

ENTERING DIVE MEETS

Unlike other sports such as Gymnastics, it is the responsibility of the diver to register himself/herself in diving meets.

The process is as follows:

- Entry forms are generally available at the pool from Debby, one of the other coaches, or online at www.spadiver.com approximately 4 weeks prior to the meet
- Request and complete the form including your intended dives
- Pay attention to the entry deadline dates and forward the form and fees to the host organization



Please refer to the formula below for determining dive numbers prior to filling out your sheet.

FORMULA FOR DETERMINING DIVE NUMBERS

This will enable you to properly fill out competitive dive sheets and can be used to learn the numbers that correspond with the dives. Twisting dives are different than non-twisting dives.

1	Forward Dive	A	Straight Position
2	Backward Dive	B	Pike Position
3	Reverse Dive	C	Tuck Position
4	Inward Dive	D	Free Position
5	Twisting Dive		

EXAMPLE: (non-twisting) 102C - Forward somersault in the tuck position

	Name of Dive	Explanation
1	Forward dive	The first number determines the direction
0	No action described	The second number will always be zero in non-twisting dives
2	One full somersault (will enter water feet first)	The third number determines the amount of somersaults, each number represents ½ somersault
C	Tuck Position	The letter determines the position executed

EXAMPLE: (Twisting dives) 5132D – Forward 1 ½ somersault with 1 twist in the free position.

	Name of Dive	Explanation
5	Twisting Dive	The first number determines the twisting dive
1	Forward action	The second number determines the direction of the somersault
3	1 ½ Somersaults (will enter water head first)	The third number determines the AMOUNT of somersault, each number represents ½ somersault
2	1 Full Twist	The fourth number determines the number of twists, each number represents ½ twist
D	Free Position	The letter determines the positions executed (almost always D)