

RAILS DIVING

Frequently Asked Questions

Can divers do any six (or 11) dives they know in a meet?

No. There are limits on the dives a diver can choose. In a six dive meet – the diver must dive one Voluntary dive and five Optional dives. The Optional dives must represent four of the five diving groups. In other words, a diver can't do three dives from the forward group and one dive from three other groups to get to six dives total.

- Sample Dive Sheet for Forward week:
 - Voluntary Dive: Forward summersault
 - Optional Dives: Back dive, Inward dive, Forward dive with ½ twist, Forward dive, Back summersault

On top of this, the Voluntary dive can only be awarded a Degree of Difficulty (DD) of 1.8 or lower.

How are dives scored? Isn't it all about the entry?

The most important thing to remember about scoring is that it's subjective. Each judge will put emphasize on various points within a dive. All elements of a dive are judged: the approach/take-off, the flight, tightness of position and entry. Just because there is no splash, doesn't mean a dive is worth 7 out of 10.

What do the scores mean?

Scores are difficult to understand since they can vary widely. Here are the guidelines to scoring:

- 9 – 10: Exceptional - all phases of the dive, from starting position through entry, are exceptional.
- 7 ½ – 8 ½: Excellent - approach, hurdle, takeoff, flight or entry are only slightly affected. Execution of the dive is well defined.
- 6 – 7: Good - approach and hurdle are unaffected; height and distance from the board are acceptable; execution is defined; entry is under control but affected.
- 4 ½ – 5 ½: Satisfactory - approach and hurdle are satisfactory; height and distance are adequate; execution is complete but the entry is long or short.
- 2 ½ – 4: Deficient - approach and hurdle are affected; height and distance are inadequate; execution is affected; entry is long or short.
- ½ – 2: Unsatisfactory - approach and hurdle are affected; height and distance inadequate; execution incomplete or position is broken; entry is significantly long or short.
- 0: Failed dive

What can a judge deduction points for?

Almost anything he/she doesn't feel was correct. Diving competitively is all about the little things. Pointed toes, tight muscles and crisp positions all have an impact on the score. This is why you see so few divers receive "Exceptional" or 9's and 10's. Like scoring, there are guidelines for deductions. Some are mandatory through the diving official or by the judge themselves.

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FAQs cont.

Mandatory Deductions:

- The diving referee will deduct two points from each judge's scores for
 - Violation of the forward approach
 - Balk
 - Note: For a balk the judges score the dive as performed. Then the referee instructs the scoring table to deduct two points from each judge's score.
- Each judge should deduct 1/2 to 2 points for the following:
 - Excessive oscillation (more than four in high school rules).
 - Crow hop: one or both feet leave the board before a back/inward take off.
 - Spreading the knees in a tuck or pike position.
 - Not holding the straight position until the body is horizontal to the water for flying dives (90 degrees of rotation).
 - Entering to the side of the board.
 - Twisting manifestly from the board.

How are final scores for each dive determined?

The judges' scores* are added together and then multiplied by the D.D. This gives a final score. Each score is then added together to get a final total for the meet.

*Note: Only three judges' scores are used. When five judges are present, then the high and low scores are dropped. When seven judges are present, then the two high and two low scores are dropped. The more judges, the more likely a fair and median score will be determined for each diver.

How is a diver disqualified?

There are four ways a diver can be disqualified.

- They fail two dives.
- The diver does not make a sincere attempt to perform a dive.
- The diver unnecessarily delays the competition.
- A diver behaves in an unsportsmanlike manner.

Where can I learn more about Iowa high school diving rules?

Go to www.ighsau.org and click on Swimming & Diving. On the left-hand menu is a link to the "2010 Diving Manual". This has more information about diving, tips for judges and officials, and more information about scoring.