

Five Categories of Dives

There are 5 basic categories or groups of dives for spring board diving. The first four are named according to the direction of the dive relative to the diving board. These are forward, backward, reverse, and inward. The 5th category can be done in any of the 4 previous positions, but involves a twisting component.

Divers choose dives from the five categories. No more than two dives may come from the same category. The first dive must be the “required” dive. The required dive will change from meet to meet. Here is a more detailed description of each category.

1. Forward Category (Front) – The diver faces forward, towards the end of the board and rotates towards the water.



2. Backward Category (Back) – The diver stands at the end of the board with their back towards the water. Rotation is away from the board.



3. Reverse Category (Reverse sometimes referred to as “Gainer”) – The diver begins facing forward using a front or forward approach and then rotates back towards the board.



4. Inward Category (Inward) – The diver stands on the end of the board with back toward the water and rotates toward the board. The earlier term for these dives was “cutaways”



5. Twisting Category – Any dive with a twist is included in this group. There are four types of twisting dives: front, back, reverse, and inward. Because of the many possible combinations, this group includes more dives than any other.



Not all age groups are expected to do dives in all 5 categories. For All-City Diving competitions, 10 & under divers perform 5 dives, and then the 11-12, 13-14 and 15-18 divers perform 6 dives.