

DIVING

GRADE SCHEME

Technical Guidelines

Here are some teaching points on various movements and positions that will occur throughout this grade scheme.

Correct Posture (Forward)

1. Feet together
2. Big toes over the edge
3. Arms at ears, palms facing forwards
4. Back as flat as possible
5. Stomach pulled in

Correct Posture (Backward)

1. Heels together, feet slightly apart
2. Half of foot over the edge balancing on the balls of feet
3. Arms at ears, palms facing forwards
4. Back as flat as possible
5. Stomach pulled in
6. Looking at far end of the board

Hands Grabbed

1. One palm over back of other hand
2. Thumbs interlocking
3. Grab and squeeze
4. Palms facing away from you
5. Arms stretched squeezing ears

Armswing

1. Correct posture
2. Smooth continuous movement with straight arms from ears
3. Move arms backwards down past the hips
4. Continuing back up to ears

Pike Shape

1. Body bending only at waist
2. Legs straight, toes pointed
3. Arms at ears, fingers touching toes
4. Head in between arms, looking over toes

Tuck Shape

1. Legs bent at knees and hips
2. Knees touching chest, ankles touching buttocks
3. Toes pointed
4. Hands holding legs just above ankles
5. Squeeze body into small ball

Entry Position

1. Body straight and stretched
2. Hands grabbed, arms squeezing ears
3. Back as flat as possible
4. Toes pointed

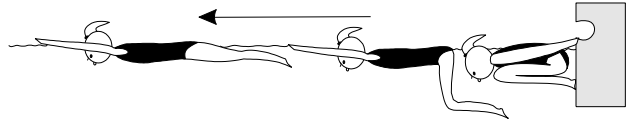
* **SAFETY NOTE** – Diving should be as painless and safe as possible. Any movement marked with an asterix maybe potentially dangerous at that level. Please ensure that teachers are in close proximity to the diver when these movements are being performed. Teachers should be ready to physically intervene and prevent a diver from coming too close to the side.

Prelim Diver

This award helps bridge the gap between swimming and diving lessons. Through a series of simple movements which can be performed in water 0.9 metres in depth. Children Will acquire confidence and the necessary skills to progress to the diving grades.

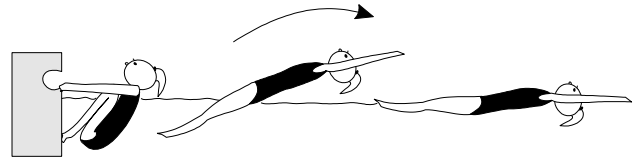
Forward Push and Glide

1. Strong push from side
2. Good body tension
3. Arms stretched, hands grabbed
4. Face in water
5. Eyes open



Back Push and Glide

1. Strong push from side
2. Straight arms swung over the head
3. Hands grabbed body stretched
4. Eyes open



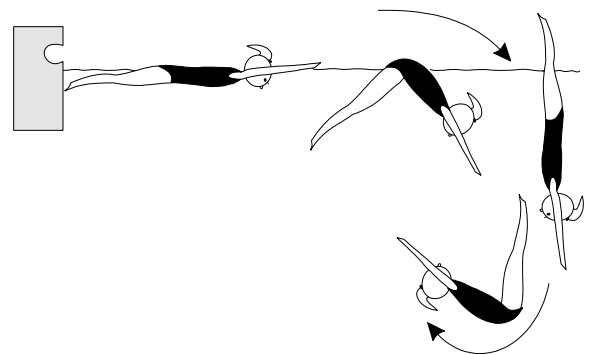
Tuck Float

1. Hold tuck shape in water
2. Face in water
3. Hold position for 5 seconds



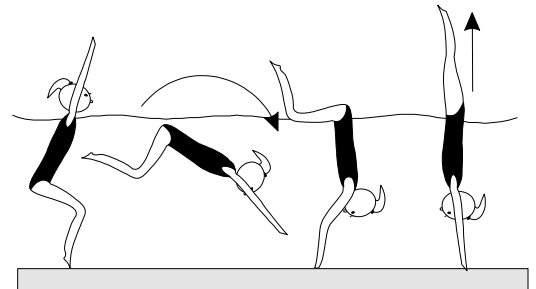
Duck Dive

1. Start as for forward push and glide
2. As legs extend bend at waist
3. Submerge trunk and head under water
4. Hands reach down to bottom of pool
5. Follow with a roll under water



Push to Handstand

1. Stand on bottom of pool knees bent
2. Push with legs hips up
3. Hands on bottom of pool elbows locked
4. Lean forward to take body weight over hands
5. Hold body as still as possible



Tuck Float to Stretch

1. Show tuck position
2. Straighten body hands grabbed
3. Good body tension
4. Face in water, eyes open

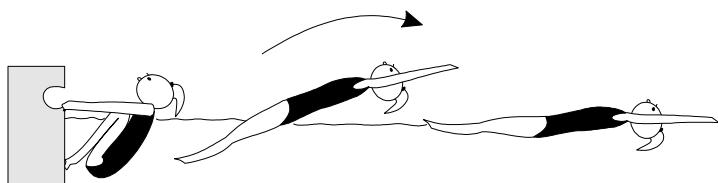
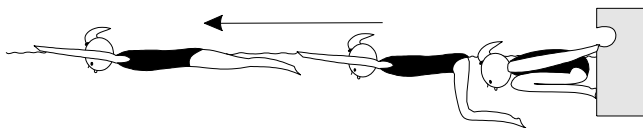


These next 6 awards help you teach individuals basic jumps off the side through to an early competition level of diving.

Grade 1

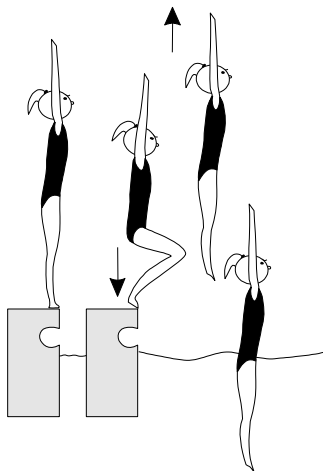
Forward Push and Glide

1. Strong push from side
2. Good body tension
3. Arms stretched, hands grabbed
4. Face in water
5. Eyes open



Back Push and Glide

1. Strong push from side
2. Straight arms swung over the head
3. Hands grabbed body stretched
4. Eyes open

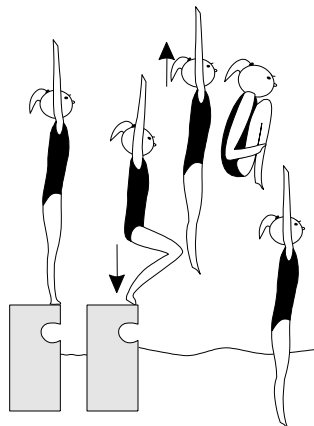


Forward Jump Straight (100A)

1. Correct posture, flat back
2. Hands Grabbed throughout
3. Strong jump
4. Good body tension

Forward Jump with Tuck (100C)

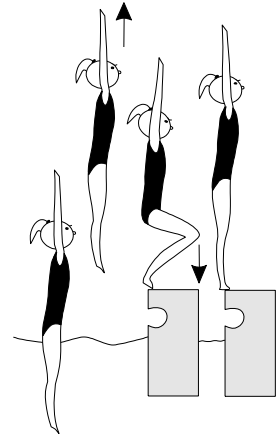
1. Correct posture
2. Strong Jump
3. Correct tuck position
4. Arms circle wide from tuck
5. Hands grabbed on entry



Grade 1 (continued)

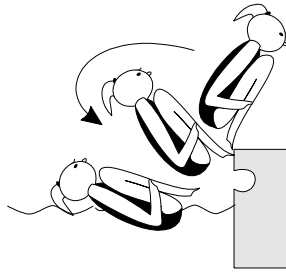
Back Jump Straight (200A) *

1. Correct posture
2. Strong jump under control
3. Good body tension
4. Hands grabbed on entry



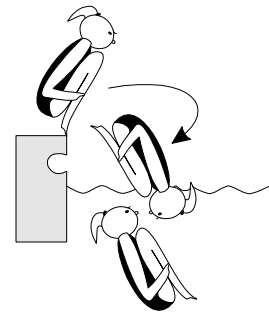
Back tuck roll

1. Crouch in a tuck position
2. Eyes forward, chin on knees
3. Roll backwards
4. Maintain position throughout



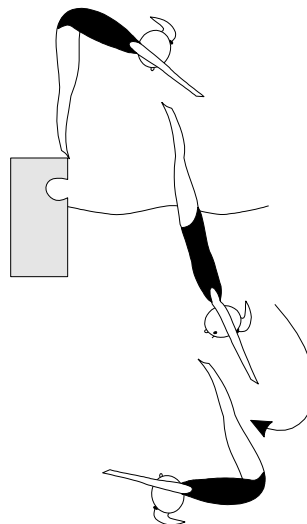
Forward tuck roll

1. Crouch in a tuck position
2. Toes on edge of pool
3. Chin on knees
4. Roll forwards
5. Maintain position



Forward line up

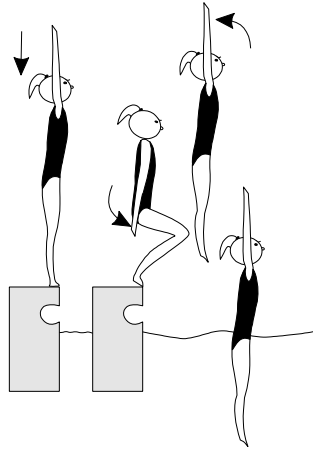
1. At least 90 degree bend at waist
2. Back kept flat
3. Hands grabbed
4. Fall with no push
5. Stretched entry with hands grabbed



Grade 2

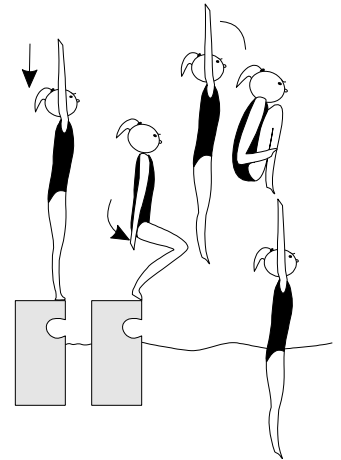
Forward Jump Straight with Armswing

1. Correct posture
2. Armswing
3. Strong jump
4. Good body tension
5. Hands grabbed on entry



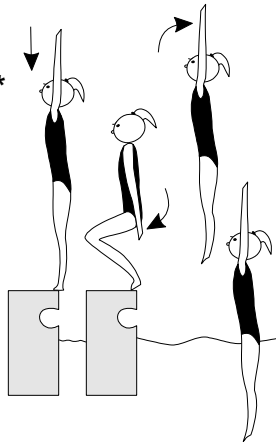
Forward Jump Tucked with Armswing

1. Correct posture
2. Armswing
3. Strong jump
4. Arms to ears before making tuck shape
5. Arms circle from tuck to hands grabbed



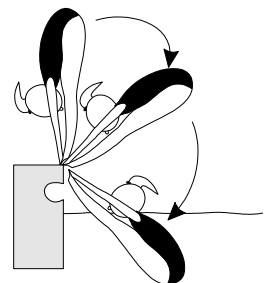
Back Jump Straight with Armswing *

1. Correct posture
2. Armswing
3. Shoulders still
4. Strong jump
5. Hands grabbed on entry



Back Pike Fall

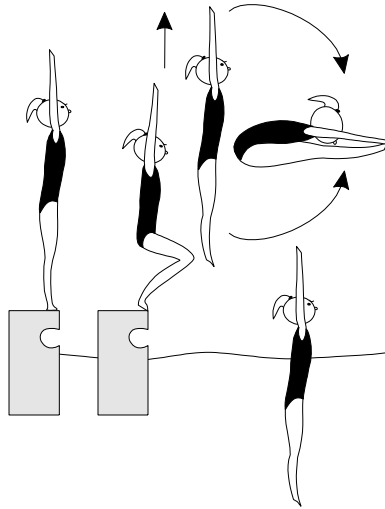
1. Balance on side of the pool with half the foot off
2. Adopt a pike position with fingers over toes
3. Fall back
4. Hold position until entry
5. Eyes focus on toes and arms by ears



Grade 2 (continued)

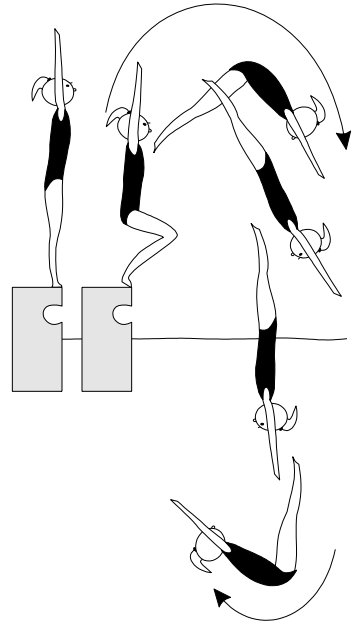
Forward Jump Piked (100B)

1. Correct posture
2. Strong jump
3. Stretch over toes into pike position
4. Arms circle wide from pike
5. Hands grabbed for entry



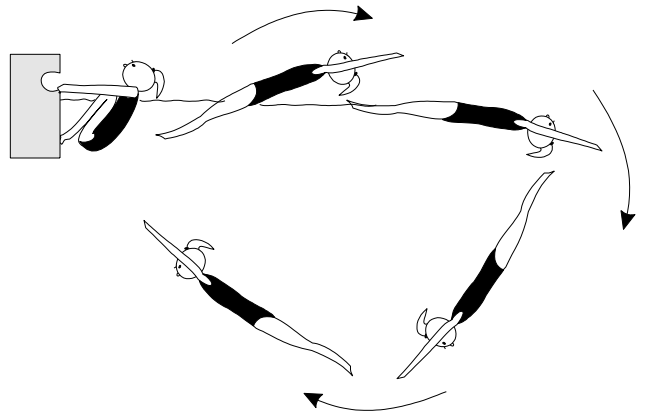
Push Dive – Hands Grabbed

1. Correct posture with hands grabbed
2. Maintain flat back as legs push
3. Strong hip drive
4. Good body tension to control flight
5. Stretched entry



Back Circle

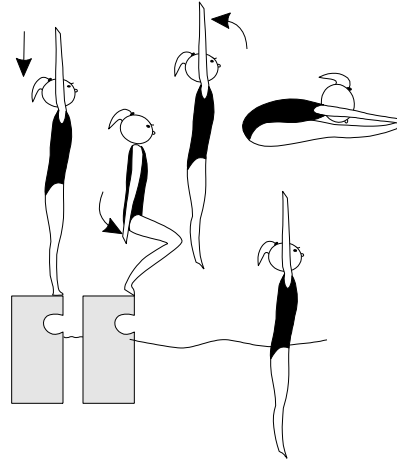
1. Strong push up and back
2. Swing straight arms back over head
3. Stretch legs from side
4. Look back
5. Hands grabbed, deep circle



Grade 3

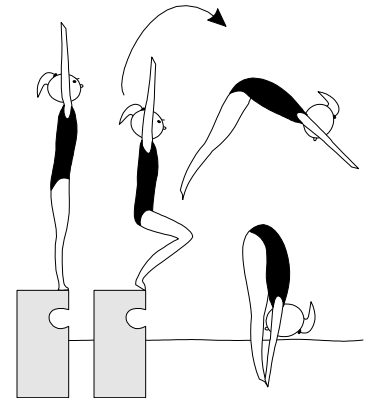
Forward Jump Piked with Armswing

1. Correct posture
2. Armswing
3. Strong jump
4. Arms to ears before making pike shape
5. Hands grabbed on entry



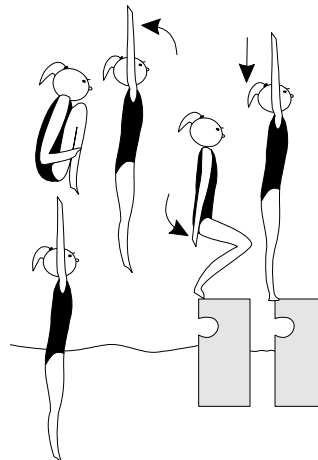
Forward Pike Wedge

1. Correct posture
2. Strong jump and hip drive
3. Ensure that pike action takes place after feet leave the poolside
4. Arms stay by ears and back flat
5. Enter water in pike shape



Back Jump Tucked with Armswing *

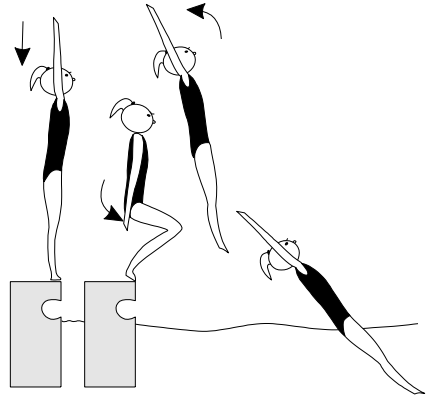
1. Correct posture
2. Armswing
3. Strong jump
4. Arms to ears before making tuck shape
5. Hands grabbed on entry



Grade 3 (continued)

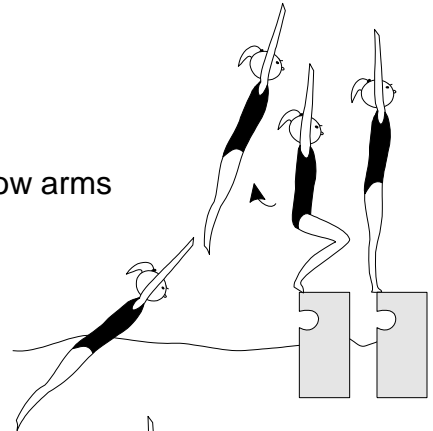
Reverse Jump with Armswing *

1. Facing forwards, correct posture
2. Armswing
3. Arms reached behind ears with stomach tight
4. Strong jump, slightly forward
5. Rotate backwards 45 degrees
6. Stretched entry at 45 degrees



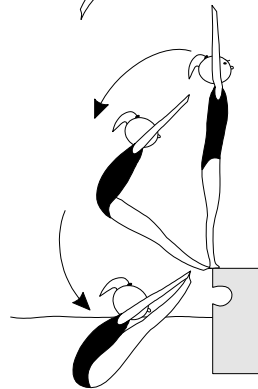
Inward Jump *

1. Facing backwards, correct posture
2. Strong jump, slightly backwards with narrow arms
3. Hips up and back
4. Rotate forwards 45 degrees
5. Stretched entry at 45 degrees



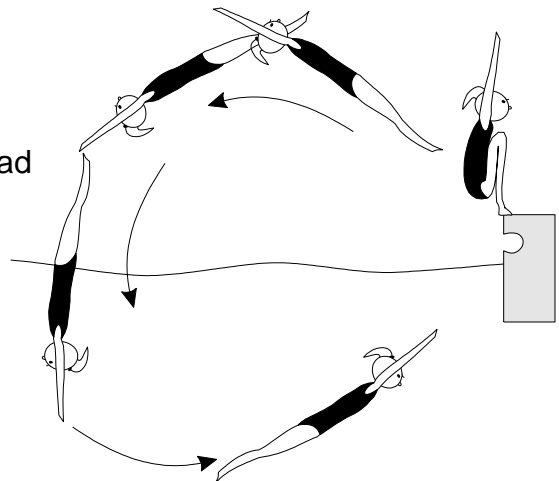
Extended Back Pike Fall

1. Correct posture
2. Lift up on toes and fall back
3. Keep arms by ears, eyes focused over toes
4. Assume pike shape with flat back
5. Entry on buttocks with feet pointing to side



Crouching Back Dive *

1. Crouch position hands grabbed above head
2. Over balance, strong push with legs
3. Reach arms back, stretch body
4. Look back to spot entry point
5. Follow the line, circle deep



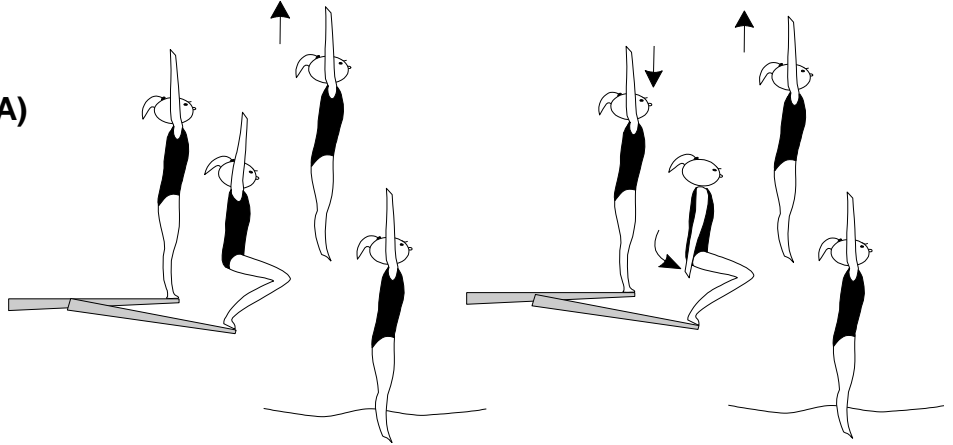
Grade 4

All jumps must be performed from the 1 metre board.

Fulcrum Settings – No Armswing No. 1-3
With Armswing No. 3+
Hurdle Step No. 5+

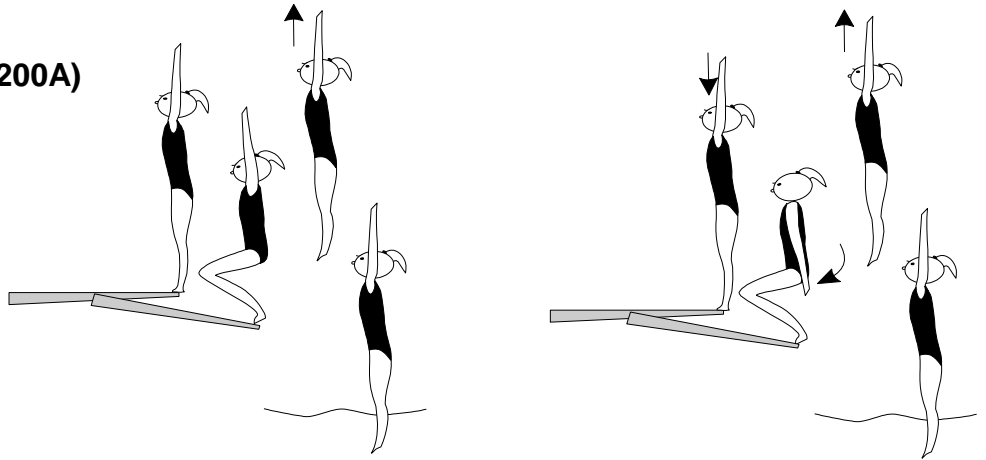
Forward Jump Straight (100A)

1. Without Armswing
2. With Armswing



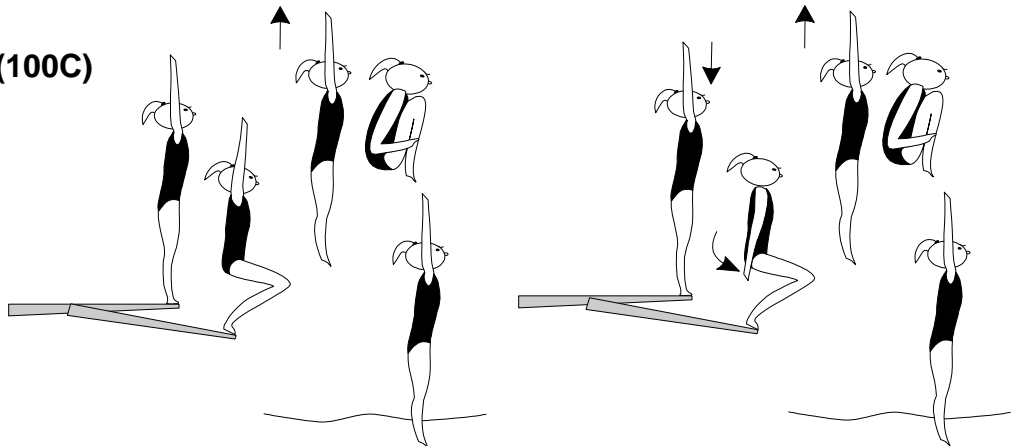
Back Jump Straight (200A)

1. Without Armswing
2. With Armswing



Forward Jump Tucked (100C)

1. Without Armswing
2. With Armswing



Grade 4 – (continued)

All Movements must be performed from the 1 metre board.

Fulcrum Settings – No Armswing

No. 1-3

With Armswing

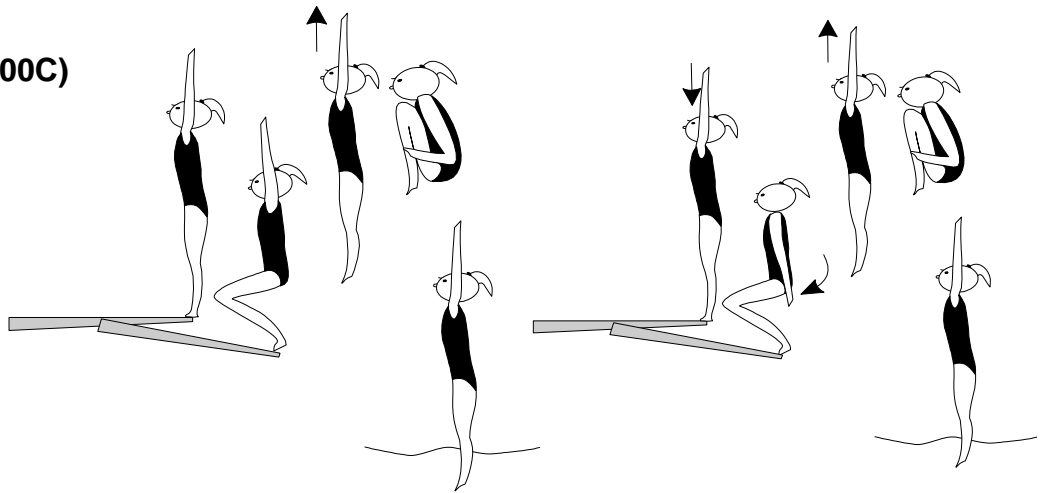
No. 3+

Hurdle Step

No. 6+

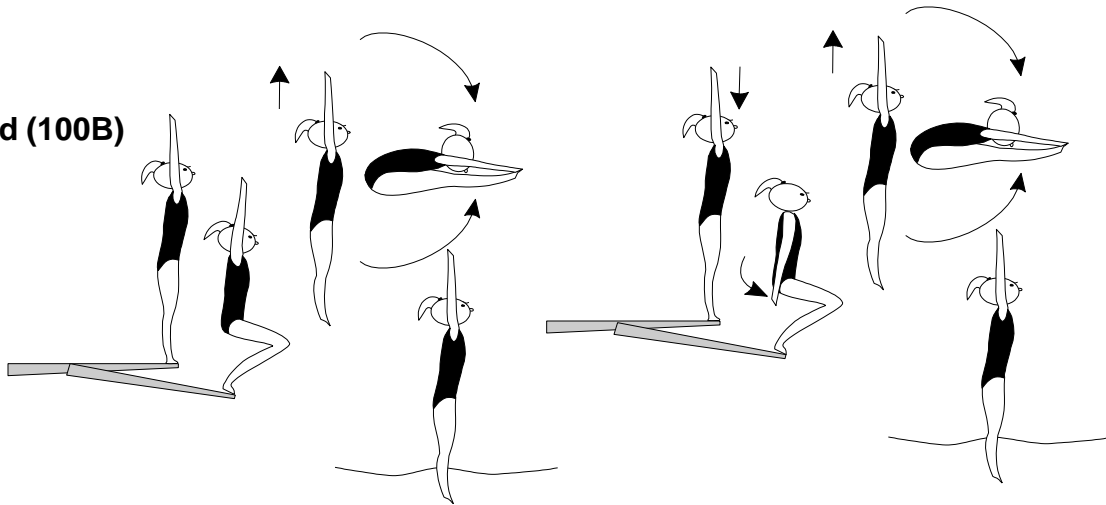
Back Jump Tucked (200C)

1. Without Armswing
2. With Armswing



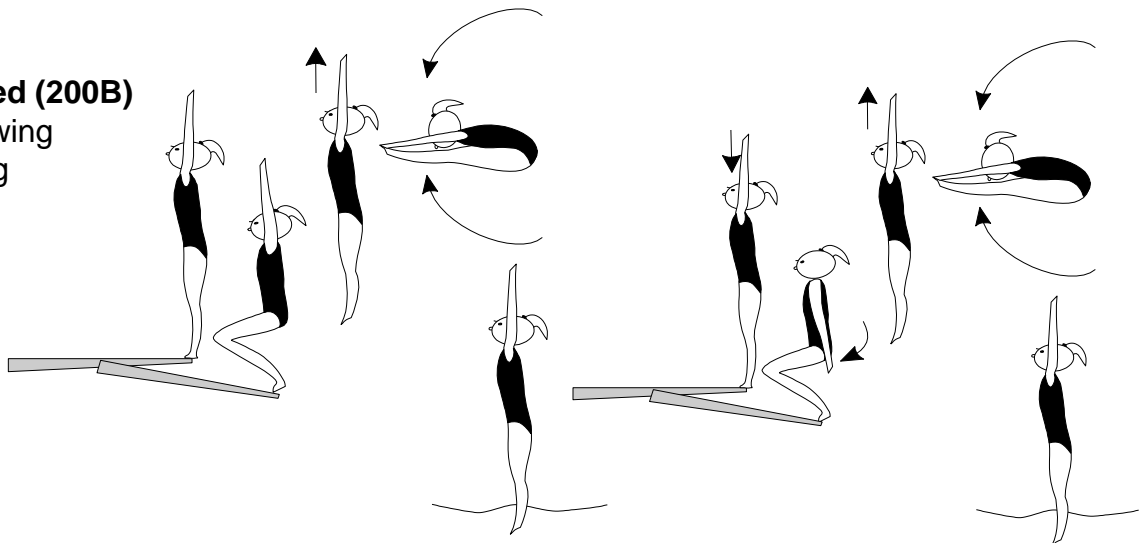
Forward Jump Piked (100B)

1. Without Armswing
2. With Armswing



Back Jump Piked (200B)

1. Without Armswing
2. With Armswing



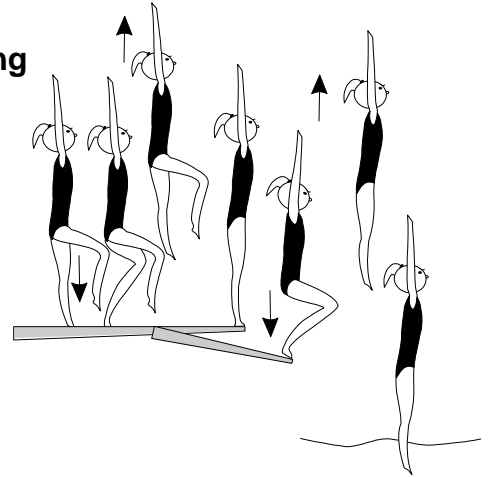
Grade 4 – (continued)

All Movements must be performed from the 1 metre board.

Fulcrum Settings – No Armswing	No. 1-3
With Armswing	No. 3+
Hurdle Step	No. 6+

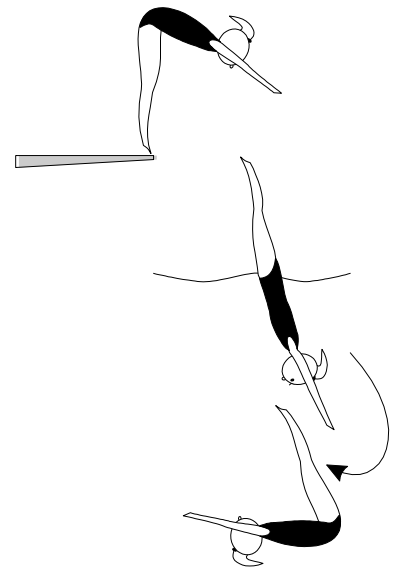
Hurdle Step Jump from Hurdle Step Position no Armswing

1. Start position two feet lengths away from the end of the board
2. Arms above head
3. Knee lifted just under 90 degrees (see diagram)
4. Big toe pointing to big toe
4. Push up off straight leg
5. Land with two feet together on the end of board
6. Continue the jump into water



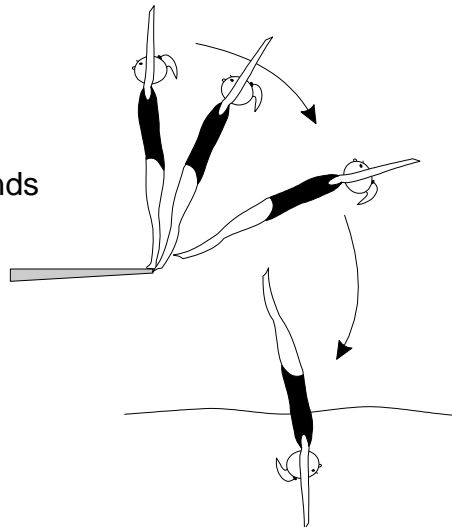
Forward line up (010B)

1. At least 90 degree bend at waist
2. Back kept flat
3. Hands grabbed
4. Fall with no push
5. Stretched forward for entry with hands grabbed



Back Fall (020A)

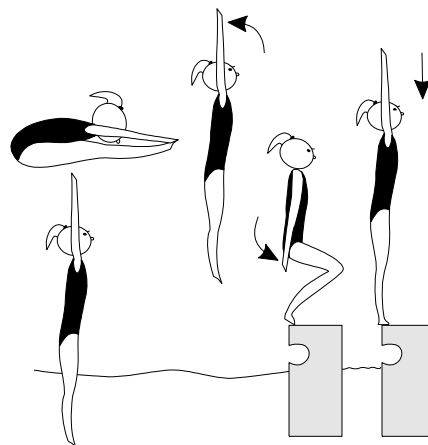
1. Correct posture, feet half off the board
2. Hands grabbed above head looking at hands
3. Lift up on toes and fall backwards
4. Look back and reach hands to water
5. Stretched entry



Grade 5

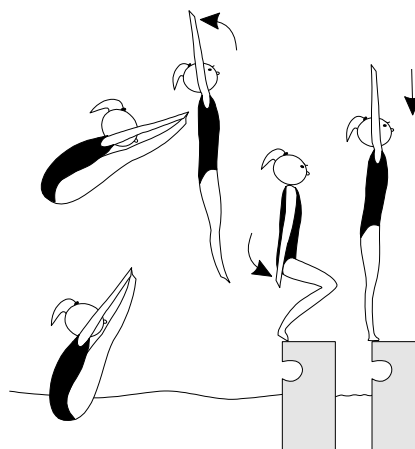
Back Jump Piked with Armswing *

1. Correct Posture
2. Armswing
3. Arms narrow and extended over head
4. Make pike shape looking over toes
5. Arms circle wide from pike
- 6 Stretched entry with hands grabbed



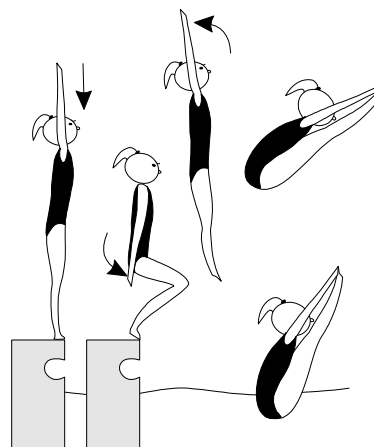
Back Pike Sit

1. Facing backwards, correct posture
2. Armswing
3. Narrow arms extended to ears
4. Stretch over toes into pike shape
5. Entry on buttocks, see diagram



Reverse Pike Sit *

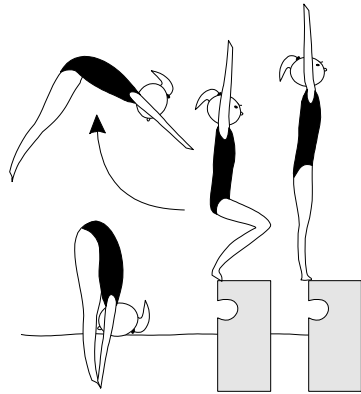
1. Facing forwards, correct posture
2. Armswing
3. Strong jump and slightly forwards
4. Narrow arms extended to ears
5. Stretch over toes into pike shape
6. Entry on buttocks, see diagram



Grade 5 - (continued)

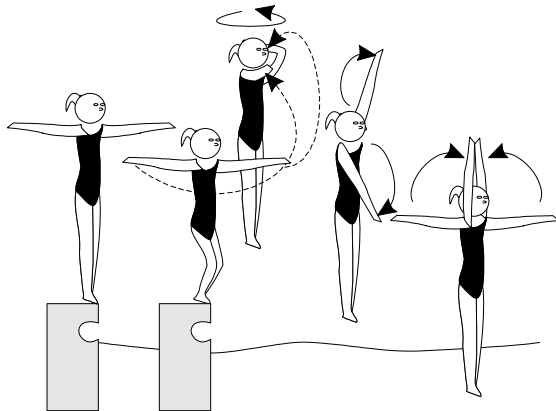
Inward Pike Wedge *

1. Correct Posture
2. Strong jump and hip drive slightly back
3. Narrow arms stretching over toes into pike shape
4. Entry into water still in pike shape
5. Emphasis on spotting for safety



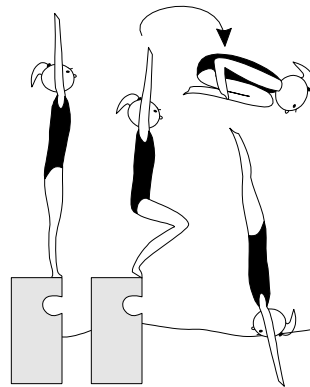
Forward Jump 1 Twist

1. Arms in T position palms facing forward
2. Strong Jump
3. 1 arm back behind head
4. Other across chest under chin
5. The arm that is behind your head will be the shoulder that leads the twist
6. Complete 1 twist
7. Both arms make circling action above the head finishing in a T position to stop the twist



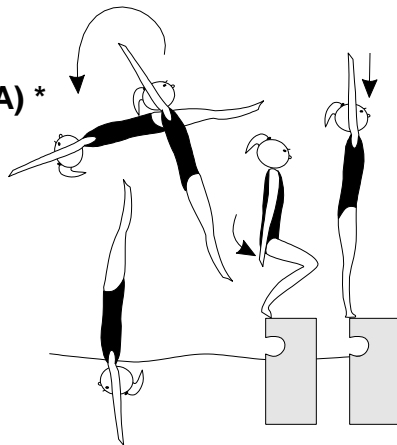
Forward Dive with Tuck (101C)

1. Correct posture
2. Strong jump and hip drive
3. Assume tuck shape before top of dive
4. Snap into straight position hands grabbed



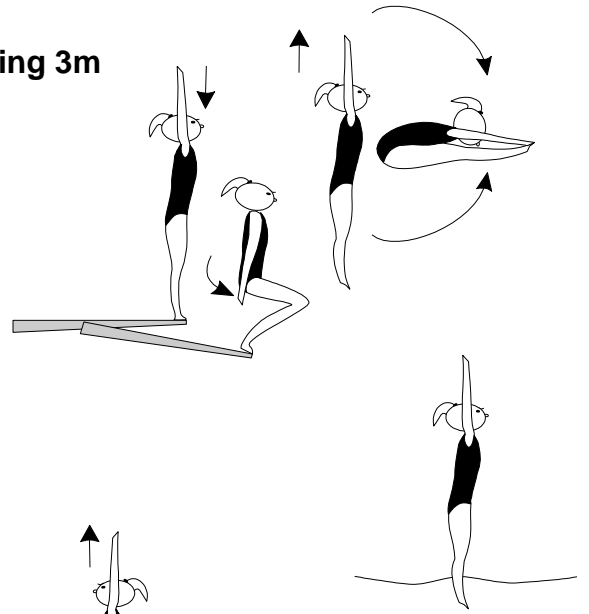
Back Dive Straight with Armswing (201A) *

1. Correct posture
2. Armswing
3. Narrow arms extended behind ears
4. Strong Jump
5. Look for water
6. Stretched entry

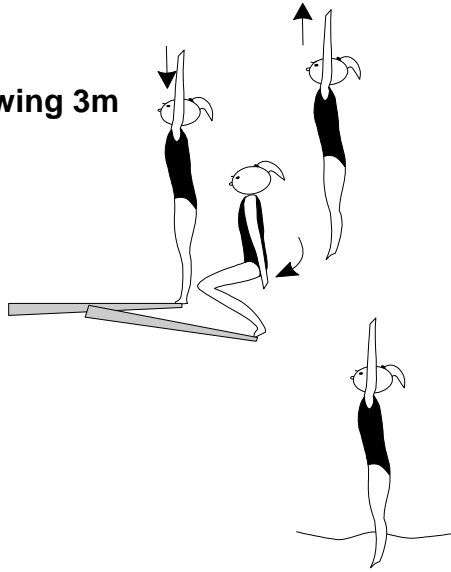


Grade 5 - (continued)

Forward Jump Piked with Armswing 3m

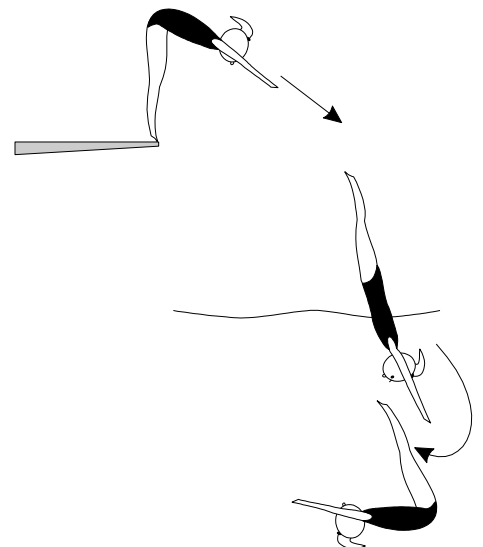


Back Jump Straight with Armswing 3m



Forward Line Up 3m (010B)

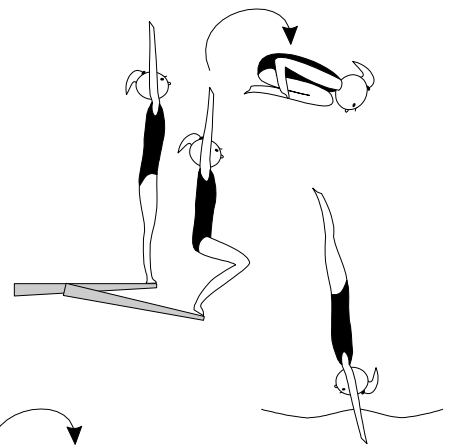
1. Hands grabbed
2. At least 90 degree bend at waist, back flat
3. Fall, do not push
4. Aim hands slightly more forward than 1m
5. Stretched entry with hands grabbed



Grade 6

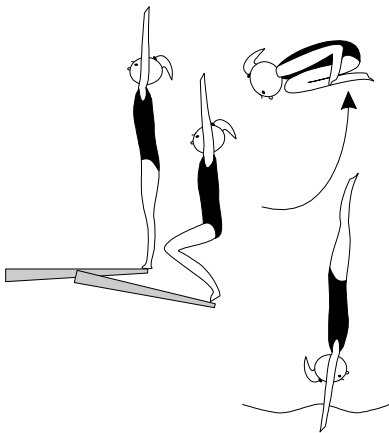
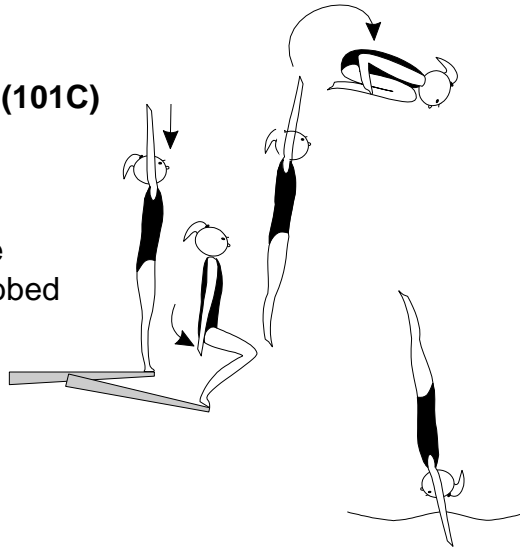
Forward Dive with Tuck (101C)

1. Correct posture
2. Strong jump and hip drive
3. Assume tuck shape before top of dive
4. Snap into straight position hands grabbed



Forward Dive Tucked with Armswing (101C)

1. Correct posture
2. Armswing, arms to ears
2. Strong jump and hip drive
3. Assume tuck shape before top of dive
4. Snap into straight position hands grabbed

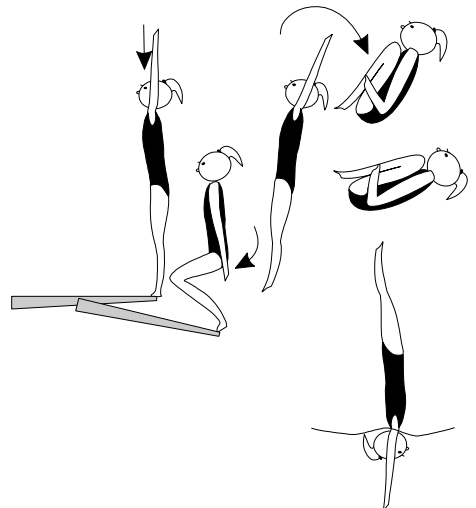


Inward Dive with Tuck (401C)

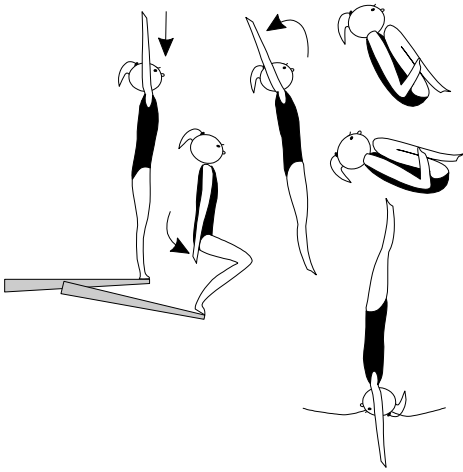
1. Correct Posture, weight slightly over toes
2. Strong jump and hip drive slightly back
3. Narrow arms stretching into tuck shape
4. Assume tuck shape
5. Snap into stretched position

Back Dive with Tuck (201C)

1. Correct posture
2. Armswing, arms to ears
3. Strong jump
4. Assume tuck shape before top of dive
5. 1,2,3,4 out sequence
6. Stretch for entry



Grade 6 - (continued)

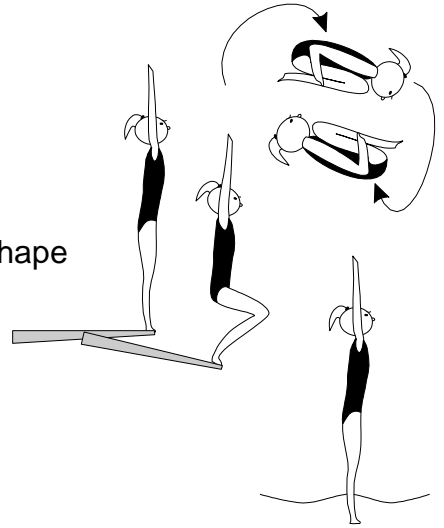


Reverse Dive with Tuck (301C)

1. Correct posture
2. Armswing
3. Narrow arms extended behind ears
4. Strong Jump
5. Assume tuck shape
5. 1,2,3,4 out sequence
6. Stretch for entry

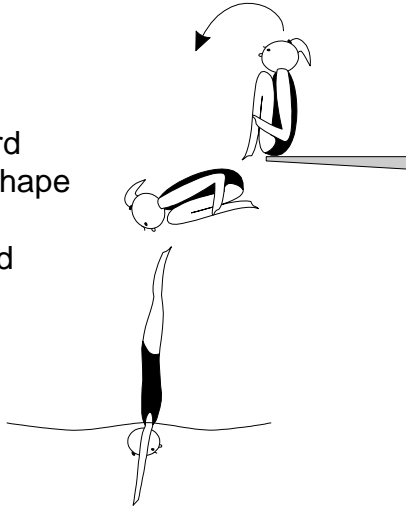
Forward Somersault with Tuck (102C)

1. Correct Posture
2. Strong jump and hip drive
3. Narrow arms stretching up and over into tuck shape
4. Assume tuck shape
5. Complete 1 full rotation
6. Snap out with feet into water



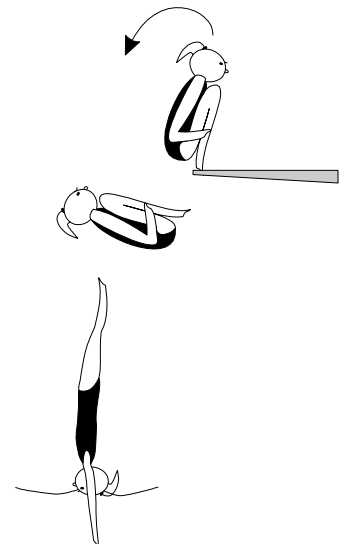
Forward Tuck Roll 3m (010C)

1. Sit with buttocks at end of board
2. Feet pointing at water in tuck shape
3. Overbalance and roll forwards
4. Stretch forward, hands grabbed



Back Tuck Roll 3m (020C)

1. Half the feet over the end of board
2. Crouch and assume tuck shape
3. Overbalance and roll backwards
4. Stretch out looking at toes
5. 1,2,3,4 out sequence
6. Look for water
7. Stretched entry



Diving Teacher Report Form

This form must be completed quarterly by all active teachers and sent to your provincial coordinator,

Name: _____

Date: _____

Facility: _____

Number of grades passed:

Prelim Diver	
Grade 1	
Grade 2	
Grade 3	
Grade 4	
Grade 5	
Grade 6	