

## Platform Dives & Degree of Difficulty

*In the following table, the dive ( - ) is not possible and the empty spaces have not been calculated.*

Platform		10 metre				7.5 metre				5 metre			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
<b>Forward Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
101	Forward Dive	1.6	1.5	1.4	-	1.6	1.5	1.4	-	1.4	1.3	1.2	-
102	Forward Somersault	1.8	1.7	1.6	-	1.7	1.6	1.5	-	1.6	1.5	1.4	-
103	Forward 1 ½ Somersault	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2	1.7	1.6	-
104	Forward Double Somersault	2.5	2.2	2.1	-	2.4	2.1	2	-	2.6	2.3	2.2	-
105	Forward 2 ½ Somersault	2.7	2.3	2.1	-		2.4	2.2	-		2.6	2.4	-
107	Forward 3 ½ Somersault		3	2.7	-		3.1	2.8	-			3	-
109	Forward 4 ½ Somersault			3.5	-				-				-
112	Forward Flying Somersault	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
113	Forward Flying 1 ½ Somersault	-	1.8	1.7	-	-	1.8	1.7	-	-	1.9	1.8	-
114	Forward Flying Double Somersault	-	2.4	2.3	-	-	2.3	2.2	-	-	2.5	2.4	-
115	Forward Flying 2 ½ Somersault	-	2.6	2.4	-	-		2.5	-	-			-

<b>Back Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
201	Back Dive	1.9	1.8	1.7	-	1.9	1.8	1.7	-	1.7	1.6	1.5	-
202	Back Somersault	1.9	1.8	1.7	-	1.8	1.7	1.6	-	1.7	1.6	1.5	-
203	Back 1 ½ Somersault	2.4	2.2	1.9	-	2.4	2.2	1.9	-	2.5	2.3	2	-
204	Back Double Somersault	2.6	2.4	2.1	-	2.5	2.3	2	-		2.5	2.2	-
205	Back 2 ½ Somersault	3.3	2.9	2.7	-		3	2.8	-			3	-
206	Back Triple Somersault		3	2.7	-		2.8	2.5	-		3.2	2.9	-
207	Back 3 ½ Somersault		3.6	3.3	-			3.4	-				--
212	Back Flying Somersault	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
213	Back Flying 1 ½ Somersault Back	-	2.4	2.1	-	-	2.4	2.1	-	-	2.5	2.2	-

<b>Reverse Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
301	Reverse Dive	2	1.9	1.8	-	2	1.9	1.8	-	1.8	1.7	1.6	-
302	Reverse Somersault	2	1.9	1.8	-	1.9	1.8	1.7	-	1.8	1.7	1.6	-
303	Reverse 1 ½ Somersault	2.6	2.3	2	-	2.6	2.3	2	-	2.7	2.4	2.1	-
304	Reverse Double Somersault	2.8	2.5	2.2	-	2.7	2.4	2.1	-	2.9	2.6	2.3	-
305	Reverse 2 ½ Somersault	3.3	2.9	2.7	-	3.4	3	2.8	-		3.2	3	-
306	Reverse Triple Somersault		3.1	2.8	-		2.9	2.6	-		3.3	3	-
307	Reverse 3 ½ Somersault			3.4	-				-				-
312	Reverse Flying Somersault	-	2	1.9	-	-	1.9	1.8	-	-	1.8	1.7	-
313	Reverse Flying 1 ½ Somersault	-	2.5	2.2	-	-	2.5	2.2	-	-	2.6	2.3	-

<b>Inward Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
401	Inward Dive	1.7	1.4	1.3	-	1.7	1.4	1.3	-	1.8	1.5	1.4	-
402	Inward Somersault	1.9	1.6	1.5	-	1.8	1.5	1.4	-	2	1.7	1.6	-
403	Inward 1 ½ Somersault		2	1.8	-		2.1	1.9	-		2.4	2.2	-
404	Inward Double Somersault		2.6	2.4	-		2.6	2.4	-		3	2.8	-
405	Inward 2 ½ Somersault		2.8	2.5	-		3	2.7	-		3.4	3.1	-
407	Inward 3 ½ Somersault		3.5	3.2	-			3.4	-				-
412	Inward Flying Somersault	-	2	1.9	-	-	1.9	1.8	-	-	2.1	2	-
413	Inward Flying 1 ½ Somersault	-	2.5	2.3	-	-	2.6	2.4	-	-	2.9	2.7	-

Platform		10 metre				7.5 metre				5 metre			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
<b>Twisting Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
5111	Forward Dive ½ Twist	2	1.9	1.8	-	2	1.9	1.8	-	1.8	1.7	1.6	-
5112	Forward Dive 1 Twist	2.2	2.1		-	2.2	2.1		-	2	1.9		-
5121	Forward Somersault Forward ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5122	Forward Somersault Forward 1 Twist	-	-	-	2.1	-	-	-	2	-	-	-	1.9
5124	Forward Somersault Forward 2 Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5131	Forward 1 ½ Somersault ½ Twist	-	-	-	1.9	-	-	-	1.9	-	-	-	2
5132	Forward 1 ½ Somersault 1 Twist	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5134	Forward 1 ½ Somersault 2 Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5136	Forward 1 ½ Somersault 3 Twists	-	-	-	2.9	-	-	-	2.9	-	-	-	3
5138	Forward 1 ½ Somersault 4 Twists	-	-	-	3.3	-	-	-	3.3	-	-	-	3.4
5152	Forward 2 ½ Somersault 1 Twist	-	2.9	2.7	-	-	3	2.8	-	-	3.2	3	-
5154	Forward 2 ½ Somersault 2 Twists	-	3.3	3.1	-	-	3.4	3.2	-	-	3.6	3.4	-
5172	Forward 3 ½ Somersault 1 Twist	-	3.6	3.3	-	-	3.7	3.4	-	-			-
5211	Back Dive ½ Twist	2	1.9	1.8	-	2	1.9	1.8	-	1.8	1.7	1.6	-
5212	Back Dive 1 Twist	2.2			-	2.2			-	2			-
5221	Back Somersault ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5222	Back Somersault 1 Twist	-	-	-	2.1	-	-	-	2	-	-	-	1.9
5223	Back Somersault 1 ½ Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5225	Back Somersault 2 ½ Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
5231	Back 1 ½ Somersault ½ Twist	-	-	-	2	-	--	-	2	-	-	-	2.1
5233	Back 1 ½ Somersault 1 ½ Twists	-	-	-	2.4	-	-	-	2.4	-	-	-	2.5
5235	Back 1 ½ Somersault 2 ½ Twists	-	-	-	2.8	-	-	-	2.8	-	-	-	2.9
5237	Back 1 ½ Somersault 3 ½ Twists	-	-	-	3.2	-	-	-	3.2	-	-	-	3.3
5239	Back 1 ½ Somersault 4 ½ Twists	-	-	-	3.6	-	-	-	3.6	-	-	-	3.7
5251	Back 2 ½ Somersault ½ Twist	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5253	Back 2 ½ Somersault 1 ½ Twists	-	3.4		-	-	3.5		-	-			-
5255	Back 2 ½ Somersault 2 ½ Twists	-	3.8	3.6	-	-			-	-			-
5271	Back 3 ½ Somersault ½ Twist	-	3.2	2.9	-	-			-	-			-
5311	Reverse Dive ½ Twist	2.1	2	1.9	-	2.1	2	1.9	-	1.9	1.8	1.7	-
5312	Reverse Dive 1 Twist	2.3			-	2.3			-	2.1			-
5321	Reverse Somersault ½ Twist	-	-	-	2	-	-	-	1.9	-	-	-	1.8
5322	Reverse Somersault 1 Twist	-	-	-	2.2	-	-	-	2.1	-	-	-	2
5323	Reverse Somersault 1 ½ Twists	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
5325	Reverse Somersault 2 ½ Twists	-	-	-	3	-	-	-	2.9	-	-	-	2.8
5331	Reverse 1 ½ Somersault ½ Twist	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5333	Reverse 1 ½ Somersault 1 ½ Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5335	Reverse 1 ½ Somersault 2 ½ Twists	-	-	-	2.9	-	-	-	2.9	-	-	-	3
5337	Reverse 1 ½ Somersault 3 ½ Twists	-	-	-	3.3	-	-	-	3.3	-	-	-	3.4
5339	Reverse 1 ½ Somersault 4 ½ Twists	-	-	-	3.7	-	-	-	3.7	-	-	-	
5351	Reverse 2 ½ Somersault ½ Twist	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5353	Reverse 2 ½ Somersault 1 ½ Twists	-	3.4	3.2	-	-	3.5	3.3	-	-		3.5	-
5371	Reverse 3 ½ Somersault ½ Twist	-	3.3	3	-	-			-	-			-
5411	Inward Dive ½ Twist	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2	1.7	1.6	-
5412	Inward Dive 1 Twist	2.1	1.8	1.7	-	2.1	1.8	1.7	-	2.2	1.9	1.8	-
5421	Inward Somersault ½ Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.9
5422	Inward Somersault 1 Twist	-	-	-	2	-	-	-	1.9	-	-	-	2.1
5432	Inward 1 ½ Somersault 1 Twist	-	-	-	2.3	-	-	-	2.4	-	-	-	2.7
5434	Inward 1 ½ Somersault 2 Twists	-	-	-	2.7	-	-	-	2.8	-	-	-	3.1
5436	Inward 1 ½ Somersault 3 Twists	-	-	-	3.3	-	-	-		-	-	-	

**Platform**

Platform	Armstand Group	10 metre				7.5 metre				5 metre			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
		A	B	C	D	A	B	C	D	A	B	C	D
600	A/S Dive	1.6	-	-	-	1.6	-	-	-	1.5	-	-	-
611	A/S Forward ½ Somersault	2	1.9	1.7	-	2	1.9	1.7	-	1.8	1.7	1.5	-
612	A/S Forward 1 Somersault	2	1.9	1.7	-	1.9	1.8	1.6	-	1.8	1.7	1.5	-
614	A/S Forward Double Somersault		2.4	2.1	-		2.3	2	-		2.5	2.2	-
616	A/S Forward Triple Somersault		3.3	3	-				-				-
621	A/S Backward ½ Somersault	1.9	1.8	1.6	-	1.9	1.8	1.6	-	1.7	1.6	1.4	-
622	A/S Backward Somersault	2.3	2.2	2	-	2.2	2.1	1.9	-	2.1	2	1.8	-
623	A/S Backward 1 ½ Somersault		2.2	1.9	-		2.2	1.9	-		2.3	2	-
624	A/S Backward Double Somersault	3	2.8	2.5	-	2.9	2.7	2.4	-	3.1	2.9	2.6	-
626	A/S Backward Triple Somersault		3.5	3.2	-		3.3	3	-			3.4	-
631	A/S Reverse ½ Somersault	2	1.9	1.7	-	2	1.9	1.7	-	1.8	1.7	1.5	-
632	A/S Reverse 1 Somersault		2.3	2.1	-		2.2	2	-		2.1	1.9	-
633	A/S Reverse 1½ Somersault		2.3	2	-		2.3	2	-		2.4	2.1	-
634	A/S Reverse Double Somersault		2.9	2.6	-		2.8	2.5	-		3	2.7	-
636	A/S Reverse Triple Somersault			3.3	-			3.1	-				-
6122	A/S Forward Somersault 1 Twist	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
6124	A/S Forward Somersault 2 Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
6142	A/S Fwd. Double Somersault 1 Twist	-	3.4	3.1	-	-	3.3	3	-	-	3.5	3.2	-
6144	A/S Fwd. Double Som. 2 Twists	-	3.7	3.4	-	-	3.6	3.3	-	-	3.8	3.5	-
6162	A/S Fwd. Triple Somersault 1 Twist	-		3.8	-	-			-	-			-
6221	A/S Back Somersault ½ Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.6
6241	A/S Back Double Som. ½ Twist	-	2.7	2.4	-	-	2.6	2.3	-	-	2.8	2.5	-
6243	A/S Back Double Som. 1 ½ Twists	-	-	-	3.2	-	-	-	3.1	-	-	-	3.3
6245	A/S Back Double Som. 2 ½ Twists	-	-	-	3.6	-	-	-	3.5	-	-	-	3.7
6261	A/S Back Triple Somersault ½ Twist	-	3.4	3.1	-	-	3.2	2.9	-	-	3.6	3.3	-