

VHSL DIVING HINTS

REFEREE CALLS:

Failed dives, for example:

- Doing a dive other than that on the dive sheet
- Does a forward or reverse dive without a forward approach (from a standing position)
- Twisting 90 degrees more/less than on dive sheet
- Contacting water with something other than head/hands on head-first entry, or feet initially on feet-first entry

Unsatisfactory dives (max. score of 2.0), for example:

- Dive is done in position other than that on dive sheet
- Diver hits the board
- Diver does not attempt to come out of tuck/pike position.

Balks (2 points deducted from each score by scorer—dive judged on its merits as actually performed)

JUDGE CALLS:

Deficient dives, for example, when the diver breaks position in flight or lands dive either well inside or well beyond 3 feet from end of board. New in 2007-2008, when a diver enters water with one or both hands above shoulders on feet-first entry or one or both hands below shoulders on head-first entry it is a deficient (rather than an unsatisfactory) dive.

Mandatory deductions, (0.5-2.0 from initial score—each judge decides) for such things as:

- Entering to the side of the board
- Excessive oscillation of the board in back/inward approach (4 times is suggested maximum in NFHS Diving Guidelines)
- Feet/foot leaving the board prior to a back/inward takeoff ("crow hop")
- Obviously twisting from the board
- Spreading knees in a tucked position
- Entering water in a position twisted away from the line of the board, but less than 90 degrees

SCORING NOTES:

- Diving is an aesthetic sport—ugly dives should not receive satisfactory scores
- A dive should be scored based on all areas of consideration and the required aspects (see Rules 9-5 and 9-7-1).
- In awarding points, Judges should not hesitate to reward a diver for exceptional performance in these areas.
- Conversely, Judges may score dives in the "Unsatisfactory" range when the Referee does not indicate that it is a mandatory unsatisfactory dive as a result of significant deficiencies in all areas of consideration, none of which individually meet the mandatory requirement, but which collectively make the dive unsatisfactory.