

* #1 Dive is the dive group for that week as determined by the schedule!
 #2-6 are 5 optional dives



OFFICIAL NFHS DIVING SCORESHEET

ORDER OF FINISH	
TOTAL POINTS AWARDED	
Diving Order	

Name Six Dive Meet Example Grade 12 School THE BEST LV HIGH SCHOOL
 Meet DUAL MEET Site UNLV Date _____
 Class SENIOR Varsity X J. V. _____ Male _____ Female X

PRELIMS (Dives 1, 2, 3, 4 & 5 - 2 Voluntary & 3 Optional)

Dive Order	Dive No./ Dive Position (Circle Voluntary Dive)	DIVE DESCRIPTION	JUDGES SCORES							Judges Total	Dep. of Diff.	POINTS AWARDED			
			1	2	3	4	5	6	7						
1															
2	105C	FORWARD 2 1/2 SS TUCK									2.4				
3	203B	BACK 1 1/2 SS PIKE									2.3				
4	303C	REVERSE 1 1/2 SS TUCK									2.1				
5	403B	INWARD 1 1/2 SS PIKE									2.4				

SEMI-FINALS (Dives 6, 7, 8 - 2 Voluntary & 1 Optional)

6	5223D	BACK 1 SS 1 1/2 TWIST FREE									2.3				
7															
8															

FINALS (Dives 9, 10, 11 - 1 Voluntary & 2 Optional)

9															
10															
11															

Key: C/T = Tuck, B/P = Pike, A/S = Straight, D/F = Free
 (See Diving Table on Reverse Side)

DUAL MEETS: List voluntary dive first. Spaces 2-6 for optional dives
 CHAMPIONSHIP & OTHER 11-DIVE MEETS: List dives in each section
 per NFHS Rule 9.

Total D.D. Total for 5 Voluntary Dives _____
 (Total should not exceed 9.0)

Total D.D. Voluntary Dives _____
 (Adjust if position changed)

Total D.D. Optional Dives _____

TOTAL POINTS AWARDED

Signed: Example
 Diver Example
 Coach _____
 Referee _____

ONE METER DIVING TABLE

Dive Order	Dive No.	T/C	P/B	S/A	F/D
FORWARD DIVES					
101	Forward Dive	1.2	1.3	1.4	—
102	Forward 1 SS	1.4	1.5	1.6	—
103	Forward 1 1/2 SS	1.6	1.7	2.0	—
104	Forward 2 SS	2.2	2.3	2.6	—
105	Forward 2 1/2 SS	2.4	2.6	—	—
106	Forward 3 SS	2.9	3.2	—	—
107	Forward 3 1/2 SS	3.0	3.3	—	—
112	Forward Flying 1 SS	1.5	1.7	—	—
113	Forward Flying 1 1/2 SS	1.8	1.9	—	—
BACK DIVES					
201	Back Dive	1.5	1.6	1.7	—
202	Back 1 SS	1.5	1.6	1.7	—
203	Back 1 1/2 SS	2.0	2.3	2.5	—
204	Back 2 SS	2.2	2.5	—	—
205	Back 2 1/2 SS	3.0	3.2	—	—
212	Flying Back 1 SS	1.5	1.7	—	—
REVERSE DIVES					
301	Reverse Dive	1.8	1.7	1.8	—
302	Reverse 1 SS	1.8	1.7	1.8	—
303	Reverse 1 1/2 SS	2.1	2.4	2.7	—
304	Reverse 2 SS	2.3	2.6	2.9	—
305	Reverse 2 1/2 SS	3.0	3.2	—	—
312	Flying Reverse SS	1.7	1.8	—	—
INWARD DIVES					
401	Inward Dive	1.4	1.5	1.8	—
402	Inward 1 SS	1.6	1.7	2.0	—
403	Inward 1 1/2 SS	2.2	2.4	—	—
404	Inward 2 SS	2.8	3.0	—	—
405	Inward 2 1/2 SS	3.1	3.4	—	—
412	Inward Flying SS	2.0	2.1	—	—
413	Inward Flying 1 1/2	2.7	—	—	—
TWIST DIVES					
5111	Forward Dive, 1/4 Twist	1.6	1.7	1.8	—
5112	Forward Dive, 1 Twist	—	1.9	2.0	—
5121	Forward 1 SS, 1/4 Twist	—	—	1.7	—
5122	Forward 1 SS, 1 Twist	—	—	1.9	—
5124	Forward 1 SS, 2 Twists	—	—	2.3	—
5126	Forward 1 SS, 3 Twists	—	—	2.7	—
5131	Forward 1 1/2 SS, 1/4 Twist	—	—	2.0	—
5132	Forward 1 1/2 SS, 1 Twist	—	—	2.2	—
5134	Forward 1 1/2 SS, 2 Twists	—	—	2.6	—
5136	Forward 1 1/2 SS, 3 Twists	—	—	3.0	—
5152	Forward 2 1/2 SS, 1 Twist	3.0	3.2	—	—
5211	Back Dive, 1/4 Twist	—	—	1.8	—
5212	Back Dive, 1 Twist	—	—	2.0	—
5221	Back 1 SS, 1/4 Twist	—	—	1.7	—
5222	Back 1 SS, 1 Twist	—	—	1.9	—
5223	Back 1 SS, 1 1/2 Twists	—	—	2.3	—
5225	Back 1 SS, 2 1/2 Twists	—	—	2.7	—
5227	Back 1 SS, 3 1/2 Twists	—	—	3.1	—
5231	Back 1 1/2 SS, 1/4 Twist	—	—	2.1	—
5233	Back 1 1/2 SS, 1 1/2 Twists	—	—	2.5	—
5235	Back 1 1/2 SS, 2 1/2 Twists	—	—	2.9	—
5251	Back 2 1/2 SS, 1/4 Twist	2.7	2.9	—	—
5311	Reverse Dive, 1/4 Twist	—	—	1.9	—
5312	Reverse Dive, 1 Twist	—	—	2.1	—
5321	Reverse 1 SS, 1/4 Twist	—	—	1.8	—
5322	Reverse 1 SS, 1 Twist	—	—	2.0	—
5323	Reverse 1 SS, 1 1/2 Twists	—	—	2.4	—
5325	Reverse 1 SS, 2 1/2 Twists	—	—	2.8	—
5331	Reverse 1 1/2 SS, 1/4 Twist	—	—	2.2	—
5333	Reverse 1 1/2 SS, 1 1/2 Twists	—	—	2.6	—
5335	Reverse 1 1/2 SS, 2 1/2 Twists	—	—	3.0	—
5351	Reverse 2 1/2 SS, 1/4 Twist	2.7	2.9	—	—
5411	Inward Dive, 1/4 Twist	—	—	1.7	—
5412	Inward Dive, 1 Twist	—	—	1.9	—
5421	Inward 1 SS, 1/4 Twist	—	—	2.1	—
5422	Inward 1 SS, 1 Twist	—	—	2.3	—
5432	Inward 1 1/2 SS, 1 Twist	—	—	2.7	—
5434	Inward 1 1/2 SS, 2 Twists	—	—	3.1	—

Instructions for Use

1. Refer to diving table provided on the left to complete the diving scoresheet.
2. For each dive, in the space provided, write the dive's a) number, b) position and c) degree of difficulty (dd).
3. Circle the voluntary dive number and degree of difficulty (dd), the diver signs the scoresheet followed by the coach then signing the scoresheet.
4. Total the true (actual) dd for the voluntary and optional dives and list in spaces provided at the bottom of the scoresheet.
5. Total dd for voluntary dives should initially be the same as True dd. If a dive position is changed and the dd must be changed the new total shall be listed in this space. (Total dd Voluntary Dives)
6. The cumulative total of the actual degree of difficulty for the five voluntary dives shall not exceed 9.0.
7. A diver will not be permitted to change the position if the listed dd for the new position would make the true dd for voluntary dives exceed 9.0. Diving referee shall be notified.
8. For meets requiring cancellation of high and low judge's scores, the scorer circles those scores which will be used in establishing the score for that dive. (Judges Total x dd = Pts. Awarded/Dive)
9. The scorer keeps the diver's cumulative running score on the second line of each dive's Points Awarded column.
10. The diving referee checks the scorer's tabulation and signs the scoresheet.



OFFICIAL NFHS DIVING SCORESHEET

Name Faith Harvey Grade 11 School Newton
 Meet Regionals Site Newton Date 12-1-2008
 Class Senior Varsity X J. V. — Male — Female X

ORDER OF FINISH	5
TOTAL POINTS AWARDED	386.10
Diving Order	8

PRELIMS (Dives 1, 2, 3, 4 & 5 - 2 Voluntary & 3 Optional)

Dive Order	Dive No./ Dive Position (Check Voluntary Dive)	DIVE DESCRIPTION	JUDGES SCORES							Judges Total	Deg. of Diff.	POINTS AWARDED				
1	302 A	Reverse 1 ss	6	6.5	6	5.5	6	6	6.5	18	1.8	3	2	4	0	0
2	102 C	Forward 1 1/2 ss	7	7	7.5	8	7	8	7.5	22	1.6	3	5	2	0	0
3	5111 A	Forward Dive 1/4 Twist	7	7	6	7	6.5	6.5	7	20.5	1.8	3	8	2	0	0
4	402 C	Inward 1 ss	6	7	6.5	7	7	6.5	7	20.5	1.6	3	2	2	0	0
5	201 A	Back Dive	5	5	6	5.5	5	5.5	5	15.5	1.7	1	0	4	5	0

SEMI-FINALS (Dives 6, 7, 8 - 2 Voluntary & 1 Optional)

6	5122 D	Forward 1 ss - 1 Twist	6	6	5.5	5.5	6	6	6	18	1.9	3	4	2	0	0
7	301 B	Reverse Dive	7	7	6.5	7	6.5	7	7	21	1.7	3	5	2	0	0
8	105 D	Forward 2 1/2 ss	6	6	5.5	6	6	6	6	18	2.6	2	5	0	5	5

FINALS (Dives 9, 10, 11 - 1 Voluntary & 2 Optional)

9	203 B	Back 1 1/2 ss	5	5	5	5.5	5.5	5	5	15	2.5	3	4	2	0	0
10	401 B	Inward Dive	7	7	7.5	7	7	8	7.5	21.5	1.5	3	2	2	0	0
11	5134 D	Forward Dive 1 1/2 ss - 2 Twists	5	5	5	5	5	5	5	15	2.6	3	8	0	0	0

Key: C/T = Tuck, B/P = Pike, A/S = Straight, D/F = Free
 (See Diving Table on Reverse Side)

DUAL MEETS: List voluntary dive first. Spaces 2-6 for optional dives
 CHAMPIONSHIP & OTHER 11-DIVE MEETS: List dives in each section
 per NFHS Rule 9.

True D.D. Total for 5 Voluntary Dives 8.4
 (Total should not exceed 9.0)

Total D.D. Voluntary Dives 8.4
 (Adjust if position changed)

Total D.D. Optional Dives 12.7

TOTAL POINTS AWARDED 386.10

Signed: Faith Harvey
 Diver
 Coach Mary Kay Brink
 Referee Chris Orr



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS
 PO BOX 690, INDIANAPOLIS, IN 46206

Phone: 317-972-6900 | 800-776-3462 (to order these sheets) | Online www.nfhs.com

11 Dive



OFFICIAL NFHS DIVING SCORESHEET

ORDER OF FINISH	
TOTAL POINTS AWARDED	
Diving Order	

Name ELEVEN DIVE MEET EXAMPLE Grade 12 School THE BEST LV HIGH SCHOOL
 Meet LAST CHANCE MEET Site UNLV Date 05/3/19
 Class SENIOR Varsity X J. V. _____ Male _____ Female X

PRELIMS (Dives 1, 2, 3, 4 & 5 - 2 Voluntary & 3 Optional)

Dive Order	Dive No./ Dive Position (Circle Voluntary Dive)	DIVE DESCRIPTION	JUDGES SCORES							Judges Total	Deg. of Diff.	POINTS AWARDED			
			1	2	3	4	5	6	7						
VOL	1	101 B	FORWARD DIVE PIKE									1.3			
	2	301 B	REVERSE DIVE PIKE												
OPT	3	403 B	INWARD 1 1/2 SS PIKE									1.7			
	4	203 B	BACK 1 1/2 SS PIKE									2.4			
	5	5231 D	BACK 1 1/2 SS 1/2 TWIST FREE									2.3			
												2.1			

SEMI-FINALS (Dives 6, 7, 8 - 2 Voluntary & 1 Optional)

VOL	6	201 B	BACK DIVE PIKE									1.6			
	7	401 B	INWARD DIVE PIKE									1.5			
OPT	8	303 B	REVERSE 1 1/2 SS PIKE									2.4			

FINALS (Dives 9, 10, 11 - 1 Voluntary & 2 Optional)

VOL	9	5223 D	BACK 1 SS 1 1/2 TWIST FREE									2.3			
	10	5233 D	BACK 1 1/2 SS 1 1/2 TWIST FREE									2.5			
OPT	11	105 C	FORWARD 2 1/4 SS TUCK									2.4			

Key: C/T = Tuck, B/P = Pike, A/S = Straight, D/F = Free
 (See Diving Table on Reverse Side)

DUAL MEETS: List voluntary dive first. Spaces 2-6 for optional dives
 CHAMPIONSHIP & OTHER 11-DIVE MEETS: List dives in each section per NFHS Rule 9.

True D.D. Total for 5 Voluntary Dives 8.4
 (Total should not exceed 9.0)

Total D.D. Voluntary Dives 8.4
 (Adjust if position changed)

Total D.D. Optional Dives 14.1

TOTAL POINTS AWARDED

Signed: Eleven Dive Example
 Diver _____
 Coach _____
 Referee _____

FOR ELEVEN DIVE LIST - 2 VOL, 3 OPT, 2 VOL, 1 OPT, 1 VOL, 2 OPT
 * all 5 dive groups must be performed in first 8 rounds.

ONE METER DIVING TABLE

Dive Order	Dive No.	TC	PS	SA	TD
FORWARD DIVES					
1	101 Forward Dive	1.2	1.3	1.4	1.5
	102 Forward 1 SS	1.4	1.5	1.6	1.7
	103 Forward 1 1/2 SS	1.5	1.7	1.8	1.9
	104 Forward 2 SS	2.2	2.3	2.4	2.5
11	105 Forward 2 1/2 SS	2.3	2.4	2.5	2.6
	106 Forward 3 SS	2.5	2.6	2.7	2.8
	107 Forward 3 1/2 SS	3.0	3.1	3.2	3.3
	112 Forward Flying 1 SS	1.5	1.7	1.8	1.9
	113 Forward Flying 1 1/2 SS	1.8	1.9	2.0	2.1
BACK DIVES					
12	201 Back Dive	1.5	1.6	1.7	1.8
	202 Back 1 SS	1.6	1.7	1.8	1.9
13	203 Back 1 1/2 SS	2.0	2.1	2.2	2.3
	204 Back 2 SS	2.2	2.3	2.4	2.5
	205 Back 2 1/2 SS	3.0	3.1	3.2	3.3
	212 Flying Back 1 SS	1.8	1.9	2.0	2.1
REVERSE DIVES					
14	301 Reverse Dive	1.3	1.4	1.5	1.6
	302 Reverse 1 SS	1.5	1.6	1.7	1.8
15	303 Reverse 1 1/2 SS	2.1	2.2	2.3	2.4
	304 Reverse 2 SS	2.3	2.4	2.5	2.6
	305 Reverse 2 1/2 SS	3.0	3.1	3.2	3.3
	312 Flying Reverse SS	1.7	1.8	1.9	2.0
INWARD DIVES					
16	401 Inward Dive	1.4	1.5	1.6	1.7
	402 Inward 1 SS	1.6	1.7	1.8	1.9
17	403 Inward 1 1/2 SS	2.0	2.1	2.2	2.3
	404 Inward 2 SS	2.6	2.7	2.8	2.9
	405 Inward 2 1/2 SS	3.1	3.2	3.3	3.4
	412 Inward Flying SS	2.0	2.1	2.2	2.3
	413 Inward Flying 1 1/2	2.7	2.8	2.9	3.0
TWIST DIVES					
18	5111 Forward Dive, 1 Twist	1.4	1.5	1.6	1.7
	5112 Forward Dive, 1 Twist	1.6	1.7	1.8	1.9
	5121 Forward 1 SS, 1 Twist	1.7	1.8	1.9	2.0
	5122 Forward 1 1/2 SS, 1 Twist	2.1	2.2	2.3	2.4
	5124 Forward 1 SS, 2 Twists	2.2	2.3	2.4	2.5
	5125 Forward 1 SS, 3 Twists	2.7	2.8	2.9	3.0
	5131 Forward 1 1/2 SS, 1 Twist	2.0	2.1	2.2	2.3
	5132 Forward 1 1/2 SS, 1 Twist	2.2	2.3	2.4	2.5
	5134 Forward 1 1/2 SS, 2 Twists	2.6	2.7	2.8	2.9
	5135 Forward 1 1/2 SS, 3 Twists	3.0	3.1	3.2	3.3
	5152 Forward 2 1/2 SS, 1 Twist	3.0	3.1	3.2	3.3
	5211 Back Dive, 1 Twist	1.6	1.7	1.8	1.9
	5212 Back Dive, 1 Twist	1.8	1.9	2.0	2.1
	5221 Back 1 SS, 1 Twist	1.7	1.8	1.9	2.0
	5222 Back 1 SS, 1 Twist	1.8	1.9	2.0	2.1
	5223 Back 1 SS, 1 1/2 Twists	2.1	2.2	2.3	2.4
	5225 Back 1 SS, 2 1/2 Twists	2.7	2.8	2.9	3.0
	5227 Back 1 SS, 3 1/2 Twists	3.1	3.2	3.3	3.4
	5231 Back 1 1/2 SS, 1 Twist	2.2	2.3	2.4	2.5
	5233 Back 1 1/2 SS, 1 1/2 Twists	2.6	2.7	2.8	2.9
	5235 Back 1 1/2 SS, 2 1/2 Twists	3.0	3.1	3.2	3.3
	5251 Back 2 1/2 SS, 1 Twist	2.7	2.8	2.9	3.0
	5311 Reverse Dive, 1 Twist	1.5	1.6	1.7	1.8
	5312 Reverse Dive, 1 Twist	1.7	1.8	1.9	2.0
	5321 Reverse 1 SS, 1 Twist	1.8	1.9	2.0	2.1
	5322 Reverse 1 SS, 1 Twist	2.0	2.1	2.2	2.3
	5323 Reverse 1 SS, 1 1/2 Twists	2.4	2.5	2.6	2.7
	5325 Reverse 1 SS, 2 1/2 Twists	2.8	2.9	3.0	3.1
	5331 Reverse 1 1/2 SS, 1 Twist	2.2	2.3	2.4	2.5
	5333 Reverse 1 1/2 SS, 1 1/2 Twists	2.6	2.7	2.8	2.9
	5335 Reverse 1 1/2 SS, 2 1/2 Twists	3.0	3.1	3.2	3.3
	5351 Reverse 2 1/2 SS, 1 Twist	2.7	2.8	2.9	3.0
	5411 Inward Dive, 1 Twist	1.4	1.5	1.6	1.7
	5412 Inward Dive, 1 Twist	1.6	1.7	1.8	1.9
	5421 Inward 1 SS, 1 Twist	1.7	1.8	1.9	2.0
	5422 Inward 1 SS, 1 Twist	1.9	2.0	2.1	2.2
	5433 Inward 1 1/2 SS, 1 Twist	2.1	2.2	2.3	2.4
	5434 Inward 1 1/2 SS, 2 Twists	2.7	2.8	2.9	3.0

Instructions for Use

1. Refer to diving table provided on the left to complete the diving scoresheet.
2. For each dive, in the space provided, write the dive's a) number, b) position and c) degree of difficulty (dd).
3. Circle the voluntary dive number and degree of difficulty (dd), the diver signs the scoresheet followed by the coach then signing the scoresheet.
4. Total the true (actual) dd for the voluntary and optional dives and list in spaces provided at the bottom of the scoresheet.
5. Total dd for voluntary dives should initially be the same as True dd. If a dive position is changed and the dd must be changed the new total shall be listed in this space. (Total dd Voluntary Dives)
6. The cumulative total of the actual degree of difficulty for the five voluntary dives shall not exceed 9.0.
7. A diver will not be permitted to change the position if the listed dd for the new position would make the true dd for voluntary dives exceed 9.0. Diving referee shall be notified.
8. For meets requiring cancellation of high and low judge's scores, the scorer circles those scores which will be used in establishing the score for that dive. (Judges Total x dd = Pts. Awarded/Dive)
9. The scorer keeps the diver's cumulative running score on the second line of each dive's Points Awarded column.
10. The diving referee checks the scorer's tabulation and signs the scoresheet.



OFFICIAL NFHS DIVING SCORESHEET

ORDER OF FINISH	5
TOTAL POINTS AWARDED	586.10
Diving Order	8

Name Faith Harvey Grade 11 School Newton
 Meet Regionals Site Newton Date 12-1-2008
 Class Senior Varsity X J.V. Male Female X

PRELIMS (Dives 1, 2, 3, 4 & 5 - 2 Voluntary & 3 Optional)

Dive Order	Dive No/ Dive Position	DIVE DESCRIPTION	1	2	3	4	5	6	7	Judges Total	Ing. of D.D.	POINTS AWARDED
1	502 A	Reverse 1 ss	(6)	6.5	6	5.5	(6)	(6)	6.5	18	1.5	2.7
2	(102) C	Forward 1 1/2 ss	7	7	(7.5)	8	(7)	8	(7.5)	22	(1.8)	3.9
3	5111 A	Forward Dive 1 1/2 Twist	(7)	(7)	6	7	(6.5)	6.5	7	20.5	1.8	3.6
4	402 C	Inward 1 ss	6	7	6.5	7	(7)	(6.5)	(7)	20.5	1.6	2.6
5	(20) A	Back Dive	8	5	8	5.5	(5)	(5.5)	(5)	15.5	(1.7)	2.6

SEMI-FINALS (Dives 6, 7, 8 - 2 Voluntary & 1 Optional)

6	(5122) D	Forward 1 ss - 1 Twist	8	6	5.5	5.5	(6)	(6)	(6)	18	(1.9)	3.4
7	(501) B	Reverse Dive	(7)	(7)	6.5	(7)	6.5	7	7	21	(1.7)	3.0
8	105 D	Forward 2 1/2 ss	6	6	5.5	(6)	(6)	(6)	6	18	2.6	2.6

FINALS (Dives 9, 10, 11 - 1 Voluntary & 2 Optional)

9	205 B	Back 1 1/2 ss	(5)	(5)	(5)	5.5	5.5	5	5	15	2.5	2.5
10	(401) B	Inward Dive	(7)	(7)	(7.5)	7	7	8	7.5	21.5	(1.8)	3.2
11	5134 D	Forward Dive 1 1/2 ss - 2 Twists	(5)	(5)	(6)	5	5	5	5	15	2.6	2.6

Key: C/T = Tuck, B/P = Pike, A/S = Straight, D/F = Free
 (See Diving Rules for Reverse Dive)

NOTE: MEETS: List voluntary dive first. Spaces 2-6 for optional dives
 GRANDPRIX/MEET & OTHER 11-DIVE MEETS: List dives in each section per NFHS Rule 9.

True D.D. Total for 5 Voluntary Dives 8.4
 (That should not exceed 9.0)

Total D.D. Voluntary Dives 8.4
 (Adjust if position changed)
 Total D.D. Optional Dives 12.7

TOTAL POINTS AWARDED 586.10

Signature: Faith Harvey
 Diver:
 Coach:
 Referee:



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