

Swim England National Skills Finals 2019

Event Information

Plymouth Life Centre
Mayflower Drive
Plymouth
PL2 3DG

6/7 July 2019

Dear Diving Clubs,

It is with great pleasure that we invite you and your divers to Plymouth Life Centre to compete in the 2019 Swim England National Skills Finals, hosted by Swim England South West Region.

The closing date for entries is **Friday 14th June 2019**. Late entries will incur a £30 penalty fine.

Entries should be sent by club using the official electronic entry form published alongside the event information pack to the Event Lead, Sally Freeman, at sallyfreeman@everyoneactive.com and pay the entry fees by club online, using the following details:

Account: Swim England SW Region

Sort Code: 30-90-54

Account number: 04630209

Reference: DVGNSF [Club Name]

Please note that cheques will not be accepted.

All of the information that you require is enclosed, but if you do have any further questions please do not hesitate to contact me on the details below.

We look forward to welcoming you to Plymouth.

Regards,

Sally Freeman

On behalf of

Swim England South West Region Diving Committee

E-mail: sallyfreeman@everyoneactive.com

Swim England National Skills Finals 2019

The Events

The events will be run under Swim England Laws and the FINA Technical Rules of Diving. Events and Age Groups (Age as at 31st December 2019) will be as follows:

- Group E – 8/9 years
- Group D1 – 10 years
- Group D2 – 11 years
- Group C1 – 12 years
- Group C2 – 13 years
- Group B+ – 14/16 years

Entry Fees

The entry fee is £14.00 per diver, and must be paid at the time of entry. Please make club payments by bank transfer using the details on page 1. There will be a late entry fine of £30 per diver for entries not received by the closing date. Divers will not be allowed to compete until this fine is paid.

Programme

The organisers reserve the right to amend the age groups for these events with age group categories depending on the number of entries. Timings will be determined once all the entries have been received and numbers are known, however a provisional timetable is shown below. **Please note that the running order may change once entry numbers are known but the events will stay on the allocated days. Events will be combined if entries allow.**

Provisional Schedule of Events

| <u>Saturday 6th July</u> | <u>Sunday 7th July</u> |
|--------------------------------------------|------------------------------------------|
| Restricted training for each session | Open training: 08:00 – 09:00 |
| E Girls | Restricted training for each session |
| E Boys | D1 Girls |
| D1 Boys | D2 Girls |
| D2 Boys | C1 Boys |
| C1 Girls | C2 Boys |
| C2 Girls | B+ Girls |
| B+ Boys | |

NB: Training will be available on Friday as per the Entry Form – training slots will be allocated on a first come first served basis and teams are to be aware that normal local diving lessons are also taking place at the same time. There is a charge of £5 per diver – this must be paid upon arrival at reception

Competition Conditions:

| Age Groups | Height | Skills | Dive No | Degree of Difficulty | Qualification Standard |
|------------|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|---------------------------|------------------------|
| E & D | Section 1 (Poolside) | 1. Plain header (3-bubble rip) 2. Armswing back jump tucked 3. Forward dive tucked 4. Armswing forward jump piked | 101A 200C 101C 100B | 1.0 1.0 1.0 1.0 | Group E 240 |
| | Section 2 (1m) | 5. 2-bounce forward jump straight 6. T armswing back jump straight 7-8. 2 dives one from list A and one from list B (in any order) | 100A 200A | 1.0 1.0 DD to count | |
| | Section 3 (3m) | 9. Forward fall straight 10. Forward tuck to pike roll 11. Back fall straight (hands on thighs) 12. Crouched back tuck roll | 10A 10C 20A 20C | 1.2 1.2 1.4 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 & 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.

| Age Groups | Height | Skills | Dive No | Degree of Difficulty | Qualification Standard |
|------------|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|---------------------------|------------------------|
| C | Section 1 (Poolside) | 1. Plain header (3-bubble rip) 2. Armswing back jump tucked 3. Forward dive tucked 4. Armswing forward jump piked | 101A 200C 101C 100B | 1.0 1.0 1.0 1.0 | Group C 270 |
| | Section 2 (1m) | 5. Hurdle step forward jump straight 6. T armswing back jump straight 7-8. 2 dives one from list A and one from list B (in any order) | 100A 200A | 1.0 1.0 DD to count | |
| | Section 3 (3m) | 9. Forward Straight Fall 10. Forward tuck roll pike out 11. Back fall straight (hands on thighs) 12. Crouched back tuck roll | 10A 10C 20A 20C | 1.2 1.2 1.4 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+ | Section 1 (1m) | 1-5. 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 at least 2 groups must be covered from each list) | DD to count DD to count | Group B+ 250 |
| | 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, 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 if they are in a different shape**

Eligibility

Please consider the following eligibility clauses carefully when selecting events for your divers.

No England Diving Team Z divers are eligible to compete.

Once a diver has competed at National Age Group Championships they are excluded from competing at future Skills finals, except with written approval from the Management Group when moving into the B+ age group.

If a competitor has competed at Elite Junior Championships they are not eligible to compete at the future Age Group Championships, except with written approval from the Management Group when moving up an age group

If a competitor has competed at any GB Senior Championship they are not eligible to compete at the future Age Group Championships

Failure to comply with these conditions will result in disqualification. We recommend that divers do NOT move up more than one diving level within a single year.

Qualification Scores

Scores are set by a national technical panel and reviewed annually. Qualification scores are mandatory and **MUST** have been achieved at a regional qualifying event in the same year – either in the diver's own region or at another region's event*. Dive sheets demonstrating the qualification scores have been met must be submitted with entry forms, and it is the responsibility of the **club** to check all of their divers' entries.

Coaches fielding divers that British Diving or Swim England Diving Managers consider to be competing at too low a level for their standard will be approached and given advice on competition selection.

*It is acknowledged that divers from guest clubs may not be able to attend a regional qualifying event, however divers from these clubs should aim to achieve the qualifying score at an event with the same conditions.

Definitions

Competing/competed – divers are considered to be competing or competed at a certain level if they entered the contest – even if they did not dive due to injury or illness.

For example, if a diver was entered for Senior Nationals but did not dive due to injury, they cannot then compete at the National Age Groups. Or if a diver was entered for National Age Groups but did not dive due to illness, they cannot then compete at the National Skills Finals.

General Conditions

1. Swim England Diving Championships and Competitions shall be held under Swim England Laws and Regulations and FINA Technical Rules of Diving.
2. The promoter of Swim England Diving events is Swim England Diving Management Group. The promoter of the GB Championships is the GB Technical Diving Committee.

Registration / Membership

3. Competitors should be registered with the Swim England 60 days prior to the commencement of the National Event ("The Meet") for which the competitor is entering. The exact date to be published in the pre-event information.
4. 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
5. Where a competitor was asked to leave their previous club following a dispute, the competitor can compete for their new club as long as their former club is able to confirm they were asked to leave in writing and as long as they are registered with their new club at the time the entry form is submitted (and can therefore provide an appropriate Swim England number as a valid member of their new club on the entry form). Otherwise, they must compete for their former club.
6. All competitors in the Swim England National event (including National Skills Finals), or British Championships, must be Category 2 Swim England members no later than midday on the day of the Technical Meeting, in order to allow the Events Team time to check with Membership Services.

Deadlines & Late Entry Fee Fines

7. The deadline for submitting entries and entry fees shall be 4 weeks prior to the commencement of The Meet.
8. Competitors are officially entered into The Meet when the correct entry fees and entry forms are submitted by the set deadline. Where an online entry process is not available, only an official entry form, with the correct Swim England registration number, signed by the competitor (or their parent where they are under 18), will be acceptable. A late entry fee will be applied if the appropriate fees/forms are not received by the deadline.
9. 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.
10. All entry fees & late fees are non-refundable.
11. The late entry fee fine will only be applied once per Meet, per diver.
12. 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 (as described in item 8), the correct entry fee and the 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).
13. No entries, or dive sheets will be accepted after 15 minutes prior to the published start time of the Technical Meeting. See item 19 for Technical Meeting clarification.
14. 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

15. Electronic dive sheets must be submitted 24 hours prior to the published start time of the technical meeting. If submitted electronically, all sheets must be signed no later than 1 hour prior to start of the session in which that (preliminary or straight final) event appears.
16. Failure to sign the dive sheet will render the competitor ineligible to protest should there be a problem with the dive sheet
17. Manual dive sheets must be submitted no later than 15 minutes prior to the published start time of the Technical Meeting. Dive sheets must be submitted to an official member of the Events Management Team (to be named on the pre-event information).
18. Failure to submit ALL dive sheet 15 minutes prior to the published start time of the technical meeting, will render the diver ineligible to compete in the event. This does not affect the divers' right to change a submitted dive sheet.
19. A provisional time/venue for the Technical Meeting will be published in the pre-event information. If this changes, the finalised time/venue of the Technical Meeting will be confirmed with notices posted on the poolside, before 13:00 on the day of the Technical Meeting. If no notices are posted, there is no change to the time/venue of the Meeting.
20. Dive sheets can be changed up to 1 hour prior to the start of the Session in which that event is scheduled. After this time, no dive sheet changes are permitted.
21. Moving into subsequent rounds (semi/final etc), dive sheets are automatically generated to replicate the original dive sheet. These dive sheets must be signed immediately after the results have been announced from the previous round. Qualifiers must go directly to the recorders following the announcement of the results. Note – dive sheets for an additional 2 reserve competitors will be generated which also need to be signed, in case of the withdrawal of a qualified diver.
22. The deadline for signing a dive sheet for a subsequent round is 30 minutes AFTER the finish of the previous round or 5 minutes before the start of the next round, whichever is earlier. Failure to sign the dive sheet will render the diver ineligible to protest should there be a problem with the dive sheet.
23. These automatically generated dive sheets can be changed in between rounds (prior to semi-final or final), up to 30 minutes AFTER the finish of the previous round or 5 minutes before the start of the next round, whichever is earlier. After this time, no dive sheet changes are permitted.

Synchronised Entries

24. Rules 3 – 23 also apply to synchronised event entries (except where a competitor is REPLACING* one of the synchronised competitors who is already entered, due to injury or withdrawal for another reason). *The replacement competitor must be entered as an official competitor in the Meet already. The request to replace one member of the pairing must take place no later than the deadline for dive sheet changes for that competition. Requests to replace a competitor after this deadline will be declined. Only one replacement per pairing permitted
25. Where the replacement competitor is not already entered as an official competitor in The Meet, they must comply with conditions 3 – 23.
26. If both members of a pairing are replaced, this is considered a new entry and is therefore subject to 3 – 23 above.

Miscellaneous

- 27 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.

- 28 It is the responsibility of the competitor, coach or parent/guardian to obtain event information from the Swim England website or to request information be sent by mail (by contacting the Swim England Events Office). Swim England will not undertake to inform all registered divers and coaches of forthcoming events & conditions.
- 29 Information for all events will be available on the website at the beginning of each year. Website address is www.swimming.org. Click on Diving.
- 30 Where an online entries process is not available, it is recommended that entry forms and fees are sent by recorded delivery or that proof of posting is obtained to use in the event of a dispute.
- 31 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, FINA rules will apply.

Other Information

Training

The pool will be available for training during the following times:

| | |
|-------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| Friday 5 th July | 13:00 – 16:00 booked through the entry form 18:00-20:00 : by arrangement and sharing with local divers |
| Saturday 6 th July | Restricted training in the pool from 08:30am before the morning events, and restricted training before the afternoon events. |
| Sunday 7 th July | Open training from 08:00 – 09:00, restricted training before the morning events and restricted training before the afternoon events. |

Technical Meeting

A technical meeting will be held on Friday 5th July at 18:30 – in the Technical Officials room adjacent to the swimming poolside.

All coaches and officials should attend. Please inform the event staff if you are unable to attend the meeting/workshop or 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 in the poolside store.

Dive Sheets

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. Coaches may make bulk submission of dive sheets on behalf of their divers by using the programme *DiveSheets* with which they will already be familiar. Alternatively, individual divers may submit their own dive sheets 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 tripyglynn@btinternet.com

Electronic submissions must be made by no later than 18:00 on **Thursday 4th July**. You will be asked to sign hard copies of these sheets at the venue. These should be available by 4pm on the day prior to the start of the competition.

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 Friday 5th July at 16:00.

[The Venue](#)

Plymouth Life Centre
Mayflower Drive
Plymouth
DEVON
PL2 3DG

Telephone: 01752 606900

Parking: FREE car park and park and ride close by

[Refreshments](#)

Refreshments will be available for officials throughout the weekend. There is a café on site for parents, divers and coaches.

[Hotels](#)

There are a number of hotels local to the venue, or a short bus journey away.

[Event T shirts](#)

Event T-shirts will be available for competitors and details of this will be available shortly.

[Photography](#)

Photographs should not be taken whilst competitors are diving, as flash can distract a diver and potentially cause injury. Anyone wishing to take photographs, including using mobile phones or other portable devices, should read the [Swim England Event Photography Policy](#). When the new GDPR regulations come into effect this may be subject to change and at that point we will issue an updated policy if applicable. The Plymouth team will ask you to sign in in order to take photographs.

There will be an event photographer so photos will be available to buy.

[Confirmation of Entries](#)

Confirmation of entries will be sent via email to the club contact.

[Contact Information for the Event](#)

Sally Freeman – on behalf of Swim England South West Region

Swim England National Skills Finals

Technical Points for Consideration

Information for Coaches and Judges

(Technical Accuracy – Sequence – Consistency)

On 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: FINA rules will apply where applicable.

Skill

Technical Points for Coaches and Judges

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 with Tuck – Arm swing

- 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 Piked – 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:

Two Bounce Straight Jump – E & D age group only

- 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 maintaining 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

FINA Diving Rules 2017-2021 - 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'

