

## REQUIRED DIVES BY AGE GROUP

- 10 & UNDER: 4 DIVES TOTAL**  
ONE DIVE EACH FROM THE FORWARD,  
BACKWARD AND INWARD POSITIONS AND ONE  
OTHER DIVE DIFFERENT FROM ONE OF THE  
ABOVE THREE POSITIONS  
*\*DIVES FROM THE REVERSE OR TWISTING  
GROUPS ARE NOT ALLOWED*
- 11-12: 4 DIVES TOTAL**  
ONE DIVE EACH FROM THE FORWARD,  
BACKWARD INWARD AND TWISTING POSITIONS  
*\*DIVES FROM THE REVERSE GROUPS ARE NOT  
ALLOWED*
- 13-14: 5 DIVES TOTAL**  
ONE DIVE EACH FROM THE FORWARD,  
BACKWARD, INWARD, REVERSE AND TWISTING  
POSITIONS
- 15-18: 5 DIVES TOTAL**  
ONE DIVE EACH FROM THE FORWARD,  
BACKWARD, INWARD, REVERSE AND TWISTING  
POSITIONS

In the following table, the dive ( - ) is not possible and the empty spaces have not been calculated.

FINA TABLE OF DEGREE OF DIFFICULTY

Springboard		1 metre				3 metre			
		Straight	Pike	Tuck	Free	Straight	Pike	Tuck	Free
<b>Forward Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
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	2.0	1.7	1.6	-	1.9	1.6	1.5	-
104	Forward Double Somersault	2.6	2.3	2.2	-	2.4	2.1	2.0	-
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	3.0	-		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	-
<b>Back Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
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	2.0	-	2.4	2.2	1.9	-
204	Back Double Somersault		2.5	2.2	-	2.5	2.3	2.0	-
205	Back 2 ½ Somersault		3.2	3.0	-		3.0	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	-
<b>Reverse Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
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 1 ½ Somersault	2.7	2.4	2.1	-	2.6	2.3	2.0	-
304	Reverse Double Somersault	2.9	2.6	2.3	-	2.7	2.4	2.1	-
305	Reverse 2 ½ Somersault		3.2	3.0	-	3.4	3.0	2.8	-
306	Reverse Triple Somersault		3.3	3.0	-		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	-
<b>Inward Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
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 1 ½ Somersault		2.4	2.2	-		2.1	1.9	-
404	Inward Double Somersault		3.0	2.8	-		2.6	2.4	-
405	Inward 2 ½ Somersault		3.4	3.1	-		3.0	2.7	-
407	Inward 3 ½ Somersault				-			3.4	-
412	Inward Flying Somersault	-	2.1	2.0	-	-	1.9	1.8	-
413	Inward Flying 1 ½ Somersault	-	2.9	2.7	-	-	2.6	2.4	-
<b>Twisting Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
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 Twists	-	-	-	2.3	-	-	-	2.4
5126	Forward Somersault 3 Twists	-	-	-	2.7	-	-	-	2.8
5131	Forward 1 ½ Somersault ½ Twist	-	-	-	2.0	-	-	-	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	-	-	-	3.0	-	-	-	2.9
5138	Forward 1 ½ Somersault 4 Twists	-	-	-	3.4	-	-	-	3.3



## **FAQ'S ABOUT DIVING:**

- **HOW OLD DOES MY CHILD HAVE TO BE TO DIVE?** *Unlike swimming, diving age groups start at 10 & under. After that, age groups mirror that for swimming – 11-12, 13-14, and 15-18.*
- **WHAT DIVES ARE REQUIRED FOR MY DIVER?** *See the attached handout outlining required dives by age group.*
- **DOES MY DIVER HAVE TO DO ALL OF THE REQUIRED DIVES?** *Technically no but it would be like a swimmer not doing all of the strokes in an IM – there would be no chance to place or win. Divers need to have some semblance of each required dive in their repertoire by the time of competition. It does not have to be perfect, but a low score is better than no score.*
- **IS DIVING DANGEROUS?** *The short answer is potentially, yes. However, if your diver will follow the direction of the coaches we can keep the potential for injury low. Every diver will at some point “splatter” on the surface of the water while trying to perfect a dive. It’s just like falling while learning to ride a bike – it’s going to happen. This upsets some young divers so they need to know it will happen and that it’s ok to mess up.*
- **WHICH DIVES SHOULD MY DIVER TRY?** *The coaches will work with the diver to find dives within his or her ability level. A good general rule of thumb is to try to do an easier dive well instead of a harder dive poorly.*
- **HOW DO I KNOW HOW HARD A PARTICULAR DIVE IS?** *Attached is a Degree of Difficulty (DD) form for all of the potential dives. The form lists dives from both the 1 meter (low board) and 3 meter (high board) diving boards. Most dives can be performed in one of four positions: straight, pike, tuck and free.*
  - **Straight** = as if standing at attention (no bending waist or legs)
  - **Pike** = bent at waist with straight legs and pointed toes
  - **Tuck** = bent waist and knees (“cannonball” position)
  - **Free** = generally used on twisting dives only
- **HOW OFTEN DO DIVERS COMPETE?** *Unlike swimming, there is only one dive meet during the summer – the district meet. Divers who place in the top 3 in their age group will qualify for the state meet.*