

Degree of Difficulties

SPRINGBOARD		1 METER				3 METER				SPRINGBOARD		1 METER				3 METER			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free			Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
FORWARD GROUP		A	B	C	D	A	B	C	D	TWISTING GROUP		A	B	C	D	A	B	C	D
101	Forward Dive	1.4	1.3	1.2		1.6	1.5	1.4		5111	Forward Dive ½ Twist	1.8	1.7			2	1.9		
102	Forward Somersault	1.6	1.5	1.4		1.7	1.6	1.5		5112	Forward Dive 1 Twist	2	1.9			2.2	2.1		
103	Forward 1 ½ Somersault		1.7	1.6		1.9	1.6	1.5		5121	Forward Somersault ½ Twist	1.9	1.8		1.7	2	1.9		
104	Forward Double Somersault		2.3	2.2			2.1	2		5122	Forward Somersault 1 Twist				1.9				2
105	Forward 2 ½ Somersault		2.6	2.4			2.4	2.2		5124	Forward Somersault 2 Twists				2.3				
106	Forward Triple Somersault			2.9			2.8	2.5		5126	Forward Somersault 3 Twists				2.7				
107	Forward 3 ½ Somersault			3			3.1	2.8		5131	Forward 1 ½ Somersault ½ Twist		2.1	2			2	1.9	
109	Forward 4 ½ Somersault							3.5		5132	Forward 1 ½ Somersault 1 Twist				2.2				2.1
112	Forward Flying Somersault		1.7	1.6			1.8	1.7		5134	Forward 1 ½ Somersault 2 Twists				2.6				2.5
113	Forward Flying 1 ½ Somersaults		1.9	1.8			1.8	1.7		5136	Forward 1 ½ Somersault 3 Twists				3				2.9
115	Forward Flying 2 ½ Somersaults							2.5		5138	Forward 1 ½ Somersault 4 Twists								3.3
SPRINGBOARD		1 METER				3 METER				5152	Forward 2 ½ Somersault 1 Twist		3.2	3			3	2.8	2.8
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free	5154	Forward 2 ½ Somersault 2 Twists						3.4	3.2	3.2
BACK GROUP		A	B	C	D	A	B	C	D	5211	Back Dive ½ Twist	1.8				2			
201	Back Dive	1.7	1.6	1.5		1.9	1.8	1.7		5212	Back Dive 1 Twist	2				2.2			
202	Back Somersault	1.7	1.6	1.5		1.8	1.7	1.6		5221	Back Somersault ½ Twist				1.7				
203	Back 1 ½ Somersault	2.5	2.3	2		2.4	2.2	1.9		5222	Back Somersault 1 Twist				1.9				
204	Back Double Somersault		2.5	2.2		2.5	2.3	2		5223	Back Somersault 1 ½ Twists				2.3				
205	Back 2 ½ Somersault		3.2	3			3	2.8		5225	Back Somersault 2 ½ Twists				2.7				
207	Back 3 ½ Somersault							3.4		5227	Back Somersault 3 ½ Twists								3.2
212	Back Flying Somersault		1.7	1.6			1.8	1.7		5231	Back 1 ½ Somersault ½ Twist				2.1				2
213	Back Flying 1 ½ Somersault							2.1		5233	Back 1 ½ Somersault 1 ½ Twists				2.5				2.4
SPRINGBOARD		1 METER				3 METER				5235	Back 1 ½ Somersault 2 ½ Twists				2.9				2.8
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free	5237	Back 1 ½ Somersault 3 ½ Twists								3.2
REVERSE GROUP		A	B	C	D	A	B	C	D	5239	Back 1 ½ Somersault 4 ½ Twists								3.6
301	Reverse Dive	1.8	1.7	1.6		2	1.9	1.8		5251	Back 2 ½ Somersault ½ Twist						3.1	2.9	2.7
302	Reverse Somersault	1.8	1.7	1.6		1.9	1.8	1.7		5253	Back 2 ½ Somersault 1 ½ Twists						3.5	3.3	3.1
303	Reverse 1 ½ Somersault	2.7	2.4	2.1		2.6	2.3	2		5311	Reverse Dive ½ Twist	1.9				2.1			
304	Reverse Double Somersault		2.6	2.3			2.4	2.1		5312	Reverse Dive 1 Twist	2.1				2.3			
305	Reverse 2½ Somersault		3.2	3			3	2.8		5321	Reverse Somersault ½ Twist				1.8				
307	Reverse 3 ½ Somersault							3.5		5322	Reverse Somersault 1 Twist				2				
312	Reverse Flying Somersault		1.8	1.7				1.8		5323	Reverse Somersault 1 ½ Twists				2.4				
313	Reverse Flying 1 ½ Somersault							2.2		5325	Reverse Somersault 2 ½ Twists				2.8				
SPRINGBOARD		1 METER				3 METER				5331	Reverse 1 ½ Somersault ½ Twist				2.2				2.1
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free	5333	Reverse 1 ½ Somersault 1 ½ Twists				2.6				2.5
INWARD GROUP		A	B	C	D	A	B	C	D	5335	Reverse 1 ½ Somersault 2 ½ Twists				3				2.9
401	Inward Dive	1.8	1.5	1.4		1.7	1.4	1.3		5337	Reverse 1 ½ Somersault 3 ½ Twists								3.3
402	Inward Somersault		1.7	1.6			1.5	1.4		5351	Reverse 2 ½ Somersault ½ Twist						3.1	2.9	2.7
403	Inward 1 ½ Somersault		2.4	2.2			2.1	1.9		5353	Reverse 2 ½ Somersault 1 ½ Twists						3.5	3.3	3.1
404	Inward Double Somersault			2.8			2.6	2.4		5371	Reverse 3 ½ Somersault ½ Twist							3.5	3.6
405	Inward 2 ½ Somersault		3.4	3.1			3	2.7		5411	Inward Dive ½ Twist	2	1.7			1.9	1.6		
407	Inward 3 ½ Somersault							3.4		5412	Inward Dive 1 Twist	2.2	1.9			2.1	1.8		
412	Inward Flying Somersault		2.1	2			1.9	1.8		5421	Inward Somersault ½ Twist		1.8	1.7			1.6	1.5	
413	Inward Flying 1 ½ Somersault			2.7				2.4		5422	Inward Somersault 1 Twist				2.1				
										5432	Inward 1 ½ Somersault 1 Twist				2.7				2.4
										5434	Inward 1 ½ Somersault 2 Twists				3.1				2.8

Dive Scoring
10-9: Exceptional —no visible flaws; approach, hurdle, height, distance, execution and entry all exceptional.
8 1/2-7 1/2: Excellent—approach, hurdle, height and distance are unaffected. Execution well defined.
7-6: Good—approach and hurdle unaffected; height and distance acceptable; execution defined, entry controlled but slightly affected.
5 1/2-4 1/2: Satisfactory—approach and hurdle acceptable; height and distance adequate; execution complete and entry slightly over or under.
4-2 1/2: Deficient—approach and hurdle affected; height and distance inadequate; execution affected and entry over or under.
2-1/2: Unsatisfactory—approach and hurdle affected; height and distance inadequate; execution not complete or broken position, entry just being made.
0: Failed Dive

Specific dive numbers are not random. Dives are created by using these guidelines:
All dives are identified by three or four digits and one letter. The first digit indicates the dive's group: 1 = Forward, 2 = Back, 3 = Reverse, 4 = Inward, 5 = Twisting, 6 = Armstand In front, back, reverse, and inward dives, a '1' as the second digit indicates a flying action. A '0' indicates none. In twisting and armstand dives, the second digit indicates the dive's group (forward, back, reverse). The third digit indicates the number of half somersaults. The fourth digit, if applicable, indicates the number of half twists. The letter indicates body position: A = Straight, B = Pike, C = Tuck, D = Free