

APPENDIX 4

FINA TABLE OF DEGREES OF DIFFICULTY
PLATFORM

New dives and dives which have been changed are shaded.

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

EFFECTIVE 1 OCTOBER 2013

PLATFORM		10 METER				7.5 METER				5 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	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 1 Somersault	1.8	1.7	1.6	-	1.7	1.6	1.5	-	1.6	1.5	1.4	-
103	Forward 1 ½ Somersaults	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
104	Forward 2 Somersaults	2.5	2.2	2.1	-	2.4	2.1	2.0	-	2.6	2.3	2.2	-
105	Forward 2½ Somersaults	2.7	2.3	2.1	-	-	2.4	2.2	-	-	2.6	2.4	-
106	Forward 3 Somersaults	-	3.0	2.7	-	-	2.8	2.5	-	-	3.2	2.9	-
107	Forward 3½ Somersaults	-	3.0	2.7	-	-	3.1	2.8	-	-	-	3.0	-
108	Forward 4 Somersaults	-	4.2	3.7	-	-	-	-	-	-	-	-	-
109	Forward 4½ Somersaults	-	4.1	3.7	-	-	-	-	-	-	-	-	-
1011	Forward 5½ Somersaults	-	-	4.7	-	-	-	-	-	-	-	-	-
112	Forward Flying Somersaults	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
113	Forward Flying 1½ Somersaults	-	1.8	1.7	-	-	1.8	1.7	-	-	1.9	1.8	-
114	Forward Flying 2 Somersaults	-	2.4	2.3	-	-	2.3	2.2	-	-	2.5	2.4	-
115	Forward Flying 2½ Somersaults	-	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 Somersault	1.9	1.8	1.7	-	1.8	1.7	1.6	-	1.7	1.6	1.5	-
203	Back 1½ Somersaults	2.4	2.2	1.9	-	2.4	2.2	1.9	-	2.5	2.3	2.0	-
204	Back 2 Soms Somersaults	2.6	2.4	2.1	-	2.5	2.3	2.0	-	-	2.5	2.2	-
205	Back 2½ Somersaults	3.3	2.9	2.7	-	-	3.0	2.8	-	-	-	3.0	-
206	Back 3 Somersaults	-	3.0	2.7	-	-	2.8	2.5	-	-	3.2	2.9	-
207	Back 3½ Somersaults	-	3.6	3.3	-	-	-	3.5	-	-	-	-	-
208	Back 4 Somersaults	-	4.1	3.8	-	-	4.2	3.9	-	-	4.4	4.1	-
209	Back 4½ Somersaults	-	4.5	4.2	-	-	-	-	-	-	-	-	-
212	Back Flying Somersaults	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
213	Back Flying 1½ Somersaults	-	2.4	2.1	-	-	2.4	2.1	-	-	2.5	2.2	-
215	Back Flying 2 ½ Somersaults	-	3.2	3.0	-	-	-	-	-	-	-	-	-
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 1 Somersault	2.0	1.9	1.8	-	1.9	1.8	1.7	-	1.8	1.7	1.6	-
303	Reverse 1½ Somersaults	2.6	2.3	2.0	-	2.6	2.3	2.0	-	2.7	2.4	2.1	-
304	Reverse 2 Somersaults	2.8	2.5	2.2	-	2.7	2.4	2.1	-	2.9	2.6	2.3	-
305	Reverse 2½ Somersaults	3.4	3.0	2.8	-	3.5	3.1	2.9	-	-	3.3	3.1	-
306	Reverse 3 Somersaults	-	3.2	2.9	-	-	3.0	2.7	-	-	3.4	3.1	-
307	Reverse 3½ Somersaults	-	3.7	3.4	-	-	-	-	-	-	-	-	-
308	Reverse 4 Somersaults	-	4.4	4.1	-	-	4.5	4.2	-	-	-	-	-
309	Reverse 4½ Somersaults	-	4.8	4.5	-	-	-	-	-	-	-	-	-
312	Reverse Flying Somersaults	-	2.0	1.9	-	-	1.9	1.8	-	-	1.8	1.7	-
313	Reverse Flying 1½ Somersaults	-	2.5	2.2	-	-	2.5	2.2	-	-	2.6	2.3	-
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 1 Somersault	1.9	1.6	1.5	-	1.8	1.5	1.4	-	2.0	1.7	1.6	-
403	Inward 1½ Somersault	-	2.0	1.8	-	-	2.1	1.9	-	-	2.4	2.2	-

Add 0.1

Add 0.1

		10 METER				7.5 METER				5 METER			
Inward Group		A	B	C	D	A	B	C	D	A	B	C	D
404	Inward 2 Somersaults	-	2.6	2.4	-	-	2.6	2.4	-	-	3.0	2.8	-
405	Inward 2½ Somersaults	-	2.8	2.5	-	-	3.0	2.7	-	-	3.4	3.1	-
406	Inward 3 Somersaults	-	3.5	3.2	-	-	3.4	3.1	-	-	4.0	3.7	-
407	Inward 3½ Somersaults	-	3.5	3.2	-	-	-	3.4	-	-	-	-	-
408	Inward 4 Somersaults	-	4.4	4.1	-	-	-	-	-	-	-	-	-
409	Inward 4½ Somersaults	-	4.4	4.1	-	-	-	-	-	-	-	-	-
412	Inward Flying Somersaults	-	2.0	1.9	-	-	1.9	1.8	-	-	2.1	2.0	-
413	Inward Flying 1½ Somersaults	-	2.5	2.3	-	-	2.6	2.4	-	-	2.9	2.7	-
Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
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 Somersault ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5122	Fwd Somersault 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5124	Fwd Somersault 2 Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5131	Fwd 1½ Somersaults ½ Twist	-	-	-	1.9	-	-	-	1.9	-	-	-	2.0
5132	Fwd 1½ Somersaults 1 Twist	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5134	Fwd 1½ Somersaults 2 Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5136	Fwd 1½ Somersaults 3 Twists	-	-	-	3.0	-	-	-	3.0	-	-	-	3.1
5138	Fwd 1½ Somersaults 4 Twists	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5152	Fwd 2½ Somersaults 1 Twist	-	2.9	2.7	-	-	3.0	2.8	-	-	3.2	3.0	-
5154	Fwd 2½ Somersaults 2 Twists	-	3.3	3.1	-	-	3.4	3.2	-	-	3.6	3.4	-
5156	Fwd 2½ Somersaults 3 Twists	-	3.8	3.6	-	-	-	-	-	-	-	-	-
5172	Fwd 3½ Somersaults 1 Twist	-	3.6	3.3	-	-	3.7	3.4	-	-	-	-	-
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 Somersault ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5222	Back Somersault 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5223	Back Somersault 1½ Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5225	Back Somersault 2½ Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
5231	Back 1½ Somersaults ½ Twist	-	-	-	2.0	-	-	-	2.0	-	-	-	2.1
5233	Back 1½ Somersaults 1½ Twists	-	-	-	2.4	-	-	-	2.4	-	-	-	2.5
5235	Back 1½ Somersaults 2½ Twists	-	-	-	2.8	-	-	-	2.8	-	-	-	2.9
5237	Back 1½ Somersaults 3½ Twists	-	-	-	3.3	-	-	-	3.3	-	-	-	3.4
5239	Back 1½ Somersaults 4½ Twists	-	-	-	3.7	-	-	-	3.7	-	-	-	3.8
5251	Back 2½ Somersaults ½ Twist	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5253	Back 2½ Somersaults 1½ Twists	-	3.2	3.0	-	-	3.3	3.1	-	-	-	-	-
5255	Back 2½ Somersaults 2½ Twists	-	3.6	3.4	-	-	-	-	-	-	-	-	-
5257	Back 2½ Somersaults 3½ Twists	-	4.1	3.9	-	-	-	-	-	-	-	-	-
5271	Back 3½ Somersaults ½ Twist	-	3.2	2.9	-	-	-	-	-	-	-	-	-
5273	Back 3½ Somersaults 1½ Twist	-	3.8	3.5	-	-	-	-	-	-	-	-	-
5275	Back 3½ Somersaults 2½ Twist	-	4.2	3.9	-	-	-	-	-	-	-	-	-
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 Somersault ½ Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	1.8
5322	Reverse Somersault 1 Twist	-	-	-	2.2	-	-	-	2.1	-	-	-	2.0
5323	Reverse Somersault 1½ Twists	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
5325	Reverse Somersault 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	-

Add 0.1

		10 METER				7.5 METER				5 METER			
Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
5353	Reverse 2½ Soms. 1½ Twists	-	3.3	3.1	-	-	3.4	3.2	-	-	-	3.4	-
5355	Reverse 2½ Soms. 2½ Twists	-	3.7	3.5	-	-	3.8	3.6	-	-	-	3.8	-
5371	Reverse 3½ Soms. ½ Twists	-	3.3	3.0	-	-	-	-	-	-	-	-	-
5373	Reverse 3½ Soms. 1½ Twist	-	-	3.6	-	-	-	-	-	-	-	-	-
5375	Reverse 3½ Soms. 2½ Twist	-	-	4.0	-	-	-	-	-	-	-	-	-
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 Somersault ½ Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.9
5422	Inward Somersault 1 Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	2.1
5432	Inward 1½ Somersaults 1 Twist	-	-	-	2.3	-	-	-	2.4	-	-	-	2.7
5434	Inward 1½ Somersaults 2 Twists	-	-	-	2.7	-	-	-	2.8	-	-	-	3.1
5436	Inward 1½ Somersaults 3 Twists	-	-	-	3.4	-	-	-	-	-	-	-	-
Armstand Group													
600	Armstand Dive	1.6	-	-	-	1.6	-	-	-	1.5	-	-	-
611	Armstand Forward ½ Somersault	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
612	Armstand Forward 1 Somersault	2.0	1.9	1.7	-	1.9	1.8	1.6	-	1.8	1.7	1.5	-
614	Armstand Forward 2 Somersaults	-	2.4	2.1	-	-	2.3	2.0	-	-	2.5	2.2	-
616	Armstand Forward 3 Somersaults	-	3.3	3.1	-	-	-	-	-	-	-	-	-
621	Armstand Back ½ Somersault	1.9	1.8	1.6	-	1.9	1.8	1.6	-	1.7	1.6	1.4	-
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 1½ Somersaults	-	2.2	1.9	-	-	2.2	1.9	-	-	2.3	2.0	-
624	Armstand Back 2 Somersaults	3.0	2.8	2.5	-	2.9	2.7	2.4	-	3.1	2.9	2.6	-
626	Armstand Back 3 Somersaults	-	3.5	3.3	-	-	3.3	3.1	-	-	-	3.5	-
628	Armstand Back 4 Somersaults	-	4.7	4.5	-	-	-	-	-	-	-	-	-
631	Armstand Reverse ½ Somersault	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
632	Armstand Reverse 1 Somersault	-	2.3	2.1	-	-	2.2	2.0	-	-	2.1	1.9	-
633	Armstand Reverse 1½ Soms.	-	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.	-	3.6	3.4	-	-	-	3.2	-	-	-	-	-
638	Armstand Reverse 4 Soms.	-	4.8	4.6	-	-	-	-	-	-	-	-	-
6122	Armstand Fwd Som. 1 Twist	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
6124	Armstand Fwd Som. 2 Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
6142	Armstand Fwd 2 Soms. 1 Twist	-	-	-	3.1	-	-	-	3.0	-	-	-	3.2
6144	Armstand Fwd 2 Soms. 2 Twists	-	-	-	3.4	-	-	-	3.3	-	-	-	3.5
6162	Armstand Fwd 3 Soms. 1 Twist	-	-	3.9	-	-	-	-	-	-	-	-	-
6221	Armstand Back Som. ½ Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.6
6241	Armstand Back 2 Soms. ½ Twist	-	2.7	2.4	-	-	2.6	2.3	-	-	2.8	2.5	-
6243	Armstand Back 2 Soms 1½ Twists	-	-	-	3.2	-	-	-	3.1	-	-	-	3.3
6245	Armstand Back 2 Soms 2½ Twists	-	-	-	3.6	-	-	-	3.5	-	-	-	3.7
6247	Armstand Back 2 Soms 3½ Twists	-	-	-	4.0	-	-	-	-	-	-	-	-
6261	Armstand Back 3 Soms. ½ Twist	-	3.5	3.3	-	-	3.3	3.1	-	-	3.7	3.5	-
6263	Armstand Back 3 Soms 1½ Twists	-	4.2	4.0	-	-	-	-	-	-	-	-	-
6265	Armstand Back 3 Soms 2½ Twists	-	4.7	4.4	-	-	-	-	-	-	-	-	-

Add 0.1