

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

General Event Conditions:

- The competitions shall be conducted in accordance with ASA laws and F.I.N.A. Technical Rules for Diving.
- There shall be separate events 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.

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

- Entries will be accepted from divers who are registered members of any club affiliated to Swim England through their Regional Association, the Scottish ASA or Welsh ASA 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.

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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	² 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, C and B to perform back dives with a T-start arm swing.
- Divers in Age Groups E, D, C and B 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 and B 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	² 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 (In either case a minimum 2 groups must be covered from each list)	dd to count dd to count	Group B+ 250 points
	Section 2 3m	5 Skills From List E (A minimum 3 groups must be covered)	dd to count	

Dive List C – 1m 101c, 101b, 103c, 103b, 401c, 401b, 402c, 403c ¹ Repeat Dives

Dive List D – 1m 201c, 201b, 301c, 301b, 5221d, 5122d, 202c, 203c ¹ Repeat Dives

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

¹ **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.

² **National Standard** - For your information we have published here the points required to meet the recommended National Standard. The publishing of these points does not imply divers are required to meet this standard to dive in this Regional competition nor does it confer automatic qualification to a National Skills Final on any diver who achieves it.