





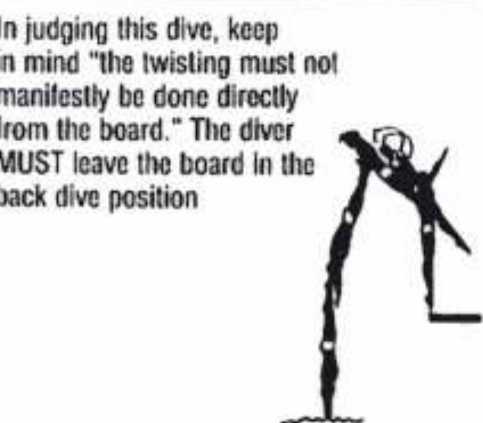
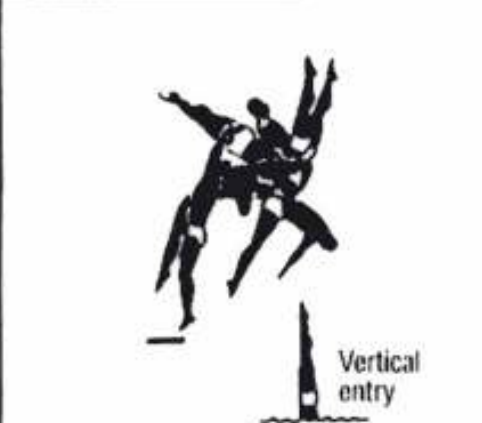

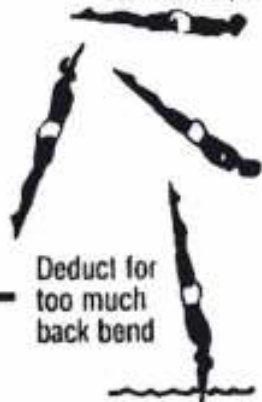









## DIVE SILHOUETTES

<p>Tight tuck</p>  <p>Dive must be directly in front of the board, NOT pulled to either side</p> <p style="text-align: center;"><b>303. Reverse 1 1/2 SS Tuck</b></p>	<p>Look for height</p>  <p>Long drop to water in final, vertical position</p> <p style="text-align: center;"><b>401. Inward Dive — Pike</b></p>	<p>Straight position must be reached before peak of height</p>  <p>Slight bend of hip on take-off is permissible</p> <p style="text-align: center;"><b>401. Inward Dive Straight</b></p>
<p>Dive must be directly toward board, NOT pulled to either side</p>  <p>Tight tuck</p> <p>The longer the drop to the water in vertical position the better</p> <p style="text-align: center;"><b>403. Inward 1 1/2 SS Tuck</b></p>	<p>Smooth, easy motion — not jerky</p>  <p style="text-align: center;"><b>5111. Forward Dive, 1/2 Twist Straight</b></p>	 <p>Deduct for entry — "coming around the corner"</p> <p style="text-align: center;"><b>5132. Forward 1 1/2 SS, 1 Twist — Free</b></p>
<p>In judging this dive, keep in mind "the twisting must not manifestly be done directly from the board." The diver MUST leave the board in the back dive position</p>  <p style="text-align: center;"><b>5211. Back dive, 1/2 Twist Straight</b></p>	 <p style="text-align: center;">Vertical entry</p> <p style="text-align: center;"><b>5233. Back dive 1 1/2 SS 1 1/2 Twist, Free</b></p>	

<b>DIVE SILHOUETTES</b>		
<p style="text-align: center;">The higher, the better</p>  <p style="text-align: center;"><b>101. Forward Dive Pike</b></p>	<p style="text-align: center;">Good arm position</p>  <p style="text-align: center;">Deduct for too much back bend</p> <p style="text-align: center;"><b>101. Forward Dive Straight</b></p>	<p style="text-align: center;">Tight tuck</p> <p style="text-align: center;">Fast spin</p>  <p style="text-align: center;">Long drop to water in final position</p> <p style="text-align: center;">Vertical entry</p> <p style="text-align: center;"><b>103. Forward 1 1/2 SS Tuck</b></p>
<p style="text-align: center;">Tight, early tuck</p>  <p style="text-align: center;">Judge entry on smoothness and vertical entry</p> <p style="text-align: center;"><b>104. Forward 2 SS Tuck</b></p>	<p style="text-align: center;">Look for height</p>  <p style="text-align: center;">Long drop to water in final position</p> <p style="text-align: center;"><b>201. Back Dive Pike</b></p>	<p style="text-align: center;">Vertical entry, 2-4 ft. from board</p>  <p style="text-align: center;">No excessive rocking of board. Feet cannot leave board in rocking prior to takeoff</p> <p style="text-align: center;"><b>201. Back Dive Straight</b></p>
<p style="text-align: center;">Legs straight and together</p>  <p style="text-align: center;">Nearly vertical entry</p> <p style="text-align: center;"><b>203. Back 1 1/2 SS Tuck</b></p>	<p style="text-align: center;">Look for height</p>  <p style="text-align: center;">Long drop to water in final position</p> <p style="text-align: center;"><b>301. Reverse Dive Pike</b></p>	<p style="text-align: center;">Good height</p>  <p style="text-align: center;">Legs straight on way up</p> <p style="text-align: center;">Vertical entry</p> <p style="text-align: center;"><b>301. Reverse Dive Straight</b></p>