

## 2020 - 2021 PIAA Diving Schedule

### Week Beginning:      Required Dive:

|            |          |
|------------|----------|
| 12/06/2020 | Forward  |
| 12/13/2020 | Back     |
| 12/20/2020 | Inward   |
| 12/27/2020 | Twisting |
| 01/03/2020 | Reverse  |
| 01/10/2021 | Forward  |
| 01/17/2021 | Back     |
| 01/24/2021 | Inward   |
| 01/31/2021 | Twisting |
| 02/07/2021 | Reverse  |
| 02/14/2021 | Forward  |
| 02/21/2021 | Back     |

|  |
|--|
| 6 Dives<br>1 Required Dive<br>4 Dives from the 5 Groups<br>1 Optional Dive |
|--|

| DIVE SILHOUETTES   |  |   |
|--|--|---|
| <p>The higher, the better</p> <p>101. Forward Dive — Pike</p>  | <p>Good arm position</p> <p>101. Forward Dive — Straight</p>                                       | <p>Tight tuck</p> <p>103. Forward 1 1/2 SS Tuck</p> <p>Fast spin<br/>Long drop to water in final position<br/>Vertical entry</p>              |
| <p>Tight, early tuck</p> <p>104. Forward 2 SS Tuck</p> <p>Judge entry on smoothness and vertical entry</p> | <p>Look for height</p> <p>201. Back Dive — Pike</p> <p>Long drop to water in final position</p>    | <p>Good height</p> <p>201. Back Dive — Straight</p> <p>No excessive rocking of board; Feet cannot leave board in rocking prior to takeoff</p> |
| <p>Legs Straight and together</p> <p>203. Back 1 1/2 SS — Tuck</p> <p>Nearly vertical entry</p>            | <p>Look for height</p> <p>301. Reverse Dive — Pike</p> <p>Long drop to water in final position</p> | <p>Vertical entry</p> <p>301. Reverse Dive — Straight</p> <p>Legs straight on way up</p>  |

| DIVE SILHOUETTES  |   |  |
|---|---|--|
| <p>Tight tuck</p> <p>303. Reverse 1 1/2 SS Tuck</p> <p>Dive must be directly in front of the board, NOT pulled to either side</p>   | <p>Look for height</p> <p>401. Inward Dive — Pike</p> <p>Long drop to water in final, vertical position</p> | <p>Straight position must be reached before peak of height</p> <p>401. Inward Dive — Straight</p> <p>Slight bend of hip on take-off is permissible</p> |
| <p>Dive must be directly toward board, NOT pulled to either side</p> <p>403. Inward 1 1/2 SS Tuck</p> <p>The longer the drop to the water in vertical position the better</p>                                     | <p>Smooth, easy motion — not jerky</p> <p>5111. Forward Dive, 1/2 Twist Straight</p>                        | <p>Deduct for entry — "coming around the corner"</p> <p>5132. Forward 1 1/2 SS, 1 Twist — Free</p>   |
| <p>In judging this dive, keep in mind "the twisting must not manifestly be done directly from the board." The diver MUST leave the board in the back dive position</p> <p>5211. Back dive, 1/2 Twist Straight</p> | <p>Vertical entry</p> <p>5233. Back dive 1 1/2 SS 1 1/2 Twist, Free</p>                                     |  |

| Dive No.                    | C Tuck | B Pike | A Straight | D Free | Dive No.                            | C Tuck | B Pike | A Straight | D Free |
|-----------------------------|--------|--------|------------|--------|-------------------------------------|--------|--------|------------|--------|
| <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    | 2.6        | —      | 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         | —      | —      | —          | 2.7    |
| 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     | —      | —      | —          | 3.0    |
| <b>BACK DIVES</b>           |        |        |            |        | 5152 Forward 2 1/2 SS, 1 Twist      | 3.0    | 3.2    | —          | —      |
| 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    |
| 212 Flying Back 1 SS        | 1.6    | 1.7    | —          | —      | 5225 Back 1 SS, 2 1/2 Twists        | —      | —      | —          | 2.7    |
|                             |        |        |            |        | 5227 Back 1 SS, 3 1/2 Twists        | —      | —      | —          | 3.1    |
| <b>REVERSE DIVES</b>        |        |        |            |        | 5231 Back 1 1/2 SS, 1/2 Twist       | —      | —      | —          | 2.1    |
| 301 Reverse Dive            | 1.6    | 1.7    | 1.8        | —      | 5233 Back 1 1/2 SS, 1 1/2 Twists    | —      | —      | —          | 2.5    |
| 302 Reverse 1 SS            | 1.6    | 1.7    | 1.8        | —      | 5235 Back 1 1/2 SS, 2 1/2 Twists    | —      | —      | —          | 2.9    |
| 303 Reverse 1 1/2 SS        | 2.1    | 2.4    | 2.7        | —      | 5251 Back 2 1/2 SS, 1/2 Twist       | 2.7    | 2.9    | —          | —      |
| 304 Reverse 2 SS            | 2.3    | 2.6    | 2.9        | —      | 5311 Reverse Dive, 1/2 Twist        | —      | —      | 1.9        | —      |
| 305 Reverse 2 1/2 SS        | 3.0    | 3.2    | —          | —      | 5312 Reverse Dive, 1 Twist          | —      | —      | 2.1        | —      |
| 312 Flying Reverse SS       | 1.7    | 1.8    | —          | —      | 5321 Reverse 1 SS, 1/2 Twist        | —      | —      | —          | 1.8    |
|                             |        |        |            |        | 5322 Reverse 1 SS, 1 Twist          | —      | —      | —          | 2.0    |
| <b>INWARD DIVES</b>         |        |        |            |        | 5323 Reverse 1 SS, 1 1/2 Twists     | —      | —      | —          | 2.4    |
| 401 Inward Dive             | 1.4    | 1.5    | 1.8        | —      | 5325 Reverse 1 SS, 2 1/2 Twists     | —      | —      | —          | 2.8    |
| 402 Inward 1 SS             | 1.6    | 1.7    | 2.0        | —      | 5331 Reverse 1 1/2 SS, 1/2 Twist    | —      | —      | —          | 2.2    |
| 403 Inward 1 1/2 SS         | 2.2    | 2.4    | —          | —      | 5333 Reverse 1 1/2 SS, 1 1/2 Twists | —      | —      | —          | 2.6    |
| 404 Inward 2 SS             | 2.8    | 3.0    | —          | —      | 5335 Reverse 1 1/2 SS, 2 1/2 Twists | —      | —      | —          | 3.0    |
| 405 Inward 2 1/2 SS         | 3.1    | 3.4    | —          | —      | 5351 Reverse 2 1/2 SS, 1/2 Twists   | 2.7    | 2.9    | —          | —      |
| 412 Inward Flying SS        | 2.0    | 2.1    | —          | —      | 5411 Inward Dive, 1/2 Twist         | —      | 1.7    | 2.0        | —      |
| 413 Inward Flying 1 1/2     | 2.7    | 2.9    | —          | —      | 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    |