

Degree of Difficulty Table (partial list)

Height: 1-Meter

Dive #	Dive Description	T U C K	P I K E	S T R A I G H T	F R E E
	FORWARD DIVES(C) (B) (A) (D)				
100	Forward Jump.....	1.0	1.0	1.0	-
101	Forward Dive.....	1.2	1.3	1.4	-
102	Forward 1 SS.....	1.4	1.5	1.6	-
103	Forward 1 ½ SS.....	1.6	1.7	2.0	-
104	Forward 2 SS.....	2.2	2.3	2.6	-
105	Forward 2 ½ SS.....	2.4	2.6	-	-
112	Forward Flying 1 SS.....	1.6	1.7	-	-
113	Forward Flying 1 ½ SS.....	1.8	1.9	-	-
	BACK DIVES				
200	Back Jump.....	1.0	1.0	1.0	-
201	Back Dive.....	1.5	1.6	1.7	-
202	Back 1 SS.....	1.5	1.6	1.7	-
203	Back 1 ½ SS.....	2.0	2.3	2.5	-
204	Back 2 SS.....	2.2	2.5	-	-
	REVERSE DIVES				
301	Reverse Dive.....	1.6	1.7	1.8	-
302	Reverse 1 SS.....	1.6	1.7	1.8	-
303	Reverse 1 ½ SS.....	2.1	2.4	2.7	-
304	Reverse 2 SS.....	2.3	2.6	2.9	-
	INWARD DIVES				
401	Inward Dive.....	1.4	1.5	1.8	-
402	Inward 1 SS.....	1.6	1.7	2.0	-
403	Inward 1 ½ SS.....	2.2	2.4	-	-
	TWIST DIVES				
5101	Forward Jump, ½ Twist.....	1.0	1.0	1.0	-
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 Twists.....	-	-	-	2.3
5131	Forward 1 ½ SS, ½ Twist.....	-	-	-	2.0
5132	Forward 1 ½ SS, 1 Twist.....	-	-	-	2.2
5201	Back Jump, ½ Twist.....	1.0	1.0	1.0	-
5211	Back Dive, ½ Twist.....	1.6	1.7	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, 1 ½ Twists.....	-	-	-	2.3
5225	Back 1 SS, 2½ Twists.....	-	-	-	2.7
5225	Back 1 ½ SS, ½ Twist.....	-	-	-	2.1
5311	Reverse Dive, ½ Twist.....	1.7	1.8	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
5411	Inward Dive, ½ Twist.....	1.6	1.7	2.0	-
5412	Inward Dive, 1 Twist.....	1.8	1.9	2.2	-



PASDA Dive Sheet

Name _____

Team _____

Date _____

Diving Order	Place

Event	Girls	Boys	A	B		
Group	u6	u8	u10	u12	u14	u17

Note: all u6 & u8 dives have DD=1.0 in all regular season dual meets.

Dive Order	Dive Number	Dive Pos.	Dive Description	DD	JUDGES SCORES					Judges Total	Points (Total * DD)		
					1	2	3	4	5				
1			FWD	BACK	REV	INW							
			JUMP	SOM		TW							
			DIVE	STR	PIKE	TUCK							FREE
				FWD	BACK	REV							INW
2			FWD	BACK	REV	INW							
			JUMP	SOM		TW							
			DIVE	STR	PIKE	TUCK							FREE
				FWD	BACK	REV							INW
3			FWD	BACK	REV	INW							
			JUMP	SOM		TW							
			DIVE	STR	PIKE	TUCK							FREE
				FWD	BACK	REV							INW
4			FWD	BACK	REV	INW							
			JUMP	SOM		TW							
			DIVE	STR	PIKE	TUCK							FREE
				FWD	BACK	REV							INW
5			FWD	BACK	REV	INW							
			JUMP	SOM		TW							
			DIVE	STR	PIKE	TUCK							FREE
				FWD	BACK	REV							INW
											Total Points		

Diver's Signature _____

Coach's Signature _____

Team Points _____