

MCDL Table of Dives

Dive No.	Dive Name	Difficulty Rating – 1 Meter			
		A/Straight	B/Pike	C/Tuck	D/Free
FORWARD DIVES					
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 Somersault	–	1.7	1.6	–
104	Forward Double Somersault	–	2.3	2.2	–
105	Forward 2-1/2 Somersault	–	2.6	2.4	–
BACK DIVES 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 Somersault	2.5	2.3	2.0	–
204	Back Double Somersault	–	2.5	2.2	–
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 Somersault	2.7	2.4	2.1	–
304	Reverse Double Somersault	–	2.6	2.3	–
INWARD DIVES					
401	Inward Dive	1.8	1.5	1.4	–
402	Inward Somersault	–	1.7	1.6	–
403	Inward 1-1/2 Somersault	–	2.4	2.2	–
404	Inward Double Somersault	–	3.0	2.8	–
TWISTING DIVES					
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
5124	Forward Somersault, 2 Twists	–	–	–	2.3
5131	Forward 1-1/2 Somersault, 1/2 Twist	–	–	–	2.0
5132	Forward 1-1/2 Somersault, 1 Twist	–	–	–	2.2
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 Twist	–	–	–	2.3
5225	Back Somersault, 2-1/2 Twist	–	–	–	2.7
5311	Reverse Dive, 1/2 Twist	1.9	1.8	1.7	–
5321	Reverse Somersault, 1/2 Twist	–	–	–	1.8
5411	Inward Dive, 1/2 Twist	2.0	1.7	1.6	–
5421	Inward Somersault, 1/2 Twist	–	–	–	1.9
5422	Inward Somersault, 1 Twist	–	–	–	2.1

**All 12 and Under divers: *101 DD = 1.3, *201 DD = 1.6,
5111A and 5211A DD = 1.6, *5111B and 5211B DD = 1.5 (rev.2008)**