

# FAIRFIELD COUNTY SWIMMING LEAGUE

## APPENDIX XXI

# FINA DIVING DEGREES OF DIFFICULTY

FINA 2017-2021

FINA DIVING		SPRINGBOARD							
DEGREES OF DIFFICULTY		1-METER				3-METER			
		Strt.	Pike	Tuck	Free	Strt.	Pike	Tuck	Free
FORWARD GROUP		A	B	C	D	A	B	C	D
001	Forward Entry								1.0
100	Forward Entry	1.0	1.0	1.0		1.0	1.0	1.0	
101	Forward Dive	1.4	1.3	1.2		1.6	1.5	1.4	
102	Forward 1 Somersault	1.6	1.5	1.4		1.7	1.6	1.5	
103	Forward 1 ½ Somersault	2.0	1.7	1.6		1.9	1.6	1.5	
104	Forward Double (2) Somersault	2.6	2.3	2.2		2.4	2.1	2.0	
105	Forward 2 ½ Somersault		2.6	2.4		2.8	2.4	2.2	
106	Forward Triple (3) Somersault		3.2	2.9			2.8	2.5	
107	Forward 3 ½ Somersault		3.3	3.0			3.1	2.8	
108	Forward 4 Somersault			4.0			3.8	3.4	
109	Forward 4 ½ Somersault			4.3			4.2	3.8	
112	Forward Flying Somersault		1.7	1.6			1.8	1.7	
113	Forward Flying 1 ½ Somersault		1.9	1.8			1.8	1.7	
115	Forward Flying 2 ½ Somersault						2.7	2.5	
DEGREES OF DIFFICULTY		1-M Strt.	1-M Pike	1-M Tuck	1-M Free	3-M Strt.	3-M Pike	3-M Tuck	3-M Free
BACKWARD GROUP		A	B	C	D	A	B	C	D
002	Back Entry								1.0
200	Back Jump	1.0	1.0	1.0		1.0	1.0	1.0	
201	Back Dive	1.7	1.6	1.5		1.9	1.8	1.7	
202	Back (1) Somersault	1.7	1.6	1.5		1.8	1.7	1.6	
203	Back 1 ½ Somersault	2.5	2.3	2.0		2.4	2.2	1.9	
204	Back Double (2) Somersault		2.5	2.2		2.5	2.3	2.0	
205	Back 2 ½ Somersault		3.2	3.0			3.0	2.8	
206	Back 3 Somersault		3.2	2.9			2.8	2.5	
207	Back 3 ½ Somersault						3.9	3.6	
208	Back 4 Somersault						3.7	3.4	
209	Back 4 ½ Somersault						4.7	4.4	
212	Back Flying Somersault		1.7	1.6			1.8	1.7	
213	Back Flying 1 ½ Somersault							2.1	
215	Back Flying 2 ½ Somersault						3.3	3.1	

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	<b>DEGREES OF DIFFICULTY</b>	<b>1-M Strt.</b>	<b>1-M Pike</b>	<b>1-M Tuck</b>	<b>1-M Free</b>	<b>3-M Strt.</b>	<b>3-M Pike</b>	<b>3-M Tuck</b>	<b>3-M Free</b>
	<b>REVERSE GROUP</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
301	Reverse Dive	1.8	1.7	1.6		2.0	1.9	1.8	
302	Reverse Somersault	1.8	1.7	1.6		1.9	1.8	1.7	
303	Reverse 1 ½ Somersault	2.7	2.4	2.1		2.6	2.3	2.0	
304	Reverse Double Somersault	2.9	2.6	2.3		2.7	2.4	2.1	
305	Reverse 2 ½ Somersault		3.2	3.0		3.4	3.0	2.8	
306	Reverse 3 Somersault		3.3	3.0			2.9	2.6	
307	Reverse 3 ½ Somersault						3.8	3.5	
308	Reverse 4 Somersault						3.7	3.4	
309	Reverse 4 ½ Somersault						4.7	4.4	
312	Reverse Flying Somersault		1.8	1.7			1.9	1.8	
313	Reverse Flying 1 ½ Somersault		2.6	2.3			2.5	2.2	

	<b>DEGREES OF DIFFICULTY</b>	<b>1-M Strt.</b>	<b>1-M Pike</b>	<b>1-M Tuck</b>	<b>1-M Free</b>	<b>3-M Strt.</b>	<b>3-M Pike</b>	<b>3-M Tuck</b>	<b>3-M Free</b>
	<b>INWARD GROUP</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
401	Inward Dive	1.8	1.5	1.4		1.7	1.4	1.3	
402	Inward Somersault	2.0	1.7	1.6		1.8	1.5	1.4	
403	Inward 1 ½ Somersault		2.4	2.2			2.1	1.9	
404	Inward Double Somersault		3.0	2.8			2.6	2.4	
405	Inward 2 ½ Somersault		3.4	3.1			3.0	2.7	
407	Inward 3 ½ Somersault						3.7	3.4	
409	Inward 4 ½ Somersault						4.6	4.2	
412	Inward Flying Somersault		2.1	2.0			1.9	1.8	
413	Inward Flying 1 ½ Somersault		2.9	2.7			2.6	2.4	

	<b>DEGREES OF DIFFICULTY</b>	<b>1-M Strt.</b>	<b>1-M Pike</b>	<b>1-M Tuck</b>	<b>1-M Free</b>	<b>3-M Strt.</b>	<b>3-M Pike</b>	<b>3-M Tuck</b>	<b>3-M Free</b>
	<b>FRONT TWISTING GROUP</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
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				2.7				2.8
5131	Forward 1 ½ Som., ½ Twist				2.0				1.9
5132	Forward 1 ½ Som., 1 Twist				2.2				2.1
5134	Forward 1 ½ Som., 2 Twists				2.6				2.5
5136	Forward 1 ½ Som., 3 Twists				3.0				2.9
5138	Forward 1 ½ Som., 4 Twists				3.4				3.3
5151	Forward 2 ½ Som., ½ Twist		3.0	2.8			2.8	2.6	
5152	Forward 2 ½ Som., 1 Twist		3.2	3.0			3.0	2.8	
5154	Forward 2 ½ Som., 2 Twist		3.6	3.4			3.4	3.2	
5156	Forward 2 ½ Som., 3 Twist						3.9	3.7	
5172	Forward 3 ½ Som., 1 Twist						3.7	3.4	