

# Utah Country Club Swim and Dive League Degree of Difficulty Table

effective January 1, 2009 — \* indicates a required dive

## *8 and Under*

	<b>Forward Group</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
100	Front Jump	1.0	1.0	1.0	
001	Front Lineup	1.0			
101	Forward Dive *	1.8	1.8	1.8	
102	Forward Somersault	1.6	1.5	1.4	
103	Forward 1½ somersault		1.7	1.6	
104	Forward double somersault		2.3	2.2	
105	Forward 2½ somersault		2.6	2.4	
	<b>Back Group</b>				
200	Back Jump	1.0	1.0	1.0	
002	Back Lineup	1.2			
201	Back Dive	1.7	1.6	1.5	
202	Back Somersault	1.7	1.6	1.5	
203	Back 1½ somersault		2.3	2.0	
204	Back double somersault		2.5	2.2	
	<b>Reverse Group</b>				
301	Reverse Dive	1.8	1.7	1.6	
302	Reverse Somersault	1.8	1.7	1.6	
303	Reverse 1½ somersault		2.4	2.1	
304	Reverse double somersault		2.6	2.3	
	<b>Inward Group</b>				
401	Inward Dive	1.8	1.5	1.4	
402	Inward Somersault		1.7	1.6	
403	Inward 1½ somersault		2.4	2.2	
404	Inward double somersault			2.8	
	<b>Twisting Group</b>				
5111	Front dive ½ twist	1.8	1.7		
5112	Front dive 1 twist	2.0	1.9		
5121	Front somersault ½ twist	1.9	1.8		1.7
5122	Front somersault 1 twist				1.9
5124	Front somersault 2 twists				2.3
5132	Front 1½ somersault 1 twist				2.2
5211	Back dive ½ twist	1.4			
5212	Back dive 1 twist	2.0			
5221	Back somersault ½ twist				1.7
5222	Back somersault 1 twist				1.9
5223	Back somersault 1½ twist				2.3
5231	Back 1½ somersault ½ twist				2.1
5311	Reverse Dive ½ twist	1.9			
5312	Reverse Dive 1 twist	2.1			
5321	Reverse somersault ½ twist				1.8
5322	Reverse somersault 1 twist				2.0
5411	Inward Dive ½ twist	2.0	1.7		
5412	Inward Dive 1 twist	2.2	1.9		
5421	Inward somersault ½ twist		1.8	1.7	
5422	Inward somersault 1 twist				2.1

**9-10 and 11-12**

	<b>Forward Group</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
100	Front Jump	1.0	1.0	1.0	
001	Front Lineup	1.0			
101	Forward Dive *	1.8	1.8	1.8	
102	Forward Somersault	1.6	1.5	1.4	
103	Forward 1½ somersault (or*)		1.8/1.7	1.8/1.6	
104	Forward double somersault		2.3	2.2	
105	Forward 2½ somersault		2.6	2.4	
	<b>Back Group</b>				
200	Back Jump	1.0	1.0	1.0	
002	Back Lineup	1.2			
201	Back Dive	1.7	1.6	1.5	
202	Back Somersault	1.7	1.6	1.5	
203	Back 1½ somersault		2.3	2.0	
204	Back double somersault		2.5	2.2	
	<b>Reverse Group</b>				
301	Reverse Dive	1.8	1.7	1.6	
302	Reverse Somersault	1.8	1.7	1.6	
303	Reverse 1½ somersault		2.4	2.1	
304	Reverse double somersault		2.6	2.3	
	<b>Inward Group</b>				
401	Inward Dive	1.8	1.5	1.4	
402	Inward Somersault		1.7	1.6	
403	Inward 1½ somersault		2.4	2.2	
404	Inward double somersault			2.8	
	<b>Twisting Group</b>				
5111	Front dive ½ twist	1.8	1.7		
5112	Front dive 1 twist	2.0	1.9		
5121	Front somersault ½ twist	1.9	1.8		1.7
5122	Front somersault 1 twist				1.9
5124	Front somersault 2 twists				2.3
5132	Front 1½ somersault 1 twist				2.2
5211	Back dive ½ twist	1.4			
5212	Back dive 1 twist	2.0			
5221	Back somersault ½ twist				1.7
5222	Back somersault 1 twist				1.9
5223	Back somersault 1½ twist				2.3
5231	Back 1½ somersault ½ twist				2.1
5311	Reverse Dive ½ twist	1.9			
5312	Reverse Dive 1 twist	2.1			
5321	Reverse somersault ½ twist				1.8
5322	Reverse somersault 1 twist				2.0
5411	Inward Dive ½ twist	2.0	1.7		
5412	Inward Dive 1 twist	2.2	1.9		
5421	Inward somersault ½ twist		1.8	1.7	
5422	Inward somersault 1 twist				2.1

*13-14 and 15-17*

	<b>Forward Group</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
100	Front Jump	1.0	1.0	1.0	
001	Front Lineup	1.0			
101	Forward Dive *	1.4	1.3	1.2	
102	Forward Somersault	1.6	1.5	1.4	
103	Forward 1½ somersault (or *)		1.7	1.6	
104	Forward double somersault		2.3	2.2	
105	Forward 2½ somersault		2.6	2.4	
112	Forward Flying Somersault		1.7	1.6	
113	Forward Flying 1½ somersault		1.9	1.8	
	<b>Back Group</b>				
200	Back Jump	1.0	1.0	1.0	
002	Back Lineup	1.2			
201	Back Dive (* for 15-17)	1.7	1.6	1.5	
202	Back Somersault	1.7	1.6	1.5	
203	Back 1½ somersault (or *)		2.3	2.0	
204	Back double somersault		2.5	2.2	
	<b>Reverse Group</b>				
301	Reverse Dive	1.8	1.7	1.6	
302	Reverse Somersault	1.8	1.7	1.6	
303	Reverse 1½ somersault		2.4	2.1	
304	Reverse double somersault		2.6	2.3	
	<b>Inward Group</b>				
401	Inward Dive	1.8	1.5	1.4	
402	Inward Somersault		1.7	1.6	
403	Inward 1½ somersault		2.4	2.2	
404	Inward double somersault			2.8	
	<b>Twisting Group</b>				
5111	Front dive ½ twist	1.8	1.7		
5112	Front dive 1 twist	2.0	1.9		
5121	Front somersault ½ twist	1.9	1.8		1.7
5122	Front somersault 1 twist				1.9
5124	Front somersault 2 twists				2.3
5132	Front 1½ somersault 1 twist				2.2
5211	Back dive ½ twist	1.4			
5212	Back dive 1 twist	2.0			
5221	Back somersault ½ twist				1.7
5222	Back somersault 1 twist				1.9
5223	Back somersault 1½ twist				2.3
5231	Back 1½ somersault ½ twist				2.1
5311	Reverse Dive ½ twist	1.9			
5312	Reverse Dive 1 twist	2.1			
5321	Reverse somersault ½ twist				1.8
5322	Reverse somersault 1 twist				2.0
5411	Inward Dive ½ twist	2.0	1.7		
5412	Inward Dive 1 twist	2.2	1.9		
5421	Inward somersault ½ twist		1.8	1.7	
5422	Inward somersault 1 twist				2.1