

## Springboard Diving

Instructor required.

- **1.** Have the Advanced Beginners Swimming Honor.
- **2.** Demonstrate properly the following dives:\*
  - a. Swan
  - **b.** Front somersault (tuck)
  - **c.** Half twist
- **3.** Demonstrate properly two of the following dives:\*
  - **a.** Half twist
  - **b.** Cutaway
  - c. Somersault front one and one-half
  - d. Back dive
  - e. Back jackknife
  - f. Half gainer (tuck, pike, or layout)
- **4.** State the safety depths of water under:

One-meter board

Three-meter board

Tower \_\_\_\_\_

How far should the board project over the pool?

What boards are recommended?

- **Note:** \* Basis of Judging: Attention position for running dives; attention position on end of board for standing dives based on the following:
  - a. Approach
  - **b.** Spring
  - **c.** Way body is carried through the air (layout, tuck, or pike)
  - **d.** Entry into water

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Springboard Diving, Chart #1