Diving Skills 2024

(Under Swim England laws and regulations and World Aquatics technical rules of diving)

Saturday 18 May
8.30am – 6pm

Tunbridge Wells Sports Centre
St John's Road
Tunbridge Wells
TN4 9TX

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

Conditions as National Skills Finals 2024

Entry closing date: Friday 3 May

Dive sheets close: Friday 17 May (DiveRecorder)

Entries 'by club' must specify name, gender – female or open, birth year and event(s) to be entered. Entry fee £15 per event. Payment via BACS to Swim England South East Region. A/C: 11514679, Sort: 40-32-19. Use reference DS24 + club code.

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

Entries to be emailed by the closing date to

Francisco Diaz (Fran)
46 Temple Road
Epsom
Surrey
KT19 8HA
E-mail: francisco.diaz@btinternet.com

Age categories for female & open

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 years
Group A – 16/17/18 years
Ages recorded at 31 December in the year of competition

Age Category	Height	Skill	Dive No	Degree of Difficulty	Qualification Standard
E, D1, D2	Section 1 (Poolside)	1. Plain header (3-bubble rip)	101A	1.0	
		2. Armswing back jump tucked	200C	1.0	E – 240
		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	
		6. T armswing back jump straight	200A	1.0	D1 – 255
		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	
		10. Forward tuck to pike roll	10C	1.2	D2 – 255
		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	Skill	Dive No	Degree of Difficulty	Qualification Standard
C1, C2	Section 1 (Poolside)	1. Plain header (3-bubble rip)	101A	1.0	
		2. Armswing back jump tucked	200C	1.0	C1 – 270
		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	
		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	C2 – 270
	Section 3 (3m)	9. Forward fall straight	10A	1.2	
		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	Conditions	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	265
	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 on the same board are considered to be a repeat, even if they are in a different shape**

Group B and Group A – 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 poolside, 1m and 3m, 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.

Age Category	Height	Conditions	Degree of Difficulty	Qualification Standard
A	1m event	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (6.9 dd) Minimum of 4 groups to be covered. No repeats	DD to count	170
A	3m event	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups (7.9 dd) Minimum of 4 groups to be covered. No repeats	DD to count	175

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 or Group A.
- Divers must achieve the qualification standard at a regional skills qualifier in the same year as the National Skills Finals.

Swim England South East Diving Skills
Tunbridge Wells Sports Centre
18 May 2024

Club:
Contact:
E-mail:

Please complete the entry form and return it to the email below, with the entry fees paid via BACS by the closing date (May 3). £15 per event.

E-mail: francisco.diaz@btinternet.com

Diver	Female / Open	Birth Year	Event(s)	Coach

Swim England South East Privacy Policies
https://www.southeastswimming.org/privacy-policy-for-our-competitors/
https://www.southeastswimming.org/privacy-notice-for-officials-and-volunteers/