

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