

# 2025-26 WIAA DIVING FORM

For Eleven Dive Competitions

( Dive #'s, Descriptions and DD Values are listed in the NFHS Rule Book )

**Final Place**

<b>Diving Order</b>
Prelim
Semi
Final

Name \* \_\_\_\_\_

School \* \_\_\_\_\_ Grade \* \_\_\_\_\_

Date \* \_\_\_\_\_ Meet \* \_\_\_\_\_

1A/2A	*
3A	*
4A	*

DIVE #	A B C D	DIVE DESCRIPTION (as listed in the NFHS rule book) (PLEASE PRINT)	JUDGES SCORES							TOTAL SCORE	DIVE D.D	Final Dive Score
			# 1	# 2	# 3	# 4	# 5	# 6	# 7			
<b>PRELIMS</b>			<b>2 VOLUNTARY 3 OPTIONAL</b>							<b>(circle the Dive # and DD of the Voluntary dives)</b>		
*	*	*								*		▪
*	*	*								*		▪
*	*	*								*		▪
*	*	*								*		▪
*	*	*								*		▪
*	*	*								*		▪
<b>SEMI FINALS</b>			<b>2 VOLUNTARY 1 OPTIONAL</b>							<b>(circle the Dive # and DD of the Voluntary dives)</b>		
*	*	*								*		▪
*	*	*								*		▪
*	*	*								*		▪
*	*	*								*		▪
*	*	*								*		▪
<b>FINALS</b>			<b>1 VOLUNTARY 2 OPTIONAL</b>							<b>(circle the Dive # and DD of the Voluntary dives)</b>		
*	*	*								*		▪
*	*	*								*		▪
*	*	*								*		▪
*	*	*								*		▪
*	*	*								*		▪

**TOTAL POINTS** ▪

Diver's Signature \* \_\_\_\_\_

Coach's Signature \* \_\_\_\_\_

Referee's Initials (Pre) \_\_\_\_\_ Signature (Final) \_\_\_\_\_

TOTAL D.D. VOLUNTARY DIVES \* \_\_\_\_\_

TOTAL D.D. OPTIONAL DIVES \* \_\_\_\_\_

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

		CTUCK B PIKE A STRAIGHT D FREE					CTUCK B PIKE A STRAIGHT D FREE				
<b>FORWARD DIVES</b>	101 Forward Dive	1.2	1.3	1.4	—	<b>TWIST DIVES</b>	5124 Forward 1SS, 2 Twists	—	—	—	2.3
	102 Forward 1SS	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 2SS	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 3SS	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 1SS	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	—
<b>BACK DIVES</b>	201 Back Dive	1.5	1.6	1.7	—		5212 Back Dive, 1 Twist	—	—	2.0	—
	202 Back 1SS	1.5	1.6	1.7	—		5221 Back 1SS, 1/2 Twist	—	—	—	1.7
	203 Back 1 1/2 SS	2.0	2.3	2.5	—		5222 Back 1SS, 1 Twist	—	—	—	1.9
	204 Back 2SS	2.0	2.3	—	—		5223 Back 1SS, 1 1/2 Twists	—	—	—	2.3
	205 Back 2 1/2 SS	3.0	3.2	—	—		5225 Back 1SS, 2 1/2 Twists	—	—	—	2.7
<b>REVERSE DIVES</b>	301 Reverse Dive	1.6	1.7	1.8	—		5227 Back 1SS, 3/4 Twists	—	—	—	3.2
	302 Reverse 1SS	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 2SS	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	—	—
<b>INWARD DIVES</b>	401 Inward Dive	1.4	1.5	1.8	—		5311 Reverse Dive, 1/2 Twist	—	—	1.9	—
	402 Inward 1SS	1.6	1.7	—	—		5312 Reverse Dive, 1 Twist	—	—	2.1	—
	403 Inward 1 1/2 SS	2.2	2.4	—	—		5321 Reverse 1SS, 1/2 Twist	—	—	—	1.8
	404 Inward 2SS	2.8	3.0	—	—		5322 Reverse 1SS, 1 Twist	—	—	—	2.0
	405 Inward 2 1/2 SS	3.1	3.4	—	—		5323 Reverse 1SS, 1 1/2 Twists	—	—	—	2.4
	412 Inward Flying SS	2.0	2.1	—	—		5325 Reverse 1SS, 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
<b>TWIST DIVES</b>	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 1SS, 1/2 Twist	—	—	—	1.7		5351 Reverse 2 1/2 SS, 1/2 Twists	2.7	2.9	—	—
	5122 Forward 1SS, 1 Twist	—	—	—	1.9		5411 Inward Dive, 1/2 Twist	—	1.7	2.0	—
							5412 Inward Dive, 1 Twist	—	1.9	2.2	—
							5421 Inward 1SS, 1/2 Twist	—	—	—	1.9
							5422 Inward 1SS, 1 Twist	—	—	—	2.1
							5432 Inward 1 1/2 SS, 1 Twist	—	—	—	2.7
							5434 Inward 1 1/2 SS, 2 Twists	—	—	—	3.1