

APPENDIX D FINA TABLE
OF DEGREE OF
DIFFICULTIES

ADOPTED JANUARY 3, 1991

SPRINGBOARD		1 METER			
		Strt	Pike	Twist	Free
FRONT TWISTING GROUP		A	B	C	D
5111	Forward Dive, 1/2 Twist	1.8	1.7		
5112	Forward Dive, 1 Twist	2.0	1.9		
5121	Forward Som. 1/2 TWist	1.9	1.8		1.7
5122	Forward Som. 1 Twist				1.9
5124	Forward Som. 2 Twists				2.3
5126	Forward Som. 3 Twist				2.7
5131	Forward 1-1/2 Som. 1/2 Twist		2.1	2.0	
5132	Forward 1-1/2 Som. 1 Twist				2.2
5134	Forward 1-1/2 Som. 2 Twists				2.6
5136	Forward 1-1/2 Som. 3 Twists				3.0
5138	Forward 1-1/2 Som. 4 Twists				
5152	Forward 2-1/2 Som. 1 Twist				3.0
5154	Forward 2-1/2 Som. 2 Twists				
BACK TWISTING GROUP		A	B	C	D
5211	Back Dive 1/2 Twist	1.8			
5212	Back Dive 1 Twist	2.0			
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 Twist				2.7
5231	Back 1-1/2 Som. 1/2 TWist				2.1
5233	Back 1-1/2 Som. 1-1/2 Twist				2.5
5235	Back 1-1/2 Som. 2-1/2 Twist				2.9
5237	Back 1-1/2 Som. 3-1/2 Twist				
5251	Back 2-1/2 Som. 1/2 Twist				
REVERSE TWISTING GROUP		A	B	C	D
5311	Rever.. Dive 1/2 Twist	1.9			
5312	Reverse Dive 1 Twist	2.1			
5321	Reverse Somersault 1/2 Twist				1.8
5322	Rever.. Somersault 1 Twist				2.0
5323	Reverse Som. 1-1/2 Twist				2.4
5325	Reverse Som 2-1/2 Twist				2.8
5331	Reverse 1-1/2 Som. 1/2 Twist				2.2
5333	Reverse 1-1/2 Som. 1-1/2 Tw				2.6
5335	Reverse 1-1/2 Som. 2-1/2 Tw				3.0
5337	Reverse 1-1/2 Som. 3-1/2 Tw				
5351	Reverse 2-1/2 Som. 1/2 Twist				
INWARD TWISTING GROUP		A	B	C	D
5411	Inward Dive 1/2 Twist	2.0	1.7		
5412	Inward Dive 1 Twist	2.2	1.9		
5421	Inward Somersault 1/2 Twist		1.8	1.7	
5422	Inward Somersault 1 Twist				2.1
5432	Inward 1-1/2 Som. 1 Twist				2.7
5434	Inward 1-1/2 Som 2 Twists				3.1

SPRINGBOARD		1 METER			
		Strt	Pike	Tuck	Free
FORWARD GROUP		A	B	C	D
001	Forward Entry				
100	Forward Jump	0.8	0.8	0.8	
101	Forward Dive	1.4	1.3	1.2	
102	Forward Somersault	1.8	1.5	1.4	
103	Forward 1-1/2 Somersault		1.7	1.6	
104	Forward Double Somersault		2.3	2.2	
105	Forward 2-1/2 Somersault		2.6	2.4	
106	Forward Triple Somersault			2.9	
107	Forward 3-1/2 Somersault			3.0	I
109	Forward 4-1/2 Somersault				
112	Forward Flying Somersault		1.7	1.6	
113	Forward Flying 1-1/2 Som.		1.9	1.8	
114	Forward Flying Double Som.				
115	Forward Flying 2-1/2 Som.				
1051	Fwd. Som. With Fly 1-1/2 Som.				
BACK GROUP		A	B	C	D
002	Back Entry				
200	Back Jump	0.8	0.8	0.8	
201	Back Div.	1.7	1.6	1.5	
202	Back Somersault	1.7	1.6	1.5	
203	Back 1-1/2 Somersault	2.5	2.4	2.0	
204	Back Double Somersault		2.5	2.2	
205	Back 2-1/2 Somersault		3.2	3.0	
207	Back 3-1/2 Somersault				
212	Back Flying Somersault		1.7	1.6	
213	Back Flying 1-1/2 Somersault				
REVERSE GROUP		A	S	C	D
301	Reverse Dive	1.8	1.7	1.6	
302	Reverse Somersault	1.8	1.7	1.6	
303	Reverse 1.1/2 Somersault	2.7	2.4	2.1	
304	Rever.. Double Somersault		2.6	2.3	
305	Reverse 2-1/2 Som8rsauII		3.2	3.0	
307	Reverse 3-1/2 Somersault				
312	Reverse Flying Somersault		1.8	1.7	
313	Reverse Flying 1-1/2 Som.				
INWARD GROUP		A	B	C	D
401	Inward Dive	1.8	1.5	1.4	
402	Inward Somersault		1.7	1.6	
403	Inward 1-1/2 Somersault		2.4	2.2	
404	Inward Double Somersault			2.6	
405	Inward 2-1/2 Somersault		3.4	3.0	
407	Inward 3-1/2 Somersault				
412	Inward Flying Somersault		2.1	2.0	
413	Inward Flying 1-1/2 Som.			2.7	

Straight, Pike or tuck THE Following TWISTING DIVES ARE THE ONLY ONES THAT MAY USE TUCK POSITION AS PART OF THE FREE POSITION.

5152, 5154, 5221, 5231, 5251, 5321, 5331, 5351