

## APPENDIX D – FINA TABLE OF DEGREES OF DIFFICULTY

This table became effective on September 15, 2009

*New dives and dives which have been changed are shaded.*

SPRINGBOARD		ONE METER				THREE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
<b>Forward Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
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 1½ Somersaults	2.0	1.7	1.6	-	1.9	1.6	1.5	-
104	Forward 2 Somersaults	2.6	2.3	2.2	-	2.4	2.1	2.0	-
105	Forward 2½ Somersaults	-	2.6	2.4	-	2.8	2.4	2.2	-
106	Forward 3 Somersaults	-	3.2	2.9	-	-	2.8	2.5	-
107	Forward 3½ Somersaults	-	3.3	3.0	-	-	3.1	2.8	-
109	Forward 4½ Somersaults	-	-	-	-	-	4.2	3.8	-
112	Forward Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
113	Forward Flying 1½ Somersaults	-	1.9	1.8	-	-	1.8	1.7	-
115	Forward Flying 2½ Somersaults	-	-	-	-	-	2.7	2.5	-
<b>Back Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
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 1½ Somersaults	2.5	2.3	2.0	-	2.4	2.2	1.9	-
204	Back 2 Somersaults	-	2.5	2.2	-	2.5	2.3	2.0	-
205	Back 2½ Somersaults	-	3.2	3.0	-	-	3.0	2.8	-
206	Back 3 Somersaults	-	3.2	2.9	-	-	2.8	2.5	-
207	Back 3½ Somersaults	-	-	-	-	-	3.8	3.5	-
209	Back 4½ Somersaults	-	-	-	-	-	4.6	4.3	-
212	Back Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
213	Back Flying 1½ Somersaults	-	-	-	-	-	-	2.1	-
215	Back Flying 2½ Somersaults	-	-	-	-	-	3.3	3.1	-

## APPENDIX D – FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

SPRINGBOARD		ONE METER				THREE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
<b>Reverse Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
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 1½ Somersaults	2.7	2.4	2.1	-	2.6	2.3	2.0	-
304	Reverse 2 Somersaults	2.9	2.6	2.3	-	2.7	2.4	2.1	-
305	Reverse 2½ Somersaults	-	3.2	3.0	-	3.4	3.0	2.8	-
306	Reverse 3 Somersaults	-	3.3	3.0	-	-	2.9	2.6	-
307	Reverse 3½ Somersaults	-	-	-	-	-	3.8	3.5	-
309	Reverse 4½ Somersaults	-	-	-	-	-	4.8	4.5	-
312	Reverse Flying Somersault	-	1.8	1.7	-	-	1.9	1.8	-
313	Reverse Flying 1½ Somersaults	-	2.6	2.3	-	-	2.5	2.2	-
<b>Inward Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
401	Inward Dive	1.8	1.5	1.4	-	1.7	1.4	1.3	-
402	Inward Somersault	2.0	1.7	1.6	-	1.8	1.5	1.4	-
403	Inward 1½ Somersaults	-	2.4	2.2	-	-	2.1	1.9	-
404	Inward 2 Somersaults	-	3.0	2.8	-	-	2.6	2.4	-
405	Inward 2½ Somersaults	-	3.4	3.1	-	-	3.0	2.7	-
407	Inward 3½ Somersaults	-	-	-	-	-	-	3.4	-
409	Inward 4½ Somersaults	--	-	-	-	-	4.5	4.2	--
412	Inward Flying Somersault	--	2.1	2.0	-	-	1.9	1.8	-
413	Inward Flying 1½ Somersaults	-	2.9	2.7	-	-	2.6	2.4	-

## APPENDIX D – FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

SPRINGBOARD		ONE METER				THREE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
<b>Front Twisting Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
5111	Forward Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5112	Forward Dive 1 Twist	2.0	1.9	-	-	2.2	2.1	-	-
5121	Forward Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5122	Forward Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5124	Forward Somersault 2 Twists	-	-	-	2.3	-	-	-	2.4
5126	Forward Somersault 3 Twists	-	-	-	2.8	-	-	-	2.9
5131	Forward 1½ Somersaults ½ Twist	-	-	-	2.0	-	-	-	1.9
5132	Forward 1½ Somersaults 1 Twist	-	-	-	2.2	-	-	-	2.1
5134	Forward 1½ Somersaults 2 Twists	-	-	-	2.6	-	-	-	2.5
5136	Forward 1½ Somersaults 3 Twists	-	-	-	3.1	-	-	-	3.0
5138	Forward 1½ Somersaults 4 Twists	-	-	-	3.5	-	-	-	3.4
5151	Forward 2½ Somersaults ½ Twist	-	3.0	2.8	-	-	2.8	2.6	-
5152	Forward 2½ Somersaults 1 Twist	-	3.2	3.0	-	-	3.0	2.8	-
5154	Forward 2½ Somersaults 2 Twists	-	3.6	3.4	-	-	3.4	3.2	-
5156	Forward 2½ Somersaults 3 Twists	-			-	-	3.9	3.7	-
5172	Forward 3½ Somersaults 1 Twist	-	-	-	-	-	3.7	3.4	-
<b>Back Twisting Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
5211	Back Dive ½ Twist	1.8	1.7	1.6	-	2.0	1.9	1.8	-
5212	Back Dive 1 Twist	2.0	-	-	-	2.2	-	-	-
5221	Back Somersault ½ Twist	-	-	-	1.7	-	-	-	1.8
5222	Back Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5223	Back Somersault 1½ Twists	-	-	-	2.3	-	-	-	2.4
5225	Back Somersault 2½ Twists	-	-	-	2.7	-	-	-	2.8
5227	Back Somersault 3½ Twists	-	-	-	3.2	-	-	-	3.3
5231	Back 1½ Somersaults ½ Twist	-	-	-	2.1	-	-	-	2.0
5233	Back 1½ Somersaults 1½ Twists	-	-	-	2.5	-	-	-	2.4
5235	Back 1½ Somersaults 2½ Twists	-	-	-	2.9	-	-	-	2.8

## APPENDIX D — FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

SPRINGBOARD		ONE METER				THREE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
<b>Back Twisting Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
5237	Back 1½ Somersaults 3¼ Twists	-	-	-	-	-	-	-	3.3
5239	Back 1½ Somersaults 4½ Twists	-	-	-	-	-	-	-	3.7
5251	Back 2½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5253	Back 2½ Somersaults 1½ Twists	-	-	-	-	-	3.3	3.1	-
5255	Back 2½ Somersaults 2½ Twists	-	-	-	-	-	3.7	3.5	-
<b>Reverse Twisting Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
5311	Reverse Dive ½ Twist	1.9	1.8	1.7	-	2.1	2.0	1.9	-
5312	Reverse Dive 1 Twist	2.1	-	-	-	2.3	-	-	-
5321	Reverse Somersault ½ Twist	-	-	-	1.8	-	-	-	1.9
5322	Reverse Somersault 1 Twist	-	-	-	2.0	-	-	-	2.1
5323	Reverse Somersault 1½ Twists	-	-	-	2.4	-	-	-	2.5
5325	Reverse Somersault 2½ Twists	-	-	-	2.8	-	-	-	2.9
5331	Reverse 1½ Somersaults ½ Twist	-	-	-	2.2	-	-	-	2.1
5333	Reverse 1½ Somersaults 1½ Twists	-	-	-	2.6	-	-	-	2.5
5335	Reverse 1½ Somersaults 2½ Twists	-	-	-	3.0	-	-	-	2.9
5337	Reverse 1½ Somersaults 3¼ Twists	-	-	-	3.5	-	-	-	3.4
5339	Reverse 1½ Somersaults 4½ Twists	-	-	-	-	-	-	-	3.8
5351	Reverse 2½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5353	Reverse 2½ Somersaults 1½ Twists	-	3.5	3.3	-	-	3.3	3.1	-
5355	Reverse 2½ Somersaults 2½ Twists	-	3.9	3.7	-	-	3.7	3.5	-
5371	Reverse 3½ Somersaults ½ Twist	-	-	-	-	-	3.4	3.1	-
<b>Inward Twisting Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
5411	Inward Dive ½ Twist	2.0	1.7	1.6	-	1.9	1.6	1.5	-
5412	Inward Dive 1 Twist	2.2	1.9	1.8	-	2.1	1.8	1.7	-
5421	Inward Somersault ½ Twist	-	-	-	1.9	-	-	-	1.7
5422	Inward Somersault 1 Twist	-	-	-	2.1	-	-	-	1.9
5432	Inward 1½ Somersaults 1 Twist	-	-	-	2.7	-	-	-	2.4
5434	Inward 1½ Somersaults 2 Twists	-	-	-	3.1	-	-	-	2.8
5436	Inward 1½ Somersaults 3 Twists	-	-	-	-	-	-	-	3.5

## APPENDIX D – FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

This table became effective on September 15, 2009

*New dives and dives which have been changed are shaded.*

PLATFORM		TEN METER				7.5 METER				FIVE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FR EE
Front 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 1 Som	1.8	1.7	1.6	-	1.7	1.6	1.5	-	1.6	1.5	1.4	-
103	Forward 1 ½ Soms	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
104	Forward 2 Soms	2.5	2.2	2.1	-	2.4	2.1	2.0	-	2.6	2.3	2.2	-
105	Forward 2½ Soms	2.7	2.3	2.1	-	-	2.4	2.2	-	-	2.6	2.4	-
107	Forward 3¼ Soms	-	3.0	2.7	-	-	3.1	2.8	-	-	-	3.0	-
109	Forward 4¼ Soms	-	4.1	3.7	-	-	-	-	-	-	-	-	-
112	Forward Flying Som	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
113	Forward Flying 1½ Soms	-	1.8	1.7	-	-	1.8	1.7	-	-	1.9	1.8	-
114	Forward Flying 2 Soms	-	2.4	2.3	-	-	2.3	2.2	-	-	2.5	2.4	-
115	Forward Flying 2½ Soms	-	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 1 Som	1.9	1.8	1.7	-	1.8	1.7	1.6	-	1.7	1.6	1.5	-
203	Back 1½ Soms	2.4	2.2	1.9	-	2.4	2.2	1.9	-	2.5	2.3	2.0	-
204	Back 2 Soms	2.6	2.4	2.1	-	2.5	2.3	2.0	-	-	2.5	2.2	-
205	Back 2½ Soms	3.3	2.9	2.7	-	-	3.0	2.8	-	-	-	3.0	-
206	Back 3 Soms	-	3.0	2.7	-	-	2.8	2.5	-	-	3.2	2.9	-
207	Back 3¼ Soms	-	3.6	3.3	-	-	-	3.5	-	-	-	-	-
209	Back 4¼ Soms	-	4.5	4.2	-	-	-	-	-	-	-	-	-
212	Back Flying Som	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
213	Back Flying 1½ Soms	-	2.4	2.1	-	-	2.4	2.1	-	-	2.5	2.2	-

## APPENDIX D — FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

PLATFORM		TEN METER				7.5 METER				FIVE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FR EE
<b>Reverse Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
301	Reverse Dive	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
302	Reverse 1 Som	2.0	1.9	1.8	-	1.9	1.8	1.7	-	1.8	1.7	1.6	-
303	Reverse 1½ Soms	2.6	2.3	2.0	-	2.6	2.3	2.0	-	2.7	2.4	2.1	-
304	Reverse 2 Soms	2.8	2.5	2.2	-	2.7	2.4	2.1	-	2.9	2.6	2.3	-
305	Reverse 2½ Soms	3.3	2.9	2.7	-	3.4	3.0	2.8	-	-	3.2	3.0	-
306	Reverse 3 Soms	-	3.1	2.8	-	-	2.9	2.6	-	-	3.3	3.0	-
307	Reverse 3½ Soms	-	3.6	3.3	-	-	-	-	-	-	-	-	-
309	Reverse 4½ Soms	-	4.7	4.4	-	-	-	-	-	-	-	-	-
312	Reverse Flying Som	-	2.0	1.9	-	-	1.9	1.8	-	-	1.8	1.7	-
313	Reverse Flying 1½ Soms	-	2.5	2.2	-	-	2.5	2.2	-	-	2.6	2.3	-
<b>Inward Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
401	Inward Dive	1.7	1.4	1.3	-	1.7	1.4	1.3	-	1.8	1.5	1.4	-
402	Inward 1 Som	1.9	1.6	1.5	-	1.8	1.5	1.4	-	2.0	1.7	1.6	-
403	Inward 1½ Soms	-	2.0	1.8	-	-	2.1	1.9	-	-	2.4	2.2	-
404	Inward 2 Soms	-	2.6	2.4	-	-	2.6	2.4	-	-	3.0	2.8	-
405	Inward 2½ Soms	-	2.8	2.5	-	-	3.0	2.7	-	-	3.4	3.1	-
407	Inward 3½ Soms	-	3.5	3.2	-	-	-	3.4	-	-	-	-	-
409	Inward 4½ Soms	-	4.4	4.1	-	-	-	-	-	-	-	-	-
412	Inward Flying Som	-	2.0	1.9	-	-	1.9	1.8	-	-	2.0	2.0	-
413	Inward Flying 1½ Soms	-	2.5	2.3	-	-	2.6	2.4	-	-	2.9	2.7	-

## APPENDIX D – FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

PLATFORM		TEN METER				7.5 METER				FIVE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
<b>Front Twisting Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
5111	Fwd Dive ½ Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
5112	Fwd Dive 1 Twist	2.2	2.1	-	-	2.2	2.1	-	-	2.0	1.9	-	-
5121	Fwd Som ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5122	Fwd Som 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5124	Fwd Som 2 Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5131	Fwd 1½ Soms ½ Twist	-	-	-	1.9	-	-	-	1.9	-	-	-	2.0
5132	Fwd 1½ Soms 1 Twist	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5134	Fwd 1½ Soms 2 Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5136	Fwd 1½ Soms 3 Twists	-	-	-	3.0	-	-	-	3.0	-	-	-	3.1
5138	Fwd 1½ Soms 4 Twists	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5152	Fwd 2½ Soms 1 Twist	-	2.9	2.7	-	-	3.0	2.8	-	-	3.2	3.0	-
5154	Fwd 2½ Soms 2 Twists	-	3.3	3.1	-	-	3.4	3.2	-	-	3.6	3.4	-
5156	Fwd 2½ Soms 3 Twists	-	3.8	3.6	-	-	-	-	-	-	-	-	-
5172	Fwd 3½ Soms 1 Twist	-	3.6	3.3	-	-	3.7	3.4	-	-	-	-	-
<b>Back Twisting Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
5211	Back Dive ½ Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
5212	Back Dive 1 Twist	2.2	-	-	-	2.2	-	-	-	2.0	-	-	-
5221	Back Som ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5222	Back Som 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5223	Back Som 1½ Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5225	Back Som 2½ Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
5231	Back 1½ Soms ½ Twist	-	-	-	2.0	-	-	-	2.0	-	-	-	2.1
5233	Back 1½ Soms 1½ Twists	-	-	-	2.4	-	-	-	2.4	-	-	-	2.5
5235	Back 1½ Soms 2½ Twists	-	-	-	2.8	-	-	-	2.8	-	-	-	2.9
5237	Back 1½ Soms 3½ Twists	-	-	-	3.3	-	-	-	3.3	-	-	-	3.4
5239	Back 1½ Soms 4½ Twists	-	-	-	3.7	-	-	-	3.7	-	-	-	3.8
5251	Back 2½ Soms ½ Twist	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5253	Back 2½ Soms 1½ Twists	-	3.2	3.0	-	-	3.3	3.1	-	-	-	-	-
5255	Back 2½ Soms 2½ Twists	-	3.6	3.4	-	-	-	-	-	-	-	-	-
5271	Back 3½ Soms ½ Twist	-	3.2	2.9	-	-	-	-	-	-	-	-	-

## APPENDIX D — FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

PLATFORM		TEN METER				7.5 METER				FIVE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FR EE
<b>Reverse Twisting Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
5311	Reverse Dive ½ Twist	2.1	2.0	1.9	-	2.1	2.0	1.9	-	1.9	1.8	1.7	-
5312	Reverse Dive 1 Twist	2.3	-	-	-	2.3	-	-	-	2.1	-	-	-
5321	Reverse Som ½ Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	1.8
5322	Reverse Som 1 Twist	-	-	-	2.2	-	-	-	2.1	-	-	-	2.0
5323	Reverse Som 1½ Twists	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
5325	Reverse Som 2½ Twists	-	-	-	3.0	-	-	-	2.9	-	-	-	2.8
5331	Reverse 1½ Soms ½ Twists	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5333	Reverse 1½ Soms 1½ Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5335	Reverse 1½ Soms 2½ Twists	-	-	-	2.9	-	-	-	2.9	-	-	-	3.0
5337	Reverse 1½ Soms 3½ Twists	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5339	Reverse 1½ Soms 4½ Twists	-	-	-	3.8	-	-	-	3.8	-	-	-	
5351	Reverse 2½ Soms ½ Twists	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5353	Reverse 2½ Soms 1½ Twists	-	3.2	3.0	-	-	3.3	3.1	-	-	-	3.3	-
5355	Reverse 2½ Soms 2½ Twists	-	3.6	3.4	-	-	3.7	3.5	-	-		3.7	-
5371	Reverse 3½ Soms ½ Twists	-	3.2	2.9	-	-			-	-			-
<b>Inward Twisting Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
5411	Inward Dive ½ Twist	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
5412	Inward Dive 1 Twist	2.1	1.8	1.7	-	2.1	1.8	1.7	-	2.2	1.9	1.8	-
5421	Inward Som ½ Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.9
5422	Inward Som 1 Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	2.1
5432	Inward 1½ Soms 1 Twist	-	-	-	2.3	-	-	-	2.4	-	-	-	2.7
5434	Inward 1½ Soms 2 Twists	-	-	-	2.7	-	-	-	2.8	-	-	-	3.1
5436	Inward 1½ Soms 3 Twists	-	-	-	3.4	-	-	-		-	-	-	



## APPENDIX D – FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

PLATFORM		TEN METER				7.5 METER				FIVE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
<b>Forward Armstand Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
600	Armstand Dive	1.6	-	-	-	1.6	-	-	-	1.5	-	-	-
611	Armstand Forward ½ Som	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
612	Armstand Forward 1 Som	2.0	1.9	1.7	-	1.9	1.8	1.6	-	1.8	1.7	1.5	-
614	Armstand Forward 2 Soms	-	2.4	2.1	-	-	2.3	2.0	-	-	2.5	2.2	-
616	Armstand Forward 3 Soms	-	3.3	3.1	-	-	-	-	-	-	-	-	-
<b>Back Armstand Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
621	Armstand Back ½ Som	1.9	1.8	1.6	-	1.9	1.8	1.6	-	1.7	1.6	1.4	-
622	Armstand Back Som	2.3	2.2	2.0	-	2.2	2.1	1.9	-	2.1	2.0	1.8	-
623	Armstand Back 1½ Soms	-	2.2	1.9	-	-	2.2	1.9	-	-	2.3	2.0	-
624	Armstand Back 2 Soms	3.0	2.8	2.5	-	2.9	2.7	2.4	-	3.1	2.9	2.6	-
626	Armstand Back 3 Soms	-	3.5	3.3	-	-	3.3	3.1	-	-	-	3.5	-
<b>Reverse Armstand Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
631	Armstand Reverse ½ Som	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
632	Armstand Reverse 1 Som	-	2.3	2.1	-	-	2.2	2.0	-	-	2.1	1.9	-
633	Armstand Reverse 1½ Ss	-	2.3	2.0	-	-	2.3	2.0	-	-	2.4	2.1	-
634	Armstand Reverse 2 Soms	-	2.9	2.6	-	-	2.8	2.5	-	-	3.0	2.7	-
636	Armstand Reverse 3 Soms	-	-	3.4	-	-	-	3.2	-	-	-	-	-
<b>Fwd Armstand Twist Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
6122	Armstand Fwd Som 1 Tw	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
6124	Armstand Fwd Som 2 Tw	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
6142	Armstand Fwd 2 Ss 1 Tw	-	-	-	3.1	-	-	-	3.0	-	-	-	3.2
6144	Armstand Fwd 2 Ss 2 Tw	-	-	-	3.4	-	-	-	3.3	-	-	-	3.5
6162	Armstand Fwd 3 Ss 1 Tw	-	-	3.9	-	-	-	-	-	-	-	-	-
<b>Back Armstand Twist Group</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
6221	Armstand Back Som ½ Tw	-	-	-	1.8	-	-	-	1.7	-	-	-	1.6
6241	Armstand Back 2 Ss ½ Tw	-	2.7	2.4	-	-	2.6	2.3	-	-	2.8	2.5	-
6243	Armstand Bck 2 Ss 1½ Tw	-	-	-	3.2	-	-	-	3.1	-	-	-	3.3
6245	Armstand Bck 2 Ss 2½ Tw	-	-	-	3.6	-	-	-	3.5	-	-	-	3.7
6261	Armstand Back 3 Ss ½ Tw	-	3.4	3.2	-	-	3.2	3.0	-	-	3.6	3.4	-