

# Springboard Diving

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Instructor Required

Prerequisite: Have the Beginners Swimming, Advanced Honor.

1. Demonstrate properly the following dives:\*
  - a. Swan
  - b. Front somersault (tuck)
  - c. Half twist
2. 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)
3. State the safety depths of water under a one-meter board, a three-meter board, and a 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

In the test, each candidate will announce the dive type and be judged accordingly.

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## Skill Level 2

Original Honor 1964

