



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 May 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



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	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 pike out	10C	1.2	
		11. Standing back fall straight	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*

Dives in lists A and B with * 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.

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	Group C 270
		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 pike out	10C	1.2	
		11. Standing back fall straight	20A	1.4	
		12. Crouched back tuck roll	20C	1.3	

Dives in lists A and B with * 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.

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, 401C, 401B, 403C, 201C, 201B, 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**

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:

- Zone Squad divers ineligible.
- A diver may compete at the National Skills Finals and ASA Age Groups in the same year if they have been a registered competitor for less than 2 years. If they have been registered for longer then they need to decide whether to compete at National Skills Finals or ASA Age Groups. The Age Group entries will be checked by the events team.
- Once a diver has competed at ASA Age Group level 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 event (one North, one South – currently White Rose and Peter Waterfield Competitions) or at Regional skills. Divers must achieve the qualifying standard to be eligible to compete at the National Skills Finals.

