

FINA TABLE OF DEGREE OF DIFFICULTIES

EFFECTIVE JANUARY 1, 1995

SPRINGBOARD		1 Meter				3 Meter			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
FORWARD GROUP		A	B	C	D	A	B	C	D
101	Forward Dive	1.4	1.3	1.2		1.6	1.5	1.4	
102	Forward Somersault	1.6	1.5	1.4		1.7	1.6	1.5	
103	Forward 1-1/2 Somersault		1.7	1.6		1.9	1.6	1.5	
104	Forward Double Somersault		2.3	2.2			2.1	2.0	
105	Forward 2-1/2 Somersault		2.6	2.4			2.4	2.2	
106	Forward Triple Somersault			2.9				2.5	
107	Forward 3-1/2 Somersault			3.0			3.1	2.8	
109	Forward 4-1/2 Somersault							3.5	
112	Forward Flying Somersault		1.7	1.6			1.8	1.7	
113	Forward Flying 1-1/2 Som.		1.9	1.8			1.8	1.7	
115	Forward Flying 2-1/2 Som.							2.5	
BACK GROUP		A	B	C	D	A	B	C	D
201	Back Dive	1.7	1.6	1.5		1.9	1.8	1.7	
202	Back Somersault	1.7	1.6	1.5		1.8	1.7	1.6	
203	Back 1-1/2 Somersault	2.5	2.3	2.0		2.4	2.2	1.9	
204	Back Double Somersault		2.5	2.2		2.5	2.3	2.0	
205	Back 2-1/2 Somersault		3.2	3.0			3.0	2.8	
207	Back 3-1/2 Somersault							3.4	
212	Back Flying Somersault		1.7	1.6			1.8	1.7	
213	Back Flying 1-1/2 Somersault							2.1	
REVERSE GROUP		A	B	C	D	A	B	C	D
301	Reverse Dive	1.8	1.7	1.6		2.0	1.9	1.8	
302	Reverse Somersault	1.8	1.7	1.6		1.9	1.8	1.7	
303	Reverse 1-1/2 Somersault	2.7	2.4	2.1		2.6	2.3	2.0	
304	Reverse Double Somersault		2.6	2.3			2.4	2.1	
305	Reverse 2-1/2 Somersault		3.2	3.0			3.0	2.8	
307	Reverse 3-1/2 Somersault							3.5	
312	Reverse Flying Somersault		1.8	1.7				1.8	
313	Reverse Flying 1-1/2 Somer							2.2	
INWARD GROUP		A	B	C	D	A	B	C	D
401	Inward Dive	1.8	1.5	1.4		1.7	1.4	1.3	
402	Inward Somersault		1.7	1.6			1.5	1.4	
403	Inward 1-1/2 Somersault		2.4	2.2			2.1	1.9	
404	Inward Double Somersault			2.8			2.6	2.4	
405	Inward 2-1/2 Somersault		3.4	3.1			3.0	2.7	
407	Inward 3-1/2 Somersault							3.4	
412	Inward Flying Somersault		2.1	2.0			1.9	1.8	
413	Inward Flying 1-1/2 Somer			2.7				2.4	

EFFECTIVE JANUARY 1, 1995

SPRINGBOARD		1 Meter				3 Meter			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
TWISTING GROUP		A	B	C	D	A	B	C	D
5111	Forward Dive 1/2 Twist	1.8	1.7			2.0	1.9		
5112	Forward Dive 1 Twist	2.0	1.9			2.2	2.1		
5121	Forward Som. 1/2 Twist	1.9	1.8		1.7	2.0	1.9		
5122	Forward Som. 1 Twist				1.9				2.0
5124	Forward Som. 2 Twists				2.3				
5126	Forward Som. 3 Twists				2.7				
5131	Forward 1-1/2 Som. 1/2 Twist		2.1	2.0			2.0	1.9	
5132	Forward 1-1/2 Som. 1 Twist				2.2				2.1
5134	Forward 1-1/2 Som. 2 Twists				2.6				2.5
5136	Forward 1-1/2 Som. 3 Twists				3.0				2.9
5138	Forward 1-1/2 Som. 4 Twists								3.3
5152	Forward 2-1/2 Som. 1 Twist				3.0				2.8
5154	Forward 2-1/2 Som. 2 Twists								3.2
5211	Back Dive 1/2 Twist	1.8				2.0			
5212	Back Dive 1 Twist	2.0				2.2			
5221	Back Somersault 1/2 Twist				1.7				
5222	Back Somersault 1 Twist				1.9				
5223	Back Somersault 1-1/2 Twist				2.3				
5225	Back Somersault 2-1/2 Twists				2.7				
5227	Back Somersault 3-1/2 Twists								3.2
5231	Back 1-1/2 Som. 1/2 Twist				2.1				2.0
5233	Back 1-1/2 Som. 1-1/2 Twists				2.5				2.4
5235	Back 1-1/2 Som. 2-1/2 Twists				2.9				2.8
5237	Back 1-1/2 Som. 3-1/2 Twists								3.2
5239	Back 1-1/2 Som. 4-1/2 Twists								3.6
5251	Back 2-1/2 Som. 1/2 Twist								2.7
5311	Reverse Dive 1/2 Twist	1.9				2.1			
5312	Reverse Dive 1 Twist	2.1				2.3			
5321	Reverse Somersault 1/2 Twist				1.8				
5322	Reverse Somersault 1 Twist				2.0				
5323	Reverse Som. 1-1/2 Twist				2.4				
5325	Reverse Som. 2-1/2 Twists				2.8				
5331	Reverse 1-1/2 Som. 1/2 Twist				2.2				2.1
5333	Reverse 1-1/2 Som. 1-1/2 Twists				2.6				2.5
5335	Reverse 1-1/2 Som. 2-1/2 Twists				3.0				2.9
5337	Reverse 1-1/2 Som. 3-1/2 Twists								3.3
5351	Reverse 2-1/2 Som. 1/2 Twist								2.7
5411	Inward Dive 1/2 Twist	2.0	1.7			1.9	1.6		
5412	Inward Dive 1 Twist	2.2	1.9			2.1	1.8		
5421	Inward Somersault 1/2 Twist		1.8	1.7			1.6	1.5	
5422	Inward Somersault 1 Twist				2.1				
5432	Inward 1-1/2 Som 1 Twist				2.7				2.4
5434	Inward 1-1/2 Som 2 Twists				3.1				2.8

FINA TABLE OF DEGREE OF DIFFICULTIES

EFFECTIVE JANUARY 1, 1995

PLATFORM		10 Meters				7.5 Meters				5 Meters			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
FORWARD GROUP		A	B	C	D	A	B	C	D	A	B	C	D
101	Forward Dive	1.6	1.5	1.4		1.6	1.5	1.4		1.4	1.3	1.2	
102	Forward Somersault	1.8	1.7	1.6		1.7	1.6	1.5		1.6	1.5	1.4	
103	Forward 1-1/2 Somersault	1.9	1.6	1.5		1.9	1.6	1.5		2.0	1.7	1.6	
104	Forward Double Somersault	2.5	2.2	2.1			2.1	2.0			2.3	2.2	
105	Forward 2-1/2 Somersaults		2.3	2.1			2.4	2.2			2.6	2.4	
107	Forward 3-1/2 Somersaults		3.0	2.7				2.8				3.0	
109	Forward 4-1/2 Somersaults			3.5									
112	Forward Flying Somersault		1.9	1.8			1.8	1.7			1.7	1.6	
113	Forward Flying 1-1/2 Som.		1.8	1.7			1.8	1.7			1.9	1.8	
114	Forward Flying Double Som.			2.3				2.2					
115	Forward Flying 2-1/2 Som.		2.6	2.4				2.5					
BACK GROUP		A	B	C	D	A	B	C	D	A	B	C	D
201	Back Dive	1.9	1.8	1.7		1.9	1.8	1.7		1.7	1.6	1.5	
202	Back Somersault	1.9	1.8	1.7		1.8	1.7	1.6		1.7	1.6	1.5	
203	Back 1-1/2 Somersault	2.4	2.2	1.9		2.4	2.2	1.9		2.5	2.3	2.0	
204	Back Double Somersaults	2.6	2.4	2.1		2.5	2.3	2.0			2.5	2.2	
205	Back 2-1/2 Somersaults	3.3	2.9	2.7			3.0	2.8				3.0	
207	Back 3-1/2 Somersaults			3.3				3.4					
212	Back Flying Somersault		1.9	1.8			1.8	1.7			1.7	1.6	
213	Back Flying 1-1/2 Somersault			2.1				2.1					
REVERSE GROUP		A	B	C	D	A	B	C	D	A	B	C	D
301	Reverse Dive	2.0	1.9	1.8		2.0	1.9	1.8		1.8	1.7	1.6	
302	Reverse Somersault	2.0	1.9	1.8		1.9	1.8	1.7		1.8	1.7	1.6	
303	Reverse 1-1/2 Somersault	2.6	2.3	2.0		2.6	2.3	2.0		2.7	2.4	2.1	
304	Reverse Double Somersaults		2.5	2.2			2.4	2.1			2.6	2.3	
305	Reverse 2-1/2 Somersaults		2.9	2.7			3.0	2.8				3.0	
307	Reverse 3-1/2 Somersaults			3.4									
312	Reverse Flying Somersault			1.9				1.8			1.8	1.7	
313	Reverse Flying 1-1/2 Som.			2.2				2.2					
INWARD GROUP		A	B	C	D	A	B	C	D	A	B	C	D
401	Inward Dive	1.7	1.4	1.3		1.7	1.4	1.3		1.8	1.5	1.4	
402	Inward Somersault		1.6	1.5			1.5	1.4			1.7	1.6	
403	Inward 1-1/2 Somersault		2.0	1.8			2.1	1.9			2.4	2.2	
404	Inward Double Somersaults		2.6	2.4			2.6	2.4				2.8	
405	Inward 2-1/2 Somersaults		2.8	2.5			3.0	2.7				3.1	
407	Inward 3-1/2 Somersaults		3.5	3.2				3.4					
412	Inward Flying Somersault		2.0	1.9			1.9	1.8				2.0	
413	Inward Flying 1-1/2 Som.		2.5	2.3				2.4					

EFFECTIVE JANUARY 1, 1995

PLATFORM		10 Meters				7.5 Meters				5 Meters			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
ARMSTAND GROUP		A	B	C	D	A	B	C	D	A	B	C	D
600	Armstand Dive	1.0				1.6				1.5			
611	Armstand Fwd. 1/2 Somersault	2.0				2.0				1.8			
612	Armstand Fwd. Somersaut	2.0	1.9	1.7		1.9	1.8	1.6		1.8	1.7	1.5	
614	Armstand Fwd. 2 Somersaults		2.4	2.1			2.3	2.0				2.2	
616	Armstand Fwd. 3 Somersaults		3.1	2.8									
621	Armstand Back 1/2 Somersault	1.9	1.8			1.9	1.8			1.7	1.6		
622	Armstand Back Somersault	2.3	2.2	2.0		2.2	2.1	1.9		2.1	2.0	1.8	
623	Armstand Back 1-1/2 Som.		2.2	1.9			2.2	1.9			2.3	2.0	
624	Armstand Back 2 Somersault	3.0	2.8	2.5			2.7	2.4					
631	Armstand Cut-through	1.9	1.8	1.6		1.9	1.8	1.6			1.6	1.4	
632	Armstand Cut-thru Rev. Dive		2.3	2.1			2.2	2.0				1.9	
633	Armstand Cut-thru Rev. Som			2.0				2.0				2.1	
634	Armstand Cut-thru Rev. 1-1/2 Som.			2.6				2.5					
636	Armstand Cut-thru Rev. 2-1/2 Som.			3.3									
6122	Armstand Fwd. Som. 1 Twist				2.2				2.1				2.0
6124	Armstand Fwd. Som. 2 Twists				2.6								
6142	Armstand Fwd. 2 Som. 1 Twist				2.7								
6221	Armstand Back Som. 1/2 Twist				2.0				1.9				1.8
6241	Armstand Back 2 Som. 1/2 Twist				2.7								
6243	Armstand Back 2 Som. 1-1/2 Twists				3.1								

Note: Armstand twisting dives belong to the Armstand Group and not the Twisting Group. They are not to be used in place of a twisting dive, but may be used to replace another armstand dive.