

## WHDF FORMULA AND COMPONENTS OF THE DEGREE OF DIFFICULTY

A	TAKE OFF		B	SOMERSAULTS				C	TWISTS			
	Forward	1.4		Half somersault	0.4			Half twist				0.3
	Back	1.5		Every somersault	0.8			Every twist				0.6
	Reverse	1.6										
	Inward	1.8		5 <sup>th</sup> somersault	0.9			Fwd rot. > 2 full twists				0.5
	Armstand forward	2.0						Back rot. > 2.5 full twists				0.5
	Armstand back	2.1										
	Armstand reverse	2.2										
<b>D</b>	<b>POSITIONS IN THE AIR (NUMBER OF SOMERSAULTS)</b>											
<b>D.1</b>	<b>FORWARD</b>	<b>0.5</b>	<b>1.0</b>	<b>1.5</b>	<b>2.0</b>	<b>2.5</b>	<b>3.0</b>	<b>3.5</b>	<b>4.0</b>	<b>4.5</b>	<b>5.0</b>	
	A-lay-out	0.3	0.6	0.6	1.0	----	----	----	----	----	----	
	B-piked	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.3	0.4	----	
	E-fly 90° +	----	0.2	0.2	0.2	0.2	0.3	0.4	----	----	----	
	F-split	----	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	----	
<b>D.2</b>	<b>BACK</b>	<b>0.5</b>	<b>1.0</b>	<b>1.5</b>	<b>2.0</b>	<b>2.5</b>	<b>3.0</b>	<b>3.5</b>	<b>4.0</b>	<b>4.5</b>	<b>5.0</b>	
	A-lay-out	0.6	0.6	0.6	1.0	----	1.4	----	----	----	----	
	B-piked back rotation	----	0.2	0.2	0.3	0.3	0.4	0.5	0.6	----	----	
	B-piked forward rotation	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.3	0.4	----	
	E-fly 90° +	----	0.2	----	0.2	----	0.2	----	0.3	----	----	
	F-split	----	0.1	----	0.1	----	0.1	----	0.1	----	0.1	
	Untwisted back rotation	----	----	----	0.1	----	0.2	----	0.3	----	0.4	
<b>D.3</b>	<b>REVERSE</b>	<b>0.5</b>	<b>1.0</b>	<b>1.5</b>	<b>2.0</b>	<b>2.5</b>	<b>3.0</b>	<b>3.5</b>	<b>4.0</b>	<b>4.5</b>	<b>5.0</b>	
	A-lay-out	0.6	0.6	0.6	1.1	----	----	----	----	----	----	
	B-piked back rotation	----	0.2	0.2	0.3	0.3	0.4	0.5	0.7	----	----	
	B-piked forward rotation	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.3	0.4	----	
	E-fly 90° +	----	0.2	----	0.2	----	0.2	----	0.3	----	----	
	F-split	----	0.1	----	0.1	----	0.1	----	0.1	----	0.1	
	Untwisted back rotation	----	----	----	0.1	----	0.2	----	0.3	----	0.4	
<b>D.4</b>	<b>INWARD</b>	<b>0.5</b>	<b>1.0</b>	<b>1.5</b>	<b>2.0</b>	<b>2.5</b>	<b>3.0</b>	<b>3.5</b>	<b>4.0</b>	<b>4.5</b>	<b>5.0</b>	
	A-lay-out	0.4	0.7	----	----	----	----	----	----	----	----	
	B-piked	0.1	0.2	0.2	0.3	0.3	0.4	0.4	0.6	----	----	
	E-fly 90° +	----	0.3	0.3	0.3	0.3	0.4	0.4	----	----	----	
	F-split	----	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	----	
<b>D.6.1</b>	<b>ARMSTAND FORWARD</b>	<b>0.5</b>	<b>1.0</b>	<b>1.5</b>	<b>2.0</b>	<b>2.5</b>	<b>3.0</b>	<b>3.5</b>	<b>4.0</b>	<b>4.5</b>	<b>5.0</b>	
	A-lay-out	0.6	0.6	0.6	----	----	----	----	----	----	----	
	B-piked	0.1	0.1	0.1	0.1	0.2	0.2	0.4	0.5	----	----	
	E-fly 90° +	----	----	0.2	0.2	0.3	0.3	----	----	----	----	
	F-split	----	0.1	0.1	0.1	0.1	0.1	0.1	0.1	----	----	
<b>D.6.2</b>	<b>ARMSTAND BACK</b>	<b>0.5</b>	<b>1.0</b>	<b>1.5</b>	<b>2.0</b>	<b>2.5</b>	<b>3.0</b>	<b>3.5</b>	<b>4.0</b>	<b>4.5</b>	<b>5.0</b>	
	A-lay-out	0.3	0.3	0.6	0.6	----	----	----	----	----	----	
	B-piked back rotation	0.2	0.2	0.3	0.3	0.4	0.4	0.6	----	----	----	
	B-piked forward rotation	0.1	0.1	0.1	0.1	0.2	0.2	0.4	0.5	----	----	
	E-fly 90° +	----	----	0.2	----	0.2	----	0.3	----	----	----	
	F-split	----	----	0.1	----	0.1	----	0.1	----	0.1	----	
	Untwisted back rotation	----	----	0.1	----	0.2	----	0.3	----	0.4	----	
<b>D.6.3</b>	<b>ARMSTAND REVERSE</b>	<b>0.5</b>	<b>1.0</b>	<b>1.5</b>	<b>2.0</b>	<b>2.5</b>	<b>3.0</b>	<b>3.5</b>	<b>4.0</b>	<b>4.5</b>	<b>5.0</b>	
	A-lay-out	0.3	----	----	----	----	----	----	----	----	----	
	B-piked back rotation	0.2	0.2	0.3	0.3	0.5	----	----	----	----	----	
	B-piked forward rotation	0.1	0.1	0.1	0.1	0.2	0.2	0.4	0.5	----	----	
	E-fly 90° +	----	----	0.2	----	0.2	----	0.3	----	----	----	
	F-split	----	----	0.1	----	0.1	----	0.1	----	0.1	----	
	Untwisted back rotation	----	----	0.1	----	0.2	----	0.3	----	0.4	----	
<b>E</b>	<b>ENTRY IN WATER</b>											
	Entry head first	0.6										
	Blind entry (only feet first)	0.6										
	Barani (1/2 twist for entry)	0.1										