



Diving Skills 2023

(Held under Swim England laws and regulations and FINA technical rules of diving)

Saturday 20 May

9am – 6pm

K2

Pease Pottage Hill

Crawley, Sussex

RH11 9BQ

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

Conditions as National Skills Finals 2023

Entry closing date: Friday 5 May

Dive sheets close: Friday 19 May (DiveRecorder)

Entries must specify diver's name, gender, birth year, age category and club. Entry fee £15 per diver. Payment via BACS to Swim England South East Region. A/C: 11514679, Sort: 40-32-19. Use ref: DS23 + club code.

Late entries will only be accepted at the organiser's discretion at a fee of £20 per diver. Fees must be paid by the closing date. A timetable will be published shortly after the entry closing date. Swim England South East reserves the right to limit entry numbers. Participating clubs must provide suitably qualified judges.

Entries to be submitted by the closing date to

Francisco Diaz (Fran)

46 Temple Road

Epsom

Surrey

KT19 8HA

E-mail: francisco.diaz@btinternet.com

Age Categories for Girls & Boys

Group E – 8/9 years

Group D1 – 10 years

Group D2 – 11 years

Group C1 – 12 years

Group C2 – 13 years

Group B+ – 14/15/16 years

Ages recorded at 31 December in the year of competition

| Age Category | Height | Skills | Dive No | Degree of Difficulty | Qualification Standard |
|--------------|-------------------------|--|---------|----------------------------|-------------------------|
| E, D1, D2 | 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 D1 255 |
| | | 6. T armswing back jump straight | 200A | 1.0 | |
| | | 7 – 8. 1 dive from List A and 1 dive from List B (in any order) | | DD to count DD to count | |
| | Section 3 (3m) | 9. Forward fall straight | 10A | 1.2 | Group D2 255 |
| | | 10. Forward tuck to pike roll | 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 Category | Height | Skills | Dive No | Degree of Difficulty | Qualification Standard |
|--------------|-------------------------|--|---------|----------------------------|-------------------------|
| C1, C2 | Section 1 (Poolside) | 1. Plain header (3-bubble rip) | 101A | 1.0 | Group C1 270 |
| | | 2. Armswing back jump tucked | 200C | 1.0 | |
| | | 3. Forward dive tucked | 101C | 1.0 | |
| | | 4. Armswing forward jump pike | 100B | 1.0 | |
| | Section 2 (1m) | 5. Hurdle step forward jump straight | 100A | 1.0 | Group C2 270 |
| | | 6. T armswing back jump straight | 200A | 1.0 | |
| | | 7 – 8. 1 dive from List A and 1 dive from List B (in any order) | | DD to count DD to count | |
| | Section 3 (3m) | 9. Forward fall straight | 10A | 1.2 | Group C2 270 |
| | | 10. Forward tuck to pike roll | 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 a/s) OR a T-start (with a/s).

| Age Category | Height | Skills | Degree of Difficulty | Qualification Standard |
|--------------|----------------|--|----------------------|-------------------------|
| B+ | Section 1 (1m) | 1 – 5. Either 3 dives from List C + 2 dives from List D OR 2 dives from List C + 3 dives from List D (in either case, at least 2 groups must be covered from each list) | DD to count | Group B+ 250 |
| | Section 2 (3m) | 6 – 10. 5 dives from List E (at least 3 groups must be covered) | DD to count | |

List C (1m)

101C, 101B, 103C, 103B, 104C, 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, 203B, 301C, 301B, 303C – repeats permitted (1.0) *

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

Group B+ – 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.

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.

B+ is run in a “circuit” format with groups of competitors simultaneously competing on 1m and 3m, enabling 10 dives to be completed in the same amount of time as 5.

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

Eligibility:

- Divers must be Swim England ‘club compete’ registered.
- Swim England Team Z divers are ineligible.
- Divers who have competed at regional age groups are ineligible at the National Skills Finals in the same year.
- Divers who have achieved the Swim England National Age Group Championships performance standard at a regional or open club event on any board in the same calendar year as the National Skills Finals are ineligible at the National Skills Finals whilst in that age category.
- Divers who have competed at the Swim England National Age Group Championships are ineligible at future National Skills Finals, except with Swim England Diving Leadership Group approval when moving into Group B+.
- Divers must achieve the qualification standard at a regional skills qualifier in the same year as the National Skills Finals.

Swim England South East Region Diving Skills

K2, Crawley

20 May 2023

Club:

Contact:

E-mail:

Complete the entry form and return it with entry fees paid
via BACS by the closing date (May 5). £15 per diver.

E-mail: francisco.diaz@btinternet.com

| Diver | M/F | Birth Year | Age Category | Coach |
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Privacy Policies

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<https://www.southeastswimming.org/privacy-notice-for-officials-and-volunteers/>