

**PART VI**

**FINA HIGH DIVING RULES**  
**2017 – 2021**

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## **HD 1 GENERAL**

**HD 1.1** These Rules shall govern all FINA High Diving competitions covered by BL 9 (World Championships) and BL 11 (World Cups).

**HD 1.2** All high diving installations shall be in accordance with the FINA Facilities Rules, inspected and approved by the delegate of FINA, and a member of the Technical High Diving Commission no later than 120 days prior to the start of the competitions. Construction of new installations should be subject to an inspection of the proposed site and environmental conditions prior to commencement.

**HD 1.3** Divers younger than 18 years on December 31st in the year of the competition shall not be permitted to compete at the World Championships or World Cups.

### **HD 1.4 Diving Number Designations**

**HD 1.4.1** All dives shall be designated by a system of 3, 4 or 5 numerals followed by a single letter.

**HD 1.4.2** The first digit (or the first two digits) shall indicate the group to which the dive belongs:

- Forward (**Group 1**)
- Back (**Group 2**)
- Reverse (**Group 3**)
- Inward (**Group 4**)
- Armstand (**Group 5**)
- Front Twist (**Group 6**)
- Back Twist (**Group 7**)
- Reverse Twist (**Group 8**)
- Inward Twist (**Group 9**)
- Armstand Twist (**Group 10**)

**HD 1.4.3** In the Front, Back, Reverse and Inward group with three (3) numerals, a one (1) in the second digit indicates that the dive has a flying action during the dive. When there is no flying action the second digit shall be 0. The third digit shall indicate the number of half somersaults to be performed. For example: 2 = 1 somersault, 8 = 4 somersaults. When there are more than 4 ½ somersaults there will be four digits with the third and fourth digits indicating the number of half somersaults. For example 10 = 5 somersaults as 1010.

**HD 1.4.4** In the Front, Back, Reverse and Inward group with four (4) numerals, a one (1) in the second digit indicates the group or direction to which the dive belongs (for Example 5181). The third digit indicates the number of half somersaults to be performed (for example 8 = 4 somersaults). The fourth digit indicates the number of half twists to be performed.

**D 1.4.5** In the Armstand and Armstand Twist group the second digit indicates the group or direction to which the dive belongs:

- 1 = Front
- 2 = Back
- 3 = Reverse

**HD 1.4.6** In the standing Twisting group (those dives beginning with the digit 5) the second digit indicates the group or direction of the take-off as listed in D 1.4.2 above.

**HD 1.4.7** In the Twist and Armstand Twist group the fourth digit indicates the number of half twists to be performed. When there are more than 4 ½ twists the last two digits indicates the number of ½ twists. For example 62510 in Armstand 2 ½ somersault back with 5 twists. In this case the number designation content 5 numerals.

**HD 1.4.8** The letter at the end of the dive number shall indicate the position in which the dive is performed:

- A = Straight
- B = Pike
- C = Tuck
- D = Free
- E = 3 positions

**HD 1.4.9** “Free” position means any combination of the other positions and is restricted in its use in some Twisting and Armstand dives.

**HD 1.4.10** 3 positions means that during the dive all positions A, B and C must be shown.

**HD 1.4.11** The dives are divided into five (5) take-off positions:

- Front
- Back
- Reverse
- Inward
- Armstand

## **HD 1.5 Degree of Difficulty**

**HD 1.5.1** The degree of difficulty of each dive is calculated using the following formula (the component values of the formula are outlined in Appendix 1):

$$A + B + C + D + E + F = \text{DEGREE OF DIFFICULTY (DD)}$$

**HD 1.5.2** As a guide, dives with their numbers and DD are tabled in Appendix 2.

**HD 1.5.3** Any dive which is not tabled in Appendix 2, but is used in a competition, shall be given the dive number and DD as determined in accordance with Rules HD 1.4 and HD 1.5.

**HD 1.5.4** In calculating the degree of difficulty for dives with twists, the following need to be noted:

1. Dives with 1 and 2 somersaults and twists can only be executed in position D.
2. Armstand dives with 1 ½ somersaults and twists can only be executed in Position D.
3. Forward and Inward twisting dives with 3 somersaults with ½ - 2 ½ twists can only be executed in position B or C. All remaining dives are executed in position D.
4. Back and Reverse twisting dives with 3 somersaults with ½- 3 twists can only be executed in position B or C. All remaining dives are executed in position D.
5. Forward Armstand twisting dives with 2 ½ somersault with ½ - 1 ½ twists can only be executed in position B or C. All remaining dives are executed in position D.
6. Back Armstand twisting dives with 2 ½ somersaults with ½ - 2 twists can only be executed in position B or C. All remaining dives are executed in position D.
7. Dives with 4 and more somersaults and twists can only be executed in position B or C.
8. Armstand dives with 3 ½ and more somersaults and twists can only be executed in position B or C

**HD 1.5.5** The Appendixes 1 and 2 are established by the FINA Technical High Diving Committee (THDC) and approved by the FINA Bureau.

## **HD 2 COMPETITIONS**

### **HD 2.1 General**

**HD 2.1.1** The order of diving shall be determined by a random draw. This shall be held at a technical meeting immediately after the final training session and prior to the first day of competition. When available an electronic draw shall be used

**HD 2.1.2** If the competition is divided into sessions, the divers shall compete in reverse order of their ranking determined by the total scores at the end of the previous session. In the case of a tie, the dive order shall be determined by a draw between the affected divers.

**HD 2.1.3** When two or more divers score the same number of points, a tie shall be declared for that particular place.

**HD 2.1.4** In all events, the diver with the highest total points shall be declared the winner of that event. Their final points shall rank the remaining divers.

**The procedure for protests is outlined in GR 9.2.**

## **HD 2.2 27m / 20m Platform**

**HD 2.2.1** All entered divers will be required to submit experience evidence for qualification purposes to the THDC.

**HD 2.2.2** The points of all dives are added.

**HD 2.2.3** The height of the Men's competition shall be 27 metre.

**HD 2.2.4** The height of the Women's competition shall be 20 metre.

**The Competition Format is outlined in By Law: BL 15**

## **HD 3 STATEMENT OF DIVES**

**HD 3.1** Each diver shall deliver to the Referee, a complete statement of the selected dives on the official form of the event for the competition. A diver may provide two (2) reserve dives which may be substituted five (5) minutes before commencement of the final round of dives subject to the dive being compliant with the competition rules.

**HD 3.2** The diver is responsible for the accuracy of the statement in the list and the diver shall sign the statement of dives.

**HD 3.3** The statement of dives shall be submitted 24 hours before commencement of the competition.

**HD 3.4** The Referee may accept changes up to one hour after the end of the final published training session for each event. Changes may be made up to three (3) hours prior to the commencement of the competition, provided a fee accompanies it equivalent of 250 Swiss Francs.

**HD 3.5** Unless the statement is presented within the time prescribed, a diver shall not be admitted to the competition.

**HD 3.6** The diver may change the statement of dives before the last dive immediately after the previous dive. If a new statement of dives is not submitted within the prescribed time, the diver shall perform the dives as indicated in the initial submission.

**HD 3.7** When the closing times have passed, no change in the statement of dives shall be permitted.

**HD 3.8** The statement of dives shall contain the following information in the order of execution of the dives:

- The number of each dive according to Rules 1.4.1 to 1.4.7
- The execution or position of the dive according to Rule 1.4.8
- The degree of difficulty as determined by the Formula described in Rule D 1.5

**HD 3.9** The dives in each round shall be executed by all the divers consecutively, according to the starting order.

**HD 3.10** The statement of dives shall take precedence over the scoreboard and any announcement.

## **HD 4 COMPETITION PROCEDURE**

### **HD 4.1 Control of Competition**

**HD 4.1.1** Every competition shall be controlled by a Referee, supported by Assistant Referees, together with Judges and a Secretariat.

**HD 4.1.2** The number of the dive to be performed and the position of execution shall be displayed on an indicator board visible to both divers and judges.

**HD 4.1.3** A computer programme with adequate capability to produce a judging analysis shall be used.

**HD 4.1.4** When electronic scoring equipment is not available the judges must have flash cards to display their awards. These flash cards must be capable of showing awards from 0 to 10 by half points.

### **HD 4.2 Composition of the Judges Panels**

**HD 4.2.1** Whenever possible, seven (7) judges from different Federations shall be used.

**HD 4.2.2** If not enough judges are available, five (5) judges from different Federations may be used.

**HD 4.2.3** The Referee shall place the judges on one side of the platform (detailed specifications see FR 14).

**HD 4.2.4** Once placed, a judge shall not change position unless at the discretion of the Referee, and then only in exceptional circumstances.

**HD 4.2.5** When a judge is unable to continue to function after the competition has started, he/she shall be replaced by the reserve judge, preferably at the end of a round.

**HD 4.2.6** After each dive, on a signal given by the Referee, each judge shall immediately and simultaneously, without communicating with one another, and in a distinct manner, indicate the award for the dive. When an electronic judging device is used, the judges shall enter their awards into their electronic score pads immediately after the performance of the dive.

**HD 4.2.7** The judges' awards shall be displayed on the electronic scoreboard, preferably unseen by the judges. The awards (without any other information about the standing of the competition) must be seen by the judges on their electronic score pads.

## **HD 5 DUTIES OF THE REFEREE AND ASSISTANT REFEREES**

**HD 5.1** The Referee shall be in control of the competition and located in a position so that he can manage the competition and ensure that the Rules are observed.

**HD 5.2** The Referee may designate Assistant Referees.

**HD 5.3** The Referee shall inspect the statements of dives. If the statement does not comply with the Rules, the Referee shall have it corrected before the beginning of the competition but in accordance with the rules of the event.

**HD 5.4** The diver shall be informed of the Referee's decision, that a correction is required, as soon as possible.

**HD 5.5** In the case of unforeseen circumstances, the Referee may declare a short break, a postponement or a discontinuation of the competition. If possible the break should be done after a full round of dives.

**HD 5.6** Following an interruption, the competition shall be continued from where it was stopped. The points scored before the interruption shall be carried forward into the remaining portion of the competition, whenever it is held. The final results must be based on the last complete round of dives.

*NOTE: If the competition cannot be continued, the result will be determined by the Jury of Appeal.*

**HD 5.7** When there is a strong wind, the Referee may give a diver the right to make a re-start without deduction of points.

**HD 5.8** Before each dive, the Referee or the official announcer shall announce in the language of the host country the name of the diver and the dive to be executed. If a scoreboard is used, all information concerning the dive shall be displayed and the announcement may be restricted to the identification of the diver.

**HD 5.9** When a dive is incorrectly announced, the diver or his representative shall advise the Referee immediately, who shall then confirm the diver's statement of dives.

**HD 5.10** If the incorrectly announced dive is executed by the diver, the Referee may cancel it and have the correct dive announced and performed immediately. The awards for the first dive must be noted should a protest be lodged.

**HD 5.11** The dive shall be executed after a signal given by the Referee. The signal shall be given as soon as the diver has checked the position of the safety swimmers and has informed the Referee that he is ready to perform the dive, and after the Referee has checked the indicator board.

**HD 5.12** Each diver shall be given sufficient time for the preparation and execution of the dive. If it takes more than one minute after the Referee has given a warning, the diver shall receive zero (0) points for the dive announced.

**HD 5.13** When it is quite clear that the dive has been performed in a position other than that announced, the Referee shall repeat the announcement, and declare that the maximum award shall be 2 points, before giving the judges the signal to show their marks. If a judge then awards more than 2 points, the Referee shall declare the award from that judge to be 2 points.

**HD 5.14** When a dive is performed with a break of position during the flight, the Referee shall declare the maximum award to be 4 ½.

**HD 5.15** When the Referee is certain that a diver has performed a dive of a number other than that announced, the Referee shall declare it a failed dive.

**HD 5.16** When the Referee is certain that in a dive with a flying action, the straight position is not shown for at least (90°), the Referee shall declare a maximum award of 4 ½ points.

**HD 5.17** If a diver touches the platform during the flight with his feet or hands, the Referee shall declare a maximum award of 4 ½ points.

**HD 5.18** If during the execution of a dive, a diver is unsafely close to the platform or touches the end of the platform with his head, the Referee shall declare a maximum award of 2 points. Preferable the Referee's decision is based on a measurement of the distance by a camera.

**HD 5.19** When a twist is greater or less than 90° at the entry, the Referee shall declare it a failed dive.

**HD 5.20** When one or both arms are held above the shoulder in a feet first entry, the Referee shall declare the maximum award to be 4½ points. If a judge then awards more than 4 ½ points, the Referee shall declare the award from that judge to be 4½ points.

**HD 5.21** During the execution of a dive, there shall be no assistance given to the diver from any person. Assistance between dives shall be permitted.



**HD 5.22** The Referee may declare a dive to be failed if he considers that assistance has been given to the diver after the starting signal.

**HD 5.23** When there is a restart in a running, standing, or armstand dive, the Referee shall deduct 2 points from the award of each judge.

**HD 5.24** When a second attempt (a re-start) is unsuccessful the Referee shall deduct 4 points from the award of each judge.

**HD 5.25** When a third attempt is unsuccessful, the Referee shall declare a failed dive.

**D 5.26** When a diver refuses to execute a dive, the Referee shall declare a failed dive.

**HD 5.27** If a diver in a competition disturbs a contest, the Referee may exclude him from that competition. If a member of a team, a coach or an official disturbs a contest; the Referee may exclude that person from the competition area.

**HD 5.28** The Referee may remove any judge from the competition whose judgement he regards as unsatisfactory and may appoint another judge to replace him. At the end of the competition the Referee shall make a written report to the Jury of Appeal.

**HD 5.29** Such a change of judge shall take place only at the end of a session or round of dives.

**HD 5.30** At the end of the competition the Referee shall confirm the final results by his signature.

## **HD 6 DUTIES OF THE SECRETARIAT**

**HD 6.1** The records of the competitions shall be kept by two independent secretaries.

**HD 6.2** In order to facilitate the scoring, a computer, a rapid calculator, or a chart may be used.

**HD 6.3** The judges' awards shall be announced in their seating order and the first secretary shall record all awards as announced on the diver's statement of dives. When a computer and a scoreboard are used, the announcement of the judges' awards is not necessary and the secretary may record the awards directly from the monitor.

**HD 6.4** The second secretary shall enter the judges' awards on the diver's statement of dives. When a computer is used to determine the scores, the second secretary may record the awards directly from the monitor.

**HD 6.5** When seven (7) judges are used the secretaries shall cancel the two (2) highest and the two (2) lowest judges' awards. When more than two (2) awards are equal only two of the equal awards shall be cancelled. If only five (5) judges are used, the secretaries shall cancel the highest and the lowest award.

**HD 6.6** The secretaries shall independently add the remaining awards and multiply this total by the degree of difficulty for the dive to determine the score of the dive according to the following examples:

**Five (5) judges:**  $8.0, 7.5, 7.5, 7.5, 7.0 = 22.5 \times 3.8 = 85.5$

**Seven (7) judges:**  $8.0, 7.5, 7.5, 7.5, 7.5, 7.5, 7.0 = 22.5 \times 3.8 = 85.5$

**HD 6.7** When a judge by reason of illness or any other unforeseen circumstances, has made no award for a particular dive, the average of the awards of the other judges shall be adopted as the missing award. The award shall be rounded up or down to the nearest half point or whole point. Averages ending in .01 to .24 shall be lost. Averages ending in .25 to .74 shall be rounded to .50. Averages ending in .75 or higher shall be rounded up to the next whole point.

**HD 6.8** At the end of the competition the two secretaries shall compare the score sheets.

**HD 6.9** The result of the competition shall be obtained from the score sheets.

**HD 6.10** If electronic officiating equipment is in use, it is allowable to use only one secretariat. The secretariat records the awards and the electronic result only, to make sure that the final result can be calculated in a case that the electronic officiating equipment breaks down.

**HD 6.11** The final result shall be announced in one of the official languages of FINA (English or French).

## HD 7 JUDGING

### HD 7.1 General

**HD 7.1.1** A judge shall award from 0 to 10 points for a dive according to his overall impression within the following criteria:

<b>Excellent</b>	10
<b>Very Good</b>	8.5 – 9.5
<b>Good</b>	7.0 – 8.0
<b>Satisfactory</b>	5.0 – 6.5
<b>Deficient</b>	2.5 – 4.5
<b>Unsatisfactory</b>	0.5 – 2.0
<b>Completely failed</b>	0

**HD 7.1.2** When judging a dive, the judge must not be influenced by any factor other than the technique and execution of the dive. The dive must be considered without regard to the approach to the starting position, the difficulty of the dive, or any movement beneath the surface of the water.

**HD 7.1.3** The points to be considered in judging the overall impression of a dive are the technique and grace of:

- the take-off
- the flight
- the entry

**HD 7.1.4** When a dive is performed clearly in a position other than that announced the dive shall be deemed unsatisfactory. The highest award for such a dive is 2 points, notwithstanding that the Referee has not repeated the announcement and declared maximum 2 points.

**HD 7.1.5** When a dive is performed with a break of position during the flight, the highest award for such a dive is 4 ½ points, notwithstanding that the Referee has not declared maximum 4 ½ points.

**HD 7.1.6** When a dive has a break in the position just at or before the entry, the judge shall deduct from ½ to 3 points, according to his hers discretion.

**HD 7.1.7** When a dive is not performed in the straight (A), pike (B), tuck (C), free (D) or 3 position (E) position as described, the judge shall deduct from ½ to 2 points, according to his opinion.

**HD 7.1.8** When a judge considers that a dive of a different number has been performed he may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

## **HD 7.2 Starting position**

**HD 7.2.1** The starting position in standing dives shall be assumed when the diver stands at the front edge of the platform, in a running dive when the diver is ready to take the first step of the run and in an armstand dive when both hands are on the front end of the platform and both feet are off the platform.

**HD 7.2.2** When, in an armstand dive, a stationary and steady balance in the straight vertical position is not shown, each judge shall deduct from ½ to 2 points, according to his opinion.

**HD 7.2.3** A re-start shall be allowed when a diver in a standing or running dive stops and then continues, and in an armstand loses the balance, one or both feet return to the platform, or any other part of his body other than his hands touches the platform. When a diver loses his balance and moves one or both hands from the original position at the front end of the platform, this shall be deemed a re-start. The Referee shall declare a 2 point deduction from each judge.

### **HD 7.3 The take-off**

**HD 7.3.1** The take-off in forward and reverse dives may be performed either standing or running at the option of the diver. The take-off in backward and inward dives must be performed standing.

**HD 7.3.2** The take-off shall be strong and with a safe distance to the platform.

**HD 7.3.3** When the take-off is not strong and with a safe distance to the platform, each judge shall deduct from ½ to 2 points according to his opinion.

**HD 7.3.4** In dives with twist, the twisting shall not be manifestly done from the platform. If the twisting is manifestly done from the platform, each judge shall deduct ½ to 2 points, according to his opinion.

### **HD 7.4 The flight**

**HD 7.4.1** During the flight, the position of the dive shall be at all times aesthetically pleasing. Should any of the positions not be shown as described below, each judge shall deduct ½ to 2 points, according to his opinion.

The dive can be executed in the following positions:

#### **Straight (A)**

**HD 7.4.2** In the straight position, the body shall not be bent either at the knees or hips. The feet shall be together and the toes pointed. The position of the arms is at the option of the diver.

#### **Pike (B)**

**HD 7.4.3** In the pike position, the body shall be bent at the hips, but the legs must be kept straight at the knees, the feet shall be together, and the toes pointed. The position of the arms is at the option of the diver.



*These diving illustrations serve as a guide only and the position of the arms is at the choice of the diver except in the entry.*

### **Tuck (C)**

**HD 7.4.4** In the tuck position, the body shall be compact, bent at the knees and hips with the knees and feet together. The hands shall be on the lower legs and the toes pointed.



*These diving illustrations serve as a guide only and the position of the arms is at the choice of the diver except in the case of the hands in the tuck and the entry.*

### **Free position (D)**

**HD 7.4.5** In the free position, the body position is optional but the legs shall be together and the toes pointed.

**HD 7.4.6** In somersault dives with twist, the twist may be performed at any time during the flight.

### **3 positions (E)**

**HD 7.4.7** During the dive all three positions (A, B and C) must be shown. In dives 102 E, 202 E, 302 E, and 402 E, the straight position (A) must be shown as second position.

### **Flying (F)**

**HD 7.4.8** In all flying dives a straight position shall be clearly shown and that position shall be assumed from the take-off. When the straight position is not shown for at least one quarter of a somersault (90°) the maximum award by the judges shall be 4½ points, notwithstanding that the Referee has not declared maximum 4 ½ points.

**HD 7.4.9** When a diver touches the platform during the flight with his feet or hands, each judge shall award up to 4 ½ points, notwithstanding that the Referee has not declared a maximum award of 4 ½.

**HD 7.4.10** When a diver is unsafely close to the platform or touches the end of the platform during the flight with his head, each judge shall award up to 2 points, notwithstanding that the Referee has not declared a maximum award of 2 points. If the majority of the judges (at least three (3) in a 5 judge panel / at least four (4) in a 7 judge panel) award two (2) or less points, all higher scores shall be two (2) points.

## **HD 7.5 The entry**

**HD 7.5.1** The entry into the water shall in all cases be vertical, not twisted, with the body straight, the feet together, and the toes pointed.

**HD 7.5.2** When the entry is short or over, twisted or the body not straight, the feet not together, and the toes not pointed, each judge shall deduct according to his opinion.

**HD 7.5.3** At the entry the arms shall be at the body below the navel. If one or both arms are held above the shoulder line on entry, the highest award for such an entry is 4½ points, notwithstanding that the Referee has not declared maximum 4½ points

**HD 7.5.4** Other than as provided in Rules HD 7.5.3, when the arms are not in the correct position each judge shall deduct from ½ to 2 points, according to his opinion.

**HD 7.5.5** When a twist is greater or less than that announced by 90 degrees or more, the judges shall award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

**HD 7.5.6** The dive is considered to have been completed, when the whole of the body is completely under the surface of the water.

## **HD 8 SUMMARY OF THE PENALTIES**

### **Referee to declare "Failed Dive"; 0 points**

**HD 5.12** If the diver takes more than one minute after a warning.

**HD 5.15** If a diver has performed a dive of a number other than that announced.

**HD 5.19** If the twist is more or less than 90° at the entry than that announced.

**HD 5.22** If assistance has been given to the diver after the starting signal.

**HD 5.25** When a third attempt (a re-start) is unsuccessful.

**HD 5.26** If a diver refuses the execution of a dive.

### **Referee to declare "2 points deduction"**

**HD 5.23/HD 7.2.3** If there is a re-start in a standing, running, or armstand dive.

### **Referee to declare "4 points deduction"**

**HD 5.24** If there is a second re-start in a standing, running, or armstand dive.

### **Referee to declare "2 points maximum"**

**HD 5.13** If a diver performs a dive in a position other than that announced.

**HD 5.18** If a diver is unsafely close to the platform or touches the platform with his head.

**Referee to declare "4 ½ points maximum"**

- HD 5.14** If a dive is performed with a break of position during the flight.
- HD 5.16** If the straight position in a dive with flying action is not shown for at least 90°.
- HD 5.17** If a diver touches the platform with his feet or hands.
- HD 5.20** If a diver held one or both arms above the shoulder in a feet first entry.

**Judges to award "0 points"**

- HD 7.1.8** If a dive of a different number was executed.
- HD 7.5.5** If a twist is greater or less than that announced by 90° or more.

**Judges to award "2 points maximum"**

- HD 7.1.4** If a dive is performed clearly in a position other than that announced.
- HD 7.4.2** If a diver is unsafely close to the platform or touches the platform with his head.

**Judges to award "4 ½ points maximum"**

- HD 7.1.5** If a dive is performed with a break of position during the flight.
- HD 7.4.8** If in a flying dive, a straight position is not clearly shown for at least one quarter of a somersault (90°).
- HD 7.4.9** If a diver touches the platform with his feet or hands.
- HD 7.5.3** If the arms are not at the body below the navel at the entry.

**Judges to deduct "from ½ to 2 points"**

- HD 7.1.7/HD 7.4.1** If a dive is not performed in a position as described.
- HD 7.2.2** If in an armstand dive, a stationary and steady balance in the straight vertical position is not shown.
- HD 7.3.3** If the take-off is not strong and in safe distance to the platform.
- HD 7.3.4** If in a twist dive, the twisting is manifestly done from the platform.

**HD 7.4.1** If the position is not shown as described.

**HD 7.5.4** if the arms are not in the correct position at the entry.

**Judges to deduct "from ½ to 3 points"**

**HD 7.1.6** If there is a break in the position at, or just before, the entry.

**Judges to deduct "according to individual opinion"**

**HD 7.5.2** If the entry into the water is not vertical, or nearly so, or twisted with the body not straight, the feet not together, and the toes not pointed.



STANDING DIVES

A+B+C+D+E+F=DD

FORWARD (GROUP 1 - 6)

A. SOMERSAULTS

	1/2 ss				
1	2	4	6	8	10
2.5	2.8	3.4	4.4	5.9	

B. APPROACH

	1/2 ss				
1	2	4	6	8	10
0.0	0.0	0.0	0.0	0.0	0.0

C. TWISTS

	1/2 ss				
1/2 tw	2	4	6	8	10
1	0.0	0.0	0.0	0.0	0.0
2-3	0.2	0.3	0.5	0.7	0.9
4-5	0.5	0.7	1.1	1.5	1.9
6-7	0.9	1.2	1.8	2.4	3.0
8-9	1.4	1.8	2.6	3.4	4.2

D. BLIND ENTRY TWISTS

1/2 tw	0	2	4	6	8	10
	0.0	0.0	0.1	0.2	0.3	

E. BLIND ENTRY

1/2 ss	2	4	6	8	10
	0.2	0.3	0.4	0.6	0.8

BACK (GROUP 2 - 7)

A. SOMERSAULTS

	1/2 ss				
1	2	4	6	8	10
2.5	2.8	3.4	4.4	5.9	

B. APPROACH

	1/2 ss				
1	2	4	6	8	10
0.2	0.3	0.4	0.5	0.6	

C. TWISTS

	1/2 ss				
1/2 tw	2	4	6	8	10
1-2	0.0	0.0	0.0	0.0	0.0
3-4	0.2	0.3	0.5	0.7	0.9
5-6	0.5	0.7	1.1	1.5	1.9
7-8	0.9	1.3	1.9	2.5	3.1
9-10	1.5	2.1	2.9	3.7	4.5

D. BLIND ENTRY TWISTS

1/2 tw	1	3	5	7	9
	0.0	0.0	0.1	0.2	0.3

E. BLIND ENTRY

1/2 ss	2	4	6	8	10
	0.2	0.3	0.5	0.7	0.9

F. UN-NATURAL ENTRY

1/2 ss	2	4	6	8	10
	0.0	0.1	0.2	0.3	0.5

INWARD (GROUP 4 - 9)

A. SOMERSAULTS

	1/2 ss				
1	2	4	6	8	10
2.5	2.8	3.4	4.4	5.9	

B. APPROACH

	1/2 ss				
1	2	4	6	8	10
0.2	0.4	0.6	0.8	1.0	

C. TWISTS

	1/2 ss				
1/2 tw	2	4	6	8	10
1	0.0	0.0	0.0	0.0	0.0
2-3	0.2	0.4	0.6	0.8	1.0
4-5	0.5	0.9	1.3	1.7	2.1
6-7	0.9	1.5	2.1	2.7	3.3
8-9	1.4	2.2	3.0	3.8	4.6

D. BLIND ENTRY TWISTS

1/2 tw	0	2	4	6	8	10
	0.0	0.0	0.1	0.2	0.3	

E. BLIND ENTRY

1/2 ss	2	4	6	8	10
	0.3	0.4	0.5	0.7	0.9

REVERSE (GROUP 3 - 8)

A. SOMERSAULTS

	1/2 ss				
1	2	4	6	8	10
2.5	2.8	3.4	4.4	5.9	

B. APPROACH

	1/2 ss				
1	2	4	6	8	10
0.2	0.3	0.5	0.7	0.9	

C. TWISTS

	1/2 ss				
1/2 tw	2	4	6	8	10
1-2	0.0	0.0	0.0	0.0	0.0
3-4	0.3	0.4	0.6	0.8	1.0
5-6	0.7	0.9	1.3	1.7	2.1
7-8	1.2	1.6	2.2	2.8	3.4
9-10	1.9	2.5	3.3	4.1	4.9

D. BLIND ENTRY TWISTS

1/2 tw	1	3	5	7	9
	0.0	0.0	0.1	0.2	0.3

E. BLIND ENTRY

1/2 ss	2	4	6	8	10
	0.2	0.3	0.5	0.7	0.9

F. UN-NATURAL ENTRY

1/2 ss	2	4	6	8	10
	0.0	0.1	0.2	0.3	0.5

FORWARD (GROUP 5 - 10)

A1. SOMERSAULTS

	1/2 ss			
1	3	5	7	9
2.5	2.8	3.4	4.4	5.9

B1. APPROACH

	1/2 ss			
1	3	5	7	9
0.0	0.1	0.3	0.5	0.7

C1. TWISTS

	1/2 ss				
1/2 tw	1	3	5	7	9
1	0.0	0.0	0.0	0.0	0.0
2-3	0.2	0.3	0.4	0.6	0.8
4-5	0.5	0.7	0.9	1.3	1.7
6-7	0.9	1.2	1.5	2.1	2.7
8-9	1.4	1.8	2.2	3.0	3.8

D1. BLIND ENTRY TWISTS

1/2 tw	0	2	4	6	8	10
	0.0	0.0	0.1	0.2	0.3	

E1. BLIND ENTRY

1/2 ss	1	3	5	7	9
	0.1	0.3	0.5	0.7	0.9

BACK (GROUP 5 - 10)

A1. SOMERSAULTS

	1/2 ss			
1	3	5	7	9
2.5	2.8	3.4	4.4	5.9

B1. APPROACH

	1/2 ss			
1	3	5	7	9
0.0	0.1	0.3	0.5	0.7

C1. TWISTS

	1/2 ss				
1/2 tw	1	3	5	7	9
1-2	0.0	0.0	0.0	0.0	0.0
3-4	0.2	0.3	0.5	0.7	0.9
5-6	0.5	0.7	1.1	1.5	1.9
7-8	0.9	1.2	1.8	2.4	3.0
9-10	1.4	1.8	2.6	3.4	4.2

D1. BLIND ENTRY TWISTS

1/2 tw	1	3	5	7	9
	0.0	0.0	0.1	0.2	0.3

E1. BLIND ENTRY

1/2 ss	1	3	5	7	9
	0.2	0.3	0.5	0.7	0.9

F1. UN-NATURAL ENTRY

1/2 ss	1	3	5	7	9
	0.1	0.2	0.3	0.4	0.6

ARMSTAND DIVES

A1+B1+C1+D1+E1+F1=DD

POSITIONS VALUES FOR ALL GROUPS

STAND. 1/2 ss	2	4	6	8	10
ARM. 1/2 ss	1	3	5	7	9
A	0.2	0.2	-	-	-
B	0.0	0.0	0.0	0.0	0.0
B Flying	0.1	0.1	0.1	0.2	0.4
B Mid-turn	-	-	-	-	-
C	-0.1	-0.2	-0.2	-0.3	-0.5
C Flying	0.0	-0.1	-0.1	-0.2	-
C Mid-turn	-	-	-	-	-
D	0.0	0.0	0.0	0.0	0.0
E	0.1	0.1	0.1	0.2	0.4

REVERSE (GROUP 5 - 10)

A1. SOMERSAULTS

	1/2 ss			
1	3	5	7	9
2.5	2.8	3.4	4.4	5.9

B1. SOMERSAULTS

	1/2 ss			
1	3	5	7	9
0.1	0.3	0.5	0.7	0.9

F1. UN-NATURAL ENTRY

1/2 ss	1	3	5	7	9
	0.1	0.2	0.3	0.4	0.6

HIGH DIVING: 27 METRES

<b>STANDING DIVES</b>	<b>ARMSTAND DIVES</b>
A+B+C+D+E+F=DD	A1+B1+C1+D1+E1+F1=DD

**FORWARD (GROUP 1 - 6)**

A. SOMERSAULTS

1/2 ss					
2	4	6	8	10	12
2.6	2.9	3.4	4.1	5.1	6.4

B. APPROACH

1/2 ss					
2	4	6	8	10	12
0.0	0.0	0.0	0.0	0.0	0.0

C. TWISTS

1/2 ss					
2	4	6	8	10	
1	0.0	0.0	0.0	0.0	0.0
2-3	0.2	0.3	0.4	0.6	0.8
4-5	0.5	0.7	0.9	1.3	1.7
6-7	0.9	1.2	1.5	2.1	2.7
8-9	1.4	1.8	2.2	3.0	3.8

D. BLIND ENTRY TWISTS

1/2 tw	0	2	4	6	8	10
	0.0	0.0	0.1	0.2	0.3	

E. BLIND ENTRY

1/2 ss				
2	4	6	8	10
0.2	0.3	0.4	0.6	0.8

**INWARD (GROUP 4 - 9)**

A. SOMERSAULTS

1/2 ss				
2	4	6	8	10
2.6	2.9	3.4	4.1	5.1

B. APPROACH

1/2 ss				
2	4	6	8	10
0.0	0.2	0.4	0.6	0.8

C. TWISTS

1/2 ss					
2	4	6	8	10	
1	0.0	0.0	0.0	0.0	0.0
2-3	0.3	0.4	0.5	0.7	0.9
4-5	0.7	0.9	1.1	1.5	1.9
6-7	1.2	1.5	1.8	2.4	3.0
8-9	1.8	2.2	2.6	3.4	4.2

D. BLIND ENTRY TWISTS

1/2 tw	0	2	4	6	8	10
	0.0	0.0	0.1	0.2	0.3	

E. BLIND ENTRY

1/2 ss				
2	4	6	8	10
0.3	0.4	0.5	0.7	0.9

**FORWARD (GROUP 5 - 10)**

A1. SOMERSAULTS

1/2 ss				
1	3	5	7	9
2.6	2.9	3.4	4.1	5.1

B1. APPROACH

1/2 ss				
1	3	5	7	9
0.0	0.1	0.3	0.5	0.7

C1. TWISTS

1/2 ss					
1	3	5	7	9	
1	0.0	0.0	0.0	0.0	
2-3	0.2	0.3	0.4	0.6	0.8
4-5	0.5	0.7	0.9	1.3	1.7
6-7	0.9	1.2	1.5	2.1	2.7
8-9	1.4	1.8	2.2	3.0	3.8

D1. BLIND ENTRY TWISTS

1/2 tw	0	2	4	6	8	10
	0.0	0.0	0.1	0.2	0.3	

E1. BLIND ENTRY

1/2 ss				
1	3	5	7	9
0.1	0.3	0.5	0.7	0.9

**POSITIONS VALUES FOR ALL GROUPS**

STAND. 1/2 ss	2	4	6	8	10	12
ARM. 1/2 ss	1	3	5	7	9	11
A	0.2	0.2	-	-	-	-
B	0.0	0.0	0.0	0.0	0.0	0.0
B Flying	0.1	0.1	0.2	0.4	-	-
B Mid-turn	-	-	0.1	0.3	0.5	-
C	-0.1	-0.2	-0.2	-0.3	-0.5	-0.5
C Flying	0.0	-0.1	-0.1	-0.2	-	-
C Mid-turn	-	-	0.0	0.0	0.2	-
D	0.0	0.0	0.0	0.0	0.0	0.0
E	0.1	0.1	0.2	0.4	-	-

**BACK (GROUP 2 - 7)**

A. SOMERSAULTS

1/2 ss				
2	4	6	8	10
2.6	2.9	3.4	4.1	5.1

B. APPROACH

1/2 ss				
2	4	6	8	10
0.1	0.2	0.3	0.4	0.5

C. TWISTS

1/2 ss					
2	4	6	8	10	
1-2	0.0	0.0	0.0	0.0	
3-4	0.2	0.3	0.4	0.6	0.8
5-6	0.5	0.7	0.9	1.3	1.7
7-8	0.9	1.2	1.5	2.1	2.7
9-10	1.5	1.9	2.3	3.1	3.9

D. BLIND ENTRY TWISTS

1/2 tw	1	3	5	7	9
	0.0	0.0	0.1	0.2	0.3

E. BACK BLIND ENTRY

1/2 ss				
2	4	6	8	10
0.2	0.3	0.5	0.7	0.9

F. UN-NATURAL ENTRY

1/2 ss				
2	4	6	8	10
0.0	0.0	0.1	0.1	0.2

**REVERSE (GROUP 3 - 8)**

A. SOMERSAULTS

1/2 ss				
2	4	6	8	10
2.6	2.9	3.4	4.1	5.1

B. APPROACH

1/2 ss				
2	4	6	8	10
0.1	0.2	0.4	0.6	0.8

C. TWISTS

1/2 ss					
2	4	6	8	10	
1-2	0.0	0.0	0.0	0.0	
3-4	0.3	0.4	0.6	0.8	1.0
5-6	0.7	0.9	1.3	1.7	2.1
7-8	1.2	1.5	2.1	2.7	3.3
9-10	1.9	2.3	3.1	3.9	4.7

D. BLIND ENTRY TWISTS

1/2 tw	1	3	5	7	9
	0.0	0.0	0.1	0.2	0.3

F. REVERSE BLIND ENTRY

1/2 ss				
2	4	6	8	10
0.2	0.3	0.5	0.7	0.9

E. UN-NATURAL ENTRY

1/2 ss				
2	4	6	8	10
0.0	0.0	0.1	0.1	0.2

**BACK (GROUP 5 - 10)**

A1. SOMERSAULTS

1/2 ss				
1	3	5	7	9
2.6	2.9	3.4	4.1	5.1

B1. APPROACH

1/2 ss				
1	3	5	7	9
0.0	0.1	0.2	0.4	0.6

C1. TWISTS

1/2 ss					
1	3	5	7	9	
1-2	0.0	0.0	0.0	0.0	
3-4	0.3	0.4	0.5	0.7	0.9
5-6	0.7	0.9	1.1	1.5	1.9
7-8	1.2	1.5	1.8	2.4	3.0
9-10	1.8	2.2	2.6	3.4	4.2

D1. BLIND ENTRY TWISTS

1/2 tw	1	3	5	7	9
	0.0	0.0	0.1	0.2	0.3

E1. BACK ARM. BLIND ENTRY

1/2 ss				
1	3	5	7	9
0.2	0.3	0.5	0.7	0.9

F1. UN-NATURAL ENTRY

1/2 ss				
1	3	5	7	9
0.0	0.1	0.2	0.3	0.4

**REVERSE (GROUP 5 - 10)**

A1. SOMERSAULTS

1/2 ss				
1	3	5	7	9
2.6	2.9	3.4	4.1	5.1

B1. APPROACH

1/2 ss				
1	3	5	7	9
0.1	0.3	0.5	0.7	0.9

F1. UN-NATURAL ENTRY

1/2 ss				
1	3	5	7	9
0.0	0.1	0.2	0.3	0.4

Dive Number	Dive description	2017 DD TABLE - 27 mts					2017 DD TABLE - 20 mts				
		A	B	C	D	E	A	B	C	D	E
<b>Group 1 - Forward</b>											
102	Forward 1 Somersault	3,0	2,8	2,7		2,9	2,9	2,7	2,6		2,8
104	Forward 2 Somersaults		3,2	3,0		3,3		3,1	2,9		
106	Forward 3 Somersaults		3,8	3,6				3,8	3,6		
108	Forward 4 Somersaults		4,7	4,4				5,0	4,7		
112	Forward Flying 1 Somersault		2,9	2,8				2,8	2,7		
114	Forward Flying 2 Somersaults		3,3	3,1				3,2	3,0		
116	Forward Flying 3 Somersaults		4,0	3,7				4,0	3,7		
5121	Forward 1 Somersault 1/2 Twist				2,6					2,5	
5141	Forward 2 Somersaults 1/2 Twist		2,9	2,7		3,0		2,8	2,6		2,9
5(1)141	Forward Flying 2 Somersaults 1/2 Twist		3,0	2,8				2,9	2,7		
5161	Forward 3 Somersaults 1/2 Twist		3,4	3,2		3,6		3,4	3,2		
5(1)161	Forward Flying 3 Somersaults 1/2 Twist		3,6	3,3				3,6	3,3		
5161m	Forward 3 Somersaults 1/2 Twist mid-turn		3,5	3,4				3,5	3,4		
5181	Forward 4 Somersaults 1/2 Twist		4,1	3,8		4,5		4,4	4,1		
5(1)181	Forward Flying 4 Somersaults 1/2 Twist		4,5	3,9							
5181m	Forward 4 Somersaults 1/2 Twist mid-turn		4,4	4,1							
51(10)1	Forward 5 Somersaults 1/2 Twist		5,1	4,6							
51(12)1	Forward 6 Somersaults 1/2 Twist		6,4	5,9							
<b>Group 2 - Back</b>											
202	Back 1 Somersault	2,9	2,7	2,6		2,8	2,9	2,7	2,6		2,8
204	Back 2 Somersaults	3,3	3,1	2,9		3,2	3,4	3,2	3,0		3,3
206	Back 3 Somersaults		3,8	3,6		4,0		4,0	3,8		4,2
208	Back 4 Somersaults		4,6	4,3		5,0		5,2	4,9		
20(10)	Back 5 Somersaults		5,8	5,3							
212	Back Flying 1 Somersault		2,8	2,7				2,8	2,7		
214	Back Flying 2 Somersaults		3,2	3,0				3,3	3,1		
216	Back Flying 3 Somersaults		4,0	3,7							
<b>Group 3 - Reverse</b>											
302	Reverse 1 Somersault	2,9	2,7	2,6		2,8	2,9	2,7	2,6		2,8
304	Reverse 2 Somersaults		3,1	2,9		3,2		3,2	3,0		
306	Reverse 3 Somersaults		3,9	3,7				4,1	3,9		
308	Reverse 4 Somersaults		4,8	4,5				5,4	5,1		
30(10)	Reverse 5 Somersaults		6,1	5,6							
312	Reverse Flying 1 Somersault		2,8	2,7				2,8	2,7		
<b>Group 4 - Inward</b>											
402	Inward 1 Somersault		2,9	2,8		3,0		3,0	2,9		
404	Inward 2 Somersaults		3,5	3,3				3,6	3,4		
406	Inward 3 Somersaults		4,3	4,1				4,5	4,3		
408	Inward 4 Somersaults		5,4	5,1				5,9	5,6		
412	Inward Flying 1 Somersault		3,0	2,9				3,1	3,0		
5421	Inward 1 Somersault 1/2 Twist				2,6					2,7	
5441	Inward 2 Somersaults 1/2 Twist		3,1	2,9				3,2	3,0		
5461	Inward 3 Somersaults 1/2 Twist		3,8	3,6				4,0	3,8		
5481	Inward 4 Somersaults 1/2 Twist		4,7	4,4				5,2	4,9		
54(10)1	Inward 5 Somersaults 1/2 Twist		5,9	5,4							
<b>Group 5 - Armstand</b>											
611	Armstand Forward 1/2 Somersault	2,9	2,7	2,6			2,8	2,6	2,5		
613	Armstand Forward 2 1/2 Somersaults		3,3	3,1				3,2	3,0		
615	Armstand Forward 1 1/2 Somersaults		4,2	4,0				4,2	4,0		
6131	Arm. Forward 1 1/2 Somersault 1/2 Twist				3,0					2,9	
6151	Arm. Forward 2 1/2 Somersaults 1/2 Twist		3,7	3,5				3,7	3,5		
6171	Arm. Forward 3 1/2 Somersaults 1/2 Twist		4,6	4,3							
621	Arm. Back 1/2 Somersault	2,8	2,6	2,5			2,8	2,6	2,5		
623	Arm. Back 1 1/2 Somersault	3,3	3,1	2,9			3,3	3,1	2,9		
625	Arm. Back 2 1/2 Somersaults		3,8	3,6				4,0	3,8		
627	Arm. Back 3 1/2 Somersaults		4,8	4,5							
629	Arm. Back 4 1/2 Somersaults		6,1	5,6							
631	Arm. Reverse 1/2 Somersault	2,9	2,7	2,6			2,9	2,7	2,6		
633	Arm. Reverse 1 1/2 Somersault		3,3	3,1				3,3	3,1		
635	Arm. Reverse 2 1/2 Somersaults		4,1	3,9				4,2	4,0		
637	Arm. Reverse 3 1/2 Somersaults		5,1	4,8				5,5	5,2		
<b>Group 6 - Forward Twists</b>											
5142	Forward 2 Somersaults 1 Twist				3,5						3,4
5143	Forward 2 Somersaults 1 1/2 Twist				3,2						3,1
5144	Forward 2 Somersaults 2 Twists				4,0						3,9
5145	Forward 2 Somersaults 2 1/2 Twists				3,6						3,5
5146	Forward 2 Somersaults 3 Twists				4,6						4,5
5147	Forward 2 Somersaults 3 1/2 Twists				4,1						4,0
5149	Forward 2 Somersaults 4 1/2 Twists				4,7						
5162	Forward 3 Somersaults 1 Twist		4,2	4,0				4,3	4,1		
5163	Forward 3 Somersaults 1 1/2 Twist		3,8	3,6				3,9	3,7		
5164	Forward 3 Somersaults 2 Twists		4,8	4,6				5,0	4,8		
5165	Forward 3 Somersaults 2 1/2 Twists		4,3	4,1				4,5	4,3		
5166	Forward 3 Somersaults 3 Twists				5,5						5,8
5167	Forward 3 Somersaults 3 1/2 Twists				4,9						
5169	Forward 3 Somersaults 4 1/2 Twists				5,6						
5182	Forward 4 Somersaults 1 Twist		5,3	5,0							
5183	Forward 4 Somersaults 1 1/2 Twist		4,7	4,4							
5185	Forward 4 Somersaults 2 1/2 Twists		5,4	5,1							

Blind Entry  
 Flying dive  
 Un-natural entry

Dive Number	Dive description	2017 DD TABLE - 27 mts					2017 DD TABLE - 20 mts				
		A	B	C	D	E	A	B	C	D	E
<b>Group 7 - Back Twists</b>											
5241	Back 2 Somersaults 1/2 Twist				3,4					3,4	
5242	Back 2 Somersaults 1 Twist				3,1					3,1	
5243	Back 2 Somersaults 1 1/2 Twist				3,7					3,7	
5244	Back 2 Somersaults 2 Twists				3,4					3,4	
5245	Back 2 Somersaults 2 1/2 Twists				4,2					4,2	
5246	Back 2 Somersaults 3 Twists				3,8					3,8	
5247	Back 2 Somersaults 3 1/2 Twists				4,8						
5248	Back 2 Somersaults 4 Twists				4,3					4,4	
524(10)	Back 2 Somersaults 5 Twists				5,0						
5261	Back 3 Somersaults 1/2 Twist		4,2	4,0				4,3	4,1		
5262	Back 3 Somersaults 1 Twist		3,7	3,5				3,8	3,6		
5263	Back 3 Somersaults 1 1/2 Twist		4,6	4,4				4,8	4,6		
5264	Back 3 Somersaults 2 Twists		4,1	3,9				4,3	4,1		
5265	Back 3 Somersaults 2 1/2 Twist		5,2	5,0							
5266	Back 3 Somersaults 3 Twists		4,6	4,4				4,9	4,7		
5267	Back 3 Somersaults 3 1/2 Twists				5,9						
5268	Back 3 Somersaults 4 Twists				5,2						
526(10)	Back 3 Somersaults 5 Twists				6,0						
5281	Back 4 Somersaults 1/2 Twist		5,2	4,9							
5282	Back 4 Somersaults 1 Twist		4,5	4,2				4,9	4,6		
5282m	Back 4 Somersaults 1 Twist mid-turn		4,8	4,5							
5283	Back 4 Somersaults 1 1/2 Twist		5,8	5,5							
5284	Back 4 Somersaults 2 Twists		5,1	4,8							
5286	Back 4 Somersaults 3 Twists		5,8	5,5							
52(10)2	Back 5 Somersaults 1 Twist		5,6	5,1							
<b>Group 8 - Reverse Twists</b>											
5341	Reverse 2 Somersaults 1/2 Twist				3,4					3,4	
5342	Reverse 2 Somersaults 1 Twist				3,1					3,1	
5343	Reverse 2 Somersaults 1 1/2 Twist				3,8					3,8	
5344	Reverse 2 Somersaults 2 Twists				3,5					3,5	
5345	Reverse 2 Somersaults 2 1/2 Twists				4,4					4,4	
5346	Reverse 2 Somersaults 3 Twists				4,0					4,0	
5347	Reverse 2 Somersaults 3 1/2 Twists				5,1						
5348	Reverse 2 Somersaults 4 Twists				4,6						
534(10)	Reverse 2 Somersaults 5 Twists				5,4						
5361	Reverse 3 Somersaults 1/2 Twist		4,3	4,1				4,4	4,2		
5362	Reverse 3 Somersaults 1 Twist		3,8	3,6				3,9	3,7		
5363	Reverse 3 Somersaults 1 1/2 Twist		4,9	4,7							
5364	Reverse 3 Somersaults 2 Twists		4,4	4,2							
5365	Reverse 3 Somersaults 2 1/2 Twists		5,7	5,5							
5366	Reverse 3 Somersaults 3 Twists		5,1	4,9							
5381	Reverse 4 Somersaults 1/2 Twist		5,4	5,1							
5382	Reverse 4 Somersaults 1 Twist		4,7	4,4							
<b>Group 9 - Inward Twists</b>											
5442	Inward 2 Somersaults 1 Twist				3,9						
5443	Inward 2 Somersaults 1 1/2 Twist				3,5					3,6	
5445	Inward 2 Somersaults 2 1/2 Twists				4,0					4,1	
5447	Inward 2 Somersaults 3 1/2 Twists				4,6						
5462	Inward 3 Somersaults 1 Twist		4,8	4,6							
5463	Inward 3 Somersaults 1 1/2 Twist		4,3	4,1							
<b>Group 10 - Armstand twists</b>											
6132	Arm. Forward 1 1/2 Somersault 1 Twist				3,6					3,5	
6133	Arm. Forward 1 1/2 Somersault 1 1/2 Twist				3,3					3,2	
6134	Arm. Forward 1 1/2 Somersault 2 Twists				4,1					4,0	
6135	Arm. Forward 1 1/2 Somersault 2 1/2 Twists				3,7					3,6	
6152	Arm. Forward 2 1/2 Somersaults 1 Twist		4,6	4,4				4,6	4,4		
6153	Arm. Forward 2 1/2 Somersaults 1 1/2 Twist		4,1	3,9				4,1	3,9		
6154	Arm. Forward 2 1/2 Somersaults 2 Twists				5,2						
6155	Arm. Forward 2 1/2 Somersaults 2 1/2 Twists				4,6						
6156	Arm. Forward 2 1/2 Somersaults 3 Twists				5,9						
6157	Arm. Forward 2 1/2 Somersaults 3 1/2 Twists				5,2						
6173	Arm. Forward 3 1/2 Somersaults 1 1/2 Twist		5,2	4,9							
6231	Arm. Back 1 1/2 Somersault 1/2 Twist				3,3					3,2	
6232	Arm. Back 1 1/2 Somersault 1 Twist				3,0					2,9	
6233	Arm. Back 1 1/2 Somersault 1 1/2 Twist				3,7					3,5	
6251	Arm. Back 2 1/2 Somersault 1/2 Twist		4,1	3,9				4,2	4,0		
6252	Arm. Back 2 1/2 Somersaults 1 Twist		3,6	3,4				3,7	3,5		
6253	Arm. Back 2 1/2 Somersaults 1 1/2 Twist		4,6	4,4				4,7	4,5		
6254	Arm. Back 2 1/2 Somersaults 2 Twists		4,1	3,9				4,2	4,0		
6255	Arm. Back 2 1/2 Somersaults 2 1/2 Twists				5,3						
6256	Arm. Back 2 1/2 Somersaults 3 Twists				4,7					4,8	
6257	Arm. Back 2 1/2 Somersaults 3 1/2 Twists				6,1						
6258	Arm. Back 2 1/2 Somersaults 4 Twists				5,4						
625(10)	Arm. Back 2 1/2 Somersaults 5 Twists				6,2						
6271	Arm. Back 3 1/2 Somersaults 1/2 Twist		5,2	4,9							
6272	Arm. Back 3 1/2 Somersaults 1 Twist		4,5	4,2							
6273	Arm. Back 3 1/2 Somersaults 1 1/2 Twist		5,9	5,6							
6274	Arm. Back 3 1/2 Somersault 2 Twists		5,2	4,9							

Blind Entry  
 Flying dive  
 Un-natural entry