



ASA National Skills Finals

Technical Points for Consideration

(Technical Accuracy – Sequence – Consistency)

Coaches and Judges Information

2015

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Technical Points for Consideration

(Technical Accuracy – Sequence – Consistency)

NB: FINA rules will apply where applicable.

Skill

Technical Points for Coaches and Judges

Poolside:

Plain Header (3 bubbles rip)

- Correct starting posture, open shoulders, flat hips, head neutral, arms extended above head by ears
- Sharp and strong jump through ankles ensuring good height and safe distance
- Straight body line, tension throughout flight, toes pointed and hands grabbed
- Vertical, clean and ‘three bubble ripped’ entry

Back Tuck Jump – Arm swing

- Correct starting posture, open shoulders, flat hips, head neutral, ankles slightly raised
- Ensure hips and glutes are tight
- Arm swing completed with balance maintained in squat phase of the take off
- Full body extension at take off, head neutral, vision forwards, ensure safe distance
- Complete extension of arms without loss of hip and trunk form
- Tight tuck shape with hands on middle shins
- Fast and extended kick out from tuck position
- Arms extended by ears or clearly by side of body on entry
- Straight body line with toes pointed for clean vertical entry

Forward Dive with Tuck

- Correct starting posture, open shoulders, flat hips, head neutral
- Sharp and strong jump through ankles ensuring good height and safe distance, vision into shape over knees
- Tight tuck shape with hands on middle shins
- Fast come out with extended knees and ankles throughout
- Squeeze and flatten hips for entry line up with hands grabbed.
- Vertical, clean and ripped entry

Forward Pike Jump – Arm swing

- Correct starting posture, open shoulders, flat hips, head neutral, ankles slightly raised
- Ensure hips and glutes are tight
- Arm swing completed with balance maintained in squat phase of the take off
- Full body extension at take off, head neutral, vision forwards, ensure safe distance
- Complete extension of arms without loss of hip and trunk form before folding into pike position
- Arms straight, by ears, with hands reaching over extended ankles and pointed toes in pike position, straight legs throughout
- Fast come out from pike position with extended knees and ankles throughout
- Arms extended by ears or clearly by side of body on entry
- Straight body line with toes pointed for clean vertical entry

1 Metre:

Two Bounce Straight Jump – E & D age group only

- Correct starting position, arms forward of hips, feet 20cm from end of the springboard
- Initial backwards arm movement depresses the springboard when making the first jump forwards, press of the arm movement is smooth
- Ensure arms fully extend in bounce behind head maintaining upright body position, head neutral
- Full body extension without loss of hip and trunk form on take-off, head neutral, vision forwards, ensure safe distance
- Arms extended by ears or clearly by side of body on entry

Back Jump Straight – ‘T’ Start Arm Swing – E & D & C group only

- Maintain good posture, relaxed shoulders, head neutral as board rock commences
- 1-3 board rocks through ankles maintaining balance
- Strong ankle lift in time with arm lift to full elevation
- Ensure balance is maintained in back press and complete body extension with arms behind neutral head on take-off, ensure safe distance
- Arms extended by ears or clearly by side of body on entry

Optional Dive 1 & 2

- FINA rules will apply where applicable
- See event conditions for age groups optional take-off and dive

Hurdle Step Straight Jump – C group only

- Correct starting position, between one and five step approach with a strong one foot push off for hurdle step
- Straight arms lifting to ears, hurdle knee lifting to 90 degrees and toes pointed
- Fast and clear kick out of hurdle with forward movement to end of board for landing
- Maintain balance for controlled, timed, coordinated landing and take-off
- Full body extension at take off, head neutral, vision forwards, ensure safe distance
- Straight body line and tension throughout flight, toes pointed, arms fully extended, neutral head position
- Arms extended by ears or clearly by side of body on entry

3 Metre:

Forward Fall Straight

- Correct starting posture, ‘T’ position arms with palms facing forward thumbs tucked into palms, flat hips, head neutral
- Lift ankles maintaining posture with relaxed shoulders, eyes focused on entry point
- Close arms to side of head without change to body position, head slightly down as hands close for entry, tight hips and glutes throughout.

Sitting Forward Tuck Roll

- Sitting start at the end of board in compact tuck position, hands positioned on the lower part of the legs, chin on knees, eyes focused over knees.
- Before the diver rolls off the board the kick out is performed, a strong kick to ‘V’ balance, the arms set to ‘T’ with relaxed shoulders
- The diver rolls from the board maintaining the pikes shape, only when the entry point is spotted do the hips and glutes squeeze to straighten the body
- Arms only close once the hips and glutes have squeezed and the body straightens for entry

Standing Back Fall Straight

- Correct starting position, arms down hands to the front of thighs, head neutral position
- Heels lift and chin lifts for eyes to look up in anticipation of the entry spot, keep chest (ribs) low
- The diver feels the arms lengthen as the body falls, this will help with a fast arm speed at the end of the line up
- When the diver spots the water the hands move past the head before grabbing for entry, keeping close to the body at all times

Crouched Back Tuck Roll

- Start in a compact tuck position, heels raised, hands on lower shins, elbows squeezing hips
- Eyes focus over knees, always looking forwards maintaining tuck shape while in contact with the board
- The diver opens through the hips with a strong kick, long arms stretch, eyes look back before the reach
- When the diver spots the water the hands move past the head before grabbing, keeping close to the body at all times.

FINA Rules 2013/17 - Extracts

Judging the Dive:

The points to be considered in judging the overall impression of a dive are:

The technique and grace of

- The starting position
- The approach
- The take off
- The flight
- The entry

Straight Position (A)

- The body shall not be bent either at the knees or the hips
- The feet shall be together and the toes pointed
- The position of the arms is at the option of the diver

Pike Position (B)

- In the pike position the body shall be bent at the hips, but the legs must be kept straight at the knees
- The feet shall be together and the toes pointed
- The position of the arms is at the option of the diver

Tuck Position (C)

- In the tuck position the body shall be compact
- Bent at the knees and hips with the knees and feet together
- The hands shall be on the lower legs
- The toes pointed

Execution of the Dive – Rule Change/Clarification

Rule D8.51

- If during the execution of a dive, a diver dives to the side of the direct line of flight, each judge shall deduct according to his opinion.

Rule D8.52

- If during an execution of a dive, a diver touches the end of the board with his feet or hands, each judge shall deduct according to his or her opinion.

Rule D8.53

- If during the execution of a dive, a diver is unsafely close to the board
OR
- Touches the end of the board with his head the judges shall award up to a maximum of 2 points.

'If the majority of the judges award two or less points, all higher scores shall be two points'