

SPECTATORS GUIDE TO DIVING

There are **six** different groups of platform and springboard dives. The first four types involve rotating in different directions relative to the board. The fifth group includes any dive with a twist. The final group, used in platform diving, begins with the armstand

Forward Group.

The diver faces the front of the board and rotates towards the water. Dives vary from the simple front dive to the difficult four and one half somersaults.

Backward Group

All dives in the backward group begin with the diver on the end of the board with the back to the water. The direction of rotation is away from the board

Reverse Group.

The diver stands on the end of the board, facing the front of the board and, using a forward approach, the diver rotates toward the board

Inward Group

The diver stands on the end of the board, back to the water, and rotates towards the board, or opposite of the backward group's movement

Twisting Group

Any dive with a twist is included in this group. Twisting dives can be forward, backward, reverse and inward

Armstand Group

In platform diving, there is a sixth, unique group in which the diver assumes a handstand position on the edge of the platform before executing the dive

BODY POSITIONS

When each type of dive is performed, the diver utilises one of more of the four different types of body positions

Tuck

The body is bent at the waist and knees, the thighs are drawn to the chest while the heels are kept close to the buttocks.

Pike

The legs are straight with the body bent at the waist. The arm position is dictated by the particular dive being done or by the choice of the diver

Straight

This position requires that there is no bend at the waist or knees. The arm position is dictated by the dive or by the choice of the diver

Free

This is not an actual body position but a diver's option to use any of the other three positions or a combination when performing a dive which includes somersaults and twists. For dives of this kind, the tuck position is rarely used, and combination of straight and pike positions are more common

JUDGING

As you watch more and more diving, especially at the elite level, you will observe that although several divers may do exactly the same dive, it never looks quite the same. This is because each individual has different mannerisms, characteristics of movement, strengths and sense of timing - which all add up to an abstract but observable style

Style is difficult to assess by any other standard other than whether you like it or not. Primarily, this is why it is so hard to judge competitive diving. Even though there are certain criteria of execution which all divers must meet, evaluation still remains a subjective process. A dive is scored between 0 and 10 points

In judging a dive, certain parts are analysed. They are:

Approach should be smooth and continuous showing good form

Take off must show control and balance, the proper angle of landing and leaving for the dive being attempted

Elevation the amount of spring or lift a diver receives from the take off greatly effects the appearance of the dive. Since more height means more time, a higher dive generally affords greater accuracy and smoothness of movement

Entry is significant as the last thing the judges see and the part best remembered. The two important criteria are the angle of entry, which should be vertical, and the amount of splash which should be minimal