

Swim England South West Diving Regional Skills A National Skills qualifier 22nd March 2025 Plymouth Life Centre, Plymouth

Event Information

Dear Diving Clubs,

Swim England South West Diving Management Group are pleased to announce the dates for our 2025 South West Diving Regional Skills Qualifier event which will be taking place on 22nd March 2025 in Plymouth.

The competition provides an opportunity for divers to achieve the required qualifying scores/standards for the Swim England National Skills Finals.

Please find below the entry details for the event. Our aim is to make the Diving Regional Skills Qualifier a fun and accessible event for everyone, so if you have any questions, or if there's any way we can make your experience better, please get in touch.

Entries

Initial Entries OPEN	05/02/25
Initial Entries CLOSE	17/03/25
Electronic Dive Sheet Deadline	21/03/25
Late Online Entries Window CLOSE	n/a
Manual Dive Sheet Submission	22/03/25

All entries and appropriate payments must be received by the above closing deadline. Late entries, entries without payment and entries incorrectly completed will not be accepted beyond the closing deadlines.

We look forward to welcoming you to Plymouth.

Yours in diving, Sally Freeman	sally.freeman.coach@hotmail.com
On behalf of South West region	South West region contact: E-mail: chris.vickery@swimming.org

Venue

Address: Plymouth Life Centre, Mayflower Drive, Plymouth, PL2 3DG Parking: On site adjacent and nearby Park and Ride

Event Conditions

- 1. The Diving Regional Skills shall be held under Swim England Regulations and World Aquatics Technical Rules of Diving.
- 2. Age Categories (Age as at midnight on 31st December in the year of competition)

Group E 8/9 years (Open & Female) Group D 10/11 years (Open & Female) Group C 12/13 years (Open & Female) Group B 14/15 years (Open & Female) Group A 16/17/18 years (Open & Female)

- 3. The Group E, D and C 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.
- 4. The Group B event is 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.
- 5. The Group A 1m and 3m events are run separately.

Gender category descriptions

Female – athletes with a birth sex of female

• Open – athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the female category

Entry Fees

The entry fee is £17 per diver and must be paid at the time of entry. All entries will be via BACS which will be available from 05/02/25. There will be a late entry fine of £10 per diver for entries not received by the closing date. Divers will not be allowed to compete until this fine is paid.

Account Name: Swim England South West Limited Sort Code: 30-98-97 Account Number: 34605163 Bank: Lloyds Bank

Withdrawals

Please note entry fees are non-refundable

Refunds will only be given:

- Where a competitor is required to withdraw on proven medical grounds.
- Withdrawals can only be made through the Club's Head Coach. The Organiser must be notified prior to the closure of the technical meeting.

Late entries

There will be a late entry fine of £10 per diver for entries not received by the closing date. Divers will not be allowed to compete until this fine is paid.

Confirmation of entries

A confirmation of entries will be emailed to each club shortly after the entry deadline.

The email will contain a payment link for clubs to make their entry payments directly to Swim England South West **The organisers reserve the right to limit the number of entries, this is to ensure the safe running of the event.**

Dive sheets

- Electronic dive sheets must be submitted by Friday 21st March 2025 at 17:00pm
- For late entries dive sheets should be submitted no later than 24 hours prior to the published start time of the technical meeting.
- All dive sheets must be signed and handed to recorders desk by the start of the technical meeting.

It is mandatory that all Coaches & Team Managers comply with the relevant Swim England Policies:

Child Protection Procedures (Wavepower)

- Valid and up to date Safeguarding and DBS Certificates
- Coach, Team Manager and Chaperone Policy

Spectators

Spectator tickets can be purchased at the venue on the day and we will be operating a cash only system payable on the balcony.

Day Ticket: £5 for concessions

Medals

As a Regional Qualifier event, Medals will be presented to individuals from South West Clubs who finish 1st, 2nd or 3rd for their event as a South West athlete. Guest divers will be awarded with a medal where they finish in the top 3 places for each event overall.

Competition Programme

Final competition programme will be confirmed after all entries have been received and processed

Other Information

Training

Training times to be confirmed once entries have been confirmed and processed

Technical Meeting

A technical meeting will be held on Saturday 22nd March at 11am. In the events room.

All coaches and officials should attend. Please inform the event staff if you are unable to attend the meeting or if you are not able to send a substitute.

Technical Information

Please refer to the additional event document "Technical Points for Consideration", published at the same time as this event information.

Clothing

During parades and medal ceremonies full club kit or tracksuits must be worn. The poolside will need to be clear so all extra bags and clothes must be placed in a locker, upstairs or on the main pool seating area.

Refreshments

There is a café on site for spectators, competitors and coaches, however the hours of opening may vary.

Contact Information for the Event

Sally Freeman on behalf of the South West Region Sally.freeman.coach@hotmail.com

Data Protection

Entries to the meet will be held on computer and consent, as required by the Data Protection Act 2018, to the holding of personal information on computer will be deemed to have been given by the submission of an entry.

You agree that we may publish your Personal Information as part of the results of the competition. Your information will only be shared in relation to your participation in the event, e.g. the list of entrants, results and event reports and may be shared on the SE South West website, social media pages or in emails sent by the organiser.

SE SW privacy policy: www.swimwest.org.uk

Dive Recorder privacy policy: https://diverecorder.co.uk/gdpr.php

We may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Information may include but not be limited to name, club affiliation, events, results & age category.

Divers/Coaches are requested to submit dive sheets electronically, both for their own convenience and to minimise the chance of errors loading the data into the recording programme. online via *Dive Recorder*.

To submit your dive sheets online, go to **www.diverecorder.co.uk** and follow the instructions. As soon as you complete the online submission you will see a success/failure message. If successful you will be sent an automatic email confirming receipt of your details and dives. You can check your submitted dive sheets online at www.diverecorder.co.uk/live results page. If you experience problems and need assistance you should email Sally Freeman.

Electronic submissions must be made by no later than 17:00pm on 21/03/25 You will be asked to sign hard copies of these sheets at the venue. These should be available by 10am.

The deadline for signing of dive sheets is at the technical meeting. The deadline for dive sheet changes is 1 hour prior to the start of competition. If neither you nor your Coach is able to use the above electronic methods, you can submit hard copy of your list of dives to the Recorders. The deadline for manual dive sheets is 22/03/25 at 10am.

Photography

Any spectator wishing to take photographs must register their details with the Entry Desk where they will be provided with a wristband which must be worn at all times, any photographs taken must be focussed on their diver. Any spectators in breach of this policy will be asked to leave the spectator gallery, no refund of spectator fees will be provided.

Any photographs must be taken in line with Swim England Wavepower guidance (pages 94-100). During the event, the facility is also in use by the public – any photography must only be always directed towards the diving pit.

Mobile Devices in Changing Rooms

Swim England Wavepower changing room policy prohibits all use of mobile phones or devices in changing areas during Swim England regulated activities. This includes, but is not limited to taking photographs, texting, making phone calls and browsing the internet.

This policy includes EVERYONE, Athletes, Coaches, Team Managers, Event Staff and Spectators. Please keep all mobile phones either in a bag or in a pocket whilst walking through the changing village. Any individual in breach of this policy WILL be withdrawn from all remaining events and may be prohibited from entering future SE South West competitions. Coaches, Team Managers, Event Staff and Spectators will be removed from the venue.

Mobile Devices on Poolside

Mobile phones/tablets will only be allowed on poolside for the following reasons: To play music, to play games, to assist in the running or managing of the event or for medical reasons.

Under no circumstances can mobile phones be used on poolside for social media or taking photo/video photography. Any athlete in breach of this policy will be withdrawn from all remaining events and may be prohibited from entering future competitions.

Exclusions

We recognise that some athletes, officials or volunteers may have a legitimate reason for having a mobile phone, for example, certain health conditions.

If you believe this to be the case, please email Sally Freeman prior to the event taking place.

Contact Information for the Event

Sally Freeman – on behalf of SE South West – **sally.freeman.coach@hotmail.com** Plymouth Life Centre, Mayflower Drive, Plymouth, PL2 3DG 01752 606900 Chris Vickery - swimsouthwest@swimming.org

Conditions 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 Female –	
		2. Armswing back jump tucked.	200C	1.0	240 Open - 240	
		3. Forward dive tucked.	101C	1.0	Group D	
		4. Armswing forward jump pike.	100B	1.0	Female – 255 Open - 240	
	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)	9. 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	Height	Skills	Dive No	Degree of Difficulty	Qualification Standard
С	Section 1 (Poolside)	1. Plain header (3-bubble rip).	101A	1.0	Group C
		2. Armswing back jump tucked.	200C	1.0	Female – 270 Open - 260
		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)	9. Forward Straight Fall.	10A	1.2	
		10. Forward tuck roll pike out.	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	Height	Skills	Degree of Difficulty	Qualification Standard
B+	Or: 2 skills from List 0 (In either case at	3 skills from List C + 2 skills from List D.	DD to count	Group B Female – 280 Open - 280
		Or: 2 skills from List C + 3 skills from List D. (In either case at least 2 groups must be covered from each list).		
	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.

Age Group	Height	Skills	Degree of Difficulty	Qualification Standard
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 Female – 170 Open - 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 Female – 175 Open - 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 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.

Club Entry Form

ame of Club:	
ontact name and Membership Number:	
ontact email and number:	
ame/s of judge/s:	
ames of coaches attending:	

Name of Team Manager/s: ___

Name of diver	YOB	SE Membership No	Event	Coach	Fee

Please consider the following when selecting events for your divers.

1: A diver may compete at the Regional Skills competitions this year (2020) if they are registered with Swim England to Category 2: Team England divers are ineligible

3: Once a diver has competed at SE age group level at the Regional or National Age Group competitions they are excluded from competing at future Regional Skills finals - except with written approval from the Swim England Diving Management Group when moving into Group B+.

Skills Events Technical Points for Consideration

Information for Coaches and Judges

In any occasion where a dive is performed with an incorrect technical point (e.g., starting position, take off or entry) a maximum score of 4.5 shall be awarded. For example:

- If a diver does a back fall straight with arms starting above head
- If a diver does a tuck to pike roll without making a pike shape
- If a diver does more than 2 bounces
- If a diver enters the water on a jump with the arms by the sides

Every skill should be performed with head neutral, glutes engaged and ensuring a safe distance from the board. NB: World Aquatics rules will apply where applicable.

Poolside:

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 'three bubble ripped' entry

Back Jump Tuck with Armswing

- 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 'three bubble ripped' entry

Forward Jump Pike with 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: <u>Two Bounce Straight Jump – E & D age group only</u>

- Starting position away from the end of the board with arms by side or behind hips
- Jump to end of board followed by 1 more contact with the board before take off
- Ensure arms fully extend behind ears during bounce whilst upright body position
- Full body extension at take-off, vision forwards
- Arms extended by ears on entry

Hurdle Step Straight Jump - C group 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 - E & D & C group

- 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 Dive 1 & 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. Inward dives may be performed starting with the arms above the head (no armswing) OR 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 'three 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 'three 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 'three 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 'three bubble ripped' entry

World Aquatics Diving Rules 2021 - 2025 - Extracts

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 shall not be bent either at the knees or the hips
- The feet shall be together, and the toes pointed
- The position of the arms is at the option of the diver

Pike Position (B)

- In the pike position the body shall be bent at the hips, but the legs must be kept straight at the knees The feet shall be together, and the toes pointed
- The position of the arms is at the option of the diver
- •

Tuck Position (C)

- In the tuck position the body shall be compact
- Bent at the knees and hips with the knees and feet close together within the bodyline of the shoulders
- The hands shall be on the lower legs
- The toes pointed

Free (D)

- In the free position, the body position is optional (A, B or C) but the legs shall be together, and the toes pointed
- Should position A, B, C or D not be aesthetically pleasing and shown as described, each judge will deduct ½ to 2 points, according to his/her opinion

Penalty Change

When a dive is performed partially in a position other than that announced each judge shall deduct according to his/her opinion

Execution of the Dive:

(Safety/Clarification)

Rule D.8.5.1

• During the execution of a dive the dive shall be in the direct line of flight.

Rule D.8.5.2

• If during the execution of a dive, a diver dives to the side of the direct line of flight, each judge shall deduct according to his opinion.

Rule D.8.5.3

• If during an execution of a dive, a diver touches the end of the board with his feet or hands, each judge shall deduct according to his or her opinion.

Rule D.8.5.4

• If during the execution of a dive, a diver is unsafely close to the board

OR

- Touches the end of the board with his head the judges shall award up to a maximum of 2 points.
- When applying this rule, if the majority of the judges award two or less points, all higher scores shall be two points'

Any matters not covered in these conditions, or any supplementary information will be at the discretion of the Competition Organiser.

General Conditions

1. Swim England South West Region reserves full powers over the event including but not limited to cancelling, postponing or changing the event venue and or format due to reasons beyond its reasonable control

2. Swim England (Insert Region) Regional Diving Championships and Competitions shall be held under Swim England Regulations and World Aquatics Technical Rules of Diving.

- 3. Entries will only be accepted from:
- a. Competitors registered as members of Swim England.
- b. Overseas competitors from Scottish Swimming, Swim Wales and other countries affiliated to World Aquatics.

4. All competitors must be a "Club Compete", or equivalent, registered member with their national body and a member of the club in whose name they are entered at the date of making the initial entry. Competitors may enter in the name of one club only.

5. Where competitors change clubs during a year (1st January to 31st December), the competitor must meet the registration deadline indicated above in number 3 for their new club, otherwise they must compete for their former club

6. All Clubs must have a qualified Coach on the poolside. The Coach must be in possession of an official event poolside accreditation pass.

7. Ages as at midnight on the 31 December in the year of competition.

- 8. Event Cancellation In the instance that the event is cancelled:
 - a. Full refunds of entry fees to the Regional Competition will be offered to all competitors.
 - b. No refunds will be offered for any other expenses incurred in relation to the Regional Competition.

Deadlines and Late Entry Fee Fines

- 1. The deadline for submitting entries and entry fees will be 17/03/25
- 2. The deadline for payment of fees will be 17/03/25

3. Competitors are officially entered into The Meet when the correct entry fees and entry forms are submitted by the set deadline. A late entry fine will be applied if the appropriate fees/forms are not received by the deadline.

4. If a competitor has submitted an official entry by the deadline but then decides they want to compete in an additional event, the additional entry is treated as a late entry.

5. All entry fees and late fees are non-refundable unless a competitor must withdraw on proven medical grounds. Withdrawals will only be accepted via the club Head Coach prior to the closure of the technical meeting.

6. The late entry fee fine will only be applied once per Meet, per diver.

7. Competitors may submit a late entry up to 15 minutes prior to the published start time of the Technical Meeting of The Meet. In order to be valid, this late entry must be accompanied by a signed entry form, the correct entry fee and appropriate late fee. Fees and Forms must be submitted to an official member of the Events Management Team (to be named in the pre-event information.

8. No entries or dive sheets will be accepted after 15 minutes prior to the published start time of the Technical Meeting. See item 20 for Technical Meeting clarification.

9. Failure to submit appropriately signed entry forms and fees (including late fee) 15 minutes prior to the published start time of the Technical Meeting, will render the diver ineligible to compete in the event.

Dive Sheets

- 1. Electronic dive sheets must be submitted by 21/03/25 For late entries dive sheets should be submitted no later than 24 hours prior to the published start time of the technical meeting. All dive sheets must be signed and handed to recorders desk by the start of the technical meeting.
- 2. Failure to sign the dive sheet will render the competitor ineligible to protest should there be a problem with the dive sheet.
- 3. Failure to submit ALL dive sheets 15 minutes prior to the published start time of the technical meeting, will render the competitor ineligible to compete in the event. This does not affect the competitor's right to change a submitted dive sheet.
- 4. A provisional time/venue for the Technical Meeting will be published in the prevent information.
- 5. Dive sheets can be changed up to one hour prior to the start of the Session in which that event is scheduled. After this time, no dive sheet changes are permitted.

Miscellaneous

1. For insurance purposes, only competitors entered in the competition, or those expressly invited by the organiser/promoter of the event, can train at the venue, during the published times/days of the competition.

2. It is the responsibility of the competitor, coach or parent/guardian to obtain event information from the Swim England website. Swim England will not undertake to inform all registered competitors and coaches of forthcoming events and conditions.

3. A typing/publishing error in the above rules within the pre-event information or programme, is not grounds for an appeal. In the event of a query or dispute, the content of the Official Diving Conditions, will take precedence. Where a dispute or query is not covered within these conditions, World Aquatics rules will apply.