

## VHSL DIVING HINTS

### REFEREE CALLS:

Failed dives, for example:

- Doing a dive other than that on the dive sheet
- Does a forward or reverse dive without a forward approach (from a standing position)
- Twisting 90 degrees more/less than on dive sheet (determined by shoulder position)
- Contacting water with something other than head/hands on head-first entry, or feet initially on feet-first entry
- Twisting 90 degrees or more (determined by shoulder position) before leaving the board

Unsatisfactory dives (max. score of 2.0), for example:

- Dive is done in position other than that on dive sheet
- Diver hits the board
- Diver does not attempt to come out of tuck/pike position or out of a twist.

Balks & Violation of Forward Approach (2 points deducted from each score by scorer)—dive judged on its merits as actually performed (2 balks on same dive is a failed dive)

### JUDGE CALLS:

Deficient dives, for example, when the diver breaks position in flight or lands dive either well inside or well beyond 3 feet from end of board or when a diver enters water with one or both hands above shoulders on feet-first entry or one or both hands below shoulders on head-first entry. Deficient dives should receive a maximum score of 4.0.

Mandatory deductions, (0.5-2.0 from initial score—each judge decides) for such things as:

- Entering the water to the side of the board
- Excessive oscillation of the board in back/inward approach (4 times is suggested maximum in NFHS Diving Guidelines) or not stopping the oscillation just before or after assuming the starting position
- Feet/foot leaving the board prior to a back/inward takeoff ("crow hop")
- Obviously twisting from the board
- Spreading knees in the tuck position
- Entering water in a position twisted away from the line of the board, but less than 90 degrees

### SCORING NOTES:

- Diving is an aesthetic sport—ugly dives should not receive satisfactory scores
- A dive should be scored based on all areas of consideration and the required aspects (see Rules 9-5 and 9-7).
- In awarding points, Judges should not hesitate to reward a diver for exceptional performance in these areas.
- Conversely, Judges may score dives in the "Unsatisfactory" range when the Referee does not indicate that it is a mandatory unsatisfactory dive as a result of significant deficiencies in all areas of consideration, none of which individually meet the mandatory requirement, but which collectively make the dive unsatisfactory.