

FINA DEGREE OF DIFFICULTY TABLE – EFFECTIVE FOR THE 2012/3/4 NVSL DIVE SEASON (See paragraph 7.a. of 2014 NVSL Dive Rules for application of this table. 2012/3 OK for use.)

APPENDIX 2

FINA TABLE OF DEGREE OF DIFFICULTY

In the following table, the dive (-) is not possible and the empty spaces have not been calculated.
EFFECTIVE 15 SEPTEMBER 2009

Springboard		1 metre				3 metre			
		Straight	Pike	Tuck	Free	Straight	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 ½ Somersault	2.0	1.7	1.6	-	1.9	1.6	1.5	-
104	Forward Double Somersault	2.6	2.3	2.2	-	2.4	2.1	2.0	-
105	Forward 2 ½ Somersault		2.6	2.4	-	2.8	2.4	2.2	-
106	Forward Triple Somersault		3.2	2.9	-		2.8	2.5	-
107	Forward 3 ½ Somersault		3.3	3.0	-		3.1	2.8	-
109	Forward 4 ½ Somersault				-		4.2	3.8	-
112	Forward Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
113	Forward Flying 1 ½ Somersault	-	1.9	1.8	-	-	1.8	1.7	-
115	Forward Flying 2 ½ Somersault	-			-	-	2.7	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 ½ 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 ½ Somersault		3.2	3.0	-		3.0	2.8	-
206	Back Triple Somersault		3.2	2.9	-		2.8	2.5	-
207	Back 3 ½ Somersault				-		3.8	3.5	-
209	Back 4 ½ Somersault				-		4.6	4.3	-
212	Back Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
213	Back Flying 1 ½ Somersault	-			-	-		2.1	-
215	Back Flying 2 ½ Somersault	-			-	-	3.3	3.1	-
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 ½ Somersault	2.7	2.4	2.1	-	2.6	2.3	2.0	-
304	Reverse Double Somersault	2.9	2.6	2.3	-	2.7	2.4	2.1	-
305	Reverse 2 ½ Somersault		3.2	3.0	-	3.4	3.0	2.8	-
306	Reverse Triple Somersault		3.3	3.0	-		2.9	2.6	-
307	Reverse 3 ½ Somersault				-		3.8	3.5	-
309	Reverse 4 ½ Somersault				-		4.8	4.5	-
312	Reverse Flying Somersault	-	1.8	1.7	-	-	1.9	1.8	-
313	Reverse Flying 1 ½ Somersault	-	2.6	2.3	-	-	2.5	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	2.0	1.7	1.6	-	1.8	1.5	1.4	-
403	Inward 1 ½ Somersault		2.4	2.2	-		2.1	1.9	-
404	Inward Double Somersault		3.0	2.8	-		2.6	2.4	-
405	Inward 2 ½ Somersault		3.4	3.1	-		3.0	2.7	-
407	Inward 3 ½ Somersault		3.7		-		3.7	3.4	-
409	Inward 4 ½ Somersault				-		4.5	4.2	-
412	Inward Flying Somersault	-	2.1	2.0	-	-	1.9	1.8	-
413	Inward Flying 1 ½ Somersault	-	2.9	2.7	-	-	2.6	2.4	-
Twisting Group		A	B	C	D	A	B	C	D
5111	Forward Dive ¼ 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 ¼ 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 1 ½ Somersault ¼ Twist	-	-	-	2.0	-	-	-	1.9
5132	Forward 1 ½ Somersault 1 Twist	-	-	-	2.2	-	-	-	2.1
5134	Forward 1 ½ Somersault 2 Twists	-	-	-	2.6	-	-	-	2.5

FINA DEGREE OF DIFFICULTY TABLE – EFFECTIVE FOR THE 2012/3 NVSL DIVE SEASON

(See paragraph 7.a. of the 2012 NVSL Dive Rules for application of this table. 2012 table OK for use.)

Springboard		1 metre				3 metre			
		Straight	Pike	Tuck	Free	Straight	Pike	Tuck	Free
Twisting Group		A	B	C	D	A	B	C	D
5136	Forward 1 ¼ Somersault 3 Twists	-	-	-	3.1	-	-	-	3.0
5138	Forward 1 ¼ Somersault 4 Twists	-	-	-	3.5	-	-	-	3.4
5151	Forward 2 ¼ Somersault ¼ Twist	-	3.0	2.8	-	-	2.8	2.6	-
5152	Forward 2 ¼ Somersault 1 Twist	-	3.2	3.0	-	-	3.0	2.8	-
5154	Forward 2 ¼ Somersault 2 Twists	-	3.6	3.4	-	-	3.4	3.2	-
5156	Forward 2 ¼ Somersault 3 Twists	-	-	-	-	-	3.9	3.7	-
5172	Forward 3 ¼ Somersault 1 Twist	-	-	-	-	-	3.7	3.4	-
5211	Back Dive ¼ 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 ¼ Twist	-	-	-	1.7	-	-	-	1.8
5222	Back Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5223	Back Somersault 1 ¼ Twists	-	-	-	2.3	-	-	-	2.4
5225	Back Somersault 2 ¼ Twists	-	-	-	2.7	-	-	-	2.8
5227	Back Somersault 3 ¼ Twists	-	-	-	3.2	-	-	-	3.3
5231	Back 1 ¼ Somersault ¼ Twist	-	-	-	2.1	-	-	-	2.0
5233	Back 1 ¼ Somersault 1 ¼ Twists	-	-	-	2.5	-	-	-	2.4
5235	Back 1 ¼ Somersault 2 ¼ Twists	-	-	-	2.9	-	-	-	2.8
5237	Back 1 ¼ Somersault 3 ¼ Twists	-	-	-	-	-	-	-	3.3
5239	Back 1 ¼ Somersault 4 ¼ Twists	-	-	-	-	-	-	-	3.7
5251	Back 2 ¼ Somersault ¼ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5253	Back 2 ¼ Somersault 1 ¼ Twists	-	-	-	-	-	3.3	3.1	-
5255	Back 2 ¼ Somersault 2 ¼ Twists	-	-	-	-	-	3.7	3.5	-
5311	Reverse Dive ¼ 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 ¼ Twist	-	-	-	1.8	-	-	-	1.9
5322	Reverse Somersault 1 Twist	-	-	-	2.0	-	-	-	2.1
5323	Reverse Somersault 1 ¼ Twists	-	-	-	2.4	-	-	-	2.5
5325	Reverse Somersault 2 ¼ Twists	-	-	-	2.8	-	-	-	2.9
5331	Reverse 1 ¼ Somersault ¼ Twist	-	-	-	2.2	-	-	-	2.1
5333	Reverse 1 ¼ Somersault 1 ¼ Twists	-	-	-	2.6	-	-	-	2.5
5335	Reverse 1 ¼ Somersault 2 ¼ Twists	-	-	-	3.0	-	-	-	2.9
5337	Reverse 1 ¼ Somersault 3 ¼ Twists	-	-	-	3.5	-	-	-	3.4
5339	Reverse 1 ¼ Somersault 4 ¼ Twists	-	-	-	-	-	-	-	3.8
5351	Reverse 2 ¼ Somersault ¼ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5353	Reverse 2 ¼ Somersault 1 ¼ Twists	-	3.5	3.3	-	-	3.3	3.1	-
5355	Reverse 2 ¼ Somersault 2 ¼ Twists	-	3.9	3.7	-	-	3.7	3.5	-
5371	Reverse 3 ¼ Somersault ¼ Twist	-	-	-	-	-	3.4	3.1	-
5411	Inward Dive ¼ 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 ¼ Twist	-	-	-	1.9	-	-	-	1.7
5422	Inward Somersault 1 Twist	-	-	-	2.1	-	-	-	1.9
5432	Inward 1 ¼ Somersault 1 Twist	-	-	-	2.7	-	-	-	2.4
5434	Inward 1 ¼ Somersault 2 Twists	-	-	-	3.1	-	-	-	2.8
5436	Inward 1 ¼ Somersault 3 Twists	-	-	-	-	-	-	-	3.5