

**NORTH WEST REGION SKILLS COMPETITION  
SUNDAY 23<sup>RD</sup> APRIL 2023  
PONDS FORGE**

**Dear Diving Clubs,**

The North East Region is supporting clubs in the North West and hosting a National Skills qualifying event on behalf of Swim England North West Region.

As always, divers from across the UK are invited to attend the meet at Ponds Forge on Sunday 23<sup>rd</sup> April.

The closing date for entries is **Sunday 26<sup>th</sup> March, 2023.**

**Late entries will incur a £20 penalty fine.**

Dive Sheet Deadline: 18:00 on **Thursday 20<sup>th</sup> April 2023**

**ALL ATTENDING CLUBS ARE REQUIRED TO PROVIDE JUDGES FOR ALL EVENTS**

The North East Region will pay travel expenses & provide a food allowance for those attending primarily to judge (from within the North East Region)

***Divers from other regions or who represent other countries can still enter the event & medal as guests.***

**This years Skills event includes a Group A category for competitors Aged 17 & 18 – whilst competitors in this event cannot compete at National Skills 2023 this category will be formalised in 2024 where Skills Age group category will align with Age Group event categories.**

Yours in diving,

**Helen Dutton**

On behalf of

**Swim England North East Region** E-mail: [NERdivingmanager@asaner.org.uk](mailto:NERdivingmanager@asaner.org.uk)

**Event Information**

North West Skills Ponds Forge Sunday 23<sup>rd</sup> April 2023  
Ponds Forge International Sports Centre, Sheaf Street, Sheffield S1 2BP

***The Events***

The events will be run under Swim England Laws and Regulations and the FINA Technical Rules of Diving. Events and Age Groups (Age as at midnight on the 31<sup>st</sup> December 2023) will be as follows:

## Entry Fees

The entry fee is £17.00 per diver per board and **must be paid at the time of entry.**  
*Please note entry fees are non-refundable, if a diver has to withdraw from an event due to injury their entry can be replaced by another diver but not refunded*

There will be a late entry fine of £20 per diver for entries not received by the closing date.  
Divers will not be allowed to compete until this fine is paid.

## Programme

Timings will be determined once all the entries have been received and numbers are known,  
**Please note that the running order may change once entry numbers are known.**  
**Events will be combined if entries allow.**

## Provisional Schedule of Events

### Sunday 23rd April

#### 8:00am Open Training

#### **Restricted Training D Boys & Girls**

Girls D1 & D2  
Boys D1 & D2

#### **Restricted Training B+ / Group A**

Girls B+  
Boys B+  
**Girls A**  
**Boys A**

#### **Restricted Training C Boys & Girls**

Girls & Boys E  
Girls C1 & C2  
Boys C1 & C2

## Other Information

### Training

Open training will be at 8am with further restricted training timetabled once entries are known

### Technical Meeting

A technical meeting will be held on Sunday 23<sup>rd</sup> April at 9am – in the diving officials room.  
I will provide a technical briefing pack ahead of this.

**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

#### 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 immediately adjacent to the dive pit

## *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](http://www.diverecorder.co.uk/live) results page. If you experience problems and need assistance you should email [malcolm@mdt.me.uk](mailto:malcolm@mdt.me.uk)

Electronic submissions must be made by no later than 18:00 on **Thursday 20<sup>th</sup> April**. 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 Saturday 4<sup>th</sup> March at 08:00.

## *The Venue*

**Address:** Ponds Forge International Sports Centre, Sheaf Street, Sheffield S1 2BP

**Parking:** On-site

## *Refreshments*

Refreshments will be available for officials throughout the event. There is a café on site for spectators, competitors and coaches.

## *Confirmation of Entries*

Confirmation of entries will be sent via email upon receipt of your completed form & payment.

## *Contact Information for the Event*

Helen Dutton – on behalf of Swim England North East Region  
[nerdivingmanager@asaner.org.uk](mailto:nerdivingmanager@asaner.org.uk) / 07914642681

## **Skills Event Conditions**

**This years Skills event includes a Group A category for competitors Aged 17 & 18 – whilst competitors in this event can not compete at National Skills 2023 this category will be formalised in 2024 where Skills Age group category will align with Age Group event categories.**

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 4 skills.

## Group E & 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 240
		2. Armswing back jump tucked.	200C	1.0	
		3. Forward dive tucked.	101C	1.0	Group D 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)	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
C	Section 1 (Poolside)	1. Plain header (3-bubble rip).	101A	1.0	Group C 270
		2. Armswing back jump tucked.	200C	1.0	
		3. Forward dive tucked.	101C	1.0	

		<b>4. Armswing forward jump pike.</b>	100B	1.0	
Section 2 (1m)		<b>5. Hurdle step forward jump straight.</b>	100A	1.0	
		<b>6. T armswing back jump straight.</b>	200A	1.0	
		<b>7-8. 2 dives 1 from List A and 1 from List B (in any order).</b>		DD to count	
Section 3 (3m)		<b>9. Forward Straight Fall.</b>	10A	1.2	
		<b>10. Forward tuck roll pike out.</b>	11C	1.2	
		<b>11. Back fall straight (hands on thighs).</b>	20A	1.4	
		<b>12. Crouched back tuck roll.</b>	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+	Section 1 (1m)	<b>1-5. Either:</b>  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	Group B+ 250
	Section 2 (3m)	<b>6-10. 5 skills from List E (at least 3 groups must be covered).</b>	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.

## Group A 17/18yrs

Category	Board Height	Event Conditions
Age Group A 17/18 years	1m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (6.9 dd) (minimum 4 groups to be covered and no repeat dives permitted).
	3m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups (7.9 dd) (minimum 4 groups to be covered and no repeat dives permitted).

### Group A 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.

## Eligibility

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

1. A diver is not eligible to compete in the National Skills Finals whilst they are a member of the Swim England Diving Team Z or home nation equivalent.
2. A diver who has competed in a Regional Age Groups event is not eligible to complete in the National Skills Finals in the same year.
3. Once a diver has competed at the Swim England National Age Group Championships they are excluded from competing at future National Skills Finals, except with written approval from the Group when moving into the B+ age category.
4. Once a diver has competed in the British Elite Junior Diving Championships, British National Cup, British Senior/Junior Championships or Scottish National & Open Diving Championships in any event (including synchro) is not eligible to compete at the National Skills Finals.

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.

### **Definitions**

**Competed** - Divers are considered to have competed at a certain level of the competition pathway if they entered the competition – even if they did not dive due to injury or illness.

### **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 North East Region Diving Championships and Competitions shall be held under Swim England Laws and Regulations and FINA Technical Rules of Diving.

### **Registration / Membership**

2. 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.

3. Where competitors change clubs during a year (1<sup>st</sup> January to 31<sup>st</sup> December), the competitor must meet the registration deadline indicated above in number 2 for their new club, otherwise they must compete for their former club

4. 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.

5. All competitors in the Swim England North East Region events, must be Category 2 Swim England members no later than midday on the day prior to the Technical Meeting, in order to allow the Events Team time to check with Membership Services.

### **Deadlines & Late Entry Fee Fines**

6. The deadline for submitting entries and entry fees shall be 4 weeks prior to the commencement of The Meet.

7. 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.

8. 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.

9. All entry fees & late fees are non-refundable.

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

11. 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).

12. 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.

13. 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***

14. 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.

15. Failure to sign the dive sheet will render the competitor ineligible to protest should there be a problem with the dive sheet

16. 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).

17. 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.

18. 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.

19. 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.

### ***Synchronised Entries***

Rules 3 – 19 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

Where the replacement competitor is not already entered as an official competitor in The Meet, they must comply with conditions 3 – 19.

If both members of a pairing are replaced, this is considered a new entry and is therefore subject to 3 – 19 above.

### ***Miscellaneous***

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.



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.

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.

## Skills Events

### 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.

#### Technical Points for Coaches and Judges

##### Skill

##### **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 Tucked – 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  $\frac{1}{2}$  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'