

MCDL / FINA TABLE OF DIVES (updated 6/06/2019)

Dive Number	Dive Name	Difficulty Rating for 1 Meter			
		A/Straight	B Pike	C/Tuck	D/Free
FORWARD DIVES					
001	Forward Line-Up	--	--	--	1.0
100	Forward Jump	--	--	--	0.8
101	Forward Dive	1.4*	1.3*	1.2*	--
102	Forward Somersault	1.6	1.5	1.4	--
103	Forward 1-1/2 Somersaults	--	1.7	1.6	--
104	Forward Double Somersault	--	2.3	2.2	--
105	Forward 2-1/2 Somersault	--	2.6	2.4	--
106	Forward 3 Somersaults	--	3.2	2.9	--
107	Forward 3-1/2 Somersaults	--	3.3	3.0	--
BACK DIVES					
002	Back Line-Up	--	--	--	1.0
200	Back Jump	--	--	--	0.8
201	Back Dive	1.7*	1.6*	1.5*	--
202	Back Somersault	1.7	1.6	1.5	--
203	Back 1-1/2 Somersaults	2.5	2.3	2.0	--
204	Back Double Somersault	--	2.5	2.2	--
205	Back 2-1/2 Somersaults	--	3.2	3.0	--
206	Back 3 Somersaults	--	3.2	2.9	--
REVERSE DIVES					
301	Reverse Dive	1.8	1.7	1.6	--
302	Reverse Somersault	1.8	1.7	1.6	--
303	Reverse 1-1/2 Somersaults	2.7	2.4	2.1	--
304	Reverse Double Somersault	--	2.6	2.3	--
305	Reverse 2-1/2 Somersaults	--	3.2	3.0	--
306	Reverse 3 Somersaults	--	3.3	3.0	--
INWARD DIVES					
401	Inward Dive	1.8	1.5	1.4	--
402	Inward Somersault	--	1.7	1.6	--
403	Inward 1-1/2 Somersaults	--	2.4	2.2	--
404	Inward Double Somersault	--	3.0	2.8	--
405	Inward 2-1/2 Somersaults	--	3.4	3.1	--

* * * * * All 12 and Under Divers (MCDL-2008) * * * * *

* 101 DD = 1.3, * 201 DD = 1.6, **5111A and 5211A DD = 1.6, ***5111B and 5211B DD = 1.5

TWISTING DIVES

		A-Straight	B-Pike	C-Tuck	D-Free
5111	Forward Dive, 1/2 Twist	1.8**	1.7***	1.6	--
5112	Forward Dive, 1 Twist	2.0	1.9	--	--
5121	Forward Somersault, 1/2 Twist	--	--	--	1.7
5122	Forward Somersault, 1 Twist	--	--	--	1.9
5123	Forward Somersault, 1-1/2 Tst	--	--	--	2.1
5124	Forward Somersault, 2 Twists	--	--	--	2.3
5126	Forward Somersault, 3 Twists	--	--	--	2.8
5131	Fwd 1-1/2 Somersaults, 1/2 Tst	--	--	--	2.0
5132	Fwd 1-1/2 Somersaults, 1 Twist	--	--	--	2.2
5134	Fwd 1-1/2 Somersaults, 2 Twists	--	--	--	2.6
5136	Fwd 1-1/2 Somersaults, 3 Tsts	--	--	--	3.1
5138	Fwd 1-1/2 Somersaults, 4 Tsts	--	--	--	3.5
5151	Fwd 2-1/2 Somersaults, 1/2 Tst	--	3.0	2.8	--
5152	Fwd 2-1/2 Somersaults, 1 Twist	--	3.2	3.0	--
5154	Fwd 2-1/2 Somersaults, 2 Twists	--	3.6	3.4	--
5211	Back Dive, 1/2 twist	1.8**	1.7***	1.6	--
5212	Back Dive, 1 Twist	2.0	--	--	--
5221	Back Somersault, 1/2 Twist	--	--	--	1.7
5222	Back Somersault, 1 Twist	--	--	--	1.9
5223	Back Somersault, 1-1/2 Twists	--	--	--	2.3
5225	Back Somersault, 2-1/2 Twists	--	--	--	2.7
5227	Back Somersault, 3-1/2 Twists	--	--	--	3.2
5231	Back 1-1/2 Somersault, 1/2 Tst	--	--	--	2.1
5233	Back 1-1/2 SS, 1-1/2 Twist	--	--	--	2.5
5235	Back 1-1/2 SS, 2-1/2 Twists	--	--	--	2.9
5311	Reverse Dive, 1/2 Twist	1.9	1.8	1.7	--
5312	Reverse Dive, 1 Twist	2.1	--	--	--
5321	Reverse Somersault, 1/2 Twist	--	--	--	1.8
5322	Reverse Somersault, 1 Twist	--	--	--	2.0
5323	Reverse Somersault, 1-1/2 Twist	--	--	--	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 Twist	--	--	--	2.6
5335	Reverse 1-1/2 SS, 2-1/2 Twists	--	--	--	3.0
5337	Reverse 1-1/2 SS, 3-1/2 Twists	--	--	--	3.5
5351	Reverse 2-1/2 SS, 1/2 Twist	--	2.9	2.7	--
5353	Reverse 2-1/2 SS's, 1-1/2 Tst	--	3.5	3.3	--
5355	Reverse 2-1/2 SS's, 2-1/2 Tsts	--	3.9	3.7	--
5411	Inward Dive, 1/2 Twist	2.0	1.7	1.6	--
5412	Inward Dive, 1 Twist	2.2	1.9	1.8	--
5421	Inward Somersault, 1/2 Twist	--	--	--	1.9
5422	Inward Somersault, 1 Twist	--	--	--	2.1
5432	Inward 1-1/2 Somersault, 1 Tst	--	--	--	2.7
5434	Inward 1-1/2 Somersault, 2 Tsts	--	--	--	3.1