



Diving Skills

Sunday 10 June 2018

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 Swim England South East. Open events are for divers who are members of any club affiliated to Swim England through their Regional Association.

Conditions as National Skills Finals 2018. The meet will be run in a circuit-style format.

Entry closing date: **Friday 25 May**

Dive sheet close: **Friday 8 June (DiveRecorder)**

Entries must specify diver's name, club, gender, year of birth and age group and must be accompanied with the correct fee (£11 per diver). Cheques payable to ASA South East Region. Or by BACS: ASA South East Region, A/C: 11514679, Sort: 40-32-19. Use ref: DS18 + club code.

Late entries will only be accepted at the organiser's discretion at a fee of £16 per diver. Fees must be paid in full before divers start training. A timetable will be published after the entry closing date. Swim England South East reserves the right to limit entry numbers. Participating clubs must provide judges.

Entries to be submitted by the closing date to

Francisco Diaz
46 Temple Road
Epsom
Surrey
KT19 8HA
Tel. 01372 727042
E-mail: francisco.diaz@btinternet.com

Age Groups

Group E – 8/9 Years
Group D – 10/11 Years
Group C – 12/13 Years
Group B+ – 14/16 Years

Ages recorded at 31st December 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	Group E 240
		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	Group D 255
		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	Group C 270
		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	Group B+ 250
	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) *

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

E, D and C 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.

B+ is run in a “circuit” format with groups of competitors simultaneously competing on 1m and 3m, enabling 10 skills to be completed in the same amount of time as 6 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 at a ‘designated’ skills or regional skills meet. They must achieve the qualifying standard to compete at the National Skills Finals.

