



# Diving Skills

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

**Saturday 28 May 2022**

**10am – 6pm**

**K2 Leisure Centre**

**Pease Pottage Hill**

**Crawley**

**West Sussex**

**RH11 9BQ**

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

Conditions as National Skills Finals 2022.

**Entry closing date: Friday 13 May**

**Dive sheets close: Friday 27 May (DiveRecorder)**

Entries must specify diver's name, gender, birth year, age category and club. Entry fee £12 per diver. Payment via BACS to Swim England South East Region. A/C: 11514679, Sort: 40-32-19. Use ref: DS22 + club name.

Late entries will only be accepted at the organiser's discretion at a fee of £18 per diver. Fees must be paid in full by the entry closing date. A timetable will be published 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 submitted by the closing date to

Francisco Diaz  
46 Temple Road

Epsom

Surrey

KT19 8HA

E-mail: [francisco.diaz@btinternet.com](mailto:francisco.diaz@btinternet.com)

### Age Categories

Group E – 8/9 Years

Group D1 – 10 Years

Group D2 – 11 Years

Group C1 – 12 Years

Group C2 – 13 Years

Group B+ – 14/16 Years

Ages recorded at December 31 in the year of competition

Age Categories	Height	Skills	Dive No	Degree of Difficulty	Qualification Standard
E, D1, D2	Section 1 (Poolside)	1. Plain header (3-bubble rip)	101A	1.0	<b>Group E 240</b>
		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	<b>Group D1 255</b>
		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	<b>Group D2 255</b>
		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 Categories	Height	Skills	Dive No	Degree of Difficulty	Qualification Standard
C1, C2	Section 1 (Poolside)	1. Plain header (3-bubble rip)	101A	1.0	<b>Group C1 270</b>
		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	<b>Group C2 270</b>
		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	
	Section 3 (3m)	9. Forward Straight Fall	10A	1.2	
		10. Forward tuck roll to pike out	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 armswing) OR a T-Start armswing.

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	<b>Group B+ 250</b>
	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:

- Swim England Diving Team Z divers are ineligible.
- Divers must be Swim England category 2 registered (club compete).
- Divers who have competed at regional age groups are ineligible to compete at the National Skills Finals in the same year.
- Once a diver has competed in the National Age Group Championships they are ineligible at future National Skills Finals, except with prior written approval from the Swim England Diving Leadership Group 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.

