



FÉDÉRATION
INTERNATIONALE
DE NATATION



DIVING taking the plunge!

ALL YOU NEED TO KNOW ABOUT DIVING,
ITS ORIGINS, EVENTS ETC.

www.fina.org

WHAT IS FINA?

**FINA IS THE WORLD GOVERNING
BODY FOR AQUATICS.**

FINA COMPRISES NOW
209 NATIONAL MEMBER
FEDERATIONS IN THE
FIVE CONTINENTS.



FOUNDED IN LONDON
JULY 19, 1908



DURING THE OLYMPIC GAMES IN LONDON (GBR).

8 **NATIONAL FEDERATIONS**
WERE RESPONSIBLE FOR ITS FORMATION:
Belgium | Denmark | Finland | France
Germany | Great Britain | Hungary | Sweden

WATER IS OUR WORLD

AQUATICS MEANS

SWIMMING, OPEN WATER SWIMMING,
DIVING, HIGH DIVING, WATER POLO,
ARTISTIC SWIMMING AND MASTERS.

THERE ARE A COUNTLESS VARIETY OF VALUES
AND PRINCIPLES ASSOCIATED WITH
EACH OF OUR DISCIPLINES:



SWIMMING

STRENGTH AND SPEED



OPEN WATER SWIMMING

CHALLENGE AND PERSEVERANCE



DIVING

BALANCE AND AGILITY



HIGH DIVING

COURAGE AND PERFECTION



WATER POLO

TEAM SPIRIT AND MENTAL TOUGHNESS



ARTISTIC SWIMMING

FLEXIBILITY AND GRACE



DESCRIPTION

DIVING IS THE SPORT OF JUMPING OR FALLING INTO WATER FROM A PLATFORM OR SPRINGBOARD, USUALLY WHILE PERFORMING ACROBATICS.

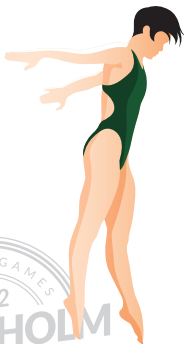
A BIT OF HISTORY

1843

The first known book on diving was published in Germany in 1843.

1891

The first diving rules were adopted.



1912

Women's diving was included for the first time in 1912 Stockholm (SWE).

1882

The oldest German club, "Der Berliner Schwimmverein von 1878", also known as Neptun, started international diving contests in 1882.



1904

Diving made its appearance into the Olympics in 1904, in St. Louis (USA).

A BIT OF HISTORY

1928
TO
1952

All Olympic titles remained in US hands.

Mexico, Australia, Canada, Italy, Germany, Russia, China, Malaysia, or Great Britain are other nations that have consistently shone at diving's major events.



The traditional events in Diving are the 3m springboard (flexible board) and the 10m platform (fixed board).

1991

Until 1991, these two events – both for men and for women – were the only ones contested at Olympic and World Championships' level.

Then, at the FINA showcase, the 1m springboard was added to the programme.

1998
2000

Evolution continued with the introduction, in 1998 (2000 at the Olympics) of synchro events in 3m and 10m.

2015

Finally, mixed events (3m and 10m) and a team event were added to the FINA World Championships' programme.

TYPE OF DIVES

IN POOL DIVING, THE ATHLETES ALWAYS EXECUTE A HEAD-FIRST ENTRY.

There are six possible groups of dives:



FRONT

MOVING FORWARD
ROTATING FORWARD



BACK

STANDING BACKWARD
ROTATING BACKWARD



REVERSE

MOVING FORWARD
ROTATING BACKWARD



INWARD

STANDING BACKWARD
ROTATING FORWARD



TWISTING

ROTATING & TWISTING
AT THE SAME TIME



ARMSTAND

STARTING FROM ARMSTAND
ON PLATFORM ONLY

POSITIONS

THERE ARE FOUR POSITIONS
A DIVE CAN BE PERFORMED IN.

STRAIGHT



PIKE



TUCK



FREE



EACH DIVE IS ASSIGNED A CODE NUMBER OF **3 OR 4 DIGITS AND A SINGLE LETTER.**

Example 101 B = Forward dive PIKE

FIRST DIGIT



INDICATES THE DIRECTION OF ROTATION OR TYPE OF DIVE

1=FRONT

2=BACK

3=REVERSE

4=INWARD

5=TWISTING

6=ARMSTAND

SECOND DIGIT



INDICATES THE INITIAL POSITION OF FLIGHT FOR GROUPS 1 TO 4

1=FLYING

0=NOT FLYING

THIRD DIGIT



INDICATES THE DIRECTION OF ROTATION OR TYPE OF DIVE

1=A SIMPLE DIVE (1/2 ROTATION)

2=1 SOMERSAULT

3=1 1/2 SOMERSAULTS

5=2 1/2 SOMERSAULTS ETC...

FOURTH DIGIT



INDICATES THE NUMBER OF HALF TWISTS

1=1/2 TWIST

2=1 TWIST

3=1 1/2 TWISTS

5=2 1/2 TWISTS

6=3 TWISTS ETC...

LAST CHARACTER



INDICATES THE POSITION

A=STRAIGHT

B=PIKE

C=TUCK

D=FREE (USED ONLY ON TWISTING DIVES)

**THE DIVING COMPETITION WILL
CONSIST OF TEN EVENTS – FOUR
OF WHICH ARE INDIVIDUAL
EVENTS AND A FURTHER SIX
WHICH ARE SYNCHRONISED
DIVING EVENTS.**

WOMEN'S INDIVIDUAL 3m SPRINGBOARD

WOMEN'S INDIVIDUAL 10m PLATFORM

WOMEN'S SYNCHRONISED 3m SPRINGBOARD

WOMEN'S SYNCHRONISED 10m PLATFORM

MEN'S INDIVIDUAL 3M SPRINGBOARD

MEN'S INDIVIDUAL 10M PLATFORM

MEN'S SYNCHRONISED 3m SPRINGBOARD

MEN'S SYNCHRONISED 10m PLATFORM

MIXED SYNCHRO 3m SPRINGBOARD

MIXED SYNCHRO 10m PLATFORM

Each of the four individual events consist of preliminary, semi-final and final phases.

A maximum of 34 divers may compete in the preliminary stage of each individual event, with each nation allowed a maximum of two divers in each individual event.

Synchronised diving events are a direct final with eight qualified teams participating.





Each men's event consists of six dives (rounds).

Each women's event consists of five dives (rounds).

After each dive, the judges score the dive from 0 to 10 points, in half point increments.

Each specific dive is allocated a degree of difficulty which is taken into account when considering the individual scores awarded by the judges.

The final score of an event is the sum of the points scored for all the dives performed in the event

POINTS TO BE CONSIDERED BY JUDGES



DIVING PHASES

**Dives may be performed in six different groups:
forward, backward, reverse,
inward, twisting and armstand.**

**In simple terms, a dive breaks down into five main phases:
the starting position, the approach, the take-off, the flight
and the entry.**

**The flexible springboard allows the diver to launch
upwards into the air, while the platform provides a solid
base from which to begin a dive.**

**The aim is to exhibit grace and strength in all five phases,
and to enter the water with a straight body and in a vertical
position**



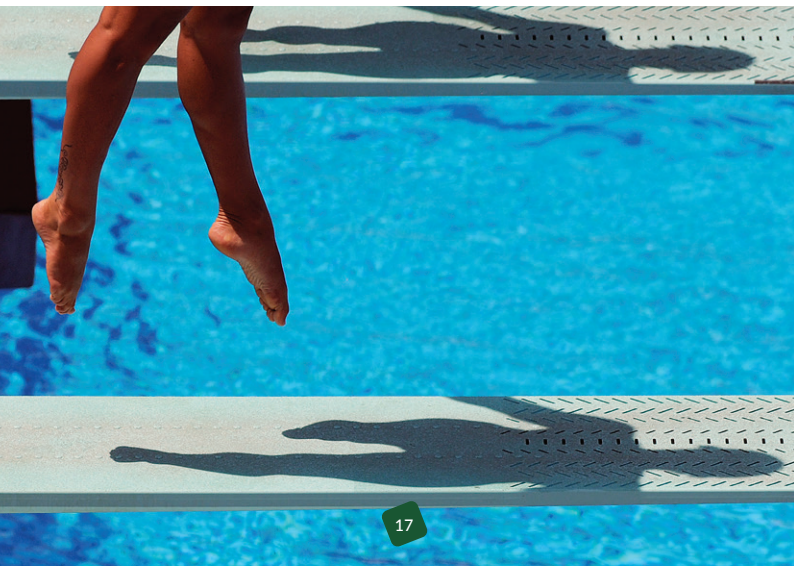


STARTING POSITION

When the signal is given by the Referee, the diver shall take the starting position and commence their dive. In the starting position of a standing dive the body shall be straight, the head erect, with the arms straight in any position. The starting position in a running dive shall be assumed when the diver is ready to take the first step of the run. The starting position in an armstand dive shall be assumed when both hands are on the front end of the platform and both feet are off the platform.

APPROACH

When executing a running dive from either the springboard or the platform, the run shall be smooth, aesthetically pleasing, and in a forward direction to the end of the springboard or platform with the final step being from one foot. A diver may only bounce or jump once on the end of the springboard or platform.



TAKE-OFF

Divers can take off facing forwards or backwards.

For forward or reverse take-offs, they can walk along the springboard or platform or take-off from a standing position.

For backwards and inward take-offs, they must start from a standing position. For platform dives, there is also the option of taking off in the armstand position.

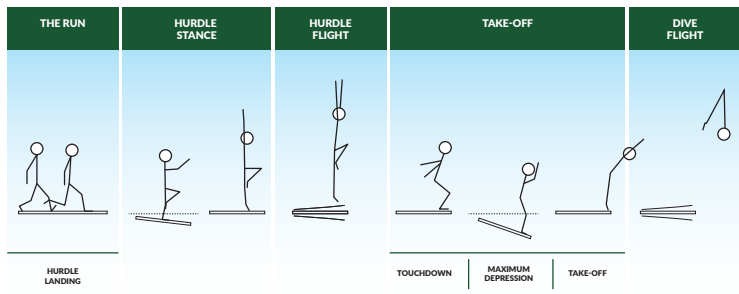
The success of a dive is often dependent on the actions of the diver before they leave the springboard or platform.

During the take-off, divers must initiate sufficient vertical momentum for the flight of the dive, adequate horizontal momentum to clear the take-off surface and enough angular momentum to execute the required number of twists and/or somersaults.



TAKE-OFF

During the springboard take-off, the board is depressed and then recoils, projecting the diver up and slightly forward into the flight of the dive. As the springboard begins to rise the diver rides the lifting board, extending the legs and pointing the toes.



For platform dives the diver pushes off forcefully with the legs against a rigid surface and relies on good timing and technique to initiate the dive.



FLIGHT

THERE ARE SEVERAL DIFFERENT POSITIONS THAT A DIVER CAN ADOPT IN THE AIR.

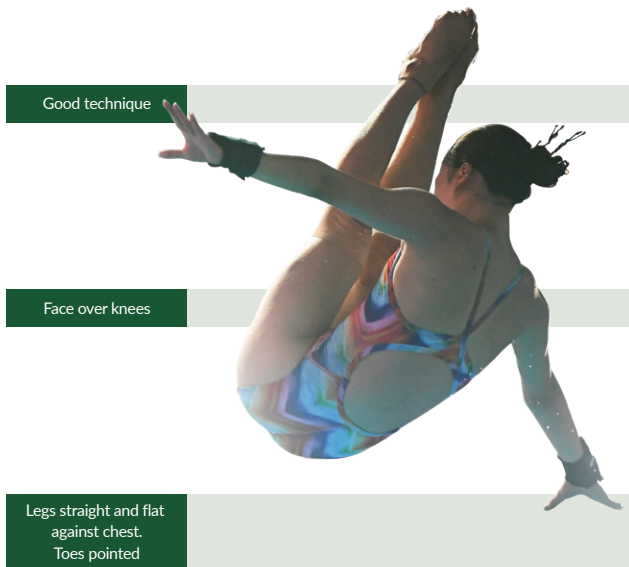
Good technique

Feet pointed

Body straight and tense



In the straight position (A) the body shall not be bent either at the knees or hips. The feet shall be together and the toes pointed.
The position of the arms is at the option of the diver.



In the pike position (B) the body shall be bent at the hips, but the legs must be kept straight at the knees, the feet shall be together, and the toes pointed.
The position of the arms is at the option of the diver.

Good technique

Body compact

Knees and feet close
together within the bodyline
of the shoulders



In the tuck position (C) the body shall be compact, bent at the knees and hips with the knees and feet close together within the bodyline of the shoulders.

The hands shall be on the lower legs and the toes pointed.

Good technique

Body taut and straight.
Arms close to body

Correct head position



In the free position (D), the body position is optional (A, B or C but the legs shall be together and the toes pointed.

The free position is used in twisting dives.

As the diver completes the required number of somersaults and/or twists, they open the body out ready for entry into the water.

ENTRY

The diver aims to enter the water in as vertical a position as possible, with the body straight, the feet together and the toes pointed.

For head-first entries, the arms should be stretched beyond the head and in line with the body, with the hands together. For feet-first entries, the legs should be extended, toes pointed, the arms close to the body, with no bending at the elbows.

Good technique

Body vertical and in
line with arms.
Little splash.



**A GOOD ENTRY
INTO THE WATER
IN COMPETITIVE
DIVING IS ONE
WHICH APPEARS
TO BE “SPLASH-LESS”,
IS ACCOMPANIED BY
A CHARACTERISTIC
“RIP” SOUND,
AND SIMULATES
THE SOUND OF
TEARING PAPER.**

To achieve a rip entry, the diver's arms must be extended forwards in line with the ears, the elbows must be locked and the stomach and back of the diver must be tight. One hand grabs the other with palms facing down to strike the water with a flat surface.

Impact with the water creates a vacuum between the hands, arms and head which, as the diver enters vertically, pulls any splash down and under the water with the diver until they are deep enough (1-2metres) to have minimal effect on the surface of the water.



DID YOU KNOW ?

IN THE EARLY YEARS, THERE WERE TWO MAIN "SCHOOLS" IN DIVING:

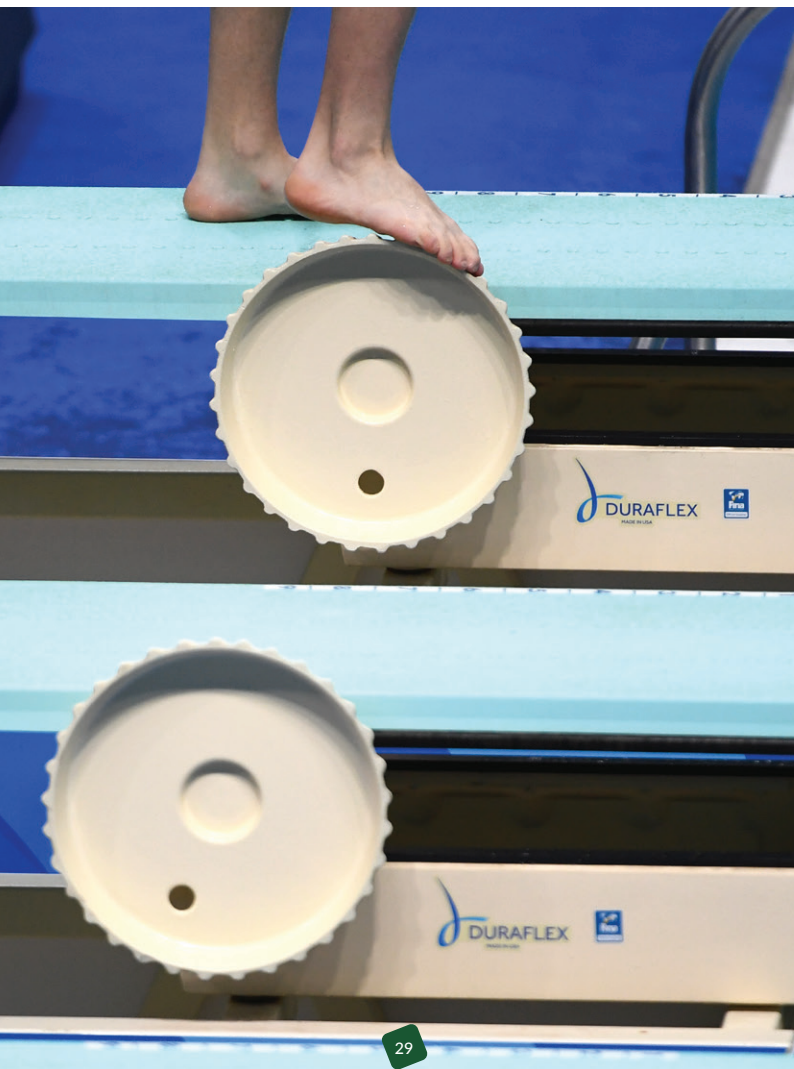
WHILE *in England* THE EVALUATION WAS FOCUSED ON THE SPECTACULAR SIDE OF THE DIVE OR IN THE PERFECTION IN THE ENTRY, *in Sweden and Germany* THE ANGLE OF APPRECIATION WAS CENTRED ON AESTHETICS AND CONTROL OF THE MOVEMENTS.

Ernst Brandsten,

COMPETING FOR SWEDEN IN 1912, DEVELOPED AFTERWARDS A MORE FLEXIBLE LAMINATED BOARD, WITH A MOVABLE FULCRUM, AN INNOVATION THAT HAS REMAINED AND WAS SUBSEQUENTLY IMPROVED UNTIL THE PRESENT.

OVER TIME, THE COMPLEXITY OF THE DIVES HAS CONSISTENTLY RAISED: IN 2018, ONE OF THE MOST DIFFICULT COMBINATIONS OF THE PROGRAMME WAS THE

109C, a front 4 ½ somersaults in the tuck position.





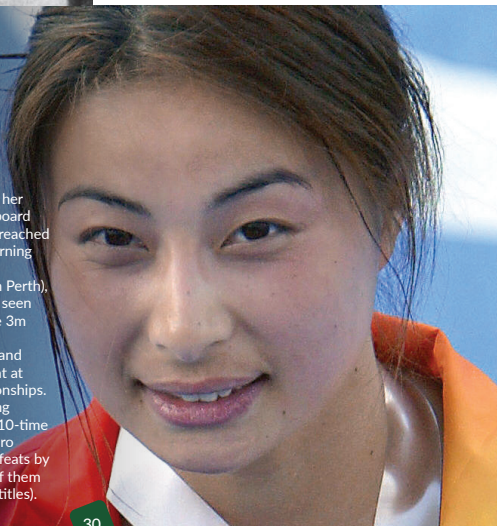
INGRID KRAMER (GDR)

Competing for East Germany, she was so popular that even West Germany chose her the sports personality of the year in 1960 when she achieved a unique double at the Olympics by winning both the 3m and 10m events in Rome.

She repeated that two years later at the European Championships in Leipzig with an over-whelming performance. In Tokyo she almost went on clinching two more golds but missed the platform title by 1.45 points.

GUO JINGJING (CHN)

Though unlike the greats before her Guo restricted herself to springboard diving but in the 3m events she reached unprecedented heights. After earning two silvers in Sydney (was also runner-up at the 1998 Worlds in Perth), Guo started a dominance barely seen before. She went on winning the 3m individual and synchro titles at back-to-back Olympics in 2004 and 2008 and achieved the same feat at five consecutive World Championships. She finished her truly outstanding career as a 4-time Olympic and 10-time world champion. Only her synchro partner Wu Minxia eclipsed her feats by amassing 7 Olympic medals (5 of them golds) and 14 world podiums (8 titles).





FU MINGXIA (CHN)

Though generations of Chinese divers have and will hit the big stage, Fu will remain as a lighting tower, a point of reference forever. Aged 12, she became the youngest ever diving world champion in Perth 1991 as her exceptional talent already made her ready for conquering the world. She then also became the youngest-ever Olympic champion in diving in 1992 as she had no fears to perform the most difficult dives from the platform. Her magnificent skills were at their best in Atlanta 1996 when she achieved the 3m-10m double (the last one till date), then called it a day. However, she came out from retirement, and with less training than in her heydays, she still hit top shape to clinch the 3m gold in Sydney 2000, joining Pat McCormick and Greg Louganis as the only 4-time Olympic champions in diving.



KLAUS DIBIASI (ITA)

Almost half a century passed but no one could ever match Klaus Dibiasi's feat of winning three consecutive Olympic titles in the 10m platform in 1968-72-76, preceded by a silver in 1964.

The Italian grand master stood tall for more than a decade and ruled the platform competitions with brilliant technique and outstanding competition skills. Those also brought him world titles in 1973 and 1975 when he also demonstrated his utmost versatility by claiming silver medals in the 3m finals too.



GREG LOUGANIS (USA)

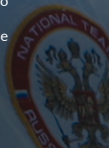
After claiming his first world title in 1978 in 10m, Louganis's brilliance was blossoming in its entirety in the 80s when he staged an unparalleled golden series.

Between 1982 and 1988 he won both the 3m and 10m events at back-to-back World Championships (1982, 1986) and Olympic Games (1984, 1988).

In Seoul he was able to retain his titles despite his horrific accident of striking his head into the springboard during a dive, but he finished his programme after receiving treatment for his open wound and concussion. Soon he went on winning the last two golds of his illustrious career.

DMITRI SAUTIN (RUS)

A magnificent athlete of longevity, Dmitri Sautin is the only diver in history to claim medals in five editions of the Olympic Games and medals at the World Championships 13 years apart. At continental level his feat is even more remarkable as he earned his first European Championship medal in 1991 and clinched his last one 19 (!) years later at the age of 36. After a bronze in 1992 Games, he took his first Olympic gold in the 10m platform in Atlanta 1996, and a 10m synchro title in Sydney. His unique skills earned him altogether eight medals from five Olympics. He finished his career as a 5-time world champion, who achieved the 3m-10m double in the same edition in 1998 and still had a bronze nine years later.





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