



Saturday 21st May
Plymouth Life Centre

Swim England South West
Regional Skills Diving Competition
(National Skills Qualifier/ Category 2 divers)

We invite you to attend the **Swim England South West Regional Skills** competitions and qualifier for National Skills, this event will crown SW medallists and open medallists.

These divers must be Category 2 registered with Swim England or WASA, SASA, in the year of competition.

This event is an **Open Event** and medals will be available for the Top 6 South West registered divers plus any from other regions.

Divers must be a Minimum of 8 years old in 2022.

Provisional Schedule of Events (approximate timings)

11.00-11:50am	General Training	
12 noon	Restricted warm-up	Group E and D Girls and Boys
12:45pm	Competition	Group E Girls and Boys
13:15pm	Competition	Group D Girls and Boys
14:15-15:00pm	Restricted Warm-up	Group C and B Girls and Boys
15:15-15:50pm	Competition	Group C Girls and Boys
16:00-17:00pm	Competition	Group B Girls and Boys

We reserve the right to combine events if numbers are below 15 which may affect timings. Please be ready in advance of the provisional time as we may run earlier if ahead of schedule.

Please send entries to: sally.freeman.coach@hotmail.com

Sally Freeman
c/o Diving – Plymouth Life Centre
Mayflower Drive
Plymouth
PL2 3JY

SWIM ENGLAND OPEN SOUTH WEST DIVING REGIONAL SKILLS 2022

Saturday 21st May 2022

Plymouth Life Centre, Mayflower Drive, Plymouth, PL2 3DG

The Events

The events will be run under ASA Laws and the FINA Technical Rules of Diving. Events and Age Groups (Age as at 31st December 2022) will be as follows:

Group E (8 and 9 years)
years)

Group D1 (10 years)

Group D2 (11

Group C1 (12 years)

Group C2 (13 years)

Group B+ (14-16 years)

(Separate medals for each individual age category, events may run together if insufficient numbers)

Entry Fees

Swim England SW Regional Skills: £15 per diver

Ref: nameDIVE

Regional Skills: Payable by BACS to: Account Name: Swim England South West Limited

Sort Code: 30-98-97

Account Number: 3460 5163

Bank: Lloyds Bank

Please complete the entry form indicating which event you are entering to avoid confusion on the day.

Entry Restrictions:

All divers must be Category 2 members of the ASA/ WASA / SASA to compete in a Regional Skills level event.

Divers from regions outside of the South West are permitted to enter as guests. Guest medals for any diver finishing 1st-3rd places will be presented.

Conditions:

Category	Board Height	Event Conditions	Dive Number	Tariff	Recommended Standards for National Skills Finals
Age groups E,D,C*	Section 1: Poolside	1.Plain Header (Three bubble rip 2.Armswing back jump with Tuck 3.Forward dive with Tuck 4.Armswing forward jump Piked	101a 200c 101c 100b	1.0 1.0 1.0 1.0	Group E 240 points
	Section 2: 1 metre	5. 2 bounce Forward Jump Straight (*5. Group C: Hurdle step Forward Jump Straight) 6. T-Armswing back jump Straight 7. One dive from either List A or B 8. One dive from either List A or B	100a 200a	1.0 1.0 FINA DD FINA DD	
	Section 3: 3 metre	9. Forward fall Straight 10. Forward tuck roll with pike out 11. Standing back fall Straight (hands on thighs) 12. Crouching back tuck roll	10a 10c 20a 20c	1.2 1.2 1.4 1.3	Group C 270 points

Dive List A: 101c, 101b, 103c, 103b, 401c, 401b

Dive List B: 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
- 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 backward facing take-offs are to be performed with a T start Armswing

Category	Board Height	Event Conditions	Tariff	Recommended Standard for National Skills Finals
Age Group B+	Section 1: 1 metre	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)	FINA DD FINA DD	Group B+ 250 points
	Section 2: 3 metre	6-10. 5 skills from list E (at least 3 groups must be covered)	FINA DD	

Dive List C 1 metre: 101c, 101b, 103c, 103b, 401c, 401b, 402c, 403c – repeats permitted to maximum DD of 1.0.

Dive List D 1 metre: 201c, 201b, 301c, 301b, 5221d, 5122d, 202c, 203c - repeats permitted to maximum DD of 1.0.

Dive List E 3 metre: 101c, 101b, 103c, 103b, 105c, 401c, 401b, 403c, 403b, 201c, 201b, 203c, 203b, 301c, 301b, 303c - repeats permitted to maximum DD of 1.0.

- Dives of the same number are considered a REPEAT even if a different position
- Forward and reverse dives are to be performed with either a standing T start armswing OR a 2 bounce start OR with a hurdle
- ALL backward facing take-offs are to be performed with a T start armswing

Club Entry Form

Club Name: _____

Coaches attending: _____

Contact number: _____

Email for confirmation: _____

1. All ENTRIES MUST BE SENT TO: Sally Freeman Plymouth Life Centre, Mayflower Drive, Plymouth , PL2 3DG
2. **CLOSING DATE FOR ENTRY IS MONDAY 8TH MAY 2022**
3. **THIS IS OPEN TO ENTRY FROM OTHER REGIONS FOR COMPETITION PRACTICE OR QUALIFICATION SCORES**

Name of diver	DOB	Age	Competition	ASA Memb No.	Category	Coach/ Teacher	Fee

Please make payment to the following account and use the reference of - your name/club and add DIVE

Account Name: Swim England South West Limited

Sort Code: 30-98-97

Account Number: 3460 5163

Bank: Lloyds Bank

Eligibility

Please consider the following when selecting events for your divers.

1: A diver may compete at the Regional Skills competitions this year (2022) if they are registered with Swim England to Category 2.

2: Team Z divers are ineligible

3: Once a diver has competed at ASA age group level at the Regional or National Age Group competitions they are excluded from competing at future Regional Skills finals – this includes the Armada Cup 2022 which acted as the SW Regional Age Groups 2022 except with written approval from the Swim England Diving Management Group when moving into Group B+.

Qualification Scores for the National Skills Finals 2022 (9-10 July LEEDS)

SCORES – Scores are set by a National Technical Panel and reviewed annually. All scores continue to be recommended scores for 2022; however it is strongly advised that all coaches encourage their divers to achieve their required score at one or more of the events below.

» Regional event » Last year's National event (as long as they remain in the same age group)

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 the National Age Groups but did not dive due to illness, they cannot then compete at the Regional or National Skills Finals.

Other Information

Training

Training will be available as per the Provisional Timetable.

Officials

All competitors must be accompanied by a Level 2 Diving Coach whilst training and competing. All clubs entering 5 divers or more will be required to also nominate a judge.

Technical Meeting

The technical meeting will be held in the Events Office at 11.45am. Each club attending will be asked to nominate their judge/judges who must be category 3 ASA registered or category 2 aged 16+. All coaches and officials must attend. Please inform the event staff if you are unable to attend the meeting or you are not able to send a substitute. Each region is expected to provide a judge for the competitions, who is not involved in coaching that event.

Parades / Ceremonies

All divers will be required 10 mins prior to the event starting for their presentation parade and immediately 5 minutes after the event if required for the medal ceremony.

Clothing

During medal ceremonies full club kit or tracksuits must be worn i.e. no towels or bare feet are allowed.

Dive Sheets

Divers / Coaches are requested to submit dive sheets electronically, both for their own convenience and to minimize the chance of errors loading the data into the recording program. To submit your dive sheets on-line, browse to www.diverecorder.co.uk and follow the instructions. As soon as you complete the on-line 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 on line at www.diverecorder.co.uk/live results page. If you experience problems and need assistance you should email sally.freeman.coach@hotmail.com

Electronic submissions must be made by no later than midnight on **Friday 20th May 5pm**. You will be asked to sign hard copies of these sheets at the venue. These should be available by 12 noon prior to the start of the competition. The deadline for signing of dive sheets is 30 mins before the start of a session. The deadline for dive sheet changes is 30 mins prior to the start of a session.

Failure to comply with these conditions MAY result in disqualification.