

中華全國體育協進會審定

游泳及入水比賽規則

二十六年

中華全國體育協進會審定

# 游泳及入水比賽規則

## 第一篇 游泳規則

### 第一章 職員

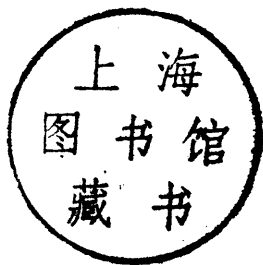
第一條 游泳比賽，應設下列各項職員：

- 一、總裁判一人
- 二、檢錄員一人
- 三、記錄員一人
- 四、裁判員三人
- 五、計時員三人
- 六、報告員一人
- 七、發令員一人

上海圖書館藏書



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上海圖書館藏書

第二條 總裁判應有管轄大會比賽及注意比賽規則遵守之全權。

總裁判應照情形需要指派各裁判員看取第一名，第二名，第三名……等職務。總裁判應兼任終點裁判長之職，襄助看取每比賽第一名。遇裁判員之意見不一致時，總裁判應解決之，並將其判決及時通知記錄員及報告員。計時長應由總裁判指派之。（參閱計時員之職務）。總裁判應指派接力賽時接替裁判職務。總裁判應指派各接替裁判員站據之位置，使能觸及賽員之足趾（第一人除外）同時能察見池之一端，得應監視賽員出發時是否在前賽員觸及池端之前。不合法之出發，應取消其比賽資格。總裁判應指示其他各裁判員於規則上需要之職務。

第三條 終點裁判員應決定賽員到達終點之名次。

第四條 計時員三人，計取每次比賽時間之成績。如有兩錶或兩錶以上計取之時間相同者，則該時間即作正式；如三錶計取之時間各異時，則應採用折衷錶之時間作正式成績。

第五條 計時長應指示每計時員於發令員之槍聲發出時，撥動跑錶及在首先到達終

點之賽員，觸及池端時同時撥停之。

計時長應審視各錶所計時間，及決定正式時間後，即將該賽之時間報告之。在比賽前計時長應測驗校對各錶是否正確。

## 第六條

檢錄員應備齊每次比賽員之名單。檢錄員應在距每項比賽出發五分鐘前，在出發處通知參加各賽員。兩隊以上之錦標比賽，檢錄員應用抽簽法排定賽員之出發位置，然後將各賽員交與發令員管理之。檢錄員應負責管理每比賽各賽員之出發位置是否在適當時間定當。司監視轉身及分道之職員，應將賽員之犯規者及第七章之違例情形報告總裁判。

## 第七條

發令員應負管制賽員在出發時之全權。

發令員得到總裁判之準備訊號後，應即照第二章規則舉行出發。

## 第八條

記錄員應記錄每次比賽之準確結果及兼任花式入水分數之書記員。

## 第二章 出發

## 第一條

各項比賽除仰游外，在開賽前各賽員應在出發點後方準備。及發令員發令

『各就位』後，賽員應用任何姿勢站入出發位置內。身體應平衡鎮定。經相當時間後，發令員確定各賽員均無傾前趨勢時，即行放槍。

賽員之不待放槍而先出發者，爲出發犯規，兩次犯規即取消其資格。此取消資格之賽員，不得替補。

## 第三章 犯規

第一條 每賽員應依與池邊並行之直線，分道游進。如賽員游出分道而總裁判認爲有妨礙他人之動作者，即取消其資格。

任何比賽中如總裁判認爲不公允時，得命令重賽。

第二條 因休息而停立於池之淺端，不作犯規。在淺端池底行走或跳進，爲取消資格之犯規。

第三條 賽員在自由式游泳轉身時，必須用一手或雙手觸及池端之牆。

第四條 各項比賽，賽員身體之任何部份，觸及終點時，即作終了。

## 第四章 俯游

第一條 雙手必須同向前推，並於同時收回。身體重量應保持支在胸部，兩肩在與

水面並行之平面上。兩肩與進行方向，應始終成直角。

## 第二條

雙腿提前時，應有清晰膝部灣屈之動作，然後向旁及向後蹴出，腿部再行合攏。垂直平面上雙腿之上下動作，絕對禁止。

## 第三條

在轉身或到達終點時，必須用雙手同時觸及池端。

## 第四條

賽員參用側游動作者，應取消其資格。

【註】換言之，雙腿收回，應有自然姿勢，雙膝應在類似之同一平面上。

雙腿踢出必須同時而具同樣動作。不保持兩肩與水面並行，伸一臂轉身，或達終點，兩足在水中前後差次及等候轉身，均為不合法姿勢，

犯者應取消資格。

## 第五章 仰游

### 第一條

賽員在出發時，應面對出發點，排列於水中，各以雙手置於池端上面。放槍後，應向後推開，背對水面，游畢全程。

### 第二條

轉身時或到達終點時，於在前之手尚未觸及池端前，用胸部轉身，即為取消資格之犯規。

## 第二篇 入水比賽

### 第一章 比賽通則

第一條 賽員之入水試跳順序，用抽簽法決定之。

第二條 遇必要時，應將參加之賽員分組，舉行預賽。每組之人數，由比賽職員決定。取每組中獲分最多之六人，舉行決賽。不論比賽之爲預賽或決賽，應於一日內結束。

第三條 每入水試跳前，應由總裁判報告賽員姓名及其入水法之種類或名目。

第四條 比賽種類僅限於表內所舉者。

第五條 每賽員應將擇定之『自選入水』報名單，於兩日前送交競賽管理處。報名單應有同樣三份，書記及總裁判各持一份，另一份由書記簽字後交還賽員保存。

第六條 規定入水法，不得引用爲自選者。

第七條 各種入水法，應由賽員單獨舉行試跳，不得借他人協助之力。

## 第二章 給分法，總裁判，裁判員及書記之職務

第一條 錦標比賽，應有總裁判一人裁判員五人至七人及書記二人。

第二條 總裁判應主持比賽進行及注意各種規則之遵守。

第三條 比賽之記錄，由兩書記管理之。

第四條 裁判員應由總裁判指派在分離地位。最好各據在跳板兩旁。

第五條 每入水試跳完畢，裁判員得總裁判之鳴笛訊號後，應立即將各人所批給之分數，同時宣佈之。

第六條 總裁判應將各裁判員之給分，一一依順序記在記分紙上，劃消最高及最低兩數後，將記分紙交與第一書記。如有兩數或兩數以上與劃消兩數相等者，則依樣劃消之。裁判員三人者不應劃消給分。

第七條 兩書記應各將劃消剩餘各數之平均數與難度之系數乘得其總分數，填入記錄表內。經校對後之結果，遂得宣佈。

第八條 比賽結束後即在總記錄表內得到其最後結果。

第九條 比賽完畢後，總裁判應與兩書記校對及審查記錄紙及結果表然後在總記錄



表上簽字，以資鄭重。

### 第十條

獲總分最多之賽員爲優勝員。如二人或二人以上獲相等分數時則判由『規定入水』獲分之最多者得勝。如再不能分勝負時，則應判由『自選入水』中之有最高難度者獲勝。

### 第十一條

裁判員給分應依一己之判斷照下列標準，批給分數，自零分至十分爲止，自七分起至十分止可用半分記給。

失敗者

〇分

惡劣者

一—二

平庸者

三—四

尙佳者

五—六

優良者

七—八

特佳者

九—一〇分

# 入 水 分 數 檢 查 表

甲 \ 乙	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
1	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
2	2.2	2.4	2.6	2.8	3	3.2	3.4	3.6	3.8	4	4.2	4.4	4.6	4.8	5
3	3.3	3.6	3.9	4.2	4.5	4.8	5.1	5.4	5.7	6	6.3	6.6	6.9	7.2	7.5
4	4.4	4.8	5.2	5.6	6	6.4	6.8	7.2	7.6	8	8.4	8.8	9.2	9.6	10
5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5
6	6.6	7.2	7.8	8.4	9	9.6	10.2	10.8	11.4	12	12.6	13.2	13.8	14.4	15
7	7.7	8.4	9.1	9.8	10.5	11.2	11.9	12.6	13.3	14	14.7	15.4	16.1	16.8	17.5
7.5	8.25	9	9.75	10.5	11.25	12	12.75	13.5	14.25	15	15.75	16.5	17.25	18	18.75
8	8.8	9.6	10.4	11.2	12	12.8	13.6	14.4	15.2	16	16.8	17.6	18.4	19.2	20
8.5	9.35	10.2	11.05	11.9	12.75	13.6	14.45	15.3	16.15	17	17.85	18.7	19.55	20.4	21.25
9	9.9	10.8	11.7	12.6	13.5	14.4	15.3	16.2	17.1	18	18.9	19.8	20.7	21.6	22.5
9.5	10.45	11.4	12.35	13.3	14.25	15.2	16.15	17.1	18.05	19	19.95	20.9	21.85	22.8	23.75
10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25

甲—裁判員按實際批給分數      乙—難度系數

(例) 2.3 難度之入水，如裁判員之給分爲 7.5，則在表中即可查得其分數爲 17.25。

第十二條 評判入水法姿勢，給分時應依據下舉原則。

一、跑動姿勢

一、起跳時

一、身體在空中之姿勢及動作

一、身體入水時姿勢

第十三條 如賽員試跳之姿勢與總裁判所報告之方式不符合者，則應判該入水之分數爲零分。總裁判有命賽員之因受外界影響而致未能完成之入水試跳者舉行重跳之權。該重跳應於失敗之試跳後，隨即行之。

如入水方式之因報告而錯誤者，則總裁判應即取消之，並命賽員在錯誤試跳後，隨即舉行改正之試跳。如賽員發覺其入水方式之報告錯誤，則應立即向總裁判糾正。可能時，在未試跳前糾正之。

### 第三章 入水法方式

第一條 在總裁判未給鳴笛之訊號前，不得開始試跳。

第二條 入水法應照下列原則試跳及評判之。

(甲)在出發點以前之動作，應不計論。

(乙)立定入水之出發點，爲在站在跳板前端時。頭部與身體伸直，雙足並緊，兩臂向前平伸，臂間距離與肩之闊度相等，手指並緊。

跑動入水法之出發點，爲在跑動跨第一步時。

(丙)跑動時姿勢應自然，前進而有力，在起跳前至少須跨三步。

(丁)起跳時姿勢應平穩而猛重。跑動入水法之由跳板上起跳者，應由雙足同時出發，在跳台上起跳者，可用單足出發。用臂立入水者，賽員應保持身體平衡而伸直。

(戊)經過空中時，身體姿勢伸直，屈體或抱膝均可。

直體入水法，身體之臀部及膝部均不得彎屈。兩臂伸直，兩足並緊，足趾向後挺。

屈體入水法，身體應屈在臀部，但膝部須伸直，足趾向後挺。

抱膝入水法，全身應蜷緊，兩手抱小腿，兩膝並緊，足趾向後挺。此法身體之彎度，愈緊愈佳。

(己)各種入水法賽員須達到最高之跳起高度，試行正翻騰入水法姿勢，應速捷而正確。正面入水之兼半轉體或全轉體者，其轉體動作應直接自跳板開始。

屈體入水法之兼轉體者，其轉體動作之開始，應在屈體姿勢完畢後。倒翻騰半周之兼轉體者，其轉體動作應在頭部位置下向後開始。

(庚)抱膝正翻騰(飛身正翻騰除外)之轉翻動作，應在賽員離板或離台後立即開始，但飛身翻騰入水時在轉翻動作開始前，必須有平手燕飛之姿勢，其翻騰之速度，愈快愈佳。

(辛)入水時，應與水面垂直或類近垂直，身體伸直，足趾向後挺。頭先入水者，兩臂應上伸，入水時兩手併接。足先入水者，兩臂應靠緊旁垂，肘部不得彎曲。

#### 第四章 特定規則

##### 甲、跳板入水

第一條 跳板距水面之高度應為一公尺或三公尺，板之長度至少四公尺，闊度至少

五〇公分，板面全部，應以纓氈覆蓋。

第二條 跳板之前端，至少應伸出池邊一公尺。

第三條 距離跳板前端之垂直線後方一公尺，前方十公尺及兩旁四公尺處，水之深度至少應有三公尺。

第四條 入水比賽項目，應有規定及自選各四種。

第五條 自選入水四種，應由各不同類中選出。

第六條 每賽員應依照類別之次序，試行自選入水比賽。

第七條 規定入水四種如下：

	難度(一公尺)	(三公尺)
一·(甲)正面入水	一·一	一·二
八·(甲)立定反身入水	一·四	一·六
一·(乙)跑動向前屈體入水	一·三	一·四
八·(乙)立定向後屈體入水	一·一	一·二

## 跳板入水種類及難度表(甲表)

### 表內符號及名詞說明

一、甲，乙，丙指入水前身體姿勢之種類。

甲——直體

乙——屈體(腿部伸直，雙手觸小腿)

丙——雙手抱膝

二、(一公尺)或(三公尺)。指跳板離水面之高度。

三、翻騰。身體跳起，在空中向前或向後翻轉之動作。即俗謂臨空筋斗。

四、正翻騰。翻騰之向前轉翻者。

五、倒翻騰。翻騰之向後轉翻者。

六、轉體。身體向左或向右旋轉之動作。

七、飛身。平手燕飛姿勢。

### 第一組 面對池向前入水

入水方  
式號數 入水名稱

第一種 正面入水

(甲, 乙, 丙) 立定 (一公尺) (三公尺) 跑動 (一公尺) (三公尺)

二、 正翻騰(即向前翻騰)

(甲) 一·〇 一·一 一·一  
(乙) 一·二 一·三 一·四  
(丙) 一·一 一·二 一·三

三、 飛身正翻騰

(甲) 一·六 一·五 一·六  
(乙) 一·五 一·四 一·五  
(丙) 一·三 一·四 一·五

四、 正翻騰一周半

(甲) 二·〇 一·七 一·九  
(乙) 一·七 一·六 一·八  
(丙) 一·七 一·六 一·八

五、 飛身正翻騰一周半

(甲) 二·〇 一·七 一·九  
(乙) 一·七 一·六 一·八  
(丙) 一·六 一·六 一·八

六、 正雙翻騰

(甲) 二·一 一·九 二·一  
(乙) 二·一 一·九 二·〇  
(丙) 二·一 一·八 二·〇



七、正翻騰兩周半

(丙)		二・〇		二・〇
(乙)		一・九		二・二
(丙)		二・三		二・一

第二組 面對板向後入水

八、反身入水

(甲)	一・四	一・六
(乙)	一・五	一・七
(丙)	一・五	一・七
(甲)	一・七	一・六
(乙)	一・六	一・六
(丙)	一・四	一・五
(丙)	一・六	一・六
(甲)	二・一	二・一
(乙)	二・一	二・〇

九、倒翻騰

十、飛身倒翻騰

十一、倒翻騰一周半

十二、 雙倒翻騰  
 十三、 倒翻騰二周半

第三組 面對池向後入水

十四、 倒翻騰半周

十五、 倒翻騰一周

十六、 飛身倒翻騰一周  
 十七、 倒翻騰一周半

	(丙)	一·九	一·九		
	(乙)	二·二	二·〇		
	(丙)	二·一	二·〇		
	(甲)	一·七	一·七	一·八	一·九
	(乙)	一·六	一·六	一·七	一·八
	(丙)	一·五	一·四	一·五	一·六
	(甲)	二·一	二·〇	一·九	二·〇
	(乙)	一·八	一·九	一·八	一·九
	(丙)	一·七	一·八	一·七	一·八
	(丙)	一·九	一·九	一·九	一·八
	(乙)	二·二	二·二		二·三

十八、 倒翻騰二周

(丙) 二·一

二·二

(乙) 二·二

二·三

(丙) 二·〇

二·一

十九、 倒翻騰二周半

(丙) 二·〇

二·五

第四組 面對板向前入水(指身體向前)

二十、 向後跳起向前入水

(甲) 一·二 一·四

(乙) 一·一 一·二

(丙) 一·〇 一·一

廿一、 向後跳起正翻騰一周

(乙) 一·七 一·六

(丙) 一·五 一·五

廿二、 向後跳起飛身正翻騰一周

(丙) 一·八

廿三、 向後跳起正翻騰一周半

(乙) 二·二 二·二

(丙) 二·一 二·〇

廿四、 向後跳起雙正翻騰

(丙) 二·二

### 第五組 轉體入水

廿五、 向前半轉體

(甲) 一·七 一·六 一·六 一·七

廿六、 向後半轉體

(甲) 一·七 一·六

廿七、 向前全轉體

(甲) 一·九 二·〇 一·九

廿八、 向後全轉體

(甲) 二·〇

廿九、 向前屈體入水兼半轉體

(乙) 一·八 一·八 一·七 一·八

三十、 向前屈體入水兼全轉體

(乙) 二·〇 二·〇 二·〇

卅一、 向後跳起向前半轉體

(甲) 二·一 二·〇 一·九

(乙) 一·九 一·九

卅二、 向後跳起向前全轉體

(甲) 二·二 二·二

卅三、 向前跳起倒翻騰兼半轉體

(甲) 一·九 二·〇 一·九 二·〇

卅四、

向前跳起倒翻騰兼全轉體

(乙)

二·二

二·二

卅五、

向後跳起正翻騰一周半兼半轉體

(乙)

二·一

二·一

卅六、

向後跳起正翻騰一周半兼全轉體

二·四

二·三

## 乙、跳臺入水

第一條

跳臺須固定不動搖，其長度至少五公尺，闊度至少二公尺，臺面應用稷氈覆蓋。

十公尺高跳臺之前端，至少應伸出池邊二公尺，伸出跳檯底脚一公尺。跳檯底脚，應至少伸出池邊一公尺。

跳臺之兩旁及後方，應裝置踏步及欄杆。

第二條

跳臺之高度分兩層，高者十公尺，低者爲五公尺。

第三條

在離十公尺跳臺前端之垂直線後方二公尺，前方十六公尺及兩旁四公尺處，水之深度均應至少四·五公尺。

# 跳臺入水種類及難度表(乙表)

表內符號及名詞與甲表同

## 第一組 面對池向前入水

入水方式號數 入水名稱 (甲,乙) 難度立定 (五公尺) (十公尺) (五公尺) 跑動 (十公尺)

第一種 正面入水

二、 正翻騰

三、 飛身正翻騰

(甲)	一·〇	一·一	一·一	一·一	一·二
(乙)	一·二	一·三	一·三	一·三	一·四
(丙)	一·一	一·二	一·二	一·二	一·三
(甲)	一·四	一·七	一·五	一·五	一·八
(乙)	一·三	一·五	一·四	一·四	一·六
(丙)	一·二	一·四	一·三	一·三	一·五
(乙)	一·四	一·七	一·五	一·五	一·八
(丙)	一·二	一·四	一·三	一·三	一·五
(丙)	一·二	一·五	一·三	一·三	一·六

四、正翻騰一周半

(甲) 一·三 一·六 一·五 一·八  
(乙) 一·二 一·四 一·四 一·六

五、飛身正翻騰一周半

(丙) 一·一 一·三 一·三 一·五  
(乙) 一·四 一·六 一·六 一·九  
(丙) 一·三 一·六 一·四 一·七

六、正雙翻騰

(甲) 一·六 一·九 一·八 二·一  
(乙) 一·四 一·七 一·六 一·九

七、飛身正翻騰兩周

(丙) 一·四 一·七 一·六 一·九  
(乙) 二·〇 二·〇 二·〇 二·二

八、正翻騰兩周半

(丙) 一·八 二·〇 二·〇 二·二  
(甲) 一·三 一·七 一·七 二·〇

第二組 面對檯向後入水

九、反身入水

(甲) 一·三 一·七

十、倒翻騰

十一、飛身倒翻騰

十二、倒翻騰一周半

十三、倒翻騰兩周

十四、倒翻騰兩周半

(乙)	一・五	一・九
(丙)	一・四	一・八
(甲)	一・四	一・八
(乙)	一・三	一・六
(丙)	一・二	一・五
(丙)	一・五	一・九
(甲)	二・二	二・二
(乙)	一・九	二・一
(丙)	一・八	二・〇
(乙)	二・三	二・三
(丙)	一・九	二・一
(乙)	二・五	二・五
(丙)	二・五	二・五



第三組 面對池向後入水

十五、 倒翻騰半周

(甲) 一·六 一·九 一·七 二·〇  
(乙) 一·五 一·八 一·六 一·九

十六、 倒翻騰一周

(丙) 一·三 一·六 一·四 一·七  
(甲) 一·四 一·八 一·五 一·九

十七、 飛身倒翻騰一周

(乙) 一·三 一·七 一·四 一·八  
(丙) 一·二 一·五 一·三 一·六

十八、 倒翻騰一周半

(乙) 一·六 二·〇 一·七 二·一  
(甲) 二·二 二·五 一·八 二·三

十九、 飛身倒翻騰一周半

(丙) 一·九 二·三 一·七 二·一  
(乙) 二·〇 二·四 一·八 二·二

二十、 倒翻騰兩周

(丙) 二·一 二·五 二·四 二·八  
(乙) 二·二 二·六 二·五 三·〇

第四組 面對臺向前入水

(丙) 一·六 二·〇 一·七 一·九

廿一、 向後跳起向前入水

(甲) 一·三 一·五  
(乙) 一·二 一·三

廿二、 向後跳起正翻騰一周

(丙) 一·一 一·二  
(乙) 一·四 一·七

廿三、 向後跳起飛身正翻騰一周

(丙) 一·三 一·六  
(丙) 一·六 一·六

廿四、 向後跳起正翻騰一周半

(乙) 一·六 一·七  
(丙) 一·五 一·六

廿五、 向後跳起飛身正翻騰一周半

(丙) 一·九 一·九

廿六、 向後跳起正翻騰兩周

(乙) 二·〇 二·〇  
(丙) 一·九 一·九

## 第五組 臂立入水

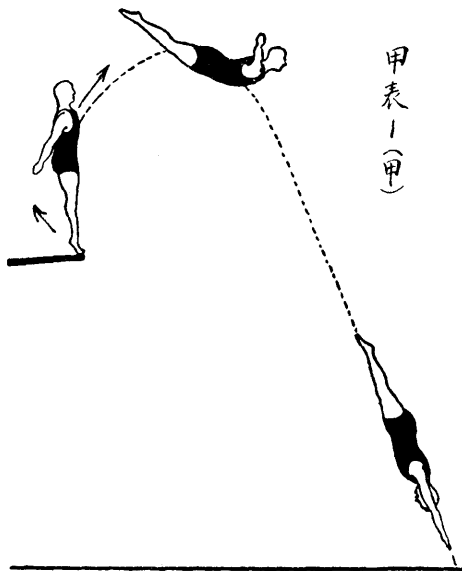
- |     |           |     |     |     |
|-----|-----------|-----|-----|-----|
| 廿七、 | 臂立正面入水    | (甲) | 一·二 | 一·三 |
| 廿八、 | 臂立反身入水    | (甲) | 一·三 | 一·五 |
| 廿九、 | 臂立正翻騰     | (甲) | 一·三 | 一·四 |
| 三十、 | 臂立跳起入水    |     | 一·四 | 一·六 |
| 卅一、 | 臂立跳起倒翻騰半周 | (乙) |     | 二·二 |
|     |           | (丙) |     | 二·一 |

## 【註】

入水圖解，僅係示範性質。雙臂之位置，除正面入水在空中時必須張開在肩部之直線上外，其他各種入水，應由賽員自取。在入水前兩臂應保持靜止，及入水時，應迅速在頭頂並近，與身體成直線。

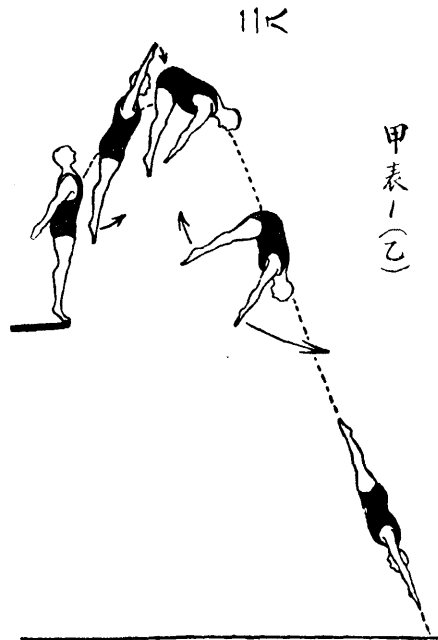
## 游泳及入水中英文名詞對照表

Free style	自由式
Breast stroke	俯游
Back stroke	背游
Dive	入水
Degree of Difficulty	難度
Compulsory dive	規定入水
Optional dive	自選入水
Forward dive	向前入水
Backward dive	向後入水
Gainer dive	面對池之倒翻騰
Cut away dive	面對板向前入水
Twist dive	轉體水入
Straight (a)	直體
Pike (b)	屈體
Tuck (c)	抱膝
Jack knife	屈體
Somersault	正翻騰
Completely failed	試行失敗
Unsatisfactory	惡劣
Deficient	平庸
Satisfactory	尚佳
Good	優良
Very good	特佳
Flying somersault	飛身正翻騰
Hands stand	臂立



A No. 1 (a)

甲表一(甲)



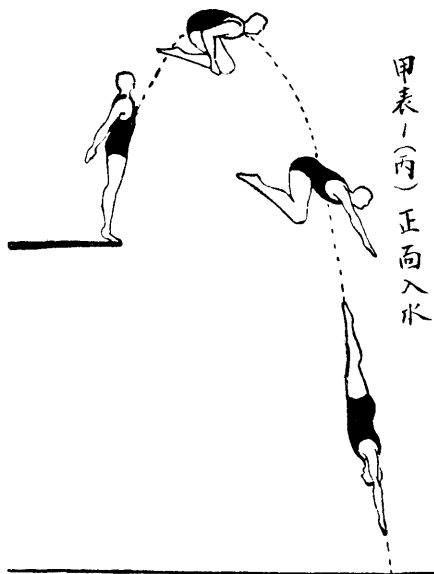
112

甲表一(乙)

正面入水

A No. 1 (b)

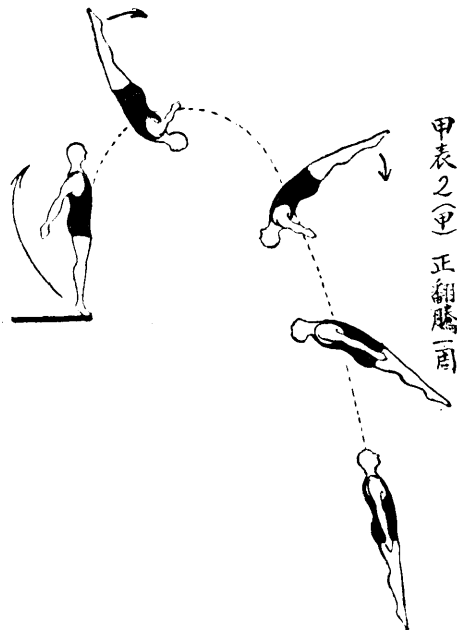
Header forward.



甲表1(丙) 正面入水

A No. 1 (c)

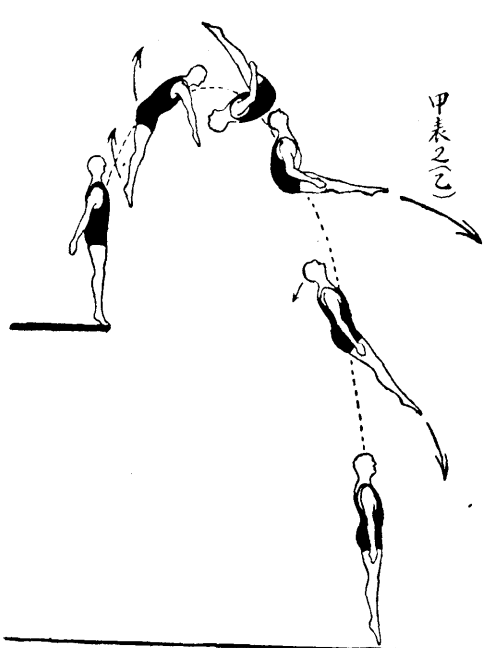
Header forward.



甲表2(甲) 正翻騰一周

A No. 2 (a)

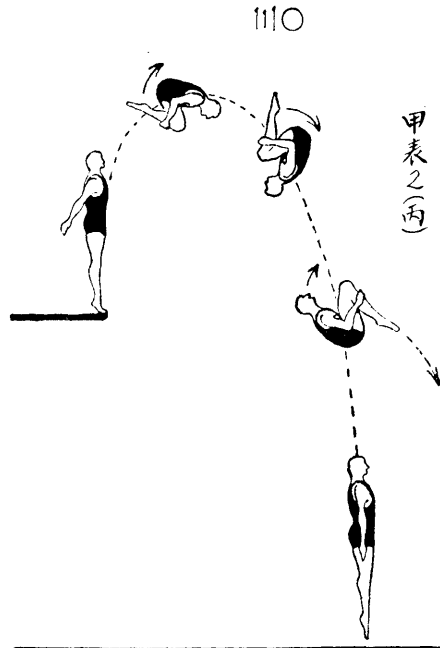
Somersault forward.



A No. 2 (b)

甲表之(乙)

正翻騰

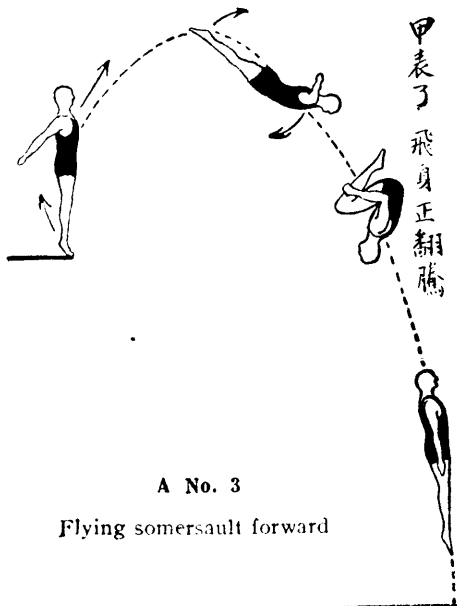


1110

甲表之(丙)

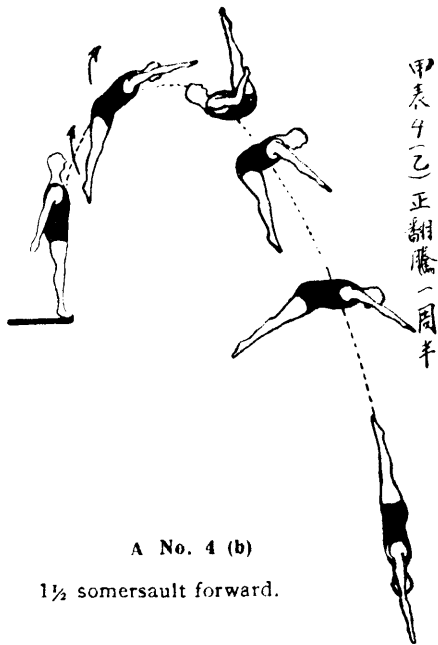
A No. 2 (c)

Somersault forward.



A No. 3

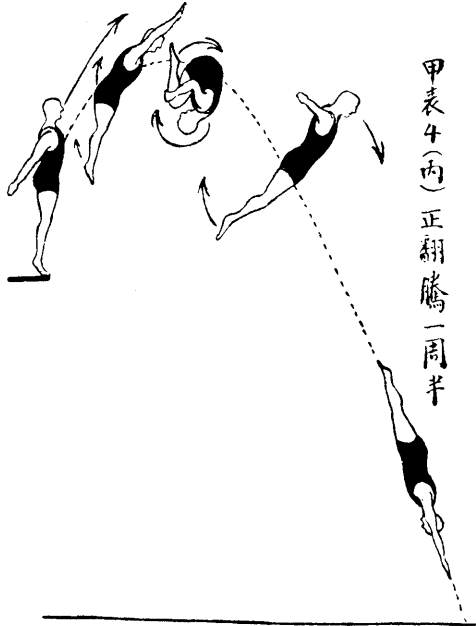
Flying somersault forward



A No. 4 (b)

1½ somersault forward.

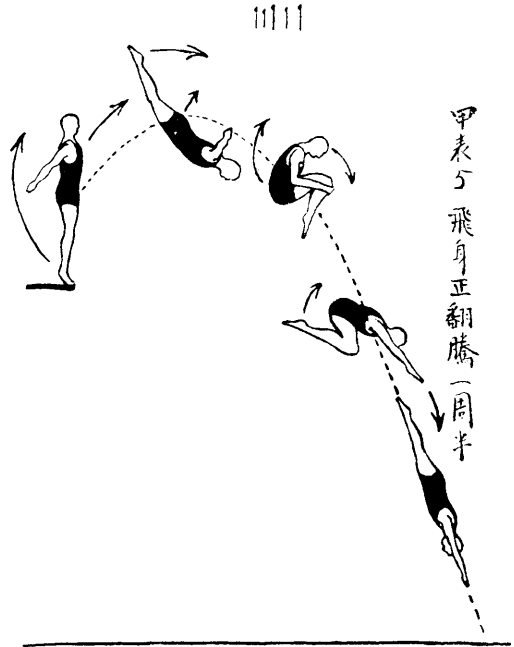




甲表4(丙) 正翻騰一周半

A No. 4 (c)

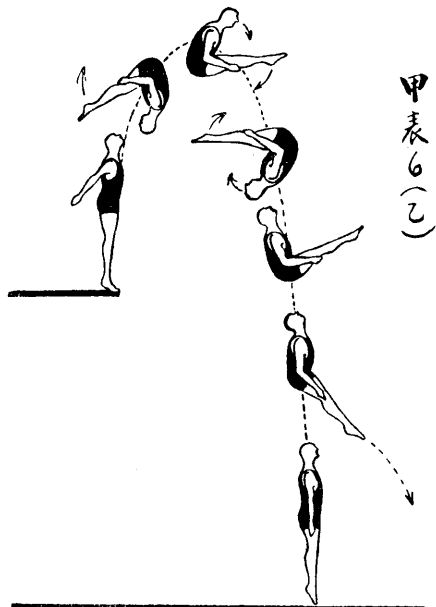
1½ somersault forward



甲表5 飛身正翻騰一周半

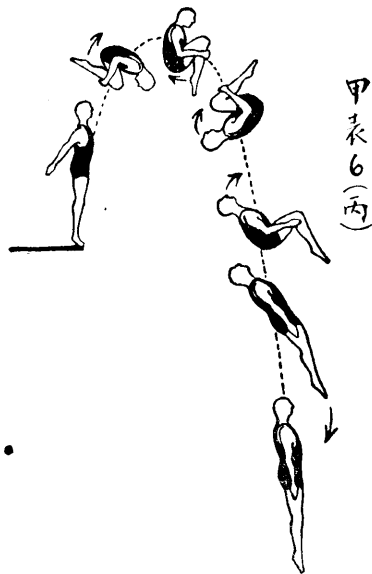
A No. 5

Flying 1½ somersault forward.



甲表6(乙)

A No. 6 (b)

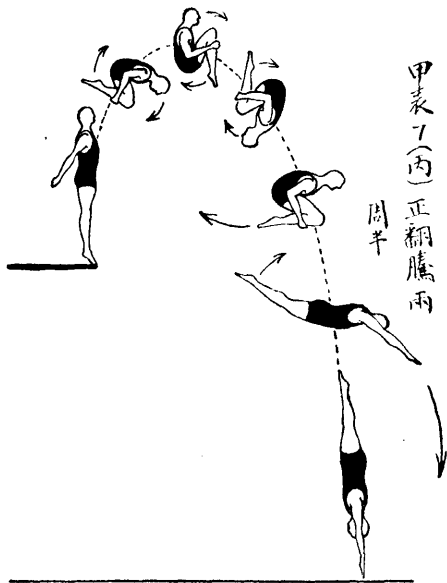


甲表6(丙)

A No. 6 (c)

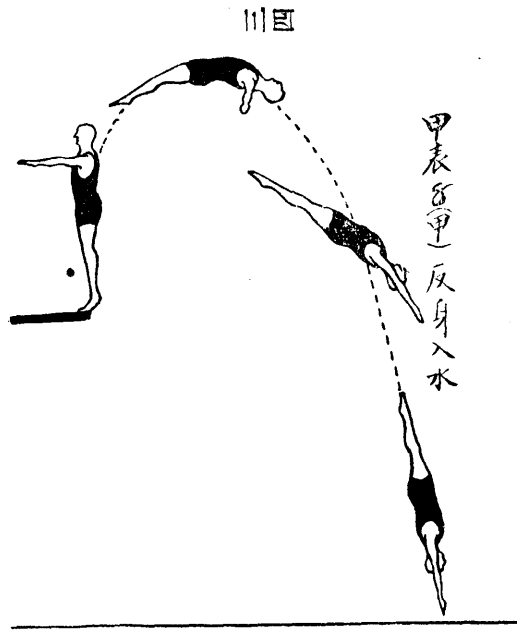
雙正翻騰

Double somersault forward.



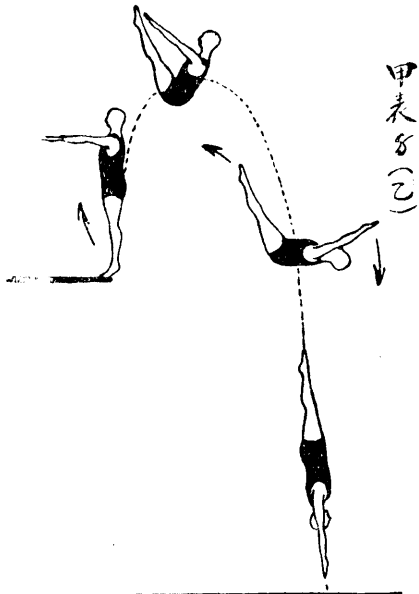
A No. 7 (c)

2½ somersault forward.



A No. 8 (a)

Backward header.



甲表8(乙)

A No. 8 (b)

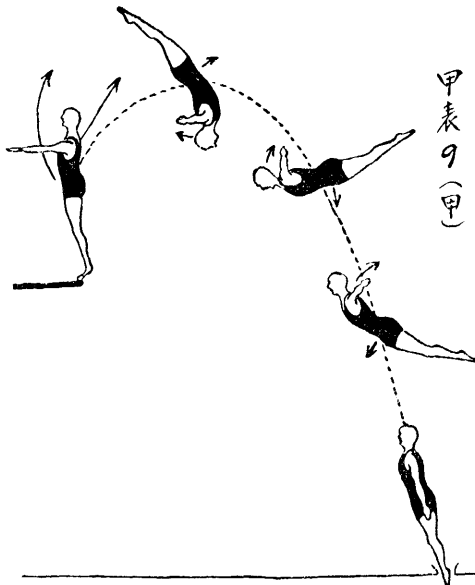


甲表8(丙)

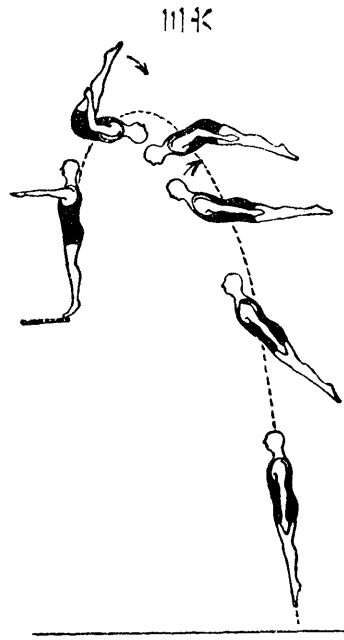
A No. 8 (c)

反身入水

Backward header.



甲表 9 (甲)



甲表 9 (乙)

A No. 9 (a)

A No. 9 (b)

倒翻騰

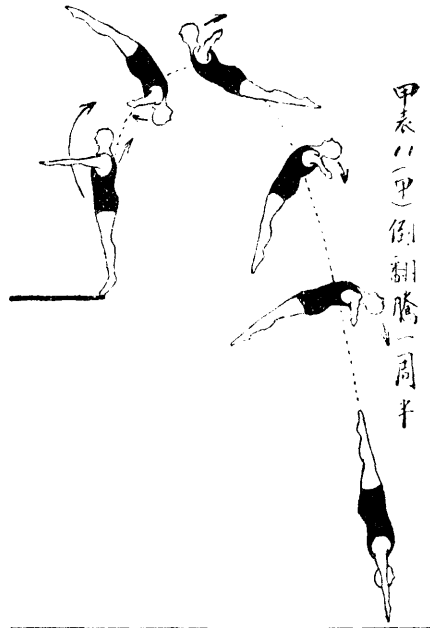
Somersault backward



甲表10 飛身倒翻騰

A No. 10

Flying somersault backward.

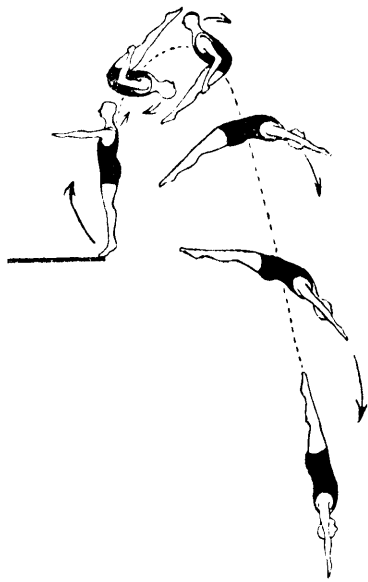


甲表11(甲) 倒翻騰一周半

A No. 11 (a)

1½ somersault backward.

1114



甲表 11 (乙)

A No. 11 (b)

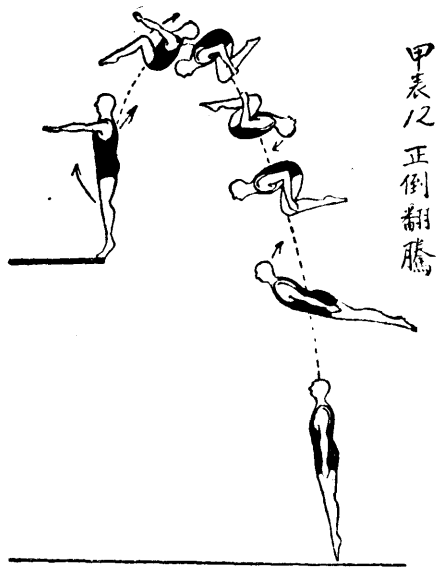


甲表 11 (丙)

A No. 11 (c)

倒翻騰一周半

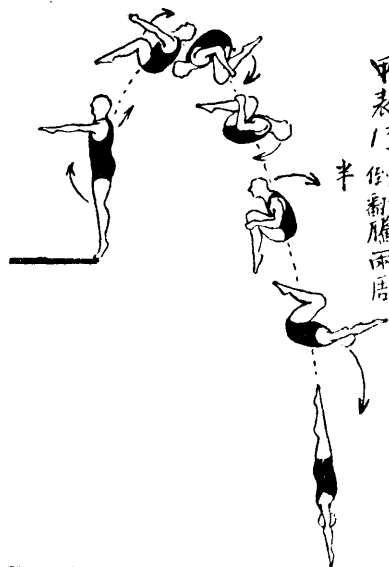
1 1/2 somersault backward.



甲表12 正倒翻騰

A No. 12

Double somersault backward.

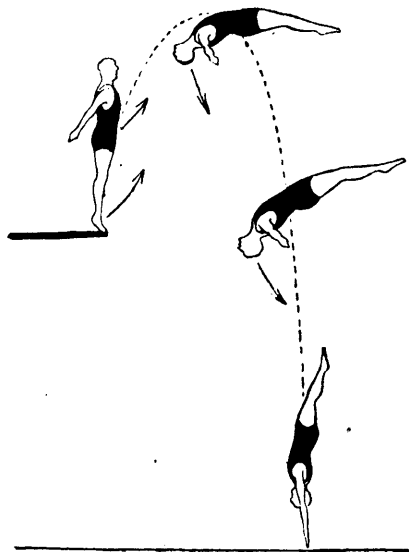


甲表13 倒翻騰兩周半

A No. 13

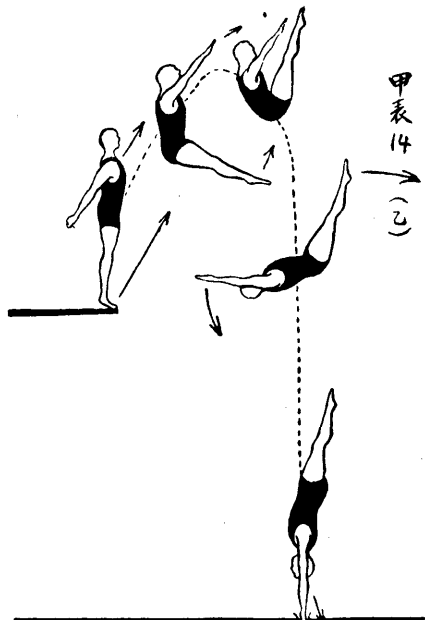
2½ somersault backward.





A No. 14 (a)

甲表  
14  
(甲)



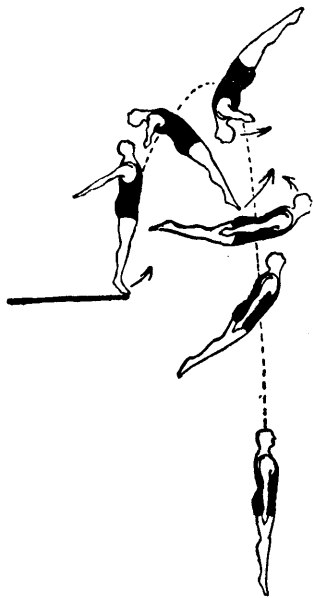
四〇

甲表  
14  
(乙)

倒翻騰半周

A No. 14 (b)

Isander—half Gainer.

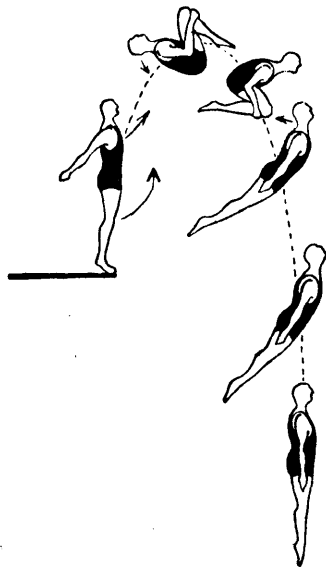


A No. 15 (a)

甲表15(甲)

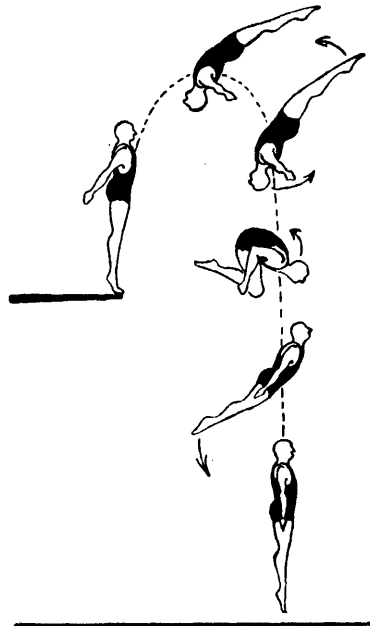
一周翻騰倒

Mollberg—full Gainer.



A No. 15 (c)

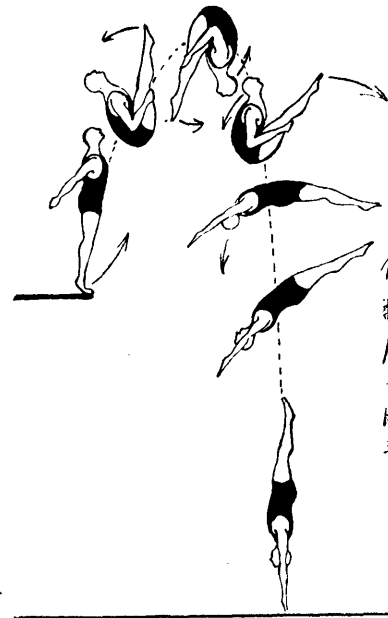
甲表15(丙)



甲表16(丙)飛身倒翻騰一周

A No. 16 (c)

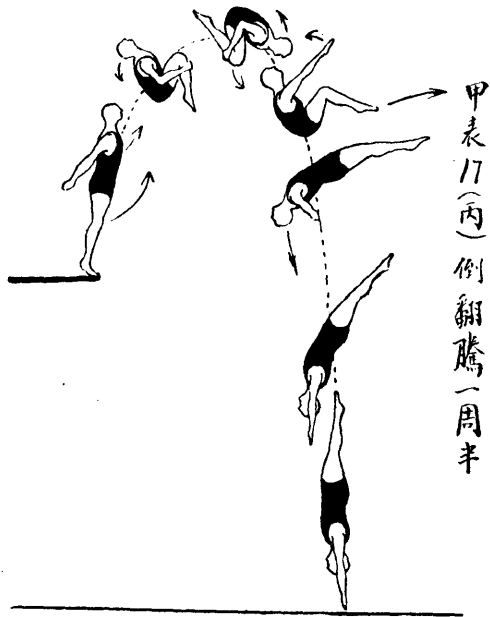
Flying Mollberg—flying full Gainer.



甲表17(乙)倒翻騰一周半

A No. 17 (b)

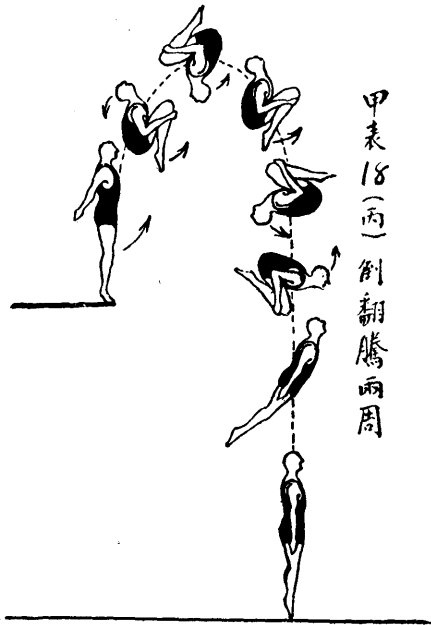
1 1/2 Mollberg—1 1/2 Gainer.



甲表17(丙)倒翻騰一周半

A No. 17 (c)

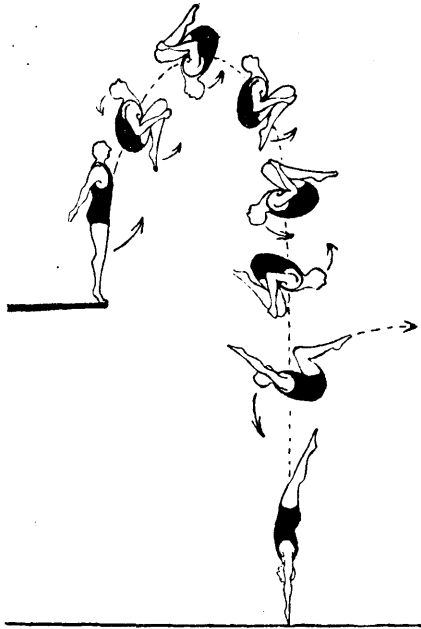
1½ Mollberg—1½ Gainer.



甲表18(丙)倒翻騰兩周

A No. 18 (c)

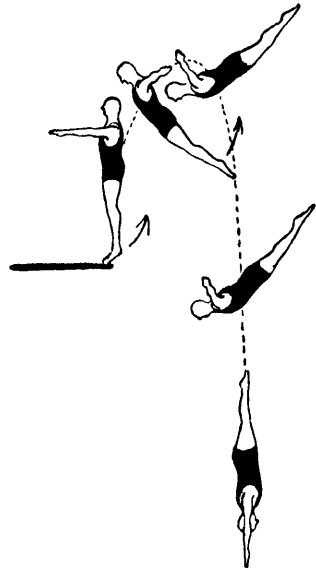
Double Mollberg—Double Gainer.



甲表19(丙) 倒翻騰兩周半

A No. 19 (c)

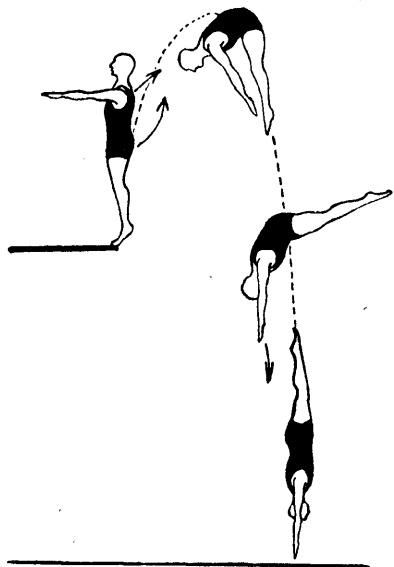
2 1/2 Mollberg-2 1/2 Gainer



甲表20(甲) 向後跳起向前入水

A No. 20 (a)

Backward spring, forward dive.



甲表 20 (乙) 向後跳起向前入水

A No. 20 (b)

Backward spring, forward dive.

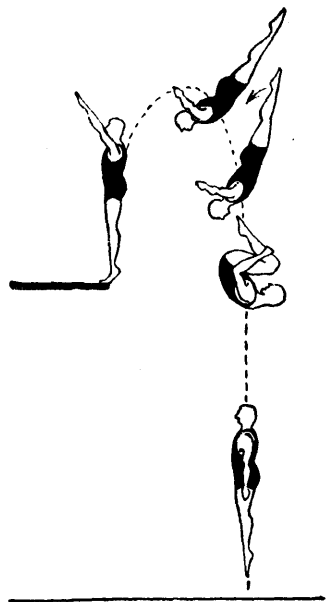


甲表 21 (乙) 向後跳起正翻騰一周

A No. 21 (b)

Backward spring, 1 somersault.

四四

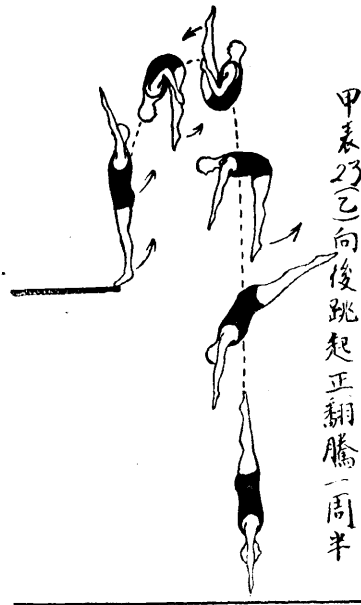


甲表22(丙) 向後跳起飛身正翻騰一周

A No. 22 (c)

Backward spring, flying somersault.

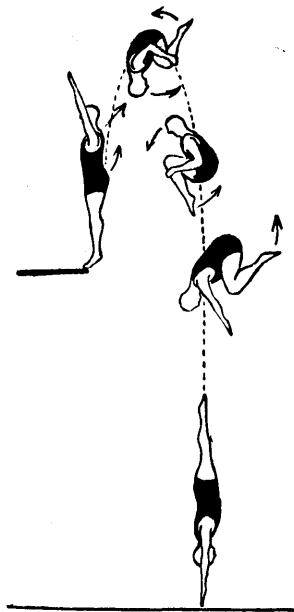
圖水



甲表23(乙) 向後跳起正翻騰一周半

A No. 23 (b)

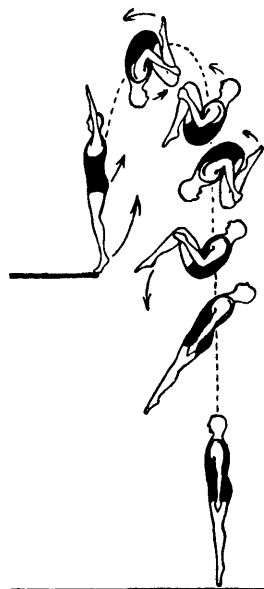
Backward spring, 1½ somersault.



甲表23(丙) 向後跳起正翻騰一周半

A No. 23 (c)

Backward spring, 1½ somersault.

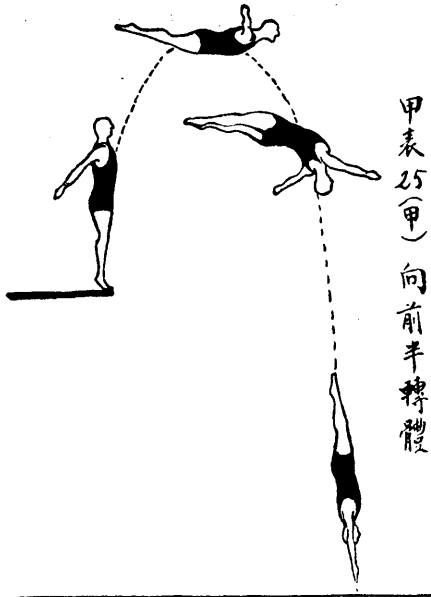


甲表24(乙) 向後跳起雙正翻騰

A No. 24 (c)

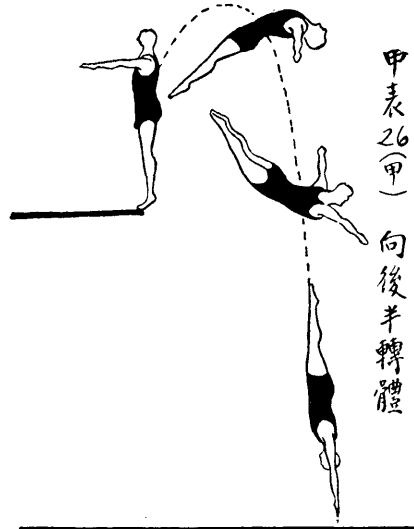
Backward spring, double somersault.





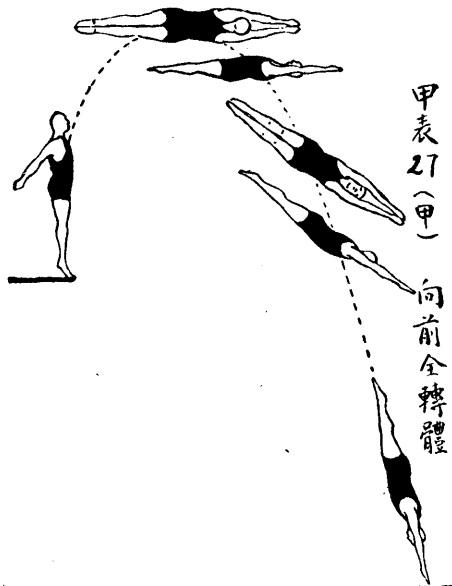
A No. 25 (a)

1/2 screw forward.



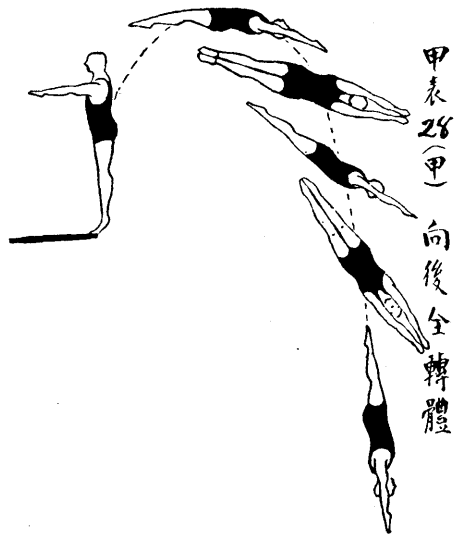
A No. 26 (a)

1/2 screw backward.



A No. 27 (a)

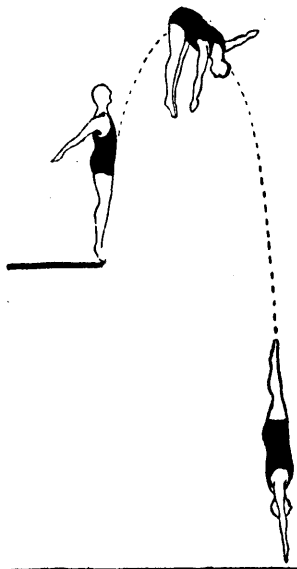
1 screw forward.



A No. 28 (a)

1 screw backward

四九

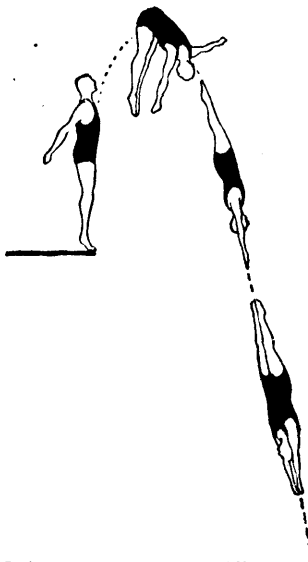


甲表 29 (乙) 向前屈體入水兼半轉體

A No. 29 (b)

Pike dive with  $\frac{1}{2}$  screw forward.

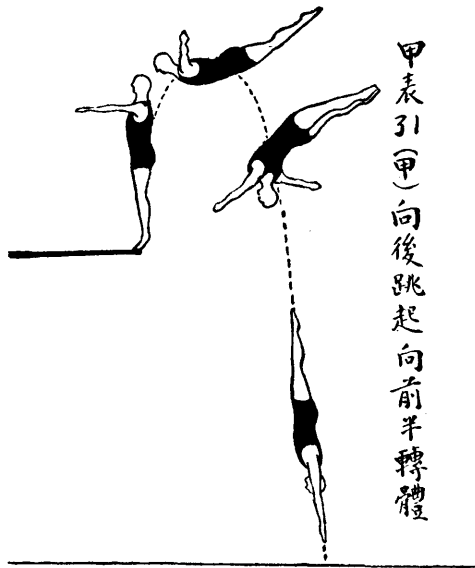
五〇



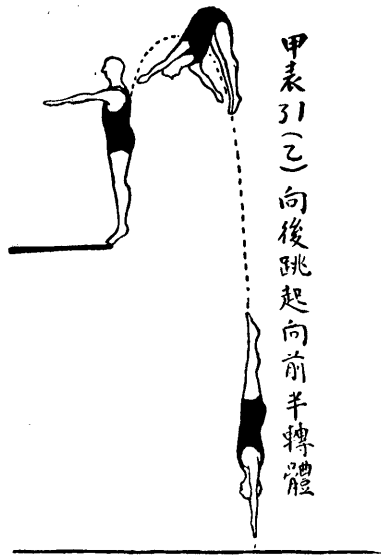
甲表 30 (乙) 向前屈體入水兼全轉體

A No. 30 (b)

Pike dive with 1 screw forward.

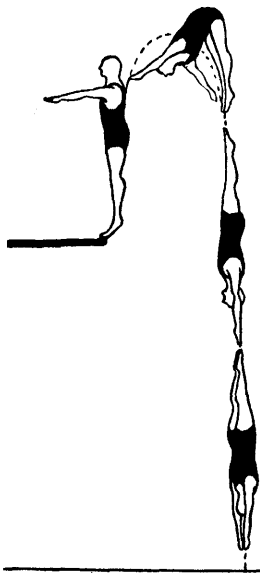


A No. 31 (a)



A No. 31 (b)

Backward spring,  $\frac{1}{4}$  screw forward.



甲表32(乙) 向後跳起向前全轉體

A No. 32 (b)

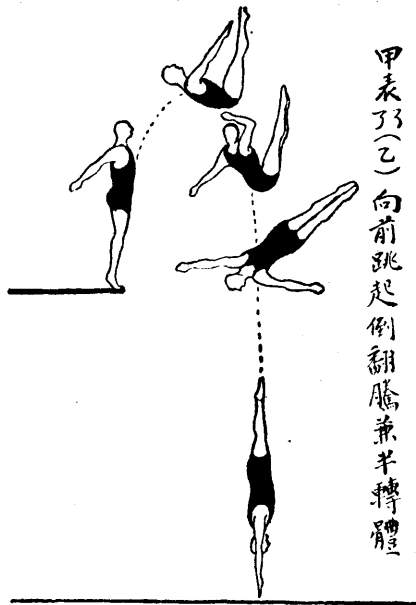
Backward spring, 1 screw forward.



甲表33(甲) 向前跳起倒翻騰兼半轉體

A No. 33 (a)

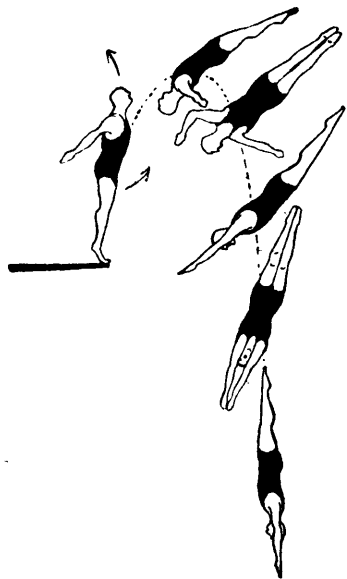
Isander— $\frac{1}{2}$  screw.



甲表33(乙) 向前跳起倒翻騰兼半轉體

A No. 33 (b)

Isander— $\frac{1}{2}$  screw.

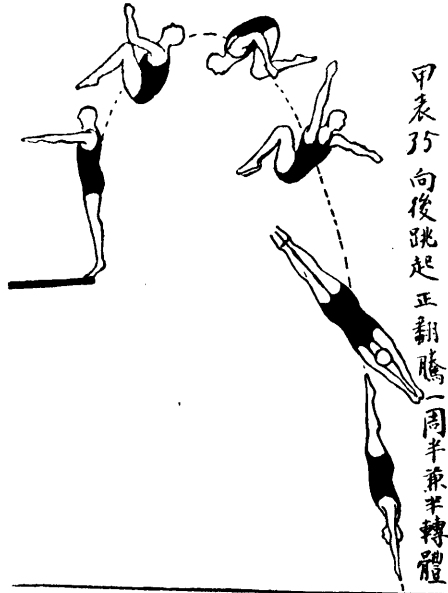


甲表34(甲) 向前跳起倒翻騰兼全轉體

A No. 34 (a)

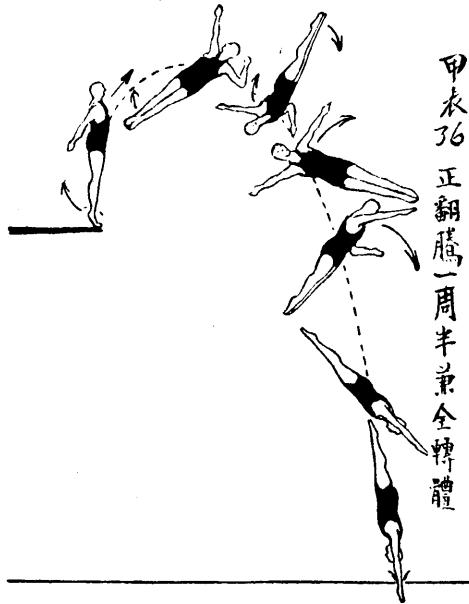
Isander—1 screw.

五四



A No. 35

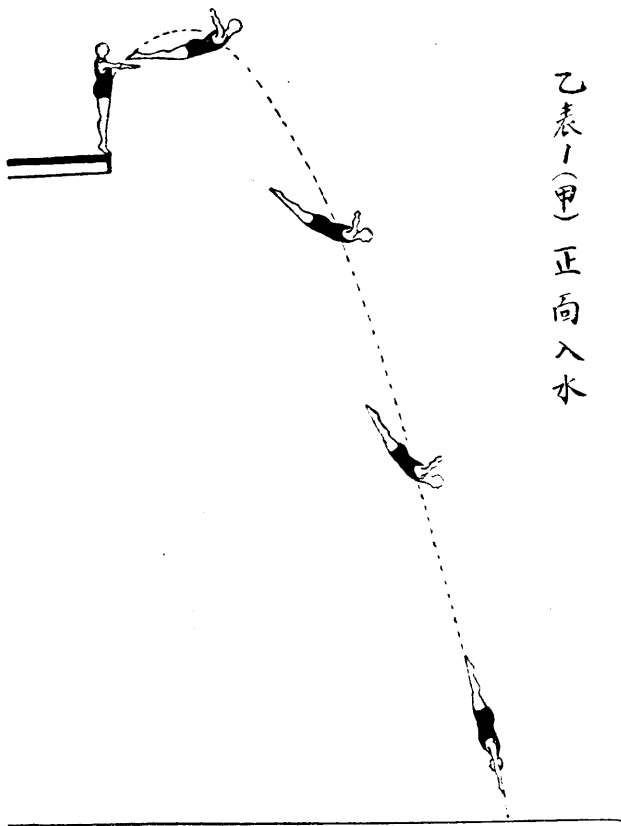
Half twisting 1½ somersault backward.



A No. 36

Full screw with 1½ somersault forward.

乙表1(甲) 正面入水

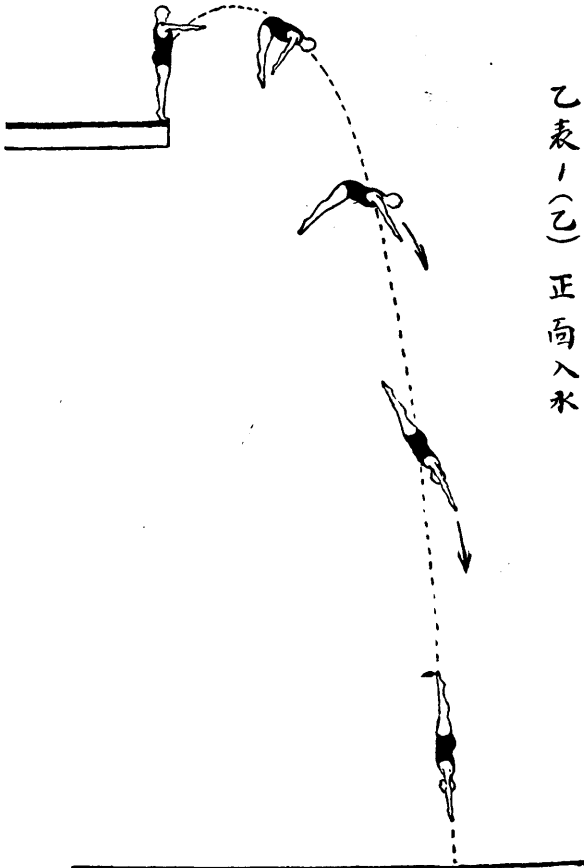


五五

B No. 1 (a)

Header forward.

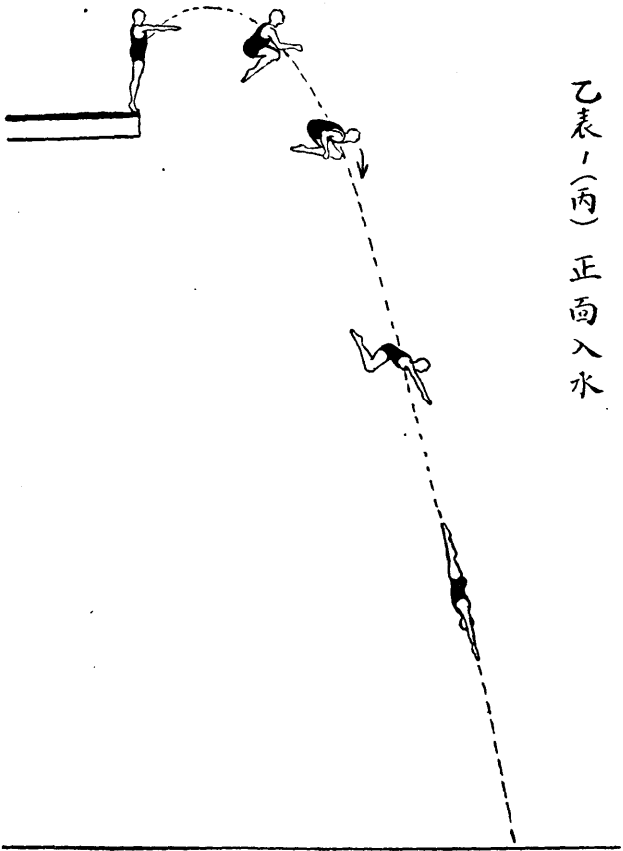




乙表一(乙) 正面入水

B No. 1 (b)

Header forward.

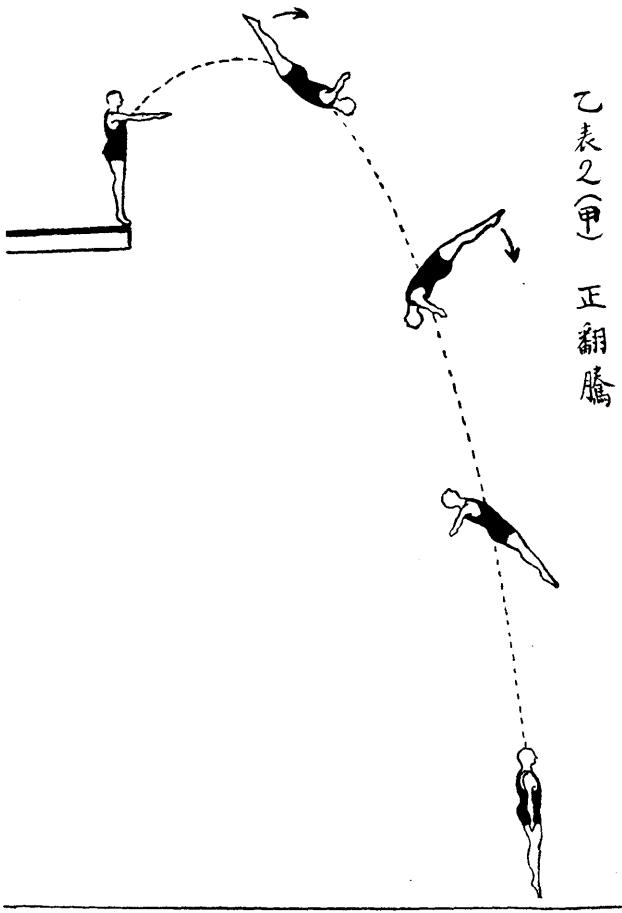


乙表一(丙) 正面入水

五七

B No. 1 (c)

Header forward.

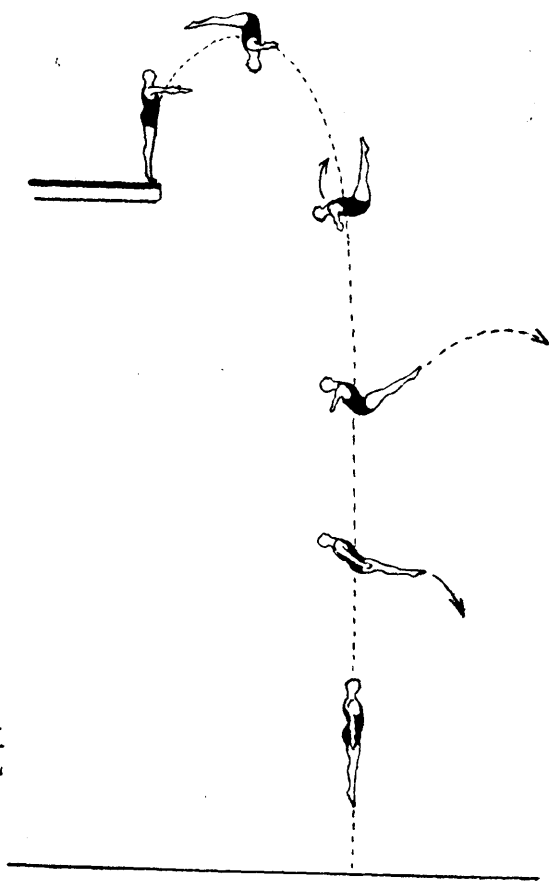


乙表之(甲) 正翻騰

五八

B No. 2 (a)

Somersault forward

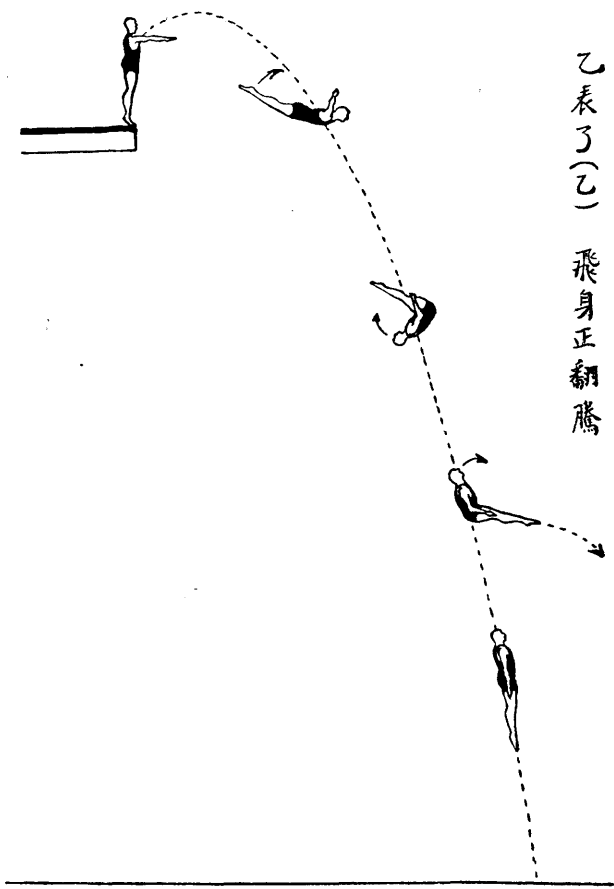


乙表之(乙) 正翻騰

五九

B No. 2 (b)

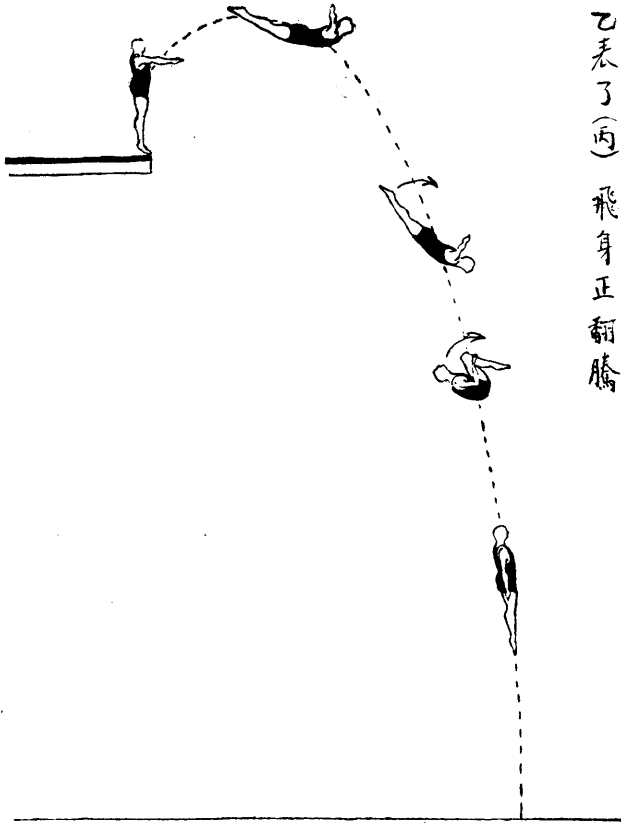
Somersault forward.



乙表了(乙) 飛身正翻騰

No. 3 (b)

Flying somersault forward

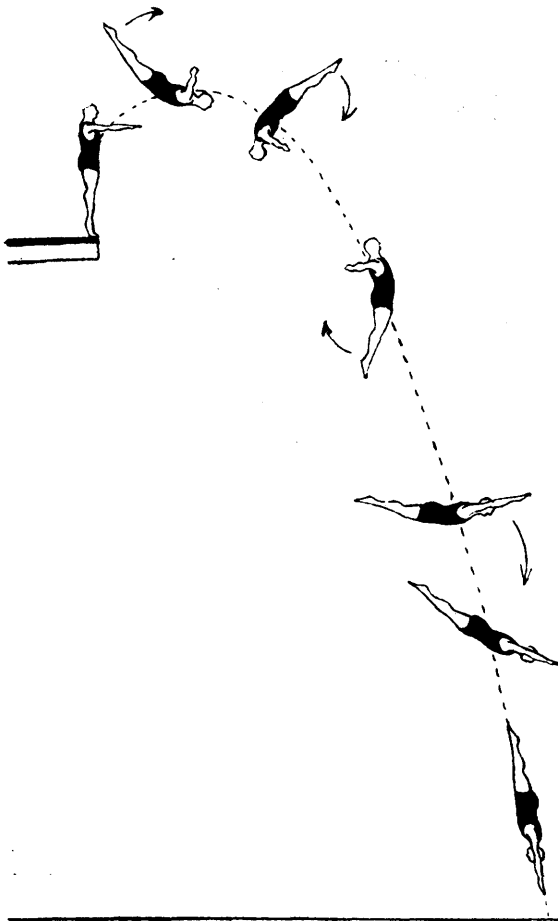


乙表了(丙) 飛身正翻騰

六一

B No. 3 (c)

Flying somersault forward.



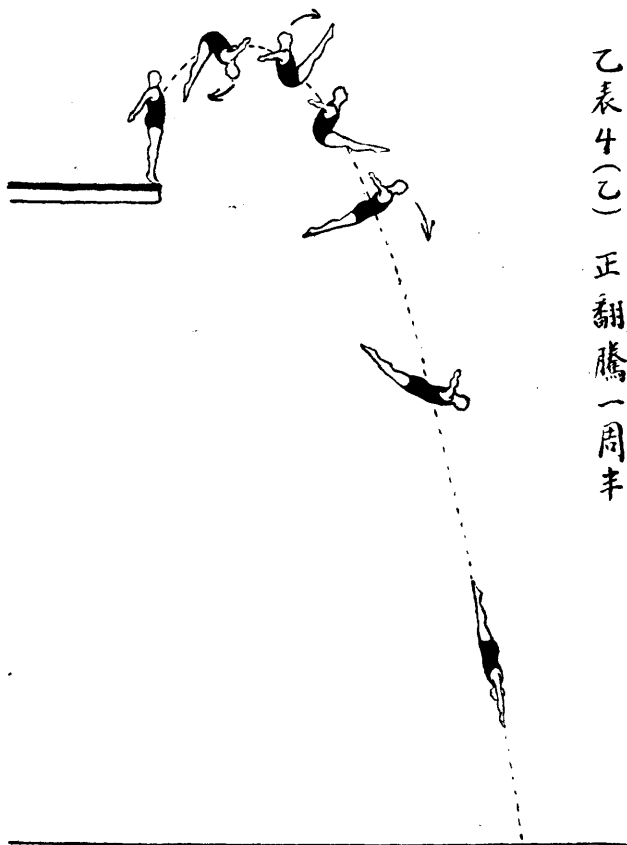
乙表4(甲) 正翻騰一周半

六一

B No. 4 (a)

1½ somersault forward.

乙表4(乙) 正翻騰一周半

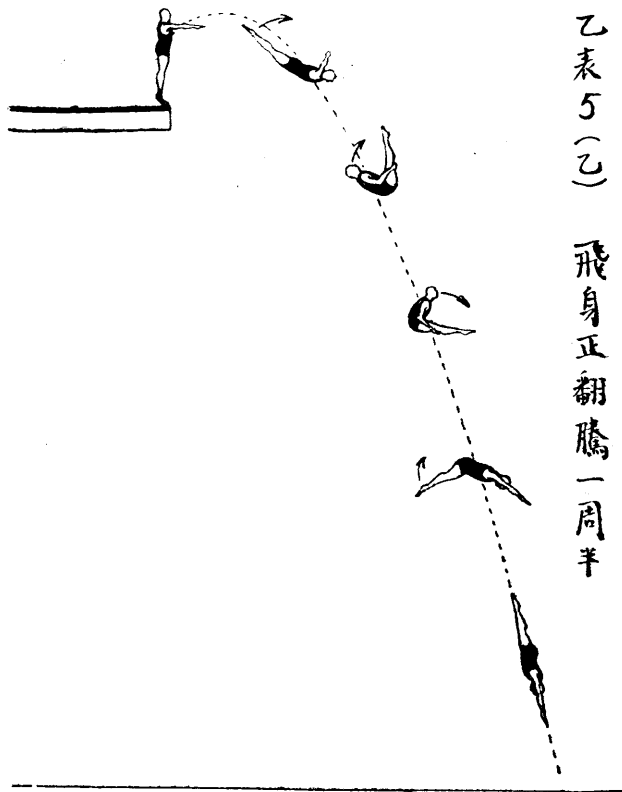


六三

B No. 4 (b)

1½ somersault forward.

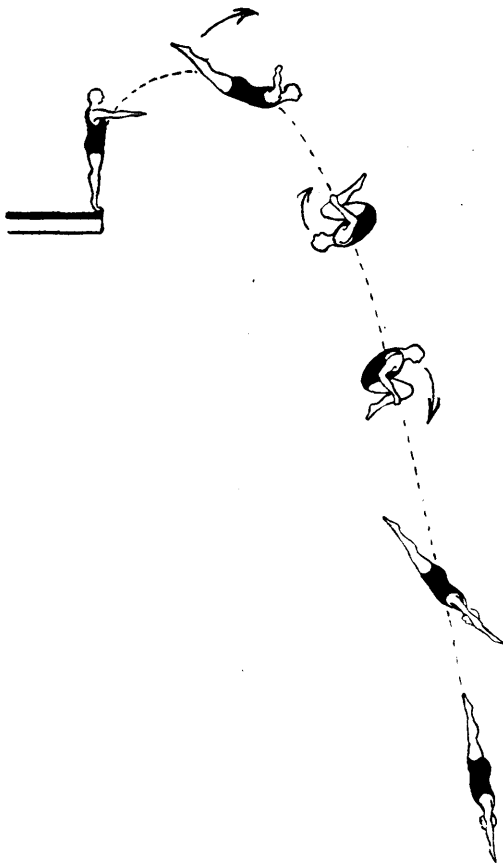




六四

B No. 5 (b)

Flying forward  $1\frac{1}{2}$  somersault.

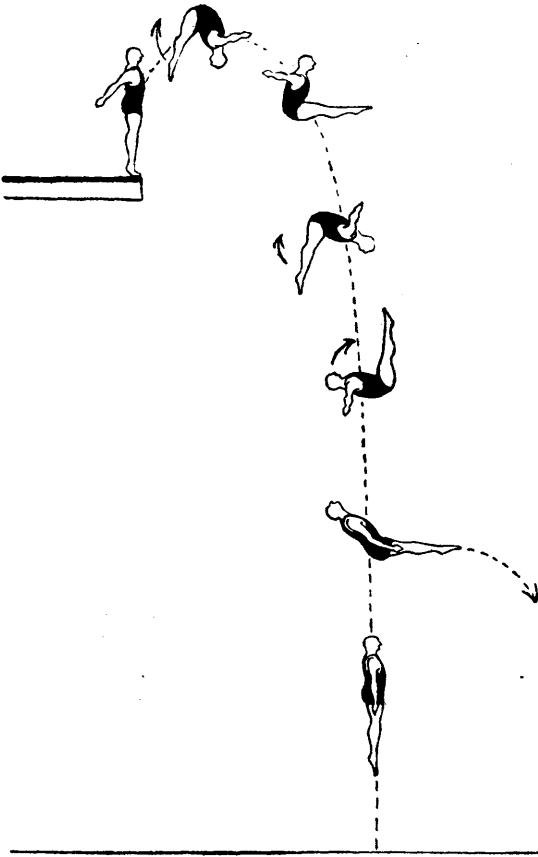


乙表5(丙) 飛身正翻騰一周半

六五

B No. 5 (c)

Flying forward  $1\frac{1}{2}$  somersault.



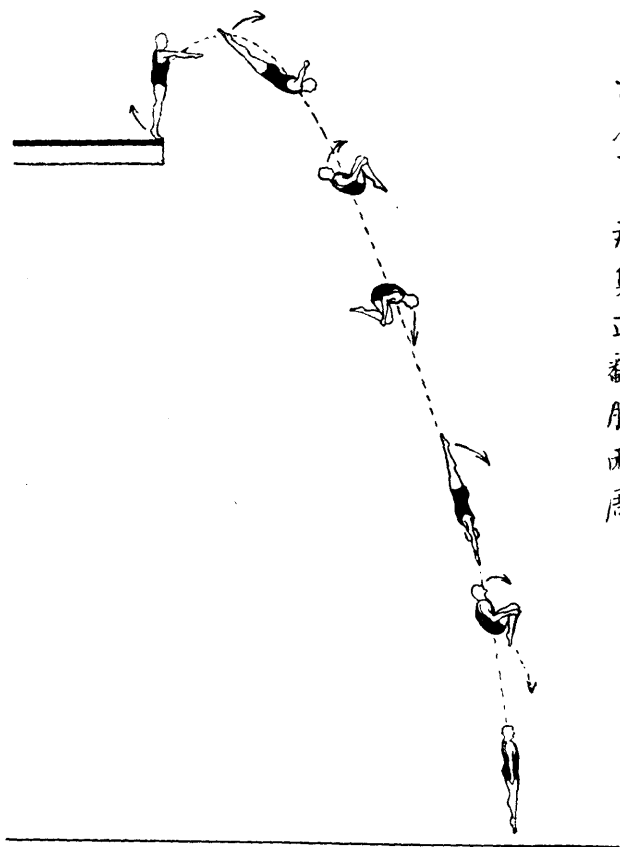
乙表6(乙) 正翻騰兩周

六六

B No. 6 (b)

Double somersault forward

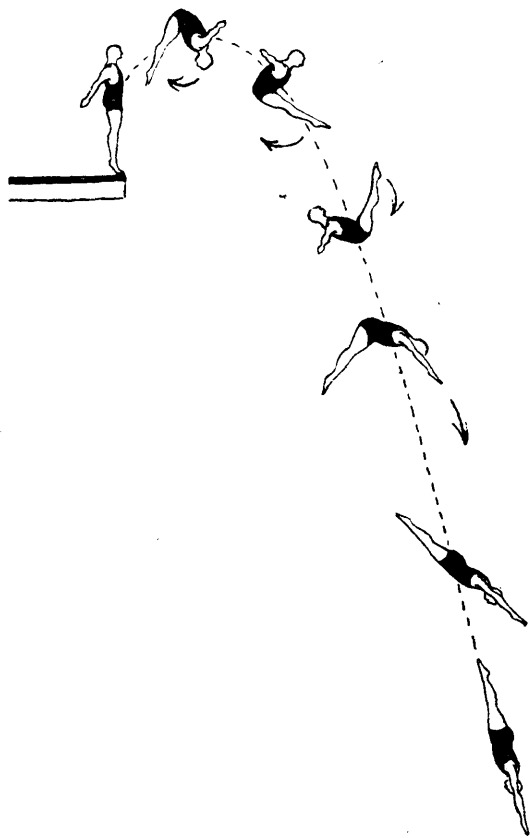
乙表7 飛身正翻騰兩周



六七

B No. 7

Double flying forward somersault.

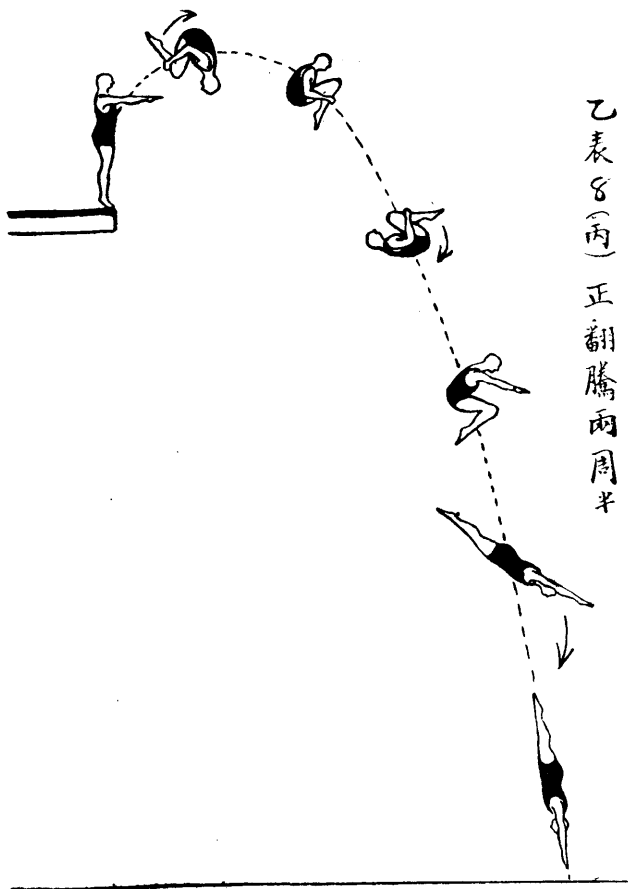


乙表 8 (乙) 正翻騰兩周半

六八

B No. 8 (b)

2½ somersault forward.

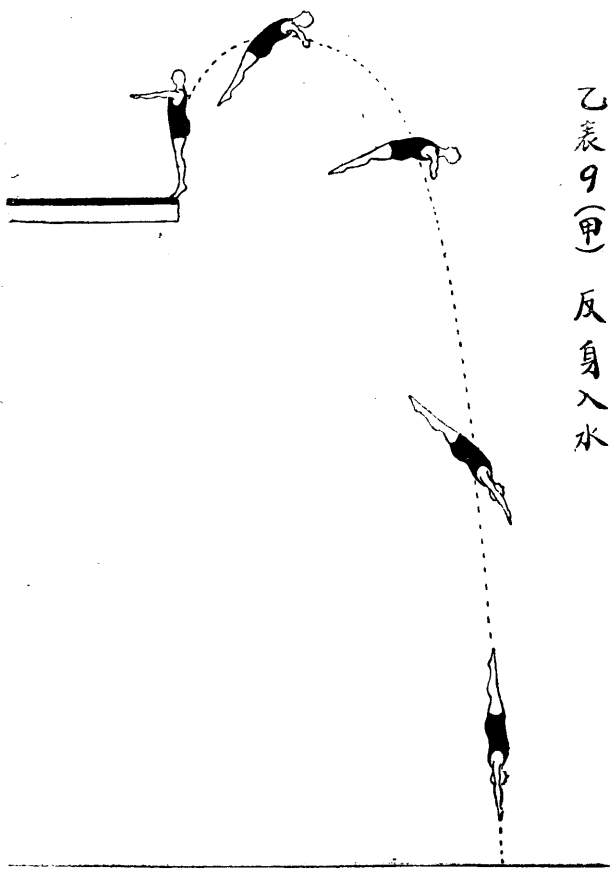


乙表 8 (丙) 正翻騰兩周半

六九

B No. 8 (c)

2½ somersault forward.

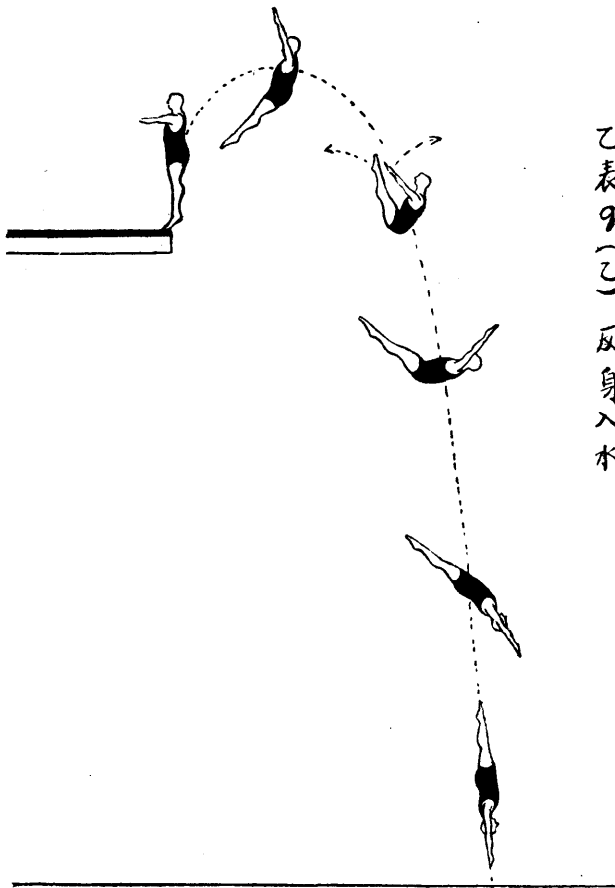


乙表9(甲) 反身入水

七〇

B No. 9 (a)

Header backward.



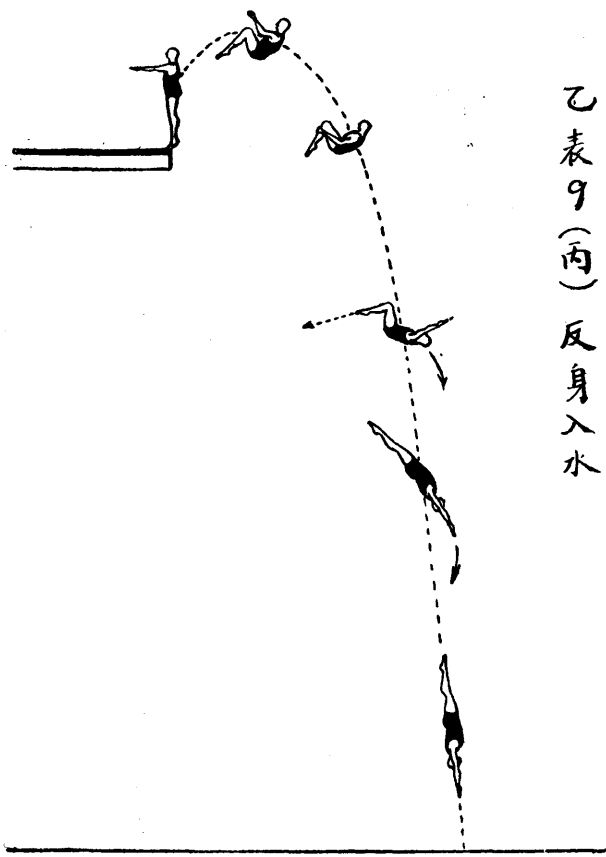
乙表9(乙) 反身入水

七一

B No. 9 (b)

Header backward.



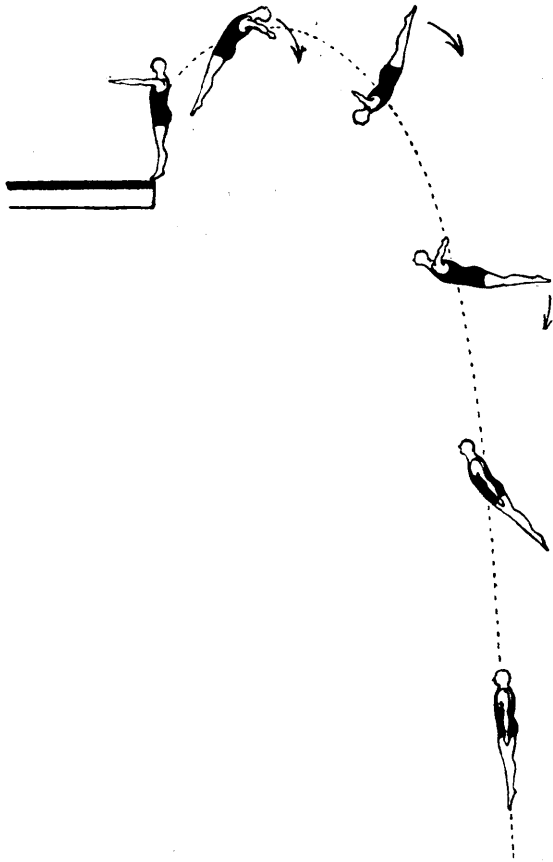


乙表9(丙)反身入水

七二

B No. 9 (c)

Header backward.

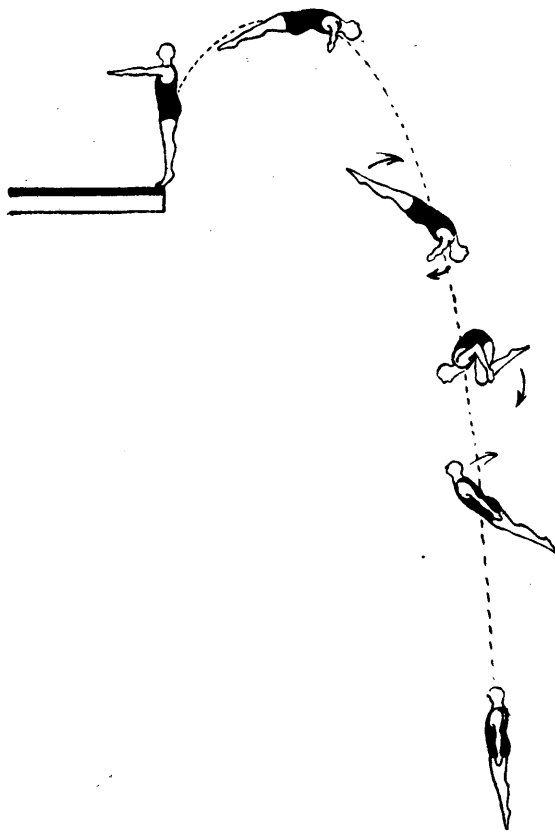


乙表10(甲) 向後跳起正翻騰一周

七三

B No. 10 (a)

Somersault backward.



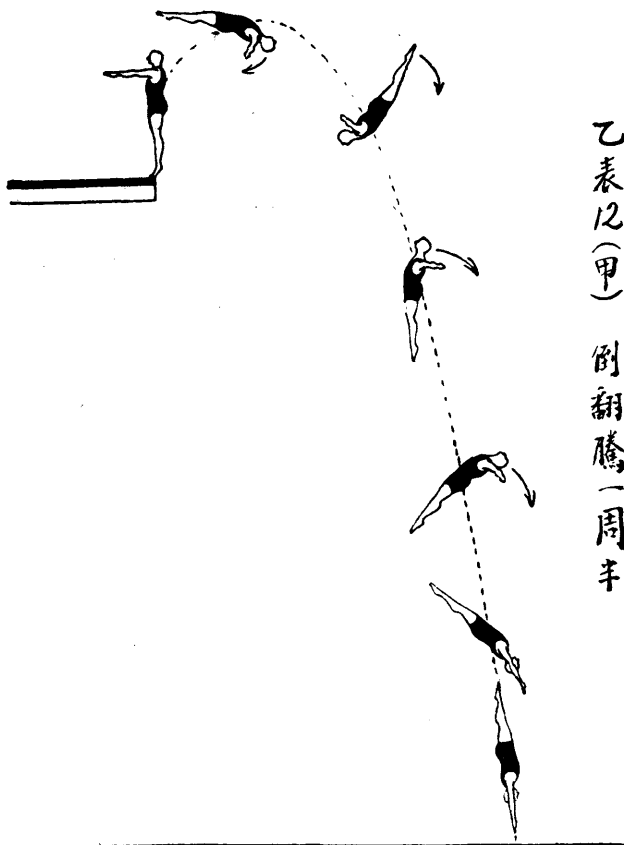
乙表 11

飛身倒翻騰一周

七四

B No. 11

Flying backward somersault.

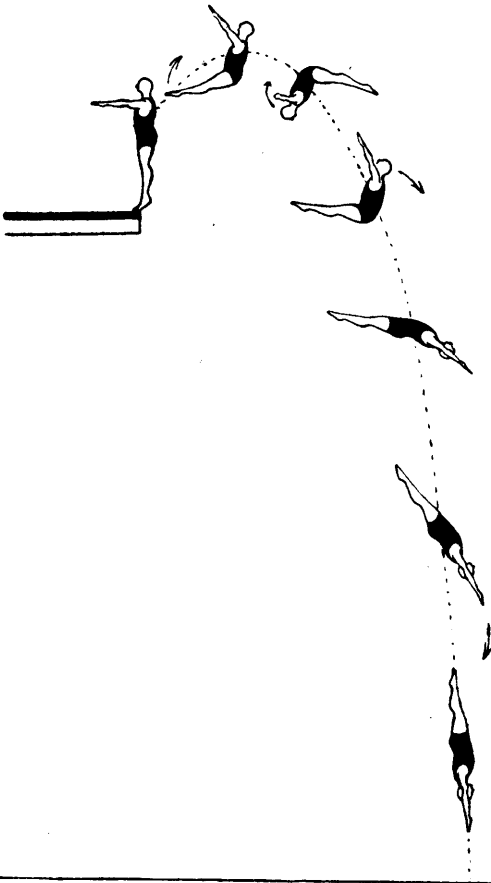


乙表12(甲) 倒翻騰一周半

七五

B No. 12 (a)

1½ somersault backward.

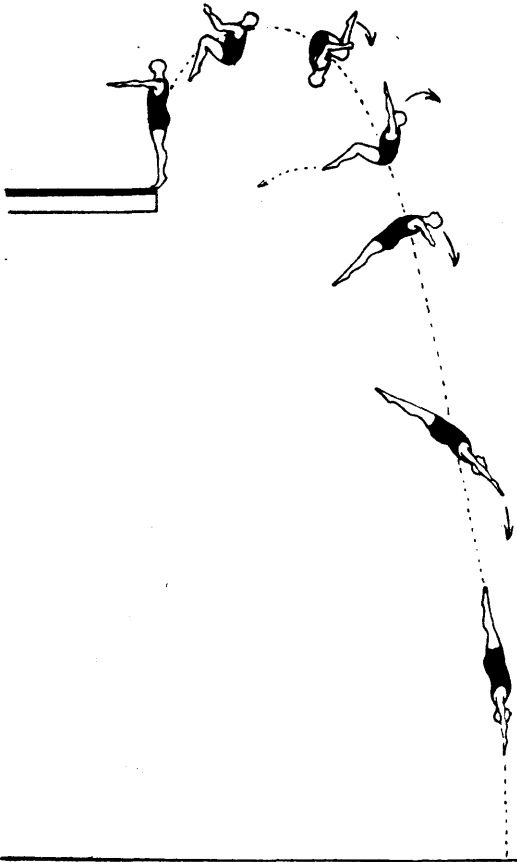


乙表12(乙) 例翻騰一周半

七六

B No. 12 (b)

1½ somersault backward.

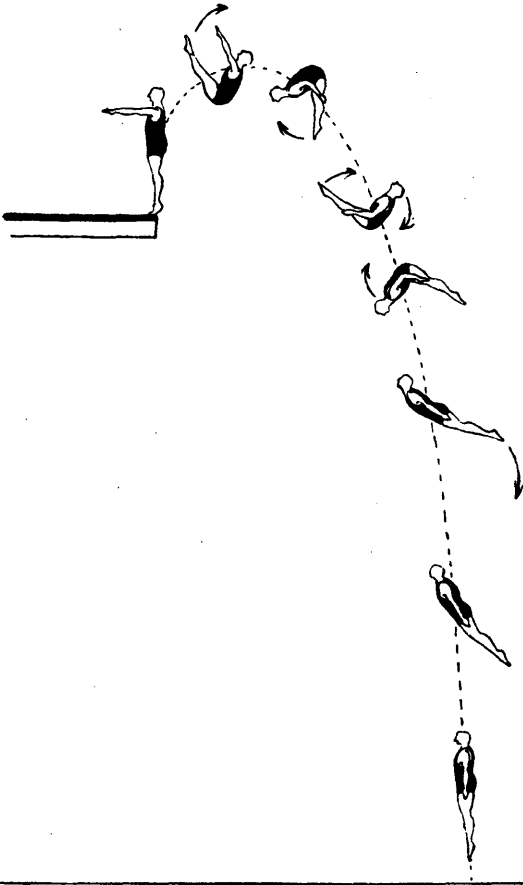


乙表12(丙) 倒翻騰一周半

七七

B No. 12 (c)

1½ somersault backward.

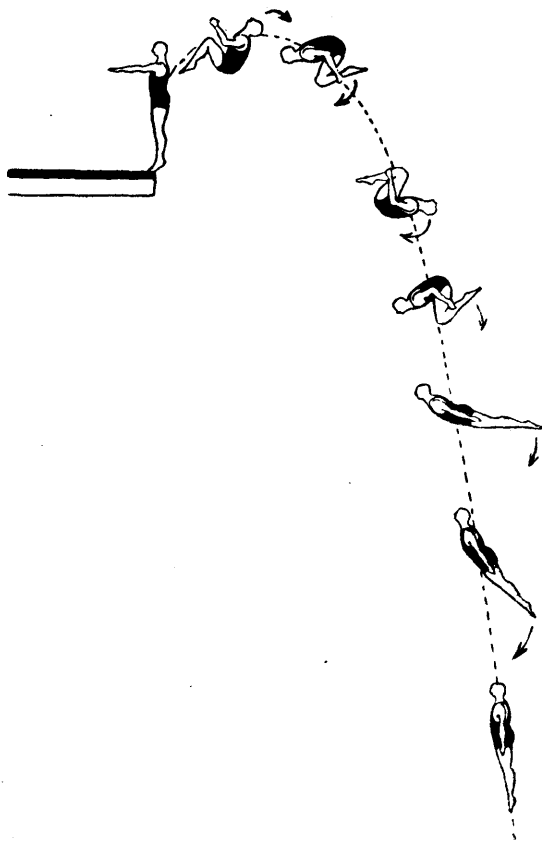


乙表13(乙) 倒翻騰兩周

七八

B No. 13 (b)

Double somersault backward.



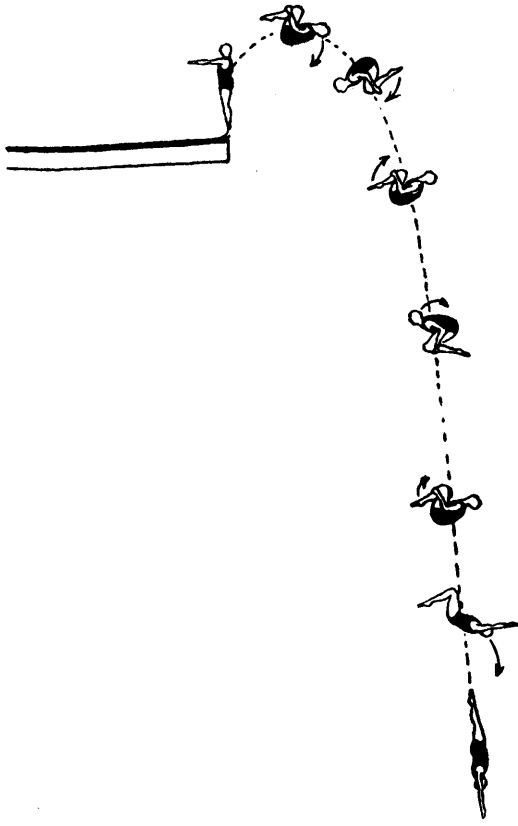
乙表13(丙) 倒翻騰兩周

七九

B No. 13 (c)

Double somersault backward.



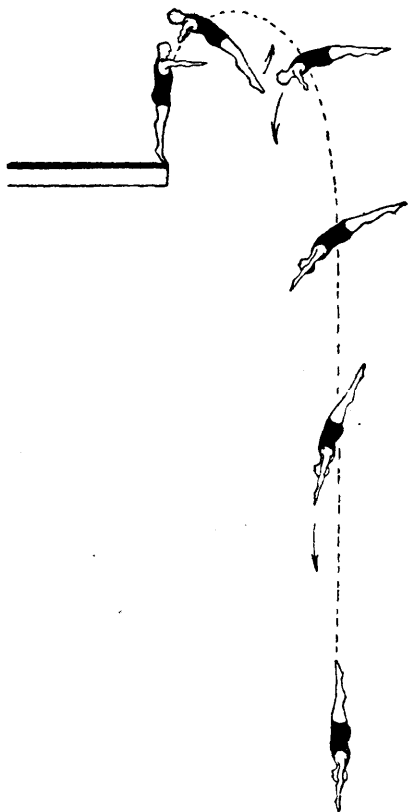


乙表14 倒翻騰兩周半

八〇

B No. 14

2 1/2 somersault backward.

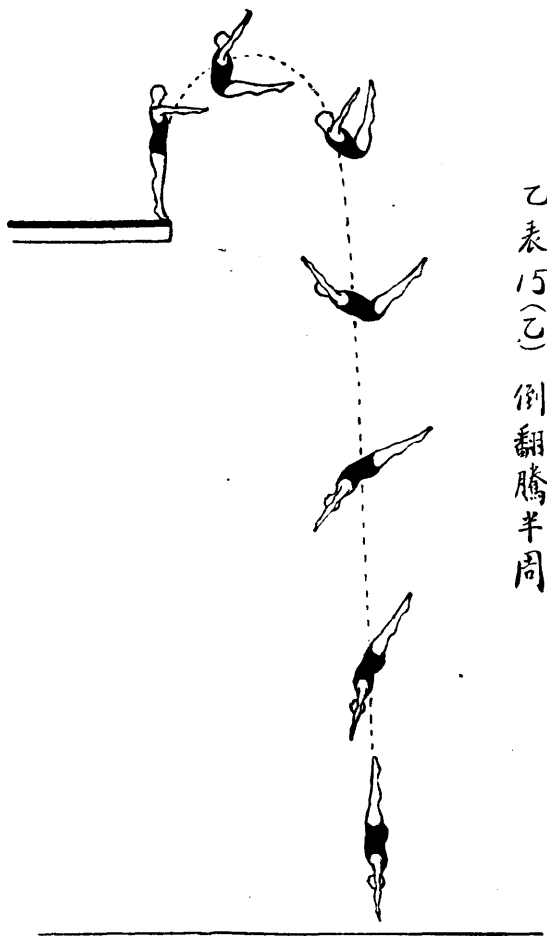


乙表15(甲) 倒翻騰半周

八一

B No. 15 (a)

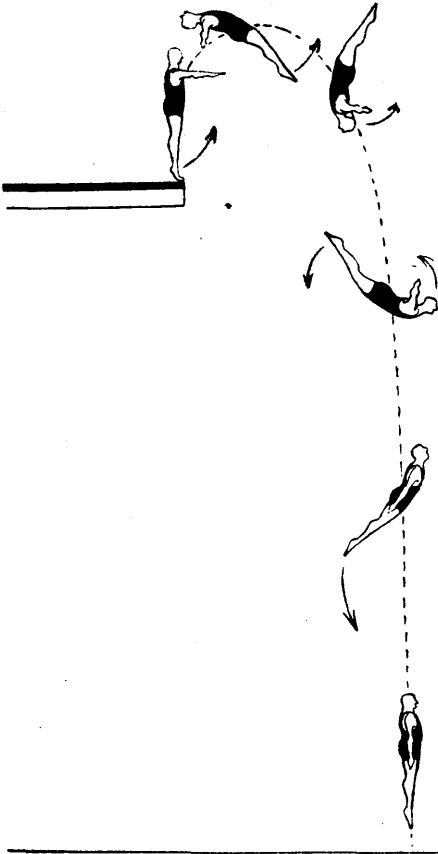
Isander—half Gainer.



乙表15(乙) 倒翻騰半周

B No. 15 (b)

Isander—half Gainer.

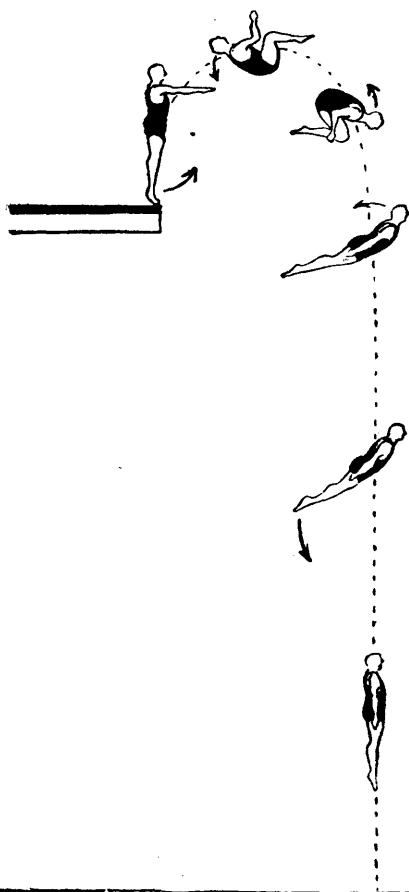


乙表16(甲)例翻騰一周

八三

B No. 16 (a)

Mollberg—full Gainer.

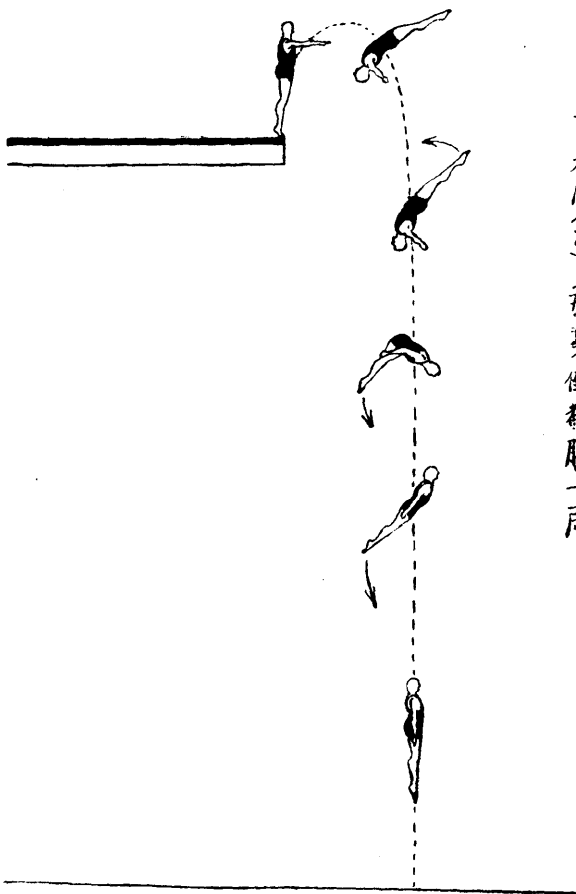


乙表16(丙)倒翻騰一周

B No. 16 (c)

Mollberg—full Gainer.

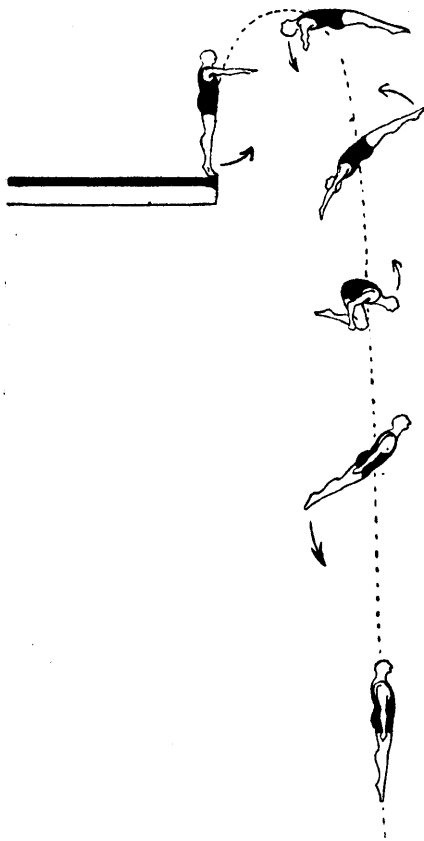
乙表17(乙) 飛身倒翻騰一周



八五

B No. 17 (b)

Flying Mollberg—flying full Gainer.

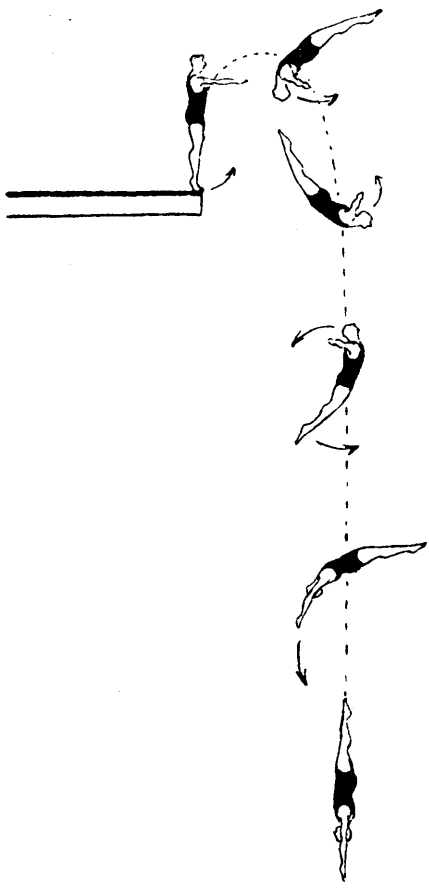


乙表17(丙) 飛身倒翻騰一周

八六

B No. 17 (c)

Flying Mollberg—flying full Gainer



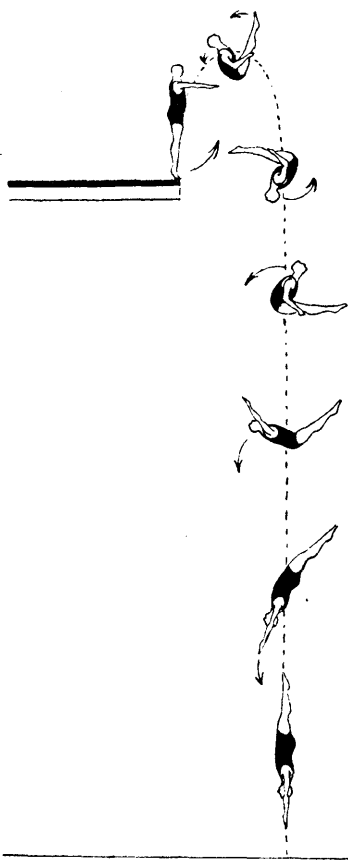
乙表 18 (甲) 倒翻騰一周半

八七

B No. 18 (a)

1 1/2 Mollberg-1 1/2 Gainer.

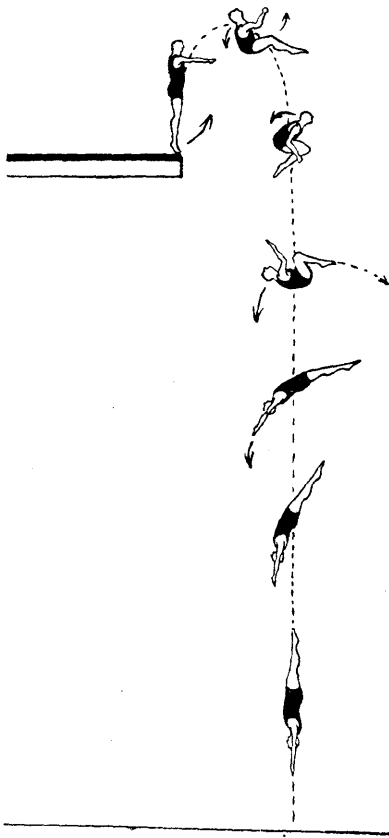




乙表18(乙) 倒翻騰一周半

B No. 18 (b)

1½ Mollberg—1½ Gainer.

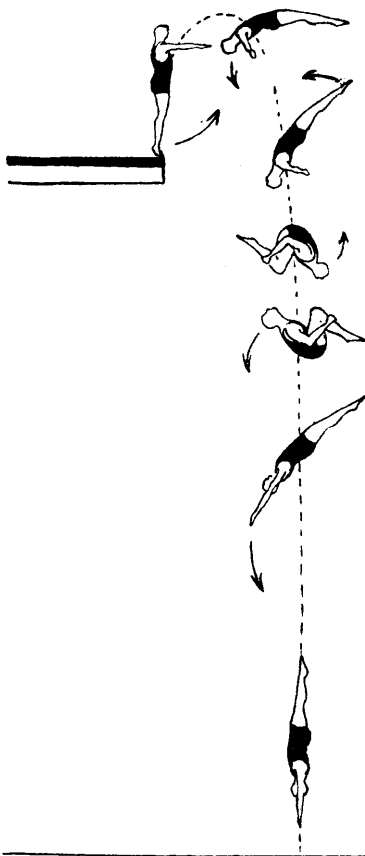


乙表18(丙)倒翻騰一周半

八九

B No. 18 (c)

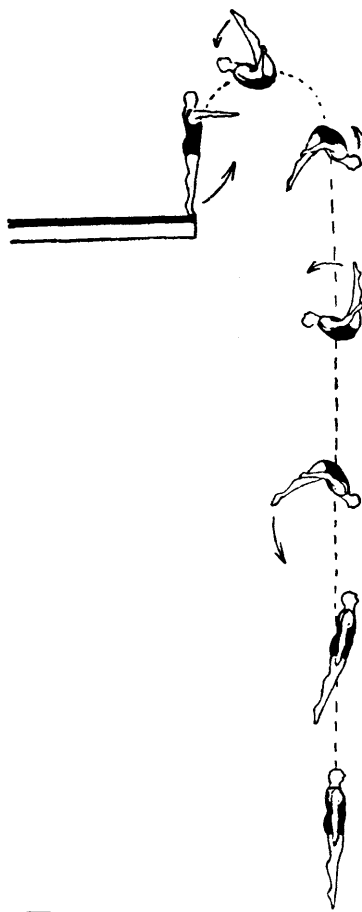
1½ Mollberg—1½ Gainer.



乙表19 飛身側翻騰一周半

B No. 19

Flying 1½ Mollberg—flying 1½ Gainer.

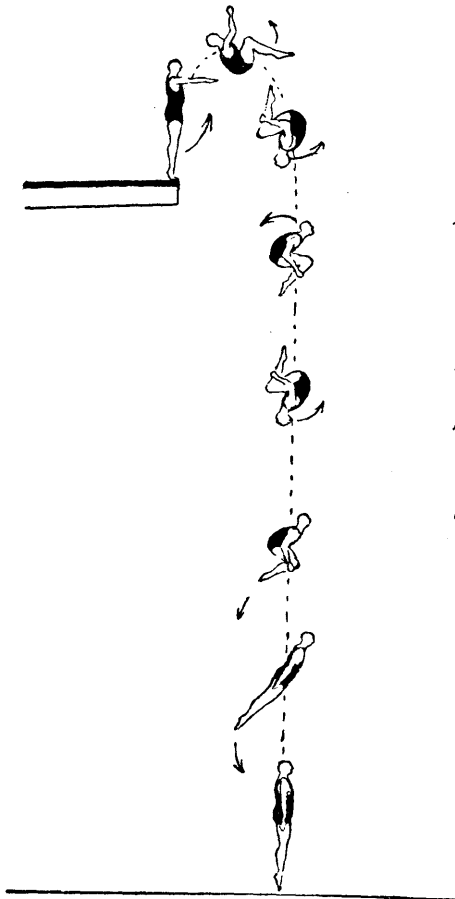


乙表20(乙)例翻騰兩周

九  
一

B No. 20 (b)

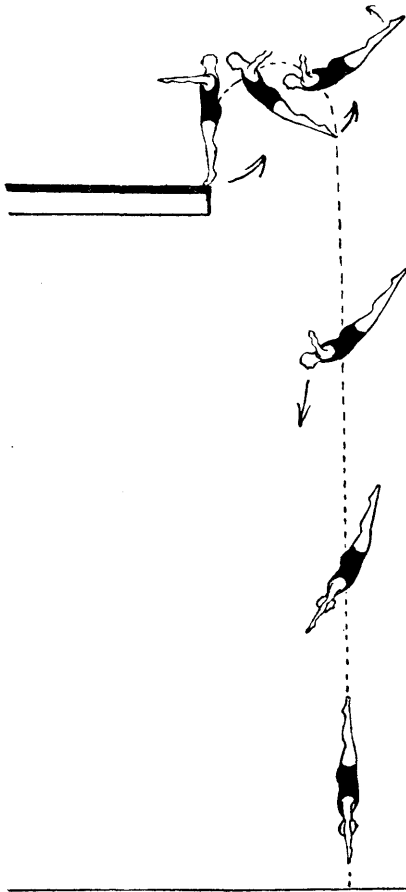
Double Mollberg-double Gainer.



乙表20(丙)倒翻騰兩周

B No. 20 (c)

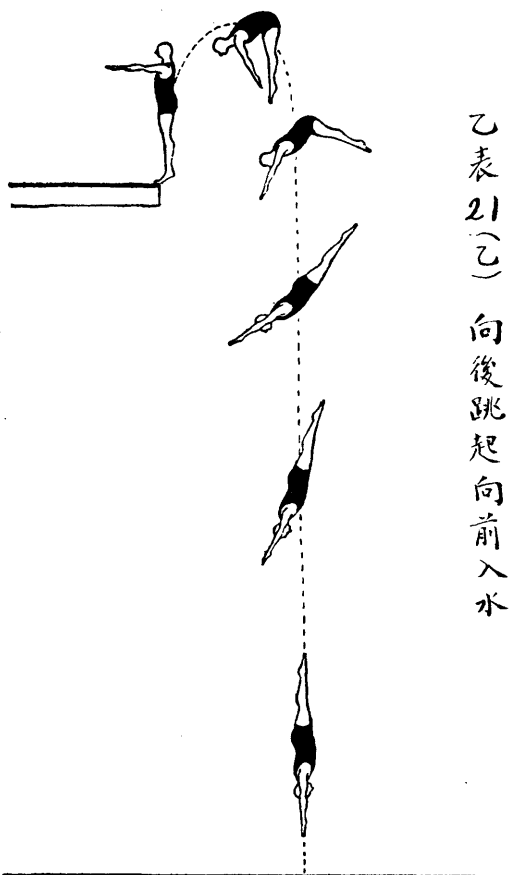
Double Mollberg—double Isander.



乙表  
引甲  
向後跳起  
向前入水

B No. 21 (a)

Backward spring, forward dive.

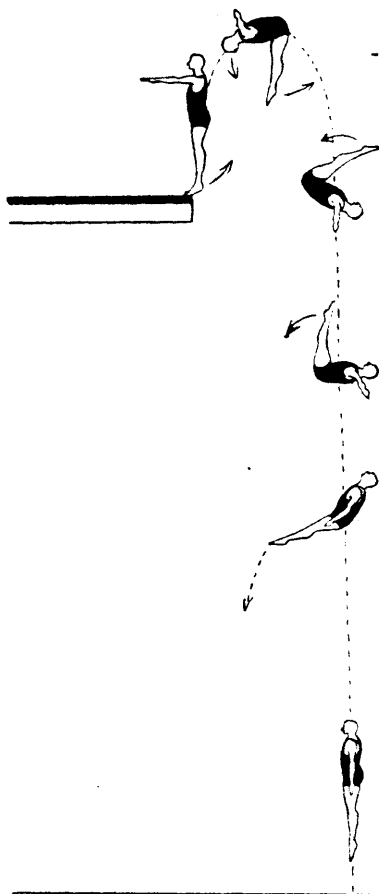


乙表 21 (乙) 向後跳起向前入水

九四

B No. 21 (b)

Backward spring, forward dive.



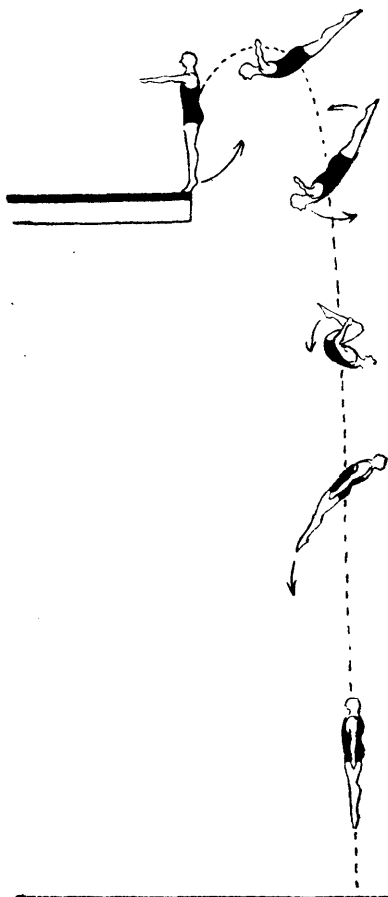
乙表22(乙) 向後跳起正翻騰一周

九五

B No. 22 (b)

Backward spring, forward somersault.

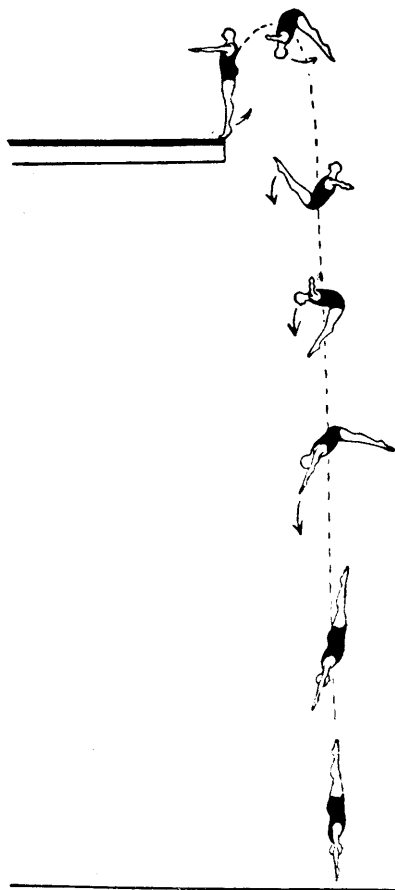




乙表 23 向後跳起飛身正翻騰一周

B No. 23

Backward spring flying forward somersault.

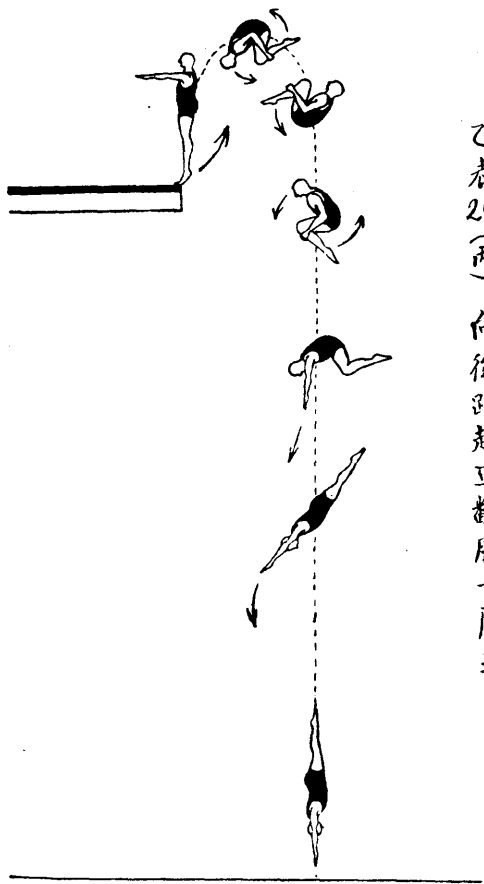


乙表24(乙) 向後跳起正翻騰一周半

九七

B No. 24 (b)

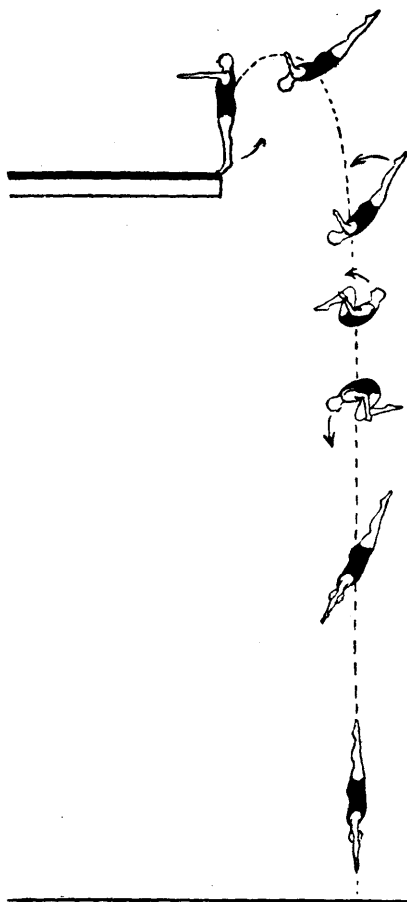
Backward spring, 1½ somersault.



乙表24(丙) 向後跳起正翻騰一周半

B No. 24 (c)

Backward spring,  $1\frac{1}{2}$  somersault.

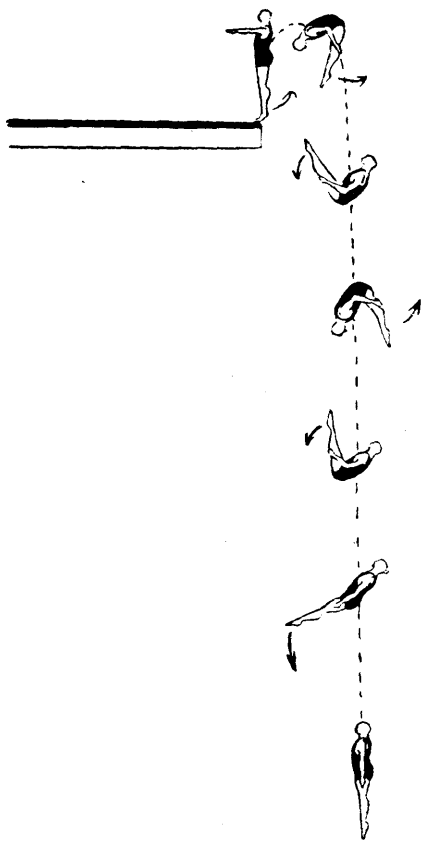


乙表 25 向後跳起飛身正翻騰一周半

九九

B No. 25

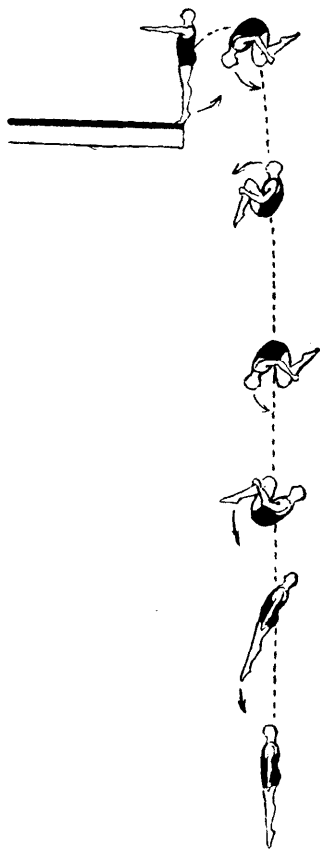
Backward spring, flying 1½ somersault.



乙表26(乙) 向後跳起正翻騰兩周

B No. 26 (b)

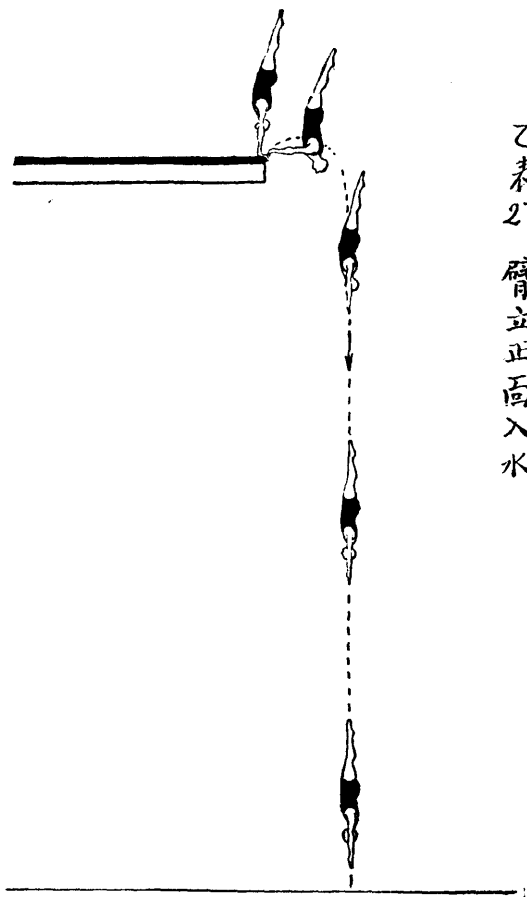
Backward spring, double somersault



乙表26(丙) 向後跳起正翻騰兩周

B No. 26 (c)

Backward spring, double somersault.



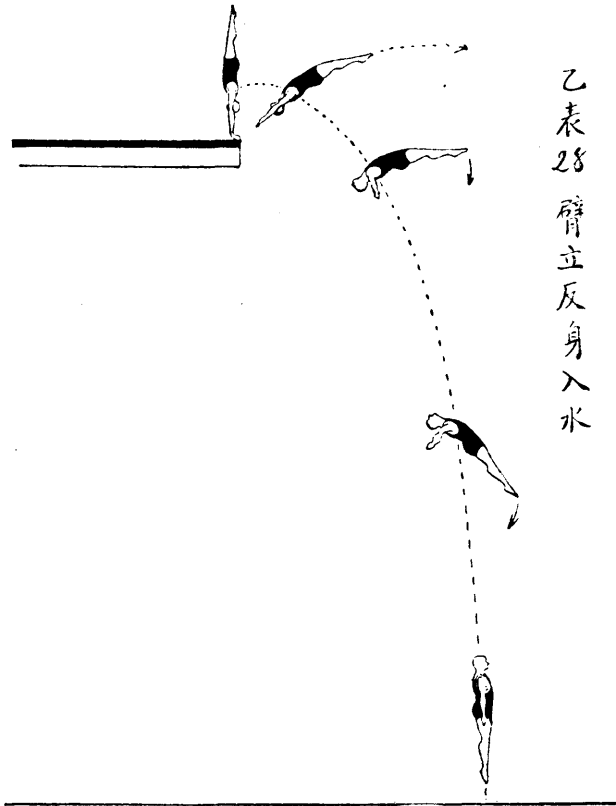
乙表 27 臂立正面入水

1011

B No. 27

Armstand dive.

1011

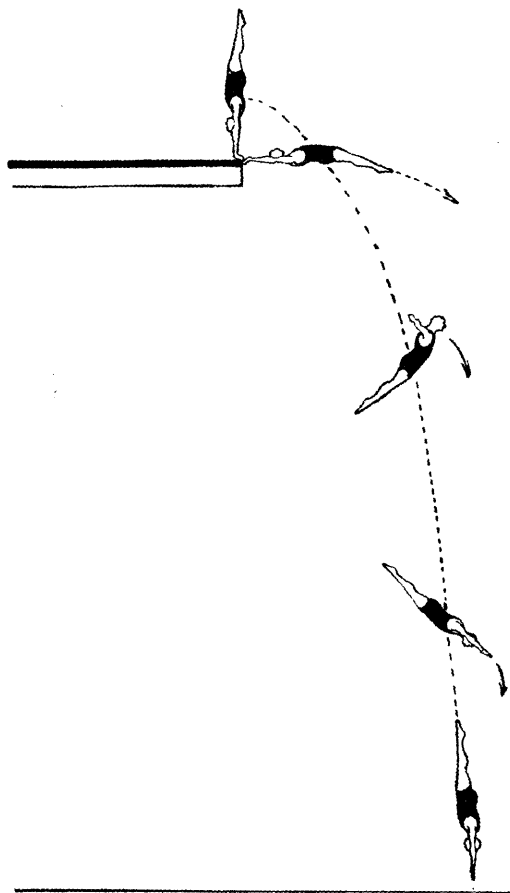


乙表 28 臂立反身入水

**B No. 28**

Armstand backward fall dive.



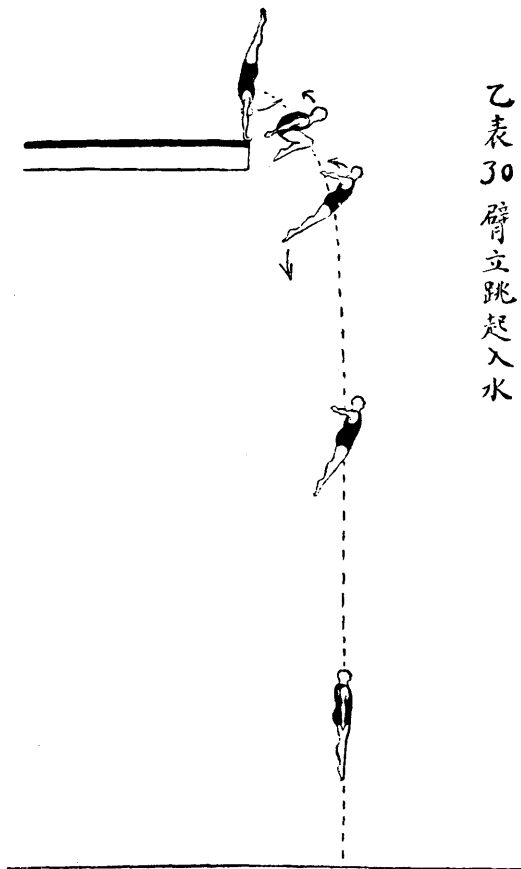


乙表29 臂立正翻騰一周

B No. 29

Armstand and somersault.

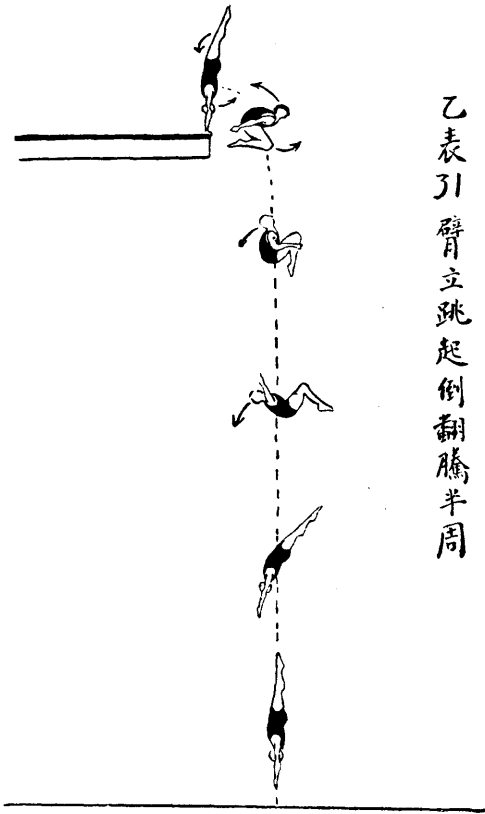
乙表30 臂立跳起入水



一〇五

B No. 30

Armstand with forward cut through



乙表引臂立跳起倒翻騰半周

B No. 31

Armstand with forward through and Isander-Gainer.

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# **RULES OF SWIMMING AND DIVING**

ADOPTED BY

**International Amateur Swimming Federation**

AND

**China National Amateur Athletic Federation**

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## **I. SWIMMING LAWS.**

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### **RULE I. OFFICIALS.**

**SECTION 1.** The officials shall be one referee, one clerk of course, one scorer, three finish judges, three timers, a starter, and an announcer.

**SECTION 2.** The referee shall have full jurisdiction over the meet and he shall see that all the rules are enforced.

He shall assign to each judge his particular duty deciding the winner, second, third, fourth, etc., as the case may require.

He shall act as chief judge, assisting in picking the winner of first place in every race.

The referee shall decide conflicting decisions between the judges, and shall promptly give his official decision to the scorer and announcer.

He shall appoint a chief timer. (See Duties of Timers.)

He shall appoint take-off judges for each relay. The referee shall instruct each take-off judge to station himself in such position that he can hold his finger on the foot of each starter (after the first one) and at the same time see the end of the pool, and he shall judge whether the starter leaves his position before the preceding swimmer touches the end. The penalty for illegal starting shall be disqualification.

The referee shall instruct all other officials regarding their duties as covered by the rules.

SECTION 3. The judges at finish shall determine the order in which the contestants finish.

SECTION 4. Only three timekeepers shall act officially. If two or more of the watches agree, their time shall be official time; if all three disagree, middle time shall be official time.

SECTION 5. The chief timer shall instruct each timer to start his watch instantly on the flash of the starter's pistol and to stop his watch simultaneously with the finish of the winner of first place.

The chief timer shall read all watches and after the official decision has been reached, announce the official time of each heat or race.

Before the meet the chief timer shall examine the watches to be used to determine their accuracy.

SECTION 6. The clerk of course shall be provided with the names of all competitors for each event.

He must give them notice at least five minutes before the event shall be started to appear at the starting mark.

In championships where more than two teams are competing, the clerk of course shall have the contestants draw by lot for starting positions, after which they shall be turned over to the starter. The clerk of course shall be responsible for placing the contestants on the starting mark at the proper time for each event.

SECTION 7. The starter shall have entire control of the competitors after they have been assigned to their proper positions by the clerk of course.

After receiving a signal from the referee that the judges and timers are ready, he shall start the race according to Rule II.

SECTION 8. The scorer shall keep an accurate record of the results of each event and shall act as auditor of the fancy diving scores.

## **RULE II. OFFICIAL START.**

**SECTION 1.** In all swimming races with the exception of the back stroke, the contestants shall be behind their starting stations and upon the signal

### **1. "Get on your marks"**

shall step to the starting mark and assume any starting position, provided they hold a steady balance for an appreciable length of time. When the starter is assured the swimmers are steady he starts the race with the

### **2. Pistol shot.**

Any competitor leaving his mark before the pistol has been discharged shall be charged with a false start. Two false starts by any contestant shall disqualify him; this shall also apply to relay races. No substitution shall be allowed for such disqualified competitor.

## **RULE III. FOULS.**

**SECTION 1.** Each competitor shall keep a straight course, parallel with the sides of the pool from the starting station to the opposite point in the finish line. Any contestant who, when out of his course, shall touch another competitor, is liable to disqualification from the event, subject to the discretion of the referee. The referee may order any race swum over if he thinks sufficient unfairness prevailed.

**SECTION 2.** Standing upon the bottom in the shallow end of a pool during a competition is allowed only for the purpose of resting. Walking on, or jumping from, the bottom in the shallow end shall disqualify the offender.

**SECTION 3.** A competitor in a free style event in turning must, under penalty of disqualification, touch the end of the pool or course with one or both hands before pushing off.

**SECTION 4.** In all swimming races each competitor shall have finished the race when any part of his person touches the finish mark.

## **RULE IV. BREAST STROKE.**

**SECTION 1.** Both hands must be moved forward together and drawn backwards simultaneously. The body must be kept

perfectly on the breast, the shoulders in a plane parallel with the surface of the water. The shoulders must at all times be at right angles to the line of forward progress.

SECTION 2. The legs must be drawn up with a distinct bend in the knees, followed by kicking outward and backward with a separation of the legs laterally. Up and down movements of the legs in the vertical plane are prohibited.

SECTION 3. When touching at the turn, or in finishing a race, the touch must be made with both hands simultaneously.

SECTION 4. Any competitor introducing a side-stroke movement is to be disqualified.

**Note.**—In the recovery, the legs shall be drawn up relaxed and natural, both knees as nearly as possible on the same plane. The drive or thrust must be made simultaneously, both legs executing the same type of drive or thrust. Under no consideration shall one leg execute one type of drive or thrust while the other leg executes another type. Not keeping the shoulders level, hunching one in front of the other, extending one hand out for turn or finish, engaging the water with the instep of one foot and the sole of the other, anticipation of the turn, all these are indications of improper form and the user thereof shall be disqualified.

## RULE V. BACK STROKE.

The competitors shall line up in the water facing the starting mark, with both hands resting on the end of the pool. At the sound of the pistol the competitors shall push off on their backs and continue swimming on their backs throughout the race. Any competitor turning over on his breast before his foremost hand has touched the end of the course for the purpose of turning or finishing shall be disqualified.



## II. DIVING RULES.

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### I. GENERAL RULES.

1. In championship meets the order of starting shall be decided by lot. In dual meets the visiting team shall have the choice.

2. If necessary, the competitors shall be divided into groups, each group consisting of a number of competitors determined by the officials. The first six highest scores shall qualify the competitors for the finals. The competition, whether preliminary or final, shall be carried out entirely in one day.

3. Before each dive the announcer shall announce the name of the competitor, and the dive which he is about to execute.

4. Only such dives as are mentioned in the table may be executed.

5. Each competitor must deliver, not less than twenty-four hours before the competition takes place, a statement of the voluntary dives selected.

6. None of the compulsory dives may be repeated as a voluntary dive. All dives of the same number are to be considered as the same dive.

7. All dives must be executed by the competitors themselves, without any assistance from any other person.

8. A second attempt is permissible only under circumstances which in the opinion of the referee are exceptional.

### II. METHODS OF MARKING, DUTIES OF JUDGES, REFEREE AND SECRETARY.

1. For each championship contest there shall be a referee, not less than five nor more than seven judges, a secretary, and an announcer. In dual competition one referee and three judges are sufficient.

2. The referee shall manage the competition and insure that all regulations are observed.

3. The minutes of the contest shall be kept by two secretaries.

4. The judges shall be placed by the referee separately, and preferably on both sides of the diving board, if practicable.

5. After each dive, on a signal from the referee, each of the judges without communicating with each other, shall immediately and simultaneously flash his award.

6. The referee shall place the individual awards one by one in the same consecutive order on a score sheet, cancel the highest and lowest awards, and pass the score sheet to the secretary. If two or more awards of those which are to be cancelled are equal, either of them can be cancelled. When three judges are used, there shall be no cancellation of awards.

7. The secretary shall state the average value of the remaining awards, multiply it by the degree of difficulty, and enter the points thus established as the result into the list of results.

8. The final result shall be obtained from the list of results and entered in the main minutes at the end of the contest.

9. At the end of the contest the referee shall supervise the score sheets and the list of results in collaboration with the secretary, and confirm the final result by his signature in the main minutes.

10. The winner shall be the competitor who has obtained the greatest sum of points. If two or more competitors obtained the same number of points the greatest sum of points awarded for the compulsory dives shall decide. If there still be any dead heats the award for the compulsory dive with the highest degree of difficulty shall decide.

11. Points shall be awarded from 0-10, according to the opinion of the judges and the following table. One-half-point scale may be used.

Completely failed	... ..	0	points
Unsatisfactory	... ..	1—2	points
Deficient	... ..	3—4	points
Satisfactory	... ..	5—6	points
Good	... ..	7—8	points
Very good	... ..	9—10	points

## Table for Scoring Difficulty of Dives

First column=*Judge's* possible estimate of value of a given dive on basis of points or half points, ten points being given for a perfect dive (See Rule V). Succeeding columns contain *final results* of dives after judges' estimate has been multiplied by the proper *factor for difficulty*. The various possible factors for difficulty (See Rule V) appear in bold face type at top of each column of *final results*.

Judge's Award	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
1.	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5
1.5	1.65	1.8	1.95	2.1	2.25	2.4	2.55	2.7	2.85	3.	3.15	3.3	3.45	3.6	3.75
2.	2.2	2.4	2.6	2.8	3.	3.2	3.4	3.6	3.8	4.	4.2	4.4	4.6	4.8	5.
2.5	2.75	3.	3.25	3.5	3.75	4.	4.25	4.5	4.75	5.	5.25	5.5	5.75	6.	6.25
3.	3.3	3.6	3.9	4.2	4.5	4.8	5.1	5.4	5.7	6.	6.3	6.6	6.9	7.2	7.5
3.5	3.85	4.2	4.55	4.9	5.25	5.6	5.95	6.3	6.65	7.	7.35	7.7	8.05	8.40	8.75
4.	4.4	4.8	5.2	5.6	6.	6.4	6.8	7.2	7.6	8.	8.4	8.8	9.2	9.6	10.
4.5	4.95	5.4	5.85	6.3	6.75	7.2	7.65	8.1	8.55	9.	9.45	9.9	10.35	10.8	11.25
5.	5.5	6.	6.5	7.	7.5	8.	8.5	9.	9.5	10.	10.5	11.	11.5	12.	12.5
5.5	6.05	6.6	7.15	7.7	8.25	8.8	9.35	9.9	10.45	11.	11.55	12.1	12.65	13.2	13.75
6.	6.6	7.2	7.8	8.4	9.	9.6	10.2	10.8	11.4	12.	12.6	13.2	13.8	14.4	15.
6.5	7.15	7.8	8.45	9.1	9.75	10.4	11.05	11.7	12.35	13.	13.65	14.3	14.95	15.6	16.25
7.	7.7	8.4	9.1	9.8	10.5	11.2	11.9	12.6	13.3	14.	14.7	15.4	16.1	16.8	17.5
7.5	8.25	9.	9.75	10.5	11.25	12.	12.75	13.5	14.25	15.	15.75	16.5	17.25	18.	18.75
8.	8.8	9.6	10.4	11.2	12.	12.8	13.6	14.4	15.2	16.	16.8	17.6	18.4	19.2	20.
8.5	9.35	10.2	11.05	11.9	12.75	13.6	14.45	15.3	16.15	17.	17.85	18.7	19.55	20.4	21.25
9.	9.9	10.8	11.7	12.6	13.5	14.4	15.3	16.2	17.1	18.	18.9	19.8	20.7	21.6	22.5
9.5	10.45	11.4	12.35	13.3	14.25	15.2	16.15	17.1	18.05	19.	19.95	20.9	21.85	22.8	23.75
10.	11.	12.	13.	14.	15.	16.	17.	18.	19.	20.	21.	22.	23.	24.	25.

Example: If a judge awards 7.5 for a 2.3 dive the result, 17.25, is found at a glance.

12. When judging a dive only the dive is to be considered without regard to the approach to the starting position. The points to be considered are:—

The run.

The take-off.

The technique and grace of the dive during the passage through the air.

The entry into the water.

13. If a diver executes a dive other than that announced, the dive must be awarded 0. The diving referee is authorized to have a failed dive repeated, when in his opinion the execution of the dive was influenced by exceptional circumstances. The request for such repetition must be made immediately after the execution of the spoiled dive.

In the case of a dive being announced erroneously, the diving referee shall cancel it and have the correct dive performed immediately after the execution of the erroneously announced dive. The diver whose dive was erroneously announced should have it rectified at once, if possible before its execution.

### III.—EXECUTION OF THE DIVE.

1. The diver must not start until the referee has given a signal by whistle.

2. Dives should be executed and judged on the following principles:—

(a) The approach to the starting position shall not be taken into consideration; the starting position shall be free and unaffected.

(b) The starting position in standing dives shall be assumed when the competitor stands on the front end of the board and shall be straight, head erect, feet together, arms up or stretched straight forward level with and the width of the shoulders apart, the fingers together. The starting position of a running dive shall be assumed when the competitor is ready to take the first step of the run.

(c) The run shall be smooth, straight, without hesitation, and consist of not less than three steps before the jump to the end of the board.

- (d) The take-off shall be bold, reasonably high and confident. In running dives the take-off from the spring-board must be from both feet simultaneously, but from fixed boards the take-off can be from one foot only.

In arm-stand dives the diver must show a steady balance, with the body thoroughly straight.

- (e) During the passage through the air the body can be carried straight, with pike or with tuck. In the first case the body shall not be bent either at the knees, nor at the hips, the arms must be straight, the feet together and toes pointed.

In the second case the body shall be bent at the hips, but the legs must be kept straight at the knees, toes pointed.

In the third case the whole body is bunched up with the knees together, toes pointed. The tuck should be as compact as possible.

The diving illustrations serve as guides only and it is to be noted that the position of the arms shall be at the choice of the diver, except in the case of the plain header forwards, where the arms must be stretched out sideways in line with the shoulders during the flight through the air. The arms must be kept still until just before the entry into the water, when they must be brought together rapidly and extended beyond the head in a line with the body.

- (f) In the plain dives with one half or full twist, the twisting must not be done directly from the board.

In all pike dives with twists, the twist must not be started, until there has been a marked pike position and in all half gainor dives with twist, the twist must not be started until there has been a marked descending header position.

- (g) In somersaults with tuck (other than flying somersaults) the turn must commence as soon as the diver leaves the platform, or board, but in flying somersault dives there must be a well defined header before the somersault, with the somersault made as rapidly as possible.

- (h) The entry into the water must in all cases be vertical, or nearly so, with the body straight, toes pointed. All head first entries shall be executed with the arms stretched beyond the head in a line with the body, with the hands close together; all feet first entries with the arms close to the body, and no bending at the elbows.

#### IV. SPECIAL REGULATIONS.

##### A.—Spring Board Diving.

1. The spring boards shall be 1 and 3 m. above the water level, at least 4 m. long and  $\frac{1}{2}$  m. wide, and covered along the whole length with rough cocoanut matting. Spring board events in the Olympic Games and European Championships shall be held from the 3 m. board.

2. The front of each board shall project at least 1 m. beyond the edge of the bath.

3. The depth of the water shall be at least 3 m., 1 m. back, 10 m. in front and 4 m. each side from a vertical dropped from the centre of the front end of the board.

4. The men's competition shall comprise four compulsory and four voluntary dives.

5. The compulsory dives shall be stated by the International Diving Committee of the F.I.N.A., for each Olympic period, and must be chosen from different groups.

## TABLE A SPRING BOARD DIVING.

- (a) Straight  
(b) With pike  
(c) With tuck

### GROUP I.

		Degree of difficulty.				
		Standing.		Running.		
		1 m.	3 m.	1 m.	3 m.	
1.	Header forward ... ..	(a)	1.0	1.1	1.1	1.2
		(b)	1.2	1.3	1.3	1.4
		(c)	1.1	1.2	1.2	1.3
2.	Somersault forward ... ..	(a)	1.6	1.5	1.6	1.8
		(b)	1.5	1.4	1.5	1.7
		(c)	1.3	1.4	1.4	1.5
3.	Flying somersault forward ...	(c)	1.7	1.6	1.7	1.6
4.	1½ somersault forward ... ..	(a)	—	2.0	—	1.9
		(b)	1.7	1.6	1.8	1.8
		(c)	1.6	1.6	1.8	1.7
5.	Flying 1½ somersault forward	(c)	—	1.9	1.9	1.8
6.	Double somersault forward ...	(b)	—	—	2.1	2.0
		(c)	—	2.0	1.9	2.0
7.	2½ somersaults forward ... ..	(b)	—	—	—	2.2
		(c)	—	—	2.3	2.1

### GROUP II.

#### Backward dives, body facing the spring board.

8.	Backward header ... ..	(a)	1.4	1.6	—	—
		(b)	1.5	1.7	—	—
		(c)	1.5	1.7	—	—
9.	Somersault backward ... ..	(a)	1.7	1.6	—	—
		(b)	1.6	1.6	—	—
		(c)	1.4	1.5	—	—
10.	Flying somersault backward ...	(c)	1.6	1.6	—	—
11.	1½ somersault backward ... ..	(a)	—	2.1	—	—
		(b)	2.1	2.0	—	—
		(c)	1.9	1.9	—	—

		Degree of difficulty.				
		Standing.		Running.		
		1 m.	3 m.	1 m.	3 m.	
12.	Double somersault backward ...	(b)	—	2.1	—	—
		(c)	2.1	2.0	—	—
13.	2½ somersault backward ... ..		—	2.4	—	—

### GROUP III.

#### Backward dives, body facing the water.

14.	Isander (half Gainer) ... ..	(a)	1.7	1.7	1.8	1.9
		(b)	1.6	1.6	1.7	1.8
		(c)	1.5	1.4	1.5	1.6
15.	Mollberg (full Gainer) ... ..	(a)	2.1	2.0	1.9	2.0
		(b)	1.8	1.9	1.8	1.9
		(c)	1.7	1.8.	1.7	1.8
16.	Flying Mollberg — flying full Gainer ... ..	(c)	—	1.9	1.9	1.8
17.	1½ Mollberg—1½ Gainer ... ..	(b)	—	2.2	—	2.3
		(c)	—	2.1	—	2.2
18.	Double Mollberg — Double Gainer ... ..	(b)	—	2.2	—	2.3
		(c)	—	2.0	—	2.1
19.	2½ Mollberg—2½ Gainer... ..	(c)	—	—	—	2.5

### GROUP IV.

#### Forward dives, body facing the spring board.

20.	Backward spring, forward dive	(a)	1.2	1.4	—	—
		(b)	1.1	1.2	—	—
		(c)	1.0	1.1	—	—
21.	Backward spring, 1 somersault	(b)	1.7	1.6	—	—
		(c)	1.5	1.5	—	—
22.	Backward spring, flying somersault ... ..	(c)	—	1.8	—	—
23.	Backward spring, 1½ somersault ... ..	(b)	2.2	2.1	—	—
		(c)	2.2	2.2	—	—
24.	Backward spring, double somersault ... ..	(c)	—	2.2	—	—



GROUP V.

Screw dives.		Degree of difficulty.				
		Standing.		Running.		
		1 m.	3 m.	1 m.	3 m.	
25.	½ screw forward ... .. (a)	1.7	1.6	1.6	1.7	
26.	½ screw backward ... .. (a)	1.7	1.6	—	—	
27.	1 screw forward ... .. (a)	—	1.9	2.0	1.9	
28.	1 screw backward ... .. (a)	—	2.0	—	—	
29.	Pike dive with ½ screw forward ... .. (b)	1.8	1.8	1.7	1.8	
30.	Pike dive with 1 screw forward ... .. (b)	—	2.0	—	2.0	
31.	Backward spring, ½ screw forward ... ..	(a)	2.1	2.0	—	—
		(b)	1.9	1.9	—	—
32.	Backward spring, 1 screw forward ... ..	(a)	—	2.2	—	—
		(b)	—	2.0	—	—
33.	Isander ½ screw... ..	(a)	1.9	2.0	1.9	2.0
		(b)	—	2.2	—	2.2
34.	Isander, 1 screw ... .. (a)	—	2.2	—	2.1	
35.	Half twisting 1½ somersault backward ... ..	—	2.1	—	—	
36.	Full screw with 1½ somersault forward ... ..	—	—	2.4	2.3	

B.—Fixed Board Diving.

1. The platforms must not move, shall be at least 5 m. long and 2 m. wide, and covered with cocoanut matting. The front of the 10 m. platform must project at least 2 m. beyond the edge of the bath, and 1 m. beyond the platform immediately underneath, which must project at least 1 m. beyond the edge of the bath. The back and the sides must be surrounded by a handrail and each level must be accessible by suitable stairs (not ladders).

2. The height of the platforms must be 5 and 10 m., variations of 10% being permissible.

3. The depth of the water must be at least 4.5 m. 2 m. back and 16 m. in front from a vertical dropped from the front of the 10 m. platform and 4 m. each side from verticals dropped from the outside edges of the 10 and 5 m. platforms.

## TABLE B HIGH BOARD DIVING.

- (a) Straight  
(b) With pike  
(c) With tuck

### GROUP I.

	Forward dives, body facing the water.	Degree of difficulty.				
		Standing.		Running.		
		5 m.	10 m.	5 m.	10 m.	
1.	Plain header forward ... ..	(a)	1.0	1.1	1.1	1.2
		(b)	1.2	1.3	1.3	1.4
		(c)	1.1	1.2	1.2	1.3
2.	Somersault forward ... ..	(a)	1.4	1.7	1.5	1.8
		(b)	1.3	1.5	1.4	1.6
		(c)	1.2	1.4	1.3	1.5
3.	Flying forward somersault ...	(b)	1.4	1.7	1.5	1.8
		(c)	1.2	1.5	1.3	1.6
4.	1½ somersault forward ... ..	(a)	1.3	1.6	1.5	1.8
		(b)	1.2	1.4	1.4	1.6
		(c)	1.1	1.3	1.3	1.5
5.	Flying forward 1½ somersault	(b)	1.4	1.6	1.6	1.9
		(c)	1.3	1.6	1.4	1.7
6.	Double somersault forward ...	(a)	—	—	—	2.2
		(b)	1.6	1.9	1.8	2.1
		(c)	1.4	1.7	1.6	1.9
7.	Double flying forward somersault ... ..	(c)	—	2.0	—	2.2
8.	2½ somersault forward ... ..	(b)	—	2.0	—	2.2
		(c)	—	1.8	—	2.0

### GROUP II.

	Backward dives, body facing the platform.					
9.	Header backward ... ..	(a)	1.3	1.7	—	—
		(b)	1.5	1.9	—	—
		(c)	1.4	1.8	—	—
10.	Somersault backward ... ..	(a)	1.4	1.8	—	—
		(b)	1.3	1.6	—	—
		(c)	1.2	1.5	—	—
11.	Flying backward somersault ...	(c)	1.5	1.9	—	—

		Degree of difficulty.				
		Standing.		Running.		
		5 m.	10 m.	5 m.	10 m.	
12.	1½ somersault backward ... ..	(a)	—	2.2	—	—
		(b)	1.9	2.1	—	—
		(c)	1.8	2.0	—	—
13.	Double somersault backward ...	(b)	—	2.3	—	—
		(c)	1.9	2.1	—	—
14.	2½ somersault backward ... ..	(b)	—	2.5	—	—
		(c)	—	2.5	—	—

### GROUP III.

#### Backward dives, body facing the water.

15.	Isander (half Gainer) ... ..	(a)	1.6	1.9	1.7	2.0
		(b)	1.5	1.8	1.6	1.9
		(c)	1.3	1.6	1.4	1.7
16.	Mollberg (full Gainer)... ..	(a)	1.4	1.8	1.5	1.9
		(b)	1.3	1.7	1.4	1.8
		(c)	1.2	1.5	1.3	1.6
17.	Flying Mollberg—flying full Gainer ... ..	(b)	—	1.8	—	1.9
		(c)	—	1.7	—	1.8
18.	1½ Mollberg—1½ Gainer ... ..	(a)	—	2.2	—	2.3
		(b)	—	2.0	—	2.1
		(c)	1.6	1.9	1.7	2.0
19.	Flying 1½ Mollberg—flying 1½ Gainer ... ..	(c)	—	—	—	2.3
20.	Double Mollberg — Double Gainer ... ..	(b)	—	2.1	—	2.0
		(c)	1.6	2.0	1.7	1.9

### GROUP IV.

#### Forward dives, body facing the platform.

21.	Backward spring, forward dive	(a)	1.3	1.5	—	—
		(b)	1.2	1.3	—	—
		(c)	1.1	1.2	—	—
22.	Backward spring, forward somersault ... ..	(b)	1.4	1.7	—	—
		(c)	1.3	1.6	—	—

		Degree of difficulty.				
		Standing.		Running.		
		5 m.	10 m.	5 m.	10 m.	
23.	Backward spring flying forward somersault ... ..	(c)	—	1.6	—	—
24.	Backward spring, 1½ somersault ... ..	(b)	1.6	1.7	—	—
		(c)	1.5	1.6	—	—
25.	Backward spring flying 1½ forward somersault ... ..	(c)	—	1.9	—	—
26.	Backward spring, double somersault ... ..	(b)	—	2.0	—	—
		(c)	—	1.9	—	—

## GROUP V.

### Handstand dives.

27.	Armstand dive ... ..	(a)	1.2	1.3	—	—
28.	Armstand backward fall dive	(a)	1.3	1.5	—	—
29.	Armstand and somersault ... ..	(a)	1.3	1.4	—	—
30.	Armstand with forward cut through ... ..		1.4	1.6	—	—
31.	Armstand with forward cut through and Isander (Gainer) ... ..	(b)	—	2.2	—	—
		(c)	—	2.1	—	—

**Note.**—The diving illustrations serve as guides only.

The position of the arms shall be at the choice of the diver, except in the case of the plain header forward, where the arms must be stretched out sideways in line with the shoulder during the flight. The arms must be kept still until just before the entry into the water, when they must be brought together rapidly and extended beyond the head in a line with the body.

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