

FINA Table of Platform DDs

#	Description of Dive	10 Metre				7½ Metre				5 Metres			
		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 1½ Somersaults	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 2½ Somersaults	2.7	2.3	2.1		2.8	2.4	2.2		3.0	2.6	2.4	
106	Forward Triple Somersault		3.0	2.7			2.8	2.5			3.2	2.9	
107	Forward 3½ Somersaults		3.0	2.7			3.1	2.8			3.3	3.0	
109	Forward 4½ Somersaults		4.1	3.7			4.2	3.8					
112	Forward Flying Somersault		1.9	1.8			1.8	1.7			1.7	1.6	
113	Forward Flying 1½ Somersaults		1.8	1.7			1.8	1.7			1.9	1.8	
114	Forward Flying Double Som		2.4	2.3			2.3	2.2			2.5	2.4	
115	Forward Flying 2½ Somersaults		2.6	2.4			2.7	2.5			2.9	2.7	
200	Back jump	1.5	1.4	1.3		1.5	1.4	1.3		1.4	1.3	1.2	
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 1½ Somersaults	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		2.7	2.5	2.2	
205	Back 2½ Somersaults	3.3	2.9	2.7		3.4	3.0	2.8		3.6	3.2	3.0	
206	Back Triple Somersault		3.0	2.7			2.8	2.5			3.2	2.9	
207	Back 3½ Somersaults		3.6	3.3			3.8	3.5			4.2	3.9	
209	Back 4½ Somersaults		4.5	4.2			4.6	4.3					
212	Back Flying Somersault		1.9	1.8			1.8	1.7			1.7	1.6	
213	Back Flying 1½ Somersaults		2.4	2.1			2.4	2.1			2.5	2.2	
215	Back Flying 2½ Somersaults		3.2	3.0			3.3	3.1			3.5	3.3	
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 1½ Somersaults	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 2½ Somersaults	3.3	2.9	2.7		3.4	3.0	2.8		3.6	3.2	3.0	
306	Reverse Triple Somersault		3.1	2.8			2.9	2.6			3.3	3.0	
307	Reverse 3½ Somersaults		3.6	3.3			3.8	3.5			4.2	3.9	
309	Reverse 4½ Somersaults		4.7	4.4			4.8	4.5					
312	Reverse Flying Somersault		2.0	1.9			1.9	1.8			1.8	1.7	
313	Reverse Flying 1½ Somersaults		2.5	2.2			2.5	2.2			2.6	2.3	
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 1½ Somersaults	2.5	2.0	1.8		2.6	2.1	1.9		2.9	2.4	2.2	
404	Inward Double Somersault	3.1	2.6	2.4		3.1	2.6	2.4		3.5	3.0	2.8	
405	Inward 2½ Somersaults		2.8	2.5			3.0	2.7			3.4	3.1	
407	Inward 3½ Somersaults		3.5	3.2			3.7	3.4			4.1	3.8	
409	Inward 4½ Somersaults		4.4	4.1			4.5	4.2					
412	Inward Flying Somersault		2.0	1.9			1.9	1.8			2.1	2.0	
413	Inward Flying 1½ Somersaults		2.5	2.3			2.6	2.4			2.9	2.7	

#	Description of Dive	10 Metre				7½ Metre				5 Metres			
		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	2.0		2.2	2.1	2.0		2.0	1.9	1.8	
5121	Forward Somersault ½ Twist				1.9				1.8				1.7
5122	Forward Somersault 1 Twist				2.1				2.0				1.9
5124	Forward Somersault 2 Twists				2.5				2.4				2.3
5126	Forward Somersault 3 Twists				3.0				2.9				2.8
5131	Forward 1½ Somersaults ½ Twist				1.9				1.9				2.0
5132	Forward 1½ Somersaults 1 Twist				2.1				2.1				2.2
5134	Forward 1½ Somersaults 2 Twist				2.5				2.5				2.6
5136	Forward 1½ Somersaults 3 Twist				3.0				3.0				3.1
5138	Forward 1½ Somersaults 4 Twist				3.3				3.3				3.4
5151	Forward 2½ Somersaults ½ Twist		2.7	2.5			2.8	2.6			3.0	2.8	
5152	Forward 2½ Somersaults 1 Twist		2.9	2.7			3.0	2.8			3.2	3.0	
5154	Forward 2½ Somersaults 2 Twist		3.3	3.1			3.4	3.2			3.6	3.4	
5156	Forward 2½ Somersaults Triple Twist		3.8	3.6			3.9	3.7			4.1	3.9	
5172	Forward 3½ Somersaults 1 Twist		3.6	3.3			3.7	3.4			3.9	3.6	
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	2.1	2.0		2.2	2.1	2.0		2.0	1.9	1.8	
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 1½ Twists				2.5				2.4				2.3
5225	Back Somersault 2½ Twists				2.9				2.8				2.7
5227	Back Somersault 3½ Twists				3.4				3.3				3.2
5231	Back 1½ Somersaults ½ Twist				2.0				2.0				2.1
5233	Back 1½ Somersaults 1½ Twists				2.4				2.4				2.5
5235	Back 1½ Somersaults 2½ Twists				2.8				2.8				2.9
5237	Back 1½ Somersaults 3½ Twists				3.3				3.3				3.4
5239	Back 1½ Somersaults 4½ Twists				3.6				3.6				3.7
5251	Back 2½ Somersaults ½ Twist		2.6	2.4			2.7	2.5			2.9	2.7	
5253	Back 2½ Somersaults 1½ Twists		3.2	3.0			3.3	3.1			3.5	3.3	
5255	Back 2½ Somersaults 2½ Twists		3.8	3.6			3.9	3.7			4.1	3.9	
5271	Back 3½ Somersaults ½ Twist		3.2	2.9			3.4	3.1			3.8	3.5	
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	2.2	2.1		2.3	2.2	2.1		2.1	2.0	1.9	
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 1½ Twists				2.6				2.5				2.4
5325	Reverse Somersault 2½ Twists				3.0				2.9				2.8
5331	Reverse 1½ Somersaults ½ Twist				2.1				2.1				2.2
5333	Reverse 1½ Som 1½ Twists				2.5				2.5				2.6
5335	Reverse 1½ Som 2½ Twists				2.9				2.9				3.0
5337	Reverse 1½ Som 3½ Twists				3.4				3.4				3.5
5339	Reverse 1½ Som 4½ Twists				3.7				3.7				3.8
5351	Reverse 2½ Somersaults ½ Twist		2.6	2.4			2.7	2.5			2.9	2.7	
5353	Reverse 2½ Som 1½ Twists		3.2	3.0			3.3	3.1			3.5	3.3	
5355	Reverse 2½ Som 2½ Twists		3.8	3.6			3.9	3.7			4.1	3.9	
5371	Reverse 3½ Somersaults ½ Twist		3.2	2.9			3.4	3.1			3.8	3.5	

#	Description of Dive	10 Metre				7½ Metre				5 Metres			
		A	B	C	D	A	B	C	D	A	B	C	D
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 1½ Somersaults 1 Twist				2.3				2.4				2.7
5434	Inward 1½ Somersaults 2 Twists				2.7				2.8				3.1
5436	Inward 1½ Somersaults 3 Twists				3.4				3.5				3.8
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 Somersault	2.0	1.9	1.7		1.9	1.8	1.6		1.8	1.7	1.5	
614	Armstand Double Somersault	2.6	2.4	2.1		2.5	2.3	2.0		2.7	2.5	2.2	
616	Armstand Triple Somersault		3.3	3.1			3.1	2.9			3.5	3.3	
621	Armstand Back ½ Somersault	1.9	1.8	1.6		1.9	1.8	1.6		1.7	1.6	1.4	
622	Armstand Back Somersault	2.3	2.2	2.0		2.2	2.1	1.9		2.1	2.0	1.8	
623	Armstand Back 1½ Somersaults	2.4	2.2	1.9		2.4	2.2	1.9		2.5	2.3	2.0	
624	Armstand Back Double Somersault	3.0	2.8	2.5		2.9	2.7	2.4		3.1	2.9	2.6	
626	Armstand Back Triple Somersault		3.5	3.3			3.3	3.1			3.7	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 Somersault	2.4	2.3	2.1		2.3	2.2	2.0		2.2	2.1	1.9	
633	Armstand Reverse 1½ Somersaults	2.5	2.3	2.0		2.5	2.3	2.0		2.6	2.4	2.1	
634	Armstand Reverse Double Somersault	3.1	2.9	2.6		3.0	2.8	2.5		3.2	3.0	2.7	
636	Armstand Reverse Triple Somersault		3.6	3.4			3.4	3.2			3.8	3.6	
6122	Armstand Forward Som 1 Twist				2.6				2.5				2.4
6124	Armstand Forward Som 2 Twists				2.9				2.8				2.7
6142	Armstand Forward Double Somersault 1 Twist				3.1				3.0				3.2
6144	Armstand Forward Double Somersault 2 Twists				3.4				3.3				3.5
6162	Armstand Forward Triple Somersault 1 Twist		4.1	3.9			3.9	3.7			4.3	4.1	
6221	Armstand Back Somersault ½ Twist	2.2	2.1	1.9	1.8	2.1	2.0	1.8	1.7	2.0	1.9	1.7	1.6
6241	Armstand Back Double Somersault ½ Twist	2.9	2.7	2.4	2.4	2.8	2.6	2.3	2.3	3.0	2.8	2.5	2.5
6243	Armstand Back Double Somersault 1½ Twists				3.2				3.1				3.3
6245	Armstand Back Double Somersault 2½ Twists				3.6				3.5				3.7
6261	Arm Back Triple Som ½ Twist		3.4	3.2			3.2	3.0			3.6	3.4	