
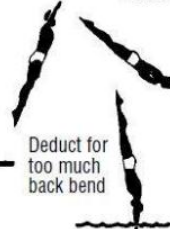



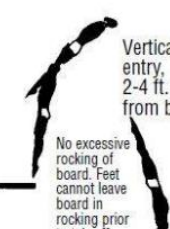

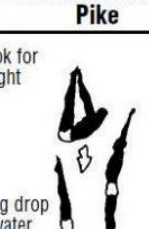
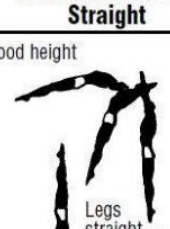



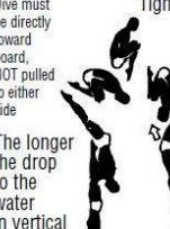






DIVE SILHOUETTES		
<p>The higher, the better</p>  <p><b>101. Forward Dive Pike</b></p>	<p>Good arm position</p>  <p>Deduct for too much back bend</p> <p><b>101. Forward Dive Straight</b></p>	<p>Tight tuck</p> <p>Fast spin</p>  <p>Long drop to water in final position</p> <p>Vertical entry</p> <p><b>103.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

DIVE SILHOUETTES		
<p>Tight tuck</p>  <p>Dive must be directly in front of the board, NOT pulled to either side</p> <p><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><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><b>401. Inward Dive Straight</b></p>
<p>Dive must be directly toward board, NOT pulled to either side</p>  <p>The longer the drop to the water in vertical position the better</p> <p><b>403. Inward 1 1/2 SS Tuck</b></p>	<p>Tight tuck</p>  <p>Smooth, easy motion — not jerky</p> <p><b>5111. Forward Dive, 1/2 Twist Straight</b></p>	 <p>Deduct for entry "coming around the corner"</p> <p><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><b>5211. Back dive, 1/2 Twist Straight</b></p>		 <p>Vertical entry</p> <p><b>5233. Back dive 1 1/2 SS 1 1/2 Twist, Free</b></p>