

General Event Conditions:

- The competitions shall be conducted in accordance with Swim England Regulations and Technical Rules and F.I.N.A. Technical Rules for Diving.
- There shall be separate individual competitions for males and females.
- All ages are as at the 31st December in the year of competition.
- All competitions shall be promoted as 'Open' events with two separate entry categories.
- An individual entry for both entry categories will not be accepted.
- An entrant for a competition must be a Swim England registered category 2 member of the club they are representing or a Temporary Member of Swim England by the published closing date.
- A junior diver may dive up to senior level but may not dive in both junior and senior categories.

Entry Categories:

East Region Entries

- Will be accepted from divers who are registered members of clubs affiliated to Swim England East Region.
- An entered diver shall not have competed in the closed championships or competitions of another Region of Swim England in the same year other than as an individual member of a synchronised pair.

Guest Entries

- Will be accepted from divers who are registered members of any club affiliated to Swim England through their Regional Association, Scottish Swimming, Swim Wales or one of the countries affiliated to F.I.N.A.

Medals / Club Trophy:

- Medals will be presented to the top three competitors from the East Region entries.
- A guest competitor who is ranked in the first three places in the overall results will receive an appropriate commemorative medal.
- A 'Regional Club Trophy' will be presented to the ASA East Region club with the most accumulated points from the first six individual placed competitors in the East Region Club Championships, i.e. excluding synchronised diving competitions.
- Accumulated points will be allocated as follows: 12 points 1st place, 10 points 2nd place, 8 points 3rd place, 6 points 4th place, 4 points 5th place, 2 points 6th place.

Eligibility:

- These competitions are 'open' to a Swim England East Region or Guest diver without affecting the diver's National or Regional Level 2, 3, 4 or 5 status.

Swim England East Region East Region Club Championships

Age Groups:

All ages are as at the 31st December in the year of competition.

Junior Boys / Girls – 9 to 13 years

Senior Men / Women – 14+ years

Note: A junior diver may enter a senior individual competition or pair with a senior diver in a senior synchronised diving competition but may not enter both age group categories.

Individual Competition Conditions:

Category	Age	Board	Event Conditions	Remarks
Senior / Men	14+ yrs	Separate Competitions on 1m, 3m and Platform	Six Different Dives from Four Groups	A maximum of two different dives from the same group.
Senior / Women	14+ yrs	Separate Competitions on 1m, 3m and Platform	Five Different Dives from Four Groups	
Junior / Boys	9-13 yrs	Separate Competitions on 1m, 3m and Platform	Five Different Dives from Four Groups	No repeat dives within a list of dives.
Junior / Girls	9-13 yrs	Separate Competitions on 1m, 3m and Platform	Four Different Dives from Four Groups	

Synchronised Competition Conditions:

Age	Gender	Board	Event Conditions	Remarks
9-13 yrs	Mixed (Any mix)	1m Springboard	3 Dives from 2 Groups. Dives 1 and 2 carry a d.d. of 2.0 irrespective of the dive.	On springboard at least one forward facing dive must be with a hurdle step.
14+ yrs	Mixed (Any mix)	1m Springboard	4 Dives from 3 Groups. Dives 1 and 2 carry a d.d. of 2.0 irrespective of the dive.	
9-13 yrs	Mixed (Any mix)	5m / 7.5m Platforms	3 Dives from 2 Groups. Dives 1 and 2 carry a d.d. of 2.0 irrespective of the dive.	Each dive performed by the pair in an individual round must have the same dive number and be in the same position. Pairs may be comprised of 2 male divers, 2 female divers or 1 male and 1 female diver.
14+ yrs	Mixed (Any mix)	5m / 7.5m / 10m Platforms	4 Dives from 3 Groups. Dives 1 and 2 carry a d.d. of 2.0 irrespective of the dive.	

Please Note:

Divers under the age of 12 yrs are encouraged not to use the 7.5m or 10m platform and divers under the age of 14 are encouraged not to use the 10m platform.