

11-DIVE CHECK LIST

5 VOLUNTARY DIVES

- 1 dive of diver's choice from **each** of the 5 diving groups: Forward, Back, Reverse, Inward & Twisting
- DD's (Degree of Difficulty) when added must total 9.0 **or less**
- All voluntary dive #'s must be circled

6 OPTIONAL DIVES

- 6 different dives with all 5 groups represented (Forward, Back, Reverse, Inward, & Twisting), and one of the groups will be represented twice
- DD's (Degree of Difficulty) when added must total a **minimum** of 11.5 for girls and 12.0 for boys

GENERAL

- All of the above dives must be totally different dives. That is, the dive numbers (101,403) must all be different.
- All 5 groups, (Forward, Back, Reverse, Inward, & Twisting), must be represented in the first 8 rounds of diving. This will be a combination of voluntary and optional dives.

GHSА OFFICIAL 11-DIVE SCORE SHEET

Dives 1-5 Preliminaries

- 2 voluntary and 3 optional dives, in any order
- Circle the 2 voluntary dive numbers.
- The 3 optional dives must be from 3 different dive groups (Forward, Back, Reverse, Inward or Twisting).

Dives 6-8 Semifinals

- 2 voluntary and 1 optional dive, in any order
- Circle the 2 voluntary dive numbers.
- The optional dive must come from a diving group that has **not** been performed in the preliminary optional dives.

For example: If an optional dive from the Forward group has been performed in the Preliminaries then no optional dive from the Forward group may be performed in the Semifinals. **DO NOT REPEAT ANY OPTIONAL DIVE GROUP THAT HAS BEEN PERFORMED IN THE PRELIMINARIES!**

Dives 9-11 Finals

- 1 voluntary and 2 optional dives, in any order
- Circle the voluntary dive number.
- 1 of the optional dives will be from a dive group that has already been used. The Finals are the ONLY round in which the optional group may be repeated.

All diving score sheets MUST be signed by the diver and the GHSA coach PRIOR to submission for competition.

The phone numbers(s) and/or e-mail address of the GHSA coach must be listed in the appropriate place on the score sheet.

FINAL CHECK:

1. Are all 5 voluntary dive numbers circled under “Dive Order”?
2. Do the 5 voluntary DD’s add up to 9.0 or less?
3. Are the 5 voluntary dives from all 5 different dive groups?
4. Are the 6 optional dives from all 5 diving groups, with 1 group being repeated in the Finals?
5. Are the DD’s of the optional dives, when added together, equal to 11.5 or higher (girls) or 12.0 or higher (boys)?
6. Are all 5 different diving groups (Forward, Back, Reverse, Inward and Twisting) represented in the first 8 dives?
7. Are all of the optional dives in the first 8 rounds from different dive groups?
8. Are all 11 dive numbers different?
9. Is the dive description accurate?
10. Does the Degree of Difficulty (DD) match the dive # and position (A, B, C,D)?
For example, dive 103 B should have a DD of 1.7. Use the degree of difficulty table found in the National Federation Rule Book.
11. Is the diving form submitted the OFFICIAL GHSA 11-DIVE SCORESHEET?
12. Are all signatures, phone numbers, e-mail addresses in place and legible?
13. Has the student information at the top of the form been properly completed legibly?
14. If the sheet is being sent in for “proof of performance” has the 300 point minimum for State qualifying been met?
15. Has the Diving Referee from the qualifying meet signed the scoresheet?
16. Go back and read over # 1-15 and the check list if you have any questions!