



GCDL Judges Training Guide

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GREATER CHARLOTTE DIVING LEAGUE

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How To Become A Good Judge

To become a well-qualified diving judge requires plenty of practice at judging all age groups and levels. It can be argued the judging of age group divers is much harder than judging more experienced divers because of the range of talent and ability within the same competition. Here are some guidelines on how to become a good judge:

- Read and understand the rules of competition so that you are familiar with the dive descriptions, degree of difficulty and the process used in the competition.
- Position yourself (with the referee's approval) such that you have a good sideways view of the dive.
- Listen as the dive is announced and form a mental picture of how the dive should be perfectly performed. Compare the dive performed to your mental picture.
- Do not converse with or listen to others while judging. Keep your attention on the divers, the announcer and referee.
- Always remember to recognize the level of competition.
- Judge all aspects of the dive and not just the entry. Aspects to be considered are the following:
 - **Starting Position**
 - **Approach**
 - **Take-off**
 - **Height and Flight Through the Air**
 - **Grace**
 - **Entry**
- Do not judge what the diver does before assuming the start position or below the water. From a judging viewpoint, the dive is complete when the entire body has passed the water's surface.
- Judge the dive, not the person. Be fair to each contestant by disregarding personal prejudices or impressions.
- Do not be influenced by the response of the spectators.
- Make a fast decision and select your score immediately. Do not look at the other judges' scores before selecting your own. Once you have made your decision, do not allow anything to change your decision.
- Give the diver what you believe the dive is honestly worth. Do not be influenced by the other judges. If your scores are higher than those of other judges, do not feel that you should bring your scores down to the level of theirs.
- Have the courage to use the full range of marks and give the diver what you honestly believe their dive is worth. If a dive is perfect, then give it a 10. If a dive is very poorly performed or failed, then give it a 0. Be fair to all contestants by rewarding good divers and not being scared to penalize a poor dive.
- Judge with confidence. On the given signal, immediately hold your mark up for the world to see! If you make a mistake, do not perpetuate the mistake by compensating or marking low for the rest of the round. Adopt the attitude that you made a mistake, forget about it and concentrate on the next dive.

What Am I Looking For When Judging Diving?

Starting Position: The starting position for a forward approach is assumed when the diver is ready to take the first step. For standing dives (forward and backward) the starting position is assumed when the diver stands on the front end of the springboard. The body should be straight, head erect, and arms straight and in the position of the diver's choice.

Approach for Springboard: Forward approach shall be smooth, straight and forceful, and it shall comprise not less than 3 steps before the hurdle. The take-off for the hurdle shall be from one foot only. Both feet shall contact the end of the springboard simultaneously following the hurdle. In the hurdle step, look for a high knee lift, overhead arm reach and a straight trailing leg. Straight arms at the top and bottom of the arm-swing are also desirable.

Take-off: The take-off shall be forceful, reasonably confident and shall proceed without undue delay. A forward dive take-off can be performed either standing or running. The judge should mark a standing dive bearing in mind the height and standards of execution which might be expected from the same dive with a forward approach. In running dives, and back and standing front take-offs, the take-off from the springboard must be from both feet simultaneously. On back and standing front take-offs the diver is entitled to his own method of arm-swing but must not lift their feet from the board, bounce on the board or rock the board excessively before the take-off.

Height and Flight Through the Air: The higher the dive above the board, generally the more spectacular it is. Look for balance, control and technique, whilst considering the reasonable expectations for the age group and level of competition. During the passage through the air, the body can be carried straight, with a pike or with a tuck (see the following descriptions of positions and "Diving Silhouettes"). If any diver touches the end of the board or dives to the side of the direct line of flight, this indicates that they were too close to the end of the board for proper execution. In dives with twists, the twisting must not be done directly from the board. In somersaults in the tuck position (other than flying somersaults), the turn must commence as soon as the diver leaves the board. In flying somersault dives, there must be a well-defined straight position for at least half a somersault.

Grace: Look for feet and knees together, pointed toes, good stretch, good bodyline, clear demonstration of intended position and full control at all times.

Straight Position: The body should be straight with no bending at the waist or knees.

Pike Position: The body should be bent at the hips, and the pike position should be as compact as possible.

Tuck Position: The body should be bent at the knees and hips; and the tuck position should be as compact as possible; and the knees should also be together.

Free Position: The free position can only be used in twisting dives as listed in the degree of difficulty tables. The tuck position may be used only in the following dives: 5152,5221,5231,5321 and 5331.

Entry: A long controlled drop of entry at a distance of approximately 3 feet from the end of the board is often indicative of good technique and mechanics.

Remember that the entry is only one of the aspects on which to judge the dive. It is, however, what you see last, and thus, be careful not to let it over influence your overall impression. A clean vertical entry (“rip”) is however often indicative of good technique and mechanics. The entry into the water must be vertical, or nearly so, with the body straight and toes pointed.


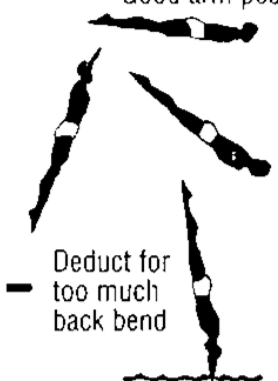
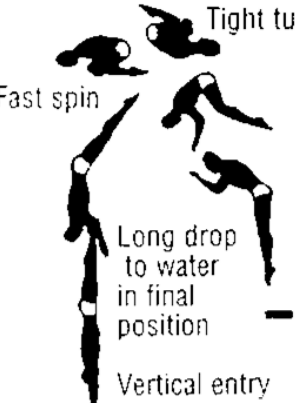

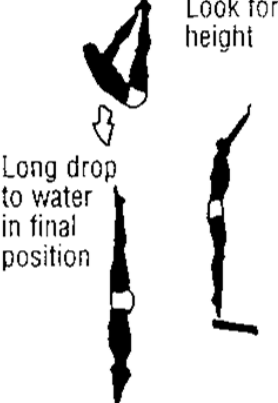
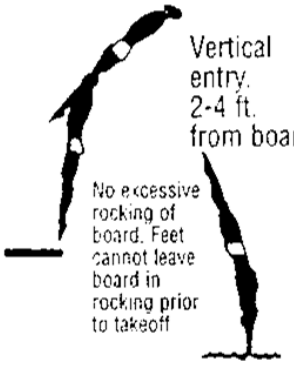

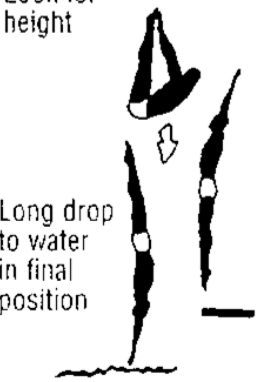
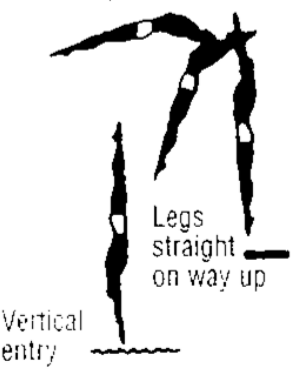
Headfirst Entry: Arms must be stretched beyond the head and in a line with the body with hands close together. If any part of the body below the waist enters the water before the hands, the referee will declare the dive to be a failed dive. Or if the referee does not declare the dive failed, but the judge believes the dive to be failed, the judge should award a 0.

Feet First Entry: Arms must be close to the body with no bending of the elbow. Divers performing backward or forward pencil jumps may hold the arms close to body or motionless extended above the head.



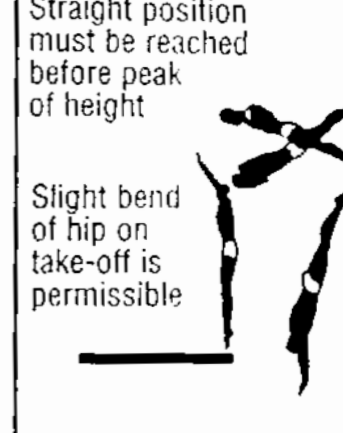
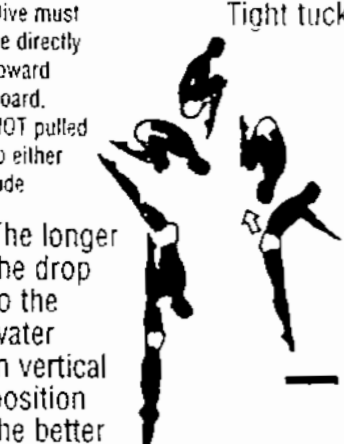

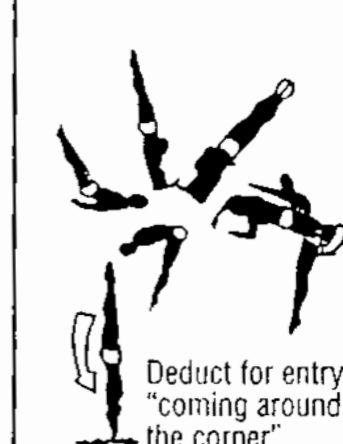
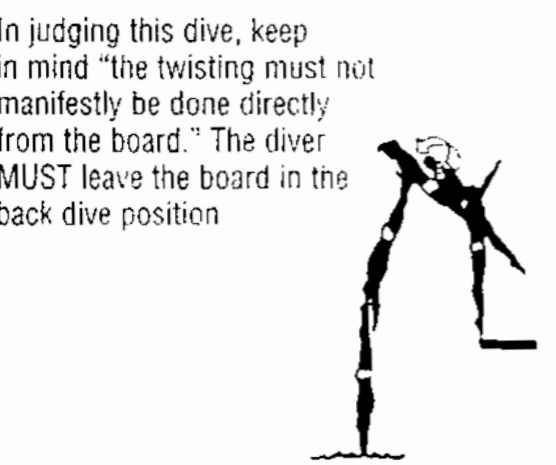

Where a dive relative to vertical is over or under rotated, the judges should penalize according to the extent of over or under rotation.

All twists must be within 90 degrees ($\frac{1}{4}$ of a full twist) of completion by the time of first contact with water and at all times during the entry.

Dive Silhouettes

DIVE SILHOUETTES		
<p>The higher, the better</p>  <p>101. Forward Dive Pike</p>	<p>Good arm position</p>  <p>Deduct for too much back bend</p> <p>101. Forward Dive Straight</p>	<p>Tight tuck</p> <p>Fast spin</p>  <p>Long drop to water in final position</p> <p>Vertical entry</p> <p>103. Forward 1 1/2 SS Tuck</p>
<p>Tight, early tuck</p>  <p>Judge entry on smoothness and vertical entry</p> <p>104. Forward 2 SS Tuck</p>	<p>Look for height</p>  <p>Long drop to water in final position</p> <p>201. Back Dive Pike</p>	<p>Vertical entry, 2-4 ft. from board</p>  <p>No excessive rocking of board. Feet cannot leave board in rocking prior to takeoff</p> <p>201. Back Dive Straight</p>
<p>Legs Straight and together</p>  <p>Nearly vertical entry</p> <p>203. Back 1 1/2 SS Tuck</p>	<p>Look for height</p>  <p>Long drop to water in final position</p> <p>301. Reverse Dive Pike</p>	<p>Good height</p>  <p>Legs straight on way up</p> <p>Vertical entry</p> <p>301. Reverse Dive Straight</p>

DIVE SILHOUETTES

<p>Tight tuck</p>  <p>Dive must be directly in front of the board, NOT pulled to either side</p> <p style="text-align: center;">303. Reverse 1 1/2 SS Tuck</p>	<p>Look for height</p>  <p>Long drop to water in final, vertical position</p> <p style="text-align: center;">401. Inward Dive — Pike</p>	<p>Straight position must be reached before peak of height</p>  <p>Slight bend of hip on take-off is permissible</p> <p style="text-align: center;">401. Inward Dive Straight</p>
<p>Dive must be directly toward board, NOT pulled to either side</p> <p>The longer the drop to the water in vertical position the better</p> <p>Tight tuck</p>  <p style="text-align: center;">403. Inward 1 1/2 SS Tuck</p>	<p>Smooth, easy motion — not jerky</p>  <p style="text-align: center;">5111. Forward Dive, 1/2 Twist Straight</p>	 <p>Deduct for entry "coming around the corner"</p> <p style="text-align: center;">5132. Forward 1 1/2 SS, 1 Twist — Free</p>
<p>In judging this dive, keep in mind "the twisting must not manifestly be done directly from the board." The diver MUST leave the board in the back dive position</p>  <p style="text-align: center;">5211. Back dive, 1/2 Twist Straight</p>		 <p>Vertical entry</p> <p style="text-align: center;">5233. Back dive 1 1/2 SS 1/2 Twist, Free</p>

Dive Scoring Guidelines

Awarding and Deducting Points

Very Good	8.5 - 10	Points
Good	6.5 – 8	Points
Satisfactory	5 – 6	Points
Deficient	2.5 – 4.5	Points
Unsatisfactory	0.5 – 2	Points
Completely Failed	0	Points

Referee’s Obligations and Instructions Regarding Judging

Incorrect Approach or Balk Declared: The referee/head judge will determine whether a diver has made an incorrect approach (too few steps) or a restart on a dive. After completion of the dive in the case of an incorrect approach or after the second attempt in the case of a restart, the referee will instruct the table to deduct 2 points from each judge’s score. The judges score the dive as usual, and the points will then be deducted at the table.

Failed Dive: The referee/head judge will declare a dive failed in any of the following cases:

- A diver takes longer than 3 minutes.
- A diver balks twice on the same dive.
 - A diver does not assume the starting position or performs a dive requiring a forward approach from the standing position. *Exceptions: For Summer League exceptions can be made depending on the age-group and at the referee’s discretion.*
- A diver falls into the water.
- The amount of twist is greater or less than the announced amount of twist by 90 degrees (¼ of a full twist).
- A diver performs an incorrect dive.
 - Assistance has been given to the diver during the execution of the dive. *Exceptions: For summer league we make an exception for 8 and under divers and they can score a maximum of 2 points if an incorrect dive.*
- A diver refuses to perform a dive.
- A diver bounces the board in a standing dive. Generally, if diver leaves the board more than 3-4” before the compression prior to take off.
- A diver doing a running dive makes more than one jump on the same spot.
- A diver doing a flying somersault does not hold the straight position from the board for at least 90 degrees of rotation (¼ of a full rotation).
- Any part of the body below the waist enters the water before the hands when the diver does a head-first dive.

Wrong Position: The referee instructs judges to award not more than 2 points (unsatisfactory) if a dive has clearly been performed in a position other than that which was announced.

Referee Orders 2.0 Point Deduction:

- For a violation of the forward approach which includes too few steps and/or leaving the board immediately following the hurdle step without both feet taking off simultaneously. Jumping from one foot only.
- For a balk determined by the referee, after completion of the second attempt.
- This deduction is done at the table only, not by the judges on their scores.

Second Attempts: The referee can allow and instruct the judges to score a repeat dive where execution of the first attempt has been influenced by exceptional circumstances. The request for such repetition must be made by the diver/coach immediately after the execution of the spoiled dive. In extreme wind conditions, the referee may give special instructions with regard to balks and how they will be judged.

Summary of Judges Deductions

Judges to Award 0 Points (Completely Failed): The judge can award 0 points for a dive if they consider it to be failed for any of the reasons previously detailed for the referee, even if the referee has not declared the dive failed.

- *Exceptions: For summer league we make an exception for 8 and under divers and they can score a maximum of 2 points if an incorrect dive.*

Judges to Award Only 2.0 Points (Unsatisfactory) Maximum:

- The judge should award only 2 points maximum if the dive was clearly performed in another position and the referee has instructed accordingly.
- A diver hits the diving board.
- For a start to the hurdle step from both feet.
- Assistance to an 8 & Unders diver or an incorrect dive.

Judges to Award Only 4.0 Points (Deficient) Maximum: The judges are to award no more than 4.0 points for a dive in which one or both hands are above the shoulders in a feet-first entry, or a dive in which one or both hands enter the water after the shoulders in a head-first entry. (Please note-- this is the standard for Summer League, whereas high schools and some other leagues allow only a 2.0 point maximum for this error.)

Judges to Deduct Between 0.5 to 2.0 Points: At the judges' discretion, between 0.5 to 2.0 points can be deducted in the following cases:

- Excessive oscillation.
- Not holding the straight position on flying somersaults until the body is horizontal to the water.
- Leaving the board immediately following the hurdle step without both feet taking off simultaneously. One foot take-off.
- Entering to the side of the board.
- Twisting manifestly from the board. Twist initiated from the board and not in the air after take-off.

Judges to Exercise Their Own Opinion: The judge can exercise their own opinion as to the deduction to be made in the following cases:

- Knees are bent in the straight position.
- Entry is not vertical.

Judges to Award No More Than 4.5 Points (Deficient): The judge should award no more than 4.5 points in the following cases:

- Using a tuck position in any twisting dive except 5152, 5154, 5221, 5231, 5251, 5321, 5331 and 5351.
- Any circumstance in which a dive is considered deficient for any circumstance.
- A dive that is performed partially in a position other than that which was announced (deficient).

Dive Recognition

Each dive has a number comprising 3 or 4 numerals and a letter. The dive numbers for the twisting group all have 4 numerals, while all of the other dive group numbers have 3 numerals. Going from left to right, here is what each digit indicates. See the following Degree of Difficulty Tables for examples.

1st Digit (from left) of All Dive Numbers: Indicates the group to which the dive belongs—1=front (100's), 2=back (200's), 3=reverse (300's), 4=inward (400's), 5=twist (5000's).

Next Digits from Left: What these next digits indicate varies according to the dive group.

Front, Back, Reverse and Inward Groups: Dive numbers for all these groups have 3 numerals (100's, 200's, 300's and 400's).

2nd Digit from Left: A "1" indicates that the dive has a flying action. A "0" indicates there is no flying action.

3rd Digit from Left: Indicates the number of $\frac{1}{2}$ somersaults being performed—1= $\frac{1}{2}$ somersault, 2=1 full somersault, 3=1 $\frac{1}{2}$ somersaults, etc.

Twisting Group: Dive numbers for the twisting group have 4 numerals and begin with 5 (5000's).

2nd Digit from Left: Indicates that dive group with twisting (1=front (5100's), 2=back (5200's), 3=reverse (5300's), 4=inward (5400's)).

3rd Digit from Left: Indicates the number of $\frac{1}{2}$ somersaults being performed—1= $\frac{1}{2}$ somersault, 2=1 full somersault, 3=1 $\frac{1}{2}$ somersaults, etc.

4th Digit from Left: Indicates the number of $\frac{1}{2}$ twists being performed—1= $\frac{1}{2}$ twist, 2=1 full twist, 3=1 $\frac{1}{2}$ twists, etc.

Letters at the End of Dive Number: Indicates the position in which the dive is performed—A=straight, B=pike, C=tuck, D=free (free means any combination of the other positions done during twisting dives).

DEGREE OF DIFFICULTY TABLE – 1M Springboard

Based on USD for Greater Charlotte Diving League (does not include all eligible dives)

#	NAME / GROUP	One Meter					8/ u	9- 10	11 -	13 -	15 -
		Straight	Pike	Tuck	12	14					
	FORWARD	A	B	C							
001	Forward Lineup, Fall in	1.0	1.0	1.0	V	V	V	V	V	V	
100	Forward Jump	1.0	1.0	1.0	V	V	V	V	V	V	
101	Forward Dive	1.4	1.3	1.2	V	V	V	V	V	V	
102	Forward 1 Somersault	1.6	1.5	1.4							
103	Forward 1 ½ Somersault	2.0	1.7	1.6						V	
104	Forward 2 Somersault	2.6	2.3	2.2							
105	Forward 2 ½ Somersault	-	2.6	2.4							
106	Forward 3 Somersault	-	3.2	2.9							
107	Forward 3 ½ Somersault	-	3.3	3.0							
108	Forward 4 Somersault	-	4.4	4.0							
112	Forward Flying 1 Somersault	-	1.7	1.6							
113	Forward Flying 1 ½ Somersault	-	1.9	1.8							
	BACK	A	B	C							
002	Back Lineup, Fall in	1.0	1.0	1.0	V	V	V	V	V	V	
200	Back Jump	1.0	1.0	1.0	V	V	V	V	V	V	
201	Back Dive	1.7	1.6	1.5		V	V	V	V	V	
202	Back 1 Somersault	1.7	1.6	1.5							
203	Back 1 ½ Somersault	2.5	2.3	2.0							
204	Back 2 Somersault	-	2.3	2.0							
205	Back 2 ½ Somersault	-	3.2	3.0							
206	Back 3 Somersault	-	3.2	2.9							
207	Back 3 ½ Somersault	-	4.3	4.0							
212	Back Flying 1 Somersault	-	1.7	1.6							
213	Back Flying 1 ½ Somersault	-	2.5	2.2							
	REVERSE	A	B	C							
301	Reverse Dive	1.8	1.7	1.6						V	
302	Reverse 1 Somersault	1.8	1.7	1.6							
303	Reverse 1 ½ Somersault	2.7	2.4	2.1							
304	Reverse 2 Somersault	2.9	2.4	2.1							
305	Reverse 2 ½ Somersault	-	3.2	3.0							
306	Reverse 3 Somersault	-	3.3	3.0							
307	Reverse 3 ½ Somersault	-	4.2	3.9							
312	Reverse Flying 1 Somersault	-	1.8	1.7							
313	Reverse Flying 1 ½ Somersault	-	2.6	2.3							
	INWARD	A	B	C							
401	Inward Dive	1.8	1.5	1.4						V	
402	Inward 1 Somersault	2.0	1.7	1.6							
403	Inward 1 ½ Somersault		2.4	2.2							
404	Inward 2 Somersault		3.0	2.8							
405	Inward 2 ½ Somersault	-	3.4	3.1							
406	Inward 3 Somersault	-	4.0	3.7							
412	Inward Flying 1 Somersault	-	2.1	2.0							
413	Inward Flying 1 ½ Somersault	-	2.9	2.7							

DEGREE OF DIFFICULTY TABLE FOR TWISTING DIVES – 1M Springboard

Based on USD for Greater Charlotte Diving League (does not include all eligible dives)

#	NAME / GROUP	One Meter				8&u	9-10	11-12	13-14	15-18
		Straight	Pike	Tuck	Free					
	TWISTING GROUP--FORWARD	A	B	C	D					
5111	Forward Dive ½ Twist	1.8	1.7	1.6	-				V	
5112	Forward Dive 1 Twist	2.0	1.9	-	-					
5121	Forward 1 Somersault ½ Twist	-	-	-	1.7					
5122	Forward 1 Somersault 1 Twist	-	-	-	1.9					
5123	Forward 1 Somersault 1 ½ Twist	-	-	-	2.1					
5124	Forward 1 Somersault 2 Twists	-	-	-	2.3					
5125	Forward 1 Somersault 2 ½ Twists	-	-	-	2.5					
5131	Forward 1 ½ Somersault ½ Twists	-	-	-	2.0					
5132	Forward 1 ½ Somersault 1 Twists	-	-	-	2.2					
5134	Forward 1 ½ Somersault 2 Twists	-	-	-	2.6					
5136	Forward 1 ½ Somersault 3 Twists	-	-	-	3.1					
5138	Forward 1 ½ Somersault 4 Twists	-	-	-	3.5					
5151	Forward 2 ½ Somersault ½ Twist	-	3.0	2.8	-					
5152	Forward 2 ½ Somersault 1 Twist	-	3.2	3.0	-					
5154	Forward 2 ½ Somersault 2 Twists	-	3.6	3.4	-					
	TWISTING GROUP-BACKWARD	A	B	C	D					
5211	Back Dive ½ Twist	1.8	1.7	1.6	-					
5212	Back Dive 1 Twist	2.0	-	-	-					
5221	Back 1 Somersault ½ Twist	-	-	-	1.7					
5222	Back 1 Somersault 1 Twist	-	-	-	1.9					
5223	Back 1 Somersault 1 ½ Twists	-	-	-	2.3					
5224	Back 1 Somersault 2 Twists	-	-	-	2.3					
5225	Back 1 Somersault 2 ½ Twists	-	-	-	2.7					
5227	Back 1 Somersault 3 ½ Twists	-	-	-	3.2					
5231	Back 1 ½ Somersault ½ Twists	-	-	-	2.1					
5233	Back 1 ½ Somersault 1 ½ Twists	-	-	-	2.5					
5235	Back 1 ½ Somersault 2 ½ Twists	-	-	-	2.9					
5251	Back 2 ½ Somersault ½ Twist	-	2.9	2.7	-					
	TWISTING GROUP-REVERSE	A	B	C	D					
5311	Reverse Dive ½ Twist	1.9	1.8	1.7	-					
5312	Reverse Dive 1 Twist	2.1	-	-	-					
5321	Reverse 1 Somersault ½ Twist	-	-	-	1.8					
5322	Reverse 1 Somersault 1 Twist	-	-	-	2.0					
5323	Reverse 1 Somersault 1 ½ Twists	-	-	-	2.4					
5325	Reverse 1 Somersault 2 ½ Twists	-	-	-	2.8					
5331	Reverse 1 ½ Somersault ½ Twist	-	-	-	2.2					
5333	Reverse 1 ½ Somersault 1 ½ Twists	-	-	-	2.6					
5335	Reverse 1 ½ Somersault 2 ½ Twists	-	-	-	3.0					
5337	Reverse 1 ½ Somersault 3 ½ Twists	-	-	-	3.6					
5351	Reverse 2 ½ Somersault ½ Twist	-	2.9	2.7	-					
5353	Reverse 2 ½ Somersault 1 ½ Twists	-	-	3.3	-					
	TWISTING GROUP - INWARD	A	B	C	D					
5411	Inward Dive ½ Twist	2.0	1.7	1.6	-					
5412	Inward S Dive 1 Twist	2.2	1.9	1.8	-					
5421	Inward 1 Somersault ½ Twist	-	-	-	1.9					
5422	Inward D 1 Somersault 1 Twist	-	-	-	2.1					
5432	Inward 1 ½ Somersault 1 Twist	-	-	-	2.7					
5434	Inward 1 ½ Somersault 2 Twists	-	-	-	3.1					

Dive Requirements for the Greater Charlotte Dive League

AGE GROUP	Regular Season Dual Meets
8 & Under	Voluntaries for Dive 1: 001A – Front Lineup Straight; 002A – Back Lineup Straight; 100 - Forward Jump; 200 - Back Jump; or 101 - Front Dive; in any position, A, B or C. Optionals for Dives 2 & 3: Any 2 dives from 2 different groups *. *2 Lineups and/or Jumps from 001, 002, 100 and 200 are permitted.
9 & 10	Voluntaries for Dive 1: Same as 8&u/ + 201 – Back Dive any position, A, B or C. Optionals for Dives 2 & 3: Any 2 dives from 3 different groups *. *Only one Lineup or Jump, 001,002, 100 and 200 are permitted.
11 & 12	Voluntaries for Dive 1: Same as 9&10's Optionals for Dives 2, 3 & 4: Any 3 dives from 3 different groups.
13 & 14	Voluntaries for Dive 1: Same as 9&10's Optionals for Dives 2, 3 & 4: Any 3 dives from 3 different groups.
15 & 18	Voluntaries for Dive 1: Same as 9&10's + 103 Forward 1 ½ Somersault, 301 Reverse Dive, 401 Inward Dive and 5111 Forward Dive ½ Twist, all in any position A, B or C. Optionals for Dives 2, 3, 4 & 5: Any 4 dives from 3 different groups.

AGE GROUP	All-Star Meet
8 & Under	Same as Dual Meets.
9 & 10	Same as Dual Meets.
11 & 12	Same as Dual Meets.
13 & 14	Same as Dual Meets.
15 & 18	Same as Dual Meets.

Dive Sheet Color codes for manual scoring:

- White = CSR – Charlotte Swim & Racquet
- Green = FXE – Foxcroft East Racquet & Swim
- Yellow = SSR – Sardis Swim & Racquet
- Blue = WRC – Windyrush Country Club

Notes

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