

# LONDON 2012

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# DIVING

Brilliant acrobatic and co-ordination skills are key to creating the perfect dive

**D**iving developed in Europe in the 18th century when Swedish and German gymnasts practised their acrobatic feats over water during the summer.

It evolved into a fully recognised sport in the 19th century with men's platform and springboard and women's platform events first featuring at the 1904 Olympic Games in St Louis.

Women's springboard was added to the Olympic program in 1920, and synchronised diving was introduced at Sydney 2000.

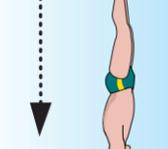
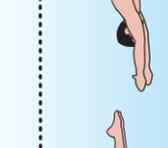
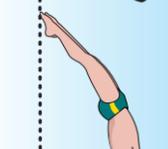
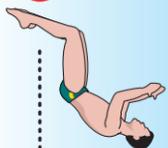
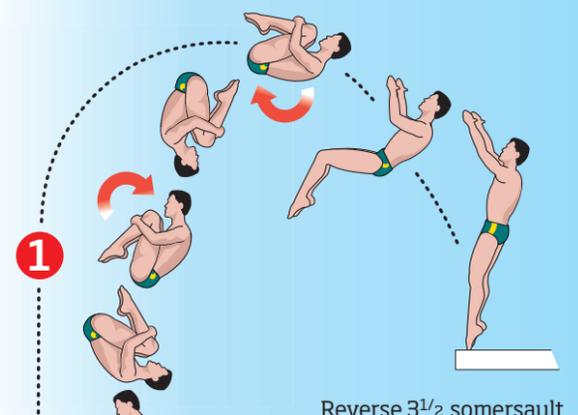
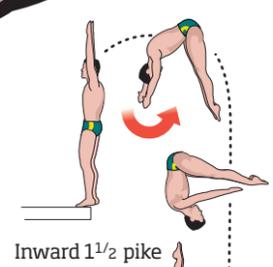
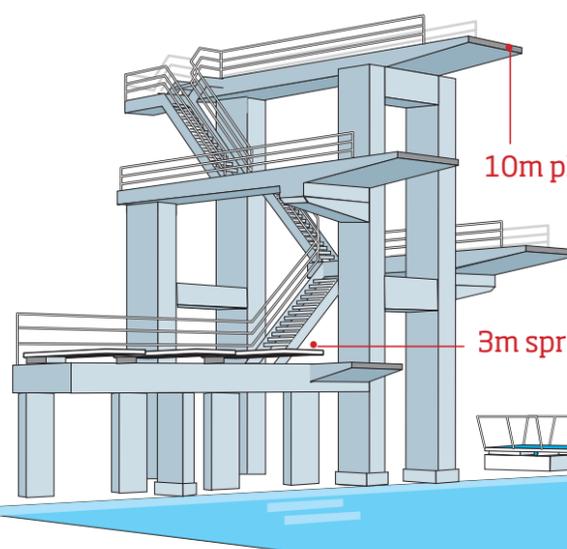
## AT THE GAMES

An equal amount of male and female divers (136 in total) are competing across eight events in a 5m deep pool at London's Aquatics Centre. Each country is limited to two divers per event, or one team of two athletes in synchronised events. The men's and women's program includes:

- 10m platform
- 3m springboard
- Synchronised 10m platform
- Synchronised 3m springboard

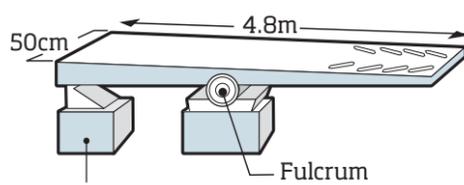
## TYPES OF DIVES

- Forward:** Facing forwards and rotates towards the water.
- Backward:** Begins with back to water, rotates away from the board.
- Twists:** Forwards, backwards, reverse and inwards.
- Armstand:** Diver assumes a handstand position on the edge of the platform before executing the dive. They can face forwards or backwards.



## BREAKING THE RULES

A score of zero may be given for double-bouncing on the end of the board, performing a dive other than the one divers have stated or taking too long to dive. Divers also have marks taken off for restarting a dive or armstand.



**Springboard**  
Springboards have adjustable fulcrums, a moveable wheel to allow divers to change the amount of spring they get.



## FACT FILE

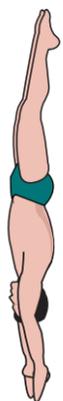
In winning the 10m platform gold in 2008, Australia's Matthew Mitcham received the highest single-dive score in Olympic Games history. In doing so he denied China a clean sweep of all eight diving events.

## POSITIONS

During flight, the body is judged on being in one of four positions.

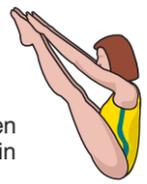
### A. STRAIGHT

No bend in the waist or knees but there may be an arch in the back, depending on the dive.



### B. PIKE

The body must be bent at the hips, the legs straight at the knees and the toes pointed. Also open pike, with arms extended in line with shoulders.



### C. TUCK

The whole body must be folded in a tight ball, with knees together, the hands on the lower legs and toes pointed. Heels should be kept close to the buttocks.



### D. FREE

Body position optional but legs must be together with toes pointed. Includes twisting dives.



## IN SYNCH

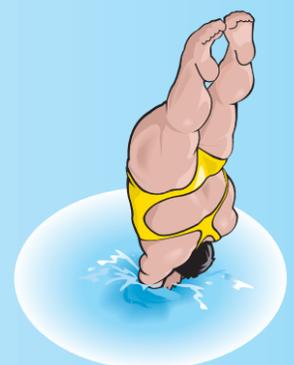
In synchronised diving, pairs perform a combination of dives in tandem which must be perfectly timed and in harmony with each other. Eleven judges assess the execution of the individual dives and synchronisation of the divers.

## COMPETITION

In individual events, divers select from a number of listed dives which have been given a degree of difficulty. Divers may also create their own dives, which receive a degree of difficulty based on a set formula. Individual events consist of a preliminary round, semi-final and final, while the synchro competitions are straight finals.

## SCORING

Seven judges give a score out of 10 according to technique and grace. The two highest and two lowest scores are discarded and the remaining three scores are added together and multiplied by the degree of difficulty (of which there are five levels) to give a final score. The athlete with the highest total is the winner.



## WHAT JUDGES LOOK FOR

Approach, take-off, flight, execution of the movements and entry into the water. The entry is vital in diving — it's the last element a judge sees. The diver should be near vertical with toes pointed. Splash should be minimal.

## JUDGING CRITERIA

Judges work to the following criteria for scoring:

Failed	0 points
Unsatisfactory	0.5 to 2
Deficient	2.5 to 4.5
Satisfactory	5 to 6.5
Good	7 to 8
Very good	8.5 to 9.5
Excellent	10

## MINIMUM AGE

Divers must be 14 by the end of an Olympic year in order to compete. The rule means diving has one of the lowest age restrictions of all Olympic sports, and allowed for a 14-year-old Tom Daley to compete for Great Britain at the 2008 Beijing Games. Age restrictions were made a rule to ensure young divers do not attempt to jump from heights which they may not be capable of.