

APPENDIX D — FINA TABLE OF DEGREES OF DIFFICULTY

This table became effective on September 15, 2009

New dives and dives which have been changed are shaded.

SPRINGBOARD		ONE METER				THREE 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	-
109	Forward 4½ Somersaults	-	-	-	-	-	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	-	-	-	-	-	3.8	3.5	-
209	Back 4½ Somersaults	-	-	-	-	-	4.6	4.3	-
212	Back Flying Somersault	-	1.7	1.6	-	-	1.8	1.7	-
213	Back Flying 1½ Somersaults	-	-	-	-	-	-	2.1	-
215	Back Flying 2½ Somersaults	-	-	-	-	-	3.3	3.1	-

APPENDIX D – FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

SPRINGBOARD		ONE METER				THREE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	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 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	-
309	Reverse 4½ Somersaults	-	-	-	-	-	4.8	4.5	-
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	-	-	-	-	-	-	3.4	-
409	Inward 4½ Somersaults	--	-	-	-	-	4.5	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 D – FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

SPRINGBOARD		ONE METER				THREE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	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	-	-	-	2.8	-	-	-	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	-
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 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

APPENDIX D — FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

SPRINGBOARD		ONE METER				THREE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Back Twisting Group		A	B	C	D	A	B	C	D
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	-	-	-	-	-	3.3	3.1	-
5255	Back 2½ Somersaults 2½ Twists	-	-	-	-	-	3.7	3.5	-
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 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	-	-	-	2.6	-	-	-	2.5
5335	Reverse 1½ Somersaults 2½	-	-	-	3.0	-	-	-	2.9
5337	Reverse 1½ Somersaults 3½	-	-	-	3.5	-	-	-	3.4
5339	Reverse 1½ Somersaults 4½	-	-	-	-	-	-	-	3.8
5351	Reverse 2½ Somersaults ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5353	Reverse 2½ Somersaults 1½	-	3.5	3.3	-	-	3.3	3.1	-
5355	Reverse 2½ Somersaults 2½	-	3.9	3.7	-	-	3.7	3.5	-
5371	Reverse 3½ Somersaults ½ Twist	-	-	-	-	-	3.4	3.1	-
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 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 D – FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

This table became effective on September 15, 2009

New dives and dives which have been changed are shaded.

PLATFORM		TEN METER				7.5 METER				FIVE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Front 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 Som	1.8	1.7	1.6	-	1.7	1.6	1.5	-	1.6	1.5	1.4	-
103	Forward 1 ½ Soms	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
104	Forward 2 Soms	2.5	2.2	2.1	-	2.4	2.1	2.0	-	2.6	2.3	2.2	-
105	Forward 2½ Soms	2.7	2.3	2.1	-	-	2.4	2.2	-	-	2.6	2.4	-
107	Forward 3½ Soms	-	3.0	2.7	-	-	3.1	2.8	-	-	-	3.0	-
109	Forward 4½ Soms	-	4.1	3.7	-	-	-	-	-	-	-	-	-
112	Forward Flying Som	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
113	Forward Flying 1½ Soms	-	1.8	1.7	-	-	1.8	1.7	-	-	1.9	1.8	-
114	Forward Flying 2 Soms	-	2.4	2.3	-	-	2.3	2.2	-	-	2.5	2.4	-
115	Forward Flying 2½ Soms	-	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 Som	1.9	1.8	1.7	-	1.8	1.7	1.6	-	1.7	1.6	1.5	-
203	Back 1½ Soms	2.4	2.2	1.9	-	2.4	2.2	1.9	-	2.5	2.3	2.0	-
204	Back 2 Soms	2.6	2.4	2.1	-	2.5	2.3	2.0	-	-	2.5	2.2	-
205	Back 2½ Soms	3.3	2.9	2.7	-	-	3.0	2.8	-	-	-	3.0	-
206	Back 3 Soms	-	3.0	2.7	-	-	2.8	2.5	-	-	3.2	2.9	-
207	Back 3½ Soms	-	3.6	3.3	-	-	-	3.5	-	-	-	-	-
209	Back 4½ Soms	-	4.5	4.2	-	-	-	-	-	-	-	-	-
212	Back Flying Som	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
213	Back Flying 1½ Soms	-	2.4	2.1	-	-	2.4	2.1	-	-	2.5	2.2	-

APPENDIX D — FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

PLATFORM		TEN METER				7.5 METER				FIVE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Reverse Group		A	B	C	D	A	B	C	D	A	B	C	D
301	Reverse Dive	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
302	Reverse 1 Som	2.0	1.9	1.8	-	1.9	1.8	1.7	-	1.8	1.7	1.6	-
303	Reverse 1½ Soms	2.6	2.3	2.0	-	2.6	2.3	2.0	-	2.7	2.4	2.1	-
304	Reverse 2 Soms	2.8	2.5	2.2	-	2.7	2.4	2.1	-	2.9	2.6	2.3	-
305	Reverse 2½ Soms	3.3	2.9	2.7	-	3.4	3.0	2.8	-	-	3.2	3.0	-
306	Reverse 3 Soms	-	3.1	2.8	-	-	2.9	2.6	-	-	3.3	3.0	-
307	Reverse 3½ Soms	-	3.6	3.3	-	-	-	-	-	-	-	-	-
309	Reverse 4½ Soms	-	4.7	4.4	-	-	-	-	-	-	-	-	-
312	Reverse Flying Som	-	2.0	1.9	-	-	1.9	1.8	-	-	1.8	1.7	-
313	Reverse Flying 1½ Soms	-	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 Som	1.9	1.6	1.5	-	1.8	1.5	1.4	-	2.0	1.7	1.6	-
403	Inward 1½ Soms	-	2.0	1.8	-	-	2.1	1.9	-	-	2.4	2.2	-
404	Inward 2 Soms	-	2.6	2.4	-	-	2.6	2.4	-	-	3.0	2.8	-
405	Inward 2½ Soms	-	2.8	2.5	-	-	3.0	2.7	-	-	3.4	3.1	-
407	Inward 3½ Soms	-	3.5	3.2	-	-	-	3.4	-	-	-	-	-
409	Inward 4½ Soms	-	4.4	4.1	-	-	-	-	-	-	-	-	-
412	Inward Flying Som	-	2.0	1.9	-	-	1.9	1.8	-	-	2.1	2.0	-
413	Inward Flying 1½ Soms	-	2.5	2.3	-	-	2.6	2.4	-	-	2.9	2.7	-

APPENDIX D — FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

PLATFORM		TEN METER				7.5 METER				FIVE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Front 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 Som ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5122	Fwd Som 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5124	Fwd Som 2 Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5131	Fwd 1½ Soms ½ Twist	-	-	-	1.9	-	-	-	1.9	-	-	-	2.0
5132	Fwd 1½ Soms 1 Twist	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5134	Fwd 1½ Soms 2 Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5136	Fwd 1½ Soms 3 Twists	-	-	-	3.0	-	-	-	3.0	-	-	-	3.1
5138	Fwd 1½ Soms 4 Twists	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5152	Fwd 2½ Soms 1 Twist	-	2.9	2.7	-	-	3.0	2.8	-	-	3.2	3.0	-
5154	Fwd 2½ Soms 2 Twists	-	3.3	3.1	-	-	3.4	3.2	-	-	3.6	3.4	-
5156	Fwd 2½ Soms 3 Twists	-	3.8	3.6	-	-	-	-	-	-	-	-	-
5172	Fwd 3½ Soms 1 Twist	-	3.6	3.3	-	-	3.7	3.4	-	-	-	-	-
Back Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
5211	Back Dive ½ Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
5212	Back Dive 1 Twist	2.2	-	-	-	2.2	-	-	-	2.0	-	-	-
5221	Back Som ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5222	Back Som 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5223	Back Som 1½ Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5225	Back Som 2½ Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
5231	Back 1½ Soms ½ Twist	-	-	-	2.0	-	-	-	2.0	-	-	-	2.1
5232	Back 1½ Soms 1½ Twists	-	-	-	2.4	-	-	-	2.4	-	-	-	2.5
5235	Back 1½ Soms 2½ Twists	-	-	-	2.8	-	-	-	2.8	-	-	-	2.9
5237	Back 1½ Soms 3½ Twists	-	-	-	3.3	-	-	-	3.3	-	-	-	3.4
5239	Back 1½ Soms 4½ Twists	-	-	-	3.7	-	-	-	3.7	-	-	-	3.8
5251	Back 2½ Soms ½ Twist	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5253	Back 2½ Soms 1½ Twists	-	3.2	3.0	-	-	3.3	3.1	-	-	-	-	-
5255	Back 2½ Soms 2½ Twists	-	3.6	3.4	-	-	-	-	-	-	-	-	-
5271	Back 3½ Soms ½ Twist	-	3.2	2.9	-	-	-	-	-	-	-	-	-

APPENDIX D – FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

PLATFORM		TEN METER				7.5 METER				FIVE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Reverse Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
5311	Reverse Dive ½ Twist	2.1	2.0	1.9	-	2.1	2.0	1.9	-	1.9	1.8	1.7	-
5312	Reverse Dive 1 Twist	2.3	-	-	-	2.3	-	-	-	2.1	-	-	-
5321	Reverse Som ½ Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	1.8
5322	Reverse Som 1 Twist	-	-	-	2.2	-	-	-	2.1	-	-	-	2.0
5323	Reverse Som 1½ Twists	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
5325	Reverse Som 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	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5335	Reverse 1½ Soms 2½	-	-	-	2.9	-	-	-	2.9	-	-	-	3.0
5337	Reverse 1½ Soms 3½	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5339	Reverse 1½ Soms 4½	-	-	-	3.8	-	-	-	3.8	-	-	-	-
5351	Reverse 2½ Soms ½ Twists	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5353	Reverse 2½ Soms 1½	-	3.2	3.0	-	-	3.3	3.1	-	-	-	3.3	-
5355	Reverse 2½ Soms 2½	-	3.6	3.4	-	-	3.7	3.5	-	-	-	3.7	-
5371	Reverse 3½ Soms ½ Twists	-	3.2	2.9	-	-	-	-	-	-	-	-	-
Inward Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
5411	Inward Dive ½ Twist	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
5412	Inward Dive 1 Twist	2.1	1.8	1.7	-	2.1	1.8	1.7	-	2.2	1.9	1.8	-
5421	Inward Som ½ Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.9
5422	Inward Som 1 Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	2.1
5432	Inward 1½ Soms 1 Twist	-	-	-	2.3	-	-	-	2.4	-	-	-	2.7
5434	Inward 1½ Soms 2 Twists	-	-	-	2.7	-	-	-	2.8	-	-	-	3.1
5436	Inward 1½ Soms 3 Twists	-	-	-	3.4	-	-	-	-	-	-	-	-

APPENDIX D — FINA TABLE OF DEGREES OF DIFFICULTY, Contd.

PLATFORM		TEN METER				7.5 METER				FIVE METER			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Forward Armstand Group		A	B	C	D	A	B	C	D	A	B	C	D
600	Armstand Dive	1.6	-	-	-	1.6	-	-	-	1.5	-	-	-
611	Armstand Forward ½ Som	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
612	Armstand Forward 1 Som	2.0	1.9	1.7	-	1.9	1.8	1.6	-	1.8	1.7	1.5	-
614	Armstand Forward 2 Soms	-	2.4	2.1	-	-	2.3	2.0	-	-	2.5	2.2	-
616	Armstand Forward 3 Soms	-	3.3	3.1	-	-	-	-	-	-	-	-	-
Back Armstand Group		A	B	C	D	A	B	C	D	A	B	C	D
621	Armstand Back ½ Som	1.9	1.8	1.6	-	1.9	1.8	1.6	-	1.7	1.6	1.4	-
622	Armstand Back Som	2.3	2.2	2.0	-	2.2	2.1	1.9	-	2.1	2.0	1.8	-
623	Armstand Back 1½ Soms	-	2.2	1.9	-	-	2.2	1.9	-	-	2.3	2.0	-
624	Armstand Back 2 Soms	3.0	2.8	2.5	-	2.9	2.7	2.4	-	3.1	2.9	2.6	-
626	Armstand Back 3 Soms	-	3.5	3.3	-	-	3.3	3.1	-	-	-	3.5	-
Reverse Armstand Group		A	B	C	D	A	B	C	D	A	B	C	D
631	Armstand Reverse ½ Som	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
632	Armstand Reverse 1 Som	-	2.3	2.1	-	-	2.2	2.0	-	-	2.1	1.9	-
633	Armstand Reverse 1½ Ss	-	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	-	-	3.4	-	-	-	3.2	-	-	-	-	-
Fwd Armstand Twist Group		A	B	C	D	A	B	C	D	A	B	C	D
6122	Armstand Fwd Som 1 Tw	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
6124	Armstand Fwd Som 2 Tw	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
6142	Armstand Fwd 2 Ss 1 Tw	-	-	-	3.1	-	-	-	3.0	-	-	-	3.2
6144	Armstand Fwd 2 Ss 2 Tw	-	-	-	3.4	-	-	-	3.3	-	-	-	3.5
6162	Armstand Fwd 3 Ss 1 Tw	-	-	3.9	-	-	-	-	-	-	-	-	-
Back Armstand Twist Group		A	B	C	D	A	B	C	D	A	B	C	D
6221	Armstand Back Som ½ Tw	-	-	-	1.8	-	-	-	1.7	-	-	-	1.6
6241	Armstand Back 2 Ss ½ Tw	-	2.7	2.4	-	-	2.6	2.3	-	-	2.8	2.5	-
6243	Armstand Bck 2 Ss 1½ Tw	-	-	-	3.2	-	-	-	3.1	-	-	-	3.3
6245	Armstand Bck 2 Ss 2½ Tw	-	-	-	3.6	-	-	-	3.5	-	-	-	3.7
6261	Armstand Back 3 Ss ½ Tw	-	3.4	3.2	-	-	3.2	3.0	-	-	3.6	3.4	-