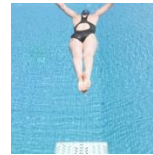


## Four Body Positions of Dives

When a dive is performed, the diver uses one of the 4 positions listed below for spring board diving.

1. **Straight** (Lay out) – This position requires no bend at the waist or knees. Depending on the dive, however, there may be an arch in the back. Arm placement is either the diver's choice or is defined by the dive performed.



2. **Pike** – The legs are straight with the body bent at the waist. Like the straight position, arm placement is either the diver's choice or is defined by the dive performed.



3. **Tuck** – The body is bent at the waist and knees, with thighs drawn to the chest and heels kept close to the buttocks.



4. **Free** – This is not an actual position, but a diver's option to use any of the three positions, or combination thereof when performing a twisting dive. A combination of straight and pike is common while tuck is rarely used.

