

1 METER TABLE OF DIVES

Difficulty Rating

<u>Dive</u>		(C)	(B)	(A)	(D)
<u>Gp/Nr</u>	<u>Name</u>	<u>Tuck</u>	<u>Pike</u>	<u>Strght</u>	<u>Free</u>
<u>I</u>	<u>Forward Dives</u>				
101	Forward Dive	1.2	1.3	1.4	----
102	Forward Somersault	1.4	1.5	1.6	----
103	Forward 1-1/2 Somersault	1.6	1.7	2.0	----
104	Forward Double Somersault	2.2	2.3	2.6	----
105	Forward 2-1/2 Somersault	2.4	2.6	----	----
<u>II</u>	<u>Back Dives</u>				
201	Back Dive	1.5	1.6	1.7	----
202	Back Somersault	1.5	1.6	1.7	----
203	Back 1-1/2 Somersault	2.0	2.3	2.5	----
204	Back Double Somersault	2.2	2.5	----	----
<u>III</u>	<u>Reverse Dives</u>				
301	Reverse Dive	1.6	1.7	1.8	----
302	Reverse Somersault	1.6	1.7	1.8	----
303	Reverse 1-1/2 Somersault	2.1	2.4	2.7	----
304	Reverse Double Somersault	2.3	2.6	2.9	----
<u>IV</u>	<u>Inward Dives</u>				
401	Inward Dive	1.4	1.5	1.8	----
402	Inward Somersault	1.6	1.7	2.0	----
403	Inward 1-1/2 Somersault	2.2	2.4	----	----
<u>V</u>	<u>Twist Dives</u>				
5111	Forward Dive 1/2 Twist	1.6	1.7	1.8	----
5121	Forward Somersault 1/2 Twist	----	----	----	1.7
5122	Forward Somersault 1 Twist	----	----	----	1.9
5124	Forward Somersault 2 Twists	----	----	----	2.3
5131	Forward 1-1/2 Somersault 1/2 Twist	----	----	----	2.0
5132	Forward 1-1/2 Somersault 1 Twist	----	----	----	2.2
5134	Forward 1-1/2 Somersault 2 Twists	----	----	----	2.6
5211	Back Dive 1/2 Twist	1.6	1.7	1.8	----
5221	Back Somersault 1/2 Twist	----	----	----	1.7
5222	Back Somersault 1 Twist	----	----	----	1.9
5223	Back Somersault 1-1/2 Twists	----	----	----	2.3
5231	Back 1-1/2 Somersault 1/2 Twist	----	----	----	2.1
5233	Back 1-1/2 Somersault 1-1/2 Twists	----	----	----	2.5
5331	Reverse 1½ Somersault 1/2 Twist	----	----	----	2.2
5333	Reverse 1½ Somersault 1-1/2 Twists	----	----	----	2.6

For Freshman Competition only:

001	Front Entry	0.5 (no position specified)			
002	Back Entry	1.0 (no position specified)			
100	Forward Jump	0.5	0.5	0.5	
200	Back Jump	0.5	0.5	0.5	

A complete table of dives is shown in the current official FINA Rulebook. A dashed line entry (----) indicates the dive cannot be performed.

3 METER TABLE OF DIVES

Difficulty Rating

<u>Dive</u>		(C)	(B)	(A)	(D)
<u>Gp/Nr</u>	<u>Name</u>	<u>Tuck</u>	<u>Pike</u>	<u>Strght</u>	<u>Free</u>
<u>I</u>	<u>Forward Dives</u>				
101	Forward Dive	1.4	1.5	1.6	----
102	Forward Somersault	1.5	1.6	1.7	----
103	Forward 1-1/2 Somersault	1.5	1.6	1.9	----
104	Forward Double Somersault	2.0	2.1	2.4	----
105	Forward 2-1/2 Somersault	2.2	2.4	2.8	----
<u>II</u>	<u>Back Dives</u>				
201	Back Dive	1.7	1.8	1.9	----
202	Back Somersault	1.6	1.7	1.8	----
203	Back 1-1/2 Somersault	1.9	2.2	2.4	----
204	Back Double Somersault	2.0	2.3	2.5	----
<u>III</u>	<u>Reverse Dives</u>				
301	Reverse Dive	1.8	1.9	2.0	----
302	Reverse Somersault	1.7	1.8	1.9	----
303	Reverse 1-1/2 Somersault	2.0	2.3	2.6	----
305	Reverse 2-1/2 Somersault	2.8	3.0	3.4	----
<u>IV</u>	<u>Inward Dives</u>				
401	Inward Dive	1.3	1.4	1.7	----
402	Inward Somersault	1.4	1.5	1.8	----
403	Inward 1-1/2 Somersault	1.9	2.1	----	----
<u>V</u>	<u>Twist Dives</u>				
5111	Forward Dive 1/2 Twist	1.8	1.9	2.0	----
5122	Forward Somersault 1 Twist	----	----	----	2.0
5131	Forward 1-1/2 Somersault 1/2 Twist	----	----	----	1.9
5132	Forward 1-1/2 Somersault 1 Twist	----	----	----	2.1
5134	Forward 1-1/2 Somersault 2 Twists	----	----	----	2.5
5136	Forward 1-1/2 Somersault 3 Twists	----	----	----	3.0
5231	Back 1-1/2 Somersault 1/2 Twist	----	----	----	2.0
5233	Back 1-1/2 Somersault 1-1/2 Twists	----	----	----	2.4
5235	Back 1-1/2 Somersault 2-1/2 Twists	----	----	----	2.8
5411	Inward Dive 1/2 Twist	1.5	1.6	1.9	----

For Freshman and Junior Competition only:

001	Front Entry	1.0 (no position specified)			
002	Back Entry	1.0 (no position specified)			
100	Forward Jump	0.5	0.5	0.5	
200	Back Jump	0.5	0.5	0.5	

A complete table of dives is shown in the current official FINA Rulebook. A dashed line entry (----) indicates the dive cannot be performed.