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PART V

FINA DIVING RULES
2017 – 2021

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D 1 GENERAL

D 1.1 These Rules shall govern all Diving competitions covered by BL 9 and GR 9 (Olympic Games and World Championships), BL 10 (World Diving Cup), and GR 10 (World Junior Championships).

D 1.2 All diving installations, including the springboards and platforms, shall be in accordance with the FINA Facilities Rules, inspected and approved by the delegate of FINA, and a member of the Technical Diving Committee no later than 120 days prior to the start of the competitions.

D 1.3 When diving is sharing the same venue with any other discipline, all diving installations shall be available for use by entered diving competitors on competition days provided no competition is in progress.

D 1.4 Divers younger than 14 years on December 31st in the year of the competition shall not be permitted to compete at the Olympic Games, World Championships or World Cups.

D 1.5 Diving Number Designations

D 1.5.1 All dives shall be designated by a system of 3 or 4 numerals followed by a single letter.

D 1.5.2 The first digit shall indicate the group to which the dive belongs:

- 1 = Front
- 2 = Back
- 3 = Reverse
- 4 = Inward
- 5 = Twisting
- 6 = Armstand

D 1.5.3 In the Front, Back, Reverse and Inward groups, a 1 in the second digit indicates that the dive has a flying action during the dive. When there is no flying action the second digit shall be 0.

D 1.5.4 The third digit shall indicate the number of half somersaults being performed. For example 1 = ½ somersault, 9 = 4 ½ somersaults, etc. When there are more than 4 ½ somersaults there will be four digits with the third and fourth digits indicating the number of half somersaults. For example 11 = 5 ½ somersaults as 1011.

D 1.5.5 In Armstand dives the second digit indicates the group or direction to which the dive belongs:

- 1 = Front
- 2 = Back
- 3 = Reverse

D 1.5.6 In the Twisting group (those dives beginning with the digit 5) the second digit indicates the group or direction of the take-off as listed in D 1.5.2 above.

D 1.5.7 In the Twisting and Armstand groups the fourth digit shall indicate the number of half twists being performed.

D 1.5.8 The letter at the end of the dive number shall indicate the position in which the dive is performed:

A = Straight

B = Pike

C = Tuck

D = Free

D 1.5.9 Free position means any combination of the other positions and is restricted in its use in some twisting dives.

D 1.6 Degree of Difficulty

D 1.6.1 The degree of difficulty of each dive is calculated using the following formula (the component values of the formula are outlined in Appendix 1 and 3):

$$A + B + C + D + E = \text{DEGREE OF DIFFICULTY}$$

D 1.6.2 As a guide, dives with their numbers and degrees of difficulty for springboard dives have been calculated and are tabled in Appendix 2. Platform dives are tabled in Appendix 4.

D 1.6.3 Any dive, which is not tabled in Appendix 2 or 4 but is used in a competition, shall be given the dive number and degree of difficulty as determined in accordance with Rules D 1.5 and D 1.6.

D 1.6.4 In calculating the degree of difficulty for dives with twists, the following need do be noted:

- Dives with $\frac{1}{2}$ somersault and twists can only be executed in position A, B or C,
- Dives with 1 or $1 \frac{1}{2}$ somersaults and twists can only be executed in position D,
- Dives with 2 or more somersaults and twists can only be executed in position B or C,
- Armstand dives with 1, $1 \frac{1}{2}$, or 2 somersaults and one or more twists can only be executed in position D, and
- Armstand dives with $2 \frac{1}{2}$ or more somersaults and twists can only be executed in position B or C.

D 1.6.5 The Appendixes 1, 2, 3 and 4 are established by the FINA Technical Diving Committee (TDC) and approved by the FINA Bureau.

D 2 COMPETITIONS

D 2.1 General

D 2.1.1 The order of diving shall be determined by a random draw prior to all preliminary competitions. The draw shall be held at the Technical Meeting prior to the preliminary competition. When available, an electronic draw shall be used.

D 2.1.2 In the semi-finals, the divers shall compete in reverse order of their ranking determined by the total scores at the end of the preliminary competition. In the case of a tie, the dive order shall be determined by a draw between the affected divers.

D 2.1.3 In the final competition, except where a tournament system is used, the divers shall compete in the reverse order of their ranking determined by the total scores at the end of the semi-final competition. In the case of a tie, the order shall be determined by a draw between the affected divers.

D 2.1.4 When the tournament system is used, the divers shall compete in all remaining sessions of the competition in the reverse order of their ranking determined by the total scores at the end of the preliminary competition. In the case of a tie, the order shall be determined by a draw between the affected divers. When there is a tie for the last position both divers will dive in the same semi-final.

D 2.1.5 The total number of dives executed in one session shall not exceed 210. In that case the session shall be divided into two or more sessions, unless a double panel system is used.

D 2.1.6 If a diver is unable to compete at the beginning of any session, the diver ranked next shall advance to the next session, in order to have the prescribed number of divers in each session.

D 2.1.7 When two or more divers score the same number of points, a tie shall be declared for that particular place.

D 2.1.8 In the individual events, the diver with the highest total points shall be declared the winner of that event. The remaining divers shall be ranked by their final points.

D 2.1.9 In the synchronised and team events, the team with the highest total points shall be declared the winner of that event. The remaining teams shall be ranked by their final points.

The procedure for protests is outlined in GR 9.2.

D 2.2 1 metre springboard

D 2.2.1 At the World Championships there shall be a preliminary and final competition.

D 2.2.2 The final shall comprise the top twelve (12) ranked divers from the preliminary competition.

D 2.3 3 metre springboard and 10 metre platform

D 2.3.1 At the Olympic Games and World Championships there shall always be a preliminary, a semi-final, and a final competition.

D 2.3.2 The semi-final shall comprise the top eighteen (18) ranked divers from the preliminary competition and the final shall comprise the top twelve (12) ranked divers from the semi-final.

D 2.3.3 The preliminary, semi-final, and final competition are separate events, each starting from zero (0) points.

D 2.4 Synchronised Diving - 3 metre springboard and 10 metre platform

D 2.4.1 There shall be a preliminary and a final competition.

D 2.4.2 At the World Championships, the final shall comprise the top twelve (12) teams from the preliminary round.

D 2.4.3 The preliminary and final competitions are separate events, each starting from zero (0) points.

D 2.4.4 In the case of the Olympic Games, if pre-qualification of the number of teams is required, competitions may be held separately and in advance of different venues to establish the teams that qualify.

D 2.5 Team diving - 3 metre springboard and 10 metre platform combined

D 2.5.1 There shall be a direct final.

D 2.6 Mixed Synchronised Diving – 3 metre springboard and 10 metre platform

D 2.6.1 There shall be a direct final.

D 3 COMPETITION FORMAT

D 3.1 All individual and synchronised diving competitions for men shall comprise six (6) dives.

D 3.2 All individual and synchronised diving competitions for women shall comprise five (5) dives.

D 3.3 No dive of the same number shall be repeated within each six (6) or five (5) dives.

D 3.4 1 metre and 3 metre springboard – men and women

D 3.4.1 The Women's springboard competitions shall comprise five (5) dives from five (5) different groups without limit of degree of difficulty.

D 3.4.2 The Men's springboard competitions shall comprise six (6) dives from five (5) different groups without limit of degree of difficulty.

D 3.5 Platform – men and women

D 3.5.1 The Women's platform competitions shall comprise five (5) dives from five (5) different groups without limit of degree of difficulty.

D 3.5.2 The Men's platform competitions shall comprise six (6) dives from six (6) different groups without limit of degree of difficulty.

D 3.5.3 At all FINA competitions (Olympic Games, World Championships, World Cups and other FINA events, other than Age group competitions), only dives from the 10 metre platform may be executed.

D 3.6 Synchronised diving

D 3.6.1 The synchronised diving competition involves two competitors diving simultaneously from the springboard or platform. The competition is judged on how the two divers individually perform their dives and how the two divers as a team synchronise their performance.

D 3.6.2 At Olympic Games and all FINA Events the teams shall comprise two competitors of the same Federation.

D 3.6.3 Every competition for women and for mixed synchro on 3m springboard and platform shall comprise five (5) rounds of dives from five (5) different groups. The first two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and three (3) rounds of dives without limit of degree of difficulty. All forward facing dives on springboard shall be done with a running approach.

D 3.6.4 Every competition for men on 3m springboard and platform shall comprise six (6) rounds of dives from five (5) different groups. The first two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and four (4) rounds of dives without limit of degree of difficulty. All forward facing dives on springboard shall be done with a running approach.

D 3.6.5 In each round the two divers must perform the same dive (same dive number and same position).

D 3.7 Team diving

- D 3.7.1** The team diving competition involves one female and one male diver.
- D 3.7.2** At all FINA Events the teams shall comprise two competitors of the same Federation.
- D 3.7.3** Every competition shall comprise six (6) different dives from six (6) different groups. Two (2) dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and four (4) dives without limit of degree of difficulty.
- D 3.7.4** Three (3) dives shall be executed by the female competitor, the other three (3) dives by the male competitor. Three (3) dives shall be executed from the 3m springboard and the other three (3) dives from the 10m platform. Each diver must perform at least one (1) dive from the 3m springboard and one (1) dive from the 10m platform.
- D 3.7.5** The two (2) dives with an assigned degree of difficulty of 2.0 regardless of the formula may be executed at any time and from any height by each team member, one (1) by the male and one (1) by the female.
- D 3.7.6** In the Team Event the teams will perform three (3) consecutive rounds starting with any of the two divers.

D 3.8 Mixed Synchronised Diving

- D 3.8.1** At the World Championships, Diving World Cups and other FINA Diving Events additional Mixed Synchronised Diving Events can be conducted.
- D 3.8.2** At all FINA Events the teams shall comprise two (2) divers [one (1) male and one (1) female] of the same Federation
- D 3.8.3** Every competition for Mixed Synchronised on 3m springboard and 10m platform shall comprise five (5) rounds of dives from five (5) groups.
- D 3.8.4** The first two (2) rounds of dives with an assigned degree of difficulty of 2.0 regardless of the formula and three (3) rounds of dives without limit of degree of difficulty.

D 4 STATEMENT OF DIVES

- D 4.1** Each diver, or diver's representative, shall deliver to the Referee, or his designated representative, a complete statement of the selected dives on the official form of the event for the preliminary competition and all the following sessions of the competition.
- D 4.2** The diver and the diver's representative are responsible for the accuracy of the statement in the list and the statement of dives shall be signed by the diver and the diver's representative.
- D 4.3** The statement of dives shall be submitted no later than 24 hours before the commencement of the preliminary competition in each event.

D 4.4 The Referee may accept any statement of dives submitted after the 24 hour deadline, up to three (3) hours prior to the commencement of the preliminary competition, provided it is accompanied by a fee equivalent of 250 Swiss Francs.

D 4.5 Unless the statement is presented within the time prescribed, a diver shall not be admitted to the competition.

D 4.6 In all competitions, the diver or the diver's representative may change the statement of dives before the commencement of any semi-final or final of the competition, provided the amended statement is lodged with the Referee, or his designated representative, no later than thirty (30) minutes after the end of the previous session of the competition. If a new statement of dives is not submitted within the prescribed time, the diver shall perform the dives as indicated in the previous submission.

D 4.7 In any competition, in extenuating circumstances, a diver may be replaced by another diver of the same Federation up to three (3) hours before the commencement of the preliminary competition. In synchronised diving events at the Olympic Games the replacement may also take place prior to the commencement of the final competition. The Referee will accept a change in the statement of dives.

D 4.8 In individual, synchronised and team diving events, when the closing times have passed, no change in the statement of dives shall be permitted.

D 4.9 The statement of dives shall contain the following information in the order of execution of the dives:

- The number of each dive according to Rules D 1.5.1 to D 1.5.7
- The position of the dive according to Rule D 1.5.8
- The height of the board or platform
- The degree of difficulty as determined by the Formula described in Rule D 1.6.

D 4.10 The dives in each round shall be executed by all the divers consecutively, according to the starting order.

D 4.11 The statement of dives shall take precedence over the indicator board and any announcement.

D 5 COMPETITION PROCEDURE

D 5.1 Control of Competition

D 5.1.1 Every competition shall be controlled by a Referee, and in some cases supported by Assistant Referees, together with Judges and a Secretariat.

D 5.1.2 The number and the position of the dive to be performed shall be displayed on an indicator board visible to both divers and judges.

D 5.1.3 Where possible a computer shall be used with the capability to run a competition and to produce a judging analysis.

D 5.1.4 When electronic scoring equipment is not available the judges must have flash cards to display their awards. These flash cards must be capable of showing awards from 0 to 10 by half points.

D 5.2 Composition of the Judges Panels

D 5.2.1 Whenever possible at the Olympic Games, World Championships and World Cups, seven (7) judges shall be used for individual and team events and eleven (11) judges for synchronised diving events. For synchronised diving, where eleven (11) judges are used, five (5) shall judge synchronisation of the dive, three (3) shall judge the execution of one diver and three (3) the execution of the other diver.

D 5.2.2 In all individual and team competitions other than the Olympic Games, World Championships and World Cups, five (5) judges may be used. In all synchronised diving competitions, other than Olympic Games, World Championships and World Cups, nine (9) judges may be used. Five (5) shall judge the synchronisation of the dive, two (2) shall judge the execution of one diver and two (2) the execution of the other diver.

D 5.2.3 Provided sufficient judges are available, the panel of judges for the final competition shall consist of judges whose nationality is different to that of any of the divers in the competition.

D 5.2.4 When considered suitable, double panels of judges may be used in the same event. If double panels are used, the second panel is introduced in the fourth round of the competition. *Note: In exceptional circumstances, such as high heat and humidity, the panels may be changed after the end of any round.*

D 5.2.5 The Referee shall place the judges on each side of the springboard or platform in use, as outlined in the Facilities Rule FR 5. When this is not practical, the judges may be placed together on one side.

D 5.2.6 Once placed, a judge shall not change position unless at the discretion of the Referee, and then only in exceptional circumstances.

D 5.2.7 When a judge is unable to continue to function after a competition has started, he shall be replaced by the reserve judge.

D 5.2.8 After each dive, on a signal given by the Referee, each judge shall immediately and simultaneously, without communicating with one another, and in a distinct manner, indicate the award for the dive. When an electronic judging device is used, the judges shall enter their awards into their electronic score pads immediately after the performance of the dive.

D 5.2.9 The judges' awards shall be displayed on the electronic scoreboard, preferably unseen by the judges. The awards (without any other information about the standing of the competition) must be seen by the judges on their electronic score pads.

D 6 DUTIES OF THE REFEREE AND ASSISTANT REFEREES

D 6.1 The Referee shall be in control of the competition and located in a position so that he can manage the competition and ensure that the Rules are observed.

D 6.2 The Assistant Referees:

- shall observe the diver(s) on the platform (if no camera is available),
- in synchronised diving, will be positioned on the opposite side of the pool to observe the performance of the diver on that side.

D 6.3 The Referee shall inspect the statements of dives. If the statement does not comply with the Rules, the Referee shall have it corrected before the beginning of the competition.

D 6.4 The diver, or the diver's representative, shall be informed of the Referee's decision, that a correction is required, as soon as possible.

D 6.5 In the case of unforeseen circumstances, the Referee may declare a short break, a postponement or a discontinuation of the competition. If possible the break should be done after a full round of dives.

D 6.6 Following an interruption, the competition shall be continued from where it was stopped. The points scored before the interruption shall be carried forward into the remaining portion of the competition, whenever it is held. The final results must be based on the last complete round of dives.

NOTE: If the competition cannot be continued, the result will be determined by the Jury of Appeal.

D 6.7 When there is a strong wind, the Referee may give a diver the right to make a re-start without deduction of points.

D 6.8 Before each dive, the Referee or the official announcer shall announce in the language of the host country the name of the diver and the dive to be executed. In competitions where different platforms are used the height of the platform shall also be announced. If a scoreboard is used, all information concerning the dive shall be displayed and the announcement may be restricted to the identification of the diver.

D 6.9 When a dive is incorrectly announced, the diver or his representative shall advise the Referee immediately, who shall then confirm the diver's statement of dives.

D 6.10 If the incorrectly announced dive is executed by the diver, the Referee may cancel it and have the correct dive announced and performed immediately. The awards for the first dive must be noted should a protest be lodged.

D 6.11 The dive shall be executed after a signal given by the Referee. The signal shall not be given before the diver has assumed his position on the board or platform and the Referee has checked the indicator board. For backward and inward take-offs, the diver shall not proceed to the end of the springboard or platform until after the signal has been given by the Referee.

D 6.12 Each diver shall be given sufficient time for the preparation and execution of the dive, but if it takes more than one minute after the Referee has given a warning, the diver shall receive zero (0) points for the dive announced.

D 6.13 When a diver executes a dive before the signal is given, the Referee shall decide whether the dive shall be repeated.

D 6.14 In exceptional circumstances, the Referee may allow a diver to repeat a dive without penalty. The awards for the first dive must be noted should a protest be lodged.

D 6.15 The request for such a repetition must be made immediately by the diver or his representative.

D 6.16 If the diver double bounces on the end of the springboard or double jumps on the end of the platform before take-off, the Referee shall declare it a failed dive.

Note: Double bounce on the springboard or double jump on the platform: Feet leave the springboard or platform, double arm swing and/or two distinct knee bends before the take-off.

D 6.17 When in a running dive the final step is not from one foot, the Referee shall declare it a failed dive.

D 6.18 When the take-off from the springboard is not from both feet simultaneously, the Referee shall declare it a failed dive.

D 6.19 When it is quite clear that the dive has been performed in a position other than that announced, the Referee shall repeat the announcement, and declare that the maximum award shall be 2 points, before giving the judges the signal to show their marks. If a judge then awards more than 2 points, the Referee shall declare the award from that judge to be 2 points.

D 6.20 When at the entry a twist is greater or less than that announced by 90 degrees or more, the Referee shall declare it a failed dive.

D 6.21 When the Referee is certain that a diver has performed a dive of a number other than that announced, the Referee shall declare it a failed dive.

D 6.22 When one or both arms are held above the head in a feet first entry or below the head in a head first entry, the Referee shall declare the maximum award to be 4½ points. If a judge then awards more than 4½ points, the Referee shall declare the award from that judge to be 4½ points.

D 6.22.1 In head first dives, if the feet enter the water before the head or hands, the Referee shall declare it a failed dive.

D 6.22.2 In feet first dives, if the head or hands enter the water before the feet, the Referee shall declare it a failed dive.

D 6.23 During the execution of a dive, there shall be no assistance to the diver from any person. Assistance between dives shall be permitted.

D 6.24 The Referee may declare a dive to be failed if he considers that assistance has been given to the diver after the starting signal.

D 6.25 When a diver in a running dive takes a step and stops or in a standing dive stops the movement for the take-off after the legs have commenced to press, the Referee shall declare there has been a re-start and shall deduct 2 points from the award of each judge.

D 6.26 When there is a restart in a running, standing, or armstand dive, the Referee shall deduct 2 points from the award of each judge.

D 6.27 When a second attempt (a re-start) is unsuccessful, the Referee shall declare a failed dive.

D 6.28 When a diver refuses to execute a dive, the Referee shall declare a failed dive.

D 6.29 If a diver in a competition disturbs a contest, the Referee may exclude him from that competition. If a member of a team, a coach or an official disturbs a contest, the Referee may exclude that person from the competition area.

D 6.30 The Referee may remove any judge from the competition whose judgement he regards as unsatisfactory and may appoint another judge to replace him. At the end of the competition the Referee shall make a written report to the Jury of Appeal.

D 6.31 Such a change of judge shall take place only at the end of a session or round of dives performed by each diver.

D 6.32 At the end of the competition the Referee shall confirm the final results by his signature.

D 7 DUTIES OF THE SECRETARIAT

D 7.1 The records of the competitions shall be kept by two independent secretaries.

D 7.2 In order to facilitate the scoring, a computer, a rapid calculator, or a chart may be used.

D 7.3 In individual and team events, the judges' awards shall be announced in their seating order, and the first secretary shall record all awards as announced on the diver's statement of dives. In synchronised diving events, the judges awards shall be announced, starting with the execution judges awards in seating order, followed by the synchronised judges awards, also in seating order. When a computer and a scoreboard are used, the announcement of the judges awards is not necessary and the secretary may record the awards directly from the monitor.

D 7.4 The second secretary shall enter on the diver's statement of dives the judges' awards. When a computer is used to determine the scores, the second secretary may record the awards directly from the monitor.

D 7.5 In the individual and team events, when seven (7) judges are used, the secretaries shall cancel the two (2) highest and the two (2) lowest judges' awards. When more than two (2) awards are equal only two of the equal awards shall be cancelled. If only five (5) judges are used, the secretaries shall cancel the highest and the lowest award.

D 7.6 In synchronised diving, when eleven (11) judges are used, the secretaries shall cancel the highest and the lowest judges' awards given for execution for one diver, the highest and lowest judges' awards for execution of the other diver and the highest and lowest judges' awards given for synchronisation. When more than two (2) awards are equal only two of the equal awards may be cancelled.

D 7.7 In synchronised diving, when nine (9) judges are used, the secretaries shall cancel the highest and the lowest judges' awards given for execution and the highest and lowest judges' awards given for synchronisation. When two (2) or more awards are equal, either of the equal awards may be cancelled.

D 7.8 The secretaries shall independently add the remaining awards and multiply this total by the degree of difficulty for the dive to determine the score of the dive according to the following examples:

Individual and team competitions

Five (5) judges: $8.0, 7.5, 7.5, 7.5, 7.0 = 22.5 \times 2.0 = 45.0$

Seven (7) judges: $8.0, 7.5, 7.5, 7.5, 7.5, 7.5, 7.0 = 22.5 \times 2.0 = 45.0$

Synchronised Diving competitions

Nine (9) judges: Execution diver 1: $7.0, 6.5$
 Execution diver 2: $5.5, 5.5$
 Synchro awards: $8.5, 8.0, 8.0, 7.5, 7.5$
 $= 35.5 \div 5 \times 3 = 21.3 \times 2.8 = 59.64$

Eleven (11) judges: Execution diver 1: $7.0, 6.5, 6.0$
 Execution diver 2: $5.5, 5.5, 7.0$
 Synchro awards: $8.0, 8.0, 7.5, 8.0, 7.0$
 $= 35.5 \div 5 \times 3 = 21.3 \times 2.8 = 59.64$

D 7.9 When a judge by reason of illness or any other unforeseen circumstances, has made no award for a particular dive, the average of the awards of the other judges shall be adopted as the missing award. The award shall be rounded up or down to the nearest half point or whole point. Averages ending in .01 to .24 shall be lost. Averages ending in .25 to .74 shall be rounded to .50. Averages ending in .75 or higher shall be rounded up to the next whole point.

D 7.10 In synchronised diving, when a judge (execution or synchronised) by reason of illness or any other unforeseen circumstances, has made no award for a particular dive, in an eleven (11) judge panel, the average of the awards of the other two (2) execution judges of the same diver, or the average of the other four synchronised judges, shall be adopted as the missing award. The average award shall be rounded up or down to the nearest half point or whole point. Averages ending in .01 to .24 shall be lost. Averages ending in .25 to .74 shall be rounded to .50. Averages ending in .75 or higher shall be rounded up to the next whole point. In a nine (9) judge panel, the award of the other execution judge of the same diver shall be adopted as the missing award.

D 7.11 At the end of the competition the two secretaries shall collate the score sheets.

D 7.12 The result of the competition shall be obtained from the score sheets.

D 7.13 If an electronic officiating equipment is in use, only one secretariat may be used. The secretariat records the awards and the electronic result only, to make sure that the final result can be calculated in a case that the electronic officiating equipment breaks down.

D 7.14 The final result at FINA events shall be announced in one of the official languages of FINA (English or French).

D 8 JUDGING

D 8.1 General

D 8.1.1 A judge shall award from 0 to 10 points for a dive according to his overall impression within the following criteria:

Excellent	10
Very Good	8.5 – 9.5
Good	7.0 – 8.0
Satisfactory	5.0 – 6.5
Deficient	2.5 – 4.5
Unsatisfactory	0.5 – 2.0
Completely failed	0

D 8.1.2 When judging a dive, the judge must not be influenced by any factor other than the technique and execution of the dive. The dive must be considered without regard to the approach to the starting position, the difficulty of the dive, or any movement beneath the surface of the water.

D 8.1.3 The points to be considered in judging the overall impression of a dive are the technique and grace of:

- the starting position and the approach
- the take-off
- the flight
- the entry

D 8.1.4 When a dive is performed clearly in a position other than that announced the dive shall be deemed unsatisfactory. The highest award for such a dive is 2 points.

D 8.1.5 When a dive is performed partially in a position other than that announced, each judge shall deduct according to his opinion.

D 8.1.6 When a dive is not performed in the straight (A), pike (B), tuck (C), or free (D) position as described, the judge shall deduct from ½ to 2 points, according to his opinion.

D 8.1.7 When a judge considers that a dive of a different number has been performed he may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

D 8.2 The starting position

D 8.2.1 When the signal is given by the Referee, the diver shall take the starting position.

D 8.2.2 In the starting position the body shall be straight, head erect, with the arms straight in any position.

D 8.2.3 When the body in the starting position is not straight, head erect, with the arms straight in any position, each judge shall deduct ½ to 2 points, according to his opinion.

D 8.2.4 Standing dives

D 8.2.4.1 The starting position in standing dives shall be assumed when the diver stands on the front end of the springboard or platform.

D 8.2.4.2 When executing a standing dive, the feet must stay in contact with the springboard or platform until the take-off.

D 8.2.4.3 If the feet leave the springboard or platform before the take-off (crow-hop), the judge shall deduct from ½ to 2 points, according to his opinion.

D 8.2.5 Running dives

D 8.2.5.1 The starting position in a running dive shall be assumed when the diver is ready to take the first step of the run.

D 8.2.6 Armstand dives

D 8.2.6.1 The starting position in an armstand dive shall be assumed when both hands are on the front end of the platform and both feet are off the platform.

D 8.2.6.2 When, in an armstand dive, a stationary and steady balance in the straight vertical position is not shown, each judge shall deduct from $\frac{1}{2}$ to 2 points, according to his opinion.

D 8.2.6.3 A re-start shall be allowed when a diver loses his balance, one or both feet return to the platform, or any part of his body other than his hands touches the platform. When a diver loses his balance and moves one or both hands from the original position at the front end of the platform, this shall be deemed as a re-start.

D 8.3 The approach

D 8.3.1 When executing a running dive from either the springboard or the platform, the run shall be smooth, aesthetically pleasing, and in a forward direction to the end of the springboard or platform with the final step being from one foot.

D 8.3.2 When the run is not smooth, aesthetically pleasing, or in a forward direction to the end of the springboard or platform, each judge shall deduct $\frac{1}{2}$ to 2 points, according to his opinion.

D 8.3.3 When the final step is not from one foot, the judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

D 8.3.4 The diver must not double bounce on the end of the springboard or double jump on the end of the platform before the take-off. When the judge considers that the diver has double bounced or double jumped in a dive, the judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

NOTE: Double bounce on the springboard or double jump on the platform: Feet leave the springboard or platform, double arm swing and/or two distinct knee bends before the take-off

D 8.4 The take-off

D 8.4.1 The take-off in forward and reverse dives may be performed either standing or running at the option of the diver. The take-off in backward and inward dives must be performed standing.

D 8.4.2 The take-off from the springboard shall be from both feet simultaneously. The reverse take-off from the platform may be from one foot.

D 8.4.3 When the take-off from the springboard is not from both feet, the judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

D 8.4.4 In running and standing dives, the take-off shall be bold, high and confident, and shall be from the end of the springboard or platform.

D 8.4.5 When the take-off is not bold, high and confident, or from the end of the springboard or platform, each judge shall deduct $\frac{1}{2}$ to 2 points, according to his opinion.

D 8.4.6 In dives with twist, the twisting shall not be manifestly done from the springboard or platform. If the twisting is manifestly done from the springboard or platform, each judge shall deduct $\frac{1}{2}$ to 2 points, according to his opinion.

D 8.5 The flight

D 8.5.1 During the execution of a dive the dive shall be in the direct line of flight.

D 8.5.2 If during the execution of a dive a diver dives to the side of the direct line of flight, each judge shall deduct according to his opinion.

D 8.5.3 If during the execution of a dive, a diver touches the end of the springboard or platform with his feet or hands, each judge shall deduct according to his opinion.

D 8.5.4 If during the execution of a dive, a diver is unsafely close to the springboard or platform or touches the end of the springboard or platform with his head, the judges shall award up to a maximum of 2 points. If the majority of the judges (at least three (3) in a 5 judge panel / at least four (4) in a 7 judge panel) award two (2) or less points, all higher scores shall be two (2) points. The judges indicates to the Referee by the use of electronic technology or where electronic technology is not available by raising one hand that the two (2) or less points are in relation to the unsafely close execution of the dive.

The dive can be executed in the following positions:

Straight (A)

D 8.5.5 In the straight position the body shall not be bent either at the knees or hips. The feet shall be together and the toes pointed. The position of the arms is at the option of the diver.

D 8.5.6 Should the straight position not be aesthetically pleasing and shown as described, each judge shall deduct from $\frac{1}{2}$ to 2 points, according to his opinion.

D 8.5.7 In all flying dives a straight position shall be clearly shown and that position shall be assumed from the take off or after one somersault. When the straight position is not shown for at least one quarter of a somersault (90°) in dives with one (1) somersault, and at least one half of a somersault (180°) in dives with more than one (1) somersault, the maximum award by the judges shall be 4½ points.

Pike (B)

D 8.5.8 In the pike position the body shall be bent at the hips, but the legs must be kept straight at the knees, the feet shall be together, and the toes pointed. The position of the arms is at the option of the diver.

D 8.5.9 Should the pike position not be aesthetically pleasing and shown as described, each judge shall deduct from ½ to 2 points, according to his opinion.

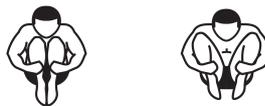
D 8.5.10 In the pike dives with twist, the pike position must be clearly shown. Should this position not be shown, each judge shall deduct ½ to 2 points, according to his opinion.



These diving illustrations serve as a guide only and the position of the arms is at the choice of the diver except in the entry.

Tuck (C)

D 8.5.11 In the tuck position the body shall be compact, bent at the knees and hips with the knees and feet close together within the bodyline of the shoulders. The hands shall be on the lower legs and the toes pointed.



D 8.5.12 Should the tuck position not be aesthetically pleasing and shown as described, each judge shall deduct from ½ to 2 points, according to his opinion.

D 8.5.13 In tuck dives with twist, the tuck position must be clearly shown. Should this position not be shown, each judge shall deduct ½ to 2 points, according to his opinion.



These diving illustrations serve as a guide only and the position of the arms is at the choice of the diver except in the case of the hands in the tuck and the entry.

Free position (D)

D 8.5.14 In the free position, the body position is optional (A, B or C) but the legs shall be together and the toes pointed.

D 8.5.15 Should the free position not be aesthetically pleasing and shown as described, each judge shall deduct from ½ to 2 points, according to his opinion.

D 8.5.16 In somersault dives with twist, the twist may be performed at any time during the flight.

D 8.6 The entry

D 8.6.1 The entry into the water shall in all cases be vertical, not twisted, with the body straight, the feet together, and the toes pointed.

D 8.6.2 When the entry is short or over, twisted or the body not straight, the feet not together, and the toes not pointed, each judge shall deduct according to his opinion.

D 8.6.3 In head first entries, the arms shall be stretched beyond the head and in line with the body, with the hands close together. If one or both arms are held below the head on entry, the judge may award up to 4 ½ points, notwithstanding that the Referee has not declared a maximum award of 4 ½.

D 8.6.4 In feet first entries, the arms shall be close to the body with no bending at the elbows. If one or both arms are held beyond the head on entry, the judge may award up to 4 ½ points, notwithstanding that the Referee has not declared a maximum award of 4 ½.

D 8.6.5 Other than as provided in Rules D 8.6.3 and D 8.6.4, when the arms are not in the correct position in either the head first or feet first entry, each judge shall deduct from ½ to 2 points, according to his opinion.

D 8.6.6 When at the entry a twist is greater or less than that announced by 90 degrees or more, the judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

D 8.6.7 The dive is considered to have been completed when the whole of the body is completely under the surface of the water.

D 9 REFEREEING AND JUDGING SYNCHRONISED DIVING

D 9.1 Synchronised diving is judged by the execution of the individual dives and the synchronisation of the divers.

D 9.2 The rules for judging individual diving shall apply to the execution of dives in synchronised diving, except that where one or both divers perform a dive of a different number or position, other than that announced, the Referee shall declare it a failed dive.

D 9.3 When judging the synchronisation of the dives, the overall impression of the synchronisation of the dives must be taken into account.

D 9.4 The factors to be considered in judging synchronised diving are:

- the starting position, the approach and the take-off, including the similarity of the height,
- the coordinated timing of the movements during the flight,
- the similarity of the vertical angles of the entries,
- the comparative distance from the springboard or platform of the entry,
- the coordinated timing of the entries.

D 9.5 If either diver enters the surface of the water before the other diver leaves the springboard or platform, the Referee shall declare it a failed dive.

D 9.6 The Referee shall declare a two-point deduction from all judges when there is a re-start by one or both divers.

D 9.7 The execution judges must not be influenced by any factor other than the technique and execution of the dive, not both dives, nor the synchronisation of the divers.

D 9.8 When an execution judge considers that a dive of a different number has been performed by a diver, the judge shall award zero (0) points notwithstanding that the Referee has not declared it to be a failed dive. If both execution judges of one diver in a nine (9) judge panel or all three (3) execution judges in an eleven (11) judge panel, award zero (0) points, the Referee shall declare it a failed dive. If the Referee declares a failed dive, zero (0) points are awarded by all nine (9) or eleven (11) judges.

D 9.9 The synchronisation judges must not be influenced by any other factor other than the coordinated performance of the two divers and not the execution of both dives.

D 9.10 If all the synchronisation judges award zero (0) points, the Referee shall declare it a failed dive.

D 9.11 When any of the following faults are shown, each synchronisation judge shall deduct from ½ to 2 points, according to his opinion, for the lack of:

- similarity of the starting position, approach, take-off or height,
- coordinated timing of the movement during the flight,
- similarity of the vertical angles of the entries,
- comparative distance from the springboard or platform of the entry,
- coordinated timing of the entries.

D 10 SUMMARY OF THE PENALTIES

Referee to declare "Failed Dive": 0 points

- D 6.12** If the diver takes more than one minute, after a warning.
- D 6.16** If a diver double bounces on the end of the springboard or double jumps on the end of the platform before take-off.
- D 6.17** If the final step is not from one foot.
- D 6.18** If the take-off on the springboard is not from both feet simultaneously.
- D 6.20** If a twist is greater or less than that announced by 90 degrees or more.
- D 6.21** If a diver has performed a dive of a number other than that announced.

- D 6.22.1** If the feet enter the water before the head or hands in a head first dive.
- D 6.22.2** If the head or hands enter the water before the feet in a feet first dive.
- D 6.24** If assistance has been given to the diver after the starting signal.
- D 6.27** When a second attempt (a re-start) is unsuccessful.
- D 6.28** If a diver refuses the execution of a dive.
- D 9.2** In synchronised diving if a diver, or both divers, perform a dive of a different number or position.
- D 9.5** In synchronised diving if either diver enters the surface of the water before the other diver leaves the springboard or platform.
- D 9.8** In synchronised diving if all execution judges for one diver award zero (0) points
- D 9.10** In synchronised diving if all synchronisation judges award zero (0) points.

Referee to declare "2 points deduction"

- D 6.25** If a diver takes a step and stops in a running dive or stops the movement for a standing take-off after the legs have commenced to press.
- D 6.26** If there is a re-start in a standing, running, or armstand dive.
- D 9.6** In synchronised diving if there is a re-start by one or both divers.

Referee to declare "2 points maximum"

- D 6.19** If a diver performs a dive in a position other than that announced.

Referee to declare "4 ½ points maximum"

- D 6.22** If a diver has one or both arms held above the head in a feet first entry or below the head in a head first entry.

Judges to award "0 points"

- D 8.1.7** If a dive of a different number has been performed.
- D 8.3.3** If the final step is not from one foot.

- D 8.3.4** If a diver double bounces on the end of the springboard or double jumps on the end of the platform before the take-off.
- D 8.4.3** If the take-off from the springboard is not from both feet simultaneously.
- D 8.6.6** If a twist is greater or less than that announced by 90° or more.
- D 9.8** If an execution judge considers that a dive of a different number has been performed.

Judges to award "2 points maximum"

- D 8.1.4** If a dive is performed clearly in a position other than that announced.
- D 8.5.4** If in a dive, a diver is unsafely close to the springboard or platform or touches the end of the springboard or platform with his head.

Judges to award "4 ½ points maximum"

- D 8.5.7** If in a flying dive, a straight position is not clearly shown for at least one quarter of a somersault (90°) in dives with somersault and at least a half somersault (180°) in dives with more than 1 somersault.
- D 8.6.3** If the arms are held below the head in a head first entry.
- D 8.6.4** If one or both arms are held above the head in a feet first entry.

Judges to deduct "from ½ to 2 points"

- D 8.1.6** If a dive is not performed in a position as described.
- D 8.2.3** If the starting position is not straight, head erect, with the arms straight in any position.
- D 8.2.4.3** If the feet leave the springboard or platform (crow-hop) before the take-off in a standing dive.
- D 8.2.6.2** If in an armstand dive, a stationary and steady balance in the straight vertical position is not shown.
- D 8.3.2** If the run is not smooth, aesthetically pleasing in a forward direction to the end of the springboard or platform.
- D 8.4.5** If the take-off is not bold, high, and confident.
- D 8.4.6** If in a twist dive, the twisting is manifestly done from the springboard or platform.

- D 8.5.6** If the straight position is not shown as described.
- D 8.5.9** If the pike position is not shown as described.
- D 8.5.10** If in a pike dive with twist, the pike position is not clearly shown.
- D 8.5.12** If the tuck position is not shown as described.
- D 8.5.13** If in a tuck dive with twist, the tuck position is not clearly shown.
- D 8.5.15** If the free position is not shown as described.
- D 8.6.5** If the arms are not in the correct position in either the head first or feet first entry.
- D 9.11** In synchronised diving if any of the following are not shown:
- similarity of the starting position, approach, take-off and height;
 - coordinated timing of the movement during the flight;
 - similarity of the vertical angles of the entries;
 - comparative distance from the springboard or platform of the entry;
 - coordinated timing of the entries.

Judges to deduct "according to individual opinion"

- D 8.1.5** If a dive is performed partially in a position other than that announced.
- D 8.5.2** If in a dive, the diver dives to the side of the direct line of flight.
- D 8.5.3** If in a dive, a diver touches the end of the springboard or platform with his feet or hands.
- D 8.6.2** If the entry into the water is not vertical, or nearly so, or twisted with the body not straight, the feet not together, and the toes not pointed.

AGE GROUP RULES - DIVING

DAG 1 FINA Rules of competition will apply in all age group competitions.

DAG 2 Age Categories

All age group divers remain qualified from the 1st of January to midnight of the following 31st of December in the year of competition.

DAG 3 Diving Events

DAG 3.1 Group A

DAG 3.1.1 Age: 16, 17, or 18 years on December 31st of the year of the competition.

DAG 3.1.2 Competition Format

- **Girls' Springboard – 1 metre and 3 metre**
This competition shall comprise nine (9) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 metre events and 9.0 for 1 metre events, and four (4) dives without limit of degree of difficulty, each dive selected from a different group.
- **Girls' Platform – 5 metre – 7.5 metre – 10 metre**
This competition shall comprise eight (8) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and four (4) dives without limit of degree of difficulty, each dive selected from a different group. At least five (5) different groups must be used.
- **Boys' Springboard – 1 metre and 3 metre**
This competition shall comprise ten (10) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 metre events and 9.0 for 1 metre events, and five (5) dives without limit of degree of difficulty, each dive selected from a different group.
- **Boys' Platform – 5 metre – 7.5 metre – 10 metre**
This competition shall comprise nine (9) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and five (5) dives without limit of degree of difficulty, each dive selected from a different group. All six (6) groups must be used.

A / B combined

- **Girls' and Boys' Synchronised Diving - 3 metre**
This competition shall comprise five (5) dives; two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and three (3) rounds of dives without limit of degree of difficulty. The five (5) dives must be selected from at least four (4) different groups.

- **Girls` and Boys` Synchronised Diving – platform (5m, 7.5m, 10m)**

This competition shall comprise five (5) dives; two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and three (3) rounds of dives without limit of degree of difficulty. The five (5) dives must be selected from at least four (4) different groups.

- **Mixed Team Event**

The teams shall comprise two (2) – four (4) divers from both gender and both categories (A and B) from the same Federation.

The Mixed Team Event shall comprise five (5) dives without limit of degree of difficulty from at least four (4) different groups.

One (1) dive must be performed by the girl or boy from the 1m springboard, the 3m springboard and the platform (5m, 7.5m or 10m) each.

The additional two (2) dives must be performed as mixed synchronised dives from 1m springboard and 3m springboard. The mixed synchronised dive from the 1m springboard must be from the twisting group, the mixed synchronised dive from the 3m springboard must be from the back or reverse group. The three (3) individual dives can be from any group.

The two (2) mixed synchro dives can be performed by two (2) age group A or age group B divers or a diver from each group. The three (3) individual dives can be performed by divers from the A or B age group, but both age groups must be used.

The event is judged by two (2) panels of seven (7) judges. One panel judge dives 1, 2 and 5 and the other panel the dives 3 and 4.

DAG 3.2 Group B

DAG 3.2.1 Age: 14 or 15 years on December 31st of the year of the competition.

DAG 3.2.2 Competition Format

- **Girls' Springboard – 1 metre and 3 metre**

This competition shall comprise eight (8) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 metre events and 9.0 for 1 metre events, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

- **Girls' Platform – 5 metre – 7.5 metre – 10 metre**

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and three (3) dives without limit of degree of difficulty, each dive selected from a different group. At least five (5) different groups must be used.

- **Boys' Springboard – 1 metre and 3 metre**

This competition shall comprise nine (9) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 metre events and 9.0 for 1 metre events, and four (4) dives without limit of degree of difficulty, each dive selected from a different group.

- **Boys' Platform – 5 metre – 7.5 metre – 10 metre**

This competition shall comprise eight (8) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and four (4) dives without limit of degree of difficulty, each dive selected from a different group. All least five (5) different groups must be used.

DAG 3.3 Group C

DAG 3.3.1 Age: 12 or 13 years on December 31st of the year of the competition.

DAG 3.3.2 Competition Format

- **Girls' Springboard – 1 metre and 3 metre**

This competition shall comprise seven (7) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 metre events and 9.0 for 1 metre events, and two (2) dives without limit of degree of difficulty, each dive selected from a different group.

- **Girls' Platform – 5 metre or 7.5 metre**

This competition shall comprise six (6) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and two (2) dives without limit of degree of difficulty, each dive selected from a different group.

- **Boys' Springboard – 1 metre and 3 metre**

This competition shall comprise eight (8) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 metre events and 9.0 for 1 metre events, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

- **Boys' Platform – 5 metre or 7.5 metre**

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

DAG 4 General Rules for Junior Diving World Championships

DAG 4.1 Junior Diving World Championships shall be conducted every two years in Groups A and B.

DAG 4.2 Each Federation is entitled to enter a maximum of two (2) divers in individual events and one (1) team in synchronised diving events.

DAG 4.3 Each diver shall only compete in his age group.

DAG 4.4 Each diver shall perform a full list of dives as indicated in his age group.

DAG 4.5 Each individual diving event shall be a preliminary and final competition, irrespective of the number of entrants and may be conducted in more than one session.

DAG 4.5.1 The top twelve (12) divers from the previous session will participate in a final competition performing only dives without limit. The scores of the dives with limit from the previous session will be carried forward and added to the scores in the final competition to determine the top twelve (12) rankings. Divers lower than twelfth place will be ranked by their preliminary scores.

DAG 4.5.2 When facilities allow, the opportunity for simultaneous preliminary events may be scheduled subject to the approval of the Bureau on recommendation of the Technical Diving Committee.

DAG 4.5.3 The program schedule shall be agreed by the Bureau upon recommendation of the Technical Diving Committee.

DAG 4.6 Either five (5) or seven (7) judges shall officiate in the individual events and nine (9) judges in the synchronised diving events. Note: If possible, eleven (11) judges in the synchronised diving events may be used.

DAG 4.7 The Championships shall normally be conducted separately and not in conjunction with Swimming, Water Polo or Artistic Swimming.

DAG 4.8 The Championships shall be conducted in a minimum period of seven (7) days.

APPENDIX 1

FINA DEGREE OF DIFFICULTY - FORMULA AND COMPONENTS SPRINGBOARD

Note: Degree of Difficulty (DD) is calculated by adding: $A + B + C + D + E = DD$

A. Somersaults

Level / Somersault	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	½	½	½	1	1 ½	1 ½	2	2 ½	2 ½	3	3 ½	4	4 ½
	Twist ½ - 1 Som.	Twist 1 ½ - 2 Som.	Twist 2 ½ Som.	Twist 3 - 3 ½ Som.	1 Twist	Twists ½ - 2 Som.	Twists 2½-3½ Som.	2 Twists	Twist ½ - 2 Som.	Twists 2½-3½ Som.	3 Twists	3 ½ Twists	4 Twists	4 ½ 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

- (1) Dives with ½ somersault and twists can only be executed in positions A, B, or C,
- (2) Dives with 1 or 1 ½ somersaults and twists can only be executed in position D,
- (3) 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
3m	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	3.4
5355	B	3	2.2	0.2	1.0	0.3	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

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

APPENDIX 3

FINA DEGREE OF DIFFICULTY - FORMULA AND COMPONENTS PLATFORM

Note: Degree of Difficulty (DD) is calculated by adding: A + B + C + D + E = DD

A. Somersaults

Level	0	½	1	1½	2	2½	3	3½	4	4½	5½
5m	0.9	1.1	1.2	1.6	2.0	2.4	2.7	3.0	-	-	-
7½m	1.0	1.3	1.3	1.5	1.8	2.2	2.3	2.8	3.5	3.5	-
10m	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					3 - 3½ Somersaults					4 - 4½ Somersaults					5½ Som
	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd
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	0	0	0	0.3	0.2	0	0.1	0.3	0.4	0.3	0
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	0.3	0.3	0.3	0.6	0.4	0.4	0.4	0.4	0.6	0.7	0.5
A = Strait	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	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 Twist	½ Twist	½ Twist	1	1½	1½	2	2½	2½	3	3½	3½	4	4½	4½
	½ - 1 Som.	1½ - 2 Som.	2½ Som.	3 - 3½ Som.	Twist	Twists ½ - 2 Som.	Twists 2½ - 3½ Som.	Twists	Twists ½ - 2 Som.	Twists 2½ - 3½ Som.	Twists	Twists ½ - 2 Som.	Twists 2½ - 3½ Som.	Twists	Twists ½ - 2 Som.	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

- (1) Dives with ½ somersault and twists can only be executed in positions A, B, or C,
- (2) Dives with 1 or 1½ somersaults and twists can only be executed in position D,
- (3) Dives with 2 or more somersaults and twists can only be executed in positions B or C,
- (4) Armstand dives with 1, 1½, or 2 somersaults and one or more twists can only be executed in position D, and
- (5) 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.
5m	0	0.5	0.2	0.5	0.3	0.4	0.6	0.6	0.5
7.5m	0	0.3	0.2	0.3	0.3	0.4	0.4	0.3	0.3
10m	0	0.2	0.2	0.2	0.3	0.4	0.3	0.3	0.2

D. 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.
5m / 7.5m / 10m	0.2	0.4	0.2	0.4	0.3	0.5

APPENDIX 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.	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	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	Hght	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
5257	B	10	2.1	0.3	1.5	0.2	0.0	4.1

Dive	Pos	Hght	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	2.7	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

APPENDIX 4

**FINA TABLE OF DEGREES OF DIFFICULTY
PLATFORM**

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 2 ½ 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 3 ½ Somersaults		3.0	2.7	-		3.1	2.8	-			3.0	-
108	Forward 4 Somersaults		4.1	3.7	-				-				-
109	Forward 4 ½ Somersaults		4.1	3.7	-				-				-
1011	Forward 5 ½ Somersaults			4.7	-				-				-
112	Forward Flying Somersaults	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
113	Forward Flying 1 ½ 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 2 ½ 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 1 ½ 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 2 ½ 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 3 ½ 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 4 ½ Somersaults		4.5	4.2	-				-				-
212	Back Flying Somersaults	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
213	Back Flying 1 ½ 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 1 ½ 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 2 ½ 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 3 ½ Somersaults		3.7	3.4	-				-				-
308	Reverse 4 Somersaults		4.4	4.1	-		4.5	4.2	-				-
309	Reverse 4 ½ Somersaults		4.8	4.5	-				-				-
312	Reverse Flying Somersaults	-	2.0	1.9	-	-	1.9	1.8	-	-	1.8	1.7	-
313	Reverse Flying 1 ½ 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 1 ½ Somersault		2.0	1.8	-		2.1	1.9	-		2.4	2.2	-

		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	-	2.7	2.5	-	-	2.8	2.6	-	-	3.0	2.8	-

		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	-	3.4	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	-	-			-	-			-