

# FINA TABLE OF DEGREES OF DIFFICULTY - Springboard

## A- Straight, B- Pike, C- Tuck, D- Free

#	Name/Group	One Meter			Three Meter		
		Str.	Pike	Tuck	Str.	Pike	Tuck
	<b>FORWARD</b>	A	B	C	A	B	C
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 Somersaults	2.0	1.7	1.6	1.9	1.6	1.5
104	Forward 2 Somersaults	2.6	2.3	2.2	2.4	2.1	2.0
105	Forward 2 ½ Somersaults	-	2.6	2.4	2.8	2.4	2.2
106	Forward 3 Somersaults	-	3.2	2.9	-	2.8	2.5
107	Forward 3 ½ Somersaults	-	3.3	3.0	-	3.1	2.8
108	Forward 4 Somersaults	-	-	4.0	-	3.8	3.4
109	Forward 4 ½ Somersault	-	-	4.3	-	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
		One Meter			Three Meter		
#	Name/Group	Str.	Pike	Tuck	Str.	Pike	Tuck
	<b>BACK</b>	A	B	C	A	B	C
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 Somersaults	2.5	2.3	2.0	2.4	2.2	1.9
204	Back 2 Somersaults	-	2.5	2.2	2.5	2.3	2.0
205	Back 2 ½ Somersaults	-	3.2	3.0	-	3.0	2.8
206	Back 3 Somersaults	-	3.2	2.9	-	2.8	2.5
207	Back 3 ½ Somersaults	-	-	-	-	3.9	3.6
208	Back 4 Somersaults	-	-	-	-	3.7	3.4
209	Back 4 ½ Somersaults	-	-	-	-	4.8	4.5
212	Back Flying Somersaults	-	1.7	1.6	-	1.8	1.7
213	Back Flying 1 ½ Somersaults	-	-	-	-	-	2.1
215	Back Flying 2 ½ Somersaults	-	-	-	-	3.3	3.1
		One Meter			Three Meter		
#	Name/Group	Str.	Pike	Tuck	Str.	Pike	Tuck
	<b>REVERSE</b>	A	B	C	A	B	C
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 Somersaults	2.7	2.4	2.1	2.6	2.3	2.0
304	Reverse 2 Somersaults	2.9	2.6	2.3	2.7	2.4	2.1
305	Reverse 2 ½ Somersaults	-	3.2	3.0	3.4	3.0	2.8
306	Reverse 3 Somersaults	-	3.3	3.0	-	2.9	2.6
307	Reverse 3 ½ Somersaults	-	-	-	-	3.8	3.5
308	Reverse 4 Somersaults	-	-	-	-	3.7	3.4
309	Reverse 4 ½ Somersaults	-	-	-	-	4.7	4.4
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
		One Meter			Three Meter		
#	Name/Group	Str.	Pike	Tuck	Str.	Pike	Tuck
	<b>INWARD</b>	A	B	C	A	B	C
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 Somersaults	-	2.4	2.2	-	2.1	1.9
404	Inward 2 Somersaults	-	3.0	2.8	-	2.6	2.4
405	Inward 2 ½ Somersaults	-	3.4	3.1	-	3.0	2.7
407	Inward 3 ½ Somersaults	-	-	-	-	3.7	3.4
409	Inward 4 ½ Somersaults	-	-	-	-	4.6	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

