

**Compliments of the  
ILLINOIS SWIMMING OFFICIAL'S ASSOCIATION**

**ONE METER DIVING TABLE**

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

Dive #	T	P	S	F	Dive #	T	P	S	F		
<b>Forward Dives</b>					<b>Twist Dives</b>						
101	Forward Dive	1.2	1.3	1.4	-	5111	Forward Dive, 1/2 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 1 1/2 SS	1.6	1.7	2.0	-	5121	Forward 1 SS, 1/2 Twist	-	-	-	1.7
104	Forward 2 SS	2.2	2.3	-	-	5122	Forward 1 SS, 1 Twist	-	-	-	1.9
105	Forward 2 1/2 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 3 1/2 SS	3.0	3.3	-	-	5131	Forward 1 1/2 SS, 1/2 Twist	-	-	-	2.0
112	Forward Flying 1 SS	1.6	1.7	-	-	5132	Forward 1 1/2 SS, 1 Twist	-	-	-	2.2
113	Forward Flying 1 1/2 SS	1.8	1.9	-	-	5134	Forward 1 1/2 SS, 2 Twists	-	-	-	2.6
						5136	Forward 1 1/2 SS, 3 Twists	-	-	-	3.1
						5142	Forward 2 SS, 1 Twist	2.6	2.7		
						5152	Forward 2 1/2 SS, 1 Twist	3.0	3.2	-	-
<b>Back Dives</b>					<b>Twist Dives</b>						
201	Back Dive	1.5	1.6	1.7	-	5211	Back Dive, 1/2 Twist	-	-	1.8	-
202	Back 1 SS	1.5	1.6	1.7	-	5212	Back Dive, 1 Twist	-	-	2.0	-
203	Back 1 1/2 SS	2.0	2.3	2.5	-	5221	Back 1 SS, 1/2 Twist	-	-	-	1.7
204	Back 2 SS	2.2	2.5	-	-	5222	Back 1 SS, 1 Twist	-	-	-	1.9
205	Back 2 1/2 SS	3.0	3.2	-	-	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	-	-
<b>Reverse Dives</b>					<b>Twist Dives</b>						
301	Reverse Dive	1.6	1.7	1.8	-	5311	Reverse Dive, 1/2 Twist	-	-	1.9	-
302	Reverse 1 SS	1.6	1.7	1.8	-	5312	Reverse Dive, 1 Twist	-	-	2.1	-
303	Reverse 1 1/2 SS	2.1	2.4	2.7	-	5321	Reverse 1 SS, 1/2 Twist	-	-	-	1.8
304	Reverse 2 SS	2.3	2.6	-	-	5322	Reverse 1 SS, 1 Twist	-	-	-	2.0
305	Reverse 2 1/2 SS	3.0	3.2	-	-	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	-	-
<b>Inward Dives</b>					<b>Twist Dives</b>						
401	Inward Dive	1.4	1.5	1.8	-	5411	Inward Dive, 1/2 Twist	-	1.7	2.0	-
402	Inward 1 SS	1.6	1.7	-	-	5412	Inward Dive, 1 Twist	-	1.9	2.2	-
403	Inward 1 1/2 SS	2.2	2.4	-	-	5421	Inward 1 SS, 1/2 Twist	-	-	-	1.9
404	Inward 2 SS	2.8	3.0	-	-	5422	Inward 1 SS, 1 Twist	-	-	-	2.1
405	Inward 2 1/2 SS	3.1	3.4	-	-	5432	Inward 1 1/2 SS, 1 Twist	-	-	-	2.7
412	Inward Flying 1 SS	2.0	2.1	-	-	5434	Inward 1 1/2 SS, 2 Twists	-	-	-	3.1
413	Inward Flying 1 1/2 SS	2.7	2.9	-	-						

**Points shall be awarded by judges on a scale from 0-10 in 1/2 point increments according to the following:**

Excellent	10
Very Good	8 1/2 to 9 1/2
Good	7 to 8
Satisfactory	5 to 6 1/2
Deficient	2 1/2 to 4 1/2
Unsatisfactory	1/2 to 2
Failed	0