

ILLINOIS SWIMMING OFFICIAL'S ASSOCIATION

Complete Diving Guide

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

Dive #		T	P	S	F	Dive #		T	P	S	F
Forward Dives						Twist Dives					
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	-	-	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
Back Dives						5136	Forward 1 1/2 SS, 3 Twists	-	-	-	3.1
Reverse Dives						5142	Forward 2 SS, 1 Twist	2.6	2.7	-	-
Inward Dives						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
Reverse Dives						5225	Back 1 SS, 2 1/2 Twists	-	-	-	2.7
301	Reverse Dive	1.6	1.7	1.8	-	5227	Back 1 SS, 3 1/2 Twists	-	-	-	3.2
302	Reverse 1 SS	1.6	1.7	1.8	-	5231	Back 1 1/2 SS, 1/2 Twist	-	-	-	2.1
303	Reverse 1 1/2 SS	2.1	2.4	2.7	-	5233	Back 1 1/2 SS, 1 1/2 Twists	-	-	-	2.5
304	Reverse 2 SS	2.1	2.4	-	-	5235	Back 1 1/2 SS, 2 1/2 Twists	-	-	-	2.9
305	Reverse 2 1/2 SS	3.0	3.2	-	-	5251	Back 2 1/2 SS, 1/2 Twist	2.7	2.9	-	-
401	Inward Dive	1.4	1.5	1.8	-	5311	Reverse Dive, 1/2 Twist	-	-	1.9	-
402	Inward 1 SS	1.6	1.7	-	-	5312	Reverse Dive, 1 Twist	-	-	2.1	-
403	Inward 1 1/2 SS	2.2	2.4	-	-	5321	Reverse 1 SS, 1/2 Twist	-	-	-	1.8
404	Inward 2 SS	2.8	3.0	-	-	5322	Reverse 1 SS, 1 Twist	-	-	-	2.0
405	Inward 2 1/2 SS	3.1	3.4	-	-	5323	Reverse 1 SS, 1 1/2 Twists	-	-	-	2.4
412	Inward Flying 1 SS	2.0	2.1	-	-	5325	Reverse 1 SS, 2 1/2 Twists	-	-	-	2.8
413	Inward Flying 1 1/2 SS	2.7	2.9	-	-	5331	Reverse 1 1/2 SS, 1/2 Twist	-	-	-	2.2
Points shall be awarded by judges on a scale from 0-10 in 1/2 point increments according to the following:						5333	Reverse 1 1/2 SS, 1 1/2 Twists	-	-	-	2.6
Updated: July 20, 2023						5335	Reverse 1 1/2 SS, 2 1/2 Twists	-	-	-	3.0
Excellent						5351	Reverse 2 1/2 SS, 1/2 Twist	2.7	2.9	-	-
Very Good						5411	Inward Dive, 1/2 Twist	-	1.7	2.0	-
Good						5412	Inward Dive, 1 Twist	-	1.9	2.2	-
Satisfactory						5421	Inward 1 SS, 1/2 Twist	-	-	-	1.9
Deficient						5422	Inward 1 SS, 1 Twist	-	-	-	2.1
Unsatisfactory						5432	Inward 1 1/2 SS, 1 Twist	-	-	-	2.7
Failed						5434	Inward 1 1/2 SS, 2 Twists	-	-	-	3.1

The Following Infractions Result In A **FAILED DIVE (Rule 9-7-5):**

- A. Executes a dive other than that given on the diving scoresheet.
- B. Does not assume a starting position.
- C. Falls into the water.
- D. Is assisted by another person.
- E. Does not execute the pike before the twist on Dive #'s 5111 (P) and # 5411 (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.
- G. Twists the shoulders 90 degrees more or less than indicated on the diving scoresheet when the divers feet/hands hit the water.
- H. Twists the shoulders more than 90 degrees before the feet leave the board.
- I. Repeats a dive.
- J. Steps off the board after assuming a starting position.
- K. Omits the official description of the dive on the diving scoresheet.
- L. Commits two (2) balks on the same dive.
- M. In a dual meet, does not perform the voluntary dive first.
- N. In a championship meet, does not perform the voluntary and optional dives as specified.
- O. Performs a dive not listed on the diving table.
- P. Performs an additional bounce on the end of the board after the cuminating hurdle.

The following infractions will result in an **UNSATISFACTORY DIVE (Rule 9-7-4):**

- A. The dive is clearly done in a position other than indicated on the diving scoresheet.
- B. A diver hits the diving board.
- C. A diver's head is unnecessarily too close (within 6") to the board.
- D. A diver does not attempt to come out of a TUCK or PIKE position.
- E. A diver does not attempt to come out of a TWIST.
- F. A diver does not remain horizontal as required on flying SS or 1 1/2 SS dives.
- G. A diver does not declare a standing forward takeoff.

The following will result in a **DEDUCTION** of 2 points from each judge:

- A. A violation of the forward approach.
- B. A balk.

A diver will be **DISQUALIFIED (Rule 9-8-3)** for the following infractions:

- A. Fails two dives.
- B. Does not make a sincere attempt to perform the dive.
- C. It becomes obvious that the dives on the scoresheet are too difficult for the diver.
- D. The diver unnecessarily delays the performance of a dive.
- E. The diver behaves in an unsportsmanlike manner.

Instructions for **DIVERS:**

- A. No jewelry.
- B. Listen to dive as read; alert Referee if discrepancy.
- C. Listen to dive order. Be ready to go.
- D. Review position changes. Lower DD applies.
- E. Request re-dives immediately.
- F. Do not leave board after assuming starting position.
- G. If multiple boards, alternating boards is permitted.
- H. Can wipe off board at any time.
- I. Can have assistance with water agitation if needed.

Instructions for **JUDGES:**

- A. Score the dive as performed. Full range of scores permissible.
- B. Assess all penalties equally and without bias.
- C. Do not rationalize penalties or deductions.
- D. Judge views whole dive until body has passed below surface of water.
- E. Score independently of other judges.
- F. Referee calls - describe what you can expect from Referee:
 1. Failed dives
 2. Unsatisfactory dives
 3. Balks

Diving **PENALTIES** provided in Rule 9:

- A. Failure to submit scoresheet @ specified time & place = DQ of diver.
- B. Failure to complete official description of a dive = Failed dive.
- 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.
- D. Once competition has begun, the following infractions will disqualify the diver:
 1. Four (4) or less dives designated as voluntary;
 2. Four (4) or less groups are listed in the first eight (8) dives;
 3. Five (5) or less dives are designated as optional dives.
- 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.

It is a **BALK**, if, in the Diving Referee's opinion:

A diver assumes the starting position, and from that position, interrupts the continuous execution of the dive prior to water entry. Declared **BEFORE** scored.