



Midlakes Dive Judge Training

Hosted by Kathy McDonald & Pauline Fox, Midlakes Dive Co-Representatives
midlakesdiving@gmail.com

Dive Season Kickoff – Judge Training

Midlakes Diving is intended to be a fun, recreational sport. Scores given to divers represent the best attempts of our parent volunteer judges to help divers get used to being evaluated and to encourage self-development and healthy competition.

THE THREE PARTS OF THE DIVE

➤ **APPROACH AND HURDLE**

➤ **FLIGHT**

➤ **ENTRY**

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➤ **APPROACH AND HURDLE**

The approach and hurdle comprise the diver's actions on the board before and including the takeoff. A quality approach will create momentum and a great hurdle will generate power, and height for the dive. This allows the diver more time in the air to perfect position and execute somersaults and twists.

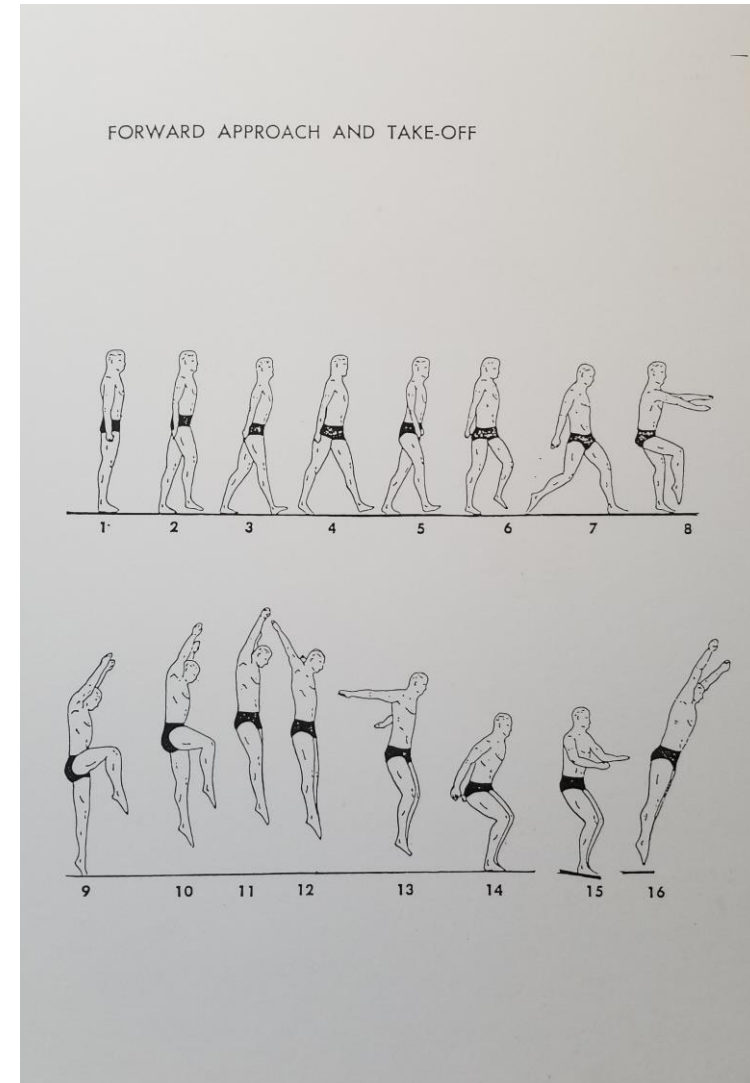
- A quality forward-facing dive will include a 3-step hurdle. This means the diver's arms will swing back and forth and raise up in time with their steps. Additionally, their knee will lift to aid in the power and height of the dive.
- A quality backward-facing dive where the diver stands at the edge of the board looking back toward the ladder, e.g. back dives and inwards, will include a steady stable position followed dropping and then lifting the heels off the edge of the board, with an arm circle timed with the heels to create power and height.

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➤ **APPROACH AND HURDLE (cont'd)**

Here is a visual aid for the forward approach.

The diver moves their arms as they stride then lift the knee to create power in the spring before dropping back to the board for the powerful takeoff.



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➤ **APPROACH AND HURDLE (cont'd)**

Here is another visual aid for the forward hurdle position. From this point the diver has generated power in the spring to create height in the dive.



HURDLE: The hurdle is described as the jump to the end of the springboard following the approach. The hurdle shall be from one foot only. Both feet shall contact the end of the springboard simultaneously following the hurdle.

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➤ **APPROACH AND HURDLE (cont'd)**

Evaluating the Approach and Hurdle

1. Did the diver execute a hurdle? If not, there may be limits on scoring for a “line-up” where the diver simply falls into the water from a standing position, or a 1-step, standing, or incomplete hurdle.
2. Was the diver’s approach and hurdle graceful or awkward? A graceful, easy hurdle that seems effortless should score better.
3. Did the diver create power and height with their hurdle? A dive that left the board with strength and confidence and rose up higher should score better.

A quality hurdle is hard to do! This is the most important part of the dive since a poor hurdle typically results in poor quality for the rest of the dive. Make sure to pay attention to this part and reward divers accordingly.

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➤ FLIGHT

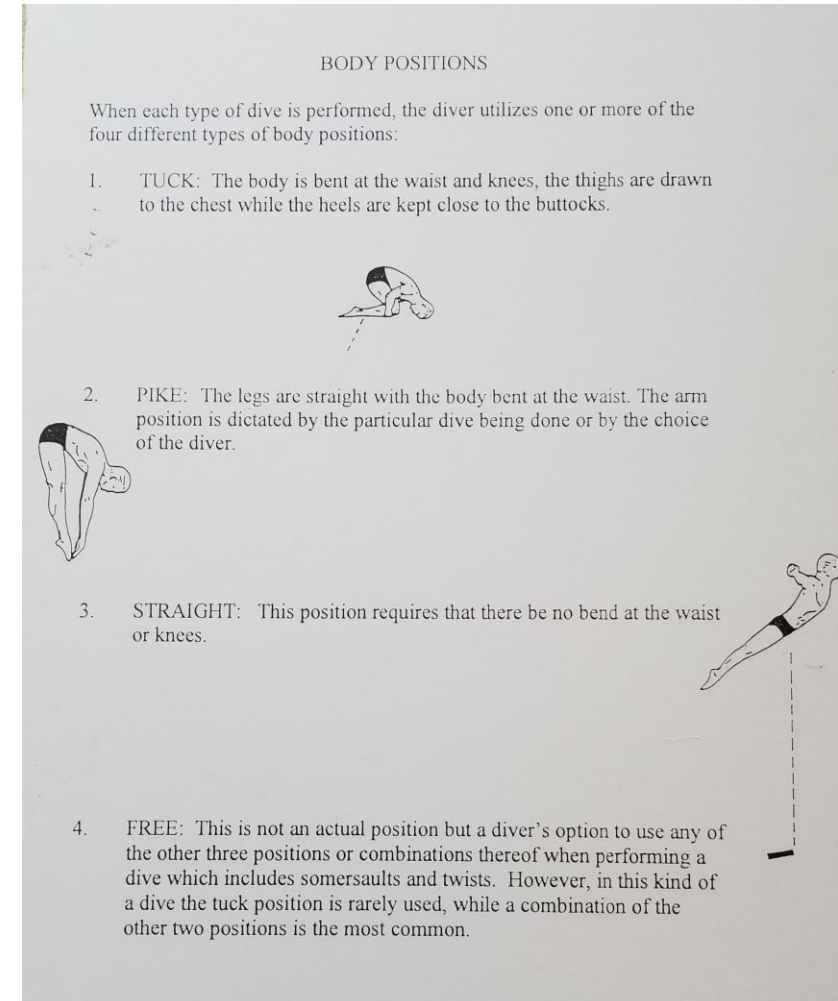
This is the diver's position and execution of the dive while in the air.

- Dive positions include:
 - **Straight** – The diver's body should be straight as an arrow during flight.
 - **Pike** – The diver's body should appear to bend in half at the waist as they grab the back of their calves before extending to a straight entry
 - **Tuck** – The diver's body should tuck their knees to their chest and grab them around the shins before extending to a straight entry.
 - **Free** – Usually used with twisting dive. The diver would not appear straight, pike, or tuck.
- Somersaults and Twists
 - The execution of the announced number of somersaults and twists.
 - Is it a 1 SS or a 1 ½ SS?
 - Is it a ½ twist or a full twist?

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➤ FLIGHT

An illustration of the positions.



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➤ FLIGHT (cont'd)

Evaluating the Flight

1. Did the diver generate a good amount of height? Insufficient height means the diver may not have enough time to achieve the desired position or rotations.
2. Did the diver get into position, i.e. pike, tuck, straight? If not, it may be considered a “failed dive”. If they achieved the correct position and “locked in” their pike or tuck or held a ramrod straight body in the the mid-flight, the diver should score higher. If they got into position but looked sloppy or didn’t “lock in” their tuck or pike, the dive should score lower.
3. Did the diver’s dive appear graceful or awkward? A dive that appears graceful and seems effortless should score better.

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➤ ENTRY

The entry means just what it sounds like – when the diver enters the water. A quality entry has several components:

- Completion – The diver should have completed the execution of the flight portion and returned to a straight position for entry to the water. Issues may include:
 - Still in tuck or pike
 - Still in rotation or twist
- Position – Arms should be directed toward the water.
 - For a head-first entry, arms should be straight, next to the ears, and hands locked.
 - For a feet-first entry, arms should be straight, locked to the sides of the body pointed down.
 - Jumps are an exception since they are a skill and arms should always be in the upright position despite the feet-first entry.

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➤ ENTRY (cont'd)

- Splash – The less splash the better! This means the diver has achieved a straighter body and more vertical position and has cleaved the water neatly with their hands. A diver with relatively less splash should score better.
- Location – The diver should enter the water close to the board at a reasonably safe distance.
 - This isn't swim team! We are not aiming to get across the pool.
 - Divers should go up, then come down, not go out.

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➤ ENTRY (cont'd)

Evaluating the Entry

1. Did the diver complete the flight portion of the dive and execute all positions, twists, and rotations and returning to a straight position for entry?
2. Did the diver enter the water with arms in the correct position for jumps, head-first, or feet-first dives?
3. Did the diver control the splash?
4. Did the diver end at a safe but close distance to the board? Too close where you feel the diver was unsafe would score lower. Too far with an angled and not vertical entry also scores lower.

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SO HOW DO I SCORE IT ALL?

A perfect 10 is an Olympic caliber dive. Our young athletes are not at this level. Most dives will fall between 3 and 7. It helps to consider all three parts of the dive and evaluate them, then add them. For instance

1. Approach and Hurdle

- Really strong, graceful, and generating height – 2.5 - 3
- Solid with less grace or height – 1.5 – 2.0
- Sloppy or awkward - 0.5 or 1.0

2. Flight

- Great height, achieved position, appeared graceful almost easy – 2.5 - 3
- Good height, mostly in position, completed satisfactorily – 1.5 – 2.5
- Sloppy or awkward, break in position - 0.5 or 1.0

3. Entry

- Achieved straight vertical entry, minimal splash, appeared graceful almost easy – 2.5 - 3
- Solid with less grace or more splash, possible slight rotation at entry – 1.5 – 2.5
- Sloppy or awkward, splashy, not vertical, didn't complete flight portion - 0.5 or 1.0

Scoring: $2.0 + 1.5 + 1.5 = 5.0$

$1.0 + 1.5 + 1.0 = 3.5$

$2.5 + 2.5 + 2.0 = 7.0$

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SCORING (cont'd)

BE CONSISTENT!!

After you evaluate the first dive, you can simply go up and down relatively from there.

- For instance, you feel like the first dive merits a 4.5 – it had a good hurdle and height but was a bit sloppy in air and ended splashy.
- The next diver was more graceful, really straight, nice vertical entry with less splash but was a little bit rotated when they entered and didn't get a lot of height. Maybe that is a 5.5.
- The diver after that had great hurdle and height, a slight break from their straight dive in the air, but an excellent entry. She might get a 6.0.
- The next diver was somewhat in between the first and the second so you score her a 5.0.

A dive needs to really make you think “WOW” before you give it a 7 or higher.

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GOT IT ALL FIGURED OUT?

Let's talk about a couple of other things!

Exceptions:

- **Jumps – straight body, no rotation**
- **Eggroll – a skill that prepares divers for somersaults and the sensation of spinning in the air before entering the water**
- **Lineup – a dive from a standing position with no approach or hurdle**
- **Coach-Assisted Dives – the coach actively helps the diver on the board**
- **Back Dive ½ Twist – an extra dive that we add for divers without enough variety in their portfolio**
- **Free Position – typically for twisting dives where the diver may use arms to generate rotation**

Balks, Failed Dives, Breaks in Position

- **Balk – the diver had a significant break in the approach and hurdle**
- **Failed Dive – the diver did the “wrong” dive, e.g. 1 SS instead of 1½ SS, or tuck instead of pike, etc.**
- **Broken Position – the diver left the assigned position, e.g. had knees tuck when should be straight. This may result in a failed dive or at least a scoring deduction depending on the break.**

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Midlakes Dive Meet Judging Chart

Dive Type	Issue	How to Score	Exceptions or Notes
All dives	Balk (diver arrests then resumes the dive)	Deduct 2 points from each judge's score at the table	No deduction for 8 and Under or for 10 and Under
All dives	Failed dive (diver does not meet requirements of dive)	Score = 0.0 2 failed dives in the meet disqualifies the diver for the entire meet	8 and Under only - may redo dive one time - second failed dive = 0.0 All other ages, no redo
All dives	Extremely unsafe position, e.g. too close to the board	Judges should deduct drastically, e.g. score between 1 and 2.5	The meet referee may determine during warmups if a diver may be restricted from performing a particular dive.
All dives	Diver requests to change the dive position, e.g. Straight to Tuck	The diver will receive the lowest DD (degree of difficulty) of the two dives	Position changes do not affect divers' required dives which have a set DD
All dives	Coach-assisted	Max 2.0	
JUMPS – Forward and Backward	Arms down instead of up	Max 4.5	DD = 1.0
Forward JUMP	No 3-step hurdle	Max 4.0	e.g. 1-step hurdle or standing hurdle = 3 steps, stop, knee lift
Forward Dives	No 3-step hurdle	Max 4.0	e.g. 1-step hurdle or standing hurdle = 3 steps, stop, knee lift
Forward Dive	Lineup	Max 2.0	
Forward Dive	Break position, e.g. Does a tuck when should be pike	Max 4.0	
Forward Dive 1 SS Tuck	Eggroll is performed	Max 2.0 DD = 1.4	Although this is a skill, DD remains the same.
Somersaults with Feet Entry, e.g. Forward Dive 1 SS or Backward Dive 1 SS	Entry with arms higher than shoulders	Max 4.5	
Backward Dive	Lineup	Max 2.0	
Twist Dives	Failed to complete twist	Meet referee will determine if failed dive	
Backward Dive with 1/2 Twist	Feet Move on Board Hips Twist prior to takeoff Falling Back Dive with Twist	2.0 3.0 4.0	DD 1.0 for 8/10 Under DD 1.8 for 12/14/17 Under

In a nutshell...

We have this Judging Chart available on the Dive page of the Midlakes website with scoring forms, dive lists and requirements, judging information and more.

Midlakes Forms:

https://www.teamunify.com/SubTabGeneric.jsp?team=reclmslwa&_stabilid=199459

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QUESTIONS ON ANY OF THESE DIVES?

Forward Jump and Back Jump

Forward Dive

Back Dive

Egg Roll

Front Somersault

Back Somersault

Inward Dive

Back Dive Half Twist

Reverse

QUESTIONS ON ANY OF THESE POSITIONS?

Straight

Tuck

Pike

Free

Dive Season Kickoff – Scorer Training

Volunteer Scorer Training

At each meet, the announcer calls out the diver's name, their club, and the dive to be performed.

The diver executes the dive and the judges rate it.

The scorer collects the scores from the judges, totals them, multiplies the total score for the dive by the degree of difficulty, and then adds together the cumulative score of all the dives.

The announcer continues to the next diver and the process begins again.

At a virtual meet, just one scorer is needed to collect the scores on the dive sheets. Later the scorer can enter them to the spreadsheet for tallying and computation. The away scorer will email their sheet to the home scorer.

Dive Season Kickoff – Scorer Training

Volunteer Scorer Training

Here is a sample score sheet. You can see that Daisy from “USA” dive team performed 6 dives.

The first dive is a required dive and the Degree of Difficulty (DD) is set by Midlakes rules regardless of the position (tuck, pike, straight).

Scores with a half, e.g. 3.5, 4.5, 5.5, are notated with a straight mark over or to the upper right of the whole number.

This makes it faster when recording.

4 4' 5

The remaining dives have DDs that are based on the type of dive and position. The high and low score are removed. Then the remaining 3 scores are totaled and multiplied by the DD.

Then track the ongoing total as each new dive is scored.

Midlakes												12 & Under		Final Place	
Diving		Name		Club		Date		City/State		Meet		Men			
1		Daisy Diver		Midlakes		6/98		USA		#1					
US Diving Num.		Coach's Name		17 & Under		14 & Under		12 & Under		10 & Under		8 & Under			
3080111N		Rip													
Dive Num.	Dive Description	D.D.	1	2	3	4	5	Net Total	AWARD						
1	Fwd Dive 101 S Fwd dive straight	1.9	5	5	5	5	5	15	28	50					
2	Req. 201 T Back dive tuck	1.9	4	4	5	4	4	13	24	70					
3	Req. 401 T Inward Dive tuck	1.9	4	4	4	5	4	12	23	75					
4	Opt. 104 T Forward Double Somersault	2.2	3	3	3	3	3	9	19	80					
5	Opt. 521 S 1/2 twist Back Dive straight	1.8	5	5	5	5	5	17	30	60					
6	Champs Opt. 202 T Back Somersault pike	1.6	4	5	4	5	4	14	22	40					
When diving in competition, all divers have to do dives from both required and optional categories. For the younger divers, an optional dive can be replaced with a required. Each dive the diver does in a meet is judged by three or five judges. They are scored on a scale of 0 to 10 points. This is what the scoring would look like on a diver's sheet:															
TOTAL 150.75															

Dive Season Kickoff – Scorer Training

Volunteer Scorer Training

Here is a sample of the final meet scoring sheet. Use one for “A” level divers and one for “B”. Send a copy of these to the Midlakes Dive Rep after the meet.

A

MIDLAKES DUAL DIVE MEET SCORE SHEET

Meet Date: _____ VS _____

SCORING: First = 6 team points, Second = 4 team points, Third = 3 team points Fourth = 2 team points Fifth = 1 team point

8 & Under Girls				8 & Under Boys			
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)

10 & Under Girls				10 & Under Boys			
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)

12 & Under Girls				12 & Under Boys			
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)

14 & Under Girls				14 & Under Boys			
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)

17 & Under Girls				17 & Under Boys			
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)

Total Score Home Team _____ Total Score Visiting Team _____

B

MIDLAKES DUAL DIVE MEET SCORE SHEET

Meet Date: _____ VS _____

SCORING: First = 6 team points, Second = 4 team points, Third = 3 team points Fourth = 2 team points Fifth = 1 team point

8 & Under Girls				8 & Under Boys			
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)

10 & Under Girls				10 & Under Boys			
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)

12 & Under Girls				12 & Under Boys			
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)

14 & Under Girls				14 & Under Boys			
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)

17 & Under Girls				17 & Under Boys			
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)
Name	Score	Points (Home)	Points (Visiting)	Name	Score	Points (Home)	Points (Visiting)

Total Score Home Team _____ Total Score Visiting Team _____