



STC DIVE TEAM

Dive Meet Basics

1. Announcer says the dive, position, and Degree of Difficulty.
 - a. Every dive has a number and position. Groups are forward, back, reverse, inward, twist
 - b. Position can be tuck, pike, straight or free
 - c. Each dive has a Degree of Difficulty (DD) score
 - d. Coaches can change the dive on the board (DD can go down, but not up)
2. 8 & Under B Divers: Required to do a front jump + 2 other dives
3. All others: Required to do a front dive plus 3 to 5 additional dives depending on age and level
4. 5 judges (3 from home team and 2 from visiting team)
5. After scores are read by announcer, table will cross off high and low scores and add together 3 remaining scores and times that number by the Degree of Difficulty for score for that round
6. The divers accumulate points each round and are awarded placement based on total score.
7. The team with the most points wins the meet

How to Judge a Dive

1. Take off
 - a. 3 step hurdle (knee up)
 - b. Focus, grace, and body position of diver
2. In the air
 - a. Look for body control
3. Entry
 - a. Looking for small to no splash
 - b. Legs together, toes pointed
 - c. Arms at sides and not above for feet first entries
 - d. Diver should be close to board, but not too close

Scoring Basics

1. If diver does not do announced dive, failed dive, score zero. No failed dives for 8 & unders.
2. Midlakes diving scores usually range from 1 to 7.5
3. Always be consistent: If you give one dive a 4 and the next kid does the same dive a little better, he gets a 4.5. Too high or too low? Stay high or low for that round.
4. MAX 2 POINTS: Help by a coach on board, egg roll, or line up dive (front or back)
5. MAX 4 POINTS: Any dive without a 3 step hurdle (EX: jump or 1 step hurdle)
6. MAX 4.5 POINTS: Dive feet first that ends with arms up (other than front jump)
7. No balks for 8 & 10 and unders. For others, balks = 2 point deduction for each judge's score (ex: 5 becomes a 3). Two balks = failed dive
8. Front Dive ½ twist or Back Dive ½ twist: Feet move first (max 2 points), hips move first (max 3 points), falling back dive twist (max 4 points)