

# National Skills Finals - Technical Points

## Information for coaches and judges

### World Aquatics diving rules exceptions

The World Aquatics rules will apply, except in the following circumstances:

#### The Referee shall declare a maximum score of 4.5 where:

- a diver does a back fall straight with arms starting above head on 3m
- a diver does a tuck to pike roll without making a pike shape
- a diver does more than 2 bounces
- a diver enters the water on a jump with the arms by the sides
- a diver performs an arm swing clearly starting from a position other than a 'T' shape (excluding Group E inward take-offs)

#### The Referee shall declare a restart and 2 points are to be deducted from each judge's award where:

- during a forward tuck roll (11C) or crouched back tuck roll (21C) a diver loses their balance and touches one or both hands the diving board after the starting position has been assumed
- during a forward fall straight (10A) or back fall straight (20A) a diver loses their balance and takes a step after the starting position has been assumed

#### The Referee shall declare a failed dive and award 0 points from all judges where:

- a diver performs a compulsory skill<sup>1</sup> clearly in a shape other than that stated on the statement of dives
- a diver performs a skill with a standing take-off without an arm swing (excluding Group E inward take-offs)
- a Group E or D diver performs 100a on 1 Metre without a two bounce straight Jump
- a Group C diver performs 100a on 1 Metre without a hurdle step
- a diver performance a two bounce or hurdle step take-off without an arm swing

<sup>1</sup> A compulsory skill is all skills in Group E, D and C events, excluding 1 Metre and 3 Metre optional dives from Lists A, B, C and D.

## The Skills

### Technical Accuracy – Sequence – Consistency

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

#### Poolside:

##### Plain-header (3-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 '3-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 '3-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 – Group E and D 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 – Group C 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 – Group E, D and C

- 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 Dives 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.

- All back and inwards take – offs are to be performed with 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 '3-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 '3-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 '3-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 '3-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 must be straight and not bent either at the knees or the hips.
- The feet should be together and the toes pointed.
- The position of the arms is at the Athlete's discretion.

### Pike Position (B)

- The body must be bent at the hips, but the legs must be kept straight at the knees.
- The feet must be together and the toes pointed.
- The position of the arms is at the Athlete's discretion.

### Tuck Position (C)

- The body should be compact, bent at the knees and hips with the knees and feet close together within the bodyline of the shoulders.
- The hands must be on the lower legs and the toes pointed.

### Free (D)

- The Athlete's the body position is optional (Straight, Pike, or Tuck Position(s) may be used) but the legs must be together, and the toes pointed.
- Should the position not be performed as described, each Judge will deduct between 0.5 and 2 points.

## **Execution of the Dive:**

(Safety/Clarification)

### **Rule 10.5.1**

- The flight of a dive describes the part of the dive after the take-off and up to the entry. The Athlete must not veer to the side of the direct line of flight.

### **Rule 10.5.2**

- If during the flight of a dive an Athlete veers to the side of the direct line of flight, each Judge will deduct, according to their opinion.

### **Rule 10.5.3**

- If during the flight of a dive, an Athlete touches the end of the springboard or platform with their feet or hands, each Judge will deduct according to their opinion.

## **If there is a potentially unsafe dive:**

### **Rule 10.5.4.2.1**

- if a Judge considers the dive was unsafe (including, but not limited to, as a result of an Athlete having touched the springboard or platform with their head during the flight, or having been unsafely close to doing so), that Judge will: (a) award up to a maximum of 2 points for that dive; and (b) will indicate to the Referee, using electronic officiating equipment (or if that is not in use, by raising one hand), that they considered the dive to be unsafe; and

### **Rule 10.5.4.2.2**

- if the majority of the Judges Panel indicates that the dive was unsafe, the Referee will instruct the Secretariat to change any Judges' awards higher than 2 points, to 2 points.

# 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	Group D Open – 250 Female – 255
		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	

		<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

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	
	Section 2 (3m)	<b>6.</b> Forwards line up (from Line up list)	-	DD to count	
		<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

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

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 and inward take-offs and 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 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 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.