:** (from Team USA Dive)

- Dives are described by their full name (e.g. reverse 3 1/2 somersault with 1/2 twist) or by their numerical identification (e.g. 5371D), or “dive number.”
- Specific dive numbers are not random. They are created by using these guidelines: All dives are identified by three or four digits and one letter. Twisting dives utilize four numerical digits, while all other dives use three.

The first digit indicates the dive's group: 1 = forward, 2 = back, 3 = reverse, 4 = inward, 5 = twisting, 6 = armstand.

In front, back, reverse, and inward dives, a '1' as the second digit indicates a flying action. A '0' indicates none. In twisting and armstand dives, the second digit indicates the dive's group (forward, back, reverse).

The third digit indicates the number of half somersaults.

The fourth digit, if applicable, indicates the number of half twists.

The letter indicates body position: A = straight, B = pike, C = tuck, D = free.

- Examples:

107B = Forward dive with 3 1/2 somersaults in a pike position

305C = Reverse dive with 2 1/2 somersaults in a tuck position

5253B = Back dive with 2 1/2 somersaults and 1 1/2 twists in a pike position

- **Meet Sheets:** When we refer to the divers “meet sheet” this refers to the one-page document which notes the dives which we be performed by that diver at a given meet. Divers must be familiar with their dive “line-up”. Each diver will review their meet sheet in advance of the meet and will document awareness of their planned dives by signing their meet sheets. The order will always start with 1st: Front Dive then 2nd: Back Dive then optionals.

Meet sheets will reference the name of the dive and the number nomenclature.

Meet sheets are turned in at the beginning of each meet to be used to document the scores – it is a great way to see a diver's progress if you accustom yourself to the format and recognize their cumulative scores as the season progresses!

NVSL DIVING SCORE SHEET

FRESHMAN
 JUNIOR
 INTERMEDIATE
 SENIOR



BOY
 GIRL

NAME: _____
 MEET: _____

AFFILIATION: _____
 DATE: _____

ORDER: _____
 METERS: 1 Meter

NO.	DIVE DESCRIPTION	POSITION	DD	1	2	3	4	5	6	7	Total	Award

TOTAL AWARD: _____

DIVER'S SIGNATURE: _____

FINAL PLACE: _____

We hope this information is helpful!
 Please let us know if you think of any more questions or useful information!



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