

Springboard Dives & Degrees of Difficulty

		1 metre				3 metre			
		Straight	Pike	Tuck	Free	Straight	Pike	Tuck	Free
Forward Group		A	B	C	D	A	B	C	D
101	Forward Dive	1.4	1.3	1.2	-	1.6	1.5	1.4	-
102	Forward Somersault	1.6	1.5	1.4	-	1.7	1.6	1.5	-
103	Forward 1 ½ Somersault	2	1.7	1.6	-	1.9	1.6	1.5	-
104	Forward Double Somersault	2.6	2.3	2.2	-	2.4	2.1	2	-
105	Forward 2 ½ Somersault		2.6	2.4	-	2.8	2.4	2.2	-
106	Forward Triple Somersault		3.2	2.9	-		2.8	2.5	-
107	Forward 3 ½ Somersault		3.3	3	-		3.1	2.8	-
109	Forward 4 ½ Somersault				-			3.5	-
112	Forward Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
113	Forward Flying 1 ½ Somersault	-	1.9	1.8	-	-	1.8	1.7	-
115	Forward Flying 2 ½ Somersault	-			-	-	2.7	2.5	-

Back Group		A	B	C	D	A	B	C	D
201	Back Dive	1.7	1.6	1.5	-	1.9	1.8	1.7	-
202	Back Somersault	1.7	1.6	1.5	-	1.8	1.7	1.6	-
203	Back 1 ½ Somersault	2.5	2.3	2	-	2.4	2.2	1.9	-
204	Back Double Somersault		2.5	2.2	-	2.5	2.3	2	-
205	Back 2 ½ Somersault		3.2	3	-		3	2.8	-
206	Back Triple Somersault		3.2	2.9	-		2.8	2.5	-
207	Back 3 ½ Somersault				-		3.7	3.4	-
212	Back Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
213	Back Flying 1 ½ Somersault	-			-	-		2.1	-
215	Back Flying 2 ½ Somersault	-			-	-	3.3	3.1	-

Reverse Group		A	B	C	D	A	B	C	D
301	Reverse Dive	1.8	1.7	1.6	-	2	1.9	1.8	-
302	Reverse Somersault	1.8	1.7	1.6	-	1.9	1.8	1.7	-
303	Reverse 1 ½ Somersault	2.7	2.4	2.1	-	2.6	2.3	2	-
304	Reverse Double Somersault	2.9	2.6	2.3	-	2.7	2.4	2.1	-
305	Reverse 2 ½ Somersault		3.2	3	-	3.4	3	2.8	-
306	Reverse Triple Somersault		3.3	3	-		2.9	2.6	-
307	Reverse 3 ½ Somersault				-		3.8	3.5	-
312	Reverse Flying Somersault	-	1.8	1.7	-	-	1.9	1.8	-
313	Reverse Flying 1 ½ Somersault	-	2.6	2.3	-	-	2.5	2.2	-

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

		1 metre				3 metre			
		Straight	Pike	Tuck	Free	Straight	Pike	Tuck	Free
Twisting Group		A	B	C	D	A	B	C	D
5111	Forward Dive ½ Twist	1.8	1.7	1.6	-	2	1.9	1.8	-
5112	Forward Dive 1 Twist	2	1.9		-	2.2	2.1		-
5121	Forward Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5122	Forward Somersault 1 Twist	-	-	-	1.9	-	-	-	2
5124	Forward Somersault 2 Twists	-	-	-	2.3	-	-	-	2.4
5126	Forward Somersault 3 Twists	-	-	-	2.7	-	-	-	2.8
5131	Forward 1 ½ Somersault ½ Twist	-	-	-	2	-	-	-	1.9
5132	Forward 1 ½ Somersault 1 Twist	-	-	-	2.2	-	-	-	2.1
5134	Forward 1 ½ Somersault 2 Twists	-	-	-	2.6	-	-	-	2.5
5136	Forward 1 ½ Somersault 3 Twists	-	-	-	3	-	-	-	2.9
5138	Forward 1 ½ Somersault 4 Twists	-	-	-	3.4	-	-	-	3.3
5151	Forward 2 ½ Somersault ½ Twist	-	3	2.8	-	-	2.8	2.6	-
5152	Forward 2 ½ Somersault 1 Twist	-	3.2	3	-	-	3	2.8	-
5154	Forward 2 ½ Somersault 2 Twists	-	3.6	3.4	-	-	3.4	3.2	-
5172	Forward 3 ½ Somersault 1 Twist	-			-	-	3.7	3.4	-

5211	Back Dive ½ Twist	1.8	1.7	1.6	-	2	1.9	1.8	-
5212	Back Dive 1 Twist	2			-	2.2			-
5221	Back Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5222	Back Somersault 1 Twist	-	-	-	1.9	-	-	-	2
5223	Back Somersault 1 ½ Twists	-	-	-	2.3	-	-	-	2.4
5225	Back Somersault 2 ½ Twists	-	-	-	2.7	-	-	-	2.8
5227	Back Somersault 3 ½ Twists	-	-	-	3.1	-	-	-	3.2
5231	Back 1 ½ Somersault ½ Twist	-	-	-	2.1	-	-	-	2
5233	Back 1 ½ Somersault 1 ½ Twists	-	-	-	2.5	-	-	-	2.4
5235	Back 1 ½ Somersault 2 ½ Twists	-	-	-	2.9	-	-	-	2.8
5237	Back 1 ½ Somersault 3 ½ Twists	-	-	-		-	-	-	3.2
5239	Back 1 ½ Somersault 4 ½ Twists	-	-	-		-	-	-	3.6
5251	Back 2 ½ Somersault ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5253	Back 2 ½ Somersault 1 ½ Twists	-			-	-	3.5	3.3	-

5311	Reverse Dive ½ Twist	1.9	1.8	1.7	-	2.1	2	1.9	-
5312	Reverse Dive 1 Twist	2.1			-	2.3			-
5321	Reverse Somersault ½ Twist	-	-	-	1.8	-	-	-	1.9
5322	Reverse Somersault 1 Twist	-	-	-	2	-	-	-	2.1
5323	Reverse Somersault 1 ½ Twists	-	-	-	2.4	-	-	-	2.5
5325	Reverse Somersault 2 ½ Twists	-	-	-	2.8	-	-	-	2.9
5331	Reverse 1 ½ Somersault ½ Twist	-	-	-	2.2	-	-	-	2.1
5333	Reverse 1 ½ Somersault 1 ½ Twists	-	-	-	2.6	-	-	-	2.5
5335	Reverse 1 ½ Somersault 2 ½ Twists	-	-	-	3	-	-	-	2.9
5337	Reverse 1 ½ Somersault 3 ½ Twists	-	-	-	3.4	-	-	-	3.3
5339	Reverse 1 ½ Somersault 4 ½ Twists	-	-	-		-	-	-	3.7
5351	Reverse 2 ½ Somersault ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5353	Reverse 2 ½ Somersault 1 ½ Twists	-		3.5	-	-	3.5	3.3	-
5371	Reverse 3 ½ Somersault ½ Twist	-			-	-	3.4	3.1	-

5411	Inward Dive ½ Twist	2	1.7	1.6	-	1.9	1.6	1.5	-
5412	Inward Dive 1 Twist	2.2	1.9	1.8	-	2.1	1.8	1.7	-
5421	Inward Somersault ½ Twist	-	-	-	1.9	-	-	-	1.7
5422	Inward Somersault 1 Twist	-	-	-	2.1	-	-	-	1.9
5432	Inward 1 ½ Somersault 1 Twist	-	-	-	2.7	-	-	-	2.4
5434	Inward 1 ½ Somersault 2 Twists	-	-	-	3.1	-	-	-	2.8
5436	Inward 1 ½ Somersault 3 Twists	-	-	-		-	-	-	3.4