

Takeoff

The jump from the platform, which sets the dive's height and rotation. A strong takeoff ensures better control in the air.

Spotting

Using visual cues to control rotation and positioning. Helps time movements for a safe and clean dive.

Tuck

A compact position with knees pulled to the chest. Allows for faster somersaults.

Layout

A fully extended body position with no bends. Requires strong core control and is common in twisting dives.

Twist

A rotation around the body's vertical axis. Often combined with somersaults for added difficulty.

Platform

The fixed structure for diving, typically 10m or 27m high. Designed for stability and a safe takeoff.

Entry

How the diver enters the water, ideally with minimal splash. Proper technique affects both safety and scoring.

Rip Entry

A perfect entry with little to no splash. Achieved by a tight body position and precise hand placement.

Pike

A bent-at-the-waist position with straight legs. Used for controlled somersaults and rotations.

DD (Degree of Difficulty)

A rating based on rotations, twists, and height. Higher DD means a more complex dive.

Somersault

A flip around the horizontal axis. Speed depends on body position (tuck, pike, or layout).

Armstand

A dive starting from a handstand position on the platform. Requires balance, strength, and precise control before takeoff.

