

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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	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
	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 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	

	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
	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 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	

	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
	FRONT TWISTING GROUP	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				2.7				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	

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	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
	BACK TWISTING GROUP	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 1 ½ Twists				2.3				2.4
5225	Back Somersault, 2 ½ Twists				2.7				2.8
5227	Back 1 Somersault, 3 ½ Twists				3.2				3.3
5231	Back 1 ½ Somersaults, ½ Twist				2.1				2.0
5233	Back 1 ½ Som., 1 ½ Twists				2.5				2.4
5235	Back 1 ½ Som., 2 ½ Twists				2.9				2.8
5237	Back 1 ½ Som., 3 ½ Twist								3.3
5239	Back 1 ½ Som., 4 ½ Twists								3.7
5251	Back 2 ½ Som., ½ Twist		2.9	2.7			2.7	2.5	
5253	Back 2 ½ Som., 1 ½ Twists						3.4	3.2	
5255	Back 2 ½ Som., 2 ½ Twists						3.8	3.6	
	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
	REVERSE TWISTING GROUP	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, 1 Twist				2.0				2.1
5323	Reverse Somersault, 1 ½ Twists				2.4				2.5
5325	Reverse Somersault, 2 ½ Twists				2.8				2.9
5331	Reverse 1 ½ Somersault, ½ Twists				2.2				2.1
5333	Reverse 1 ½ Som., 1 ½ Twists				2.6				2.5
5335	Reverse 1 ½ Som., 2 ½ Twists				3.0				2.9
5337	Reverse 1 ½ Som., 3 ½ Twists				3.6				3.5
5339	Reverse 1 ½ Som., 4 ½ Twists								3.8
5351	Reverse 2 ½ Som., ½ Twist		2.9	2.7			2.7	2.5	
5353	Reverse 2 ½ Som., 1 ½ Twists		3.5	3.3			3.3	3.1	
5371	Reverse 3 ½ Som., ½ Twists						3.4	3.1	
5373	Reverse 3 ½ Som., 1½ Twists							3.7	
5375	Reverse 3 ½ Som., 2½ Twists							4.1	
	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
	INWARD TWISTING GROUP	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 1 ½ Somersault, 1 Twist				2.7				2.4
5434	Inward 1 ½ Somersault, 2 Twists				3.1				2.8
5436	Inward 1 ½ Somersault, 3 Twists								3.4