Diving at the 2016 Olympic Games

At Rio 2016, Oliver Dingley will compete in the 3M Springboard competition. Ollie qualified a place for Ireland for the Games through the FINA Diving World Cup event in February 2016, this was one of only two events where Divers could qualify. There will be 136 divers from 29 nations competing in Diving at the Rio 2016 Olympic Games.

There will be 29 competitors in the Men's 3m Springboard and there is currently no ranking system for diving. The top 18 divers from the preliminaries will progress to the Semi-Final and the top 12 progress to the Final. All rounds (preliminary/semi-final/final) will see divers complete 6 dives.

About SPRINGBOARD Diving

Scoring

Seven judges will score the individual events. Scores range from 0 to 10 with the highest and lowest scores discarded, the remaining scores are added together, divided by 5, multiplied by 3 and then multiplied by the degree of difficulty of the dive.

Degree of Difficulty

The Degree of Difficulty of a dive is calculated by adding the somersaults, flight position, twists, approach and unnatural entry. For example – 405B – Inward (0.3) 2 ½ somersault (2.2) pike (0.5) has a degree of difficulty of 3.0.

FINA Table Degree of Difficulty – Formula & Components

FINA Table of Degrees of Difficulty

Dive Groups
Springboard divers can approach their dive from five different positions:
The dive group is represented by a number in competition:
- Forward Dive (1)
- Backward Dive (2)
- Reverse Dive (3)
- Inward Dive (4)
- Twisting Dive (5)

Divers must perform one dive from each of the groups. Ollie, who will perform 6 dives, will do two from one of the groups.

Diving Positions

There are four positions divers can use:

- Straight Position (A)
- Pike Position (B)
- Tuck Position (C)
- Free Position (D)

Diving Codes

The character of the diving positions and the number of the dive group are used to produce codes to represent each dive.

Forward, backward, reverse and inward dives are represented by four-character codes while twisting dives have a five-character code.

Four-character codes
- The first number in the code is the dive group
- The second number in the code is the initial position of flight – for springboard this will almost always be 0.
- The third number is the number of half somersaults. Unless the diver is planning to enter the water feet first, this will be an odd number.
- The fourth character in the code represents the diving position.

e.g. 405B is Inward 2 ½ somersault pike and 107C is forward 3 ½ somersault tuck.

Five-character codes
- The first number is the dive group. The second number is the direction of rotation – forward, backward, reverse or inward
- The third number is the number of half somersaults.
- The fourth number is the number of half twists in the dive.
- The fifth letter is the diving position.

An example of a five-character code is 5154B which is a forward, 2 ½ somersaults, 2 twist pike.

Oliver Dingley Preliminary Dive Lists (subject to change)

Preliminaries

1- 405B Inward 2 1/2 som pike 3:0

2- 107B Forward 3 1/2 som pike 3:1

3- 5154B Forward 2 1/2 som, 2 twists pike 3:4

4- 205B Back 2 1/2 som pike 3:0

5- 305B Reverse 2 1/2 som pike 3:0

6- 5253B Back 2 1/2 som, 1 1/2 twists pike 3.4

Semi Final

1- 107B Forward 3 1/2 som pike 3:1

2- 407C Inward 3 1/2 som tuck 3:4

3- 5154B Forward 2 1/2 som, 2 twists pike 3:4

4- 205B Back 2 1/2 som pike 3:0

5- 305B Reverse 2 1/2 som pike 3:0

6- 5253B Back 2 1/2 som, 1 1/2 twists pike 3.4

Final

1- 5154B Forward 2 1/2 som, 2 twists pike 3:4

2- 407C Inward 3 1/2 som tuck 3:4

3- 205B Back 2 1/2 som pike 3:0

4- 305B Reverse 2 1/2 som pike 3:0

5- 5253B Back 2 1/2 som, 1 1/2 twists pike 3:4

6- Forward 4 1/2 som tuck 3:8