15.8 **Appendix 8 – Springboard**

World Aquatics Degree of difficulty – Formula and components

Note: Degree of Difficulty (DD) is calculated by adding:

A + B + C + D + E = DD

A. Somersaults

Level / Somersault(s)	0	½	1	1½	2	2½	3	3½	4	4½
1m	0.9	1.1	1.2	1.6	2.0	2.4	2.7	3.0	3.3	3.8
3m	1.0	1.3	1.3	1.5	1.8	2.2	2.3	2.8	2.9	3.5

B. Flight Position For flying dives add fly position (E) to either (B) or (C) Position

	0 - 1 Somersault				1½ - 2 Somersaults				2½ Somersaults				3 - 3½ Somersaults				4 - 4½ Somersaults			
	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw
C = Tuck	0.1	0.1	0.1	-0.3	0	0	0	0.1	0	0.1	0	0.2	0	0	0	0.3	0	0.1	0.2	0.4
B = Pike	0.2	0.2	0.2	-0.2	0.1	0.3	0.3	0.3	0.2	0.3	0.2	0.5	0.3	0.3	0.3	0.6	0.4	0.4	0.5	0.8
A = Str	0.3	0.3	0.3	0.1	0.4	0.5	0.6	0.8	0.6	0.7	0.6	-	-	-	-	-	-	-	-	-
D =Free	0.1	0.1	0.1	-0.1	0	-0.1	-0.1	0.2	0	-0.1	-0.2	0.4	0	0	0	-	-	-	-	-
E = Fly	0.2	0.1	0.1	0.4	0.2	0.2	0.2	0.5	0.3	0.3	0.3	0.7	0.4	-	-	-	-	-	-	-

Seven of the above components have negative values. Dashes indicate dives that currently are not possible.

C. Twists

Group	½ Twist ½ – 1 Som.	½ Twist 1½ – 2 Som.	½ Twist 2 Som.	½ Twist 3 – 3½ Som.	1 Twist	1½ Twists ½ – 2 Som.	1½ Twists 2½–3½ Som.	2 Twists	2½ Twist ½ – 2 Som.	2½ Twists 2½–3½ Som.	3 Twists	3½ Twists	4 Twists	4½ Twists
Fwd.	0.4	0.4	0.4	0.4	0.6	0.8	0.8	1.0	1.2	1.2	1.5	1.6	1.9	2.0
Back	0.2	0.4	0	0	0.4	0.8	0.7	0.8	1.2	1.1	1.4	1.7	1.8	2.1
Rev.	0.2	0.4	0	0	0.4	0.8	0.6	0.8	1.2	1.0	1.4	1.8	1.8	2.1
Inw.	0.2	0.4	0.2	0.4	0.4	0.8	0.8	0.8	1.2	1.2	1.5	1.6	1.9	2.0

Dives with ½ somersault and twists can only be executed in positions A, B, or C,

Dives with 1 or 1 ½ somersaults and twists can only be executed in position D,

Dives with 2 or more somersaults and twists can only be executed in positions B or C

D. Approach

Level	Forward ½ – 3½ Som.	Forward 4 – 4 ½ Som.	Back ½ – 3 Som.	Back 3½ – 4½ Som.	Reverse ½ – 3 Som.	Reverse 3½ – 4½ Som.	Inward ½ – 1 Som.	Inward 1½ – 4½ Som.
1m	0	0.5	0.2	0.6	0.3	0.5	0.6	0.5
3 m	0	0.3	0.2	0.4	0.3	0.3	0.3	0.3

E. Unnatural Entry (does not apply to twisting dives)

Group	½ Som.	1 Som.	1½ Som.	2 Som.	2½ Som.	3 Som.	3½ Som.	4 Som.	4½ Som.
Forward / Inward	-	0.1	-	0.2	-	0.2	-	0.2	-
Back / Reverse	0.1	-	0.2	-	0.3	-	0.4	-	0.4

A value indicates the diver does not see the water before the entry. The component is the same at all levels. (–) indicates the diver does see the water before the entry. The component is the same at all levels.

Examples

Dive	Pos	Height	A	B	C	D	E	DD
207	B	3	2.8	0.3	0.0	0.4	0.4	**3.9**
207	C	3	2.8	0.0	0.0	0.4	0.4	**3.6**
5253	B	3	2.2	0.3	0.7	0.2	0	**34**
5355	B	3	2.2	0.2	1.0	0.2	0	**3.7**

Dive	Pos	Height	A	B	C	D	E	DD
309	B	3	3.5	0.5	0.0	0.3	0.4	**4.7**
309	C	3	3.5	0.2	0.0	0.3	0.4	**4.4**
5255	B	3	2.2	0.3	1.1	0.2	0	**3.8**
313	C	3	1.5	0.2	0	0.3	0.2	**2.2**

15.9   **Appendix 9 – Springboard**

World Aquatics Table of Degree of difficulty

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	–

SPRINGBOARD		1 METER				3 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
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	-

Twisting Group (Forward)		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	-

Twisting Group (Back)		A	B	C	D	A	B	C	D
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	-

SPRINGBOARD		1 METER				3 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Twisting Group (Reverse)		A	B	C	D	A	B	C	D
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 1Twist	–	–	–	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 Somersault 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 2 ½ Twists	–			–	–		4.1	–

Twisting Group (Inward)		A	B	C	D	A	B	C	D
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

15.10   **Appendix 10 – Platform**

World Aquatics Degree of difficulty – Formula and components

Note: Degree of Difficulty (DD) is calculated by adding:

A + B + C + D + E = DD

A. Somersaults

	Somersault(s)										
Level	**0**	**½**	**1**	**1½**	**2**	**2½**	**3**	**3½**	**4**	**4½**	**5½**
5 m	0.9	1.1	1.2	1.6	2.0	2.4	2.7	3.0	-	-	-
7½ m	1.0	1.3	1.3	1.5	1.8	2.2	2.3	2.8	3.5	3.5	-
10 m	1.0	1.3	1.4	1.5	1.9	2.1	2.5	2.7	3.5	3.5	4.5

B. Flight Position For flying dives add fly position (E) to either (B) or (C) Position

	0 – 1 Somersault					1½ – 2 Somersaults					2½ Somersaults				
	Fwd	**Back**	**Rev**	**Inw**	**Arm**	**Fwd**	**Back**	**Rev**	**Inw**	**Arm**	**Fwd**	**Back**	**Rev**	**Inw**	**Arm**
C = Tuck	0.1	0.1	0.1	-0.3	0.1	0	0	0	0.1	0	0	0.1	0	0.2	0.1
B = Pike	0.2	0.2	0.2	-0.2	0.3	0.1	0.3	0.3	0.3	0.3	0.2	0.3	0.2	0.5	0
A = Str	0.3	0.3	0.3	0.1	0.4	0.4	0.5	0.6	0.8	0.5	0.6	0.7	0.6	-	-
D = Free	0.1	0.1	0.1	-0.1	0	0	-0.1	-0.1	0.2	0	0	-0.1	-0.2	0.4	0
E = Fly	0.2	0.1	0.1	0.4	-	0.2	0.2	0.2	0.5	-	0.3	0.3	0.3	0.7	-

	3 – 3½ Somersaults					4 – 4½ Somersaults					5½ Som
	Fwd	**Back**	**Rev**	**Inw**	**Arm**	**Fwd**	**Back**	**Rev**	**Inw**	**Arm**	**Fwd**
C = Tuck	0	0	0	0.3	0.2	0	0.1	0.3	0.4	0.3	0
B = Pike	0.3	0.3	0.3	0.6	0.4	0.4	0.4	0.6	0.7	0.5	-
A = Str	-	-	-	-	-	-	-	-	-	-	-
D = Free	0	0	0	-	-	-	-	-	-	-	-
E = Fly	0.4	-	-	-	-	-	-	-	-	-	-

Seven of the above components have negative values. Dashes indicate dives that currently are not possible.

C. Twists

Group	½ Twist ½ – 1 Som.	½ Twist 1½ – 2 Som.	½ Twist 2½ Som.	½ Twist 3 – 3½ Som.	1 Twist	1½ Twists ½ – 2 Som.	1½ Twists 2½ – 3½ Som.	2 Twists	2½ Twists ½ – 2 Som.	2½ Twists 2½ – 3½ Som.	3 Twists	3½ Twists ½ – 2 Som.	3½ Twists 2½ – 3½ Som.	4 Twists	4½ Twists ½ – 2 Som.	4½ Twists 2½ – 3½ Som.
Forward	0.4	0.4	0.4	0.4	0.6	0.8	0.8	1.0	1.2	1.2	1.5	1.6	1.6	1.9	2.0	2.0
Back	0.2	0.4	0	0	0.4	0.8	0.6	0.8	1.2	1.0	1.4	1.7	1.5	1.8	2.1	1.9
Reverse	0.2	0.4	0	0	0.4	0.8	0.6	0.8	1.2	1.0	1.4	1.7	1.5	1.8	2.1	1.9
Inward	0.2	0.4	0.2	0.4	0.4	0.8	0.8	0.8	1.2	1.2	1.5	1.6	1.6	1.9	2.0	2.0
Arm. Forw.	0.4	0.5	0.5	0.4	1.2	1.3	1.3	1.5	1.7	1.7	1.9	2.1	2.1	2.3	2.5	2.5
Arm. Back / Rev	0.4	0.5	0.5	0.5	1.2	1.3	1.3	1.3	1.7	1.7	1.9	2.1	2.1	2.3	2.5	2.5

Dives with ½ somersault and twists can only be executed in positions A, B, or C,

Dives with 1 or 1½ somersaults and twists can only be executed in position D,

Dives with 2 or more somersaults and twists can only be executed in positions B or C,

Armstand dives with 1, 1½, or 2 somersaults and one or more twists can only be executed in position D, and

Armstand dives with 2½ or more somersaults and twist can only be executed in positions B or C

D. Approach Forward-, Back-, Reverse-, Inward-, and Twisting Groups

Level	Forward ½ – 3½ Soms.	Forward 4 – 5½ Soms.	Back ½ – 3 Soms.	Back 3½ – 4½ Soms.	Reverse ½ – 2 Soms.	Reverse 2½ – 3 Soms.	Reverse 3½ – 4½ Soms.	Inward ½ – 1 Soms.	Inward 1½ – 4½ Soms.
5 m	0	0.5	0.2	0.5	0.3	0.4	0.6	0.6	0.5
7.5 m	0	0.3	0.2	0.3	0.3	0.4	0.4	0.3	0.3
10 m	0	0.2	0.2	0.2	0.3	0.4	0.3	0.3	0.2

E. Approach Armstand Group (Does not apply to armstand dives with twists).

Level	Armstand Forward With 0 - 2 Soms.	Armstand Forward with more than 2 Soms	Armstand Back with 0 – ½ Soms.	Armstand Back With 1 – 4 Soms.	Armstand Reverse With 0 – ½ Som.	Armstand Reverse With 1 – 4 Soms.	Armstand Inward with 0-2 Soms.	Armstand Inward with more than 2 Soms.
5m/7.5m/10m	0.2	0.4	0.2	0.4	0.3	0.5	0.3	0.5

F. Unnatural Entry (does not apply to twisting dives)

Group	½ Som.	1 Som.	1½ Som.	2 Som.	2½ Som.	3 Som.	3½ Som.	4 Som.	4½ Som.	5½ Som.
Forward / Inward	-	0.1	-	0.2	-	0.2	-	0.0	-	-
Back / Reverse	0.1	-	0.2	-	0.3	-	0.4	-	0.4	0.0
Armstand Back / Reverse	-	0.1	-	0.2	-	0.2	-	0.3	-	-
Armstand Forward/In-ward	0.1	-	0.2	-	0.3	-	0.4	-	0.4	0.0

A value indicates the diver does not see the water before the entry. The component is the same at all levels.

(-) indicates the diver does see the water before the entry. The component is the same at all levels.

Examples

Dive	Pos	Height	A	B	C	D	E	DD
307	B	10	2.7	0.3	0.0	0.3	0.4	3.7
307	C	10	2.7	0.0	0.0	0.3	0.4	3.4
5371	B	10	2.7	0.3	0.0	0.3	0.0	3.3
5371	B	10	2.1	0.3	1.5	0.2	0.0	4.1

Dive	Pos	Height	A	B	C	D	E	DD
309	B	10	3.5	0.6	0.0	0.3	0.4	4.8
309	C	10	3.5	0.3	0.0	0.3	0.4	4.5
5371	C	10	27	0.0	0.0	0.3	0.0	3.0
6247	D	10	1.9	0.0	2.1	0.0	0.0	4.0

15.12 **Appendix 11 – Platform**

World Aquatics Table of Degree of Difficulty

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

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		4.1	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	–		3.2	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	–	–			–	–			–

PLATFORM		10 METER				7.5 METER				5 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
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	-
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 (Forward)		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	-	-	-	-	-

PLATFORM		10 METER				7.5 METER				5 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Twisting Group (Back)		A	B	C	D	A	B	C	D	A	B	C	D
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	-	-			-	-			-

Twisting Group (Reverse)		A	B	C	D	A	B	C	D	A	B	C	D
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	-	2.7	2.5	-	-	2.8	2.6	-	-	3.0	2.8	-
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	-	-			-	-			-

PLATFORM		10 METER				7.5 METER				5 METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Twisting Group (Inward)		A	B	C	D	A	B	C	D	A	B	C	D
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		A	B	C	D	A	B	C	D	A	B	C	D
610	Armstand Dive (armstand with body back to water)	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 Somersaults		2.3	2.0	-		2.3	2.0	-		2.4	2.1	-
634	Armstand Reverse 2 Somersaults		2.9	2.6	-		2.8	2.5	-		3.0	2.7	-
636	Armstand Reverse 3 Somersaults		3.6	3.4	-			3.2	-				-
638	Armstand Reverse 4 Somersaults		4.8	4.6	-				-				-

640	Armstand Dive (armstand with body front to water)	1.7				1.7				1.6			
641	Armstand Inward 1/2 Somersault		2.0	1.8			2.0	1.8			1.8	1.6	
642	Armstand Inward 1 Somersault		2.0	1.8			1.9	1.7			1.8	1.6	
644	Armstand Inward 2 Somersaults		2.5	2.2			2.4	2.1			2.6	2.3	
646	Armstand Inward 3 Somersaults		3.4	3.2									

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	–	3.4	3.2	–	–	3.2	3.0	–	–	3.6	3.4	–
6263	Armstand Back 3 Soms 1½ Twists	–	4.2	4.0	–	–			–	–			–
6265	Armstand Back 3 Soms 2½ Twists	–	4.6	4.4	–	–			–	–			–