

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 2013-2017, as amended.

Degree of Difficulty (DD) is calculated by adding: A + B + C + D + E
 These tables became effective October 1, 2013

Springboard

A. Somersaults

Level	0	½	1	1½	2	2½	3	3½	4½	4½
1m	0.9	1.1	1.2	1.6	2.0	2.4	2.7	3.0	3.3	3.8
3m	1.0	1.3	1.3	1.5	1.8	2.2	2.3	2.8	2.9	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				4 - 4½ Somersaults			
	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw	Fwd	Back	Rev	Inw
C = Tuck	0.1	0.1	0.1	-0.3	0	0	0	0.1	0	0.1	0	0.2	0	0	0	0.3	0	0.1	0.2	0.4
B = Pike	0.2	0.2	0.2	-0.2	0.1	0.3	0.3	0.3	0.2	0.3	0.2	0.5	0.3	0.3	0.3	0.6	0.4	0.4	0.5	0.8
A = Strt	0.3	0.3	0.3	0.1	0.4	0.5	0.6	0.8	0.6	0.7	0.6	—	—	—	—	—	—	—	—	—
D = Free	0.1	0.1	0.1	-0.1	0	-0.1	-0.1	0.2	0	-0.1	-0.2	0.4	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	½ Twist ½ - 1 Som.	½ Twist 1½ - 2 Som.	½ Twist 2 ½ Som.	½ Twist 3-3 ½ Som.	1 Twist	1½ Twists ½ - 2 Som.	1½ Twists 2½-3½ Som.	2 Twists	2½ Twists ½ - 2 Som.	2 ½ Twists 2½-3½ 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	0.7	0.8	1.2	1.1	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	1.8	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

- (1) Dives with ½ somersault and twists can only be executed in position A, B, or C,
- (2) Dives with 1 or 1½ 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

D. Approach/Group

Level	Forward ½ - 3½ Som.	Forward 4 - 4½ Som.	Back ½ - 3 Som.	Back 3 ½ - 4½ Som.	Reverse ½ - 3 Som.	Reverse 3½ - 4½ Som.	Inward ½ - 1 Som.	Inward 1½ - 4½ Som.
1m	0	0.5	0.2	0.6	0.3	0.5	0.6	0.5
3m	0	0.3	0.2	0.4	0.3	0.3	0.3	0.3

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 Som.	4 Som	4½ Som
Forward/Inward	—	0.1	—	0.2	—	0.2	—	0.2	—
Back/Reverse	0.1	—	0.2	—	0.3	—	0.4	—	0.4

A value indicates the diver does not see the water before the entry. The component is the same at all levels.
 (—) indicates the diver does see the water before the entry. The component is the same at all levels.

Examples

Dive	Pos	Height	A	B	C	D	E	D.D.
207	B	3	2.8	0.3	0.0	0.4	0.4	3.9
207	C	3	2.8	0.0	0.0	0.4	0.4	3.6
5253	B	3	2.2	0.3	0.7	0.2	0.0	3.4
5355	B	3	2.2	0.2	1.0	0.3	0.0	3.7

Dive	Pos	Height	A	B	C	D	E	D.D.
309	B	3	3.5	0.5	0.0	0.3	0.4	4.7
309	C	3	3.5	0.2	0.0	0.3	0.4	4.4
5255	B	3	2.2	0.3	1.1	0.2	0	3.8
313	C	3	1.5	0.2	0.0	0.3	0.2	2.2

Platform

A. Somersaults

Level	0	½	1	1½	2	2½	3	3½	4	4½	5½
5m	0.9	1.1	1.2	1.6	2.0	2.4	2.7	3.0	—	—	—
7½m	1.0	1.3	1.3	1.5	1.8	2.2	2.3	2.8	3.5	3.5	—
10m	1.0	1.3	1.4	1.5	1.9	2.1	2.5	2.7	3.5	3.5	4.5

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					4 - 4½ Somersaults					5½		
	Fwd	Back	Rev	Inw	Arm	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	0.2	0	0.1	0.3	0.4	0.3	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	0.4	0.6	0.7	0.5	—		
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	½ Twist ½-1 Som.	½ Twist 1½-2 Som.	½ Twist 2½ Som.	½ Twist 3-3½ Som.	1 Twist	1 ½ Twists ½-2 Som.	1 ½ Twists 2½-3½ Som.	2 Twists	2 ½ Twists ½-2 Som.	2½ Twists 2½-3½ Som.	3 Twists	3½ Twists ½-2 Som.	3½ Twists 2½-3 ½ Som.	4 Twists	4 ½ Twists ½-2 Som.	4½ Twists 2½-3 ½ Som.
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	1.6	1.9	2.0	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	1.5	1.8	2.1	1.9
Reverse	0.2	0.4	0	0	0.4	0.8	0.6	0.8	1.2	1.0	1.4	1.7	1.5	1.8	2.1	1.9
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	1.6	1.9	2.0	2.0
Arm. Forward	0.4	0.5	0.5	0.4	1.2	1.3	1.3	1.5	1.7	1.7	1.9	2.1	2.1	2.3	2.5	2.5
Arm. Back/Rev	0.4	0.5	0.5	0.5	1.2	1.3	1.3	1.3	1.7	1.7	1.9	2.1	2.1	2.3	2.5	2.5

- (1) Dives with ½ somersault and twists can only be executed in position A, B, or C,
- (2) Dives with 1 or 1½ 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,
- (4) Armstand dives with 1, 1½, or 2 somersaults and one or more twists can only be executed in position D, and
- (5) **Armstand dives with 2½ or more somersaults and twists can only be executed in positions B or C.**

D. Approach/Group 1. Forward, Back, Reverse, Inward and **Twisting** Groups (does not apply to armstand dives)

Level	Forward ½-3½ Som.	Forward 4-5½ Som.	Back ½ - 3 Som.	Back 3 ½ - 4 ½ Som.	Reverse ½-2 Som.	Reverse 2½-3 Som.	Reverse 3½-4½ Som.	Inward ½ -1 Som.	Inward 1½-4½ Som.
5m	0	0.5	0.2	0.5	0.3	0.4	0.6	0.6	0.5
7½m	0	0.3	0.2	0.3	0.3	0.4	0.4	0.3	0.3
10m	0	0.2	0.2	0.2	0.3	0.4	0.3	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 Som.	4 Som	4½ Som	5½ Som
Forward/Inward	—	0.1	—	0.2	—	0.2	—	0.0	—	—
Back/Reverse	0.1	—	0.2	—	0.3	—	0.4	—	0.4	0.0
Armstand Back&Reverse	—	0.1	—	0.2	—	0.2	—	0.3	—	—
Armstand Forward	0.1	—	0.2	—	0.3	—	0.4	—	0.4	0.0

A value indicates the diver does not see the water before the entry. The component is the same at all levels.
 (—) indicates the diver does see the water before the entry. The component is the same at all levels.

Examples

Dive	Pos	Hght	A	B	C	D	E	D.D.
307	B	10	2.7	0.3	0	0.3	0.4	3.7
307	C	10	2.7	0.0	0	0.3	0.4	3.4
5371	B	10	2.7	0.3	0	0.3	0	3.3
5257	B	10	2.1	0.3	1.7	0.2	0	4.3

Dive	Pos	Hght	A	B	C	D	E	D.D.
309	B	10	3.5	0.6	0	0.3	0.4	4.8
309	C	10	3.5	0.3	0	0.3	0.4	4.5
5371	C	10	2.7	0	0	0.3	0	3.0
6247	D	10	1.9	0	2.1	0	0	4.0