

EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT BEING ON THE DIVING TEAM...

We want you and your child to understand how many dives they will need to know to compete in a WISC meet/championships, along with a few other tidbits of information about diving. Our goal is to include everyone, learn a few dives and have fun doing it!!!

FAQ: (Highlighted areas are changes from previous year.)

1. When are the diving meets?

- Dual meets take place on Friday nights and begin at 5:00 p.m. All divers should be ready to get on the boards for warm-up at 4:00 p.m. There are usually a lot of divers, so the kids should be ready to make the most of the time they have to warm-up.
- The WISC Championships at the end of the season are run at the end of July. The schedule for each year can be found on the club calendar.

2. Who fills out the “diving cards” (The list of dives each diver performs in a competition)?

- The coaches will take care of this prior to the meet.

3. How many dives do I have to do for my age group?

(It is different for championships than it is during the “dual meet” season. See last page for championship info.)

• 8 & Under – Three dives

One required and two optionals. Optionals must be from separate groups.

Required dive groups are as follows (D.D. no higher than 1.8):

1st Meet – Forward Jump 100A	4th Meet - Back Group
2nd Meet – Forward Line-up 001D	5th Meet – Any Group- diver’s choice
3rd Meet - Forward Group	Championships- Any Group-diver’s choice

• 9 – 10 – Four dives

One required and three optionals. Optionals must come from two different groups.

Required dive groups are as follows (D.D. no higher than 1.8):

1st Meet - Forward Group	4th Meet - Back Group
2nd Meet - Back Group	5th Meet – Any Group-diver’s choice
3rd Meet – Forward Group	Championships-Any Group-diver’s choice

• 11 – 12 – Five dives

One required and four optionals. Optionals must come from three different groups.

Required dive groups are as follows (D.D. no higher than 1.8):

1st Meet - Forward Group	4th Meet -Back Group
2nd Meet - Back Group	5th Meet – Any Group-diver’s choice
3rd Meet - Inward Group	Championships-Any Group-diver’s choice

• 13 – 14 AND 15 - 17– Six dives

One required and five optionals. Optionals must come from three different groups **and only two skills are permitted.**

Required dive groups are as follows (D.D. no higher than 1.8):

1st Meet - Forward Group	4th Meet -Twisting Group
2nd Meet - Back Group	5th Meet –Any Group-diver’s choice
3rd Meet - Inward Group	Championships- Any Group-diver’s choice

4. What are the “dive groups”?

- There are six “dive groups”, but only five are used on springboard.
 1. **Front**
 2. **Back**
 3. **Reverse (also sometimes called “gainers”)**
 4. **Inward**
 5. **Twisting (sometimes simply called “twisters”)**
 6. **Armstand (only on platform)**

5. What is the “dive number”?

- Each dive has a dive number that indicates the direction and number of somersaults (“ss”) and/or twists.
- The first number indicates the direction (1 – Front, 2 – Back, 3 – Reverse, 4 – Inward, 5 - Twisting)
- The third number indicates the number of HALF SOMERSAULTS (ss).
- The fourth number indicates the number of HALF TWISTS.
- On twisting dives the first number is always 5 followed by the direction, number of half somersaults, then the number of half twists.
- Here are a couple of examples:
 - EX: 103 or Front 1.5 ss – 1 is for the front direction, 3 is for 3 half somersaults or 1.5 rotations.
 - 5233 or Back 1.5 ss with 1.5 twists – 5 is for a twister, 2 is for the back direction, 3 is for 3 half somersaults or 1.5 rotations, 3 is for 3 half twists or 1.5 twists. Slang for this dive would be “back one and a half, one and a half”.
- NOTE: All dives are designated by a system of three or four numerals followed by a single letter. The entire character string, numbers and letter, is considered “the dive number”.
- This numerical system makes it easy to figure out the dive number for any dive, and is very handy when you are in a foreign country and don’t understand the announcer describing your dive in Russian. If that is the case, you look at the “number board” to see the dive (with position – see next item) you are supposed to be doing and get on with it!

6. What is the “position” of a dive?

- The letter at the end of the dive number indicates the position the dive is performed in.
 1. **A – Straight (S)** – The body is straight in the air, not bent at the waist or knees, feet together and toes pointed. Sometimes the arms are “set” (or placed) in a particular spot for required dives. Sometimes the body is arched a bit during the “straight” position as would be done on a back dive or back 1.5 in the straight position. I know...it’s a little confusing.
 2. **B – Pike (P)** – The body is bent at the hips, but the legs must be kept straight at the knees, the feet together and the toes pointed. Sometimes the diver will touch his/her toes in the pike position as you might see on an inward dive pike. Sometimes the diver will grab his/her legs behind the calves to pull in to a closed pike position as you might see on an inward 1.5 somersault.
 3. **C – Tuck (T)** – The body should be compact, bent at the knees and hips with the knees and feet together. The hands should grab the lower legs (shins) and pull in tightly.
 4. **D – Free (F)** – In the free position the body position is optional but the legs shall be together and the toes pointed. Generally speaking, you will not see this position used unless someone is doing a twisting dive. (Although some twisting dives are done in other positions.)

7. What is the “D.D./d.d.” or “Degree of Difficulty”?

- The D.D./d.d./Degree of Difficulty is the numerical value that is calculated for each dive and indicates the degree of difficulty it takes to execute the dive. There is a formula used to determine the d.d. which includes the level the dive is being done from, the number of rotations/somersaults, the direction of the dive (front, back, etc), and the position in which the dive is being done, the number of twists (if applicable), and the direction of the entry into the water. It sounds complicated, doesn't it? Good thing there is a specific table in the U.S. Diving rulebook to figure things out!

EX: On 1 meter a 201B – Back dive pike has a d.d. of 1.6

a 203B – Back 1.5 pike has a d.d. of 2.3

a 205B – Back 2.5 pike has a d.d. of 3.2

The more rotations you add, the more difficult the dive, and the higher the d.d.

8. What is the difference between a skill and a dive?

- A “skill” (for the purposes of WISC competition) is one of the following:
 1. Dive number 100 – Front jump (done in the position of your choice)
 2. Dive number 200 – Back jump (done in the position of your choice)
 3. Dive number 001 – Front line-up (a fall off dive with no push, always in D position)
 4. Dive number 002 – Back line-up (a fall off dive with no push, always in D position)
- A “dive” would be all the dives listed in the FINA Table of Degrees of Difficulty that are used in U.S. and International competition.

9. What is the difference between a required and an optional?

- A “required” is usually the “easier” dives such as front or back dives. The term “required” comes from the old days when divers were “required” to do certain dives in competition. In the WISC rules, they require that certain groups of dives are done each week (look at #1 above). Sometimes the diver may choose whatever group they want to.
- An “optional” is usually the “more difficult” dives such as front flips, back 1.5 ss or twisting dives. Although it is possible to use an “easier” dive (such as an inward dive) as an optional in some situations.

10. What do the diving judges evaluate when they come up with their score?

- The short answer is this:
 1. The starting position and the approach.
 2. The take-off from the board.
 3. The “flight” (or actual dive) through the air.
 4. The entry into the water.
- The U.S. Diving rulebook has specific deductions each judge should consider for certain situations such as a break in position, going in with hands in the wrong place, doing an incorrect dive...I could go on. However, in most instances the judges may give a dive whatever score they want, and they decide on their score very quickly. It is hard to explain this to most people, but diving judges usually just know when a dive deserves a 5.5 or an 8.
- And yes...sometimes the scores don't make sense...even to the coaches. However, that is just the way the sport of diving works. If a diver questions a particular score, it is usually best to just tell them that the judge(s) must have seen something that caused them to score the dive the way it was scored. After all, we cannot change the score. It is what it is.
- Keep in mind that judges scores can vary from one side of the pool to another, and even from one side of the “judging panel” to the other. This is because a dive can look different based on where you are sitting on the panel. That is why we use three to nine judges to come up with a point total for a dive. In the long run it all averages out!

11. How do you calculate the points for a dive?

- Usually you will see three judges evaluating the divers in an event. In this kind of a scenario you add the three scores together and that sum is multiplied times the D.D. for the dive executed.

EX: Dive 101A – D.D. 1.4 – Judges Awards (Scores) 6, 5.5, 6 = $17.5 \times 1.4 = 24.50$ points

- The total points awarded for each dive are added to the running total of the previous dives for each diver. The diver with the most points at the end of the competition is the winner.
- If five judges are used, the high and low score are crossed out and the remaining three scores used to calculate the dive total. See seven judges? Cross out the two high and low scores to leave three scores for calculation. It's a bit different for nine judges, but you will probably only see that in the Olympics.

DIVING MEET REMINDERS FOR THE KIDS:

- **Learn and remember what your dives are for the meet**
- **If you're not sure what to do at a meet, or don't remember your dive...
ASK THE COACH TO HELP YOU.**
- **Be on time for your workout and when you are called upon to do your dive in a meet. Warm up time is short and you need to be ready when it's your turn. You should not be bouncing on the tramps or playing around in the pool. It's meet time, be ready.**
- **LISTEN to the dive that is announced. If it is not correct, THEN DO NOT GO! Ask the coach or announcer to help you figure out the correct dive. Sometimes announcers make mistakes, as do the coaches when they fill out the diving cards. We can fix mistakes before you go...but not after. If you do the incorrect dive you will get zeros from the judges.**
- **Remember the arm position for front take-offs (and usually back take-offs) is with the arms by your side, resting on your thighs with your fingers together...NOT ON THE RAIL OF THE DIVING BOARD STAND.**
- **Remember to dive with your eyes open!!!**
- **Most importantly...HAVE FUN AND SMILE!!! Diving judges always enjoy seeing a diver who looks like they are having fun during a meet.**

Other WISC diving rules you might be interested in...

(Taken directly from the by-laws. Highlighted areas are changes from last year)

- The required dive shall be performed first, or the first dive shall be a fail dive. The dive groups are forward, back, reverse, inward, and twist. The optional dives may be chosen from the required group, but the required dive shall not be repeated.
- If a diver chooses to perform a jump or a line-up in competition the position shall be straight, pike or tuck for jumps (100A, 100B, 100C, 200A, 200B, 200C) and free for line-ups (001D, 002D). There will be no deduction for hands up on entry for all jumps. The D.D. shall be 1.0 for any jump, line-up, or forward facing standing dives (exceptions: 301c, 301b will be true D.D.).
- Divers who require on-board assistance for a dive shall receive no higher than 2's from the judges.
 1. Change to: If a diver requires on-board assistance for a dive, there will be a deduction of up to 2 points based upon the judge's discretion.
- If a diver hits the board while executing a dive, there will be a deduction of up to 2 points based on the judge's discretion.
- If a diver has his/her hands above the shoulders upon entry of a feet first dive, there will be a deduction of up to 2 points based on the judge's discretion.
- If a diver has his/her hands below the shoulders upon entry of a head first dive, there will be a deduction of up to 2 points based on the judge's discretion.
- If a diver has two incomplete dives in an event, they will be disqualified.
- A diver may take as little as one step before the hurdle to the end of the board with no deductions.
- Diving cards must be completely filled out with the appropriate number of dives for each age-group, and initialed by the coaches.

NOTE: The position letter must also be written with the dive number. Example: 101A.
- All diving cards must be submitted to the scorers table prior to the start of the diving competition.
- **ADD:**

A diver can choose from the following list of skills to use as an optional dive: 001,002,100, and 200. These skills will be assigned a D.D. of 1.0. Note: 001 and 100 are considered to be in the front group, and 002 and 200 are in the back group.
- **Order of Finish:**
- The order of finish in diving events shall be determined by the cumulative score achieved by the competitors in all rounds of diving competition. If two or more divers accumulate the same number of points, the results shall be declared a tie.
- Any ties resulting from the procedure used shall be declared officially tied for awards and points with no further competition attempted to resolve the tie.

WISC DIVING CHAMPIONSHIPS:

The diving events shall be conducted one event at a time with the boy's events preceding the girl's events.

Each age group can choose any group as their required dive. However, a required dive with greater than 1.8 will be assigned a D.D. of 1.8.

The optional dives may be chosen from the required group, but the required dive shall not be repeated. The dives for each age-group shall be performed as follows:

- **8 & Under: THREE DIVES** - One required and two optional with optional from separate groups.
- **9-10: FOUR DIVES** - One required and three optional with optional from two different groups.
- **11-12: FIVE DIVES** - One required and four optional with optional from three different groups.
- **13-14: SIX DIVES** - One required and five optional with optional from four different groups.
Only 1 skill is permitted.
- **15-17: SIX DIVES** - One required and five optional with optional from four different groups.
Only 1 skill is permitted.

Order of Finish:

- The order of finish in diving events shall be determined by the cumulative score achieved by the competitors in all rounds of diving competition. If two or more divers accumulate the same number of points, the results shall be declared a tie.
- Any ties resulting from the procedure used shall be declared officially tied for awards and points with no further competition attempted to resolve the tie.