

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

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

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

Entry Position

1. Body straight and stretched

2. Hands grabbed, arms squeezing ears
3. Back as flat as possible
4. Toes pointed

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

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

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

* **SAFETY NOTE** – Diving should be as painless and safe as possible. Any movement marked with an asterisk 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 – The Penguin

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 – The Seal

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

The Seal (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 – The Porpoise

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

The Porpoise (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 – The Dolphin

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

The Dolphin (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 - The Swordfish

**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

The Swordfish – (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

The Swordfish – (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 - The Barracuda

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

The Barracuda (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

The Barracuda (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 - The Shark

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

The Shark (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

Assessment Sheet

Scoring – Each movement MUST score 5+ to pass

Fail (F) Bronze (B) Silver (S) Gold (G)

< 5 Average 5+ Average 6.5+ Average 8+ Average

Grade Total Standard

Name Date Movement

F - B - S - G