

WHDF calculated degree of difficulty of popular dives

FORWARD DIVES								
somersaults	twists	barani	position	split	fly	head first	blind	dd
1	-	-	C	-	x	-	x	3.0
2	-	-	C	x	x	-	x	3.9
2	1/2	x	C	-	-	-	-	3.1
2	1/2	x	B	-	-	-	-	3.2
2	1 1/2	x	D	-	-	-	-	3.7
2	2	-	C	x	-	-	x	4.9
2	2 1/2	x	D	-	-	-	-	4.3
2	3	-	C	x	-	-	x	5.4
2	3 1/2	x	D	-	-	-	-	4.8
3	-	-	C	x	-	-	x	4.5
3	1/2	x	C	-	-	-	-	3.9
3	1/2	x	B	-	-	-	-	4.1
3	1	-	C	-	-	-	x	5.0
3	1 1/2	x	C	-	-	-	-	4.5
3	1 1/2	x	B	-	-	-	-	4.7
3	2 1/2	x	C	-	-	-	-	5.1
3	2 1/2	x	B	-	-	-	-	5.3
4	1/2	x	C	-	-	-	-	4.7
4	1/2	x	B	-	-	-	-	5.0
BACK DIVES								
somersaults	twists	barani	position	split	fly	head first	blind	dd
2	-	-	C	x	-	-	-	3.3
2	-	-	C	-	x	-	-	3.4
2	2	x	D	-	-	-	-	4.1
2	3	x	D	-	-	-	-	4.7
2	4	x	D	-	-	-	-	5.2
3	-	-	C	x	-	-	-	4.2
3	-	-	C	-	x	-	-	4.3
3	1	x	B	-	-	-	-	4.5
3	2	x	B	-	-	-	-	5.1
REVERSE DIVES								
somersaults	twists	barani	position	split	fly	head first	blind	dd
2	-	-	C	x	-	-	-	3.4
2	-	-	C	-	x	-	-	3.5
2	1	x	B	-	-	-	-	3.9
2	3	x	D	-	-	-	-	4.8
3	-	-	C	x	-	-	-	4.3

INWARD DIVES								
somersaults	twists	barani	position	split	fly	head first	blind	dd
2	1/2	x	B	-	-	-	-	3.8
2	1 1/2	x	D	-	-	-	-	4.1
2	2 1/2	x	D	-	-	-	-	4.7
3	-	-	C	x	-	-	x	4.9
3	1/2	x	C	-	-	-	-	4.3
3	1/2	x	B	-	-	-	-	4.7
3 1/2	-	-	B	-	-	x	-	5.6
4	1/2	x	C	-	-	-	-	5.1
4	1/2	x	B	-	-	-	-	5.7
ARMSTAND FORWARD DIVES								
somersaults	twists	barani	position	split	fly	head first	blind	dd
2 1/2	1/2	x	B	-	-	-	-	4.3
3 1/2	1/2	x	C	-	-	-	-	4.9
3 1/2	1/2	x	B	-	-	-	-	5.3
ARMSTAND BACK DIVES								
somersaults	twists	barani	position	split	fly	head first	blind	dd
1 1/2	-	-	A	-	-	-	-	4.0
2 1/2	-	-	C	x	-	-	-	4.4
2 1/2	1	x	B	-	-	-	-	4.7
2 1/2	2	x	B	-	-	-	-	5.3
ARMSTAND REVERSE DIVES								
somersaults	twists	barani	position	split	fly	head first	blind	dd
1 1/2	-	-	C	-	-	-	-	3.5
1 1/2	-	-	C	x	-	-	-	3.6