

WHDF Formula and components of the degree of difficulty

A		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		including Barani				excluding Barani (Barani doesn't count as a half twist)					
	Inward	1.8											
	Armstand forward	2											
	Armstand back	2.1											
	Armstand reverse	2.2											
D POSITIONS IN THE AIR (NUMBER OF SOMERSAULTS)													
D.1	FORWARD	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5		
	A-lay-out	0.3	0.6	0.6	1	---	---	---	---	---	---		
	B-piked	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.3	0.4	---		
	E-3 position	---	0.4	---	---	---	---	---	---	---	---		
	F-fly >90°	---	0.2	0.2	0.2	0.2	0.3	0.4	---	---	---		
	split	---	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	---		
D.2	BACK	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5		
	A-lay-out	0.6	0.6	0.6	1	---	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-3 position	---	0.3	---	---	---	---	---	---	---	---		
	F-fly >90°	---	0.2	---	0.2	---	0.2	---	0.3	---	---		
	split	---	0.1	---	0.1	---	0.1	---	0.1	---	0.1		
	Untwisted back rotation	---	---	---	0.1	---	0.2	---	0.3	---	0.4		
D.3	REVERSE	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5		
	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-3 position	---	0.3	---	---	---	---	---	---	---	---		
	F-fly >90°	---	0.2	---	0.2	---	0.2	---	0.3	---	---		
	split	---	0.1	---	0.1	---	0.1	---	0.1	---	0.1		
	Untwisted back rotation	---	---	---	0.1	---	0.2	---	0.3	---	0.4		
D.4	INWARD	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5		
	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-3 position	---	0.2	---	---	---	---	---	---	---	---		
	F-fly >90°	---	0.3	0.3	0.3	0.3	0.4	0.4	---	---	---		
	split	---	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	---		
D.9.1	ARMSTAND FORWARD	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5		
	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	---	---		
	F-fly >90°	---	---	0.2	0.2	0.3	0.3	---	---	---	---		
	split	---	0.1	0.1	0.1	0.1	0.1	0.1	0.1	---	---		
D.9.2	ARMSTAND REVERSE	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5		
	A-lay-out	0.3	---	---	---	---	---	---	---	---	---		
	B-piked back rotation	0.1	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	---	---		
	F-fly >90°	---	---	0.2	---	0.2	---	0.3	---	---	---		
	split	---	---	0.1	---	0.1	---	0.1	---	0.1	---		
	Untwisted back rotation	---	---	0.1	---	0.2	---	0.3	---	0.4	---		
D.10	ARMSTAND BACK	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5		
	A-lay-out	0.3	0.3	0.6	0.6	---	---	---	---	---	---		
	B-piked back rotation	---	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	---	---		
	F-fly >90°	---	---	0.2	---	0.2	---	0.3	---	---	---		
	split	---	---	0.1	---	0.1	---	0.1	---	0.1	---		
	Untwisted back rotation	---	---	0.1	---	0.2	---	0.3	---	0.4	---		
E	ENTRY IN WATER		20m	15m	13m								
	Entry head first	0.3	0.2	0.1									
	Blind entry (only feet first)	0.6	0.5	0.4									
	Barani (1/2 twist for entry)	0.1	0.1	0.1									
F	DEDUCTION		20m	15m	13m								
	Departure Height		---	- 0.3	- 0.4								