



OFFICIAL NFHS DIVING SCORESHEET

ORDER OF FINISH	
TOTAL POINTS AWARDED	
Diving Order	

Name _____ Grade _____ School _____
Meet _____ Site _____ Date _____
Class _____ Varsity _____ J. V. _____ Male _____ Female _____

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							
1																
2																
3																
4																
5																

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

6																
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.

True 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: _____
Diver _____
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 1½ SS	1.6	1.7	2.0	—
104	Forward 2 SS	2.2	2.3	2.6	—
105	Forward 2½ SS	2.4	2.6	—	—
106	Forward 3 SS	2.9	3.2	—	—
107	Forward 3½ SS	3.0	3.3	—	—
112	Forward Flying 1 SS	1.6	1.7	—	—
113	Forward Flying 1½ 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 1½ SS	2.0	2.3	2.5	—
204	Back 2 SS	2.2	2.5	—	—
205	Back 2½ SS	3.0	3.2	—	—
212	Flying Back 1 SS	1.6	1.7	—	—
REVERSE DIVES					
301	Reverse Dive	1.6	1.7	1.8	—
302	Reverse 1 SS	1.6	1.7	1.8	—
303	Reverse 1½ SS	2.1	2.4	2.7	—
304	Reverse 2 SS	2.3	2.6	2.9	—
305	Reverse 2½ 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 1½ SS	2.2	2.4	—	—
404	Inward 2 SS	2.8	3.0	—	—
405	Inward 2½ SS	3.1	3.4	—	—
412	Inward Flying SS	2.0	2.1	—	—
413	Inward Flying 1½	2.7	—	—	—
TWIST DIVES					
5111	Forward Dive, ¼ Twist	1.6	1.7	1.8	—
5112	Forward Dive, 1 Twist	—	1.9	2.0	—
5121	Forward 1 SS, ¼ 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 1½ SS, ¼ Twist	—	—	2.0	—
5132	Forward 1½ SS, 1 Twist	—	—	2.2	—
5134	Forward 1½ SS, 2 Twists	—	—	2.6	—
5136	Forward 1½ SS, 3 Twists	—	—	3.0	—
5152	Forward 2½ SS, 1 Twist	3.0	3.2	—	—
5211	Back Dive, ¼ Twist	—	—	1.8	—
5212	Back Dive, 1 Twist	—	—	2.0	—
5221	Back 1 SS, ¼ Twist	—	—	1.7	—
5222	Back 1 SS, 1 Twist	—	—	1.9	—
5223	Back 1 SS, 1½ Twists	—	—	2.3	—
5225	Back 1 SS, 2½ Twists	—	—	2.7	—
5227	Back 1 SS, 3½ Twists	—	—	3.1	—
5231	Back 1½ SS, ¼ Twist	—	—	2.1	—
5233	Back 1½ SS, 1½ Twists	—	—	2.5	—
5235	Back 1½ SS, 2½ Twists	—	—	2.9	—
5251	Back 2½ SS ¼ Twist	2.7	2.9	—	—
5311	Reverse Dive, ¼ Twist	—	—	1.9	—
5312	Reverse Dive, 1 Twist	—	—	2.1	—
5321	Reverse 1 SS, ¼ Twist	—	—	1.8	—
5322	Reverse 1 SS, 1 Twist	—	—	2.0	—
5323	Reverse 1 SS, 1½ Twists	—	—	2.4	—
5325	Reverse 1 SS, 2½ Twists	—	—	2.8	—
5331	Reverse 1½ SS, ¼ Twist	—	—	2.2	—
5333	Reverse 1½ SS, 1½ Twists	—	—	2.6	—
5335	Reverse 1½ SS, 2½ Twists	—	—	3.0	—
5351	Reverse 2½ SS, ¼ Twist	2.7	2.9	—	—
5411	Inward Dive, ¼ Twist	—	—	1.7	—
5412	Inward Dive, 1 Twist	—	—	1.9	—
5421	Inward 1 SS, ¼ Twist	—	—	1.9	—
5422	Inward 1 SS, 1 Twist	—	—	2.1	—
5432	Inward 1½ SS, 1 Twist	—	—	2.7	—
5434	Inward 1½ 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 (Circle Voluntary Dive)	DIVE DESCRIPTION	JUDGES SCORES							Judges Total	Deg. of Diff.	POINTS AWARDED
			1	2	3	4	5	6	7			
1	502 A	Reverse 1 ss	(6)	6.5	6	5.5	(6)	(6)	6.5	18	1.8	1 3 2 4 0
2	(102) C	Forward 1½ ss	7	7	(7.5)	8	(7)	8	(7.5)	22	(1.6)	1 3 5 2 0
3	5111 A	Forward Dive ¼ Twist	(7)	(7)	6	7	(6.5)	6.5	7	20.5	1.8	1 3 6 9 0
4	402 C	Inward 1 ss	6	7	6.5	7	(7)	(6.5)	(7)	20.5	1.6	1 3 2 8 0
5	(201) A	Back Dive	5	5	6	5.5	(5)	(5.5)	(5)	15.5	(1.7)	1 3 5 8 5

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)	1 3 7 6 5
7	(501) B	Reverse Dive	(7)	(7)	6.5	(7)	6.5	7	7	21	(1.7)	1 3 5 7 0
8	105 D	Forward 2½ ss	6	6	5.5	(6)	(6)	(6)	6	18	2.6	1 4 6 8 0

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

9	203 B	Back 1½ ss	(5)	(5)	(5)	5.5	5.5	5	5	15	2.3	1 3 4 5 0
10	(401) B	Inward Dive	(7)	(7)	(7.5)	7	7	8	7.5	21.5	(1.5)	1 3 2 2 5
11	5134 D	Forward Dive 1½ ss - 2 Twists	(5)	(5)	(5)	5	5	5	5	15	2.6	1 3 5 8 0

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

DUAL MEETS: List voluntary dive first. Spaces 2-8 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

Signed:

Diver

Coach

Referee

Faith Harvey

Mary Kay Brinker

Chris Orr



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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