

RAILS DIVING

Glossary

[Approach in Diving](#)

The actions of a diver as they move from the starting position to the takeoff. The approach is one of the five elements of a dive that must be considered when judging competitive diving.

[Armstand Dive](#)

The armstand dive is one the six types of dives used in competition, and is only used in platform diving.

[Backward Takeoff](#)

Definition of the backward press and takeoff in competitive springboard and platform diving.

[Balk](#)

A balk in springboard and platform diving is an illegal action that occurs when a diver begins their dive and then stops.

[Balk Judge](#)

Definition of a balk judge in springboard and platform diving.

[Call-Out](#)

A call-out occurs when a coach uses a verbal clue to alert the diver when to initiate the kick and stretch for the water.

[Classic Forward Approach and Hurdle](#)

The classic forward approach and hurdle in diving consists of between three to five steps and a hurdle prior to the takeoff from the diving board.

[Closed Pike Position](#)

In closed pike position either the hands touch the toes, or the arms wrap around the legs pulling them close to the upper body.

[Come-Out](#)

A diving come-out, or kick-out, is a technique used by the diver to stop the somersault and prepare for the entry.

[Crow Hop](#)

A crow hop in diving is an illegal action in which the diver's feet leave the springboard or platform prior to the takeoff.

[Degree of Difficulty](#)

Definition of the degree of difficulty in the sport of springboard and platform diving

[Diving Flight](#)

The flight of a dive is that portion which occurs after the takeoff and once the diver has left the diving board, until the entry into the water. It is one of five elements that is considered in judging a dive.

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[Entry](#)

Definition of the entry into the water in the sport of diving. The entry is the last of five elements a judge sees before posting a score.

[FINA](#)

FINA is the international governing body for aquatic sports that includes competitive springboard and platform diving.

[Forward Approach](#)

The forward approach in springboard and platform diving.

[Free Position](#)

One of the four diving positions and used exclusively in twisting dives, the free position is a combination of straight, pike, or tuck.

[Fulcrum](#)

The fulcrum is a moveable wheel that sits underneath the mid-point of a diving board, allowing a diver to adjust the amount of spring they receive.

[Hurdle](#)

The hurdle is the part of a forward diving approach that allows the diver to "hop" to the end of the springboard.

[Line Up Position](#)

A position that the diver achieves prior to the entry into the water. It is characterized by the diver's body forming a straight line from the head to the pointed toes.

[Line Up Skill](#)

A line up is a particular diving skill that is practiced in order to improve body alignment and entry into the water.

[Lost Move Syndrome](#)

Lost Move Syndrome is a psychological condition that can effect any level of diver, from beginner to Olympian.

[National Federation of State High School Athletic Associations \(NFHS\)](#)

The National Federation of State High School Associations oversees and sets rules for high school competition in diving.

[Open Pike Position](#)

Open pike position in diving is characterized by a pike position in which the hands do not touch the toes.

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[Pike Position](#)

One of the four diving positions, the pike position is performed with the knees straight and the body bent at the waist.

[Riding the Board](#)

In a forward approach and takeoff in diving, a goal of every diver is to work in concert with the diving board to get the most amount of height - known as "riding the board."

[Rip Entry](#)

The entry into the water during a dive, with little or no splash.

[Smack](#)

A smack in diving occurs when a diver enters the water in a manner that can cause physical pain or injury.

[Somersault](#)

A somersault is a movement in which a diver rotates the body on an imaginary horizontal axis that runs through the hips.

[Spotting](#)

Spotting is the act of assisting an athlete while connected to an overhead safety harness.

[Springboard](#)

A springboard is a 16-foot aluminum diving board that is used in diving competitions from two different heights above the water: one-meter or three-meter.

[Starting Position](#)

Definition of the starting position of a dive in competitive springboard and platform diving. The starting position is the first of five elements used in judging.

[Straight Position](#)

The straight position is characterized by no bend in either the hips or knees, and is one of the four positions used in diving.

[Synchronized Diving](#)

In synchronized diving, two divers of the same gender perform the same dives from different boards on the same level, at the same time.

[Takeoff](#)

The takeoff in diving is the technique used, and elevation a diver achieves prior to the flight of a dive.

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[Tower](#)

The tower is the diving platform structure that can hold as many as five levels: one-meter, three-meter, five-meter, 7.5-meter, and 10-meter heights.

[Tuck Position](#)

The tuck position resembles a ball with the knees bent and the legs pulled as close to the body as possible, and is one of the four positions in diving.

[Twist](#)

A twist during a dive occurs when the diver rotates around an axis that runs from the head to the toes of the diver.

[Visual Spotting](#)

Visual spotting is a technique practiced in diving, of using visual clues to tell the diver when it is time to kick out, or stop a dive from rotating or twisting.