

APPENDIX 2

**FINA TABLE OF DEGREES OF DIFFICULTY
SPRINGBOARD**

In the following table, a dive with (-) is not possible and dives with empty spaces have not been calculated

| SPRINGBOARD | | 1 METER | | | | 3 METER | | | |
|----------------------|-------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|
| | | STR | PIKE | TUCK | FREE | STR | 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 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 | - |
| 108 | Forward 4 Somersaults | | | 4.0 | - | | 3.8 | 3.4 | - |
| 109 | Forward 4½ Somersaults | | | 4.3 | - | | 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 | - |
| 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 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 | | | | - | | 3.9 | 3.6 | - |
| 208 | Back 4 Somersaults | | | | - | | 3.7 | 3.4 | - |
| 209 | Back 4½ Somersaults | | | | - | | 4.7 | 4.4 | - |
| 212 | Back Flying Somersault | - | 1.7 | 1.6 | - | - | 1.8 | 1.7 | - |
| 213 | Back Flying 1½ Somersaults | - | | | - | - | 2.4 | 2.1 | - |
| 215 | Back Flying 2½ Somersaults | - | | | - | - | 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 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 | - |
| 308 | Reverse 4 Somersaults | | | | - | | 3.7 | 3.4 | - |
| 309 | Reverse 4½ Somersaults | | | | - | | 4.7 | 4.4 | - |
| 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 | - |
| 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 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 | | | | - | | 3.7 | 3.4 | - |
| 409 | Inward 4½ Somersaults | | | | - | | 4.6 | 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 2

| Twisting Group | | 1 METER | | | | 3 METER | | | |
|----------------|----------------------------------|---------|-----|-----|-----|---------|-----|-----|-----|
| | | A | B | C | D | A | B | C | D |
| 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 | - |
| | | | | | | | | | |
| 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 |
| 5237 | Back 1½ Somersaults 3½ 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 | - | - | - | - | - | 3.4 | 3.2 | - |
| 5255 | Back 2½ Somersaults 2½ Twists | - | - | - | - | - | 3.8 | 3.6 | - |
| | | | | | | | | | |
| 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 3½ Twists | - | - | - | 3.6 | - | - | - | 3.5 |
| 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 | - |
| 5373 | Reverse 3½ Somersaults 1½ Twists | - | - | - | - | - | - | 3.7 | - |
| 5375 | Reverse 3½ Somersaults 2½ Twists | - | - | - | - | - | - | 4.1 | - |
| | | | | | | | | | |
| 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 |