

**FINA TABLE OF DEGREE OF DIFFICULTY**  
**From Central Mass Diving, more @ [www.centralmassdiving.com](http://www.centralmassdiving.com)**

| Springboard   |                               | 1 meter |     |     |   | 3 meter |     |     |   |
|---------------|-------------------------------|---------|-----|-----|---|---------|-----|-----|---|
| 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 1 ½ Somersault        | 2.0     | 1.7 | 1.6 | - | 1.9     | 1.6 | 1.5 | - |
| 104           | Forward Double Somersault     | 2.6     | 2.3 | 2.2 | - | 2.4     | 2.1 | 2.0 | - |
| 105           | Forward 2 ½ Somersault        |         | 2.6 | 2.4 | - | 2.8     | 2.4 | 2.2 | - |
| 106           | Forward Triple Somersault     |         | 3.2 | 2.9 | - |         | 2.8 | 2.5 | - |
| 107           | Forward 3 ½ Somersault        |         | 3.3 | 3.0 | - |         | 3.1 | 2.8 | - |
| 109           | Forward 4 ½ Somersault        |         |     |     | - |         |     | 3.5 | - |
| 112           | Forward Flying Somersault     | -       | 1.7 | 1.6 | - | -       | 1.8 | 1.7 | - |
| 113           | Forward Flying 1 ½ Somersault | -       | 1.9 | 1.8 | - | -       | 1.8 | 1.7 | - |
| 115           | Forward Flying 2 ½ Somersault | -       |     |     | - | -       | 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 1 ½ Somersault           | 2.5     | 2.3 | 2.0 | - | 2.4     | 2.2 | 1.9 | - |
| 204           | Back Double Somersault        |         | 2.5 | 2.2 | - | 2.5     | 2.3 | 2.0 | - |
| 205           | Back 2 ½ Somersault           |         | 3.2 | 3.0 | - |         | 3.0 | 2.8 | - |
| 206           | Back Triple Somersault        |         | 3.2 | 2.9 | - |         | 2.8 | 2.5 | - |
| 207           | Back 3 ½ Somersault           |         |     |     | - |         | 3.7 | 3.4 | - |
| 212           | Back Flying Somersault        | -       | 1.7 | 1.6 | - | -       | 1.8 | 1.7 | - |
| 213           | Back Flying 1 ½ Somersault    | -       |     |     | - | -       |     | 2.1 | - |
| 215           | Back Flying 2 ½ Somersault    | -       |     |     | - | -       | 3.3 | 3.1 | - |
| 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 1 ½ Somersault        | 2.7     | 2.4 | 2.1 | - | 2.6     | 2.3 | 2.0 | - |
| 304           | Reverse Double Somersault     | 2.9     | 2.6 | 2.3 | - | 2.7     | 2.4 | 2.1 | - |
| 305           | Reverse 2 ½ Somersault        |         | 3.2 | 3.0 | - | 3.4     | 3.0 | 2.8 | - |
| 306           | Reverse Triple Somersault     |         | 3.3 | 3.0 | - |         | 2.9 | 2.6 | - |
| 307           | Reverse 3 ½ Somersault        |         |     |     | - |         | 3.8 | 3.5 | - |
| 312           | Reverse Flying Somersault     | -       | 1.8 | 1.7 | - | -       | 1.9 | 1.8 | - |
| 313           | Reverse Flying 1 ½ Somersault | -       | 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 1 ½ Somersault         |         | 2.4 | 2.2 | - |         | 2.1 | 1.9 | - |
| 404           | Inward Double Somersault      |         | 3.0 | 2.8 | - |         | 2.6 | 2.4 | - |
| 405           | Inward 2 ½ Somersault         |         | 3.4 | 3.1 | - |         | 3.0 | 2.7 | - |
| 407           | Inward 3 ½ Somersault         |         |     |     | - |         |     | 3.4 | - |
| 412           | Inward Flying Somersault      | -       | 2.1 | 2.0 | - | -       | 1.9 | 1.8 | - |
| 413           | Inward Flying 1 ½ Somersault  | -       | 2.9 | 2.7 | - | -       | 2.6 | 2.4 | - |

|                |                                 | 1 meter |     |     |     | 3 meter |     |     |     |
|----------------|---------------------------------|---------|-----|-----|-----|---------|-----|-----|-----|
| 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     | -       | -   | -   | 2.7 | -       | -   | -   | 2.8 |
| 5131           | Forward 1 ½ Somersault ½ Twist  | -       | -   | -   | 2.0 | -       | -   | -   | 1.9 |
| 5132           | Forward 1 ½ Somersault 1 Twist  | -       | -   | -   | 2.2 | -       | -   | -   | 2.1 |
| 5134           | Forward 1 ½ Somersault 2 Twists | -       | -   | -   | 2.6 | -       | -   | -   | 2.5 |
| 5136           | Forward 1 ½ Somersault 3 Twists | -       | -   | -   | 3.0 | -       | -   | -   | 2.9 |
| 5138           | Forward 1 ½ Somersault 4 Twists | -       | -   | -   | 3.4 | -       | -   | -   | 3.3 |
| 5151           | Forward 2 ½ Somersault ½ Twist  | -       | 3.0 | 2.8 | -   | -       | 2.8 | 2.6 | -   |
| 5152           | Forward 2 ½ Somersault 1 Twist  | -       | 3.2 | 3.0 | -   | -       | 3.0 | 2.8 | -   |
| 5154           | Forward 2 ½ Somersault 2 Twists | -       | 3.6 | 3.4 | -   | -       | 3.4 | 3.2 | -   |
| 5172           | Forward 3 ½ Somersault 1 Twist  | -       |     |     | -   | -       | 3.7 | 3.4 | -   |
|                |                                 | 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 1 ½ Twists      | -       | -   | -   | 2.3 | -       | -   | -   | 2.4 |
| 5225           | Back Somersault 2 ½ Twists      | -       | -   | -   | 2.7 | -       | -   | -   | 2.8 |
| 5227           | Back Somersault 3 ½ Twists      | -       | -   | -   | 3.1 | -       | -   | -   | 3.2 |
| 5231           | Back 1 ½ Somersault ½ Twist     | -       | -   | -   | 2.1 | -       | -   | -   | 2.0 |
| 5233           | Back 1 ½ Somersault 1 ½ Twists  | -       | -   | -   | 2.5 | -       | -   | -   | 2.4 |
| 5235           | Back 1 ½ Somersault 2 ½ Twists  | -       | -   | -   | 2.9 | -       | -   | -   | 2.8 |
| 5237           | Back 1 ½ Somersault 3 ½ Twists  | -       | -   | -   |     | -       | -   | -   | 3.2 |
| 5239           | Back 1 ½ Somersault 4 ½ Twists  | -       | -   | -   |     | -       | -   | -   | 3.6 |
| 5251           | Back 2 ½ Somersault ½ Twist     | -       | 2.9 | 2.7 | -   | -       | 2.7 | 2.5 | -   |
| 5253           | Back 2 ½ Somersault 1 ½ Twists  | -       |     |     | -   | -       | 3.5 | 3.3 | -   |
|                |                                 | 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 1 ½ Twists   | -       | -   | -   | 2.4 | -       | -   | -   | 2.5 |
| 5325           | Reverse Somersault 2 ½ Twists   | -       | -   | -   | 2.8 | -       | -   | -   | 2.9 |
| 5331           | Reverse 1 ½ Somersault ½ Twist  | -       | -   | -   | 2.2 | -       | -   | -   | 2.1 |
| 5333           | Rev. 1 ½ Somersault 1 ½ Twists  | -       | -   | -   | 2.6 | -       | -   | -   | 2.5 |
| 5335           | Rev. 1 ½ Somersault 2 ½ Twists  | -       | -   | -   | 3.0 | -       | -   | -   | 2.9 |
| 5337           | Rev. 1 ½ Somersault 3 ½ Twists  | -       | -   | -   | 3.4 | -       | -   | -   | 3.3 |
| 5339           | Rev. 1 ½ Somersault 4 ½ Twists  | -       | -   | -   |     | -       | -   | -   | 3.7 |
| 5351           | Rev. 2 ½ Somersault ½ Twist     | -       | 2.9 | 2.7 | -   | -       | 2.7 | 2.5 | -   |
| 5353           | Rev. 2 ½ Somersault 1 ½ Twists  | -       |     | 3.5 | -   | -       | 3.5 | 3.3 | -   |
| 5371           | Reverse 3 ½ Somersault ½ Twist  | -       |     |     | -   | -       | 3.4 | 3.1 | -   |
|                |                                 | 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 1 ½ Somersault 1 Twist   | -       | -   | -   | 2.7 | -       | -   | -   | 2.4 |
| 5434           | Inward 1 ½ Somersault 2 Twists  | -       | -   | -   | 3.1 | -       | -   | -   | 2.8 |
| 5436           | Inward 1 ½ Somersault 3 Twists  | -       | -   | -   |     | -       | -   | -   | 3.4 |

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