

One Meter Diving Degree of Difficulty

Forward		C	B	A	D
Dive No.	Discription	Tuck	Pike	Straight	Free
001	Forward Line up	1.0	1.0	1.0	-
100	Forward Jump	1.0	1.0	1.0	-
101	Forward Dive	1.2	1.3	1.4	-
102	Forward SS	1.4	1.5	1.6	-
103	Forward 1½ SS	1.6	1.7	2.0	-
104	Forward 2 SS	2.2	2.3	2.6	-
105	Forward 2½ SS	2.4	2.6	-	-
106	Forward 3 SS	2.9	3.2	-	-
107	Forward 3½ SS	3.0	3.3	-	-
112	Forward Flying 1 SS	1.6	1.7	-	-
113	Forward Flying 1½ SS	1.8	1.9	-	-
Back		C	B	A	D
Dive No.	Discription	Tuck	Pike	Straight	Free
002	Back Line up	1.0	1.0	1.0	-
200	Back Jump	1.0	1.0	1.0	-
201	Back Dive	1.5	1.6	1.7	-
202	Back SS	1.5	1.6	1.7	-
203	Back 1½ SS	2.0	2.3	2.5	-
204	Back 2 SS	2.2	2.5	-	-
205	Back 2½ SS	3.0	3.2	-	-
212	Flying Back 1 SS	1.6	1.7	-	-
Reverse		C	B	A	D
Dive No.	Discription	Tuck	Pike	Straight	Free
301	Reverse Dive	1.6	1.7	1.8	-
302	Reverse SS	1.6	1.7	1.8	-
303	Reverse 1½ SS	2.1	2.4	2.7	-
304	Reverse 2 SS	2.3	2.6	2.9	-
305	Reverse 2½ SS	3.0	3.2	-	-
312	Flying Reverse 1 SS	1.7	1.8	-	-
Inward		C	B	A	D
Dive No.	Discription	Tuck	Pike	Straight	Free
401	Inward Dive	1.4	1.5	1.8	-
402	Inward SS	1.6	1.7	2.0	-
403	Inward 1½ SS	2.2	2.4	-	-
404	Inward 2 SS	2.8	3.0	-	-
405	Inward 2½ SS	3.1	3.4	-	-
412	Inward Flying 1 SS	2.0	2.1	-	-
413	Inward Flying 1½ SS	2.7	2.9	-	-

Twist Dives		C	B	A	D
Dive No.	Discription	Tuck	Pike	Straight	Free
5111	Forward Dive, ½ Twist	1.6	1.7	1.8	-
5112	Forward Dive, 1 Twist	-	1.9	2.0	-
5121	Forward 1 SS, ½ Twist	-	-	-	1.7
5122	Forward 1 SS, 1 Twist	-	-	-	1.9
5124	Forward 1 SS, 2 Twist	-	-	-	2.3
5126	Forward 1 SS, 3 Twist	-	-	-	2.7
5131	Forward 1½ SS, ½ Twist	-	-	-	2.0
5132	Forward 1½ SS, 1 Twist	-	-	-	2.2
5134	Forward 1½ SS, 2 Twist	-	-	-	2.6
5136	Forward 1½ SS, 3 Twist	-	-	-	3.0
5151	Forward 2½ SS, ½ Twist	2.8	3.0	-	-
5152	Forward 2½ SS, 1 Twist	3.0	3.2	-	-
5211	Back Dive, ½ Twist	-	-	1.8	-
5212	Back Dive, 1 Twist	-	-	2.0	-
5221	Back 1 SS, ½ Twist	-	-	-	1.7
5222	Back 1 SS, 1 Twist	-	-	-	1.9
5223	Back 1 SS, 1½ Twist	-	-	-	2.3
5225	Back 1 SS, 2½ Twist	-	-	-	2.7
5231	Back 1½ SS, ½ Twist	-	-	-	2.1
5233	Back 1½ SS, 1½ Twist	-	-	-	2.5
5235	Back 1½ SS, 2½ Twist	-	-	-	2.9
5251	Back 2½ SS, ½ Twist	2.7	2.9	-	-
5311	Reverse Dive, ½ Twist	-	-	1.9	-
5312	Reverse Dive, 1 Twist	-	-	2.1	-
5321	Reverse 1 SS, ½ Twist	-	-	-	1.8
5322	Reverse 1 SS, 1 Twist	-	-	-	2.0
5323	Reverse 1 SS, 1½ Twist	-	-	-	2.4
5325	Reverse 1 SS, 2½ Twist	-	-	-	2.8
5331	Reverse 1½ SS, ½ Twist	-	-	-	2.2
5333	Reverse 1½ SS, 1½ Twist	-	-	-	2.6
5335	Reverse 1½ SS, 2½ Twist	-	-	-	3.0
5351	Reverse 2½ SS, ½ Twist	2.7	2.9	-	-
5411	Inward Dive, ½ Twist	-	1.7	2.0	-
5412	Inward Dive, 1 Twist	-	1.9	2.2	-
5421	Inward 1 SS, ½ Twist	-	-	-	1.9
5422	Inward 1 SS, 1 Twist	-	-	-	2.1
5432	Inward 1½ SS, 1 Twist	-	-	-	2.7
5434	Inward 1½ SS, 2 Twist	-	-	-	3.1

Dive Positions: A = Straight, B = Pike, C = Tuck, D = Free Position