HIGH DIVING
extreme courage

ALL YOU NEED TO KNOW ABOUT HD, ITS ORIGINS, ETC.

www.fina.org
WHAT IS FINA?

FINA is the world governing body for aquatics.

Fiona 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 AQUATICS.

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
A BIT OF HISTORY

Cliff diving, or high diving, always existed, but have remained famous the performances of the men in Hawaii already in the late 1700s, or the dives from the Acapulco cliffs, in Mexico.

In Hawaii, divers jumped from a height of about 25m and this only to the water of 3.5m deep!
In 2013, this discipline is officially included in the FINA programme of events for the World Championships. In Barcelona (ESP), men dove from a 27m platform, while women contested a 20m platform event.

Complementing established Red Bull World Series.

Bringing the credibility of a major Olympic International Federation to the sport. Greater prestige for the discipline of high diving.

Steve Lobue (USA),
He was the first man to perform a dive with 5 somersaults.

From the initial group of 13 men and six women competing in Barcelona 2013, the sport has evolved to 22 male participants and 10 female athletes at the Budapest 2017 FINA World Championships.

Matt Cowen (GBR),
is the only diver capable of performing five somersaults in two directions (forward and backwards).

Blake Aldridge (GBR),
was the first diver performing 5 twists.
DESCRIPTION

Free-falling from up to 27m (men) and 20m (women) with awe-inducing acrobatics – that’s the essence of this discipline. A sensational show, where daring, extreme athleticism and strong emotions play a key element in the competition element.

It’s breath-taking and it’s packed full of exciting drama.

Most of the high divers actually have a pool diving background. Some others are used to perform in acrobatic shows.
Due to the impact on the divers’ body, the entry in the water is always done on a feet-first basis and the depth of the water has to be of a minimum 6m.

When diving from a 27m structure, an athlete is “flying” for almost three seconds and impacts the water at 90km/h.
FACTS

TAKE-OFF-JUMP

UP TO 0.8m

ROTATION SPEED

2.4 PER SECOND

VERTICAL VELOCITY

22m PER SECOND

TIME IN THE AIR

2.6 SECONDS

WATER ENTRY

UP TO 90km/h

IMPACT DECELERATION

UP TO 10G-FORCE

THE SCIENCE OF IMPACT

The impact on the body is enormous and a high diver has to handle it over and over.

https://youtu.be/RCYi2upsovM
JUDGING & SCORING

SEVEN INTERNATIONAL JURORS WILL JUDGE EACH DIVE ON THE FOLLOWING CRITERIA:

MEN 27m
WOMEN 20m

TAKE-OFF
FLIGHT
ENTRY
JUDGING & SCORING

SCORES
FROM 0 TO 10 IN HALF POINT INCREMENTS.
7 SCORES BY 7 JUDGES.

HIGHEST & LOWEST
THE TWO HIGHER AND TWO LOWER SCORES ARE DISCARDED;
THE REMAINING THREE SCORES ARE ADDED TOGETHER.

THE SUM
IS MULTIPLIED BY THE DEGREE OF DIFFICULTY FOR EACH DIVE.

SCORES
FROM ALL 4 ROUNDS ARE CUMULATED
FOR THE FINAL COMPETITION RESULT.

DEGREE OF DIFFICULTY
THE DEGREE OF DIFFICULTY OF EACH DIVE - ALSO KNOWN AS DD -
IS CALCULATED BASED ON THE DIFFICULTY OF THE EXECUTION OF
EACH MANOEUVRE AND THE JUNCTION OF EACH DIVE COMPONENT.

> A / NUMBER OF 1/2 SOMERSAULTS
> B / APPROACH
> C / NUMBER OF 1/2 TWISTS
> D / BLIND ENTRY TWISTS
> E / BLIND ENTRY
> F / UN-NATURAL ENTRY
> POSITION IN THE AIR (STRAIGHT, PIKE, TUCK, FREE AND 3 POSITIONS)
DID YOU KNOW?

“CLIFF DIVING” OR “HIGH DIVING”?

IN THE FINA WORLD, THE SECOND EXPRESSION WAS ADOPTED, AS OUR EVENTS ARE HELD IN MAN-MADE PLATFORMS.

“CLIFF DIVING” IS MOST APPROPRIATELY USED WHEN NATURAL ROCKS OR CLIFFS ARE THE STARTING POINT OF THE DIVES.

THE FIRST FEMALE WORLD CHAMPION IN FINA’S HISTORY Cesilie Carlton (USA), in 2013 WAS IN FACT AFRAID OF HEIGHTS?
At the 17th FINA World Championships in 2017, for the very first time in the history of this discipline, a temporary pool hosted the high diving event, on the Danube embarkment. Myrtha Pools designed and produced a special temporary pool (15m of diameter and 6m depth) opposite the Hungarian Parliament. A stunning and breathless scene from which to admire the divers.

The pool was constructed only in 10 days, in limited operating conditions (on the river), time constraints and confined space of the site (a part of the road was closed to the traffic).
The “King of somersaults” is named after the best performance of his forward 5 somersaults with ½ twist ever. **He was the first man to perform a dive with 5 somersaults.** He is a natural gymnast, a champion and a performer.

“You put on a (protective) suit, stand on a 10m platform, light yourself on fire, burn for a little while and then jump into the water. It’s funny all the things you do that seem so weird but it’s to dive for a living, which is all I really wanted”.

He became the **1st US male high diver to win a gold medal at the FINA World Championships in 2017** in Budapest as well as being recognised as the **FINA Best High Diver of the Year in 2017**.
ORLANDO DUQUE (COL)

Orlando started out diving in swimming pool. Then he saw a dive show in Austria and he decided that diving off cliffs seemed more of a challenge. He trained, received an invitation in 1999 to the Red Bull Cliff Diving and finished second. The Duke is a natural talent, winner of the 1st FINA World Championships in Barcelona, and FINA Best High Diver of the Year in 2013 and 2014, and also named FINA athletes' representative and member of the FINA Technical High Diving Committee.

He was featured in the film "9 Dives" and completed a legendary dive in Antarctica in 2018 with the aim to make "people more aware by reducing the oil and plastic consumption to conserve places like Antarctica".

JONATHAN PAREDES (MEX)

"Jonny" despite being a professional high diver, cannot relinquish fear.

"When you lose the fear of what you are doing, you lose respect for it. The worst moment is to walk on the platform. It is you and the platform".

Bronze medallist in 2013 and 2019 FINA World Championships, silver in 2015 Jonny is envied for his rip entries, immaculate form in the air and his technical proficiency.

In order to toe the line, the "style master" breaks new ground by adding ballet to his training routine.
The “Brilliant Brit” began diving at the age of 9 in Leeds (England) and he decided to try high diving after realising that there was a lot of talent coming through in indoor diving in Great Britain.

“High Diving seemed like an open book at the time and I could see room for improvement”.

Now Gary Hunt is a top reference in terms of High Diving. “I love breaking stats”. After winning the FINA High Diving World Cup 3 times, he jumped on the top of ladder by gaining twice the title of FINA World Champion (2015 and 2019), and FINA Best High Diver of the Year in 2015, 2016 and 2018.
Although this Australian woman from New South Wales comes from a trampolining background, she didn’t stop topping one success after another.

“I’m in love with what I do”.

Silver medallist and gold medallist of the FINA High Diving World Cup in 2017 and 2018 respectively, she also won the last two editions of the FINA World Championships becoming the most decorated female in the sport’s history.
ADRIANA JIMENEZ (MEX)

After not being selected for the 2004 Olympic Games in Athens, Ady decided to retire from diving to focus on her studies. Ady then went back to diving in 2012 until in 2015 she participated in her first high diving show. In 2017, Ady won the FINA High Diving World Cup, was silver medallist of the FINA World Championships 2019, but despite this success she has always had fear of diving. In 2017, she received the National Sports Award from the Mexican Government.

LYSANNE RICHARD (CAN)

Passionate about diving, experienced performer of the Cirque du Soleil, Lysanne decided to push her limits with High Diving. “It is something different, challenging and the physical preparation is pretty high. To access the international events, the level is extremely high and I am the only Canadian female high diver to represent my country”.

A mother of 3, she recently recovered from a severe neck injury in 2017, she went back to the podium again in 2018. Best achievement: winner and silver medallist of the FINA High Diving World Cup respectively in 2016 and 2018.
RACHELLE SIMPSON (USA)

Rachelle initially took part in gymnastics but found the sport more difficult as she got older, so she switched to diving. Rocco admitted to being afraid every time prior to her dives “I’m also addicted to overcoming the fear”.

She’s one of the ever-improving group of athletes, consistently performing outstanding dives, helping people to see women as a real deal (professional high diver), not just exhibition.

Best achievement: winner of the FINA World Championships 2015, winner of the FINA High Diving World Cup in 2014 and 2015.

CESILIE CARLTON (USA),

Cesilie competed in swimming and gymnastics and one day she realised that she could combine the 2 sports and took up high diving.

She was also encouraged by her husband, saying, “When I first met him, I thought he was insane. I’d never even heard of high diving until I start dating him. He told me how to dive off 20m. I thought it was to impress me and it worked. It really did”.

Winner of the 1st FINA World Championships in Barcelona and FINA Best High Diver of the Year in 2013.