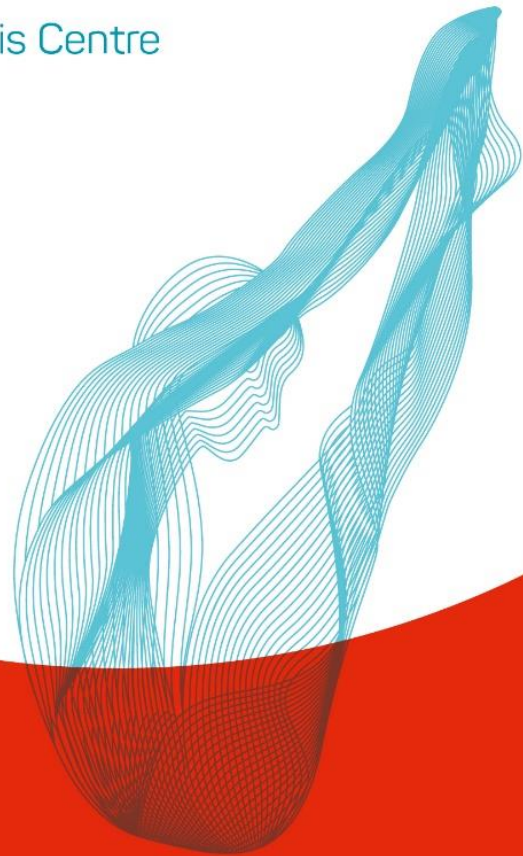


Event Conditions

Swim England Diving National Skills Finals 2024

13-14 July | Southend Leisure and Tennis Centre

Hosted by Swim England East Region



Diving 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 Swim England 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 [here](#)).
 - 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 the National Competitions.
11. Event Cancellation

In the instance that the event is cancelled:

 - 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 Competition.
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, click on Diving.
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.

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

National Skills Finals 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 2024)

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
4. The Group E, D and C 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 B event 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 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 240 Group D 255
		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	
		6. T armswing back jump straight.	200A	1.0	
		7-8. 2 dives 1 from List A and 1 from List B (in any order).		DD to count	
	Section 3 (3m)	9. Forward fall straight.	10A	1.2	
		10. Forward tuck to pike roll.	11C	1.2	
		11. Back fall straight (hands on thighs).	20A	1.4	
		12. 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 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.

Group C

Age Groups	Height	Skills	Dive No	Degree of Difficulty	Qualification 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 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. 2 dives 1 from List A and 1 from List B (in any order).		DD to count	
	Section 3 (3m)	9. Forward Straight Fall.	10A	1.2	
		10. Forward tuck to pike roll.	11C	1.2	
		11. Back fall straight (hands on thighs).	20A	1.4	
		12. 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 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.

Group B

Age Group	Height	Skills	Degree of Difficulty	Qualification Standard
B	Section 1 (1m)	1-5. Either: 3 skills from List C + 2 skills from List D. Or: 2 skills from List C + 3 skills from List D. (In either case at least 2 groups must be covered from each list).	DD to count	Group B 265
	Section 2 (3m)	6-10. 5 skills 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 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 may be performed starting with the arms above the head (no armswing) OR 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 Team Z or home nation equivalent.
2. A diver who has competed in a Regional Age Groups event is not eligible to complete 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 complete 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 British Elite Junior Diving 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.

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.

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.*

National Skills Finals Technical Points for Consideration Information for Coaches and Judges

(Technical Accuracy – Sequence – Consistency)

On any occasion where a dive is performed with an incorrect technical point (e.g, starting position, take off or entry) a maximum score of 4.5 shall be awarded. For example:

- If a diver does a back fall straight with arms starting above head
- If a diver does a tuck to pike roll without making a pike shape
- If a diver does more than 2 bounces
- If a diver enters the water on a jump with the arms by the sides

Every skill should be performed with head neutral, glutes engaged and ensuring a safe distance from the board.

NB: World Aquatics rules will apply where applicable.

Videos of the skills listed below can be found [here](#).

Poolside:

Bubble rip

- Straight body, arms extended above head by ears, hands grabbed.
- Sharp and strong jump through ankles ensuring good height.
- Dished body position with tension throughout flight.
- Vertical, clean and ‘three bubble ripped’ entry.

Back Jump Tucked – Arm swing

- Arms in T position, ankles slightly raised.
- Arm swing completed with balance maintained in squat phase of the take off.
- Full body extension at take off, vision forwards.
- Tight tuck shape with hands on middle of shins.
- Fast and extended kick out from tuck position.
- Arms extended by ears on entry.

Forward Dive with Tuck

- Straight body, arms extended above head by ears.
- Sharp and strong jump through ankles ensuring good height.
- Tight tuck shape with hands on middle of shins.
- Fast come out with extended knees and ankles.
- Vertical, clean and 'three bubble ripped' entry.

Forward Jump Piked – Arm swing

- Straight body position with arms in 'T' position.
- Arm swing completed with balance maintained in squat phase of the take off.
- Full body extension at take off, vision forwards.
- Arms straight, by ears, with hands reaching over ankles and pointed toes in pike position, straight legs throughout.
- Fast come out from pike position with extended knees throughout.
- Arms extended by ears on entry.

1 Metre:

Two Bounce Straight Jump – E and D age group only

- Starting position away from the end of the board with arms by side or behind hips.
- Jump to end of board followed by one more contact with the board before take off.
- Ensure arms fully extend behind ears during bounce whilst maintaining upright body position.
- Full body extension at take off, vision forwards.
- Arms extended by ears on entry.

Hurdle Step Straight Jump – C group only

- The hurdle should be smooth and in a forward direction to the end of the springboard with the final step being from one foot.
- (British Diving prefer to see toe touching supporting knee during the hurdle jump).

- Fast and clear step down out of hurdle with forward movement to end of board for landing.
- Maintain balance for controlled, timed, coordinated landing and take-off
- Full body extension at take off, vision forwards.
- Arms extended by ears on entry.

Back Jump Straight – ‘T’ Start Arm Swing – E and D and C group

- Arms in T position, ankles slightly raised.
- Arm swing completed with balance maintained in squat phase of the take off.
- Full body extension at take off, vision forwards.
- Arms extended by ears on entry.

Optional Dive 1 and 2

- 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* (*Group C only). 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.

3 Metre:

Forward Fall Straight

- Straight body position with arms in ‘T’ position, palms facing forward with thumbs touching hands.
- Lift ankles maintaining posture with relaxed shoulders.
- Fall in a straight position with hands moving round the side to grab.
- Vertical, clean and ‘three bubble ripped’ entry.

Sitting Forward Tuck Roll

- Sitting start at the end of board in compact tuck, hands on middle of shins.
- Before the diver rolls off the board the kick out is performed, a strong kick to ‘V’ balance, the arms set to ‘T’ with relaxed shoulders before initiating roll.
- The diver rolls from the board maintaining the pikes shape, only when the entry point is spotted do the hips and glutes squeeze to straighten the body.

- Vertical and clean 'three bubble ripped' entry.

Standing Back Fall Straight

- Straight body position, hands to the front of thighs.
- Fall backwards keeping body straight and tension throughout.
- Hands move past the head before grabbing for entry, keeping close to the body at all times.
- Vertical and clean 'three bubble ripped' entry.

Crouched Back Tuck Roll

- Start in a compact tuck position, hands on middle of shins.
- Roll back with fast and extended kick out from tuck position to a straight position.
- Hands move past the head before grabbing for entry, keeping close to the body at all times.
- Vertical and clean 'three bubble ripped' entry.

World Aquatics Diving Rules

Judging the Dive:

The points to be considered in judging the overall impression of a dive are:

The technique and grace of

- The starting position
- The approach
- The take off
- The flight
- The entry

Dive Positions:

Straight Position (A)

- The body shall not be bent either at the knees or the hips.
- The feet shall be together and the toes pointed.
- The position of the arms is at the option of the diver.

Pike Position (B)

- In the pike position the body shall be bent at the hips, but the legs must be kept straight at the knees.
- The feet shall be together and the toes pointed.
- The position of the arms is at the option of the diver.

Tuck Position (C)

- In the tuck position the body shall be compact.
- Bent at the knees and hips with the knees and feet close together within the bodyline of the shoulders.
- The hands shall be on the lower legs.
- The toes pointed.

Free (D)

- In the free position, the body position is optional (A, B or C) but the legs shall be together and the toes pointed.
- Should position A, B, C or D not be aesthetically pleasing and shown as described, each judge will deduct $\frac{1}{2}$ to 2 points, according to his/her opinion.

Penalty Change

- When a dive is performed partially in a position other than that announced each judge shall deduct according to his/her opinion.

Execution of the Dive:

(Safety/Clarification)

Rule D.8.5.1

- During the execution of a dive the dive shall be in the direct line of flight.

Rule D.8.5.2

- If during the execution of a dive, a diver dives to the side of the direct line of flight, each judge shall deduct according to his opinion.

Rule D.8.5.3

- If during an execution of a dive, a diver touches the end of the board with his feet or hands, each judge shall deduct according to his or her opinion.

Rule D.8.5.4

- If during the execution of a dive, a diver is unsafely close to the board,
OR
- touches the end of the board with his head the judges shall award up to a maximum of 2 points.
- When applying this rule, if the majority of the judges award two or less points, all higher scores shall be two points.