



# ASA South East Region Diving

## Novice (Level 2) Skills Competition

Sunday 11 June 2017  
(10am – 5.30pm)

**K2 Leisure Centre  
Pease Pottage Hill  
Crawley  
West Sussex  
RH11 9BQ**

This competition is promoted with Open and Closed events and entries are welcomed from eligible divers. Closed events are for divers who are members of clubs affiliated to the ASA South East Region. Open events are for divers who are members of any club affiliated to the ASA through their Regional Association.

Conditions as National Skills Finals (Level 2) 2017

This meet will be run in a circuit-style format

**Entry closing date: Monday 22 May**

**Dive sheet close: Wednesday 7 June at 6pm (DiveRecorder)**

Entries must specify diver's name, club, gender, year of birth and age group and must be accompanied with the correct fee (£10 per diver). Cheques made payable to ASA South East Region.

Late entries will only be accepted at the organiser's discretion at a fee of £15. All fees must be paid in full before divers start training. A detailed timetable will be published after the entry closing date. The ASA South East Region reserves the right to limit entry numbers. Ideally each club should provide at least two judges.

Entries shall be made by the closing date to: Frank Clewlow  
9 Northlands Gardens  
Southampton  
SO15 2NL  
Tel. 02380 221707  
E-mail: [frank.clewlow@btinternet.com](mailto:frank.clewlow@btinternet.com)

### Age Groups

Group E – 8/9 years in the year of competition  
 Group D – 10/11 years in the year of competition  
 Group C – 12/13 years in the year of competition  
 Group B+ – 14/16 years in the year of competition

Age Groups	Height	Skills	Dive No	Degree of Difficulty	Recommended Standard
E & D	Section 1 (Poolside)	1. Plain header (3-bubble rip)	101A	1.0	<b>Group E 240</b>
		2. Armswing back jump tucked	200C	1.0	
		3. Forward dive tucked	101C	1.0	
		4. Armswing forward jump piked	100B	1.0	
	Section 2 (1m)	5. 2-bounce forward jump straight	100A	1.0	<b>Group D 255</b>
		6. T armswing back jump straight	200A	1.0	
		7. 1 dive from list A		DD to count	
		8. 1 dive from list B		DD to count	
	Section 3 (3m)	9. Forward Straight Fall	10A	1.2	
		10. Forward tuck roll to pike out	10C	1.2	
		11. Back fall straight (hands on thighs)	20A	1.4	
		12. Crouched back tuck roll	20C	1.3	

**List A**

101C, 101B, 103C, 103B, 401C, 401B

**List B**

Standing back fall straight 20A (1.0), 201C, 201B, 301C, 301B

Groups E & D – Optional Dives

Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start.

All back take-offs are to be performed with a T-start armswing.

Inward dives may be performed starting with the arms above the head (no armswing) OR a T-Start armswing.

Age Groups	Height	Skills	Dive No	Degree of Difficulty	Recommended Standard
C	Section 1 (Poolside)	1. Plain header (3-bubble rip)	101A	1.0	<b>Group C 270</b>
		2. Armswing back jump tucked	200C	1.0	
		3. Forward dive tucked	101C	1.0	
		4. Armswing forward jump piked	100B	1.0	
	Section 2 (1m)	5. Hurdle step forward jump straight	100A	1.0	
		6. T armswing back jump straight	200A	1.0	
		7. 1 dive from list A		DD to count	
		8. 1 dive from list B		DD to count	
	Section 3 (3m)	9. Forward Straight Fall	10A	1.2	
		10. Forward tuck roll to pike out	10C	1.2	
		11. Back fall straight (hands on thighs)	20A	1.4	
		12. Crouched back tuck roll	20C	1.3	

Group C – Optional Dives

Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start OR with a hurdle step.

All back take-offs are to be performed with a T-start armswing.

Inward dives may be performed starting with the arms above the head (no armswing) OR a T-Start armswing.

Age Group	Height	Skills	Degree of Difficulty	Recommended Standard
B+	Section 1 (1m)	1 – 3. 3 dives from list C 4 – 6. 3 dives from list D (at least 2 groups must be covered from each list)	DD to count DD to count	<b>Group B+ 250</b>
	Section 2 (3m)	7– 10. 4 dives from list E (at least 2 groups must be covered)	DD to count	

#### List C (1m)

101C, 101B, 103C, 103B, 401C, 401B, 402C, 403C – repeats permitted (1.0) \*

#### List D (1m)

201C, 201B, 301C, 301B, 5221D, 5122D, 202C, 203C – repeats permitted (1.0) \*

#### List E (3m)

101C, 101B, 103C, 103B, 105C, 401C, 401B, 403C, 403B, 201C, 201B, 203C, 301C, 301B – repeats permitted (1.0) \*

#### Additions for 2017

**\* Dives of the same number are considered to be a repeat, even if they are in a different shape**

Events are run in a “circuit” format, with groups of competitors simultaneously competing on 1m, 3m and poolside, enabling 12 skills to be completed in the same amount of time as 4 skills.

The winner is the diver with the highest combined points total from ALL stations added together.

#### Eligibility:

- England Diving Team Z divers are ineligible.
- Once a diver has competed at ASA National Age Groups they are excluded from competing at future National Skills Finals, except with written approval from the ASA Diving Committee when moving into Group B+.
- Divers to qualify in last year’s event, or at a ‘designated’ skills or Regional skills. Divers must achieve the qualifying standard to be eligible to compete at the National Skills Finals.

# ASA South East Region Novice (Level 2) Skills K2, Crawley, Sunday 11 June 2017

Club:  
Contact:  
Tel:  
E-mail:

Complete the entry form and accompany it with the entry fee (£10 per diver) by the closing date (22 May) to:  
Frank Clewlow, 9 Northlands Gardens, Southampton SO15 2NL  
Tel: 02380 221707  
E-mail: [frank.clewlow@btinternet.com](mailto:frank.clewlow@btinternet.com)

Diver's name	Gender	Year of Birth	Age Group	Coach

Please photocopy this form as necessary