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From: Frederick M. Fox
To: All Interested Masters Divers
Subj: Self Test For Certification of Judges.

MASTERS DIVING TECHNICAL COMMITTEE

Purpose. To establish procedures for the certification of judges from the ranks of Masters diving. Properly certified Masters judges will be better qualified to judge Masters diving events, including Masters National Invitational Championships. If you are also a registered US Diving coach, you may also become certified under the current USD judge's certification program to judge at US Diving events including Senior Nationals, Junior Nationals, Zones, Regionals, J.O. and Novice meets, etc. The need for competent "professional judges" who are not otherwise coaches and who are unbiased is an area of great importance.

Tom Gompf, FINA Technical Committee Chairperson, asked me to put together a proposal and program for a Masters Diving Technical Committee so that Masters divers could be certified to perform and relieve coaches of their duties of having to judge at various meets. Prejudice and bias are always factors at play in any judging situation. The less there is of this, the better a judging panel can serve the needs of the sport and enhance the quality of US Diving.

The rationale behind this is that in many cases, judges do not know the rules and how to apply them, which degrades and demeans the sport and is totally unfair to the diver. There have been cases in the past where we have lost many divers because they became frustrated with the quality and caliber of judging at our Masters meets. We cannot afford to let this happen.

Included below are questions of a general and specific nature taken from various sections of the Rule Book that all prospective judges should be familiar with. This will necessitate purchasing a Rule Book and studying the pertinent sections, or downloading the Rules from the USD web site. This exam is meant for general educational purposes and can be taken as an open book exam. The correct answers will be posted separately so that you can check yours against the Rule Book.

The test will parallel the one given for USD judges certification, since USD would not release or make available their current judges test. It covers most of the items that I can recall from memory, plus some other areas of interest.

PART I Multiple Choice. Competitive and Technical Rules. Section G:1 through G:22.

- 1) The springboards shall be one meter and three meters above the water level. Variations exceeding what percentages are permissible?
 - a. 5% on 1 meter and 2% on 3 meter
 - b. 2% on 1 meter and 5% on 3 meter
 - c. 10% on 1 meter and 10% on 3 meter
 - d. none of the above

- 2) The front edge of the board shall project a minimum of how many feet beyond the edge of the pool?
 - a. 5 feet
 - b. 4 feet
 - c. 3 feet
 - d. 7 feet

- 3) Diving Seasons. The summer season shall be from
 - a. June 21st to September 21st
 - b. May 1st to September 1st
 - c. June 1st to September 30th
 - d. At the discretion of the meet host

- 4) Dive number designations. An armstand dive may be performed in which direction?
 - a. front, back
 - b. reverse, front
 - c. front, back and reverse
 - d. front only

- 5) A somersault twisting dive with 1-1 ½ somersaults shall be calculated in which position?
 - a. A
 - b. D
 - c. B
 - d. C

- 6) Discovery of an error may be brought to the attention of the appropriate official any time after the execution of the dive up to?
 - a. 1 hour after that event
 - b. 2 hours after conclusion of the day's events
 - c. 1 hour after the conclusion of the day's events
 - d. within 24 hours

COMPETITION PROCEDURES

- 7) Before each dive the announcer shall announce
 - a. the name of the competitor
 - b. the number of the dive and its position (i.e. 103B)
 - c. the degree of difficulty
 - d. the description of the dive
 - e. affiliation or title of diver
 - f. all of the above
 - g. a, b, c and may include d.

- 8) The penalty for practice bouncing of the boards during a competition is (after a warning has been issued)?
 - a. failure of that dive
 - b. disqualification from the contest
 - c. a 2 point deduction from each judge's score on competitor's next dive
 - d. no deduction.

- 9) After the dive is announced, if the diver is not in the pool area, he/she will be scratched from the event after what time period?
- 2 minutes
 - 1 minute
 - 3 minutes
 - 5 minutes
- 10) If a dive is executed other than the one announced, and it was properly listed on the dive sheet
- it will be judged as a correct dive and considered an announcer's error
 - if a diver executes a dive as announced and it was an announcer's error, the diver will be allowed to immediately perform the correct dive
 - a and b
 - a only
 - the dive will be declared a failed dive.
- 11) An undue delay shall be declared by the referee and result in a failed dive after?
- 2 minutes
 - 3 minutes
 - 1 minute
 - 5 minutes
- 12) The referee shall declare a failed dive when a second attempt (restart) is unsuccessful in the following circumstances.
- on a standing dive after the armswing has commenced
 - in a running dive after the run has been commenced
 - second attempt of an armstand
 - a and b
 - all of the above
- 13) The penalty violation for excessive rocking, bouncing or lifting the feet off the board or tower before the take-off is?
- no more than 2 points as declared by the referee
 - no more than 2 points by the judge according to their individual opinions
 - ½-2 points by each judge
 - a balk declared by the referee
- 14) If a diver touches or hits the board, or dives to the side of the board, this indicates that no matter how well the dive was executed, that it was too close for proper execution. What is the highest score or deduction under these circumstances?
- 4 ½ points max
 - 2 points
 - zero deduction
 - each judge must exercise independent judgment regarding deduction to be made.
- 15) If a diver bends their knees in a dive in the straight position, what is the deduction or award?
- 2 points by the judge
 - max 4 ½ by the judge
 - max 2 points by the referee
 - dive is to be judged on its overall performance by judges according to their individual opinion.

- 16) If a diver opens their knees in a tuck dive (split tuck) and it is seen, who deducts what?
- judges shall deduct 1-2 points
 - referee calls for a deduction of 1-2 points
 - referee calls for a 2 point deduction
 - there is no penalty for this infraction.
- 17) Match the following positions with their correct letter (circle one).
- Straight -A, B, C, D
Pike -A, B, C, D
Tuck - A, B, C, D
Free - A, B, C, D
- 18) Which dive or dives are considered flying dives?
- 113B
 - 212C
 - 413C
 - 303A
 - a b and c
 - all of the above
- 19) The four elements of each dive to be judged shall include:
- the approach and hurdle
 - the take-off and height of the dive
 - the technique and grace(artistic impression) of the dive in the air
 - the entry into the water
 - any save beneath the water
 - a, b, c, and d
 - all of the above
- 20) In synchro events with a nine judge panel, which awards shall be cancelled?
- diver A's execution scores
 - diver B's synchro scores
 - the high and the low execution scores
 - the high an the low synchro scores
 - c and d
 - a and b
- 21) In synchro events with a seven judge panel, which awards shall be cancelled?
- highest and lowest synchro awards
 - highest and lowest execution awards
 - a only
 - a and b

ARTICLE 7

- 22) Who declares a balk after a diver starts an approach or press and then stops?
- the announcer
 - the meet director
 - the head referee
 - the diver's coach

- 23) If the diver balks twice, what are the deductions or ramifications?
- 2 points
 - 3 points
 - zero points
 - the dive is considered a failed dive as announced by the referee
- 24) How should a flying dive be judged if the straight position is not held for at least $\frac{1}{2}$ a somersault?
- max 2 points
 - at the judge's discretion
 - zero
 - $2\frac{1}{2}$ - $4\frac{1}{2}$ max by each judge
- 25) If the arms are not in the correct prescribed position on the entry into the water for a head first or feet first dive, each judge shall deduct how many points according to the circumstances?
- 2 points
 - zero points
 - 1-3 points (3 points if the arms are straight above the head on a feet first dive or at the sides on a head first dive.)
 - the referee must call for the proper deduction
- 26) If a dive is performed clearly in a position other than as written, the referee shall instruct the judges to award?
- zero points
 - at their discretion
 - 2 points max
 - declare a balk
- 27) A very good dive receives what scores?
- $6\frac{1}{2}$ -8
 - 5-6
 - automatic 10
 - $8\frac{1}{2}$ -10
- 28) Where a synchro dive is performed partially in a position other than announced, the max points awarded shall be?
- 2 points
 - $4\frac{1}{2}$ points
 - at the execution judge's discretion
 - at the referee's determination

MASTERS COMPETITION

- 29) The fee for a late entry in a National Invitational Championship is?
- \$5
 - \$15
 - \$10
 - \$25

30) The fee for late submission of a dive sheet at a National Invitational Championship

- a. \$10
- b. \$5
- c. \$2
- d. no penalty

31) A diver may dive in the Grand Masters event if he/she has?

- a. competed in an Olympic games for any country
- b. placed in the top 3 places in a past Senior Nationals or Pan Am Games
- c. won a FINA Masters or World Masters Games championship
- d. a and b
- e. all of the above

PART II. True/False.

1. It is recommended that all diving boards be set up and maintained according to requirements, especially elevation and pitch.
2. **Diving seasons.** The regular seasons for all championships of diving are summer and spring.
3. In order to participate in any diving competition sanctioned by USD, a diver must present a current USD registration card to the meet director, or proof of registration by letter, fax or phone from their Local diving committee representative if required.
4. Foreign divers living in the US may compete or participate in a zone or National championship.
5. **Dive Number designation.** The first digit indicates the group to which the dive belongs.
6. If the second digit is a one (1), this indicates a flying action. If a zero (0), no flying action.
7. The third digit indicates the number of ½ somersaults being performed.
8. In the twisting and armstand groups, the 4th digit indicates the number of ½ twists being performed.
9. In the twisting group (those dives beginning with a 5), the second digit indicates the direction of the dive.
10. The free position is a combination of positions A, B, and C and is restricted to twisting dives.
11. The controlling d.d. for twisting dives of more than 1 ½ somersaults depends on whether a B or C position is clearly defined for the first somersault.
12. A somersault twisting dive with 1- 1 ½ somersaults shall be calculated in the free position.
13. A dive with a different position may be repeated
14. Each diver in all diving competitions is entirely responsible for the proper listing of their dives and any corrections to the statements on the list.
15. A diving sheet does not need to be signed by the diver.
16. A diver who submits a late entry may still compete if they pay a \$10 fine and dive last in the order.

17. A diver may elect to take a zero on any dive and remain in the contest, except in the US championships.
18. In all competitions, except the US Senior championships, no practice bouncing of the board will be permitted between dives.
19. It is the diver's responsibility to immediately correct the announcer if the dive or position is announced incorrectly. If a wrong dive is performed, it shall be considered a failed dive.
20. The penalty for any assistance given to a diver during execution of the dive is a failed dive, to be determined by the referee.
21. Interrupting a diver who is clearly preparing to perform a wrong dive is considered "assistance".
22. If a diver's d.d. listings do not meet the d.d. requirements, the diver must amend the list if possible. If not possible, dives bringing the competitor out of compliance will be marked as failed by the referee, Meet director, meet manager, etc.
23. At all meets, a diving coach from USD shall be on deck while divers are practicing or competing.
24. Any errors on a dive sheet not detected and corrected by the meet director or appropriate representative are the responsibility of the diver.
25. The responsibility for the accuracy of the dive sheet attaches to the diver and/or their coach.
26. The dive number and position (i.e. 105B) are the official description of the dive and takes precedence over the written description and degree of difficulty of the dive.
27. An error in the number of dives from a group, d.d. being too high, same dive used twice, etc. can be brought to the attention of the referee, meet director, etc. at any time after the execution of the dive and up to one hour after the conclusion of the day's events.
28. Dive sheet errors. If the announced dive is not performed but the dive performed was properly listed on the dive sheet, it is considered an announcer's error and the dive shall be judged as performed.
29. A diver may not change the number, description, position, or platform level of any dive prior to its execution unless a 2 point penalty is imposed.
30. If a dive is performed out of order and discovered after the execution of the dive, the dive that should have been performed shall be declared a failed dive and the proper dive shall be performed again.
31. A double balk on either a regular or armstand dive results in a failed dive.
32. The time limit for starting a dive is 3 minutes.
33. The forward approach shall be smooth, straight and forceful.
34. A hurdle from both feet shall constitute a failed dive on the springboard.
35. On the tower, a take-off may be from one foot.
36. The take-off shall be forceful, reasonably confident, and shall proceed without undue delay.

37. A diver must not lift their feet from the board or the platform before the take-off, on either a backward or standing front dive.
38. A diver may bounce on the board or rock it excessively before the take-off without penalty.
39. The use of the free position is mandatory in all twisting dives of 1 ½ somersaults or less, except as specified in the rule book.
40. In dives with twists, the twist may be done manifestly and directly from the board or platform.
41. All twists must be within 90 degrees of completion from the time of first contact with the water, and at all times during the entry.
42. It is a failed dive (referee's call) if the amount of twist is greater or less than 90 degrees.
43. It is a failed dive if the flying (straight) position is held for less than 90 degrees from the board or tower.
44. In a flying dive, the straight position should be held for half a somersault (body inverted).
45. The entry into the water must in all cases be vertical, or nearly so, with body straight and toes pointed, feet together.
46. One coach or other official must be assigned the task of calling towers during tower practice.
47. An individual serving as a judge or referee at a USD national championship or qualifying meet must be a USD-registered coach or official (life member).
48. A camera and monitor may be used in lieu of a balk judge for tower competition.
49. At all USD-sanctioned meets, no person will be permitted to smoke or use tobacco in any way, or consume any alcoholic beverage while on the pool deck area.
50. At a USD national championship, the announcer may all double as the head referee.
51. The meet director or meet manager shall manage the competition and shall ensure that all rules are observed. This person shall also meet with the judges before the meet to review the rules as necessary.
52. The meet director/manager or appropriate designee shall meet with the judges before each event and review the four elements of the dive to be judged and the range of scores to be used.
53. Judges may communicate with or look at another judge's score before posting their award.
54. The referee or meet director has the authority to eliminate any disruptive activity by whatever means necessary, of any spectator, coach, official, athlete, etc., who is disruptive or detrimental to the conduct of the diving competition.
55. A judge may judge a diver's actions prior to the starting position or beneath the water (a save).
56. The starting position for a forward approach shall be assumed when the diver is ready to take the first step.

57. A balk will be declared if a diver, after assuming the starting position for a standing or running dive, makes an obvious attempt to start the approach or press and then stops.
58. It shall be considered a failed dive if the diver falls into the water from the board prior to assuming the starting position.
59. In an armstand dive, the diver has reached the starting position when both feet leave the tower.
60. In headfirst dives, if any part of the body below the waist enters the water before the hands, the referee shall declare the dive as failed.
61. On standing dives, the judge shall award points for a standing dive bearing in mind the height and standards of execution that might be expected from a dive with an approach and hurdle.
62. In any circumstance in which the dive shall be considered deficient, the judges shall award no more than 4 ½ points.
63. A spoiled dive may be repeated under any circumstance.
64. There is no such thing as a “perfect” dive.
65. **Synchro diving.** Whenever possible in synchro competition, there shall be nine judges, 5 for synchro and 4 for execution.
66. If only seven judges are available, 4 are for synchro and three are for execution.
67. In judging execution, the execution judges must judge the execution of both dives. i.e. the judge of diver A must judge diver A and diver B, and vice versa.
68. The execution of the dive is to be considered without regard to the approach to the starting position, the d.d. of the dive, any movement below the surface or synchronization of the dives.
69. Synchro judges must take the execution of the dive into consideration, as well as the two divers synchronization elements.
70. Where a particular dive is performed clearly in a position other than announced the execution judge for that dive shall award two points max.
71. Synchro judges shall not regard any break in a particular diver’s position.
72. If all four execution judges award zero points, the synchro judges scores shall nevertheless be counted.
73. When one diver of a pair enters the water before the other diver leaves the springboard or the tower, the referee shall declare a combined fail dive.

MISCELLANEOUS

74. Verbal protests of rule interpretations shall be made by a coach or a diver immediately to the referee or judging panel.

75. A diver or coach can protest against any judge's award if they feel the judge was clearly wrong.
76. In US Senior Diving Championships, and in all FINA diving championships, the dive shall be Executed after the signal from the referee, preferably by a whistle.
77. In Senior US Diving Championships, a diver may not bounce the board after the score of the previous dive has been announced and before the next whistle.

MASTERS RULES

78. All rules and regulations as outlined in Sections G and S shall apply to Masters diving except as otherwise noted in the Masters rules or as indicated.
79. A Master diver who changes his/her dive at any time prior to the execution of the dive shall receive a 2 point deduction.
80. Divers must dive in their respective age groups and at the scheduled times. No exceptions for any reason.
81. Diver's age is the age as of December 31st of that year for both USD and FINA rules.
82. A diver may dive down in GM if they so choose.
83. A diver may also choose to dive up in any GM event.
84. Dives in the GM events can be performed in any order.
85. In Masters FINA competition, the diver must wait for the referee's whistle before commencing the execution of their dive.

PART III. Essay type questions.

1. All dives are designated by a system of 3 or 4 numerals followed by a letter designating the position of the dive. List the groups of dives that the first digit belongs to, i.e. 1, 2, 3, 4, 5, and 6.
2. What do the letters A, B, C, and D indicate after a 3 or 4 numeral dive. i.e. 109C; 5132D?
3. Give the proper dive designation for the following dives:
 - a. front dive, half twist, straight
 - b. reverse dive, pike
 - c. forward 2 ½, pike
 - d. reverse 3 ½, tuck
 - e. inward double somersault, tuck
 - f. back 1 ½ ss. 1 ½ twist
 - g. forward 4 ½., tuck
 - h. back 1 1/2 somersault, 3 ½ twist, free
 - i. forward 2 ½ ss, 2 twists, pike
 - j. back 1/12 ss. ½ twist, pike
4. What three directions may an armstand dive be performed?
5. Describe the four elements of a dive that a judge should be aware of in scoring a dive.

6. Describe the starting position for a running or standing dive.
7. List the violations for which the referee for which the referee is responsible for calling
8. Describe the forward approach
9. Describe the hurdle and take-off.
10. What body position may a diver use in the execution of a dive?
11. Describe the tuck, pike and straight positions
12. Describe the position of the arms in a forward dive, straight.
13. Describe the categories (quality) of dives and the scores for each category.
14. Describe the position of the arms and hands on a head first and feet first entry dive.
15. Describe the factors to be considered in the synchronization of the dives.
16. What is the color of the current rule book?

Respectfully submitted,

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Certified USD Judge
Certified FINA Masters Judge