

## 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   |

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