

## Swim England East Region (Level 2) Regional Skills Diving Competitions 2020

Sunday, 22<sup>nd</sup> March 2019, 9:00am – 7:00 pm

Southend Swimming & Diving Centre  
Garon Park  
Eastern Avenue  
Southend on Sea  
SS2 4FA

It is with great pleasure that we invite you and your divers to Southend to compete in the Swim England East Region (Level 2) Regional Skills Diving Competitions 2020. The East Region welcomes divers from outside of the region to enter as guests; regional medals will be presented to the top three divers from the East Region, any guest diver who is ranked in the first three places in the overall results will receive an appropriate commemorative medal.

**Entry Closing Date:** Sunday, 23<sup>rd</sup> February 2020

**Entry Fee:** £10 per diver, per event.

Please send your entries by email to [recording@lutondiving.co.uk](mailto:recording@lutondiving.co.uk) or by post to, Ian Rollinson, Swim England ER Skills Entry, 58 Hazelwood Close, Luton, Bedfordshire, LU2 8AR.

Please Note: **Individual** entries received by whatever means will **not** be accepted. Parents and divers please ask your coach to find out who is co-ordinating your club's entry and ensure that your entry is added to the divers listed on the appropriate official entry form being submitted by your club.

Where possible please pay online, using the following details:

Account: Swim England East Region,  
Account No: 44046952,  
Sort Code: 01 06 28  
Reference: 4130 <club name>

Alternatively, payment may be made by cheque payable to 'Swim England East Region'; please confirm your selected method of payment when sending your form.

Late entries may not be accepted and all fees must be paid in full before divers start training. The competition organisers reserve the right to limit entry numbers

Confirmation of entries received, instructions for submission of dive sheets and a detailed timetable will be published as soon as possible after the entry closing date. Apart from this, all the information you require is enclosed here, but if you should have any queries please contact me by email or on 07715 535539.

## **Event Photography and Filming**

Events will be photographed and may be live streamed. Static images may be displayed on the Swim England East Region website [www.eastswimming.org](http://www.eastswimming.org) and at the venue. They may also be used to promote the sport at this event and events in the future.

Moving images may be displayed at the venue and via a live stream (subject to the event being live streamed). In addition, the Swim England East Region may use recordings and images for the purposes of education and training, diver analysis, promotion, performance, development and selection and event analysis.

In such instances where the event is being live streamed, it will not be possible to provide the option to refuse consent to filming. If there are any concerns about live streaming, moving or static images being taken please speak to the Swim England East Region Event Coordinator present at the event.

If you intend to take photographs or video images at this event, please remember:

- Only take photographs of the specified subject
- Only take photographs in the event areas
- Respect the rights of other people
- Do not circulate images of an individual(s) without their consent.

The full Swim England Guidance on Photography can be found in **Wavepower**, our Child Safeguarding Policy and Procedures.

If there are any concerns about photography/filming at Swim England East Region events, please speak to the Swim England Event Coordinator present at the event or contact the Swim England East Region Diving Manager at [diving@eastswimming.org](mailto:diving@eastswimming.org)

We look forward to seeing you at the event.

**Ian Rollinson**  
**Event Co-ordinator**  
**For and on behalf of the East Region Diving Committee**

# Swim England East Region (Level 2) Regional Skills Diving Competitions 2020

## 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 events for males and females.
- All ages are as at the 31<sup>st</sup> 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.

## Entry Categories:

### East Region Entries

- Will be accepted from divers who are registered members of clubs affiliated to a Swim England East Region.
- An entered diver shall not have competed in the closed championships or competitions of another Swim England Region 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:

- 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.

## Eligibility:

Is 'open' to a Swim England East Region or Guest diver who has not previously entered:

- The Armada Cup, G-Star, Luton Challenge or Southampton Invitational.
- An individual National or Regional Age Group (level 3) competition except when moving from group C to group B.
- A British, National, Regional or Club Junior Elite (level 4) or Senior (level 5) competition.
- Any synchronised diving competition at levels 4 or 5.
- An entry from a diver who had previously competed in a higher level of competition as specified above will only be accepted with the prior written authority of the East Region Diving Manager.

## Swim England East Region (Level 2) Regional Skills Diving Competitions 2020

### Ages Groups:

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

Group E = 8/9 yrs. Group D = 10/11 yrs. Group C = 12/13 yrs. Group B+ = 14/16 yrs.

### Competition Conditions:

Category	Board Height	Event Conditions	Tariff	<sup>2</sup> National Standard
Age Groups E, D & C	Section 1 Poolside	Plain Header (Three Bubble Rip) - 101a Arm Swing Back Jumped Tucked - 200c Forward Dive Tucked - 101c Arm Swing Forward Jump Piked - 100b	1.0 1.0 1.0 1.0	Group E 240 points
	Section 2 1m	Forward Jump Straight - 100a T Arm Swing Back Jump Straight - 200a One Dive From List A One Dive From List B (Optionals in any order)	1.0 1.0 dd to count dd to count	Group D 255 points
	Section 3 3m	Forward Fall Straight - 10a Forward Tuck Roll with Pike Out - 11c Standing Back Fall Straight - 20a Crouched Back Tuck Roll - 20c	1.2 1.2 1.4 1.3	Group C 270 points

**Section 2 Skill 1** – Forward Jump Straight - 100a is to be performed using a 2-bounce start for Age Groups E & D and using a hurdle step for Age Group C.

**Dive List A** – 101c, 101b, 103c, 103b, 401c, 401b

**Dive List B** – Back Fall Straight – 20a (1.0), 201c, 201b, 301c, 301b

- Divers in Age Groups E, D and C to perform back dives with a T-start arm swing.
- Divers in Age Groups E, D and C to perform inward dives with the arms above the head (no arm swing) OR a T-start arm swing.
- Divers in Age Groups E and D to perform forward and reverse dives from either a T-start arm swing OR a 2 bounce start.
- Divers in Age Groups C to perform forward and reverse dives from a T-start arm swing, a 2 bounce start OR a hurdle step.

Category	Board Height	Event Conditions	Tariff	<sup>2</sup> National Standard
Age Group B+	Section 1 1m	Either: 3 Skills from List C + 2 Skills from List D Or 2 Skills from List C + 3 Skills from List D <b>(In either case a minimum 2 groups must be covered from each list)</b>	dd to count dd to count	Group B+ 250 points
	Section 2 3m	5 Skills From List E <b>(A minimum 3 groups must be covered)</b>	dd to count	

**Dive List C – 1m** 101c, 101b, 103c, 103b, 401c, 401b, 402c, 403c <sup>1</sup> Repeat Dives

**Dive List D – 1m** 201c, 201b, 301c, 301b, 5221d, 5122d, 202c, 203c <sup>1</sup> Repeat Dives

**Dive List E – 3m** 101c, 101b, 103c, 103b, 105c, 401c, 401b, 403c, 403b, 201c, 201b, 203c, 203b, 301c, 301b, 303c <sup>1</sup> Repeat Dives

Age Group B+

- 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.

<sup>1</sup> **Repeat Dives** - Repeat dives are permitted from list C, D or E, at a tariff of 1.0. Dives of the same number are considered a repeat dive, even if they are in a different shape.

<sup>2</sup> **National Standard** - For your information we have published here the points required to meet the National Qualification Standard. The publishing of these points does not imply divers are required to meet this standard to dive in this Regional competition.