Standard for the Skill of Diving

- **Approach** smooth and straight, not less than 3 steps followed by a jump from one foot to the end of the board and landing on both feet simultaneously

- **Takeoff** forcefully, from both feet, immediately after the jump, to a reasonably high level without rocking the board

- **Flight** should demonstrate dive control with the dive position (pike, tuck, or straight) clearly defined. Body tightness and toe point should be maintained throughout the entire flight

- **Entry** into the water should be vertical, with straight body, legs and feet together, and toes pointed

Adapted from a presentation by Jane Meyer, Canton City Schools