

General Event Conditions:

- The competitions shall be conducted in accordance with Swim England Regulations and Technical Rules and World Aquatics 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 Club Compete member of the club they are representing or a Temporary Member of Swim England by the published closing date.
- A published 'Event Entry Pack' will give specific event conditions, test requirements and general event information.

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 World Aquatics.

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:

1. A Swim England East Region or Guest diver is not eligible to compete in the East Region Skills Event whilst they are a member of the Swim England Diving Team Z or home nation equivalent.
2. A Swim England East Region or Guest diver who has competed at the Swim England National Age Group Championships, is excluded from competing at East Region Skills Events, except with prior written approval from the East Region Diving Manager when moving into the B age category.
3. A Swim England East Region or Guest diver who has competed in a British, National, Regional or Club Junior Elite (level 4) or Senior (level 5) competition in any event (including synchro) is not eligible to compete in the East Region Skills Event.

4. A Swim England East Region or Guest diver who has achieved the Swim England National Age Group Championships Performance Standard at a Regional or Open Club Age Group (level 3) competition on any board in the same calendar year as Swim England National Age Group Championships for which it is recommended, is not eligible to compete in the East Region Skills Event whilst in that age category.

Age Groups:

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

Group E	8/9 years	Group C1	12 years
Group D1	10 years	Group C2	13 years
Group D2	11 years	Group B	14/15 years

Competition Conditions:

Group E and D

Age Groups	Board 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 C 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	
		7-8. 2 dives 1 from List A and 1 from List B (in any order).		DD to count	
	Section 3 (3m)	G. Forward fall straight.	10A	1.2	
		10. Forward tuck to pike roll.	11C	1.2	
		11. Back fall straight (hands on thighs).	20A	1.4	
		12. 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 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.

Group C

Age Groups	Board Height	Skills	Dive No	Degree of Difficulty	Qualification Standard
C	Section 1 (Poolside)	1. Plain header (3-bubble rip).	101A	1.0	Group C Open – 260 Female – 270
		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	
		6. T armswing back jump straight.	200A	1.0	
		7-8. 2 dives 1 from List A and 1 from List B (in any order).			DD to count
	Section 3 (3m)	G. Forward Straight Fall.	10A	1.2	
		10. Forward tuck to pike roll.	11C	1.2	
		11. Back fall straight (hands on thighs).	20A	1.4	
		12. 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 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.

Group B

Age Group	Board Height	Skills	Degree of Difficulty	Qualification Standard
B+	Section 1 (1m)	<p>1-5. Either:</p> <p>3 skills from List C + 2 skills from List D.</p> <p>Or:</p> <p>2 skills from List C + 3 skills from List D.</p> <p>(In either case at least 2 groups must be covered from each list).</p>	DD to count	Group B Open C Female – 280
	Section 2 (3m)	6-10. 5 skills 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 a repeat, even in a different shape.*

Group B 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.

Qualification Standard

We have published the Qualification Standard required to qualify for the National Skills Finals in 2024. The publishing of these points does not imply divers are required to meet this standard to dive in this Regional competition.

Please Note: Coaches entering divers of an inappropriate standard in any East Region Diving Event may be approached by the Regional Diving Manager and given advice on competition selection.