

## APPENDIX 1

### FINA DEGREE OF DIFFICULTY - FORMULA AND COMPONENTS

Note: Degree of Difficulty (DD) is calculated by adding: A + B + C + D + E  
EFFECTIVE 15 SEPTEMBER 2009

#### A Somersaults

|              | 0   | ½   | 1   | 1 ½ | 2   | 2 ½ | 3   | 3 ½ | 4 ½ |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 1m and 5m    | 0.9 | 1.1 | 1.2 | 1.6 | 2.0 | 2.4 | 2.7 | 3.0 | -   |
| 3m and 7 ½ m | 1.0 | 1.3 | 1.3 | 1.5 | 1.8 | 2.2 | 2.3 | 2.8 | 3.5 |
| 10 m         | 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 |     |     |      |     | 1 ½ - 2 Somersault |      |      |     |     | 2 ½ Somersault |      |      |     |     | 3 - 3 ½ Somersault |     |     |     |     | 4 ½ Somersaults |     |     |     |
|--------------|------------------|-----|-----|------|-----|--------------------|------|------|-----|-----|----------------|------|------|-----|-----|--------------------|-----|-----|-----|-----|-----------------|-----|-----|-----|
|              | Fwd              | Ba  | Re  | Inw  | Arm | Fwd                | Ba   | Re   | Inw | Arm | Fwd            | Ba   | Rev  | Inw | Arm | Fwd                | Ba  | Rev | Inw | Arm | Fwd             | Ba  | 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 = Straight | 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 which are currently not possible.

#### C Twists

|                   | ½ Twist<br>½ - 1 Som. | ½ Twist<br>1 ½ - 2 Som. | ½ Twist<br>2 ½ Som. | ½ Twist<br>3 - 3 ½ Som. | 1 Twist | 1 ½ Twists<br>½ - 2 Som. | 1 ½ Twists<br>2 ½ Som. | 2 Twists | 2 ½ Twists<br>½ - 2 Som. | 2 ½ Twists<br>2 ½ Som. | 3 Twists | 3 ½ Twists | 4 Twists | 4 ½ 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/Reverse | 0.4                   | 0.5                     | 0.5                 | 0.5                     | 1.2     | 1.3                      | 1.3                    | 1.3      | 1.7                      | 1.7                    | -        | -          | -        | -          |

In calculating the degree of difficulty for twisting dives with 1 or 1 ½ somersaults and in addition two somersaults in armstand twisting dives with 1, 1 ½, or 2 somersaults and one or more twists, the free position (D) shall be used in the calculation.

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

|              | Forward<br>½ - 3 ½ Som. | Forward<br>4 - 4 ½ Som. | Back<br>½ - 3 Som. | Back<br>3 ½ - 4 ½ Som. | Reverse<br>½ - 3 Som. | Reverse<br>3 ½ - 4 ½ Som. | Inward<br>½ - 1 Som. | Inward<br>1 ½ - 4 ½ Som. |
|--------------|-------------------------|-------------------------|--------------------|------------------------|-----------------------|---------------------------|----------------------|--------------------------|
| 1m and 5m    | 0                       | 0.5                     | 0.2                | 0.5                    | 0.3                   | 0.5                       | 0.6                  | 0.5                      |
| 3m and 7 ½ m | 0                       | 0.3                     | 0.2                | 0.3                    | 0.3                   | 0.3                       | 0.3                  | 0.3                      |
| 10 m         | 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)

|                  | Armstand<br>Forward with<br>0 - 2 Somersaults | Armstand<br>Forward with more<br>than 2<br>Somersaults | Armstand<br>Back with<br>0 - ½ Somersault | Armstand<br>Back with<br>1 - 4 Somersaults | Armstand<br>Reverse with<br>0 - ½ Somersault | Armstand<br>Reverse with<br>1 - 4 Somersaults |
|------------------|---|--|---|--|--|---|
| 5m / 7 ½ m / 10m | 0.2   | 0.4  | 0.2                                       | 0.4  | 0.3  | 0.5   |

#### E Unnatural Entry Does not apply to twisting dives

|                           | ½ Somersault | 1 Somersault | 1 ½ Somersault | 2 Somersault | 2 ½ Somersault | 3 Somersault | 3 ½ Somersault | 4 ½ Somersault |
|---------------------------|--------------|--------------|----------------|--------------|----------------|--------------|----------------|----------------|
| Forward / Inward          | -            | 0.1          | -              | 0.2          | -              | 0.2          | -              | -              |
| Back / Reverse            | 0.1          | -            | 0.2            | -            | 0.3            | -            | 0.4            | 0.4            |
| Armstand Back and Reverse | -            | 0.1          | -              | 0.2          | -              | 0.2          | -              | -              |
| Armstand Forward          | 0.1          | -            | 0.2            | -            | 0.3            | -            | 0.4            | 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 | Hight | A   | B   | C   | D   | E   | DD  |
|------|-----|-------|-----|-----|-----|-----|-----|-----|
| 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 | Hight | A   | B    | C   | D   | E   | DD  |
|------|-----|-------|-----|------|-----|-----|-----|-----|
| 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 |

