



SCHOOL SPORT VICTORIA

REGION AND STATE DIVING CHAMPIONSHIPS

LIST OF DIVES

EXPERIENCED DIVERS: COMPLETED FORMS TO BE SUBMITTED ON THE DAY ON ARRIVAL

INEXPERIENCED DIVERS: FORMS WILL BE COMPLETED AFTER YOUR CLINIC AND SIGNED BY YOUR CLINIC COACH

Diver's Name: _____

Diver's School: _____

Gender (please circle):

MALE

FEMALE

Age Group (please circle):

9-12 yrs

13-14 yrs

15-16 yrs

17-20 yrs

Age calculated at 31/12/2018

Name	Dive #	Dive Position A, B, C or D	Board Height 1 or 3 m	Group 1-6	Flying	# Somersaults	# Twists	Degree of Difficulty

Explanation Notes:

- Dive requirements are listed above
- All age groups except 9-12 years must complete 4 dives
- Please use the table below to complete your list of dives
- A= a dive completed in the straight position
- B= a dive completed in the pike position
- C= a dive completed in the tuck position
- D= a dive completed in optional positions



SCHOOL SPORT VICTORIA

FINA - DEGREE OF DIFFICULTY TABLE

Updated January 2018

SPRINGBOARD		1 METRE				3 METRE			
		Strt	Pike	Tuck	Free	Strt	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 1½ Somersaults	2.0	1.7	1.6		1.9	1.6	1.5	
104	Forward 2 Somersaults	2.6	2.3	2.2		2.4	2.1	2.0	
105	Forward 2½ Somersaults		2.6	2.4		2.8	2.4	2.2	
106	Forward 3 Somersaults		3.2	2.9		2.8	2.5		
107	Forward 3½ Somersaults		3.3	3.0		3.1	2.8		
108	Forward 4 Somersaults			4.0		3.8	3.4		
109	Forward 4½ Somersaults			4.3		4.2	3.8		
112	Forward Flying Somersault		1.7	1.6		1.8	1.7		
113	Forward Flying 1½ Somersaults		1.9	1.8		1.8	1.7		
115	Forward Flying 2½ Somersaults					2.7	2.5		

SPRINGBOARD		1 METRE				3 METRE			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
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 1½ Somersaults	2.5	2.3	2.0		2.4	2.2	1.9	
204	Back 2 Somersaults		2.5	2.2		2.5	2.3	2.0	
205	Back 2½ Somersaults		3.2	3.0		3.0	2.8		
206	Back 3 Somersaults		3.2	2.9		2.8	2.5		
207	Back 3½ Somersaults					3.9	3.6		
208	Back 4 Somersaults					3.7	3.4		
209	Back 4½ Somersaults					4.7	4.4		
212	Back Flying Somersault		1.7	1.6		1.8	1.7		
213	Back Flying 1½ Somersault					2.4	2.1		
215	Back Flying 2½ Somersault					3.3	3.1		

SPRINGBOARD		1 METRE				3 METRE			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
REVERSE GROUP		A	B	C	D	A	B	C	D
301	Reverse Dive	1.8	1.7	1.6		2.0	1.9	1.8	
302	Reverse Somersault	1.8	1.7	1.6		1.9	1.8	1.7	
303	Reverse 1½ Somersaults	2.7	2.4	2.1		2.6	2.3	2.0	
304	Reverse 2 Somersaults	2.9	2.6	2.3		2.7	2.4	2.1	
305	Reverse 2½ Somersaults		3.2	3.0		3.4	3.0	2.8	
306	Reverse 3 Somersaults		3.3	3.0		2.9	2.6		
307	Reverse 3½ Somersaults					3.8	3.5		
308	Reverse 4 Somersaults					3.7	3.4		
309	Reverse 4½ Somersaults					4.7	4.4		
312	Reverse Flying Somersault		1.8	1.7		1.9	1.8		
313	Reverse Flying 1½ Somersault		2.6	2.3		2.5	2.2		

SPRINGBOARD		1 METRE				3 METRE			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
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	2.0	1.7	1.6		1.8	1.5	1.4	
403	Inward 1½ Somersaults		2.4	2.2		2.1	1.9		
404	Inward 2 Somersaults		3.0	2.8		2.6	2.4		
405	Inward 2½ Somersaults		3.4	3.1		3.0	2.7		
407	Inward 3½ Somersaults					3.7	3.4		
409	Inward 4½ Somersaults					4.6	4.2		
412	Inward Flying Somersault		2.1	2.0		1.9	1.8		
413	Inward Flying 1½ Somersaults		2.9	2.7		2.6	2.4		

SPRINGBOARD		1 METRE				3 METRE			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
TWISTING GROUP		A	B	C	D	A	B	C	D
5111	Forward Dive ½ Twist	1.8	1.7	1.6		2.0	1.9	1.8	
5112	Forward Dive 1 Twist	2.0	1.9			2.2	2.1		
5121	Forward Somersault ½ Twist				1.7				1.8
5122	Forward Somersault 1 Twist				1.9				2.0
5124	Forward Somersault 2 Twist				2.3				2.4
5126	Forward Somersault 3 Twists				2.8				2.9
5131	Forward 1½ Somersaults ½ Twist				2.0				1.9
5132	Forward 1½ Somersaults 1 Twist				2.2				2.1
5134	Forward 1½ Somersaults 2 Twists				2.6				2.5
5136	Forward 1½ Somersaults 3 Twists				3.1				3.0
5138	Forward 1½ Somersaults 4 Twists				3.5				3.4
5151	Forward 2½ Somersaults ½ Twist		3.0	2.8			2.8	2.6	
5152	Forward 2½ Somersaults 1 Twist		3.2	3.0			3.0	2.8	
5154	Forward 2½ Somersaults 2 Twists		3.6	3.4			3.4	3.2	
5156	Forward 2½ Somersaults 3 Twists						3.9	3.7	
5172	Forward 3½ Somersaults 1 Twist						3.7	3.4	

5211	Back Dive ½ Twist	1.8	1.7	1.6		2.0	1.9	1.8	
5212	Back Dive 1 Twist	2.0				2.2			
5221	Back Somersault ½ Twist				1.7				1.8
5222	Back Somersault 1 Twist				1.9				2.0
5223	Back Somersault 1½ Twists				2.3				2.4
5225	Back Somersault 2½ Twists				2.7				2.8
5227	Back Somersault 3½ Twists				3.2				3.3
5231	Back 1½ Somersaults ½ Twist				2.1				2.0
5233	Back 1½ Somersaults 1½ Twists				2.5				2.4
5235	Back 1½ Somersaults 2½ Twists				2.9				2.8
5237	Back 1½ Somersaults 3½ Twists								3.3
5239	Back 1½ Somersaults 4½ Twists								3.7
5251	Back 2½ Somersaults ½ Twist		2.9	2.7			2.7	2.5	
5253	Back 2½ Somersaults 1½ Twists						3.4	3.2	
5255	Back 2½ Somersaults 2½ Twists						3.8	3.6	

5311	Reverse Dive ½ Twist	1.9	1.8	1.7		2.1	2.0	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				2.0				2.1
5323	Reverse Somersault 1½ Twists				2.4				2.5
5325	Reverse Somersault 2½ Twists				2.8				2.9
5331	Reverse 1½ Somersaults ½ Twist				2.2				2.1
5333	Reverse 1½ Somersaults 1½ Twists				2.6				2.5
5335	Reverse 1½ Somersaults 2½ Twists				3.0				2.9
5337	Reverse 1½ Somersaults 3½ Twists				3.6				3.5
5339	Reverse 1½ Somersaults 4½ Twists								3.8
5351	Reverse 2½ Somersaults ½ Twist		2.9	2.7			2.7	2.5	
5353	Reverse 2½ Somersaults 1½ Twists		3.5	3.3			3.3	3.1	
5355	Reverse 2½ Somersaults 2½ Twists		3.9	3.7			3.7	3.5	
5371	Reverse 3½ Somersaults ½ Twist						3.4	3.1	
5373	Reverse 3½ Somersaults 1½ Twist							3.7	
5375	Reverse 3½ Somersaults 2½ Twist							4.1	

5411	Inward Dive ½ Twist	2.0	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 1½ Somersaults 1 Twist				2.7				2.4
5434	Inward 1½ Somersaults 2 Twists				3.1				2.8
5436	Inward 1½ Somersaults 3 Twists								3.5

In the above table empty spaces have not been calculated.