

## 2024-25 NFHS/NHIAA/NHSDOA DIVE CHART

DIVE#	FORWARD DIVES	C TUCK	B PIKE	A STRAIGHT	D FREE
101	Forward Dive	1.2	1.3	1.4	-
102	Forward 1 SS	1.4	1.5	1.6	-
103	Forward 1½ SS	1.6	1.7	2.0	-
104	Forward 2 SS	2.2	2.3	-	-
105	Forward 2½ SS	2.4	2.6	-	-
106	Forward 3 SS	2.9	3.2	-	-
107	Forward 3½ SS	3.0	3.3	-	-
112	Forward Flying 1 SS	1.6	1.7	-	-
113	Forward Flying 1½ SS	1.8	1.9	-	-

DIVE#	BACK DIVES	C TUCK	B PIKE	A STRAIGHT	D FREE
201	Back Dive	1.5	1.6	1.7	-
202	Back 1 SS	1.5	1.6	1.7	-
203	Back 1½ SS	2.0	2.3	2.5	-
204	Back 2 SS	2.0	2.3	-	-
205	Back 2½ SS	3.0	3.2	-	-

DIVE#	REVERSE DIVES	C TUCK	B PIKE	A STRAIGHT	D FREE
301	Reverse Dive	1.6	1.7	1.8	-
302	Reverse 1 SS	1.6	1.7	1.8	-
303	Reverse 1½ SS	2.1	2.4	2.7	-
304	Reverse 2 SS	2.1	2.4	-	-
305	Reverse 2½ SS	3.0	3.2	-	-

DIVE#	INWARD DIVES	C TUCK	B PIKE	A STRAIGHT	D FREE
401	Inward Dive	1.4	1.5	1.8	-
402	Inward 1 SS	1.6	1.7	-	-
403	Inward 1½ SS	2.2	2.4	-	-
404	Inward 2 SS	2.8	3.0	-	-
405	Inward 2½ SS	3.1	3.4	-	-
412	Inward Flying SS	2.0	2.1	-	-
413	Inward Flying 1½	2.7	2.9	-	-

Week 1 (12/2-12/8) Forward Group  
 Week 2 (12/9-15) Back Group  
 Week 3 (12/16-22) Inward Group

Week 4 (12/23-29) Twisting Group  
 Week 5 (12/30-1/5) Reverse Group  
 Week 6 (1/6-12) Forward Group

## DEGREE of DIFFICULTY

DIVE#	TWIST DIVES	C TUCK	B PIKE	A STRAIGHT	D FREE
5111	Forward Dive, ½ Twist	1.6	1.7	1.8	-
5112	Forward Dive, 1 Twist	-	1.9	2.0	-
5121	Forward 1 SS, ½ 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 1½ SS, ½ Twist	-	-	-	2.0
5132	Forward 1½ SS, 1 Twist	-	-	-	2.2
5134	Forward 1½ SS, 2 Twists	-	-	-	2.6
5136	Forward 1½ SS, 3 Twists	-	-	-	3.1
5142	Forward 2 SS, 1 Twist	2.6	2.7	-	-
5152	Forward 2½ SS, 1 Twist	3.0	3.2	-	-
5211	Back Dive, ½ Twist	-	-	1.8	-
5212	Back Dive, 1 Twist	-	-	2.0	-
5221	Back 1 SS, ½ Twist	-	-	-	1.7
5222	Back 1 SS, 1 Twist	-	-	-	1.9
5223	Back 1 SS, 1½ Twists	-	-	-	2.3
5225	Back 1 SS, 2½ Twists	-	-	-	2.7
5227	Back 1 SS, 3½ Twists	-	-	-	3.2
5231	Back 1½ SS, ½ Twist	-	-	-	2.1
5233	Back 1½ SS, 1½ Twists	-	-	-	2.5
5235	Back 1½ SS, 2½ Twists	-	-	-	2.9
5251	Back 2½ SS, ½ Twist	2.7	2.9	-	-
5311	Reverse Dive, ½ Twist	-	-	1.9	-
5312	Reverse Dive, 1 Twist	-	-	2.1	-
5321	Reverse 1 SS, ½ Twist	-	-	-	1.8
5322	Reverse 1 SS, 1 Twist	-	-	-	2.0
5323	Reverse 1 SS, 1½ Twists	-	-	-	2.4
5325	Reverse 1 SS, 2½ Twists	-	-	-	2.8
5331	Reverse 1½ SS, ½ Twist	-	-	-	2.2
5333	Reverse 1½ SS, 1½ Twists	-	-	-	2.6
5335	Reverse 1½ SS, 2½ Twists	-	-	-	3.0
5351	Reverse 2½ SS, ½ Twist	2.7	2.9	-	-
5411	Inward Dive, ½ Twist	-	1.7	2.0	-
5412	Inward Dive, 1 Twist	-	1.9	2.2	-
5421	Inward 1 SS, ½ Twist	-	-	-	1.9
5422	Inward 1 SS, 1 Twist	-	-	-	2.1
5432	Inward 1½ SS, 1 Twist	-	-	-	2.7
5434	Inward 1½ SS, 2 Twists	-	-	-	3.1

Week 7 (1/13-19) Back Group  
 Week 8 (1/20-26) Inward Group  
 Week 9 (1/27-2/2) Twisting Group

Week 10 (2/3-5) Reverse Group  
**State Swim/Dive Meet, Feb. 14-16, 2024**  
**Week 11 (2/14-16) 11-Dive Protocol**

One voluntary dive shall be done first (not greater than 1.8) 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.