

Appendix 1: Formeln und Komponenten

HIGH DIVING: 10-12 METERS

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

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

Forward (Group 1 - 6)

A Somersaults					
1/2 ss					
2	4	6	8		
2.3	2.6	3.4	4.7		
B Approach					
1/2 ss					
2	4	6	8		
0.0	0.0	0.0	0.0		
C Twists					
1/2 ss					
1/2 tw	2	4	6	8	
1	0.0	0.2	0.4	0.6	
2-3	-	0.5	0.9	1.5	
4-5	-	1.0	1.6	-	
6-7	-	1.7	-	-	
-	-	2.6	-	-	
D Blind Entry Twists					
1/2 tw	0	2	4	6	8
0.0	0.0	0.1	0.2	0.3	
E Blind Entry					
1/2 ss					
2	4	6	8		
0.2	0.3	0.4	0.6		

Inward (Group 4 - 9)

A Somersaults					
1/2 ss					
2	4	6	8		
2.3	2.6	3.4	4.7		
B Approach					
1/2 ss					
2	4	6	8		
0.2	0.4	0.6	0.8		
C Twists					
1/2 ss					
1/2 tw	2	4	6	8	
1	0.1	0.2	0.4	0.7	
2-3	-	0.6	1.0	1.6	
4-5	-	1.2	1.8	-	
6-7	-	2.0	-	-	
D Blind Entry Twists					
1/2 tw	0	2	4	6	8
0.0	0.0	0.1	0.2	0.3	
E Blind Entry					
1/2 ss					
2	4	6	8		
0.3	0.4	0.5	0.7		

Forward (Group 5 - 10)

A1 Somersaults					
1/2 ss					
1	3	5	7		
2.3	2.6	3.4	4.7		
B1 Approach					
1/2 ss					
1	3	5	7		
0.0	0.1	0.3	0.5		
C1 Twists					
1/2 ss					
1/2 tw	1	3	5	7	
1	0.0	0.1	0.3	0.5	
2-3	-	0.6	1.0	1.6	
4-5	-	1.3	-	-	
6-7	-	-	-	-	
D1 Blind Entry Twists					
1/2 tw	0	2	4	6	8
0.0	0.0	0.1	0.2	0.3	
E1 Blind Entry					
1/2 ss					
1	3	5	7		
0.1	0.3	0.5	0.7		

Position Values for all Groups						
Stand 1/2 ss	2	4	6	8	10	12
Armst. 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		
2.3	2.6	3.4	4.7		
B Approach					
1/2 ss					
2	4	6	8		
0.2	0.3	0.5	0.7		
C Twists					
1/2 ss					
1/2 tw	2	4	6	8	
1-2	0.1	0.2	0.3	0.4	
3-4	-	0.6	0.9	-	
5-6	-	1.2	1.7	-	
7-8	-	2.0	2.7	-	
D Blind Entry Twists					
1/2 tw	1	3	5	7	
0.0	0.0	0.0	0.1	0.2	
E Back Blind Entry					
1/2 ss					
2	4	6	8		
0.2	0.3	0.5	0.7		
F Un-natural Entry					
1/2 ss					
2	4	6	8		
0.0	0.0	0.2	0.4		

Reverse (Group 3 - 8)

A Somersaults					
1/2 ss					
2	4	6	8		
2.3	2.6	3.4	4.7		
B Approach					
1/2 ss					
2	4	6	8		
0.2	0.3	0.5	0.7		
C Twists					
1/2 ss					
1/2 tw	2	4	6	8	
1-2	0.2	0.3	0.4	0.6	
3-4	-	0.7	1.1	-	
5-6	-	1.4	-	-	
7-8	-	2.4	-	-	
D Blind Entry					
1/2 tw	1	3	5	7	
0.0	0.0	0.1	0.2		
E Reverse Blind Entry					
1/2 ss					
2	4	6	8		
0.2	0.3	0.5	0.7		
F Un-natural Entry					
1/2 ss					
2	4	6	8		
0.0	0.1	0.2	0.4		

Back (Group 5 - 10)

A1 Somersaults					
1/2 ss					
1	3	5	7		
2.3	2.6	3.4	4.7		
B1 Approach					
1/2 ss					
1	3	5	7		
0.0	0.0	0.3	0.5		
C1 Twists					
1/2 ss					
1/2 tw	1	3	5	7	
1-2	0.1	0.2	0.4	0.6	
3-4	-	0.7	1.0	-	
5-6	-	1.4	1.8	-	
7-8	-	2.3	2.8	-	
D1 Blind Entry					
1/2 tw	1	3	5	7	
0.0	0.0	0.1	0.2		
E1 Back Armstand Blind Entry					
1/2 ss					
1	3	5	7		
0.2	0.3	0.5	0.7		
F1 Un-natural Entry					
1/2 ss					
1	3	5	7		
0.1	0.2	0.3	0.4		

Reverse (Group 5 - 10)

A1 Somersaults					
1/2 ss					
1	3	5	7	9	
2.3	2.6	3.4	4.7		
B1 Approach					
1/2 ss					
1	3	5	7	9	
0.1	0.3	0.5	0.8		
F1 Un-natural Entry					
1/2 ss					
1	3	5	7	9	
0.2	0.4	0.6	0.8		

HIGH DIVING: 15 METERS

Standing Dives

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

Armstand Dives

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

Forward (Group 1 - 6)

A Somersaults

1/2 ss				
2	4	6	8	
2.4	2.7	3.2	4.2	

B Approach

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

C Twists

1/2 ss					
1/2 tw	2	4	6	8	
1	0.0	0.2	0.4	0.6	
2-3	-	0.5	0.9	1.4	
4-5	-	0.9	1.5	-	
6-7	-	1.4	-	-	
8-9	-	2.0	-	-	

D Blind Entry Twists

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

E Blind Entry

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

Inward (Group 4 - 9)

A Somersaults

1/2 ss				
2	4	6	8	
2.4	2.7	3.2	4.2	

B Approach

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

C Twists

1/2 ss					
1/2 tw	2	4	6	8	
1	0.1	0.2	0.4	0.7	
2-3	-	0.6	1.0	1.5	
4-5	-	1.1	1.7	-	
6-7	-	1.7	-	-	

D Blind Entry Twists

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

E Blind Entry

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

Forward (Groups 5 - 10)

A1 Somersaults

1/2 ss				
1	3	5	7	9
2.4	2.7	3.2	4.2	5.7

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	0.1	0.3	0.5	0.7
2-3	-	0.6	0.9	1.4	-
4-5	-	1.2	-	-	-
6-7	-	-	-	-	-

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

Position Values for all Groups

Stand. 1/2 ss	2	4	6	8	10
Armst. 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	0.2	0.4	-
B Mid-turn	-	-	0.1	0.3	0.5
C	-0.1	-0.2	-0.2	-0.3	-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
E	0.1	0.1	0.2	0.4	

Back (Group 2 - 7)

A. Somersaults

1/2 ss				
2	4	6	8	
2.4	2.7	3.2	4.2	

B Approach

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

C Twists

1/2 ss					
1/2 tw	2	4	6	8	
1-2	0.1	0.2	0.3	0.4	
3-4	-	0.5	0.8	-	
5-6	-	0.9	1.4	-	
7-8	-	1.5	2.1	-	

D Blind Entry Twists

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

E Blind Entry

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

F Un-natural Entry

1/2 ss				
2	4	6	8	
0.0	0.0	0.2	0.4	

Reverse (Group 3 - 8)

A Somersaults

1/2 ss				
2	4	6	8	
2.4	2.7	3.2	4.2	

B Approach

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

A Twists

1/2 ss					
1/2 tw	2	4	6	8	
1-2	0.1	0.3	0.4	0.6	
3-4	-	0.7	1.1	-	
5-6	-	1.2	-	-	
7-8	-	1.8	-	-	

D Blind Entry Twists

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

E Blind Entry

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

F Un-natural Entry

1/2 ss				
2	4	6	8	
0.0	0.0	0.2	0.4	

Back (Group 5 - 10)

A1 Somersaults

1/2 ss				
1	3	5	7	9
2.4	2.7	3.2	4.2	5.7

B1 Approach

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

C1 Twists

1/2 ss					
1/2 tw	1	3	5	7	9
1-2	0.1	0.2	0.4	0.6	-
3-4	-	0.5	0.9	-	-
5-6	-	0.9	1.6	-	-
7-8	-	1.4	2.5	-	-

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

Reverse (Group 5 - 10)

A1 Somersaults

1/2 ss				
1	3	5	7	9
2.4	2.7	3.2	4.2	5.7

B1 Approach

1/2 ss				
1	3	5	7	9
0.1	0.3	0.5	0.8	1.1

F1 Un-natural Entry

1/2 ss				
1	3	5	7	9
0.2	0.4	0.6	0.8	1.0

HIGH DIVING: 20 METRES

Standing Dives

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

Armstand Dives

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

Forward (Group 1-6)

A Somersaults						
1/2 ss						
2	4	6	8	10		
2.5	2.8	3.4	4.4	5.9		
B Approach						
1/2 ss						
2	4	6	8	10		
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		

Inward (Group 4 - 9)

A Somersaults						
1/2 ss						
2	4	6	8	10		
2.5	2.8	3.4	4.4	5.9		
B Approach						
1/2 ss						
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		

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		

Position Values for all Groups					
Stand. 1/2 ss	2	4	6	8	10
Armst. 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	0.2	0.4	-
B Mid-turn	-	-	0.1	0.3	0.5
C	-0.1	-0.2	-0.2	-0.3	-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
E	0.1	0.1	0.2	0.4	

Back (Group 2 - 7)

A Somersault					
1/2 ss					
2	4	6	8	10	
2.5	2.8	3.4	4.4	5.9	
B Approach					
1/2 ss					
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	

Reverse (Group 3 - 8)

A Somersaults					
1/2 ss					
2	4	6	8	10	
2.5	2.8	3.4	4.4	5.9	
B Approach					
1/2 ss					
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	

Back (Group 5 - 11)

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	

Reverse (Group 5)

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	
0.1	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

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

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

Forward (Group 1 - 6)

Inward (Group 4 - 9)

Forward (Group 5 - 10)

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					
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	0.4	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	0.0	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	

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	0.2	0.4	0.6	0.8

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	0.3	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

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	0.1	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

Position 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)

Reverse (Group 3 - 8)

Back (Group 5 - 10)

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					
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	0.4	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

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					
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	1.5	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	

E Reverse 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

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	0.1	0.2	0.4	0.6

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	0.3	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 Armstand 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

Appendix 2: Tabellen der Sprünge

Blind Entry

Flying Dive

Un-natural Entry

Dive No.	Dive description	2017 DD TABLE - 27 meters					2017 DD TABLE - 20 meters					2019 DD TABLE - 15 meters					2019 DD TABLE-10/12meters				
		A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
Group 1 - Forward																					
102	Forward 1 Somersault	3.0	2.8	2.7		2.9	2.9	2.7	2.6		2.8	2.8	2.6	2.5		2.7	2.7	2.5	2.4		2.6
104	Forward 2 Somersaults		3.2	3.0		3.3		3.1	2.9		3.2		3.2	3.0		3.1		3.1	2.9		3.2
106	Forward 3 Somersaults		3.8	3.6		4.0		3.8	3.6		4.0		4.0	3.8		3.8		4.2	4.0		4.0
108	Forward 4 Somersaults		4.7	4.4				5.0	4.7				5.4	5.1				5.9	5.6		
112	Forward Flying 1 Somersault		2.9	2.8				2.8	2.7				2.7	2.6				2.6	2.5		
114	Forward Flying 2 Somersaults		3.3	3.1				3.2	3.0				3.3	3.1				3.2	3.0		
116	Forward Flying 3 Somersaults		4.0	3.7				4.0	3.7				4.2	3.9				4.4	4.1		
5121	Forward 1 Somersault ½ Twist				2.6					2.5					2.4					2.3	
5141	Forward 2 Somersaults ½ Twist		2.9	2.7		3.0		2.8	2.6		2.9		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				3.0	2.8				2.9	2.7		
5161	Forward 3 Somersaults ½ Twist		3.4	3.2		3.6		3.4	3.2				3.6	3.4				3.8	3.6		4.0
5(1)161	Forward Flying 3 Somersaults ½ Twist		3.6	3.3				3.6	3.3				3.8	3.5				4.0	3.7		
5161m	Forward 3 Somersaults ½ Twist mid-turn		3.5	3.4				3.5	3.4				3.7	3.6				3.9	3.8		
5181	Forward 4 Somersaults ½ Twist		4.1	3.8		4.5		4.4	4.1				4.8	4.5				5.3	5.0		5.7
5(1)181	Forward Flying 4 Somersaults ½ Twist		4.5	3.9														5.7	5.1		
5181m	Forward 4 Somersaults ½ Twist mid-turn		4.4	4.1				4.7	4.4				5.1	4.8				5.6	5.3		
51(10)1	Forward 5 Somersaults ½ Twist		5.1	4.6																	
51(12)1	Forward 6 Somersaults ½ Twist		6.4	5.9																	

Group 2 – Back																					
		A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
202	Back 1 Somersault	2.9	2.7	2.6		2.8	2.9	2.7	2.6		2.8	2.9	2.7	2.6		2.8	2.8	2.6	2.5		2.7
204	Back 2 Somersaults	3.3	3.1	2.9		3.2	3.4	3.2	3.0		3.3	3.4	3.2	3.0		3.3	3.3	3.1	2.9		3.2
206	Back 3 Somersaults		3.8	3.6		4.0		4.0	3.8		4.2		4.2	4.0		4.4		4.4	4.2		4.6
208	Back 4 Somersaults		4.6	4.3		5.0		5.2	4.9				5.7	5.4				6.2	5.9		
20 (10)	Back 5 Somersaults		5.8	5.3																	
212	Back Flying 1 Somersault		2.8	2.7				2.8	2.7				2.8	2.7				2.7	2.6		
214	Back Flying 2 Somersaults		3.2	3.0				3.3	3.1				3.3	3.1				3.2	3.0		
216	Back Flying 3 Somersaults		4.0	3.7				4.2	3.9												

Fina High Diving – Degree of Difficulties

Dive No.	Dive description	2017 DD TABLE - 27 meters					2017 DD TABLE - 20 meters					2019 DD TABLE - 15 meters					2019 DD TABLE-10/12meters				
		A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
Group 3 – Reverse																					
302	Reverse 1 Somersault	2.9	2.7	2.6		2.8	2.9	2.7	2.6		2.8	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		3.3		3.3	3.1		3.1		3.3	3.1		3.4
306	Reverse 3 Somersaults		3.9	3.7		4.1		4.1	3.9		4.3		4.3	4.1		4.1		4.5	4.3		4.3
308	Reverse 4 Somersaults		4.8	4.5				5.4	5.1				5.9	5.6				6.4	6.1		
30(10)	Reverse 5 Somersaults		6.1	5.6																	
312	Reverse Flying 1 Somersault		2.8	2.7				2.8	2.7				2.8	2.7				2.8	2.7		

Group 4 – Inward																					
		A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
402	Inward 1 Somersault		2.9	2.8		3.0		3.0	2.9		3.1		3.0	2.9		3.0		2.9	2.8		3.0
404	Inward 2 Somersaults		3.5	3.3				3.6	3.4				3.7	3.5				3.6	3.4		
406	Inward 3 Somersaults		4.3	4.1				4.5	4.3				4.7	4.5				4.9	4.7		
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				3.1	3.0				3.0	2.9		
5421	Inward 1 Somersault ½ Twist				2.6					2.7					2.7					2.6	
5441	Inward 2 Somersaults ½ Twist		3.1	2.9		3.2		3.2	3.0		3.3		3.3	3.1		3.4		3.2	3.0		3.1
5461	Inward 3 Somersaults ½ Twist		3.8	3.6				4.0	3.8				4.2	4.0				4.4	4.2		
5481	Inward 4 Somersaults ½ Twist		4.7	4.4				5.2	4.9				5.7	5.4				6.2	5.9		
54(10)1	Inward 5 Somersaults ½ Twist		5.9	5.4																	

Group 5 – Armstand																					
		A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
611	Armstand Forward ½ Somersault	2.9	2.7	2.6			2.8	2.6	2.5			2.7	2.5	2.4			2.6	2.4	2.3		
613	Armstand Forward 1½ Somersault		3.3	3.1				3.2	3.0				3.2	3.0				3.1	2.9		
615	Armstand Forward 2½ Somersault		4.2	4.0				4.2	4.0				4.3	4.1				4.5	4.3		
6131	Arm. Forward 1½ Somersault ½ Twist				3.0					2.9					2.9					2.8	
6151	Arm. Forward 2½ Somersaults ½ Twist		3.7	3.5				3.7	3.5				3.8	3.6				4.0	3.8		
6171	Arm. Forward 3½ Somersaults ½ Twist		4.6	4.3																	
621	Arm. Back ½ Somersault	2.8	2.6	2.5			2.8	2.6	2.5			2.8	2.6	2.5			2.7	2.5	2.4		
623	Arm. Back 1½ Somersault	3.3	3.1	2.9			3.3	3.1	2.9			3.3	3.1	2.9			3.2	3.0	2.8		



Fina High Diving – Degree of Difficulties

Dive No.	Dive description	2017 DD TABLE - 27 meters					2017 DD TABLE - 20 meters					2019 DD TABLE - 15 meters					2019 DD TABLE-10/12meters				
		A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
Group 5 – Armstand																					
625	Arm. Back 2½ Somersaults		3.8	3.6				4.0	3.8				4.2	4.0				4.4	4.2		
627	Arm. Back 3½ Somersaults		4.8	4.5																	
629	Arm. Back 4½ Somersaults		6.1	5.6																	
631	Arm. Reverse ½ Somersault	2.9	2.7	2.6			2.9	2.7	2.6			2.9	2.7	2.6			2.8	2.6	2.5		
633	Arm. Reverse 1½ Somersault		3.3	3.1				3.3	3.1				3.4	3.2				3.3	3.1		
635	Arm. Reverse 2½ Somersaults		4.1	3.9				4.2	4.0				4.3	4.1				4.5	4.3		
637	Arm. Reverse 3½ Somersaults		5.1	4.8				5.5	5.2												

Group 6 – Forward Twists																					
		A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
5142	Forward 2 Somersaults 1 Twist				3.5					3.4					3.5					3.4	
5143	Forward 2 Somersaults 1½ Twist				3.2					3.1					3.2					3.1	
5144	Forward 2 Somersaults 2 Twists				4.0					3.9					4.0					4.0	
5145	Forward 2 Somersaults 2½ Twists				3.6					3.5					3.6					3.6	
5146	Forward 2 Somersaults 3 Twists				4.6					4.5					4.6					4.8	
5147	Forward 2 Somersaults 3½ Twists				4.1					4.0					4.1					4.3	
5149	Forward 2 Somersaults 4½ Twists				4.7										4.7					5.2	
5162	Forward 3 Somersaults 1 Twist		4.2	4.0				4.3	4.1				4.5	4.3				4.7	4.5		
5163	Forward 3 Somersaults 1½ Twist		3.8	3.6				3.9	3.7				4.1	3.9				4.3	4.1		
5164	Forward 3 Somersaults 2 Twists		4.8	4.6				5.0	4.8				5.2	5.0				5.5	5.3		
5165	Forward 3 Somersaults 2½ Twists		4.3	4.1				4.5	4.3				4.7	4.5				5.0	4.8		
5166	Forward 3 Somersaults 3 Twists				5.5					5.8											
5167	Forward 3 Somersaults 3½ Twists				4.9																
5169	Forward 3 Somersaults 4½ Twists				5.6																
5182	Forward 4 Somersaults 1 Twist		5.3	5.0																	
5183	Forward 4 Somersaults 1½ Twist		4.7	4.4																	
5185	Forward 4 Somersaults 2½ Twists		5.4	5.1																	



Fina High Diving – Degree of Difficulties

Dive No.	Dive description	2017 DD TABLE - 27 meters					2017 DD TABLE - 20 meters					2019 DD TABLE - 15 meters					2019 DD TABLE-10/12meters				
		A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
Group 7 – Back Twists																					
5241	Back 2 Somersaults ½ Twist				3.4				3.4						3.5					3.4	
5242	Back 2 Somersaults 1 Twist				3.1				3.1						3.2					3.1	
5243	Back 2 Somersaults 1½ Twist				3.7				3.7						3.8					3.8	
5244	Back 2 Somersaults 2 Twists				3.4				3.4						3.5					3.5	
5245	Back 2 Somersaults 2½ Twists				4.2				4.2						4.3					4.5	
5246	Back 2 Somersaults 3 Twists				3.8				3.8						3.9					4.1	
5247	Back 2 Somersaults 3½ Twists				4.8																
5248	Back 2 Somersaults 4 Twists				4.3				4.4						4.5					4.9	
524(10)	Back 2 Somersaults 5 Twists				5.0																
5261	Back 3 Somersaults ½ Twist		4.2	4.0				4.3	4.1				4.5	4.3				4.7	4.5		
5262	Back 3 Somersaults 1 Twist		3.7	3.5				3.8	3.6				4.0	3.8				4.2	4.0		
5263	Back 3 Somersaults 1½ Twist		4.6	4.4				4.8	4.6				5.0	4.8				5.3	5.1		
5264	Back 3 Somersaults 2 Twists		4.1	3.9				4.3	4.1				4.5	4.3				4.8	4.6		
5265	Back 3 Somersaults 2½ Twist		5.2	5.0																	
5266	Back 3 Somersaults 3 Twists		4.6	4.4				4.9	4.7				5.1	4.9				5.6	5.4		
5267	Back 3 Somersaults 3½ Twists				5.9																
5268	Back 3 Somersaults 4 Twists				5.2																
526(10)	Back 3 Somersaults 5 Twists				6.0																
5281	Back 4 Somersaults ½ Twist		5.2	4.9																	
5282	Back 4 Somersaults 1 Twist		4.5	4.2				4.9	4.6				5.3	5.0				5.8	5.5		
5282m	Back 4 Somersaults 1 Twist mid-turn		4.8	4.5																	
5283	Back 4 Somersaults 1½ 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																	

Dive No.	Dive description	2017 DD TABLE - 27 meters					2017 DD TABLE - 20 meters					2019 DD TABLE - 15 meters					2019 DD TABLE-10/12meters				
		A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
Group 8 – Reverse Twists																					
5341	Reverse 2 Somersaults ½ Twist				3.4				3.4						3.6					3.5	
5342	Reverse 2 Somersaults 1 Twist				3.1				3.1						3.3					3.2	
5343	Reverse 2 Somersaults 1½ Twist				3.8				3.8						4.0					3.9	
5344	Reverse 2 Somersaults 2 Twists				3.5				3.5						3.7					3.6	
5345	Reverse 2 Somersaults 2½ Twists				4.4				4.4						4.6					4.7	
5346	Reverse 2 Somersaults 3 Twists				4.0				4.0						4.2					4.3	
5347	Reverse 2 Somersaults 3½ Twists				5.1										5.3					5.8	
5348	Reverse 2 Somersaults 4 Twists				4.6										4.8					5.3	
534(10)	Reverse 2 Somersaults 5 Twists				5.4																
5361	Reverse 3 Somersaults ½ Twist		4.3	4.1				4.4	4.2					4.6	4.4				4.8	4.6	
5362	Reverse 3 Somersaults 1 Twist		3.8	3.6				3.9	3.7					4.1	3.9				4.3	4.1	
5363	Reverse 3 Somersaults 1½ Twist		4.9	4.7																	
5364	Reverse 3 Somersaults 2 Twists		4.4	4.2																	
5365	Reverse 3 Somersaults 2½ Twists		5.7	5.5																	
5366	Reverse 3 Somersaults 3 Twists		5.1	4.9																	
5381	Reverse 4 Somersaults ½ Twist		5.4	5.1																	
5382	Reverse 4 Somersaults 1 Twist		4.7	4.4																	
Group 9 – Inward Twists																					
5442	Inward 2 Somersaults 1 Twist				3.9																
5443	Inward 2 Somersaults 1½ Twist				3.5				3.6						3.7					3.6	
5445	Inward 2 Somersaults 2½ Twists				4.0				4.1												
5447	Inward 2 Somersaults 3½ Twists				4.6																
5462	Inward 3 Somersaults 1 Twist		4.8	4.6																	
5463	Inward 3 Somersaults 1½ Twist		4.3	4.1																	

Fina High Diving – Degree of Difficulties

Dive No.	Dive description	2017 DD TABLE - 27 meters					2017 DD TABLE - 20 meters					2019 DD TABLE - 15 meters					2019 DD TABLE-10/12meters				
		A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
Group 10 – Armstand Twists																					
6132	Arm. Forward 1½ Somersault 1 Twist				3.6				3.5					3.7						3.6	
6133	Arm. Forward 1½ Somersault 1½ Twist				3.3				3.2					3.4						3.3	
6134	Arm. Forward 1½ Somersault 2 Twists				4.1				4.0					4.4						4.4	
6135	Arm. Forward 1½ Somersault 2½ Twists				3.7				3.6					4.0						4.0	
6152	Arm. Forward 2½ Somersaults 1 Twist		4.6	4.4				4.6	4.4					4.9	4.7				5.2	5.0	
6153	Arm. Forward 2½ Somersaults 1½ Twist		4.1	3.9				4.1	3.9					4.4	4.2				4.7	4.5	
6154	Arm. Forward 2½ Somersaults 2 Twists				5.2																
6155	Arm. Forward 2½ Somersaults 2½ Twists				4.6																
6156	Arm. Forward 2½ Somersaults 3 Twists				5.9																
6157	Arm. Forward 2½ Somersaults 3½ Twists				5.2																
6173	Arm. Forward 3½ Somersaults 1½ Twist		5.2	4.9																	
6231	Arm Back 1½ Somersault ½ Twist				3.3				3.2					3.2						3.1	
6232	Arm. Back 1½ Somersault 1 Twist				3.0				2.9					2.9						2.8	
6233	Arm Back 1½ Somersault 1½ Twist				3.7				3.5					3.5						3.6	
6251	Arm Back 2½ Somersault ½ Twist		4.1	3.9				4.2	4.0					4.4	4.2				4.6	4.4	
6252	Arm. Back 2½ Somersaults 1 Twist		3.6	3.4				3.7	3.5					3.9	3.7				4.1	3.9	
6253	Arm Back 2½ Somersaults 1½ Twist		4.6	4.4				4.7	4.5					4.9	4.7				5.2	5.0	
6254	Arm. Back 2½ Somersaults 2 Twists		4.1	3.9				4.2	4.0					4.4	4.2				4.7	4.5	
6255	Arm Back 2½ Somersaults 2½ Twists				5.3																
6256	Arm. Back 2½ Somersaults 3 Twists				4.7				4.8					5.1						5.5	
6257	Arm Back 2½ Somersaults 3½ Twists				6.1									6.7						7.2	
6258	Arm. Back 2½ Somersaults 4 Twists				5.4									6.0						6.5	
625(10)	Arm. Back 2½ Somersaults 5 Twists				6.2																
6271	Arm Back 3½ Somersaults ½ Twist		5.2	4.9															6.5	6.3	
6272	Arm. Back 3½ Somersaults 1 Twist		4.5	4.2															5.8	5.5	
6273	Arm Back 3½ Somersaults 1½ Twist		5.9	5.6																	
6274	Arm. Back 3½ Somersault 2 Twists		5.2	4.9																	