

APPENDIX C — FINA DEGREE OF DIFFICULTY FORMULA AND COMPONENTS

Degrees of difficulty for dives are calculated using the component values of the formula shown on the following two pages. The formula is:

$$A + B + C + D + E = \text{Degree of Difficulty}$$

Please note that the "D" component appears twice. Choose the version of component "D" that applies to dive being performed.

As a guide, a list of previously calculated degrees of difficulty follows the formula. In this table, empty spaces indicate the degree of difficulty has not been calculated. A " - " indicates the dive is not possible.

Every effort has been made to ensure the accuracy of the entries in the table, but if any entry varies from that arrived at through use of the formula, the formula-derived degree of difficulty is to be applied to the dive in question, according to the USA Diving FINA Technical Diving Committee representative.

The source for this information is the FINA DD Formula and Table of DDs in the FINA Handbook 2009-2013, as amended.

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

These Tables became effective September 15, 2009

A. Somersaults

Level	0	½	1	1½	2	2½	3	3½	4½
1m & 5m	0.9	1.1	1.2	1.6	2.0	2.4	2.7	3.0	—
3m & 7½m	1.0	1.3	1.3	1.5	1.8	2.2	2.3	2.8	3.5
10m	1.0	1.3	1.4	1.5	1.9	2.1	2.5	2.7	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 Somersault					4½ Somersaults			
	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw
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
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	0.6	0.7
A = Strt	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	1/2 Twist 1/2 - 1 Som.	1/2 Twist 1 1/2 - 2 Som.	1/2 Twist 2 1/2 Som.	1/2 Twist 3-3 1/2 Som.	1 Twist	1 1/2 Twists 1/2 - 2 Som.	1 1/2 Twists 2 1/2 Som.	2 Twists	2 1/2 Twists 1/2 - 2 Som.	2 1/2 Twists 2 1/2 Som.	3 Twists	3 1/2 Twists	4 Twists	4 1/2 Twists
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	1.9	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	1.8	2.1
Reverse	0.2	0.4	0	0	0.4	0.8	0.6	0.8	1.2	1.0	1.4	1.7	1.8	2.1
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	1.9	2.0
Arm. Forward	0.4	0.5	0.5	0.4	1.2	1.3	1.3	1.5	1.7	1.7	—	—	—	—
Arm. Back/Rev	0.4	0.5	0.5	0.5	1.2	1.3	1.3	1.3	1.7	1.7	—	—	—	—

- (1) Dives with 1/2 somersault and twists can only be executed in position A, B, or C,
- (2) Dives with 1 or 1 1/2 somersaults and twists can only be executed in position D,
- (3) Dives with 2 or more somersaults and twists can only be executed in position B or C, and
- (4) Armstand dives with 1, 1 1/2, or 2 somersaults and one or more twists can only be executed in position D.

D. Approach/Group 1. Forward, Back, Reverse, Inward Groups

Level	Forward 1/2 - 3 1/2 Som.	Forward 4 - 4 1/2 Som.	Back 1/2 - 3 Som.	Back 3 1/2 - 4 1/2 Som.	Reverse 1/2 - 3 Som.	Reverse 3 1/2 - 4 1/2 Som.	Inward 1/2 - 1 Som.	Inward 1 1/2 - 4 1/2 Som.
1m and 5m	0	0.5	0.2	0.5	0.3	0.5	0.6	0.5
3m and 7 1/2m	0	0.3	0.2	0.3	0.3	0.3	0.3	0.3
10m	0	0.2	0.2	0.2	0.3	0.2	0.3	0.2

D. Approach/Group 2. Armstand (does not apply to twisting dives)

Level	Forward with 0-2 Som.	Forward with more than 2 Som.	Back with 0-½ Som.	Back with 1-4 Som.	Reverse with 0-½ Som.	Reverse with 1-4 Som.
5m, 7½m, & 10m	0.2	0.4	0.2	0.4	0.3	0.5

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

Group	½ Som.	1 Som.	1½ Som.	2 Som.	2 ½ Som.	3 Som.	3 ½ & 4½ Som.
Forward/Inward	—	0.1	—	0.2	—	0.2	—
Back/Reverse	0.1	—	0.2	—	0.3	—	0.4
Armstand Back&Reverse	—	0.1	—	0.2	—	0.2	—
Armstand Forward	0.1	—	0.2	—	0.3	—	0.4

The diver does not see the water until dive action is substantially completed. The component is the same at all levels.

Examples

Dive	Pos	Hght	A	B	C	D	E	D.D.
636	C	10	2.5	0.2	0	0.5	0.2	3.4
5253	B	3	2.2	0.3	0.6	0.2	0	3.3
6241	B	10	1.9	0.3	0.5	0	0	2.7
5255	B	10	2.1	0.3	1.0	0.2	0	3.6

Dive	Pos	Hght	A	B	C	D	E	D.D.
313	C	3	1.5	0.2	0	0.3	0.2	2.2
5255	B	3	2.2	0.3	1.0	0.2	0	3.7
5355	B	3	2.2	0.2	1.0	0.3	0	3.7
5237	D	10	1.5	-0.1	1.7	0.2	0	3.3