

ONE-METER DIVING TABLE

T/C P/B S/A F/D

FORWARD DIVES				
101	Forward Dive	1.2	1.3	1.4
102	Forward 1 SS	1.4	1.5	1.6
103	Forward 1 1/2 SS	1.6	1.7	2.0
104	Forward 2 SS	2.2	2.3	2.6
105	Forward 2 1/2 SS	2.4	2.6	
106	Forward 3 SS	2.9	3.2	
107	Forward 3 1/2 SS	3.0	3.3	
112	Forward Flying 1SS	1.6	1.7	
113	Forward Flying 1 1/2 SS	1.8	1.9	
BACK DIVES				
201	Back Dive	1.5	1.6	1.7
202	Back 1 SS	1.5	1.6	1.7
203	Back 1 1/2 SS	2.0	2.3	2.5
204	Back 2 SS	2.2	2.5	
205	Back 2 1/2 SS	3.0	3.2	
212	Flying Back 1 SS	1.6	1.7	
REVERSE DIVES				
301	Reverse Dive	1.6	1.7	1.8
302	Reverse 1 SS	1.6	1.7	1.8
303	Reverse 1 1/2 SS	2.1	2.4	2.7
304	Reverse 2 SS	2.3	2.6	2.9
305	Reverse 2 1/2 SS	3.0	3.2	
312	Flying Reverse SS	1.7	1.8	
INWARD DIVES				
401	Inward Dive	1.4	1.5	1.8
402	Inward 1 SS	1.6	1.7	2.0
403	Inward 1 1/2 SS	2.2	2.4	
404	Inward 2 SS	2.8	3.0	
405	Inward 2 1/2 SS	3.1	3.4	
412	Inward Flying SS	2.0	2.1	
413	Inward Flying 1/2	2.7	2.9	
TWIST DIVES				
5111	Forward Dive, 1/2 Twist	1.6	1.7	1.8
5112	Forward Dive, 1 Twist		1.9	2.0
5121	Forward 1 SS, 1/2 Twist			1.7
5122	Forward 1 SS, 1 Twist			1.9
5124	Forward 1 SS, 2 Twists			2.3
5126	Forward 1 SS, 3 Twists			2.8
5131	Forward 1 1/2 SS, 1/2 Twist			2.0
5132	Forward 1 1/2 SS, 1 Twist			2.2
5134	Forward 1 1/2 SS, 2 Twists			2.6
5136	Forward 1 1/2 SS, 3 Twists			3.1
5152	Forward 2 1/2 SS, 1 Twist	3.0	3.2	
5211	Back Dive, 1/2 Twist			1.8
5212	Back Dive 1 Twist			2.0
5221	Back 1 SS, 1/2 Twist			1.7
5222	Back 1 SS, 1 Twist			1.9
5223	Back 1 SS, 1 1/2 Twists			2.3
5225	Back 1 SS, 2 1/2 Twists			2.7
5227	Back 1 SS, 3 1/2 Twists			3.2
5231	Back 1 1/2 SS, 1/2 Twist			2.1
5233	Back 1 1/2 SS, 1 1/2 Twists			2.5
5235	Back 1 1/2 SS, 2 1/2 Twists			2.9
5251	Back 2 1/2 SS, 1/2 Twist	2.7	2.9	
5311	Reverse Dive, 1/2 Twist			1.9
5312	Reverse Dive, 1 Twist			2.1
5321	Reverse 1 SS, 1/2 Twist			1.8
5322	Reverse 1 SS, 1 Twist			2.0
5323	Reverse 1 SS, 1 1/2 Twists			2.4
5325	Reverse 1 SS, 2 1/2 Twists			2.8
5331	Reverse 1 1/2 SS, 1/2 Twist			2.2
5333	Reverse 1 1/2 SS, 1 1/2 Twists			2.6
5335	Reverse 1 1/2 SS, 2 1/2 Twists			3.0
5351	Reverse 2 1/2 SS, 1/2 Twist	2.7	2.9	
5411	Inward Dive, 1/2 Twist		1.7	2.0
5412	Inward, 1 Twist		1.9	2.2
5421	Inward 1 SS, 1/2 Twist			1.9
5422	Inward 1 SS, 1 Twist			2.1
5432	Inward 1 1/2 SS, 1 Twist			2.7
5434	Inward 1 1/2 SS, 2 Twists			3.1



FHSAA 6 DIVE SCORESHEET

DIVER INFORMATION

NAME:	GENDER: F M	Order of Finish
SCHOOL:	GRADE:	
DATE:	CLASS: 4A 3A 2A 1A	Total Points Awarded
MEET:	LEVEL: V JV MS	Diving Order

T = Tuck P = Pike S = Straight F = Free

Dive Order	Dive Number	Dive Description	Dive Pos.	JUDGES SCORES					Judges Total	DD	Points Awarded			
				1	2	3	4	5						
1														
2														
3														
4														
5														
6														
Total Points Awarded														

Diver Signature: _____

Coach Signature: _____

ART. 6 . . . In other meets, the competition shall consist of one voluntary dive which shall be done first – Week 1 = forward group, Week 2 = back group, Week 3 = inward group, Week 4 = twisting group, Week 5 = reverse group, etc., and five optional dives, coming from at least four of the five groups and which may include any of the dives other than the voluntary dive. Any dive from a group may be designated as a voluntary dive. It will receive its assigned dd through 1.8. Any designated voluntary dive with a dd greater than 1.8 will be assigned a dd of 1.8.