

2025-26 WIAA 6 Dive - Dive Form

Final Place

Dive Order

Name *

School *

Date * Meet vs *

1A/2A *

3A *

4A *

DIVER / COACH PLEASE COMPLETE ALL AREAS MARKED (*) IN PENCIL - PLEASE PRINT

DIVE #	A B C D	DIVE DESCRIPTION (as listed in the NFHS rule book) (PLEASE PRINT)	JUDGE'S SCORES					JUDGE'S TOTAL SCORE	DIVE D.D	Final Dive Score
			# 1	# 2	# 3	# 4	# 5			

Dive #1 is the dive of the week (see chart below) use any dive in that group & use it's assigned DD. If the dive has a DD higher than 1.8 you still have to use 1.8 as the assigned DD.

1*	*	*										
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Dives #2 thru #6 must cover 4 of the 5 dive groups (dive of the week cannot be repeated)

2*	*	*										
3*	*	*										
4*	*	*										
5*	*	*										
6*	*	*										

Diver's Signature *	Total Dive Points	
Coach's Signature *		
Referee's Initials (Pre) Signature (Final)		

Dive of the week

Week	Dive Group	Girls	Boys
1	Forward	Sept. 8 to Sept. 14	Dec. 1 to Dec. 7
2	Back	Sept. 15 to Sept. 21	Dec. 8 to Dec. 14
3	Inward	Sept. 22 to Sept. 28	Dec. 15 to Dec. 21
4	Twist	Sept. 29 to Oct. 5	Dec. 22 to Dec. 28
5	Reverse	Oct. 6 to Oct. 12	Dec. 29 to Jan. 4
6	Forward	Oct. 13 to Oct. 19	Jan. 5 to Jan. 11
7	Back	Oct. 20 to Oct. 26	Jan. 12 to Jan. 18
8	Inward	Oct. 27 to Nov. 2	Jan. 19 to Jan. 25
9	Twist	Nov. 3 to Nov. 9	Jan. 26 to Feb. 1
10	Reverse		Feb. 2 to Feb. 8

		CTUCK B PIKE A STRAIGHT D FREE					CTUCK B PIKE A STRAIGHT D FREE			
FORWARD DIVES	101 Forward Dive	1.2	1.3	1.4	—	TWIST DIVES	5124 Forward 1 SS, 2 Twists	—	—	2.3
	102 Forward 1 SS	1.4	1.5	1.6	—		5126 Forward 1SS, 3 Twists	—	—	2.8
	103 Forward 1 1/2 SS	1.6	1.7	2.0	—		5131 Forward 1 1/2 SS, 1/2 Twist	—	—	2.0
	104 Forward 2 SS	2.2	2.3	—	—		5132 Forward 1 1/2 SS, 1 Twist	—	—	2.2
	105 Forward 2 1/2 SS	2.4	2.6	—	—		5134 Forward 1 1/2 SS, 2 Twists	—	—	2.6
	106 Forward 3 SS	2.9	3.2	—	—		5136 Forward 1 1/2 SS, 3 Twists	—	—	3.1
	107 Forward 3 1/2 SS	3.0	3.3	—	—		5142 Forward 2SS, 1 Twist	2.6	2.7	—
	112 Forward Flying 1 SS	1.6	1.7	—	—		5152 Forward 2 1/2 SS, 1 Twist	3.0	3.2	—
	113 Forward Flying 1 1/2 SS	1.8	1.9	—	—		5211 Back Dive, 1/2 Twist	—	—	1.8
BACK DIVES	201 Back Dive	1.5	1.6	1.7	—		5212 Back Dive, 1 Twist	—	—	2.0
	202 Back 1 SS	1.5	1.6	1.7	—		5221 Back 1 SS, 1/2 Twist	—	—	1.7
	203 Back 1 1/2 SS	2.0	2.3	2.5	—		5222 Back 1 SS, 1 Twist	—	—	1.9
	204 Back 2 SS	2.0	2.3	—	—		5223 Back 1 SS, 1 1/2 Twists	—	—	2.3
	205 Back 2 1/2 SS	3.0	3.2	—	—		5225 Back 1 SS, 2 1/2 Twists	—	—	2.7
REVERSE DIVES	301 Reverse Dive	1.6	1.7	1.8	—		5227 Back 1 SS, 3 1/2 Twists	—	—	3.2
	302 Reverse 1 SS	1.6	1.7	1.8	—		5231 Back 1 1/2 SS, 1/2 Twist	—	—	2.1
	303 Reverse 1 1/2 SS	2.1	2.4	2.7	—		5233 Back 1 1/2 SS, 1 1/2 Twists	—	—	2.5
	304 Reverse 2 SS	2.1	2.4	—	—		5235 Back 1 1/2 SS, 2 1/2 Twists	—	—	2.9
	305 Reverse 2 1/2 SS	3.0	3.2	—	—		5251 Back 2 1/2 SS, 1/2 Twist	2.7	2.9	—
INWARD DIVES	401 Inward Dive	1.4	1.5	1.8	—		5311 Reverse Dive, 1/2 Twist	—	—	1.9
	402 Inward 1 SS	1.6	1.7	—	—		5312 Reverse Dive, 1 Twist	—	—	2.1
	403 Inward 1 1/2 SS	2.2	2.4	—	—		5321 Reverse 1 SS, 1/2 Twist	—	—	1.8
	404 Inward 2 SS	2.8	3.0	—	—		5322 Reverse 1 SS, 1 Twist	—	—	2.0
	405 Inward 2 1/2 SS	3.1	3.4	—	—		5323 Reverse 1 SS, 1 1/2 Twists	—	—	2.4
	412 Inward Flying SS	2.0	2.1	—	—		5325 Reverse 1 SS, 2 1/2 Twists	—	—	2.8
	413 Inward Flying 1 1/2	2.7	2.9	—	—		5331 Reverse 1 1/2 SS, 1/2 Twist	—	—	2.2
TWIST DIVES	5111 Forward Dive, 1/2 Twist	1.6	1.7	1.8	—		5333 Reverse 1 1/2 SS, 1 1/2 Twists	—	—	2.6
	5112 Forward Dive, 1 Twist	—	1.9	2.0	—		5335 Reverse 1 1/2 SS, 2 1/2 Twists	—	—	3.0
	5121 Forward 1 SS, 1/2 Twist	—	—	—	1.7		5351 Reverse 2 1/2 SS, 1/2 Twists	2.7	2.9	—
	5122 Forward 1 SS, 1 Twist	—	—	—	1.9		5411 Inward Dive, 1/2 Twis	—	1.7	2.0
							5412 Inward Dive, 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