

Diving

PARIS 2024

Aquatics Centre, Seine-St-Denis

Event Medal



READING THE DIVE

Each dive is coded to include number of dive group (take-off), initial position (start point), number of half-somersaults, and body position



Somersault

GROUP

- 1 Forward 2 Backward 3 Reverse 4 Inward 5 Twist 6 Armstand



INITIAL POSITION

- 0 Take-off from platform or springboard

- 1 Flying dive *Rarely used in competition*

POSITIONS

- A Straight

Fully extended, no bend in hips or knees

- B Pike

Straight legs, bent at waist

Open pike
Closed pike

- C Tuck

Body folded into tight ball

- D Free

Twisting dive using combination of two other positions

TWISTING DIVE

Uses 5-digit code – group, direction, half-somersaults, half-twists, position

Mathematical model projects how many somersaults and twists are possible in 10m dive

Maximum drop (secs)

01:60

Dive code **513XD**

Twisting - 5

Forward - 1

1.5 somersaults - 3

5 twists - X

Free - D

Quan Hongchan and Chen Yuxi (CHN)

World 10m Platform Synchronised Champions, Individual gold and silver medallists respectively