

FINA Table of Degrees of Difficulty - Amended for NKSL

SPRINGBOARD		One Meter				Three Meter			
		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Forward Group		A	B	C	D	A	B	C	D
001	Forward Fall	0.7	0.7	0.7	-	-	-	-	-
100	Forward Jump	0.5	0.5	0.5	-	-	-	-	-
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 1.5 Somersaults	2.0	1.7	1.6	-	1.9	1.6	1.5	-
104	Forward 2.0 Somersaults	2.6	2.3	2.2	-	2.4	2.1	2.0	-
105	Forward 2.5 Somersaults	-	2.6	2.4	-	2.8	2.4	2.2	-
106	Forward 3.0 Somersaults	-	3.2	2.9	-	-	2.8	2.5	-
107	Forward 3.5 Somersaults	-	3.3	3.0	-	-	3.1	2.8	-
108	Forward 4.0 Somersaults	-	-	4.0	-	-	3.8	3.4	-
109	Forward 4.5 Somersaults	-	-	4.3	-	-	4.2	3.8	-

Back Group		A	B	C	D	A	B	C	D
002	Back Fall	1.0	1.0	1.0	-	-	-	-	-
200	Back Jump	0.5	0.5	0.5	-	-	-	-	-
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 1.5 Somersaults	2.5	2.3	2.0	-	2.4	2.2	1.9	-
204	Back 2.0 Somersaults	-	2.5	2.2	-	2.5	2.3	2.0	-
205	Back 2.5 Somersaults	-	3.2	3.0	-	-	3.0	2.8	-
206	Back 3.0 Somersaults	-	3.2	2.9	-	-	2.8	2.5	-
207	Back 3.5 Somersaults	-	-	-	-	-	3.9	3.6	-
208	Back 4.0 Somersaults	-	-	-	-	-	3.7	3.4	-
209	Back 4.5 Somersaults	-	-	-	-	-	4.7	4.4	-

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		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
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 1.5 Somersaults	2.7	2.4	2.1	-	2.6	2.3	2.0	-
304	Reverse 2.0 Somersaults	2.9	2.6	2.3	-	2.7	2.4	2.1	-
305	Reverse 2.5 Somersaults	-	3.2	3.0	-	3.4	3.0	2.8	-
306	Reverse 3.0 Somersaults	-	3.3	3.0	-	-	2.9	2.6	-
307	Reverse 3.5 Somersaults	-	-	-	-	-	3.8	3.5	-
308	Reverse 4.0 Somersaults	-	-	-	-	-	3.7	3.4	-
309	Reverse 4.5 Somersaults	-	-	-	-	-	4.7	4.4	-

Inward Group		A	B	C	D	A	B	C	D
201	Inward Dive	1.8	1.5	1.4	-	1.7	1.4	1.3	-
202	Inward Somersault	2.0	1.7	1.6	-	1.8	1.5	1.4	-
203	Inward 1.5 Somersaults	-	2.4	2.2	-	-	2.1	1.9	-
204	Inward 2.0 Somersaults	-	3.0	2.8	-	-	2.6	2.4	-
205	Inward 2.5 Somersaults	-	3.4	3.1	-	-	3.0	2.7	-
207	Inward 3.5 Somersaults	-	-	-	-	-	3.7	3.4	-
209	Inward 4.5 Somersaults	-	-	-	-	-	4.6	4.2	-

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		STR	PIKE	TUCK	FREE	STR	PIKE	TUCK	FREE
Forward Twisting Group		A	B	C	D	A	B	C	D
5111	Forward Dive .5 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 .5 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 1.5 Somersault .5 Twist	-	-	-	2.0	-	-	-	1.9
5132	Forward 1.5 Somersaults 1 Twist	-	-	-	2.2	-	-	-	2.1
5134	Forward 1.5 Somersaults 2 Twist	-	-	-	2.6	-	-	-	2.5
5136	Forward 1.5 Somersaults 3 Twist	-	-	-	3.1	-	-	-	3.0
5138	Forward 1.5 Somersaults 4 Twist	-	-	-	3.5	-	-	-	3.4
5151	Forward 2.5 Somersaults .5 Twist	-	3.0	2.8	-	-	2.8	2.6	-
5152	Forward 2.5 Somersaults 1 Twist	-	3.2	3.0	-	-	3.0	2.8	-
5154	Forward 2.5 Somersaults 2 Twist	-	3.6	3.4	-	-	3.4	3.2	-
5156	Forward 2.5 Somersaults 3 Twist	-	-	-	-	-	3.9	3.7	-
5172	Forward 3.5 Somersaults 1 Twist	-	-	-	-	-	3.7	3.4	-

Back Twisting Group		A	B	C	D	A	B	C	D
5211	Back Dive .5 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 .5 Twist	-	-	-	1.7	-	-	-	1.8
5222	Back Somersault 1 Twist	-	-	-	1.9	-	-	-	2.0
5223	Back Somersault 1.5 Twists	-	-	-	2.3	-	-	-	2.4
5225	Back Somersault 2.5 Twists	-	-	-	2.7	-	-	-	2.8
5227	Back Somersault 3.5 Twists	-	-	-	3.2	-	-	-	3.3
5231	Back 1.5 Somersaults .5 Twist	-	-	-	2.1	-	-	-	2.0
5233	Back 1.5 Somersaults 1.5 Twist	-	-	-	2.5	-	-	-	2.4
5235	Back 1.5 Somersaults 2.5 Twist	-	-	-	2.9	-	-	-	2.8
5237	Back 1.5 Somersaults 3.5 Twist	-	-	-	-	-	-	-	3.3
5239	Back 1.5 Somersaults 4.5 Twist	-	-	-	-	-	-	-	3.7
5251	Back 2.5 Somersaults .5 Twist	-	2.9	2.7	-	-	2.7	2.5	-
5253	Back 2.5 Somersaults 1.5 Twist	-	-	-	-	-	3.4	3.2	-
5255	Back 2.5 Somersaults 2.5 Twist	-	-	-	-	-	3.8	3.6	-

