

RECREATIONAL DIVING LEAGUE

Degree of Difficulty Sheet-2018



Only the dives listed with a Degree of Difficulty may be used in meets.

Dives with ** are Required Dives.

Required Dives may be used as Optional Dives.

Position abbreviations are T=tuck, P=pike, S=straight, F=free

Dive Number	Dive Description	1Meter DD				3 Meter DD			
		T	P	S	F	T	P	S	F
Forward Group									
001	Forward Line-up**				1.0				1.0
100	Forward Jump**	1.0	1.0	1.0		1.0	1.0	1.0	
101	Forward Dive**	1.3	1.4	1.2		1.4	1.5	1.3	
102	Forward 1 SS	1.4	1.5	1.6		1.4	1.5	1.6	
103	Forward 1 ½ SS**	1.6	1.7			1.7	1.8		
104	Forward 2 SS	2.0	2.3			2.0	2.3		
105	Forward 2 ½ SS	2.4	2.5			2.3	2.4		
Back Group									
002	Back Line-up**				1.1				1.2
200	Back Jump**	1.0	1.0	1.0		1.0	1.0	1.0	
201	Back Dive**	1.6	1.7	1.5		1.7	1.8	1.6	
202	Back 1 SS	1.5	1.6	1.7		1.5	1.7	1.8	
203	Back 1 ½ SS	2.2	2.4			2.3	2.5		
205	Back 2 ½ SS					2.8			
Reverse Group									
301	Reverse Dive**	1.6	1.7	1.8		1.7	1.8	1.9	
302	Reverse SS **	1.6	1.7			1.6	1.7		
303	Reverse 1 ½ SS	2.3	2.5			2.4	2.6		
Inward Group									
401	Inward Dive**	1.5	1.6			1.6	1.7		
402	Inward 1 SS	1.7	1.8			1.7	1.8		
403	Inward 1 ½ SS	2.2	2.4			2.1	2.3		
405	Inward 2 ½ SS					2.5			
Twisting Group									
5111	Forward Dive ½ Twist**		1.7	1.7			1.9	1.9	
5122	Forward 1 SS 1 Twist				1.9				1.9
5124	Forward 1 SS 2 Twists				2.3				2.3
5131	Forward 1 ½ SS ½ Twist	2.0	2.1			2.1	2.2		
5132	Forward 1 ½ SS 1 Twist				2.3				2.2
5134	Forward 1 ½ SS 2 Twist				2.4				2.5
5211	Back Dive ½ Twist			1.6					
5221	Back 1 SS ½ Twist				1.8				
5222	Back 1 SS Full Twist				1.9				2.2
5223	Back 1 SS 1 ½ Twists				2.3				
5224	Back 1 SS 2 Twists				2.4				
5225	Back 1 SS 2 ½ Twists				2.5				
5231	Back 1 ½ SS ½ Twists				2.3				2.1
5233	Back 1 ½ SS 1 ½ Twist				2.7				2.5
5311	Reverse Dive ½ Twist			1.8					
5321	Reverse SS ½ Twist				1.9				