

# Diving Competition Pathway

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## Handbook

# Diving Competition Pathway Handbook

## Introduction

This Competition Pathway Handbook is provided by the Diving Leadership Group (the “Group”) on behalf of Swim England. It is designed to show a clear pathway from grassroots level competitions to the high standard of British Junior Elite and beyond along the Swim England Talent Pathway.

## Diving Competition Pathway

### Competition descriptions

#### National Skills Finals

The National Skills Finals are held for divers who have achieved the qualification standard at a regional qualifying event. For divers aged 8-9 years and 10-11 years, the event features poolside, 1m and 3m skills competed in a 12-dive circuit. For divers aged 12-13 years and 14-15 years, the event features 1m and 3m skills competed in a 10-dive circuit. For divers aged 16-18 years the diver can compete in separate 1m and 3m events.

#### Regional Skills

Swim England recommend that a Regional Skills event is held by each independent region at least once throughout a year. A Regional Skills event is also recommended to be of the same conditions as National Skills Finals in each age category.

#### Open Club Skills

A club may decide to host an open skills event which is recommended to be of the same conditions as National Skills Finals in each age category.

#### Swim England National Age Groups

Swim England National Age Groups is the largest national diving competition in England with athletes competing across four different age groups. The event features 1m, 3m and platform competitions for 9-11 years, 12-13 years, 14-15 years and 16-18 years. There are recommended performance standards set for each age category.

#### Regional Age Groups

Swim England recommend that an Age Group regional event is held by each independent region at least once throughout a year. An Age Group regional event is also recommended to be of the same conditions as National Age Groups in each age group.

## **Open Club Age Groups**

A club may decide to host an open Age Group event which is recommended to be of the same conditions as National Age Groups.

## **Talent Games**

Talent Games is an exciting national competition where divers aged 11 years and under compete across a range of dryland and pool based activities. The competition, held over two days and is also the selection event for the Swim England Diving Youth squad.

## **Scottish Nationals Junior Elites/ Aquatics GB Next Gen Championships**

Junior Elite/ Next Gen competitions are selection events for international teams and national youth and junior squads. Competitions typically follow World Aquatics rules, with the exception of Age Group C, which has adjusted conditions to provide appropriate development and progression.

## **International World Aquatics Test**

Divers may be invited to compete international Age Group World Aquatics Test events.

## **Regional Age Group World Aquatics Test**

Swim England recommend that a Regional Age Group World Aquatics Test event is held by each independent region at least once throughout a year. Competitions typically follow World Aquatics rules, with the exception of Age Group C, which has adjusted conditions to provide appropriate development and progression.

## **Club Age Group World Aquatics Test**

A club may decide to host an open Age Group World Aquatics Test competition. Competitions typically follow World Aquatics rules, with the exception of Age Group C, which has adjusted conditions to provide appropriate development and progression.

## **(Open) International Club**

International federations will invite diving clubs to attend their designed diving competitions.

## **Scottish Senior Nationals/British National Cup/British Championships**

British Championships and National Cup are key selection events for national teams. The Scottish Senior Championships may be used by home nations and national team when designated in the national selection policy for a given season.

## **Regional Senior/Junior Competition**

Regions may choose to host a Senior and Junior event which is recommended to be of the same conditions as the British National Cup and British Championships.

## **Open Club Senior/Junior Competition**

Clubs may choose to host a Senior and Junior event which is recommended to be of the same conditions as the British National Cup and British Championships.

## **Low Level Competition**

Category Club Train members may take part in the following competitions:

1. Club fundamental, novice and skills competitions provided that:
  - a. The competitors are all members of the club promoting the event; and
  - b. The number of dives in an event does not exceed four dives per board.
2. Inter-club fundamental, novice and skills competitions providing that:
  - a. The participating clubs are invited to compete;
  - b. There are no more than eight clubs involved in the competition;
  - c. The whole competition takes place in one pool on one occasion;
  - d. The contest does not form part of a series of such events, the results of which are aggregated or considered together to decide the eventual winner; and
  - e. The number of dives in an event does not exceed four dives per board.

## **Regional Championships**

An event held by the region whereby the conditions and eligibility of the event is designed to meet the skillset of the divers.

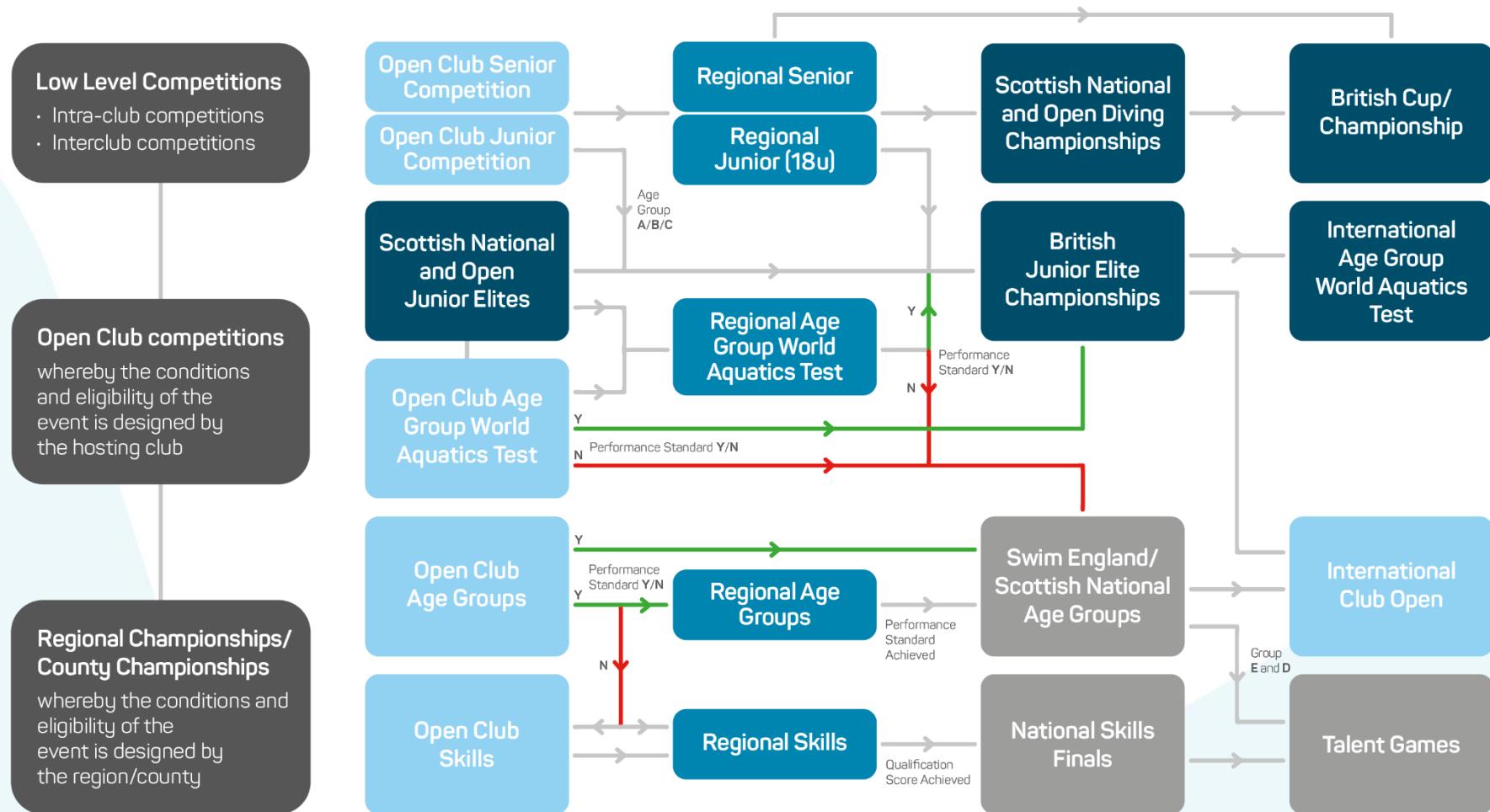
## **County Championships**

An event held by the county whereby the conditions and eligibility of the event is designed to meet the skillset of the divers.

## **Open Club**

An event held by the hosting club whereby the conditions and eligibility of the event is designed to meet the skillset of the divers.

# Diving Competition Pathway Diagram



## Diving Competition Pathway Eligibility Summary

- The Qualification Score for National Skills Finals is mandatory and must have been achieved at a regional skills qualifying event in the same year – either in the diver's own region or at another region's event.\*
- A diver is not eligible to compete in the National Skills Finals whilst they are a member of the Swim England Diving Youth squad or home nation equivalent.
- A diver who has competed in a Regional Age Groups event is not eligible to compete in the National Skills Finals in the same year.
- Once a diver has competed in the Swim England National Age Group Championships, they are excluded from competing at future National Skills Finals, except with written approval from the Diving Leadership Group when moving into the B and A age category.
- Once a diver has competed in the Aquatics GB Next Gen Championships, British National Cup, British Senior/Junior Championships or Scottish National & Open Diving Championships in any event (including synchro), they are not eligible to compete at the National Skills Finals.
- It is recommended that the Performance Standard for Swim England Diving National Age Group Championships and Aquatics GB Next Gen Championship should be achieved in the same year as the national event.
- Once a diver achieves the minimum Performance Standard on any board at a Regional or Open Club event in the same calendar year as the national event for which it is recommended, that diver must remain at that level of competition in the pathway or above, whilst in that age category.
- A diver who has competed at Aquatics GB Next Gen Championships is not eligible to compete at the Swim England Diving National Age Group Championships, unless moving up an age category and with written approval from the Diving Leadership Group.
- Once a diver has competed in the British National Cup, British Senior/Junior Championships or Scottish National & Open Diving Championships\*\* in any event (including synchro), they are not eligible to compete at the Swim England Diving National Age Group Championships.

*\* Dive sheets demonstrating the qualification scores have been met must be submitted on dive recorder, and it is the responsibility of the club to check all of their divers' entries meet the eligibility requirement. It is acknowledged that divers from guest clubs may not be able to attend a regional qualifying event, however divers from these clubs should aim to achieve the qualifying score at an event with the same conditions. In this situation the guest club should notify the Diving Leadership Group as soon as practicable of their intention to attend the event and provide a copy of their qualifying event entry pack.*

### Definitions

Competed – Divers are considered to have competed at a certain level of the competition pathway if they entered the competition – even if they did not dive due to injury or illness.

# General Conditions

1. The Diving Leadership Group (“the Group”) reserves full powers over the Swim England National Diving Competitions (“National Competitions”), including but not limited to cancelling, postponing or changing the Competitions venue and/or format due to reasons beyond its reasonable control.
2. The National Competitions shall be held under Swim England Regulations and World Aquatics Technical Rules of Diving.
3. Entries will only be accepted from:
  - a. Competitors registered as members of Swim England.
  - b. Overseas competitors from Scottish Swimming, Swim Wales and other countries affiliated to World Aquatics.
4. The promotion of the National Competitions shall be the responsibility of the Group, which shall for all purposes be regarded as the Promoter. It shall decide any matter arising that is not covered by these conditions.
5. The date and venue of the National Competitions shall be decided by the Group.
6. All Competitors must be Swim England Club Compete registered members, or equivalent, of the club in whose name they are entered, at the date of making the initial entry. This club must be offered by the online entry system for Home Nation Competitors. Competitors may enter in the name of one club only.
7. Where competitors change clubs during a year (1 January to 31 December), the competitor must be a registered member of the club they wish to compete for on the day that they enter the National Competition.
8. Doping Control
  - a. By entering this event, Competitors consent to report to Doping Control if requested at any time during this event. Competitors also agree to abide by the Aquatics GB & UKAD Anti-Doping Rules. (For further information, see [Link](#).)
  - b. Competitors are required to have with them at all times their photo-accreditation.
9. All Clubs must have a qualified Coach on the poolside. The Coach must be in possession of an official event poolside accreditation pass.
10. Ages as at midnight on the 31 December in the year of National Competitions.
11. Event Cancellation and Abandonment  
In the instance that the event is cancelled or abandoned:
  - a. Full refunds of entry fees to the National Competitions will be offered to all competitors.
  - b. No refunds will be offered for any other expenses incurred in relation to the National Competitions.

## Deadlines and Late Entry Fee Fines

12. The deadline for submitting entries and entry fees will be outlined in the relevant competition entry pack.
13. Competitors are officially entered into the National Competitions when the correct entry fees and entry forms are submitted by the set deadline. A late entry fine will be applied if the appropriate fees/forms are not received by the deadline.
14. If a competitor has submitted an official entry by the deadline but then decides they want to compete in an additional event, the additional entry is treated as a late entry.
15. All entry fees and late fees are non-refundable.
16. The late entry fee fine will apply per competitor, per late entry submitted after the entries closing deadline (the exact date to be published in the pre-event information).
17. Competitors may submit a late entry up to 15 minutes prior to the published start time of the Technical Meeting of the National Competitions.
18. No entries or dive sheets will be accepted after 15 minutes prior to the published start time of the Technical Meeting. See item 23 for Technical Meeting clarification.
19. Failure to enter the National Competitions 15 minutes prior to the published start time of the Technical Meeting, will render the diver ineligible to compete in the event.

## Dive Sheets

20. Electronic dive sheets must be submitted 24 hours prior to the published start time of the Technical Meeting. If submitted electronically, all sheets must be signed no later than one hour prior to start of the session in which that (preliminary or straight final) event appears.
21. Failure to sign the dive sheet will render the competitor ineligible to protest should there be a problem with the dive sheet.
22. Manual dive sheets must be submitted no later than 15 minutes prior to the published start time of the Technical Meeting. Dive sheets must be submitted to an official member of the Events Management Team (to be named on the pre-event information).
23. Failure to submit ALL dive sheets 15 minutes prior to the published start time of the Technical Meeting, will render the competitor ineligible to compete in the event. This does not affect the competitor's right to change a submitted dive sheet.
24. A provisional time/venue for the Technical Meeting will be published in the pre-event information. If this changes, the finalised time/venue of the Technical Meeting will be confirmed with notices posted on the poolside, before 1pm on the day of the

Technical Meeting. If no notices are posted, there is no change to the time/venue of the Meeting.

25. Dive sheets can be changed up to one hour prior to the start of the Session in which that event is scheduled. After this time, no dive sheet changes are permitted.

## Synchronised Entries

26. Rules 1 to 24 also apply to synchronised event entries (except where a competitor is REPLACING\* one of the synchronised competitors who is already entered, due to injury or withdrawal for another reason).
  - a. \*The replacement competitor must be entered as an official competitor in the National Competition already. The request to replace one member of the pairing, must take place no later than the deadline for dive sheet changes for that competition. Requests to replace a competitor after this deadline will be declined. Only one replacement per pairing permitted.
27. Where the replacement competitor is not already entered as an official competitor in the National Competitions, they must comply with conditions 1 to 24.
28. If both members of a pairing are replaced, this is considered a new entry and is therefore subject to 1 to 24 above.

## Miscellaneous

29. For insurance purposes, only competitors entered in the competition, or those expressly invited by the organiser/promoter of the event, can train at the venue, during the published times/days of the competition.
30. It is the responsibility of the competitor, coach or parent/guardian to obtain event information from the Swim England website. Swim England will not undertake to inform all registered competitors and coaches of forthcoming events and conditions.
31. Information for all events will be available on the website [www.swimming.org](http://www.swimming.org) at the beginning of each year.
32. A typing/publishing error in the above rules within the pre-event information or programme, is not grounds for an appeal. In the event of a query or dispute, the content of the Official Diving Conditions, will take precedence. Where a dispute or query is not covered within these conditions, World Aquatics rules will apply.

	Deadline	Penalty
Category Club Compete Swim England Membership.	At the date of entry.	Competitor ineligible to compete.
Entry forms/fees.	Exact date published in pre-event information.	Late entry fee fine (amount published in pre-event information).

Electronic dive sheet submissions.	24 hours before Technical Meeting.	No penalty, but after deadline, dive sheets must be submitted manually.
Manual dive sheets.	15 mins before Technical Meeting.	Competitor ineligible to compete.
Late entry forms/fees.	15 mins before Technical Meeting.	Competitor ineligible to compete.
Signing event dive sheets.	One hour before start of session in which that event appears.	Competitor ineligible to protest if there is a dispute with a dive list.
Event dive sheet changes.	One hour before start of session in which that event appears.	Dive list remains as submitted.

# Diving National Skills Finals

## Event Conditions

1. The Diving Leadership Group (“the Group”) reserves full powers over the Diving National Skills Finals (“the Skills Finals”), including but not limited to cancelling, postponing or changing the Competition venue and/or format due to reasons beyond its reasonable control.
2. The Skills Finals shall be held under Swim England Regulations and World Aquatics Technical Rules of Diving.
3. Age categories (Age as at midnight on 31 December in the year of competition)

Group E1	8 years
Group E2	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

4. The Group E and D 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 four skills.
5. The Group C and B events are 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 five skills.
6. The Group A 1m and 3m events are run separately.

## Group E and D

Age Groups	Height	Skills	Dive No	Degree of Difficulty	Qualification Standard
E and D	Section 1 (Poolside)	1. Plain header (3-bubble rip).	101A	1.0	Group E Open & Female – 240
		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. 2-bounce forward jump straight.	100A	1.0	Group D Open – 250 Female – 255
		6. T armswing back jump straight.	200A	1.0	

		<b>7-8.</b> 2 dives 1 from List A and 1 from List B (in any order).		DD to count	
Section 3 (3m)		<b>9.</b> Forward fall straight.	10A	1.2	
		<b>10.</b> Forward tuck to pike roll.	11C	1.2	
		<b>11.</b> Back fall straight (hands on thighs).	20A	1.4	
		<b>12.</b> Crouched back tuck roll.	21C	1.3	

## List A

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

## List B

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

## Group E and 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 dives are to be performed with a T-start armswing.

Group E only – inward dives may be performed starting with the arms above the head (no armswing) OR a T-start armswing.

Group D only – inward dives are to be performed with a T-start armswing.

## Group C

Age Group	Height	Skills	Dive No	Degree of Difficulty	Qualification Standard
C	Section 1 (1m)	<b>1.</b> Hurdle step forward jump straight.	100A	1.0	Group C Open & Female – 230
		<b>2.</b> T armswing back jump straight.	200A	1.0	
		<b>3-5.</b> 3 dives from List C (3 groups must be covered).	-	DD to count	
		<b>6.</b> Forwards line up (from Line up list)	-	DD to count	
	Section 2 (3m)	<b>7.</b> Backwards line up (from Line up list)	-	DD to count	
		<b>8-10.</b> 3 dives from List D (3 groups must be covered).	-	DD to count	

## List C (1m)

101C, 101B, 103C, 103B, 401C, 401B, 201C, 201B, 301C, 301B

## Line up list (3m)

10A - Forward straight fall  
11C - Forward tuck to pike roll  
20A - Back fall straight (hands on thighs)  
21C - Crouched back tuck roll

## List D (3m)

101C, 101B, 103C, 103B, 401C, 401B, 403C, 201C, 201B, 301C, 301B, 20A\*, 21C\*

\**Tariff of back lines ups will be 1.0*

## 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 and inwards take-offs are to be performed with a T-start armswing.

## Group B

Age Group	Height	Skills	Degree of Difficulty	Qualification Standard
B	Section 1 (1m)	<b>1-5.</b> Either:  3 skills from List E + 2 skills from List F.  Or:  2 skills from List E + 3 skills from List F. (In either case at least 2 groups must be covered from each list).	DD to count	Group B Open & Female – 280
	Section 2 (3m)	<b>6-10.</b> 5 skills from List G (at least 3 groups must be covered).	DD to count	

## List E (1m)

101C, 101B, 103C, 103B, 104C, 401C, 401B, 402C, 403C – repeats permitted (1.0) \*\*

## List F (1m)

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

## List G (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 a repeat, even in a different shape.*

## Group A

Age Group	Height	Skills	Degree of Difficulty	Qualification Standard
A	Event 1 1m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (6.9 dd). Minimum 4 groups to be covered (no repeats).	DD to count	Group A 170
	Event 2 3m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups (7.9 dd). Minimum 4 groups to be covered (no repeats).	DD to count	Group A 175

## Group B and 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 are to be performed with a T-start armswing.

## Eligibility

Please consider the following eligibility clauses carefully when selecting events for your divers.

1. A diver is not eligible to compete in the National Skills Finals whilst they are a member of the Swim England Diving Youth squad or home nation equivalent.
2. A diver who has competed in a Regional Age Groups event is not eligible to compete in the National Skills Finals in the same year.
3. A diver who has 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, is not eligible to compete in the National Skills Finals whilst in that age category.
4. Once a diver has competed at the Swim England National Age Group Championships they are excluded from competing at future National Skills Finals, except with written approval from the Group when moving into the B or A age category.
5. Once a diver has competed in the Aquatics GB Next Gen Championships, British National Cup, British Senior/Junior Championships or Scottish National & Open Diving Championships in any event (including synchro) is not eligible to compete at the National Skills Finals.

Failure to comply with these conditions will result in disqualification. We recommend that divers do NOT move up more than one diving level within a single year.

## Qualification Scores

Scores are set by the Diving Leadership Group and reviewed annually. Qualification scores are mandatory and **MUST** have been achieved at a regional qualifying event in the same year – either in the diver’s own region or at another region’s event\*. Dive sheets demonstrating the qualification scores have been met must be submitted on dive recorder, and it is the responsibility of the **club** to check all of their divers’ entries.

Coaches fielding divers that British Diving or Swim England Diving Managers consider to be competing at too low a level for their standard will be approached and given advice on competition selection.

*\*It is acknowledged that divers from guest clubs may not be able to attend a regional qualifying event, however divers from these clubs should aim to achieve the qualifying score at an event with the same conditions.*

## Definitions

Competed – Divers are considered to have competed at a certain level if they entered the competition – even if they did not dive due to injury or illness.

For example, if a diver was entered for Senior Nationals but did not dive due to injury, they cannot then compete at the National Age Groups. Or if a diver was entered for National Age Groups but did not dive due to illness, they cannot then compete at the National Skills Finals.

# Swim England National Age Group Championships

## Event Conditions

1. The Diving Leadership Group (“the Group”) reserves full powers over the Diving National Age Group Championships (“the Championships”), including but not limited to cancelling, postponing or changing the Competition venue and/or format due to reasons beyond its reasonable control.
2. The Championships shall be held under Swim England Laws and Regulations and World Aquatics Technical Rules of Diving.
3. Age categories (Age as at midnight on 31 December in the year of competition) - Springboard and Platform events:

Group D      9/10/11 years

Group C      12/13 years

Group B      14/15 years

Group A      16/17/18 years

Category	Board Height	Event Conditions	Performance Standard
Age Group D 9/10/11 years	1m	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups (4.4 dd).	Open – 130 Female – 125
	3m	3 dives from 3 groups (5.7 dd) + 2 dives from 2 groups (4.6 dd).	Open & Female – 135
	5m	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups (4.8 dd).	Open & Female – 130
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Age Group C 12/13 years	1m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (6.9 dd) (minimum 4 groups to be covered).	Open – 165 Female – 160
	3m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups (7.9 dd) (minimum 4 groups to be covered).	Open – 170 Female – 170
	5m/7.5m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (7.8 dd) (minimum 4 groups to be covered).	Open & Female – 165
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Age Group B 14/15 years	1m	4 dives from 4 groups (7.5 dd) + 3 dives from 3 groups no limit.	Open - 200 Female – 185
	3m	4 dives from 4 groups (7.9 dd) + 3 dives from 3 groups no limit.	Open – 210 Female – 195

	5m/7.5m/10m	3 dives from 3 groups (5.7) + 3 dives from 3 groups no limit (minimum 4 groups to be covered).	Open – 180 Female – 175
Age Group A 16/18 years	1m	5 dives from 5 groups (9.0) + 3 dives from 3 groups no limit.	Open – 230 Female – 220
	3m	5 dives from 5 groups (9.5 dd) + 3 dives from 3 groups no limit.	Open – 245 Female – 230
	5m/7.5m/10m	4 dives from 4 groups (7.6 dd) + 3 dives from 3 groups no limit.	Open – 215 Female – 205

## Synchronised Events

Synchro 9-13 years	Girls and Boys	1m	2 dives with assigned DD of 2.0, plus 2 optional dives.	4 dives	See below
Synchro 14-18 years	Girls and Boys	3m	2 dives with assigned DD of 2.0, plus 3 optional dives.	5 dives	See below

### The 9-13 years 1m synchro competition

Shall comprise 4 rounds of dives: 2 rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and 2 rounds of dives without limit of degree of difficulty.

The competition comprises 4 rounds of dives from at least 3 groups, with at least 1 dive forward facing, and which shall not be in a standing position on the springboard.

### The 14-18 years 3m synchro competition

Shall comprise 5 rounds of dives: 2 rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and 3 rounds of dives without limit of degree of difficulty.

The competition comprises 5 rounds of dives from at least 3 groups, with at least 1 dive forward facing, and which shall not be in a standing position on the springboard.

## Eligibility

1. Once a competitor has competed at the Championships, they are excluded from competing at future National Skills Finals, except with written approval from the Group when moving into the B and A age category.
2. A diver who has competed at Aquatics GB Next Gen Championships is not eligible to compete at the Championships unless moving up an age group and with written approval from the Group.
3. A diver who has achieved the Aquatics GB Next Gen Championships Performance Standard at a Regional or Open Club event on any board in the same calendar year as the Championships, is not eligible to compete at the Championships whilst in that age category.
4. Once a diver has competed in the British National Cup, GB Senior/Junior Championships or Scottish National & Open Diving Championships in any event (including synchro), they are not eligible to compete at the Championships.

## Diving National Age Group Championships Competitions – Competition format/regulations

(See also *General Conditions*)

1. Dives with limit shall not be repeated as dives without limit.
2. All dives of the same number shall be deemed to be the same dive.
3. No dive of the same number shall be repeated in any round.
4. Only dives in the World Aquatics diving tables or pursuant with the World Aquatics formula may be executed.
5. Each competitor is entirely responsible for the accuracy of the statements in their list.
6. Minimum age for competitors on springboard is nine.
7. Minimum age for competitors on platform is nine.
8. All events are competed as a straight final. The winner is the competitor with the highest score after all dives have been performed.
9. Medals shall be awarded in all the Championships competitions to the first three placed competitors, who are Swim England members, in each competition. Commemorative medals will be awarded to the first three placed overseas competitors from overseas clubs affiliated to World Aquatics.

# Swim England Diving Talent Pathway

The Swim England Diving Talent progresses over a three-tiered pathway consisting of Youth squad, Junior Development squad and the DiSE (Diploma in Sporting Excellence) programme.

The tiers of the diving talent pathway follow selection based on a range of competencies and abilities. Selection events include the Talent Games, Aquatics GB Next Gen Championship and National Assessment camps.

The Diving Pathway outlined below shows the pathway from grass roots to World Class level.

## Swim England Talent Games

Age Categories: (age correct as at midnight on 31 December in the year of competition)

- (E) Divers aged 9 and under
- (D) Divers aged 10 and 11 years

There will be medal presentations for:

Combined Group E Females dryland/pool

Combined Group E Open dryland/pool

Combined Group D Females dryland/pool

Combined Group D Open dryland/pool

Group E Females pool

Group E Females dryland

Group E Open pool

Group E Open dryland

Group D Females pool

Group D Females dryland

Group D Open pool

Group D Open dryland

In addition to the above, from the pool competitions the top eight divers in each of the; 1m, 3m and 3m platform pool events will proceed to a knock out final in that event. These knock out finals are for the top 8 divers of all the Group E and D events together.

Every skill has a purpose; each event is designed to challenge the all-round diver.

## Eligibility

1. Divers **MUST** be a registered competitor with the Swim England and be a British Citizen who is eligible for GB selection under World Aquatics laws.
2. Divers **MUST** be 11 years or under as at midnight on the 31 December in the year of competition.
3. Divers may have competed in National Skills or National Age Groups.
4. Teams and divers from Scotland, Northern Ireland and Wales may enter as 'guest teams'.
5. It is recommended that divers should have been in structured diving training for a minimum of 18 months, preferred 2 years before attending the Talent Games.
6. The age for selection to Swim England Talent Youth squad is 10/11 years in the year of competition.

## England Talent Diving Pathway Progression

### Youth squad

Youth squad divers are selected from the Talent Games. Divers are usually aged 10 – 11 years of age at the point of selection. However, based on exceptional performances/circumstances sometimes divers younger or older can be selected.

Youth squad divers will complete seven weekend-based camps over 18 months. These are focused around developing divers physically and technically by building on the fundamental skills demonstrated at the Talent Games.

The Youth squad camps are spaced throughout the season to provide opportunity for divers to develop core skills and demonstrate progression from camp to camp.

In addition to the technical themes (Forward and Inward Rotation, Back and Reverse Rotation, Twisting, Handstand, Hurdles/Platform run ups and Bouncing Skills), the camps will provide a detailed physical diving development programme with a strong focus on acrobatic skills and gymnastic conditioning. Camps will also look into nutrition, psychology, performance lifestyle, physiotherapy and tactical skills within diving.

The programme aims to prepare each diver for the Junior Elite Championships at the end of the 18 months.

### Junior Development squad

Junior Development squad divers are selected from the National Assessment Camp and are usually aged between 12 and 15 years at the point of selection.

To be considered for invitation to the National Assessment Camp, a diver must have first competed at the Aquatics GB Next Gen Championship .

Selection to the squad will require a pass in a number of technical and physical areas:

- Performance GB Junior Elites – Invited to join the camp.

- Physical Testing (Dryboard + Physical Tests).
- Physio Screening
- Entry Test – consistency.
- Bouncing-skills test 3m – consistency, awareness and control.
- Required dive test platform OR springboard (six dives) – group fundamentals.
- Squad staff observations.

## For the coaches of athletes

The Swim England Diving Talent coaches receive education and personal development whilst attending the squad camps with their athletes. There will be opportunity for coaches to access education from English and British Diving practitioners on performance psychology, physiotherapy prehab and rehab, strength and conditioning, nutrition, UKAD, rigging and other technical areas of development based on the themes of each camp.

## For the parents of athletes

The Swim England Talent Pathway appreciates the high commitment level from diving parents.

At each level of the programme, there are parent engagement sessions that aim to help the elite diving parent support the needs of a developing athlete.

Sessions include:

1. Understanding the pathway
2. Performance nutrition
3. Working with education
4. Performance lifestyle
5. Supportive parenting

## DiSE

The Diploma in Sporting Excellence (DiSE) is a unique and industry-leading programme delivered by Swim England in conjunction with Loughborough College.

This government-funded programme is fully integrated into all Swim England talent pathways and offers the perfect environment for athletes to harmoniously combine their sport and education.

The programme spans over two years, with each athlete being allocated an experienced Swim England DiSE Assessor who will be there to support the individual every step of the way. It is specially designed to run alongside, and complement, the athletes chosen further education, A Levels or a BTEC qualification, as well as their clubs training programme.

Delivery of the programme is done via workshops, camps, and club visits and is managed by the Swim England talent team, specialist practitioners and coaches.

The DiSE programme will equip the participants with the relevant expertise and capabilities in order to have a successful senior career/post-diving career.

Topics such as lifestyle, nutrition, mental health, psychology, behaviour, and safety are some of the key components within the DiSE syllabus, as well as more practical elements such as career, finance, injuries, anti-doping and media training.

Each of the elements within the DiSE syllabus has been specifically designed to cover each and every facet of high-performance sport and will equip the athletes with the necessary tools to balance their sport and academia.

# Regional and Club Age Group World Aquatics Test/ Aquatics GB Next Gen Championship

## Conditions

The Aquatics GB Next Gen Championship event conditions will adhere to World Aquatics Age Group Conditions with the exception of the following Group C events with specific clauses (C1-4):

### GROUP C clauses

- (C1) Group C Events – are 13 years and under in the year of competition.
- (C2) Girls Group C – In all events three optional dives from three groups (prelim and finals).
- (C3) Group C 3m synchronised competitions (boys and girls) three required dives and two optional dives.
- (C4) Group C Platform\* Divers aged 11 years and under are allowed to compete on 7.5m from 2017, however it is the responsibility of the coach and diver to ensure the divers physical maturity and strength permit competing from a height of 7.5m.

# Information and Links

To obtain coach and diver passes: [britishswimming.org/members-resources/coaches-passes/](https://britishswimming.org/members-resources/coaches-passes/)

Aquatics GB Diving website: [britishswimming.org/browse-sport/diving/](https://britishswimming.org/browse-sport/diving/)

**Become a member of Swim England:**

Category Club Train – [swimming.org/members/category-one-club-membership/](https://swimming.org/members/category-one-club-membership/)

Category Club Compete – [swimming.org/members/category-two-club-membership/](https://swimming.org/members/category-two-club-membership/)

Category Club Support – [swimming.org/members/category-three-club-membership/](https://swimming.org/members/category-three-club-membership/)