

# KNOWING YOUR DIVE NUMBERS...

There's a method to this madness!

**103b**

**Forward 1 and 1/2 Somersaults, Pike**

Generally, non-twisting dives have three numbers. The first number designates the direction of spin.

- 1 = forward
- 2 = backwards
- 3 = reverse
- 4 = inward

The second number will almost always be a zero. An exception to this is...if the rotation is "flying" then this will be a one.

The third number represents exactly double the amount of somersault rotations that will be performed. In this case the diver will do 1 1/2 somersaults.

The letter at the end tells you the dive position:  
A = Straight  
B = Pike  
C = Tuck

**5223d**

**Back 1 Somersault, 1 and 1/2 twists, free**

The number for a twisting dive is made up of four numbers—the first is always a "5." If a dive number begins with a 5, then it's a twisting dive.

On twisting dives, it's the second number that designates the direction of spin, just like above:  
1 = forward  
2 = backwards  
3 = reverse  
4 = inward

The third number is exactly double the amount of rotations.

The fourth number is exactly double the amount of twists.

The letter at the end tells you the dive position:  
A = Straight  
B = Pike  
C = Tuck