

FINA Table of Dives

Dive No.	Dive Name	Difficulty Rating – 1 Meter			
		A/Straight	B/Pike	C/Tuck	D/Free
FORWARD DIVES					
106	Forward 3 Somersaults	--	3.2	2.9	--
107	Forward 3 1/2 Somersaults	--	3.3	3.0	--
BACK DIVES					
205	Back 2 1/2 Somersaults	--	3.2	3.0	--
206	Back 3 Somersaults	--	3.2	2.9	--
REVERSE DIVES					
305	Reverse 2 1/2 Somersaults	--	3.2	3.0	--
306	Reverse 3 Somersaults	--	3.3	3.0	--
INWARD DIVES					
405	Inward 2 1/2 Somersaults	--	3.4	3.1	--
TWISTING DIVES					
5126	Forward Somersault, 3 Twists	--	--	--	2.8
5134	Forward 1 1/2 Somersaults, 2 Twists	--	--	--	2.6
5136	Forward 1 1/2 Somersaults, 3 Twists	--	--	--	3.1
5138	Forward 1 1/2 Somersaults, 4 Twists	--	--	--	3.5
5151	Forward 2 1/2 Somersaults, 1/2 Twist	--	3.0	2.8	--
5152	Forward 2 1/2 Somersaults, 1 Twist	--	3.2	3.0	--
5154	Forward 2 1/2 Somersaults, 2 Twists	--	3.6	3.4	--
5227	Back, Somersault, 3 1/2 Twists	--	--	--	3.2
5231	Back, 1 1/2 Somersaults, 1/2 Twist	--	--	--	2.1
5233	Back, 1 1/2 Somersaults, 1 1/2 Twists	--	--	--	2.5
5235	Back, 1 1/2 Somersaults, 2 1/2 Twists	--	--	--	2.9
5312	Reverse Dive, 1 Twist	2.1	--	--	--
5322	Reverse Somersault, 1 Twist	--	--	--	2.0
5323	Reverse Somersault, 1 1/2 Twists	--	--	--	2.4
5325	Reverse Somersault, 2 1/2 Twists	--	--	--	2.8
5331	Reverse 1 1/2 Somersaults, 1/2 Twist	--	--	--	2.2
5333	Reverse 1 1/2 Somersaults, 1 1/2 Tst	--	--	--	2.6
5335	Reverse 1 1/2 Somersaults, 2 1/2 Tst	--	--	--	3.0
5337	Reverse 1 1/2 Somersaults, 3 1/2 Tst	--	--	--	3.5
5351	Reverse 2 1/2 Somersaults, 1/2 Twist	--	2.9	2.7	--
5353	Reverse 2 1/2 Somersaults, 1 1/2 Tst	--	3.5	3.3	--
5355	Reverse 2 1/2 Somersaults, 2 1/2 Tst	--	3.9	3.7	--
5412	Inward Dive, 1 Twist	2.2	1.9	1.8	--
5432	Inward, 1 1/2 Somersaults, 1 Twist	--	--	--	2.7
5434	Inward, 1 1/2 Somersaults, 2 Twists	--	--	--	3.1

Current listing from FINA Appendix "D" (September 15th, 2009)