

# Illinois Swimming Official's Association

**ONE METER DIVING TABLE**  
T = Tuck, P = Pike, S = Straight, F = Free

Dive #	T	P	S	F	Dive #	T	P	S	F		
<b>Forward Dives</b>					<b>Twist Dives</b>						
101	Forward Dive	1.2	1.3	1.4	-	5111	Forward Dive, 1/2 Twist	1.6	1.7	1.8	-
102	Forward 1 SS	1.4	1.5	1.6	-	5112	Forward Dive, 1 Twist	-	1.9	2.0	-
103	Forward 1 1/2 SS	1.6	1.7	2.0	-	5121	Forward 1 SS, 1/2 Twist	-	-	-	1.7
104	Forward 2 SS	2.2	2.3	2.6	-	5122	Forward 1 SS, 1 Twist	-	-	-	1.9
105	Forward 2 1/2 SS	2.4	2.6	-	-	5124	Forward 1 SS, 2 Twists	-	-	-	2.3
106	Forward 3 SS	2.9	3.2	-	-	5126	Forward 1 SS, 3 Twists	-	-	-	2.8
107	Forward 3 1/2 SS	3.0	3.3	-	-	5131	Forward 1 1/2 SS, 1/2 Twist	-	-	-	2.0
112	Forward Flying 1 SS	1.6	1.7	-	-	5132	Forward 1 1/2 SS, 1 Twist	-	-	-	2.2
113	Forward Flying 1 1/2 SS	1.8	1.9	-	-	5134	Forward 1 1/2 SS, 2 Twists	-	-	-	2.6
						5136	Forward 1 1/2 SS, 3 Twists	-	-	-	3.1
<b>Back Dives</b>					5142	Forward 2 SS, 1 Twist	2.6	2.7	-	-	-
					5152	Forward 2 1/2 SS, 1 Twist	3.0	3.2	-	-	-
201	Back Dive	1.5	1.6	1.7	-	5211	Back Dive, 1/2 Twist	-	-	1.8	-
202	Back 1 SS	1.5	1.6	1.7	-	5212	Back Dive, 1 Twist	-	-	2.0	-
203	Back 1 1/2 SS	2.0	2.3	2.5	-	5221	Back 1 SS, 1/2 Twist	-	-	-	1.7
204	Back 2 SS	2.0	2.3	-	-	5222	Back 1 SS, 1 Twist	-	-	-	1.9
205	Back 2 1/2 SS	3.0	3.2	-	-	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	-	-	-	3.2
<b>Reverse Dives</b>					5231	Back 1 1/2 SS, 1/2 Twist	-	-	-	2.1	-
301	Reverse Dive	1.6	1.7	1.8	-	5233	Back 1 1/2 SS, 1 1/2 Twists	-	-	-	2.5
302	Reverse 1 SS	1.6	1.7	1.8	-	5235	Back 1 1/2 SS, 2 1/2 Twists	-	-	-	2.9
303	Reverse 1 1/2 SS	2.1	2.4	2.7	-	5251	Back 2 1/2 SS, 1/2 Twist	2.7	2.9	-	-
304	Reverse 2 SS	2.1	2.4	2.9	-	5311	Reverse Dive, 1/2 Twist	-	-	1.9	-
305	Reverse 2 1/2 SS	3.0	3.2	-	-	5312	Reverse Dive, 1 Twist	-	-	2.1	-
						5321	Reverse 1 SS, 1/2 Twist	-	-	-	1.8
<b>Inward Dives</b>					5322	Reverse 1 SS, 1 Twist	-	-	-	2.0	-
					5323	Reverse 1 SS, 1 1/2 Twists	-	-	-	2.4	-
401	Inward Dive	1.4	1.5	1.8	-	5325	Reverse 1 SS, 2 1/2 Twists	-	-	-	2.8
402	Inward 1 SS	1.6	1.7	2.0	-	5331	Reverse 1 1/2 SS, 1/2 Twist	-	-	-	2.2
403	Inward 1 1/2 SS	2.2	2.4	-	-	5333	Reverse 1 1/2 SS, 1 1/2 Twists	-	-	-	2.6
404	Inward 2 SS	2.8	3.0	-	-	5335	Reverse 1 1/2 SS, 2 1/2 Twists	-	-	-	3.0
405	Inward 2 1/2 SS	3.1	3.4	-	-	5351	Reverse 2 1/2 SS, 1/2 Twist	2.7	2.9	-	-
412	Inward Flying 1 SS	2.0	2.1	-	-	5411	Inward Dive, 1/2 Twist	-	1.7	2.0	-
413	Inward Flying 1 1/2 SS	2.7	2.9	-	-	5412	Inward Dive, 1 Twist	-	1.9	2.2	-
						5421	Inward 1 SS, 1/2 Twist	-	-	-	1.9
						5422	Inward 1 SS, 1 Twist	-	-	-	2.1
						5432	Inward 1 1/2 SS, 1 Twist	-	-	-	2.7
						5434	Inward 1 1/2 SS, 2 Twists	-	-	-	3.1

The Following Infractions Result In A <b>FAILED DIVE (Rule 9-7-5)</b>	Instructions for <b>DIVERS:</b>
<p>A. Executes a dive other than that given on the diving scoresheet.</p> <p>B. Does not assume a starting position.</p> <p>C. Falls into the water.</p> <p>D. Is assisted by another person.</p> <p>E. Does not execute the pike before the twist on Dive #'s 5111 (P) and # 5411 (P).</p> <p>F. Does not contact the water with the head or hands first on a head-first dive or with the feet initially on a feet-first dive.</p> <p>G. Executes a twist, as determined by the position of the diver's shoulders, that is greater or less by more than 90 degrees of what is required.</p> <p>H. In a twisting dive, twists the shoulders more than 90 degrees before the feet leave the board.</p> <p>I. Repeats a dive</p> <p>J. Steps off the board after assuming a starting position.</p> <p>K. Omits the official description of the dive on the diving scoresheet.</p> <p>L. Commits two (2) balks on the same dive.</p> <p>M. In a dual-meet, does not perform the voluntary dive first.</p> <p>N. In a championship meet, does not perform the voluntary and optional dives as specified.</p> <p>O. Performs a dive not listed on the diving table.</p> <p>P. Performs an additional bounce(s) on the end of the board AFTER the culminating hurdle.</p>	<p>A. Listen to dive as read - alert Referee if discrepancy.</p> <p>B. Listen to dive order. Be ready to go.</p> <p>C. Review position changes. Lower DD applies.</p> <p>D. Request re-dives immediately WITHOUT consulting coach.</p> <p>E. Do not leave board after assuming starting position.</p> <p>F. If multiple boards, alternating boards is permitted.</p> <p>G. Can wipe off board at any time.</p> <p>H. Can have assistance with water agitation if needed.</p>
	<p><b>Instructions for JUDGES:</b></p> <p>A. Score the dive as performed. Full range of scores permissible.</p> <p>B. Assess all penalties equally and without bias.</p> <p>C. Do not rationalize penalties or deductions.</p> <p>D. Judge views whole dive until body has passed below surface of water.</p> <p>E. Score independently of other judges.</p> <p>F. Refrain from talking to other judges during competition.</p> <p>G. Referee calls - describe what you can expect from Referee:</p> <ol style="list-style-type: none"> <li>1. Failed dives</li> <li>2. Unsatisfactory dives</li> <li>3. Balks</li> </ol>
<p>The following dives are <b>UNSATISFACTORY (Rule 9-7-4)</b> (max award = 2 points)</p> <p>A. The dive is clearly done in a position other than indicated on the diving scoresheet.</p> <p>B. A diver hits the diving board.</p> <p>C. A diver does not attempt to come out of the TUCK or PIKE position.</p> <p>D. A diver does not attempt to come out of a TWIST.</p> <p>E. A diver does not hold the straight position until the body is horizontal to the water on any flying one somersault dives, or until the body is perpendicular to the water on any flying one and one-half somersault dives.</p> <p>F. Does not declare a standing forward approach.</p>	<p><b>Diving PENALTIES provided in Rule 9:</b></p> <p>A. Failure to submit scoresheet @ specified time &amp; place = DQ of diver.</p> <p>B. Failure to complete official description of a dive = Failed dive.</p> <p>C. In championship meets, if Total DD exceeds 9.0 for voluntary dives, the dive or dives that caused the DD to exceed 9.0 is (are) failed.</p> <p>D. Once competition has begun, the following infractions will disqualify the diver:</p> <ol style="list-style-type: none"> <li>1. Four (4) or less dives designated as voluntary;</li> <li>2. Four (4) or less groups are listed in the first eight (8) dives;</li> <li>3. Five (5) or less dives are designated as optional dives.</li> </ol> <p>E. For a competitor intentionally entering the water during a practice session without permission from the Diving Referee, the competitor is disqualified from the event.</p>
<p><b>A MANDATORY DEDUCTION (Rule 9-8-1)</b> of 2 points from each judge for:</p> <p>A. A violation of the forward approach.</p> <p>B. A balk.</p>	
<p>A diver will be <b>DISQUALIFIED (Rule 9-8-3)</b> for the following infractions:</p> <p>A. Fails two dives.</p> <p>B. Does not make a sincere attempt to perform the dive.</p> <p>C. It becomes obvious that the dives on the scoresheet are too difficult for the diver.</p> <p>D. The diver unnecessarily delays the performance of a dive.</p> <p>E. The diver behaves in an unsportsmanlike manner.</p>	<p><b>A BALK (Rule 9-5-5)</b> occurs if, in the Diving Referee's opinion:</p> <p>After a diver assumes the starting position for a forward approach, standing forward takeoff or back takeoff, the diver makes an obvious attempt to start the approach or press and stops the continuous execution of the dive. The balk shall be declared by the Diving Referee to the Judges <b>before</b> the dive is scored.</p>

Points shall be awarded by judges on a scale from 10-0 in 1/2 point increments according to the following:

Excellent	10
Very Good	8.5 to 9.5
Good	7 to 8
Satisfactory	5 to 6.5
Deficient	2.5 to 4.5
Unsatisfactory	.5 to 2
Failed	0