

# WHDF calculated dd of popular dives

Jul 18/ah

| Dive-Nr. | Name                                                         | forward dives (Group 1.0 / 5.1) |        |        |          |       |     |            |       |      |      |      |
|----------|--------------------------------------------------------------|---------------------------------|--------|--------|----------|-------|-----|------------|-------|------|------|------|
|          |                                                              | somersaults                     | twists | barani | position | split | fly | head first | blind | 20 m | 15 m | 13 m |
| 101C     | forward dive tuck                                            | 1/2                             | -      | -      | C        | -     | -   | x          | -     | 2.1  | 1.7  | 1.5  |
| 101B     | forward dive pike                                            | 1/2                             | -      | -      | B        | -     | -   | x          | -     | 2.2  | 1.8  | 1.6  |
| 101A     | forward dive layout                                          | 1/2                             | -      | -      | A        | -     | -   | x          | -     | 2.4  | 2.0  | 1.8  |
| 112C     | flying forward somersault tuck                               | 1                               | -      | -      | C        | -     | x   | -          | x     | 3.0  | 2.6  | 2.4  |
| 112B     | flying forward somersault pike                               | 1                               | -      | -      | B        | -     | x   | -          | x     | 3.1  | 2.7  | 2.5  |
| 103C     | forward 1 1/2 somersaults tuck                               | 1 1/2                           | -      | -      | C        | -     | -   | x          | -     | 2.9  | 2.5  | 2.3  |
| 103B     | forward 1 1/2 somersaults pike                               | 1 1/2                           | -      | -      | B        | -     | -   | x          | -     | 3.0  | 2.6  | 2.4  |
| 104C     | forward 2 somersaults tuck with split                        | 2                               | -      | -      | C        | x     | -   | -          | x     | 3.7  | 3.3  | 3.1  |
| 104B     | forward 2 somersaults pike with split                        | 2                               | -      | -      | B        | x     | -   | -          | x     | 3.8  | 3.4  | 3.2  |
| 105C     | forward 2 1/2 somersaults tuck                               | 2 1/2                           | -      | -      | C        | -     | -   | x          | -     | 3.7  | 3.3  | 3.1  |
| 105B     | forward 2 1/2 somersaults pike                               | 2 1/2                           | -      | -      | B        | -     | -   | x          | -     | 3.8  | 3.4  | 3.2  |
| 106C     | forward 3 somersaults tuck with split                        | 3                               | -      | -      | C        | x     | -   | -          | x     | 4.5  | 4.1  | 3.9  |
| 106B     | forward 3 somersaults pike with split                        | 3                               | -      | -      | B        | x     | -   | -          | x     | 4.7  | 4.3  | 4.1  |
| 107C     | forward 3 1/2 somersaults tuck                               | 3 1/2                           | -      | -      | C        | -     | -   | x          | -     | 4.5  | 4.1  | 3.9  |
| 107B     | forward 3 1/2 somersaults pike                               | 3 1/2                           | -      | -      | B        | -     | -   | x          | -     | 4.7  | 4.3  | 4.1  |
| 109C     | forward 4 1/2 somersaults tuck                               | 4 1/2                           | -      | -      | C        | -     | -   | x          | -     | 5.3  | 4.9  | 4.7  |
| 109B     | forward 4 1/2 somersaults pike                               | 4 1/2                           | -      | -      | B        | -     | -   | x          | -     | 5.7  | 5.3  | 5.1  |
| 113B     | flying forward 1 1/2 somersaults pike                        | 1 1/2                           | -      | -      | B        | -     | x   | x          | -     | 3.2  | 2.8  | 2.6  |
| 51121B   | flying forward somersault pike with 1/2 twist                | 1                               | 1/2    | x      | B        | -     | x   | -          | -     | 2.6  | 2.3  | 2.2  |
| 5121A    | forward somersault layout with 1/2 twist                     | 1                               | 1/2    | x      | A        | -     | -   | -          | -     | 2.9  | 2.6  | 2.5  |
| 5141CF   | forward somersault tuck, 1/2 twist with back somersault tuck | 2                               | 1/2    | -      | C        | x     | -   | -          | -     | 3.4  | 3.1  | 3.0  |
| 5132D    | forward 1 1/2 somersaults with 1 twist, free position        | 1 1/2                           | 1      | -      | D        | -     | -   | x          | -     | 3.5  | 3.1  | 2.9  |
| 5134D    | forward 1 1/2 somersaults with 2 twists, free position       | 1 1/2                           | 2      | -      | D        | -     | -   | x          | -     | 4.1  | 3.7  | 3.5  |
| 5136D    | forward 1 1/2 somersaults with 3 twists, free position       | 1 1/2                           | 3      | -      | D        | -     | -   | x          | -     | 4.7  | 4.3  | 4.1  |
| 5141C    | forward 2 somersaults tuck with 1/2 twist                    | 2                               | 1/2    | x      | C        | -     | -   | -          | -     | 3.1  | 2.8  | 2.7  |
| 5141B    | forward 2 somersaults pike with 1/2 twist                    | 2                               | 1/2    | x      | B        | -     | -   | -          | -     | 3.2  | 2.9  | 2.8  |
| 51141B   | flying forward 2 somersaults pike with 1/2 twist             | 2                               | 1/2    | x      | B        | -     | x   | -          | -     | 3.4  | 3.1  | 3.0  |
| 5143D    | forward 2 somersaults with 1 1/2 twists, free position       | 2                               | 1 1/2  | x      | D        | -     | -   | -          | -     | 3.7  | 3.4  | 3.3  |
| 5144D    | forward 2 somersaults with 2 twists, free position           | 2                               | 2      | -      | D        | -     | -   | -          | x     | 4.8  | 4.5  | 4.4  |
| 5145D    | forward 2 somersaults with 2 1/2 twists, free position       | 2                               | 2 1/2  | x      | D        | -     | -   | -          | -     | 4.3  | 4.0  | 3.9  |
| 5152B    | forward 2 1/2 somersaults pike with 1 twist                  | 2 1/2                           | 1      | -      | B        | -     | -   | x          | -     | 4.4  | 4.0  | 3.8  |
| 5154B    | forward 2 1/2 somersaults pike with 2 twist                  | 2 1/2                           | 2      | -      | B        | -     | -   | x          | -     | 5.0  | 4.6  | 4.4  |
| 5161C    | forward 3 somersaults tuck with 1/2 twist                    | 3                               | 1/2    | x      | C        | -     | -   | -          | -     | 3.9  | 3.6  | 3.5  |
| 5161B    | forward 3 somersaults pike with 1/2 twist                    | 3                               | 1/2    | x      | B        | -     | -   | -          | -     | 4.1  | 3.8  | 3.7  |
| 5162C    | forward 3 somersaults tuck with 1 twist                      | 3                               | 1      | -      | C        | -     | -   | -          | x     | 5.0  | 4.6  | 4.5  |
| 5162B    | forward 3 somersaults pike with 1 twist                      | 3                               | 1      | -      | B        | -     | -   | -          | x     | 5.2  | 4.8  | 4.7  |
| 5163C    | forward 3 somersaults tuck with 1 1/2 twists                 | 3                               | 1 1/2  | x      | C        | -     | -   | -          | -     | 4.5  | 4.2  | 4.1  |
| 5163B    | forward 3 somersaults pike with 1 1/2 twists                 | 3                               | 1 1/2  | x      | B        | -     | -   | -          | -     | 4.7  | 4.4  | 4.3  |
| 5165B    | forward 3 somersaults pike with 2 1/2 twists                 | 3                               | 2 1/2  | x      | B        | -     | -   | -          | -     | 5.3  | 5.0  | 4.9  |
| 5181C    | forward 4 somersaults tuck with 1/2 twist                    | 4                               | 1/2    | x      | C        | -     | -   | -          | -     | 4.7  | 4.4  | 4.3  |
| 5181B    | forward 4 somersaults pike with 1/2 twist                    | 4                               | 1/2    | x      | B        | -     | -   | -          | -     | 5.0  | 4.7  | 4.6  |

|        |                                                           | <b>back dives (Group 2.0 / 5.2)</b>    |        |        |          |       |     |            |       |      |      |      |
|--------|-----------------------------------------------------------|----------------------------------------|--------|--------|----------|-------|-----|------------|-------|------|------|------|
|        |                                                           | somersaults                            | twists | barani | position | split | fly | head first | blind | 20 m | 15 m | 13 m |
| 202C   | back somersault tuck                                      | 1                                      | -      | -      | C        | -     | -   | -          | -     | 2.3  | 2.0  | 1.9  |
| 202A   | back somersault layout                                    | 1                                      | -      | -      | A        | -     | -   | -          | -     | 2.9  | 2.6  | 2.5  |
| 202E   | back somersault 3 position                                | 1                                      | -      | -      | E        | x     | -   | -          | -     | 2.6  | 2.3  | 2.2  |
| 212C   | flying back somersault tuck                               | 1                                      | -      | -      | C        | -     | x   | -          | -     | 2.5  | 2.2  | 2.1  |
| 212B   | flying back somersault pike                               | 1                                      | -      | -      | B        | -     | x   | -          | -     | 2.7  | 2.4  | 2.3  |
| 204C   | back 2 somersaults tuck                                   | 2                                      | -      | -      | C        | -     | -   | -          | -     | 3.2  | 2.9  | 2.8  |
| 204CF  | back 2 somersaults tuck with split                        | 2                                      | -      | -      | C        | x     | -   | -          | -     | 3.3  | 3.0  | 2.9  |
| 204CA  | back somersault tuck with back somersault layout          | 2                                      | -      | -      | C-A      | -     | -   | -          | -     | 3.8  | 3.5  | 3.4  |
| 204B   | back 2 somersaults pike                                   | 2                                      | -      | -      | B        | -     | -   | -          | -     | 3.5  | 3.2  | 3.1  |
| 204A   | back 2 somersaults layout                                 | 2                                      | -      | -      | A        | -     | -   | -          | -     | 4.2  | 3.9  | 3.8  |
| 206C   | back 3 somersaults tuck                                   | 3                                      | -      | -      | C        | -     | -   | -          | -     | 4.1  | 3.8  | 3.7  |
| 206B   | back 3 somersaults pike                                   | 3                                      | -      | -      | B        | -     | -   | -          | -     | 4.5  | 4.2  | 4.1  |
| 206BF  | back 3 somersaults pike with split                        | 3                                      | -      | -      | B        | x     | -   | -          | -     | 4.6  | 4.3  | 4.2  |
| 5211A  | back 1/2 somersault layout with 1/2 twist                 | 1/2                                    | 1/2    | -      | A        | -     | -   | x          | -     | 3.1  | 2.7  | 2.5  |
| 5231D  | back 1 1/2 somersaults with 1/2 twist, free position      | 1 1/2                                  | 1/2    | -      | D        | -     | -   | x          | -     | 3.3  | 2.9  | 2.7  |
| 5233D  | back 1 1/2 somersaults with 1 1/2 twists, free position   | 1 1/2                                  | 1 1/2  | -      | D        | -     | -   | x          | -     | 3.9  | 4.5  | 4.3  |
| 5235D  | back 1 1/2 somersaults with 2 1/2 twists, free position   | 1 1/2                                  | 2 1/2  | -      | D        | -     | -   | x          | -     | 4.5  | 4.1  | 3.9  |
| 5237D  | back 1 1/2 somersaults with 3 1/2 twists, free position   | 1 1/2                                  | 3 1/2  | -      | D        | -     | -   | x          | -     | 5.1  | 4.7  | 4.5  |
| 5242D  | back 2 somersaults with 1 twist, free position            | 2                                      | 1      | x      | D        | -     | -   | -          | -     | 3.5  | 3.2  | 3.1  |
| 5244D  | back 2 somersaults with 2 twists, free position           | 2                                      | 2      | x      | D        | -     | -   | -          | -     | 4.1  | 3.8  | 3.7  |
| 5246D  | back 2 somersaults with 3 twists, free position           | 2                                      | 3      | x      | D        | -     | -   | -          | -     | 4.7  | 4.4  | 4.3  |
| 5248D  | back 2 somersaults with 4 twists, free position           | 2                                      | 4      | x      | D        | -     | -   | -          | -     | 5.3  | 5.0  | 4.9  |
| 5251B  | back 2 1/2 somersaults pike with 1/2 twist                | 2 1/2                                  | 1/2    | -      | B        | -     | -   | x          | -     | 4.2  | 3.8  | 3.6  |
| 5253B  | back 2 1/2 somersaults pike with 1 1/2 twists             | 2 1/2                                  | 1 1/2  | -      | B        | -     | -   | x          | -     | 4.8  | 4.4  | 4.2  |
| 5255B  | back 2 1/2 somersaults pike with 2 1/2 twists             | 2 1/2                                  | 2 1/2  | -      | B        | -     | -   | x          | -     | 5.4  | 5.0  | 4.8  |
| 5257B  | back 2 1/2 somersaults pike with 3 1/2 twists             | 2 1/2                                  | 3 1/2  | -      | B        | -     | -   | x          | -     | 6.0  | 5.6  | 4.4  |
| 5262B  | back 3 somersaults pike with 1 twist                      | 3                                      | 1      | x      | B        | -     | -   | -          | -     | 4.5  | 4.2  | 4.1  |
| 5264B  | back 3 somersaults pike with 2 twists                     | 3                                      | 2      | x      | B        | -     | -   | -          | -     | 5.1  | 4.8  | 4.7  |
| 5466B  | back 3 somersaults pike with 3 twists                     | 3                                      | 3      | x      | B        | -     | -   | -          | -     | 5.7  | 5.4  | 5.3  |
|        |                                                           | <b>reverse dives (Group 3.0 / 5.3)</b> |        |        |          |       |     |            |       |      |      |      |
|        |                                                           | somersaults                            | twists | barani | position | split | fly | head first | blind | 20 m | 15 m | 13 m |
| 302C   | reverse somersault tuck                                   | 1                                      | -      | -      | C        | -     | -   | -          | -     | 2.4  | 2.1  | 2.0  |
| 302CF  | reverse somersault tuck with split                        | 1                                      | -      | -      | C        | x     | -   | -          | -     | 2.5  | 2.2  | 2.1  |
| 312C   | flying reverse somersault tuck                            | 1                                      | -      | -      | C        | -     | x   | -          | -     | 2.6  | 2.3  | 2.2  |
| 312B   | flying reverse somersault pike                            | 1                                      | -      | -      | B        | -     | x   | -          | -     | 2.8  | 2.5  | 2.4  |
| 302A   | reverse somersault layout                                 | 1                                      | -      | -      | A        | -     | -   | -          | -     | 3.0  | 2.7  | 2.6  |
| 302F   | reverse somersault 2 position                             | 1                                      | -      | -      | B        | x     | -   | -          | -     | 2.7  | 2.4  | 2.3  |
| 302E   | reverse somersault 3 position                             | 1                                      | -      | -      | E        | x     | -   | -          | -     | 2.7  | 2.4  | 2.3  |
| 304C   | reverse 2 somersaults tuck with split                     | 2                                      | -      | -      | C        | x     | -   | -          | -     | 3.4  | 3.1  | 3.0  |
| 306C   | reverse 3 somersaults tuck with split                     | 3                                      | -      | -      | C        | x     | -   | -          | -     | 4.3  | 4.0  | 3.9  |
| 53121D | flying reverse somersault with 1/2 twist, free position   | 1                                      | 1/2    | -      | D        | -     | x   | -          | x     | 3.6  | 3.3  | 3.2  |
| 5311A  | reverse dive layout with 1/2 twist                        | 1/2                                    | 1/2    | -      | A        | -     | -   | x          | -     | 3.2  | 2.8  | 2.6  |
| 5331D  | reverse 1 1/2 somersaults with 1/2 twist, free position   | 1 1/2                                  | 1/2    | -      | D        | -     | -   | x          | -     | 3.4  | 3.0  | 2.8  |
| 5333D  | reverse 1 1/2 somersaults with 1 1/2 twist, free position | 1 1/2                                  | 1 1/2  | -      | D        | -     | -   | x          | -     | 4.0  | 3.6  | 3.4  |
| 5335D  | reverse 1 1/2 somersaults with 2 1/2 twist, free position | 1 1/2                                  | 2 1/2  | -      | D        | -     | -   | x          | -     | 4.6  | 4.2  | 4.0  |
| 5337D  | reverse 1 1/2 somersaults with 3 1/2 twist, free position | 1 1/2                                  | 3 1/2  | -      | D        | -     | -   | x          | -     | 5.2  | 4.8  | 4.6  |
| 5339D  | reverse 1 1/2 somersaults with 4 1/2 twist, free position | 1 1/2                                  | 4 1/2  | -      | D        | -     | -   | x          | -     | 5.8  | 5.4  | 5.2  |
| 5351B  | reverse 2 1/2 somersaults pike with 1/2 twist             | 2 1/2                                  | 1/2    | -      | B        | -     | -   | x          | -     | 4.3  | 3.9  | 3.7  |
| 5342D  | reverse 2 somersaults with 1 twist, free position         | 2                                      | 1      | x      | D        | -     | -   | -          | -     | 3.6  | 3.3  | 3.2  |
| 5344D  | reverse 2 somersaults with 2 twists, free position        | 2                                      | 2      | x      | D        | -     | -   | -          | -     | 4.2  | 3.9  | 3.8  |
| 5346D  | reverse 2 somersaults with 3 twists, free position        | 2                                      | 3      | x      | D        | -     | -   | -          | -     | 4.8  | 4.5  | 4.4  |

|       |                                                   | <b>inward dives (Group 4.0 / 5.4)</b> |               |               |                 |              |            |                   |              |             |             |             |
|-------|---------------------------------------------------|---------------------------------------|---------------|---------------|-----------------|--------------|------------|-------------------|--------------|-------------|-------------|-------------|
|       |                                                   | <b>somersaults</b>                    | <b>twists</b> | <b>barani</b> | <b>position</b> | <b>split</b> | <b>fly</b> | <b>head first</b> | <b>blind</b> | <b>20 m</b> | <b>15 m</b> | <b>13 m</b> |
| 401C  | inward dive tuck                                  | 1/2                                   | -             | -             | C               | -            | -          | x                 | -            | 2.5         | 2.1         | 1.9         |
| 401B  | inward dive pike                                  | 1/2                                   | -             | -             | B               | -            | -          | x                 | -            | 2.6         | 2.2         | 2.0         |
| 401A  | inward dive layout                                | 1/2                                   | -             | -             | A               | -            | -          | x                 | -            | 2.9         | 2.5         | 2.3         |
| 412C  | flying inward somersault tuck                     | 1                                     | -             | -             | C               | -            | x          | -                 | x            | 3.5         | 3.1         | 2.9         |
| 412B  | flying inward somersault pike                     | 1                                     | -             | -             | B               | -            | x          | -                 | x            | 3.7         | 3.3         | 3.1         |
| 403C  | inward 1 1/2 somersaults tuck                     | 1 1/2                                 | -             | -             | C               | -            | -          | x                 | -            | 3.3         | 2.9         | 2.7         |
| 403B  | inward 1 1/2 somersaults pike                     | 1 1/2                                 | -             | -             | B               | -            | -          | x                 | -            | 3.5         | 3.1         | 2.9         |
| 405C  | inward 2 1/2 somersaults tuck                     | 2 1/2                                 | -             | -             | C               | -            | -          | x                 | -            | 4.1         | 3.7         | 3.5         |
| 405B  | inward 2 1/2 somersaults pike                     | 2 1/2                                 | -             | -             | B               | -            | -          | x                 | -            | 4.4         | 4.0         | 3.8         |
| 406C  | inward 3 somersaults tuck with split              | 3                                     | -             | -             | C               | x            | -          | -                 | x            | 4.9         | 4.6         | 4.5         |
| 407C  | inward 3 1/2 somersaults tuck                     | 3 1/2                                 | -             | -             | C               | -            | -          | x                 | -            | 4.9         | 4.5         | 4.3         |
| 407B  | inward 3 1/2 somersaults pike                     | 3 1/2                                 | -             | -             | B               | -            | -          | x                 | -            | 5.3         | 4.9         | 4.7         |
| 5421D | inward 1 somersault with 1/2 twist, free position | 1                                     | 1/2           | x             | D               | -            | -          | -                 | -            | 2.7         | 2.4         | 2.3         |
| 5441C | inward 2 somersaults tuck with 1/2 twist          | 2                                     | 1/2           | x             | C               | -            | -          | -                 | -            | 3.5         | 3.2         | 3.1         |
| 5441B | inward 2 somersaults pike with 1/2 twist          | 2                                     | 1/2           | x             | B               | -            | -          | -                 | -            | 3.8         | 3.5         | 3.4         |
| 5452B | inward 2 1/2 somersaults pike with 1 twist        | 2 1/2                                 | 1             | x             | B               | -            | -          | x                 | -            | 5.0         | 4.6         | 4.4         |
| 5461C | inward 3 somersaults tuck with 1/2 twist          | 3                                     | 1/2           | x             | C               | -            | -          | -                 | -            | 4.3         | 4.0         | 3.9         |
| 5461B | inward 3 somersaults pike with 1/2 twist          | 3                                     | 1/2           | x             | B               | -            | -          | -                 | -            | 4.7         | 4.4         | 4.3         |
| 5463B | inward 3 somersaults pike with 1 1/2 twists       | 3                                     | 1 1/2         | x             | B               | -            | -          | -                 | -            | 5.3         | 5.0         | 4.9         |

|       |                                                                     | <b>armstand forward dives (Group 6.1)</b> |               |               |                 |              |            |                   |              |             |             |             |
|-------|---------------------------------------------------------------------|-------------------------------------------|---------------|---------------|-----------------|--------------|------------|-------------------|--------------|-------------|-------------|-------------|
|       |                                                                     | <b>somersaults</b>                        | <b>twists</b> | <b>barani</b> | <b>position</b> | <b>split</b> | <b>fly</b> | <b>head first</b> | <b>blind</b> | <b>20 m</b> | <b>15 m</b> | <b>13 m</b> |
| 611B  | armstand forward 1/2 somersault pike                                | 1/2                                       | -             | -             | B               | -            | -          | -                 | x            | 3.1         | 2.7         | 2.5         |
| 612C  | armstand forward 1 somersault tuck                                  | 1                                         | -             | -             | C               | -            | -          | x                 | -            | 3.1         | 2.7         | 2.5         |
| 612B  | armstand forward 1 somersault pike                                  | 1                                         | -             | -             | B               | -            | -          | x                 | -            | 3.2         | 2.8         | 2.6         |
| 613B  | armstand forward 1 1/2 somersault pike                              | 1 1/2                                     | -             | -             | B               | -            | -          | -                 | x            | 3.9         | 3.5         | 3.3         |
| 614C  | armstand forward 2 somersaults tuck                                 | 2                                         | -             | -             | C               | -            | -          | x                 | -            | 3.9         | 3.5         | 3.3         |
| 614B  | armstand forward 2 somersaults pike                                 | 2                                         | -             | -             | B               | -            | -          | x                 | -            | 4.0         | 3.6         | 3.4         |
| 616B  | armstand forward 3 somersaults pike                                 | 3                                         | -             | -             | B               | -            | -          | x                 | -            | 4.9         | 4.5         | 4.3         |
| 6142D | armstand forward 2 somersaults with 1 twist, free position          | 2                                         | 1             | -             | D               | -            | -          | x                 | -            | 4.5         | 4.1         | 3.9         |
| 6144D | armstand forward 2 somersaults with 2 twists, free position         | 2                                         | 2             | -             | D               | -            | -          | x                 | -            | 5.1         | 4.7         | 4.5         |
| 6131B | armstand forward 1 1/2 somersaults pike with 1/2 twist              | 1 1/2                                     | 1/2           | x             | B               | -            | -          | -                 | -            | 3.4         | 3.1         | 3.0         |
| 6151C | armstand forward 2 1/2 somersaults tuck with 1/2 twist              | 2 1/2                                     | 1/2           | x             | C               | -            | -          | -                 | -            | 4.1         | 3.8         | 3.7         |
| 6151B | armstand forward 2 1/2 somersaults pike with 1/2 twist              | 2 1/2                                     | 1/2           | x             | B               | -            | -          | -                 | -            | 4.3         | 4.0         | 3.9         |
| 6152B | armstand forward 2 1/2 somersaults pike with 1 twist                | 2 1/2                                     | 1             | -             | B               | -            | -          | -                 | x            | 5.4         | 5.0         | 4.8         |
| 6153B | armstand forward 2 1/2 somersaults pike with 1 1/2 twists           | 2 1/2                                     | 1 1/2         | x             | B               | -            | -          | -                 | -            | 4.9         | 4.6         | 4.5         |
| 6154B | armstand forward 2 1/2 somersaults pike with 2 twists               | 2 1/2                                     | 2             | -             | B               | -            | -          | -                 | x            | 6.0         | 5.6         | 5.4         |
| 6155D | armstand forward 2 1/2 somersaults with 2 1/2 twists, free position | 2 1/2                                     | 2 1/2         | x             | D               | -            | -          | -                 | -            | 5.3         | 5.0         | 4.9         |
| 6171C | armstand forward 3 1/2 somersaults tuck with 1/2 twist              | 3 1/2                                     | 1/2           | x             | C               | -            | -          | -                 | -            | 4.9         | 4.6         | 4.5         |
| 6171B | armstand forward 3 1/2 somersaults pike with 1/2 twist              | 3 1/2                                     | 1/2           | x             | B               | -            | -          | -                 | -            | 5.3         | 5.0         | 4.9         |
|       |                                                                     | <b>armstand back dives (Group 6.2)</b>    |               |               |                 |              |            |                   |              |             |             |             |
|       |                                                                     | <b>somersaults</b>                        | <b>twists</b> | <b>barani</b> | <b>position</b> | <b>split</b> | <b>fly</b> | <b>head first</b> | <b>blind</b> | <b>20 m</b> | <b>15 m</b> | <b>13 m</b> |
| 623A  | armstand back 1 1/2 somersaults layout                              | 1 1/2                                     | -             | -             | A               | -            | -          | -                 | -            | 4.0         | 3.7         | 3.6         |
| 625C  | armstand back 2 1/2 somersaults tuck                                | 2 1/2                                     | -             | -             | C               | -            | -          | -                 | -            | 4.3         | 4.0         | 3.9         |
| 625CF | armstand back 2 1/2 somersaults tuck with split                     | 2 1/2                                     | -             | -             | C               | x            | -          | -                 | -            | 4.4         | 4.1         | 4.0         |
| 625B  | armstand back 2 1/2 somersaults pike                                | 2 1/2                                     | -             | -             | B               | -            | -          | -                 | -            | 4.7         | 4.4         | 4.3         |
| 6231B | armstand back, flying 1 1/2 somersaults with 1/2 twist pike         | 1 1/2                                     | 1/2           | -             | B               | -            | x          | -                 | x            | 4.5         | 4.1         | 3.9         |
| 6241B | armstand back, 2 somersaults pike with 1/2 twist                    | 2                                         | 1/2           | -             | B               | -            | -          | x                 | -            | 4.4         | 4.0         | 3.8         |
| 6243D | armstand back, 2 somersaults with 1 1/2 twists, free position       | 2                                         | 1 1/2         | -             | D               | -            | -          | x                 | -            | 4.9         | 4.5         | 4.3         |
| 6245D | armstand back, 2 somersaults with 2 1/2 twists, free position       | 2                                         | 2 1/2         | -             | D               | -            | -          | x                 | -            | 5.5         | 5.1         | 4.9         |
| 6252B | armstand back, 2 1/2 somersaults pike with 1 twist                  | 2 1/2                                     | 1             | x             | B               | -            | -          | -                 | -            | 4.7         | 4.4         | 4.3         |
| 6254D | armstand back, 2 1/2 somersaults with 2 twists, free position       | 2 1/2                                     | 2             | x             | D               | -            | -          | -                 | -            | 5.1         | 4.8         | 4.7         |
| 6256D | armstand back, 2 1/2 somersaults with 3 twists, free position       | 2 1/2                                     | 3             | x             | D               | -            | -          | -                 | -            | 5.7         | 5.4         | 5.3         |
| 6272B | armstand back, 3 1/2 somersaults pike with 1 twist                  | 3 1/2                                     | 1             | x             | B               | -            | -          | -                 | -            | 5.7         | 5.4         | 5.3         |
|       |                                                                     | <b>armstand reverse dives (Group 6.3)</b> |               |               |                 |              |            |                   |              |             |             |             |
|       |                                                                     | <b>somersaults</b>                        | <b>twists</b> | <b>barani</b> | <b>position</b> | <b>split</b> | <b>fly</b> | <b>head first</b> | <b>blind</b> | <b>20 m</b> | <b>15 m</b> | <b>13 m</b> |
| 631C  | armstand reverse 1/2 somersault tuck                                | 1/2                                       | -             | -             | C               | -            | -          | -                 | -            | 2.6         | 2.3         | 2.2         |
| 631B  | armstand reverse 1/2 somersault pike                                | 1/2                                       | -             | -             | B               | -            | -          | -                 | -            | 2.7         | 2.4         | 2.3         |
| 633C  | armstand reverse 1 1/2 somersaults tuck                             | 1 1/2                                     | -             | -             | C               | -            | -          | -                 | -            | 3.5         | 3.2         | 3.1         |
| 633CF | armstand reverse 1 1/2 somersaults tuck with split                  | 1 1/2                                     | -             | -             | C               | x            | -          | -                 | -            | 3.6         | 3.3         | 3.2         |