

D 23 ALPS DD Sheet 2026 Updated July 2026

DIVE NUMBER	DIVE NAME	STRAIGHT (A)	PIKE (B)	TUCK (C)	FREE (D)
100	Front jump (8- only at Finals)	0.5	0.6	0.6	
101	Front dive	1.3	1.3	1.3	
10FF	Front fall in				1.0
102	Front somersault	1.6	1.5	1.4	
103	Front 1 -1/2 somersault		1.7	1.6	
104	Front double somersault		2.3	2.2	
105	Front 2- ½ somersault		2.6	2.4	

DIVE NUMBER	DIVE NAME	STRAIGHT (A)	PIKE (B)	TUCK (C)	FREE (D)
106	Front triple somersault			2.9	
107	Front 3 – ½ somersault			3.0	
200	Back jump (8- only at Finals)	0.5	0.6	0.6	
201	Back dive	1.4	1.6	1.6	
20FF	Back fall in				1.1
202	Back somersault	1.7	1.6	1.5	
203	Back 1 – ½ somersault	2.5	2.3	2.0	
204	Back double somersault		2.5	2.2	
205	Back 2 – ½ somersault		3.2	3.0	
301	Reverse dive	1.7	1.7	1.7	
302	Reverse somersault	1.8	1.7	1.6	
303	Reverse 1 – ½ somersault	2.7	2.4	2.1	
304	Reverse double somersault		2.6	2.3	
305	Reverse 2 – ½ somersault		3.2	3.0	
401	Inward dive	1.5	1.5	1.5	
402	Inward somersault		1.7	1.6	
403	Inward 1 – ½ somersault		2.4	2.2	
404	Inward double somersault			2.8	
405	Inward 2 – ½ somersault		3.4	3.1	
5111	Front dive ½ twist	1.4	1.4	1.4	
5112	Front dive full twist	2.0	1.9		
5121	Front somersault ½ twist	1.9	1.8		1.7
5122	Front somersault full twist				1.9
5124	Front somersault double twist				2.3
5126	Front somersault triple twist				2.7
5131	Front 1 -1/2 somersault, ½ twist		2.1	2.0	

5132	Front 1 -1/2 somersault, full twist				2.2
5134	Front 1 -1/2 somersault, 2 twists				2.6
5136	Front 1 -1/2 somersault, 3 twists				3.0
5152	Front 2 -1/2 somersault, full twist		3.2	3.0	
5211	Back dive ½ twist	1.4			
5212	Back dive full twist	2.0			
5221	Back somersault, ½ twist				1.7
5222	Back somersault full twist				1.9

DIVE NUMBER	DIVE NAME	STRAIGHT (A)	PIKE (B)	TUCK (C)	FREE (D)
5223	Back somersault, 1- ½ twist				2.3
5225	Back somersault, 2 - ½ twist				2.7
5231	Back 1 -1/2 somersault, ½ twist				2.1
5233	Back 1 -1/2 somersault, 1 - ½ twist				2.5
5235	Back 1 -1/2 somersault, 2 - ½ twist				2.9
5241	Back double somersault, ½ twist				2.6
5311	Reverse dive ½ twist	1.9			
5312	Reverse dive full twist	2.1			
5321	Reverse somersault ½ twist				1.8
5322	Reverse somersault full twist				2.0
5323	Reverse somersault 1 – ½ twist				2.4
5325	Reverse somersault 2 – ½ twist				2.8
5331	Reverse 1- ½ somersault ½ twist				2.2
5333	Reverse 1- ½ somersault 1- ½ twist				2.6
5411	Inward dive ½ twist	2.0	1.7		
5412	Inward dive full twist	2.2	1.9		
5421	Inward somersault 1/2 twist		1.8	1.7	
5422	Inward somersault full twist				2.1
5432	Inward 1- ½ somersault, full twist				2.7
5434	Inward 1- ½ somersault, 2 twists				3.1