

# Table of Dives

Dive No.	Dive Name	Difficulty Rating - 1 Meter			
		A/Straight	B/Pike	C/Tuck	D/Free
<b>F O R W A R D     D I V E S</b>					
100	Forward Jump	1.0	—	—	—
101	Forward Dive	1.4	1.3	1.2	—
102	Forward Somersault	1.6	1.5	1.4	—
103	Forward 1-1/2 Somersault	—	1.7	1.6	—
104	Forward Double Somersault	—	2.3	2.2	—
105	Forward 2-1/2 Somersault	—	2.6	2.4	—
<b>B A C K     D I V E S</b>					
200	Back Jump	1.0	—	—	—
201	Back Dive	1.7*	1.6	1.5*	—
202	Back Somersault	1.7	1.6	1.5	—
203	Back 1-1/2 Somersault	2.5	2.4	2.0	—
204	Back Double Somersault	—	2.5	2.2	—
<b>R E V E R S E     D I V E S</b>					
301	Reverse Dive	1.8	1.7	1.6	—
302	Reverse Somersault	1.8	1.7	1.6	—
303	Reverse 1-1/2 Somersault	2.7	2.4	2.1	—
304	Reverse Double Somersault	—	2.6	2.3	—
<b>I N W A R D     D I V E S</b>					
401	Inward Dive	1.8	1.5	1.4	—
402	Inward Somersault	—	1.7	1.6	—
403	Inward 1-1/2 Somersault	—	2.4	2.2	—
404	Inward Double Somersault	—	—	2.6	—
<b>T W I S T I N G     D I V E S</b>					
5111	Forward Dive, 1/2 Twist	1.8*	1.7**	—	—
5112	Forward Dive, 1 Twist	2.0	1.9	—	—
5121	Forward Somersault, 1/2 Twist	1.9	1.8	—	1.7
5122	Forward Somersault, 1 Twist	—	—	—	1.9
5124	Forward Somersault, 2 Twists	—	—	—	2.3
5131	Forward 1-1/2 Somersault, 1/2 Twist	—	2.1	2.0	—
5132	Forward 1-1/2 Somersault, 1 Twist	—	—	—	2.2
5211	Back Dive, 1/2 Twist	1.8*	—	—	—
5212	Back Dive, 1 Twist	2.0	—	—	—
5221	Back Somersault, 1/2 Twist	—	—	—	1.7
5222	Back Somersault, 1 Twist	—	—	—	1.9
5223	Back Somersault, 1-1/2 Twist	—	—	—	2.3
5225	Back Somersault, 2-1/2 Twist	—	—	—	2.7
5311	Reverse Dive, 1/2 Twist	1.9	—	—	—
5321	Reverse Somersault, 1/2 Twist	—	—	—	1.8
5411	Inward Dive, 1/2 Twist	2.0	1.7	—	—
5421	Inward Somersault, 1/2 Twist	—	1.8	1.7	—
5422	Inward Somersault, 1 Twist	—	—	—	2.1

\* For MCDL divers 12 and Under, the DD for these dives is 1.6. \*\* For MCDL divers 12 and Under, the DD for this dive is 1.5.