

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 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 ½ - 2 Som.	1 ½ Twists 2 ½ Som.	2 Twists	2 ½ Twists ½ - 2 Som.	2 ½ Twists 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 ½ - 3 ½ Som.	Forward 4 - 4 ½ Som.	Back ½ - 3 Som.	Back 3 ½ - 4 ½ Som.	Reverse ½ - 3 Som.	Reverse 3 ½ - 4 ½ Som.	Inward ½ - 1 Som.	Inward 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 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 / 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

APPENDIX 2

FINA TABLE OF DEGREE OF DIFFICULTY

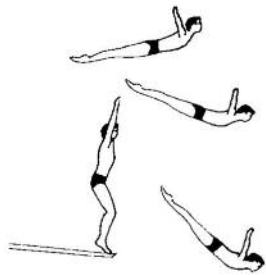
In the following table, the dive (-) is not possible and the empty spaces have not been calculated.
EFFECTIVE 15 SEPTEMBER 2009

Springboard		1 metre				3 metre			
		Straight	Pike	Tuck	Free	Straight	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 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				-		4.2	3.8	-
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				-		3.8	3.5	-
209	Back 4 ½ Somersault				-		4.6	4.3	-
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	-
309	Reverse 4 ½ Somersault				-		4.8	4.5	-
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	-
409	Inward 4 ½ Somersault				-		4.5	4.2	-
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	-
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 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

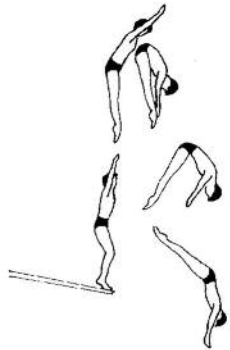
Springboard		1 metre				3 metre			
		Straight	Pike	Tuck	Free	Straight	Pike	Tuck	Free
Twisting Group		A	B	C	D	A	B	C	D
5136	Forward 1 ½ Somersault 3 Twists	-	-	-	3.1	-	-	-	3.0
5138	Forward 1 ½ Somersault 4 Twists	-	-	-	3.5	-	-	-	3.4
5151	Forward 2 ½ Somersault ½ Twist	-	3.0	2.8	-	-	2.8	2.6	-
5152	Forward 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	-
5156	Forward 2 ½ Somersault 3 Twists	-			-	-	3.9	3.7	-
5172	Forward 3 ½ Somersault 1 Twist	-			-	-	3.7	3.4	-
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	-	-	-	3.2	-	-	-	3.3
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	-	-	-		-	-	-	3.3
5239	Back 1 ½ Somersault 4 ½ Twists	-	-	-		-	-	-	3.7
5251	Back 2 ½ Somersault ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5253	Back 2 ½ Somersault 1 ½ Twists	-			-	-	3.3	3.1	-
5255	Back 2 ½ Somersault 1 ½ Twists	-			-	-	3.7	3.5	-
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	Reverse 1 ½ Somersault 1 ½ Twists	-	-	-	2.6	-	-	-	2.5
5335	Reverse 1 ½ Somersault 2 ½ Twists	-	-	-	3.0	-	-	-	2.9
5337	Reverse 1 ½ Somersault 3 ½ Twists	-	-	-	3.5	-	-	-	3.4
5339	Reverse 1 ½ Somersault 4 ½ Twists	-	-	-		-	-	-	3.8
5351	Reverse 2 ½ Somersault ½ Twist	-	2.9	2.7	-	-	2.7	2.5	-
5353	Reverse 2 ½ Somersault 1 ½ Twists	-	3.5	3.3	-	-	3.3	3.1	-
5355	Reverse 2 ½ Somersault 2 ½ Twists	-	3.9	3.7	-	-	3.7	3.5	-
5371	Reverse 3 ½ Somersault ½ Twist	-			-	-	3.4	3.1	-
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	-	-	-		-	-	-	3.5

Platform		10 metre				7.5 metre				5 metre			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
Forward 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 Somersault	1.8	1.7	1.6	-	1.7	1.6	1.5	-	1.6	1.5	1.4	-
103	Forward 1 ½ Somersault	1.9	1.6	1.5	-	1.9	1.6	1.5	-	2.0	1.7	1.6	-
104	Forward Double Somersault	2.5	2.2	2.1	-	2.4	2.1	2.0	-	2.6	2.3	2.2	-
105	Forward 2 ½ Somersault	2.7	2.3	2.1	-		2.4	2.2	-		2.6	2.4	-
107	Forward 3 ½ Somersault		3.0	2.7	-		3.1	2.8	-			3.0	-
109	Forward 4 ½ Somersault		4.1	3.7	-				-				-
112	Forward Flying Somersault	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
113	Forward Flying 1 ½ Somersault	-	1.8	1.7	-	-	1.8	1.7	-	-	1.9	1.8	-
114	Forward Flying Double Somersault	-	2.4	2.3	-	-	2.3	2.2	-	-	2.5	2.4	-
115	Forward Flying 2 ½ Somersault	-	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 Somersault	1.9	1.8	1.7	-	1.8	1.7	1.6	-	1.7	1.6	1.5	-
203	Back 1 ½ Somersault	2.4	2.2	1.9	-	2.4	2.2	1.9	-	2.5	2.3	2.0	-
204	Back Double Somersault	2.6	2.4	2.1	-	2.5	2.3	2.0	-		2.5	2.2	-
205	Back 2 ½ Somersault	3.3	2.9	2.7	-		3.0	2.8	-			3.0	-
206	Back Triple Somersault		3.0	2.7	-		2.8	2.5	-		3.2	2.9	-
207	Back 3 ½ Somersault		3.6	3.3	-			3.5	-				-
209	Back 4 ½ Somersault		4.5	4.2	-				-				-
212	Back Flying Somersault	-	1.9	1.8	-	-	1.8	1.7	-	-	1.7	1.6	-
213	Back Flying 1 ½ Somersault Back	-	2.4	2.1	-	-	2.4	2.1	-	-	2.5	2.2	-
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 Somersault	2.0	1.9	1.8	-	1.9	1.8	1.7	-	1.8	1.7	1.6	-
303	Reverse 1 ½ Somersault	2.6	2.3	2.0	-	2.6	2.3	2.0	-	2.7	2.4	2.1	-
304	Reverse Double Somersault	2.8	2.5	2.2	-	2.7	2.4	2.1	-	2.9	2.6	2.3	-
305	Reverse 2 ½ Somersault	3.3	2.9	2.7	-	3.4	3.0	2.8	-		3.2	3.0	-
306	Reverse Triple Somersault		3.1	2.8	-		2.9	2.6	-		3.3	3.0	-
307	Reverse 3 ½ Somersault		3.6	3.3	-				-				-
309	Reverse 4 ½ Somersault		4.7	4.4	-				-				-
312	Reverse Flying Somersault	-	2.0	1.9	-	-	1.9	1.8	-	-	1.8	1.7	-
313	Reverse Flying 1 ½ Somersault	-	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 Somersault	1.9	1.6	1.5	-	1.8	1.5	1.4	-	2.0	1.7	1.6	-
403	Inward 1 ½ Somersault		2.0	1.8	-		2.1	1.9	-		2.4	2.2	-
404	Inward Double Somersault		2.6	2.4	-		2.6	2.4	-		3.0	2.8	-
405	Inward 2 ½ Somersault		2.8	2.5	-		3.0	2.7	-		3.4	3.1	-
407	Inward 3 ½ Somersault		3.5	3.2	-			3.4	-				-
409	Inward 4 ½ Somersault		4.4	4.1	-				-				-
412	Inward Flying Somersault	-	2.0	1.9	-	-	1.9	1.8	-	-	2.1	2.0	-
413	Inward Flying 1 ½ Somersault	-	2.5	2.3	-	-	2.6	2.4	-	-	2.9	2.7	-
Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
5111	Forward Dive ½ Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
5112	Forward Dive 1 Twist	2.2	2.1		-	2.2	2.1		-	2.0	1.9		-
5121	Forward Somersault Forward ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5122	Forward Somersault Forward 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5124	Forward Somersault Forward 2 Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5131	Forward 1 ½ Somersault ½ Twist	-	-	-	1.9	-	-	-	1.9	-	-	-	2.0
5132	Forward 1 ½ Somersault 1 Twist	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5134	Forward 1 ½ Somersault 2 Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5136	Forward 1 ½ Somersault 3 Twists	-	-	-	3.0	-	-	-	3.0	-	-	-	3.1
5138	Forward 1 ½ Somersault 4 Twists	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5152	Forward 2 ½ Somersault 1 Twist	-	2.9	2.7	-	-	3.0	2.8	-	-	3.2	3.0	-
5154	Forward 2 ½ Somersault 2 Twists	-	3.3	3.1	-	-	3.4	3.2	-	-	3.6	3.4	-
5156	Forward 2 ½ Somersault 3 Twists	-	3.8	3.6	-	-			-	-			-
5172	Forward 3 ½ Somersault 1 Twist	-	3.6	3.3	-	-	3.7	3.4	-	-			-

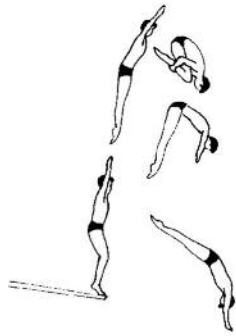
Platform		10 metre				7.5 metre				5 metre			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
5211	Back Dive ½ Twist	2.0	1.9	1.8	-	2.0	1.9	1.8	-	1.8	1.7	1.6	-
5212	Back Dive 1 Twist	2.2			-	2.2			-	2.0			-
5221	Back Somersault ½ Twist	-	-	-	1.9	-	-	-	1.8	-	-	-	1.7
5222	Back Somersault 1 Twist	-	-	-	2.1	-	-	-	2.0	-	-	-	1.9
5223	Back Somersault 1 ½ Twists	-	-	-	2.5	-	-	-	2.4	-	-	-	2.3
5225	Back Somersault 2 ½ Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
5231	Back 1 ½ Somersault ½ Twist	-	-	-	2.0	-	--	-	2.0	-	-	-	2.1
5233	Back 1 ½ Somersault 1 ½ Twists	-	-	-	2.4	-	-	-	2.4	-	-	-	2.5
5235	Back 1 ½ Somersault 2 ½ Twists	-	-	-	2.8	-	-	-	2.8	-	-	-	2.9
5237	Back 1 ½ Somersault 3 ½ Twists	-	-	-	3.3	-	-	-	3.3	-	-	-	3.4
5239	Back 1 ½ Somersault 4 ½ Twists	-	-	-	3.7	-	-	-	3.7	-	-	-	3.8
5251	Back 2 ½ Somersault ½ Twist	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5253	Back 2 ½ Somersault 1 ½ Twists	-	3.2	3.0	-	-	3.3	3.1	-	-			-
5255	Back 2 ½ Somersault 2 ½ Twists	-	3.6	3.4	-	-			-	-			-
5271	Back 3 ½ Somersault ½ Twist	-	3.2	2.9	-	-			-	-			-
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 Somersault ½ Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	1.8
5322	Reverse Somersault 1 Twist	-	-	-	2.2	-	-	-	2.1	-	-	-	2.0
5323	Reverse Somersault 1 ½ Twists	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
5325	Reverse Somersault 2 ½ Twists	-	-	-	3.0	-	-	-	2.9	-	-	-	2.8
5331	Reverse 1 ½ Somersault ½ Twist	-	-	-	2.1	-	-	-	2.1	-	-	-	2.2
5333	Reverse 1 ½ Somersault 1 ½ Twists	-	-	-	2.5	-	-	-	2.5	-	-	-	2.6
5335	Reverse 1 ½ Somersault 2 ½ Twists	-	-	-	2.9	-	-	-	2.9	-	-	-	3.0
5337	Reverse 1 ½ Somersault 3 ½ Twists	-	-	-	3.4	-	-	-	3.4	-	-	-	3.5
5339	Reverse 1 ½ Somersault 4 ½ Twists	-	-	-	3.8	-	-	-	3.8	-	-	-	-
5351	Reverse 2 ½ Somersault ½ Twist	-	2.6	2.4	-	-	2.7	2.5	-	-	2.9	2.7	-
5353	Reverse 2 ½ Somersault 1 ½ Twists	-	3.2	3.0	-	-	3.3	3.1	-	-		3.3	-
5355	Reverse 2 ½ Somersault 2 ½ Twists	-	3.6	3.4	-	-	3.7	3.5	-	-		3.7	-
5371	Reverse 3 ½ Somersault ½ Twist	-	3.3	3.0	-	-			-	-			-
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 Somersault ½ Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.9
5422	Inward Somersault 1 Twist	-	-	-	2.0	-	-	-	1.9	-	-	-	2.1
5432	Inward 1 ½ Somersault 1 Twist	-	-	-	2.3	-	-	-	2.4	-	-	-	2.7
5434	Inward 1 ½ Somersault 2 Twists	-	-	-	2.7	-	-	-	2.8	-	-	-	3.1
5436	Inward 1 ½ Somersault 3 Twists	-	-	-	3.4	-	-	-		-	-	-	
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 Somersault	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
612	Armstand Forward 1 Somersault	2.0	1.9	1.7	-	1.9	1.8	1.6	-	1.8	1.7	1.5	-
614	Armstand Forward Double Somersault		2.4	2.1	-		2.3	2.0	-		2.5	2.2	-
616	Armstand Forward Triple Somersault		3.3	3.1	-				-				-
621	Armstand Backward ½ Somersault	1.9	1.8	1.6	-	1.9	1.8	1.6	-	1.7	1.6	1.4	-
622	Armstand Backward Somersault	2.3	2.2	2.0	-	2.2	2.1	1.9	-	2.1	2.0	1.8	-
623	Armstand Backward 1 ½ Somersault		2.2	1.9	-		2.2	1.9	-		2.3	2.0	-
624	Armstand Backward Double Somersault	3.0	2.8	2.5	-	2.9	2.7	2.4	-	3.1	2.9	2.6	-
626	Armstand Backward Triple Somersault		3.5	3.3	-		3.3	3.1	-			3.5	-
631	Armstand Reverse ½ Somersault	2.0	1.9	1.7	-	2.0	1.9	1.7	-	1.8	1.7	1.5	-
632	Armstand Reverse 1 Somersault		2.3	2.1	-		2.2	2.0	-		2.1	1.9	-
633	Armstand Reverse 1½ Somersault		2.3	2.0	-		2.3	2.0	-		2.4	2.1	-
634	Armstand Reverse Double Somersault		2.9	2.6	-		2.8	2.5	-		3.0	2.7	-
636	Armstand Reverse Triple Somersault			3.4	-			3.2	-				-
6122	Armstand Forward Somersault 1 Twist	-	-	-	2.6	-	-	-	2.5	-	-	-	2.4
6124	Armstand Forward Somersault 2 Twists	-	-	-	2.9	-	-	-	2.8	-	-	-	2.7
6142	Armstand Fwd. Double Som. 1 Twist	-	-	-	3.1	-	-	-	3.0	-	-	-	3.2
6144	Armstand Fwd. Double Som. 2 Twists	-	-	-	3.4	-	-	-	3.3	-	-	-	3.5
6162	Armstand Fwd. Triple Som. 1 Twist	-	-	3.9	-	-	-	-	-	-	-	-	-
6221	Armstand Back Somersault ½ Twist	-	-	-	1.8	-	-	-	1.7	-	-	-	1.6
6241	Armstand Back Double Som. ½ Twist	-	2.7	2.4	-	-	2.6	2.3	-	-	2.8	2.5	-
6243	Armstand Back Double Som. 1 ½ Twists	-	-	-	3.2	-	-	-	3.1	-	-	-	3.3
6245	Armstand Back Double Som. 2 ½ Twists	-	-	-	3.6	-	-	-	3.5	-	-	-	3.7
6261	Armstand Back Triple Som. ½ Twist	-	3.4	3.2	-	-	3.2	3.0	-	-	3.6	3.4	-



101 (a)

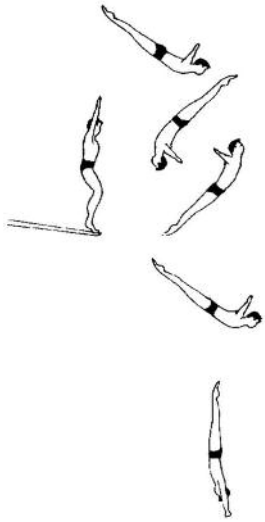


101(b)

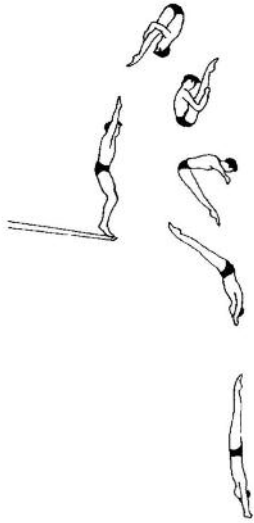


101 (c)

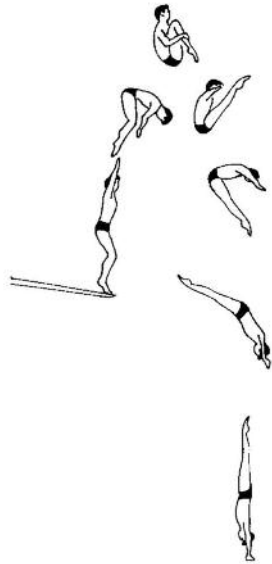




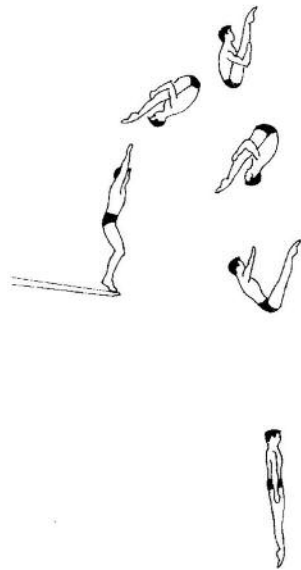
103 (a)



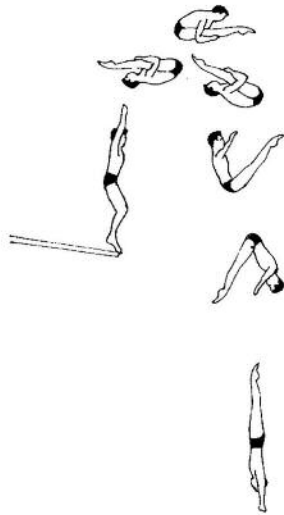
103 (b)



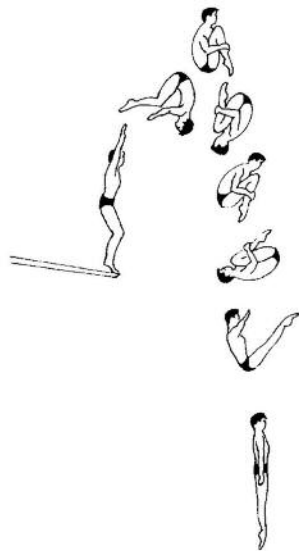
103 (c)



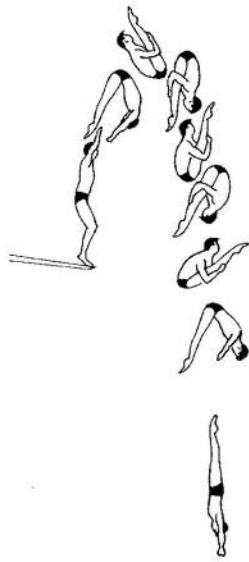
104 (b)



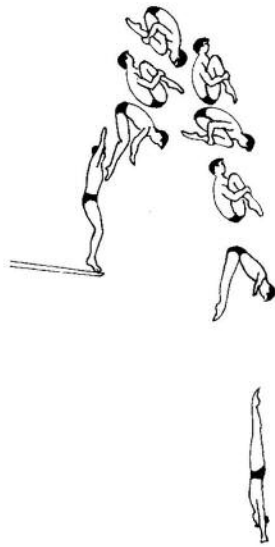
105 (b)



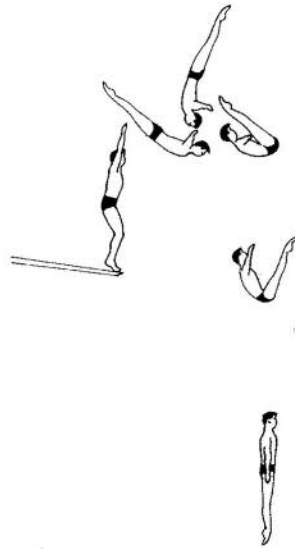
106 (c)



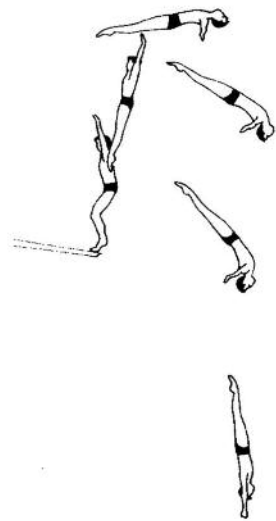
107 (b)



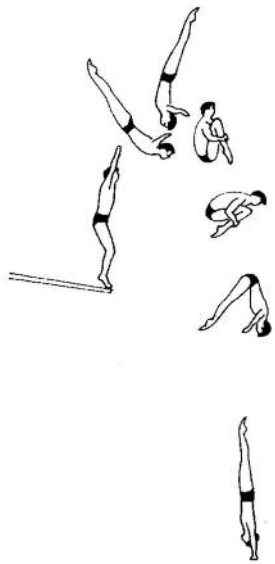
107 (c)



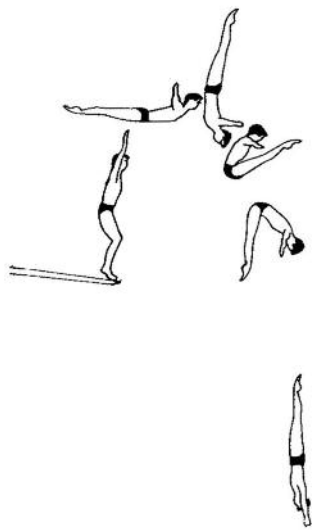
112 (b)



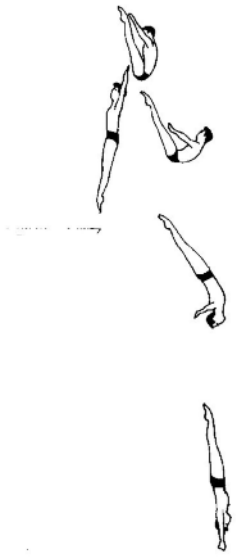
201 (a)



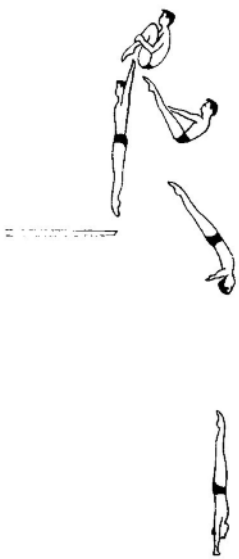
113 (c)



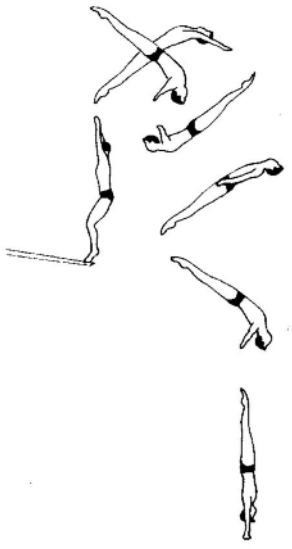
113 (b)



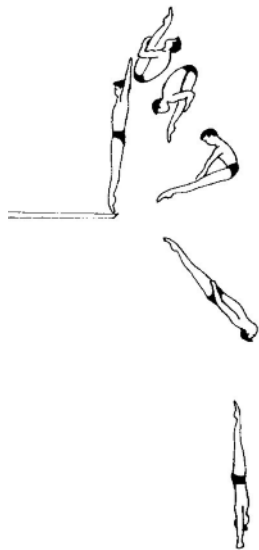
201 (b)



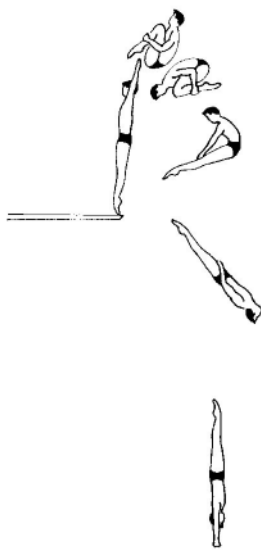
201 (c)



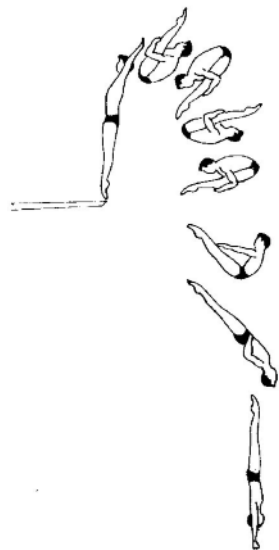
203 (a)



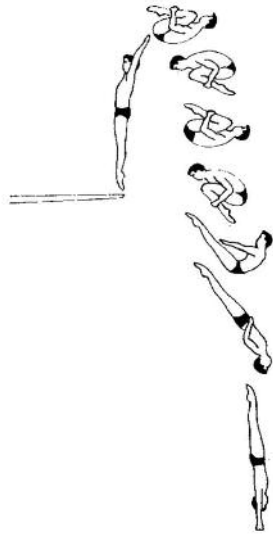
203 (b)



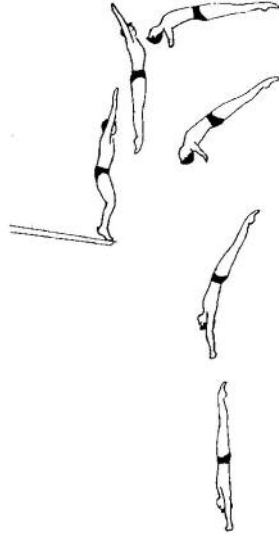
203 (c)



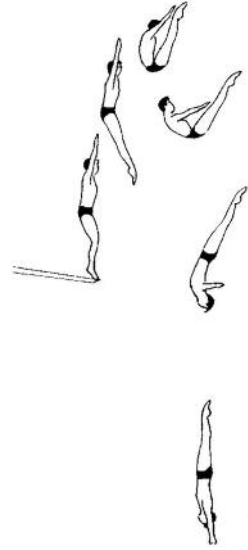
205 (b)



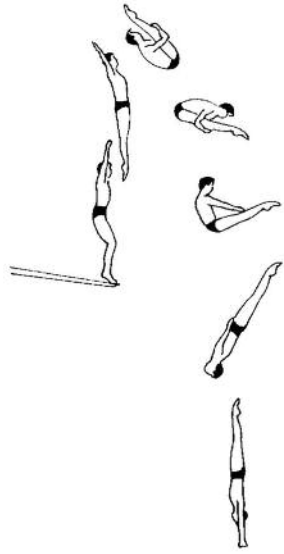
205 (c)



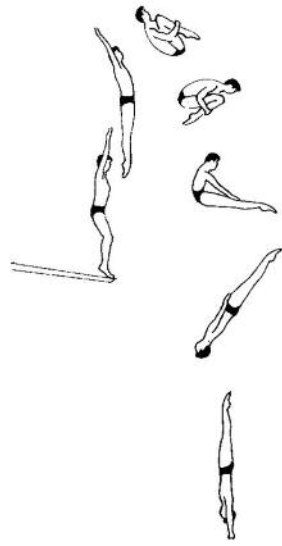
301 (a)



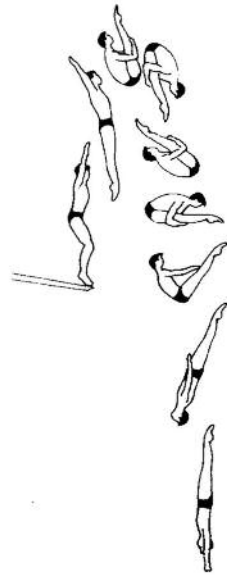
301 (b)



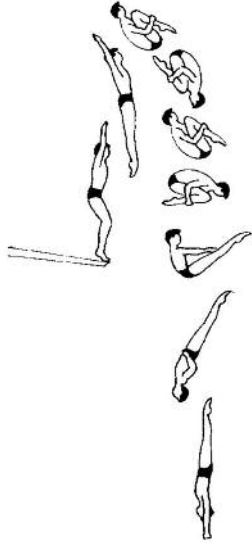
303 (b)



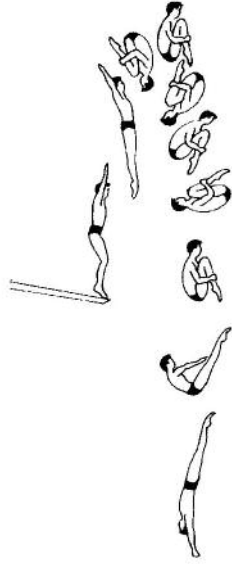
303 (c)



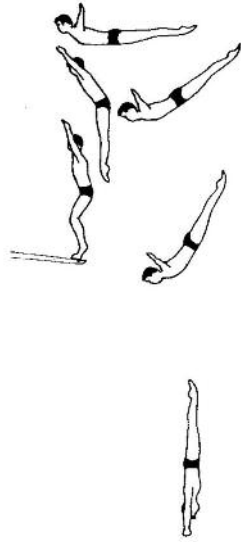
305 (b)



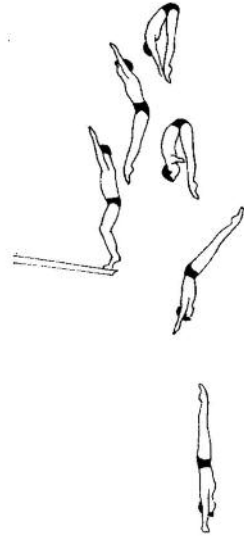
305 (c)



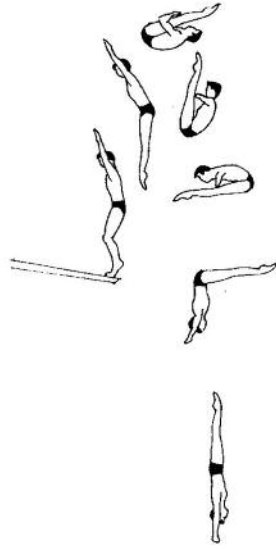
307 (c)



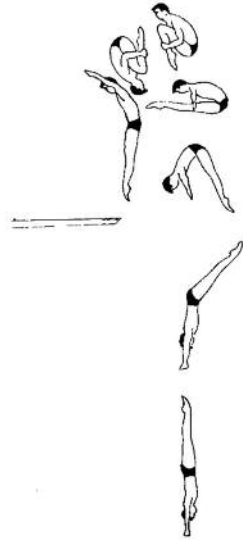
401 (a)



401 (b)



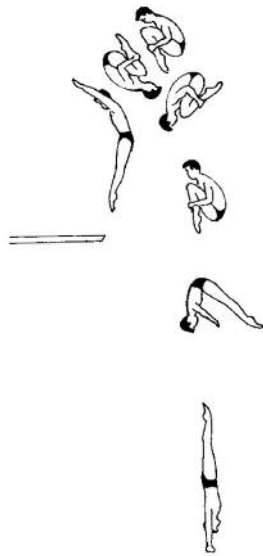
403 (b)



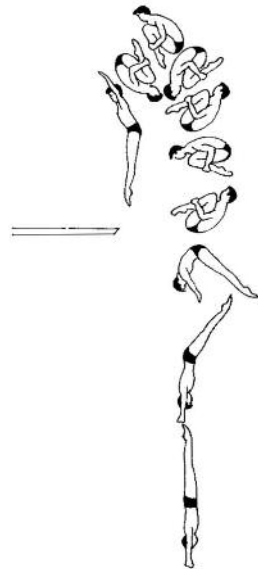
403 (c)



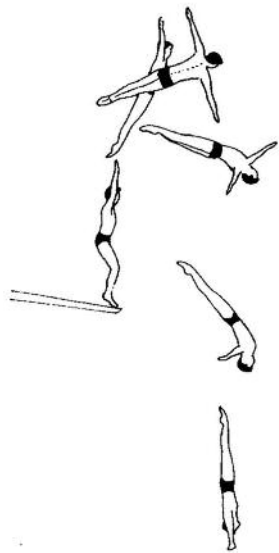
405 (b)



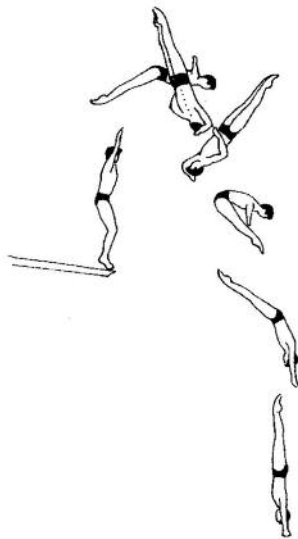
405 (c)



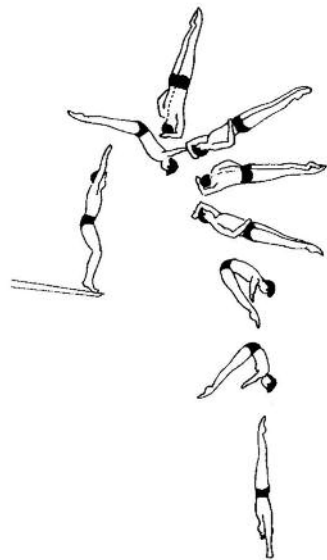
407 (c)



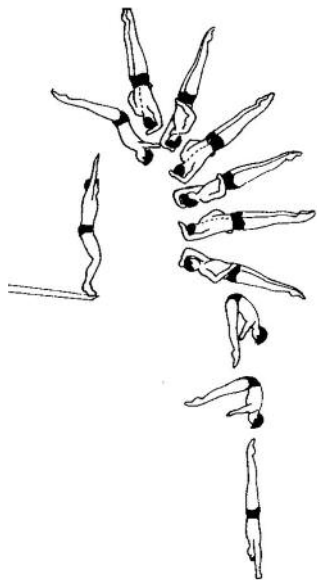
5111 (a)



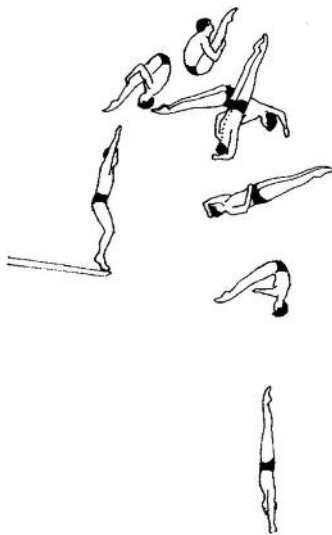
5132 (d)



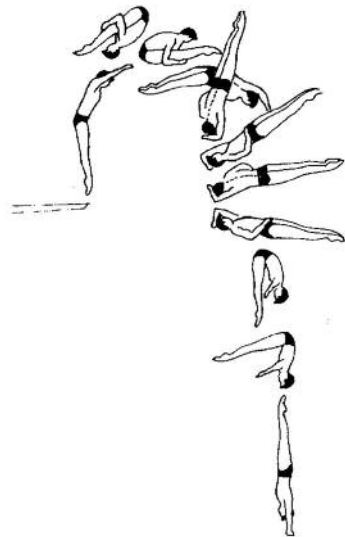
5134 (d)



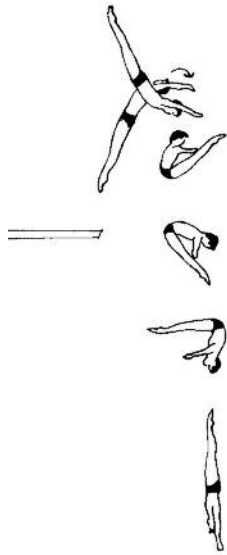
5136 (d)



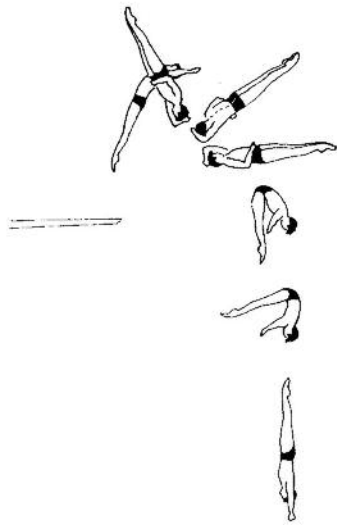
5152 (b)



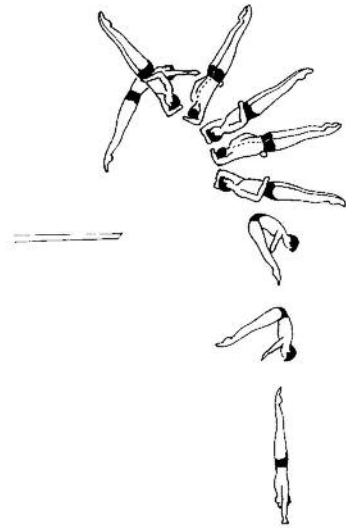
5154 (b)



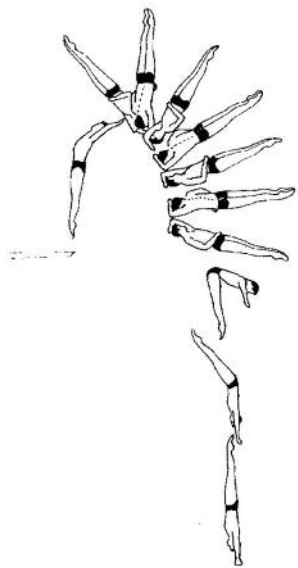
5231 (d)



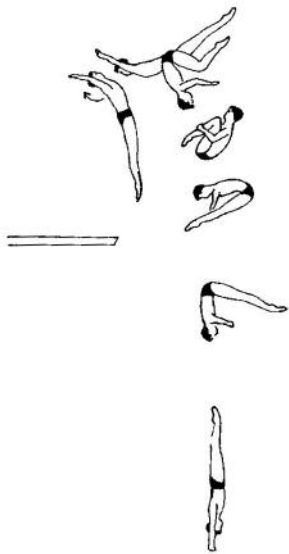
5233 (d)



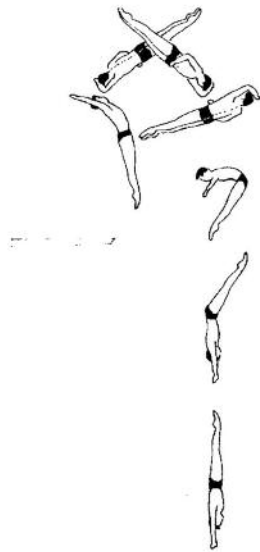
5235 (d)



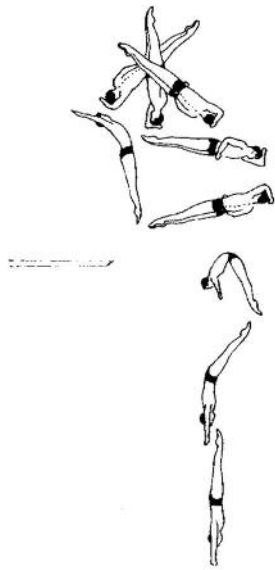
5237 (d)



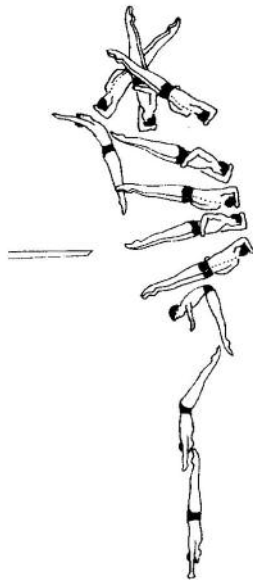
5331 (d)



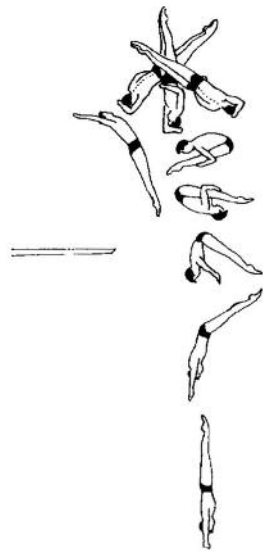
5333 (d)



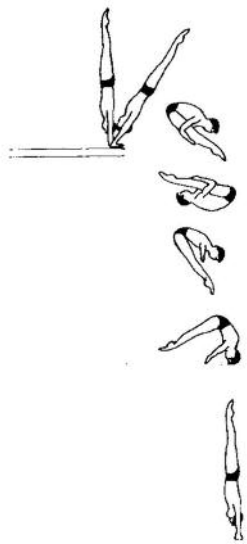
5335 (d)



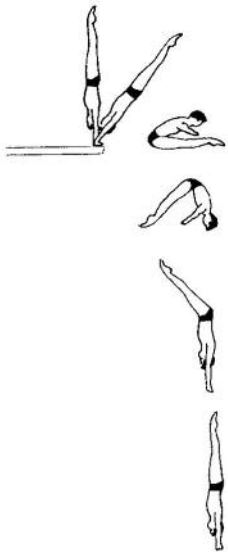
5337 (d)



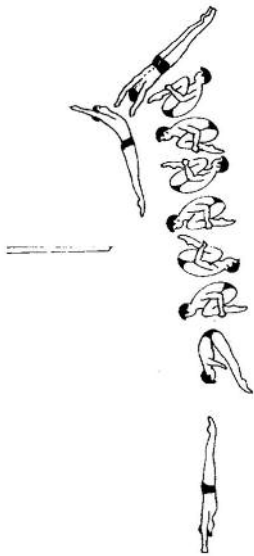
5353 (b)



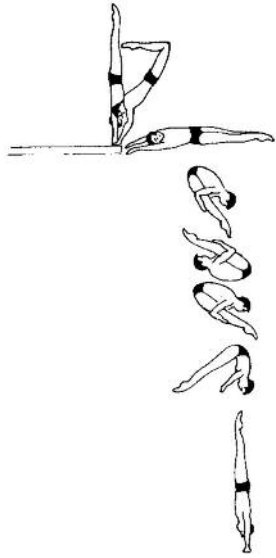
614 (b)



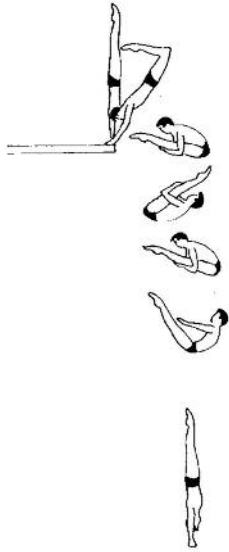
612 (b)



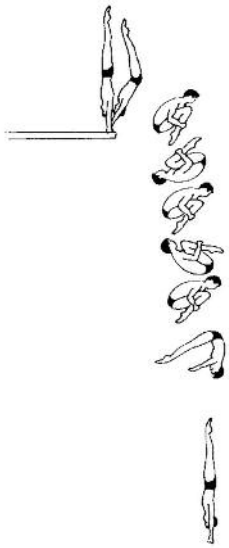
5371 (c)



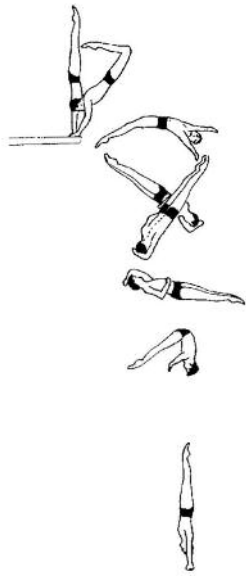
6241 (b)



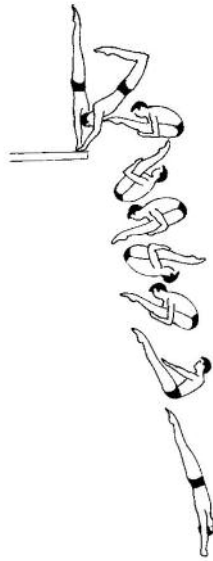
624 (b)



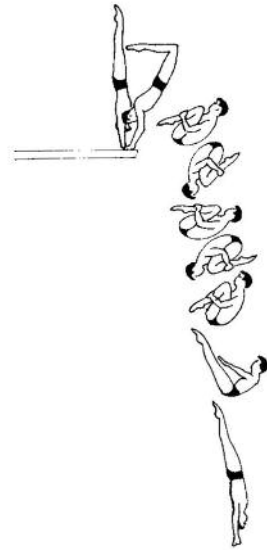
616 (c)



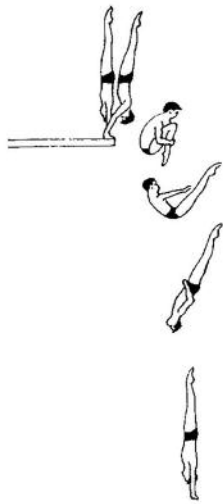
6243 (b)



612 (b)



626 (c)



632 (c)



634 (c)



636 (c)