FINA DEGREE OF DIFFICULTY / FORMULA AND COMPONENTS

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

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					4½
	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd	Back	Rev	Inw	Arm	Fwd
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	0.1	0
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
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 ½ - 1 Som.	½ Twist 1 ½ - 2 Som.	½ Twist 2 ½ Som.	½ Twist 3 - 3 ½ Som.	1 Twist	1 ½ Twists	2 Twists	2 ½ Twists	3 Twists	3 ½ Twists	4 Twists	4 ½ Twists
Forward	0.4	0.4	0.4	0.4	0.6	0.8	1.0	1.2	1.4	1.6	1.8	2.0
Back	0.2	0.4	0	0	0.4	0.8	0.8	1.2	1.4	1.6	1.8	2.0
Reverse	0.2	0.4	0	0	0.4	0.8	0.8	1.2	1.4	1.6	1.8	2.0
Inward	0.2	0.4	0.2	0.4	0.4	0.8	0.8	1.2	1.4	1.6	1.8	2.0
Arm. Forward	0.4	0.5	0.5	0.4	1.2	1.3	1.5	1.7	-	-	-	-
Arm. Back/Reverse	0.4	0.5	0.5	0.5	1.2	1.3	1.3	1.7	-	-	-	-

In calculating the degree of difficulty for twisting dives with 1 or 1 ½ somersaults the free position (D) shall be used in the calculation.

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

	Forward	Back	Reverse	Inward ½-1 Somersault	Inward 1½-3½ Somersault
1m and 5m	0	0.2	0.3	0.6	0.5
3m and 7½ m	0	0.2	0.3	0.3	0.3
10 m	0	0.2	0.3	0.3	0.2

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

	Armstand Forward with 0 - 2 Somersaults	Armstand Forward with more than 2 Somersaults	Armstand Back with 0 - ½ Somersault	Armstand Back with 1 - 4 Somersaults	Armstand Reverse with 0 - ½ Somersault	Armstand Reverse with 1 - 4 Somersaults
5m / 7½ 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
Forward / Inward	-	0.1	-	0.2	-	0.2	-
Back / Reverse	0.1	-	0.2	-	0.3	-	0.4
Armstand Back and 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	DD	Dive	Pos	Hght	A	B	C	D	E	DD
632	B	10	1.4	0.3	0	0.5	0.1	**2.3**	313	C	3	1.5	0.2	0	0.3	0.2	**2.2**
6243	D	10	1.9	0	1.3	0	0	**3.2**	5132	D	3	1.5	0	0.6	0	0	**2.1**
6241	B	10	1.9	0.3	0.5	0	0	**2.7**	5351	C	3	2.2	0	0	0.3	0	**2.5**
6162	C	10	2.5	0.1	1.2	0	0	**3.8**	5371	C	3	2.8	0	0	0.3	0	**3.1**