

## 2024 – 2025 PIAA Diving Schedule

### Week Beginning: Required Dive:

11/24/2024	Forward
12/1/2024	Back
12/8/2024	Inward
12/15/2024	Twisting
12/22/2024	Reverse
12/29/2024	Forward
1/5/2025	Back
1/12/2025	Inward
1/19/2025	Twisting
1/26/2025	Reverse
2/2/2025	Forward
2/9/2025	Back
2/16/2025	Inward

6 Dives 1 Required Dive 4 Dives from the 5 Groups 1 Optional Dive
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1. All dives are identified by three or four digits and one letter. Twisting dives utilize four numerical digits, while all other dives use three.

2. The **first** digit indicates the dive's group:

1 = Forward, 2 = Back, 3 = Reverse, 4 = Inward, 5 = Twisting, 6 = Arm Stand.

3. In front, back, reverse, and inward dives, a '1' as the **second** digit indicates a flying action.

A '0' indicates none.

In twisting and arm stand dives, the **second** digit indicates the dive's group (forward, back, reverse).

4. The **third** digit indicates the number of half somersaults.

5. The **fourth** digit, if applicable, indicates the number of half twists.

6. The letter indicates body position: A = straight, B = pike, C = tuck, D = free.

Examples:

107B = Forward dive with 3 1/2 somersaults in a pike position

305C = Reverse dive with 2 1/2 somersaults in a tuck position

5253B = Back dive with 2 1/2 somersaults and 1 1/2 twists in a pike position