



Swim England North West Diving National Skills and Age Group Qualifier

29th & 30th March 2025

Manchester Aquatics Centre, 2 Booth St East, Manchester, M13 9SS

Dear Diving Clubs

Swim England North West Diving Management Group are pleased to announce the dates for our 2025 North West National Skills and Age Group Qualifier event which will be taking place on Saturday 29th and Sunday 30th March 2025 (0900-1800hrs)

The competition provides an opportunity for divers to achieve the required qualifying scores/standards for either the National Skills Finals or Age Groups Competitions.

In order to create a draft schedule for this event, we are requesting interested clubs to complete an **[‘Expression of Interest form’ 9am on Monday 6th January 2025 – PLEASE CLICK HERE](#)**. A club entry form will be sent out after this date to all clubs who express an interest.

Deadline for entries: 9am on Friday 28th February 2025 (**Organisers reserve the right to limit the number of entries, to ensure the safe running of the event**)

- Payment Deadline: 9am Monday 17th March 2025
- Entry cost is £18 per diver per board for Age Groups (payments to be made via a link by the club)
- Entry cost for Skills Event is £18 per diver (payments to be made via a link by the club)
- Late entries will incur a £20 penalty per diver – divers will not be allowed to complete until this fine is paid
- Electronic Dive Sheet Deadline: 5pm Wednesday 26th March 2025

ATTENDING CLUBS MAY BE REQUIRED TO PROVIDE A NUMBER OF SUITABLY QUALIFIED LEVEL 1 JUDGES (MINIMUM) TO ENSURE THE EVENT RUNS SMOOTHLY (THIS WOULD DEPEND ON NUMBER OF ATHLETES ENTERED PER CLUB)

Clubs should request a club entry form from Sue Robinson via the email address below if they have not completed the Expression of Interest form. No individual diver entries will be accepted. Payments must be made directly to Swim England North West via a payment link which will be provided to all clubs upon confirmation of entries.

Yours in diving,

Swim England North West Diving Management Group
On behalf of Swim England North West Ltd

Entries / Enquiries Email Sue Robinson at: clubdevelopment@swimnorthwest.org

Event Conditions

North West Regional Skills and Age Groups Competition 2025

Manchester Aquatics Centre, 2 Booth St East, Manchester, M13 9SS

The Event

The events will be run under Swim England Laws and Regulations and the World Aquatics Technical Rules of Diving.

Age Groups (Age as at midnight on the 31st of December 2025) will be as follows:

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

Skills Event (Age as at midnight on the 31st of December 2025) will be as follows:

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

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

The Venue

- **Address:** Manchester Aquatics Centre, 2 Booth St East, Manchester, M13 9SS
- **Parking:** Multi Storey Car Park Booth Street East, Manchester, M13 9SS

Entry Fees

The entry fees for all events are as stated above and **must be paid by clubs via a link which will be issued upon confirmation of entries**. Club entries only. No Individual diver entries will be accepted. Clubs with any issues paying via the website, please contact clubdevelopment@swimnorthwest.org for further information.

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 £20 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 North 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 **5pm Wednesday 26th March 2025**.
- 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.

Coaches/Team Manager Poolside Accreditation

All Coaches and Team Managers **must** have a valid accreditation to access poolside at the event.

Accreditation is non-transferable and must be available to be checked at all times whilst inside the venue.

It is the club's responsibility to ensure that individuals who will be Coaches or Team Managers during any of the sessions are listed on their Club Personnel Report, and have the appropriate qualifications in place:

- Valid and in Date DBS
- Valid and in Date Safeguarding
- Minimum Level 1/2 Coaching Qualification or Team Manager Module 1

Coaches and Team Managers requiring access to poolside must purchase their Accreditation in advance, the **Accreditation Passes will be available from 1st February 2025** - please [click here](#). Accreditation will be emailed to you in PDF format to print and must be brought to the event.

Poolside Accreditation Fee is £5.00 at this event

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 card only payment system** – no cash can be taken

- Day Ticket: £8 per person over 12 years
- Day Ticket: £5 for concessions

Medals

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

Competition Programme

Provisional Competition Programme – in order to create a provisional Competition Programme, we are asking clubs to complete the following '[Expression of Interest form](#)' by 9am Monday 6th January 2025

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

Other Information

Training times

(To be confirmed once entries have been confirmed and processed)

Technical Meeting

A technical meeting will be held on **Saturday 29th March 2025 @ Manchester Aquatics Centre in the Poolside Café area, at 0845hrs**

It is a requirement that ALL coaches and officials attend the Technical Meeting.

Please inform the event staff if you are unable to attend the meeting or if you are unable 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.

Refreshments

A café is available on site serving light refreshments – however the hours of opening may vary

Contact Information for the Event

Sue Robinson – clubdevelopment@swimnorthwest.org

Data Protection Statement

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 SENW website, social media pages or in emails sent by the organiser.

SENW privacy policy: <https://swimnorthwest.org/wp-content/uploads/2023/08/SENW-Privacy-Policy-Aug-23.pdf>

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

Photographer privacy policy: will be added here once photographer is confirmed

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.

Photography Policy at this event

Professional Photography – to be updated once confirmed

Photography by spectators

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 SENW 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 clubdevelopment@swimnorthwest.org prior to the event taking place.

Event Welfare Officer

Please note, the Welfare Officer for this event will be:

- Lancashire County Welfare Officer, Brian Boyle – welfare@swimlancashire.org.uk

Brian will be contactable on the above email address but will not be in attendance at the event.

Pop up SwimShop – To be updated once confirmed

ELIGIBILITY

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

- The qualification Score for National Skills Finals is mandatory and must have been achieved at a regional skills qualifying event in the same year- either in the diver's own region or at another region's event.*
- 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.
- A diver who has competed in a Regional Age Groups event is not eligible to compete in the National Skills Finals in the same year.
- Once a diver has competed at the Swim England National Age Group Championship they are excluded from competing at future National Skills Finals, except with written approval from the Group when moving into the B+ age category.
- 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.
- It is recommended that the Performance Standard for Swim England Diving National Age Group Championships should be achieved in the same year as the national event.
- Once a diver achieves the minimum Performance Standard on any board at a Regional or Open Club event in the same calendar year as the national event for which it is recommended, that diver must remain at that level of competition in the pathway or above, whilst in that age category.
- A diver who has competed at British Elite Junior Diving Championships is not eligible to compete at the Swim England Diving National Age Group Championships, unless moving up an age category and with written approval from the Diving Leadership Group.
- Once a diver has competed in the British National Cup, British Senior/Junior Championships or Scottish National & Open Diving Championships in any event (including synchro), they are not eligible to compete at the Swim England Diving National Age Group Championships.

*Dive sheets demonstrating the qualification scores have been met must be submitted on dive recorder and it is the responsibility of the club to check all of their divers' entries meet the eligibility requirement. 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. In this situation the guest club should notify the diving Leadership Group as soon as practicable of their intention to attend the event and provide a copy of their qualifying event entry pack.

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

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

Swim England North 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

1. Swim England North West Region Diving Championships and Competitions shall be held under Swim England Laws and Regulations and World Aquatics Technical Rules of Diving.
2. Entries will only be accepted from:
A - Competitors registered as members of Swim England. (see 3)
B – Competitors from Scottish Swimming, Swim Wales and other countries affiliated to World aquatics)
3. 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.
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. All clubs must have a qualified coach on poolside. The coach must be in possession of an official event poolside accreditation pass.
6. Ages as at midnight on the 31st of December in the year of competition

Deadlines & Late Entry Fee Fines

7. The deadline for submitting entries will be **9am Friday 28th February 2025**
8. The deadline for payment of fees will be **9am Monday 17th March 2025**
9. Competitors are officially entered into The Meet when the correct entry fees and entry forms are submitted by the set deadline. A late entry fee will be applied if the appropriate fees/forms are not received by the deadline.
10. 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.
11. All entry fees & 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.
12. The late entry fee fine will only be applied once per Meet, per diver.
13. 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).

14. No entries, or dive sheets will be accepted after 24 hours prior to the published start time of the Technical Meeting. See item 20 for Technical Meeting clarification.
15. 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

16. Electronic dive sheets must be submitted by 9am Friday 21st March 2025. 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.
17. Failure to sign the dive sheet will render the competitor ineligible to protest should there be a problem with the dive sheet
18. Failure to submit ALL dive sheets by the 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.
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.

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, World Aquatics rules will apply.

Skills Event Conditions

This year Skills event includes a Group A category for competitors Aged 17 & 18

SKILLS Group E & D

Age Group	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 – 240 Female – 240 Group D Open – 250 Female - 255
		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. 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.

SKILLS Group C

Age Group	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)	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

SKILLS 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	Group B Open – 280 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.

SKILLS Group A 16/17/18yrs

Age Group	Height	Skills	Qualification Standards
Age Group A 16/17/18 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).	Group A Open – 170 Female - 170
	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 Open – 175 Female - 175

Please note that the Group A 1m and 3m events will be run separately.

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.

Age Group Competition

Age at 31st December 2025

- Group D: 9/10/11 years
- Group C: 12/13 years
- Group B: 14/15 years
- Group A: 16/17/18 years

Category	Board Height	Event Conditions	Performance Standard
Group D Age 9/10/11 years	1m	3 dives from 3 groups (5.4) + 2 dives from 2 groups (4.4)	Open - 130 Female - 125
	3m	3 dives from 3 groups (5.7) + 2 dives from 2 groups (4.6)	Open & Female 135
	5m	3 dives from 3 groups (5.4) + 2 dives from 2 groups (4.8)	Open & Female 130
Group C Age 12/13 years	1m	3 dives from 3 groups (5.4) + 3 dives from 3 groups (6.9) (4 groups to be covered)	Open - 165 Female - 160
	3m	3 dives from 3 groups (5.7) + 3 dives from 3 groups (7.9) (4 groups to be covered)	Open - 170 Female - 165
	5/7.5m	3 dives from 3 groups (5.4) + 3 dives from 3 groups (7.8) (4 groups to be covered)	Open & Female 165
Group B Age 14/15 years	1m	4 dives from 4 groups (7.5) + 3 dives from 3 groups no limit	Open - 200 Female - 185
	3m	4 dives from 4 groups (7.9) + 3 dives from 3 groups no limit	Open - 210 Female - 195
	Platform	3 dives from 3 groups (5.7) + 3 dives from 3 groups no limit	Open - 180 Female - 175
Group A Age 16/18 years	1m	5 dives from 5 groups (9.0) + 3 dives from 3 groups no limit	Open - 230 Female - 220
	3m	5 dives from 5 groups (9.5) + 3 dives from 3 groups no limit	Open - 245 Female - 230
	Platform	4 dives from 4 groups (7.6) + 3 dives from 3 groups no limit	Open - 215 Female - 205

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.

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 Tuck with 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 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:

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 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 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'

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