

FIGURE 10 – DEGREE OF DIFFICULTY DIVING TABLE

Dive No.	Dive Description	C Tuck	B Pike	A Straight	D Free	Dive No.	Dive Description	C Tuck	B Pike	A Straight	D Free
<b>FORWARD DIVES</b>											
101	Forward Dive	1.2	1.3	1.4	—	5111	Forward Dive, ½ Twist	1.6	1.7	1.8	—
102	Forward 1 SS	1.4	1.5	1.6	—	5112	Forward Dive, 1 Twist	—	1.9	2.0	—
103	Forward 1½ SS	1.6	1.7	2.0	—	5121	Forward 1 SS, ½ Twist	—	—	—	1.7
104	Forward 2 SS	2.2	2.3	—	—	5122	Forward 1 SS, 1 Twist	—	—	—	1.9
105	Forward 2½ SS	2.4	2.6	—	—	5124	Forward 1 SS, 2 Twists	—	—	—	2.3
106	Forward 3 SS	2.9	3.2	—	—	5126	Forward 1 SS, 3 Twists	—	—	—	2.8
107	Forward 3½ SS	3.0	3.3	—	—	5131	Forward 1½ SS, ½ Twist	—	—	—	2.0
112	Forward Flying 1 SS	1.6	1.7	—	—	5132	Forward 1½ SS, 1 Twist	—	—	—	2.2
113	Forward Flying 1½ SS	1.8	1.9	—	—	5134	Forward 1½ SS, 2 Twists	—	—	—	2.6
<b>BACK DIVES</b>											
201	Back Dive	1.5	1.6	1.7	—	5142	Forward 2 SS, 1 Twist	2.6	2.7	—	—
202	Back 1 SS	1.5	1.6	1.7	—	5152	Forward 2½ SS, 1 Twist	3.0	3.2	—	—
203	Back 1½ SS	2.0	2.3	2.5	—	5211	Back Dive, ½ Twist	—	—	1.8	—
204	Back 2 SS	2.0	2.3	—	—	5212	Back Dive, 1 Twist	—	—	2.0	—
205	Back 2½ SS	3.0	3.2	—	—	5221	Back 1 SS, ½ Twist	—	—	—	1.7
<b>REVERSE DIVES</b>											
301	Reverse Dive	1.6	1.7	1.8	—	5222	Back 1 SS, 1 Twist	—	—	—	1.9
302	Reverse 1 SS	1.6	1.7	1.8	—	5223	Back 1 SS, 1½ Twists	—	—	—	2.3
303	Reverse 1½ SS	2.1	2.4	2.7	—	5225	Back 1 SS, 2½ Twists	—	—	—	2.7
304	Reverse 2 SS	2.1	2.4	—	—	5227	Back 1 SS, 3½ Twists	—	—	—	3.2
305	Reverse 2½ SS	3.0	3.2	—	—	5231	Back 1½ SS, ½ Twist	—	—	—	2.1
<b>INWARD DIVES</b>											
401	Inward Dive	1.4	1.5	1.8	—	5233	Back 1½ SS, 1½ Twists	—	—	—	2.5
402	Inward 1 SS	1.6	1.7	—	—	5235	Back 1½ SS, 2½ Twists	—	—	—	2.9
403	Inward 1½ SS	2.2	2.4	—	—	5251	Back 2½ SS, ½ Twist	2.7	2.9	—	—
404	Inward 2 SS	2.8	3.0	—	—	5311	Reverse Dive, ½ Twist	—	—	1.9	—
405	Inward 2½ SS	3.1	3.4	—	—	5312	Reverse Dive, 1 Twist	—	—	2.1	—
412	Inward Flying 1 SS	2.0	2.1	—	—	5321	Reverse 1 SS, ½ Twist	—	—	—	1.8
413	Inward Flying 1½ SS	2.7	2.9	—	—	5322	Reverse 1 SS, 1 Twist	—	—	—	2.0
<b>INWARD DIVES (Continued)</b>											
5323	Reverse 1 SS, 1½ Twists	—	—	—	—	5325	Reverse 1 SS, 2½ Twists	—	—	—	2.4
5331	Reverse 1½ SS, ½ Twist	—	—	—	—	5331	Reverse 1½ SS, ½ Twist	—	—	—	2.8
5333	Reverse 1½ SS, 1½ Twists	—	—	—	—	5333	Reverse 1½ SS, 1½ Twists	—	—	—	2.2
5335	Reverse 1½ SS, 2½ Twists	—	—	—	—	5335	Reverse 1½ SS, 2½ Twists	—	—	—	2.6
5351	Reverse 2½ SS, ½ Twists	—	—	—	—	5351	Reverse 2½ SS, ½ Twists	—	—	—	3.0
5411	Inward Dive, ½ Twist	—	—	—	—	5411	Inward Dive, ½ Twist	2.7	2.9	—	—
5412	Inward Dive, 1 Twist	—	—	—	—	5412	Inward Dive, 1 Twist	—	1.7	2.0	—
5421	Inward 1 SS, ½ Twist	—	—	—	—	5421	Inward 1 SS, ½ Twist	—	1.9	2.2	—
5422	Inward 1 SS, 1 Twist	—	—	—	—	5422	Inward 1 SS, 1 Twist	—	—	—	1.9
5432	Inward 1½ SS, 1 Twist	—	—	—	—	5432	Inward 1½ SS, 1 Twist	—	—	—	2.1
5434	Inward 1½ SS, 2 Twists	—	—	—	—	5434	Inward 1½ SS, 2 Twists	—	—	—	2.7