

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

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

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

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

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

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

Entry Position

1. Body straight and stretched
2. Hands grabbed, arms squeezing ears
3. Back as flat as possible
4. Toes pointed

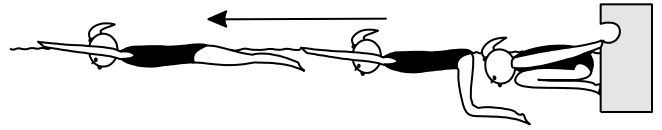
* **SAFETY NOTE** – Diving should be as painless and safe as possible. Any movement marked with an asterix maybe potentially dangerous at that level. Please ensure that teachers are in close proximity to the diver when these movements are being performed. Teachers should be ready to physically intervene and prevent a diver from coming too close to the side.

These next 4 Grades help you teach individuals basic jumps off the side through to an early competition level of diving.

Grade 1

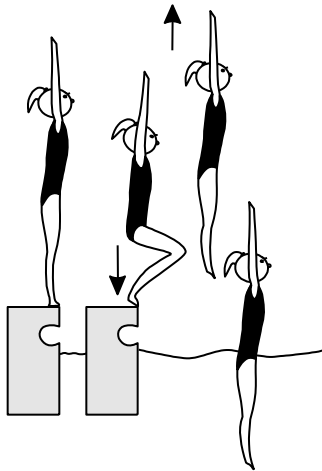
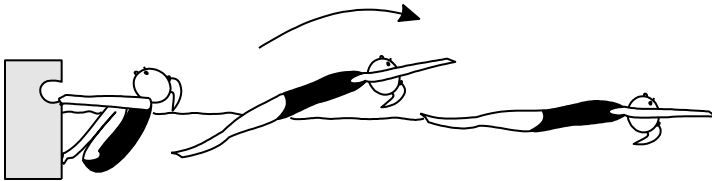
Forward Push and Glide

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

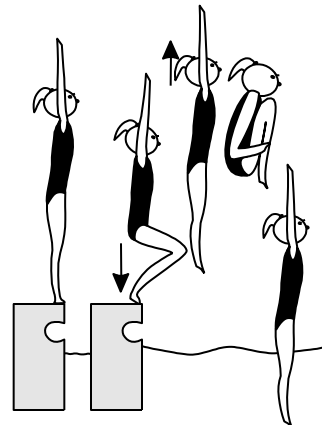


Forward Jump Straight (100A)

1. Correct posture, flat back
2. Hands Grabbed throughout
3. Strong jump
4. Good body tension

Forward Jump with Tuck (100C)

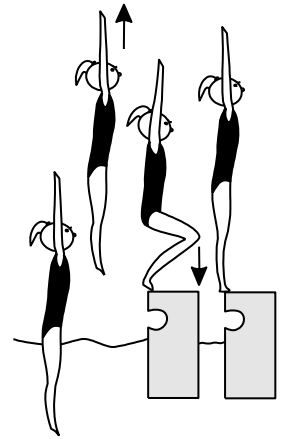
1. Correct posture
2. Strong Jump
3. Correct tuck position
4. Arms circle wide from tuck
5. Hands grabbed on entry



Grade 1 (continued)

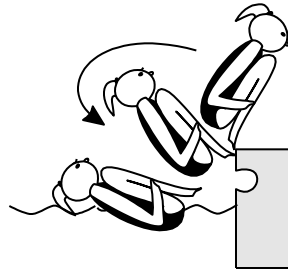
Back Jump Straight (200A) *

1. Correct posture
2. Strong jump under control
3. Good body tension
4. Hands grabbed on entry



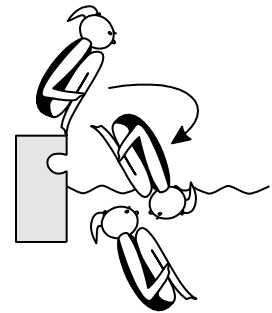
Back tuck roll

1. Crouch in a tuck position
2. Eyes forward, chin on knees
3. Roll backwards
4. Maintain position throughout



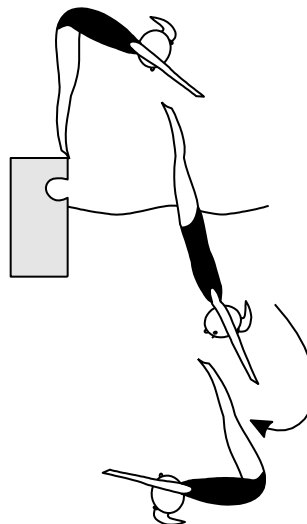
Forward tuck roll

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

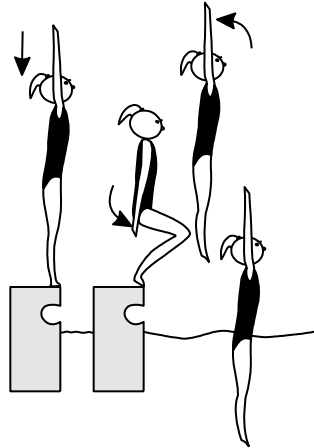
1. At least 90 degree bend at waist
2. Back kept flat
3. Hands grabbed
4. Fall with no push
5. Stretched entry with hands grabbed



Grade 2

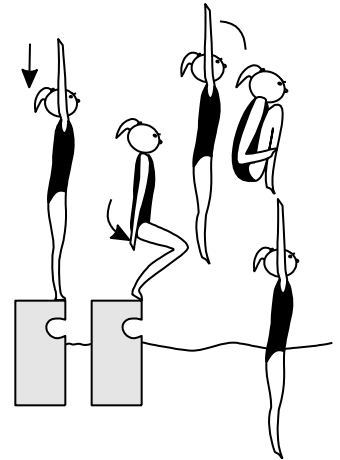
Forward Jump Straight with Armswing

1. Correct posture
2. Armswing
3. Strong jump
4. Good body tension
5. Hands grabbed on entry



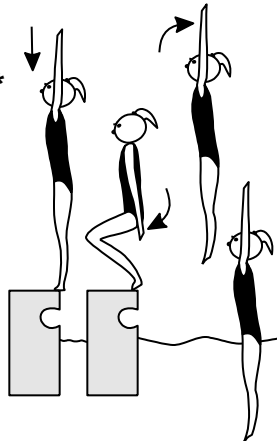
Forward Jump Tucked with Armswing

1. Correct posture
2. Armswing
3. Strong jump
4. Arms to ears before making tuck shape
5. Arms circle from tuck to hands grabbed



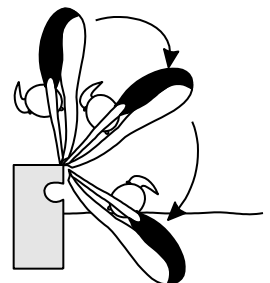
Back Jump Straight with Armswing *

1. Correct posture
2. Armswing
3. Shoulders still
4. Strong jump
5. Hands grabbed on entry



Back Pike Fall

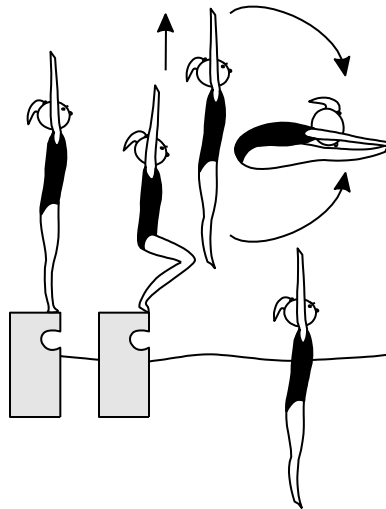
1. Balance on side of the pool with half the foot off
2. Adopt a pike position with fingers over toes
3. Fall back
4. Hold position until entry
5. Eyes focus on toes and arms by ears



Grade 2 (continued)

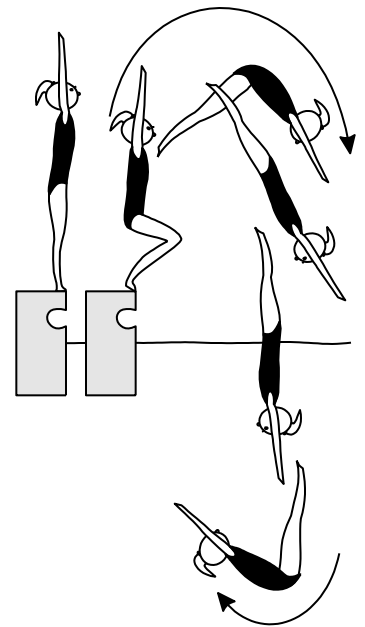
Forward Jump Piked (100B)

1. Correct posture
2. Strong jump
3. Stretch over toes into pike position
4. Arms circle wide from pike
5. Hands grabbed for entry



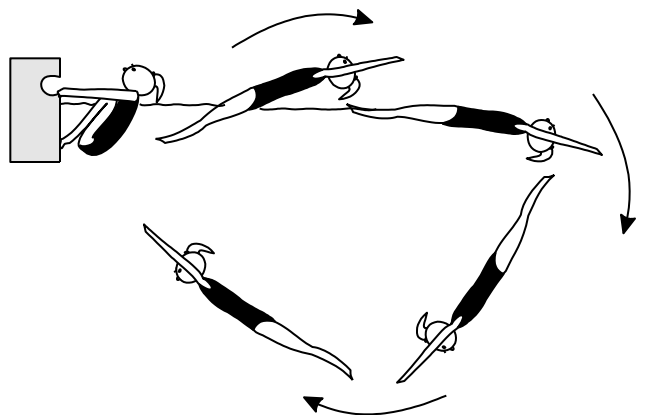
Push Dive – Hands Grabbed

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

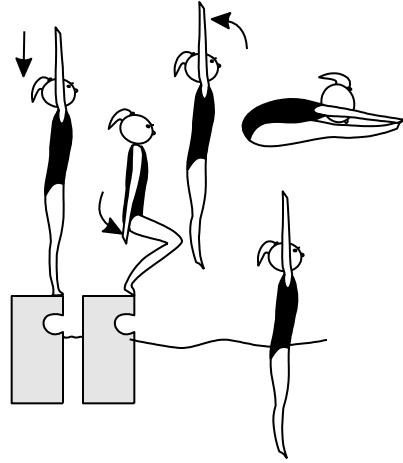
1. Strong push up and back
2. Swing straight arms back over head
3. Stretch legs from side
4. Look back
5. Hands grabbed, deep circle



Grade 3

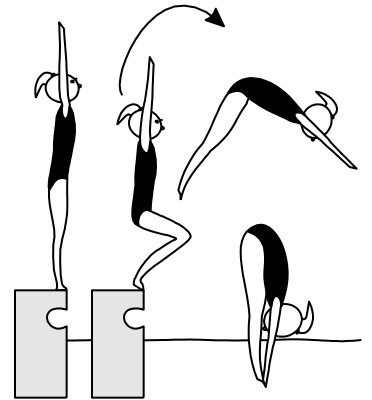
Forward Jump Piked with Armswing

1. Correct posture
2. Armswing
3. Strong jump
4. Arms to ears before making pike shape
5. Hands grabbed on entry



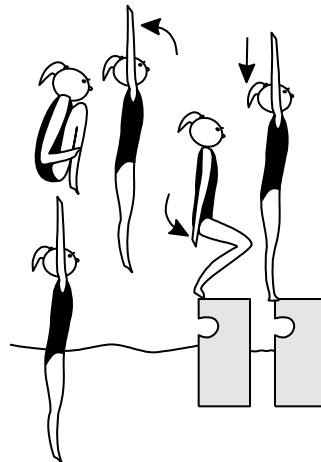
Forward Pike Wedge

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 *

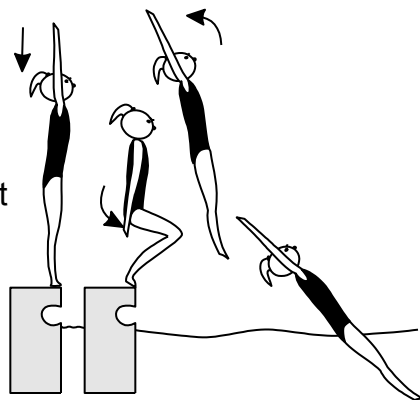
1. Correct posture
2. Armswing
3. Strong jump
4. Arms to ears before making tuck shape
5. Hands grabbed on entry



Grade 3 (continued)

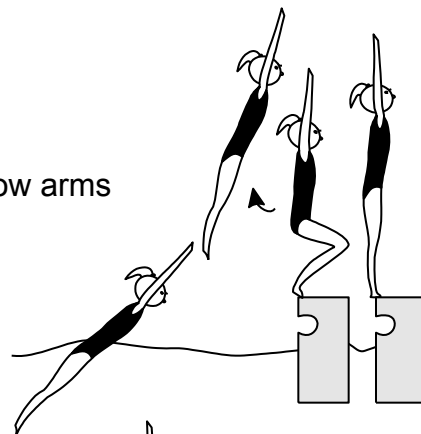
Reverse Jump with Armswing *

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



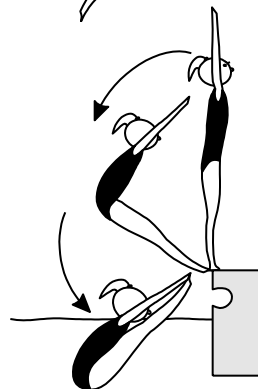
Inward Jump *

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



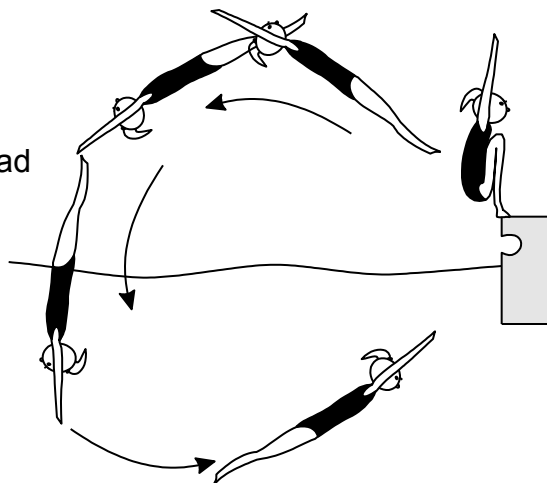
Extended Back Pike Fall

1. Correct posture
2. Lift up on toes and fall back
3. Keep arms by ears, eyes focused over toes
4. Assume pike pike shape with flat back
5. Entry on buttocks with feet pointing to side



Crouching Back Dive *

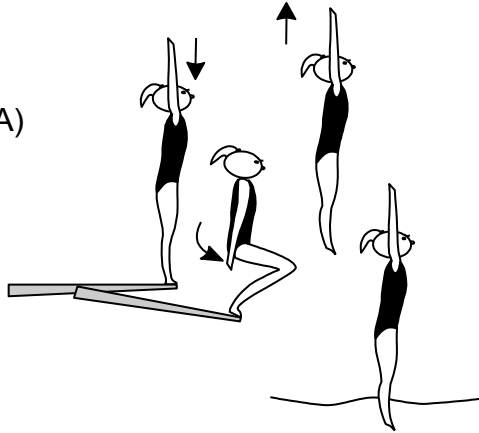
1. Crouch position hands grabbed above head
2. Over balance, strong push with legs
3. Reach arms back, stretch body
4. Look back to spot entry point
5. Follow the line, circle deep



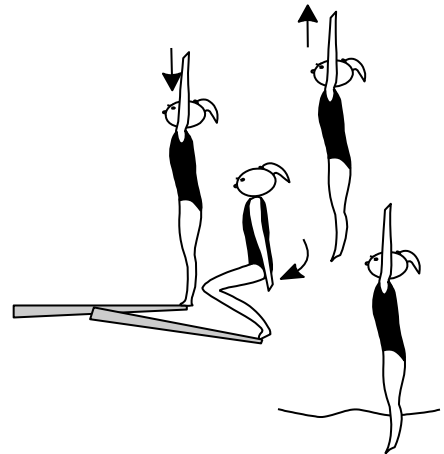
Grade 4

All jumps must be performed from the 1 metre board.

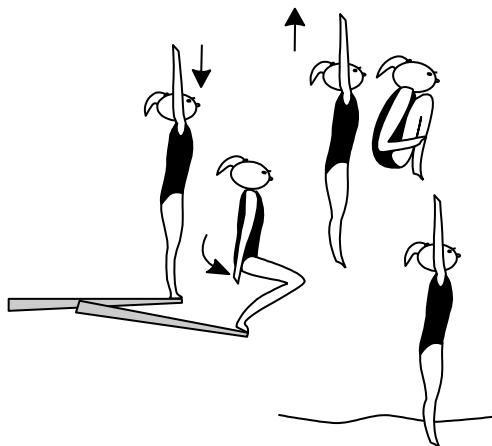
Forward Jump Straight (100A)
With Armswing



Back Jump Straight (200A)
With Armswing



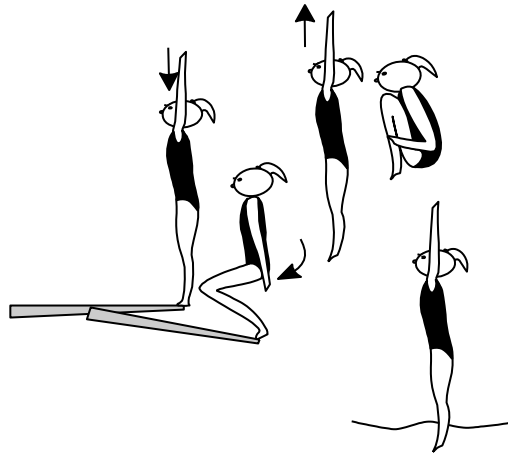
Forward Jump Tucked (100C)
With Armswing



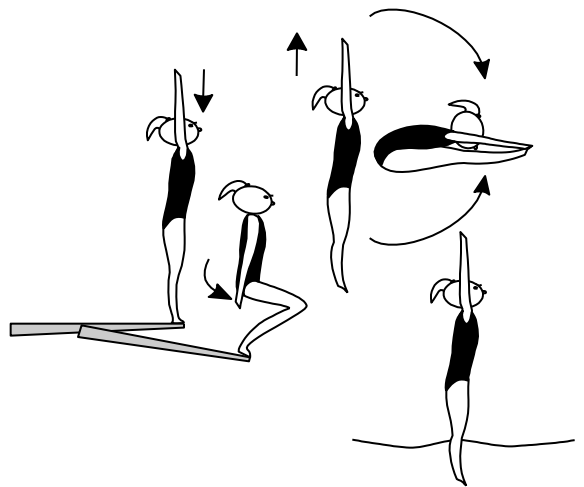
Grade 4 (continued)

All Movements must be performed from the 1 metre board.

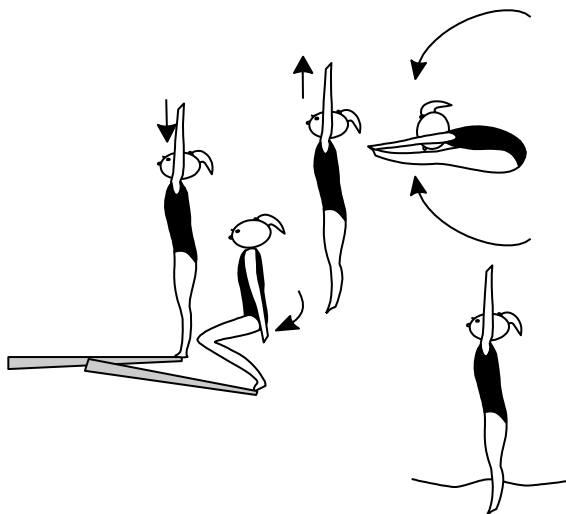
Back Jump Tucked (200C)
With Armswing



Forward Jump Piked (100B)
With Armswing



Back Jump Piked (200B)
With Armswing

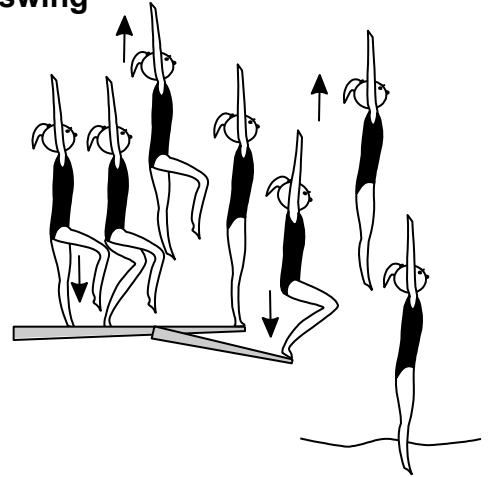


Grade 4 – (continued)

All Movements must be performed from the 1 metre board.

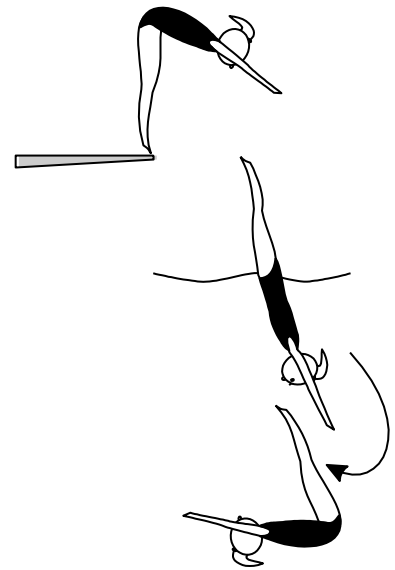
Hurdle Step Jump from Hurdle Step Position no Armswing

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) 3m

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) 1m

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

