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						
	Armstand forward	2.0						
	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	----	----	----	----	----	----	----	----
	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	----
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	----	----	----	----	----	----	----	----
	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
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	----	----	----	----	----	----	----	----
	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
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	----	----	----	----	----	----	----	----
	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	----
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	----	----
	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	----	----
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	----	----
	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	----
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	----	----
	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	----

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