

ST. LOUIS COUNTY MUNICIPAL SWIM & DIVE LEAGUE

NEW MEMBER INFORMATION SHEET

This information has been compiled with the intent of educating new parents on how a summer dive team is run. Dive teams require a great deal of parental support. Our hope is that this will help you have an enjoyable experience this summer.

BASIC TERMS

- **Dual Meet** - This is the normal meet that is held each week of the summer season. In general, dive meets start at 3:30 p.m.. Two teams compete head to head (Team with most points wins).
 - **Warm-ups** – Teams are given time to warm-up before a meet as follows:
 - **Dive Meets:** The home team typically has their warm-up one hour before the start of the meet; the visiting team typically has their warm-up ½ hour before the start of the meet.
- **Tri Meet** - This is the normal meet that is held each week of the summer season. In general, dive meets start at 3:30 p.m.. Three teams compete head to head (Team with most points wins).
 - **Warm-ups** – Teams are given time to warm-up before a meet as follows:
 - **Dive Meets:** The home team typically has their warm-up one hour before the start of the meet; the visiting teams typically has their warm-up 40minutes and 20 minutes before the start of the meet.
- **Conference Meet** – At the end of the season, all five teams in the Conference Meet. The meet consists of "preliminaries" (separated by age-group) where divers/swimmers attempt to qualify for "finals". Conference meets are either held during one weekend day or are separated over three days: 10 & under prelims; 11 & over prelims; Finals (all ages).

DIVE TEAM TERMS AND INFORMATION

- **Starting position** – The beginning position for the dive. Forward, reverse and some twisting dives will start 3-6 steps from the end of the board facing forward (toward the pool end) with hands to the side. Back, inward and some twisting dives will begin with the feet at the end or hanging off the end of the board with diver facing the back of the board (ladder end). Hands and arms may either be at the side, shoulder level or over the head.
- **Approach/Press** – For dives with a forward starting position, the approach consists of 2-5 steps and a hurdle. The hurdle is with one knee driving waist-high on the up-bounce while the other leg is straight. Feet come together and straight in the air and diver land with both feet simultaneously at the end of the board. For dives with a backward starting position, the press is raising hands toward the sky while (usually) raising on the tippy toes and pushing arms to the side before leaving the board for the dive.
- **Entry** – the moment of connection with the water on a dive. Entries may be foot-first or head-first (hands actually touch first) depending on the dive. Ideally, the diver will enter the water at a 90 degree angle (straight up and down), perpendicular to the plane of the water.
- **Degree of difficulty** – Each dive number has a degree of difficulty attached based on how difficult the dive is to perform. The degree of difficulty is multiplied by the total of three judge's awards to determine total dive award.
- **Balk** – when a diver begins the forward approach or back press and then stops. Usually, the diver then starts again and performs the dive which is scored as usual. (Two points are deducted from each judge's score at the table for a balk.)
- **Incomplete (fail) dive** – This is called by the announcer when a diver does not complete the dive as written (i.e. twists 90 degrees more or less, performs a different dive, doesn't complete the required amount of somersaults or over-completes by ½ somersault or more
- **Tuck position** – During flight, diver is tucked in a little ball.
- **Pike position** – During flight, diver is in "V"-position with hands on calves, touching toes or out to the side (depending upon the dive.)
- **Straight (layout) position** – During flight, the ideal straight position is completely straight, but may contain some arch in the back, (depending upon the dive.)
- **Save** – Usually see in older and more experienced divers. Once the hands have broken the plane of the water on a head-first entry and the knees are underwater, a diver may bend the knees to pull the feet in faster on an over-rotated forward spinning dive or arch the back and bend the knees to pull the feet in faster on an over-rotated backward spinning dive. Provided the knees do not bend before they enter the water, there is generally little or no deduction for this.
- **Dive Directions** -
 - Forward – Starts with a forward starting position and approach, rotates forward
 - Backward – Starts with a backward starting position and press, rotates backward
 - Reverse – Starts with a forward starting position and approach, rotates backward
 - Inward – Starts with a backward starting position and press, rotates forward

- Twisting – May start either forward or backward. Generally, twists range from $\frac{1}{2}$ to $2\frac{1}{2}$ in this league. $\frac{1}{2}$ twists end up facing the opposite position from how the diver started. Full-twists have the diver ending up facing the same position as he/she started.
- **Scores/Awards/Flash** – After the diver has completed his/her dive, the announcer will ask for scores by saying “Scores”, “Awards” or “Flash.” This is the indication that it’s time for the judges to throw their scores for the dive. Awards are given on a scale of 0 (incomplete dive) – 10 (perfect dive). In this league, age group is considered in those awards, so a 5 dive for 8 and unders will not look like a 5 dive for 15-18’s.

DIVE MEETS

Required Dives

- 8 & Under Age Group – Two dives of different numbers (there are over 50 different numbered dives categorized in six different series that a diver can choose from)
- 9-10 Age Group – Three dives of different numbers, two from different series (there are six different series – 'Forward Dives', 'Back Dives', 'Reverse Dives', 'Inward Dives', 'Twist Dives', 'line-ups')
- 11-12 Age Group – Four dives of different numbers, two from different series.
- 13-14 Age Group – Four dives of different numbers, three from different series.
- 15-18 Age Group – Five dives of different numbers, four from different series.

This is a very basic outline of some terms you may hear. It’s difficult to put in words. If you have any questions, please feel free to ask your team's municipal reps, parent reps, or dive coach.