

ONE METER DIVING TABLE

Dive Order	Dive No.	T/C	P/B	S/A	F/D
FORWARD DIVES					
101	Forward Dive	1.2	1.3	1.4	—
102	Forward 1 SS	1.4	1.5	1.6	—
103	Forward 1 1/2 SS	1.6	1.7	1.8	—
104	Forward 2 SS	2.2	2.3	2.4	—
105	Forward 2 1/2 SS	2.4	2.6	2.8	—
106	Forward 3 SS	2.9	3.2	3.5	—
107	Forward 3 1/2 SS	3.0	3.3	3.6	—
112	Forward Flying 1 SS	1.6	1.7	1.8	—
113	Forward Flying 1 1/2 SS	1.8	1.9	2.0	—
BACK DIVES					
201	Back Dive	1.5	1.6	1.7	—
202	Back 1 SS	1.5	1.6	1.7	—
203	Back 1 1/2 SS	2.0	2.3	2.5	—
204	Back 2 SS	2.2	2.5	2.8	—
205	Back 2 1/2 SS	3.0	3.2	3.5	—
212	Flying Back 1 SS	1.6	1.7	1.8	—
REVERSE DIVES					
301	Reverse Dive	1.6	1.7	1.8	—
302	Reverse 1 SS	1.6	1.7	1.8	—
303	Reverse 1 1/2 SS	2.1	2.4	2.7	—
304	Reverse 2 SS	2.3	2.6	2.9	—
305	Reverse 2 1/2 SS	3.0	3.2	3.5	—
312	Flying Reverse SS	1.7	1.8	1.9	—
INWARD DIVES					
401	Inward Dive	1.4	1.5	1.6	—
402	Inward 1 SS	1.6	1.7	1.8	—
403	Inward 1 1/2 SS	2.2	2.4	2.6	—
404	Inward 2 SS	2.8	3.0	3.2	—
405	Inward 2 1/2 SS	3.1	3.4	3.7	—
412	Inward Flying SS	2.0	2.1	2.2	—
413	Inward Flying 1 1/2 SS	2.7	2.8	2.9	—
TWIST DIVES					
511	Forward Dive, 1/4 Twist	1.6	1.7	1.8	—
512	Forward Dive, 1/2 Twist	1.7	1.9	2.0	—
5121	Forward 1 SS, 1/4 Twist	1.7	1.9	2.0	—
5122	Forward 1 SS, 1/2 Twist	1.9	2.1	2.2	—
5124	Forward 1 SS, 3/4 Twist	2.3	2.5	2.7	—
5126	Forward 1 SS, 1 Twist	2.7	2.9	3.1	—
5131	Forward 1 1/2 SS, 1/4 Twist	2.0	2.2	2.4	—
5132	Forward 1 1/2 SS, 1/2 Twist	2.2	2.4	2.6	—
5134	Forward 1 1/2 SS, 3/4 Twist	2.6	2.8	3.0	—
5136	Forward 1 1/2 SS, 1 Twist	3.0	3.2	3.4	—
5152	Forward 2 1/2 SS, 1 Twist	3.0	3.2	3.4	—
5211	Back Dive, 1/4 Twist	1.8	1.9	2.0	—
5212	Back Dive, 1/2 Twist	2.0	2.1	2.2	—
5221	Back 1 SS, 1/4 Twist	1.7	1.9	2.0	—
5222	Back 1 SS, 1/2 Twist	1.9	2.1	2.2	—
5223	Back 1 SS, 3/4 Twist	2.3	2.5	2.7	—
5225	Back 1 SS, 1 Twist	2.7	2.9	3.1	—
5227	Back 1 SS, 1 1/2 Twist	3.1	3.3	3.5	—
5231	Back 1 1/2 SS, 3/4 Twist	2.0	2.2	2.4	—
5233	Back 1 1/2 SS, 1 Twist	2.2	2.4	2.6	—
5235	Back 1 1/2 SS, 1 1/2 Twist	2.6	2.8	3.0	—
5251	Back 2 1/2 SS, 1/4 Twist	2.7	2.9	3.1	—
5311	Reverse Dive, 1/4 Twist	1.9	2.1	2.2	—
5312	Reverse Dive, 1/2 Twist	2.1	2.3	2.4	—
5321	Reverse 1 SS, 1/4 Twist	1.8	2.0	2.1	—
5322	Reverse 1 SS, 1/2 Twist	2.0	2.2	2.3	—
5323	Reverse 1 SS, 3/4 Twist	2.4	2.6	2.8	—
5325	Reverse 1 SS, 1 Twist	2.8	3.0	3.2	—
5331	Reverse 1 1/2 SS, 1/4 Twist	2.2	2.4	2.6	—
5333	Reverse 1 1/2 SS, 1/2 Twist	2.6	2.8	3.0	—
5335	Reverse 1 1/2 SS, 3/4 Twist	3.0	3.2	3.4	—
5351	Reverse 2 1/2 SS, 1/4 Twist	2.7	2.9	3.1	—
5411	Inward Dive, 1/4 Twist	1.7	1.9	2.0	—
5412	Inward Dive, 1/2 Twist	1.9	2.1	2.2	—
5421	Inward 1 SS, 1/4 Twist	2.1	2.3	2.4	—
5422	Inward 1 SS, 1/2 Twist	2.3	2.5	2.7	—
5432	Inward 1 1/2 SS, 1 Twist	2.7	2.9	3.1	—
5434	Inward 1 1/2 SS, 2 Twists	3.1	3.3	3.5	—

Instructions for Use

1. Refer to diving table provided on the left to complete the diving scoresheet.
2. For each dive, write the dive's number, position and degree of difficulty in the space provided, circle the voluntary dive number, sign the scoresheet, then have the coach sign it. Total the degree of difficulty for voluntary and optional dives at the bottom of the diving scoresheet.
3. The cumulative total of the actual degree of difficulty (dd) for the five voluntary dives shall not exceed 9.0.
4. For meets requiring cancellation of high and low judge's scores, the scorer circles those scores which will be used in establishing the score for that dive.
5. The scorer keeps the diver's cumulative running score on the second line of each dive's Points Awarded column.
6. The diving referee checks the scorer's tabulation and signs the scoresheet.
7. For further information and reference, see sample scoresheet below.

OFFICIAL NFHS DIVING SCORESHEET



Name Faith Harvey Grade 11 School Newton
 Meet Regionals Site Newton Varsity X J. V. Male Date 12-1-2004
 Class Senior Male Female X

ORDER OF FINISH	5
TOTAL POINTS AWARDED	386.10
Diving Order	8

PRELIMS (Dives 1-5; 2 Vol. & 3 Opt.)

Dive Order	Dive Position	DIVE DESCRIPTION	JUDGES SCORES	Judges Total	Deg. of Diff.	POINTS AWARDED
1	302A	Reverse 1 ss	6 6.5 6.0 5.5 6 6 6.5 5.5 6.5	18	1.8	3 3 2 4 0
2	102C	Forward 1 1/2 ss	7 7 (7.5) 8 (7) 8 (7.5) 7 8 8	22	1.6	3 3 2 2 0
3	511A	Forward Dive 1/2 Twist	7 (7) 6 7 (6.5) 6.5 7 6 7 20.5 1.8	1	0.4	5 0 0
4	402C	Inward 1 ss	6 7 6.5 7 (7) (6.5) (7) 6 7 20.5 1.6	1	3 7 3 0	0
5	201A	Back Dive	5 5 6 5.5 (5) (5.5) (5) 5 6 15.5 1.7	1	2 6 3 0 5	5

SEMI-FINALS (Dives 6, 7, 8 -- 2 Vol. & 1 Opt.)

6	5122D	Forward 1 ss - 1 Twist	6 6 5.5 5.5 6 6 6 5.5 6 18 1.9	1 9 7 8 5	2 0
7	301B	Reverse Dive	7 (7) 6.5 (7) 6.5 7 7 6.5 7 21 1.7	2 3 5 7 0	5
8	105D	Forward 2 1/2 ss	6 6 5.5 6 6 6 6 5.5 6 18 2.6	2 3 5 7 0	5

FINALS (Dives 9, 10, 11 -- 1 Vol. & 2 Opt.)

9	203B	Back 1 1/2 ss	5 (5) 5 5.5 5.5 5 5 5 5.5 15 2.3	3 1 4 5 0	0
10	401B	Inward Dive	7 (7) (7.5) 7 7 8 7.5 8 7 21.5 1.5	3 3 2 2 5	5
11	5134D	Forward Dive 1 1/2 ss - 2 Twists	5 (5) 5 5 5 5 5 5 5 15 2.6	3 3 6 1 0	0

T/C = Trick, P/B = Pike, S/A = Straight, F/D = Free (See Back for Diving Table)

TOTAL POINTS AWARDED

3	8	6	1	0
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Signature

Diver Faith Harvey
 Coach Maury K. Bunch
 Referee Chris Cox

List voluntary dive first. Spaces 2-6 for optional dives

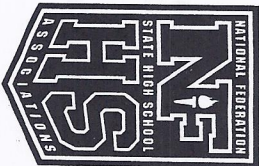
CHAMPIONSHIP & OTHER 11-DIVE MEETS

List dives in each section per Rule 9-4-1.

Total D.D. Voluntary Dives 8.4
 Total D.D. Optional Dives 12.7



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 INDIANAPOLIS, IN 46206
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 800-776-3462 (to order these sheets)



OFFICIAL NFHS DIVING SCORESHEET

ORDER OF FINISH
TOTAL POINTS AWARDED
Diving Order

Name _____ Grade _____ School _____
Meet _____ Site _____ Date _____
Class _____ Varsity _____ J. V. _____ Male _____ Female _____

PRELIMS (Dives 1-5: 2 Vol. & 3 Opt.)

Dive Order	Dive No./ Dive Position (Circle Voluntary Dive)	DIVE DESCRIPTION	JUDGES SCORES									Judges Total	Deg. of Diff.	POINTS AWARDED
			1	2	3	4	5	6	7	8	9			
1														
2														
3														
4														
5														

SEMI-FINALS (Dives 6, 7, 8 -- 2 Vol. & 1 Opt.)

6														
7														
8														

FINAL'S (Dives 9, 10, 11 -- 1 Vol. & 2 Opt.)

9														
10														
11														

T/C = Tuck, P/B = Pike, S/A = Straight, F/D = Free (See Back for Diving Table)

DUAL MEETS:

List voluntary dive first. Spaces 2-6 for optional dives

CHAMPIONSHIP & OTHER 11-DIVE MEETS:

Signed: Diver _____ Coach _____ Referee _____
List dives in each section per Rule 9-4-1.

TOTAL POINTS AWARDED

Total D.D. Voluntary Dives _____

Total D.D. Optional Dives _____