

2025 - 2026

Swim England Selection Policy

Diving

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1. Introduction

Swim England is the National Governing Body for aquatics in England and is responsible for the delivery of the Great Britain performance pathway for Diving, in line with the Swim England vision **Great experiences in water. For all. For life.** A foundation goal of the *One Swim England* strategy is “Success on the World Stage” – this policy is written in line with this ambition.

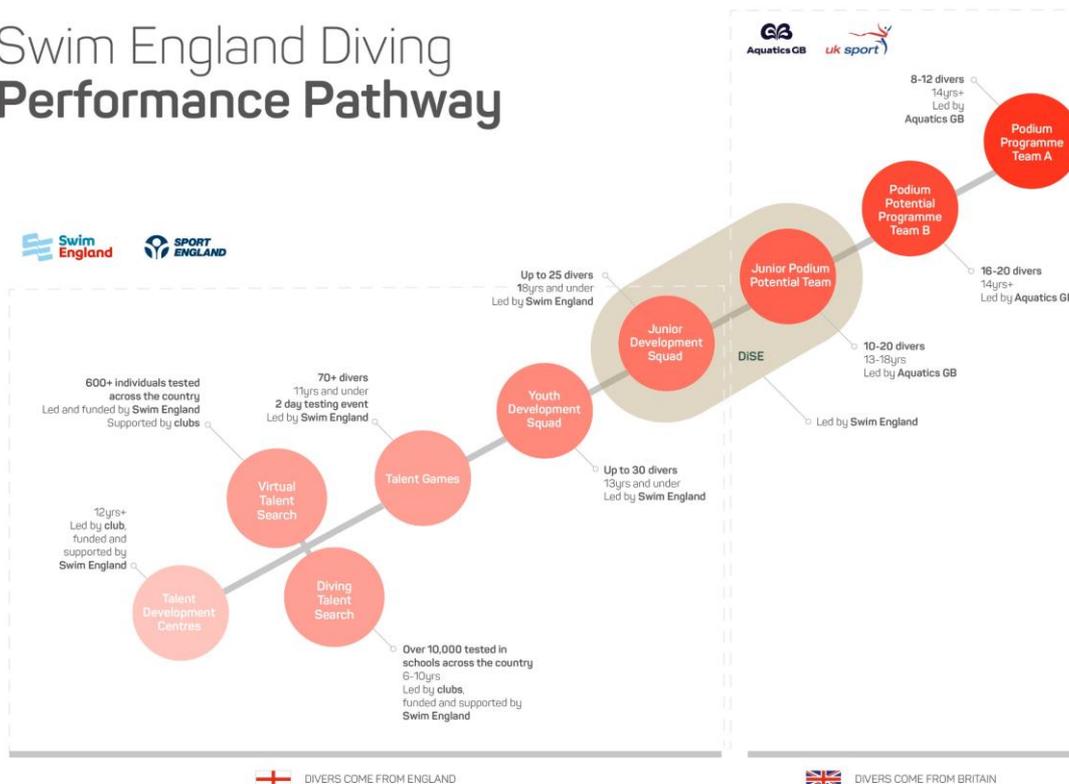
To deliver against this goal, the talent mission is to “*develop the strength and depth of the aquatic pathway through effective athlete development, in order to achieve high performance*”. The performance pathway aims to deliver this through six objectives; **PEOPLE DEVELOPMENT, SPORTING CULTURE AND IDENTITY, EFFECTIVE ATHLETE DEVELOPMENT, OPTIMAL PLANNING, PERFORMANCE AND PERFORMANCE DEVELOPMENT ENVIRONMENTS and EFFECTIVE PARTNERSHIPS.**

This selection information applies to the following Diving National Programme and competition activities (all of which are a “programme” and make up the “national programme”):

- Junior Development Squad;
- Youth Development Squad;
- Diploma in Sporting Excellence (DiSE)
- Any other programme or competition that Swim England are responsible for and;
- Any competition attended by Swim England, with the exception of the Commonwealth Games

This selection policy intends to provide clarity regarding the process of selection, along with the performance factors that athletes will be considered against. The illustration below outlines the structure within the Swim England Diving National Programme.

Swim England Diving Performance Pathway



2. General Requirements

- 2.1. This section applies to selection for all programmes and competitions, unless explicitly stated otherwise within the programme-specific selection criteria.
- 2.2. All athletes must be a current member of Swim England in good standing at the time of selection and for the duration of any programme or competition.
- 2.3. Athletes' age for consideration is based on their age as of 31st December.
- 2.4. Athletes must be of an age below the maximum age for the programme in question, in the final year of the programme.
- 2.5. Selections will be made in accordance with Swim England's Transgender and Non-Binary Competition Policy. Please see Appendix 3 for more details.
- 2.6. Where applicable, athletes must be eligible to represent Great Britain as per the World Aquatics Competition Regulations at the time of selection and for the duration of any programme or competition.
- 2.7. Swim England may in its absolute discretion select an athlete for a programme who is not eligible under clauses 2.6 and 2.7, where the athlete is expected to become eligible and has commenced their application process for English or British citizenship where relevant.
- 2.8. When representing England at a competition, athletes must be eligible to represent England under Regulation 322 of the Swim England Handbook at the time of selection and for the duration of the competition.
- 2.9. Depending on the number of eligible athletes, fewer or more athletes may be selected than stipulated for each programme
- 2.10. Aquatics GB's World Class programme athletes may be allowed to participate in Swim England Talent Activities at Swim England's discretion, following consultation with Aquatics GB.
- 2.11. Additional athletes may be selected who have not met all of the required consideration criteria but are showing performances that are progressive. This will be at the discretion of the Selection Panel.
- 2.12. Additional athletes may be selected throughout the season to access bespoke, targeted activities or programmes, or to fill (on a temporary or permanent basis) an open space. This will be at the discretion of the Head of Performance in consultation with the Swim England Technical Lead.
- 2.13. There is no automatic individual funding support as part of Swim England Talent programmes
- 2.14. Athletes selected will be required to comply with any requirements and/or additional conditions required by the Swim England Talent Team from time to time including but not limited to:
 - 2.14.1. Committing to all aspects of the programme and engaging with all activities, with talent programme activity taking priority unless prior agreement with the Technical Lead.

- 2.14.2. Ensuring that the Swim England Talent Team are informed immediately of any illnesses or injuries and/or if the athlete is planning to leave the sport or Programme.
 - 2.14.3. Complying with the Swim England Handbook, Wavepower, Swim England Talent Code of Conduct, and any relevant Aquatics GB policies.
 - 2.14.4. Following any directions from the Swim England talent workforce.
 - 2.14.5. Complying with any specific conditions or requirements of the programme or competition.
 - 2.14.6. Making any required financial contributions for the delivery of Talent Activity with such financial contributions allow Swim England to maximise the quality and extent of the Programmes and Competitions and will be detailed in advance prior to the start of the Talent Activity. Please see information regarding [Swim England's Financial Hardship fund here](#).
- 2.15. Previous selection for a programme or competition by Swim England is no guarantee of selection for another programme or competition in the future. When considering selection of an athlete who had been selected previously, Swim England will consider their past performance, conduct and behaviour on the previous programme(s) and competition (s), including but not limited to:
- 2.15.1. the athlete's rate of development;
 - 2.15.2. the athlete's conduct and behaviour, including any breaches of the Swim England Handbook, Wavepower or Talent Code of Conduct;
 - 2.15.3. whether the athlete has previously withdrawn early from any Programme or Competition and the reasons for doing so; and
 - 2.15.4. the level of communication from the athlete.
- 2.16. Swim England may, in its absolute discretion, temporarily or permanently deselect any Athlete from a Programme or Competition for reasons including but not limited to:
- 2.16.1. the athlete becoming ineligible to represent England or participate;
 - 2.16.2. the athlete breaching any requirement within this selection policy or any direction by the Swim England Talent Team;
 - 2.16.3. lack of engagement with the Programme;
 - 2.16.4. the athlete engaging in conduct deemed likely by Swim England to bring the athlete or itself into disrepute; and
 - 2.16.5. poor performance and/or a rate of development slower than that expected of an athlete on the Programme or Competition squad

3. General Selection Information

The aim of the Diving performance pathway is to develop and support athletes both in and out of the pool, preparing them for future international competitions and teams.

When making selections for a programme or competition, both the 'General Requirements' and the conditions specific to that programme or competition will apply.

Swim England may enter certain competitions separate to the Diving National Programme during the season. When this occurs, any specific criteria and information relating to that competition will be published and shall apply in addition to this selection document.

4. Selection Process

4.1. Selection Panel

A selection panel will be established for both National Programme and Competition selection.

The selection panel will be chaired by a senior Swim England staff member or Leadership Group member who does not have day-to-day involvement in the operation of the Talent Programmes (non-voting) and be made up of the following people:

- Swim England Technical Lead (voting)
- The Head Coach for the relevant squad or the Aquatics GB Diving Performance Pathway Lead (voting)
- Diving Talent and Inclusion Officer (voting)
- Swim England's Sport Science and Medicine Practitioners (if required to provide expertise – (non-voting)
- Note taker (non-voting)

Representatives from Sport England and/or Aquatics GB may be invited to observe the selections.

In the event the panel cannot come to an agreement, the Swim England Technical Lead shall have the casting vote.

CONFLICTS OF INTEREST:

All panel members are required to declare any conflicts of interest at the beginning of a selection meeting. Depending on the nature of the conflict, the member may be required to abstain from the selection discussion and decision of the specific athlete, they are in contention for, the Selection Panel Chair will confirm at the beginning of the meeting if this is required.

4.2. National Programme

4.2.1. Youth Development Squad (10 – 12 years)

- Up to 12 athletes will be selected from age group D (10-11 years)
- Athletes will be selected from the Swim England Talent Games in November each year. Divers are entered into the Games by their clubs.
- Athletes will be assessed and selected by the Selection Panel against the Performance Factors listed within Appendix 1.

- The Selection Panel may select at their discretion an athlete who has not met the performance factors listed within Appendix 1. In doing so the panel will consider additional factors such as (but not limited to):
 - Achieving an overall total score of 55% or higher across the Talent Games skill elements outlined in Appendix 1
 - Scores on individual Talent Games skill elements outlined in Appendix 1
 - Current level of training and development
- In addition, athletes may be added to the squad midway through the programme through performances at the Swim England National Age Group Championships, at the discretion of the Technical Lead.

Selected athletes will be notified of the selection process outcome via email within two days of the selection panel meeting.

4.2.2. Junior Development Squad (13 – 18 years)

The selection for the Junior Development Squad takes place in two stages.

- Stage 1 Competition Assessment – Aquatics GB Junior Elite Diving Championships
- Stage 2 Assessment Camp

4.2.2.1. Stage 1 – Aquatics GB Junior Elite Diving Championships

Athletes from the following age categories will be invited to attend an assessment camp based on their performances at the Aquatics GB Junior Elite Diving Championships;

- Group C (12-13 years)
- Group B (14-15 years)
- Group A1/A2 (16-17 years)

Athletes will be invited to the Assessment Camp based on:

- Group A1/A2 and Group B Athletes achieving the minimum standards within the Stage 1 Junior Development Performance Factors in Appendix 1.
- Group C athletes achieving both the minimum standards and required scores within the Stage 1 Junior Development Performance Factors in Appendix 1.

Selected athletes from Stage 1 will be invited via email, following the Aquatics GB Junior Elite Diving Championships.

4.2.2.2. Stage 2 - Assessment Camp, 11-13 July, 2025 at Ponds Forge, Sheffield

Up to a maximum of 20 athletes across all age groups will be selected from the following age categories, for the Junior Development squad.

- Group C (12-13 years)
- Group B (14-15 years)
- Group A1/A2 (16-17 years)

Athletes will be assessed by the Selection Panel against the Stage 2 Junior Development Performance Factors listed within Appendix 1 and be selected based on the General Requirements and priority order as below;

1. Achieving Benchmark Standard in at least one of the pool tests; priority will be given to those who achieve the Benchmark Standard in more than one pool test.

If all places have not been filled the following results will be considered:

2. Achieving a percentage of the maximum overall pool score (outlined below) **and** at least one of the Reduced Benchmark Standards in the pool tests (detailed in Appendix 1)
 - Group A2: 61%
 - Group A1: 57%
 - Group B: 53%
 - Group C: 49%
3. Discretion - the Selection Panel may select at their discretion an athlete who has not met either of the above, considering additional factors such as (but not limited to):
 - Performances from Stage 1
 - Performance progression
 - Injury Status
 - Standout scores on individual test elements from Stage 2
 - Historical competition results
 - Performance behaviours

All athletes who attend will be notified of the selection outcome via email within three days of the selection panel meeting, following the Stage 2 Assessment camp.

4.2.3. Diploma in Sporting Excellence (DiSE) (16 – 18 years)

The DiSE programme runs as a two-year academic and training programme for athletes in full-time education, with selection happening on an annual basis (subject to funding).

There will be no additional trials for this squad, details regarding selection can be found in Appendix 2.

4.3. Competition Squads

Where the National Programme is attending a competition as part of the programme's activity, its athletes will attend the competition and there will be no additional selection for the competition. It is at the discretion of the Technical Lead as to whether any additional athletes, not part of the National Programme, are also invited to take part in this type of competition.

However, there may be additional occasions where a group of athletes are selected for a competition, outside the National Programme activity where a representative England team attends, as and when required, in line with this selection policy.

In order to be considered for selection for a Competition, an athlete must meet the eligibility requirements within the General Requirements, along with any factors identified for the specific competition of which will be detailed within supporting information to this policy and published on the Swim England website in advance of the selection.

4.3.1. Competition Selection Process

When required the Selection Panel will select athletes for a competition, including reserves where relevant, based on the number of invites received for the competition, financial viability and the performance objectives of the competition.

Athletes will be assessed by the Selection Panel against the Aquatics GB Dive Progression Charts (<https://offtheboards.info/>), along with any additional factors that have been identified for the specific competition.

The split of athlete places by gender will be at the complete discretion of the Selection Panel.

There is no obligation to select athletes for all available events at a competition.

Selected athletes will be contacted via email within three days of the Selection Panel meeting.

5. Deselection Process

There may be times when it is necessary for an athlete to be removed from the National Programme or from a competition selection. While deselection is at Swim England's discretion, we will ensure that any athlete who may be deselected will be treated fairly and under a set process, as detailed below.

5.1. Eligibility

If Swim England is made aware that an athlete selected for a programme or competition was or subsequently has become ineligible, the athlete will be temporarily or permanently deselected with immediate effect. In the event that the athlete later becomes eligible again, Swim England will consider whether it is appropriate to re-select the athlete to the Programme or Squad. Please see the General Requirements in Appendix 1 and any other relevant eligibility criteria as detailed throughout the policy.

There is no right of appeal against deselection for ineligibility.

5.2. Code of Conduct

Deselection for any breach of the Swim England Talent Code of Conduct will be made in accordance with the procedure stated within the Swim England Talent Code of Conduct.

5.3. Performance

Athletes may be deselected in accordance with General Requirement 2.16. Performance and rate of development will relate to the Performance Factors in Appendix 1.

Process

Any athlete being considered for deselection due to performance will undergo a review meeting with the Technical Lead and any other relevant member of the workforce, where the areas of concern will be posed to the athlete. The athlete will be invited to comment on the concerns at the meeting and may follow up in writing within seven days of the meeting.

If it is considered that further improvement is required (by the Technical Lead in conjunction with the National Talent and Inclusion Officer, respective Head Coach and the athlete's Home Coach), the athlete will be informed of a review date, where a decision will be made based on the needs of the programme or competition.

5.4. Injury and Illness

It is likely that all athletes will at some point suffer an injury or illness which limits their performance. Athletes on a programme or selected for a competition who are unable to participate due to illness or injury must inform the Swim England Talent Team as soon as is

possible. Athletes on the programme who suffer illness or injury will retain their place on the programme for the duration of such.

Athletes selected for a programme or competition who suffer illness or injury may be required, at the discretion of the Swim England Talent Team, to undertake a fitness or medical assessment to demonstrate that they are fit to participate. If the Technical Lead determines that an ill or injured athlete poses a risk to themselves, other athletes or team staff, or would be unfit to compete in a competition, they may at their sole discretion prevent the athlete from participating in programme activities or competition.

6. Appeals

Athletes have the right to appeal against the selection process for the national programme or any competition, in line with the Swim England's Appeal Policy.

Athletes may not appeal against non-invitation to an assessment camp.

Appeals shall be addressed in line with the details within the policy which can be found [here](#).

Appendix 1 - Performance Factors

Performance Factors

Youth Development Squad

The following performance factors will all be considered when selecting athletes for the Youth Development Squad from the Talent Games.

Talent Games	Detail
	<p>The Talent Games are broken down into a number of skill elements: Diving, Physical, Acrobatic, Flexibility and Diving Sequences.</p> <p>The elements above are broken down into: Diving - 150 points, Physical - 70 points Acrobatic - 80 points Flexibility - 20 points Diving sequences - 90 points</p> <p>The maximum total score available for each diver is 410 points.</p> <p>Athletes will be ranked based on the maximum total score (highest to lowest). Those achieving 65% or above the maximum overall score, will be eligible for selection.</p> <p>If all 12 places have not been filled, the following <u>may</u> be considered at the discretion of the Diving Programme Lead:</p> <ul style="list-style-type: none"> ○ Achieving an overall total score of 55% or higher across the Talent Games skill elements outlined in Appendix 1 ○ Scores on individual Talent Games skill elements outlined in Appendix 1 ○ Current level of training and development
	<p>The Talent Games skill elements will be detailed in the Event Entry Pack.</p>

Junior Development Squad

Stage 1 – Aquatics GB Junior Elite Diving Championships

To be selected for Stage 2:

Group A1/A2 and Group B Athletes must achieve the minimum standards in the table below.

Group C athletes must achieve **both the minimum standards and required scores** in the table below.

The benchmark standards have been developed from the Aquatics GB Dive Progression Charts and relate to standards aligned with the in-age performance funnel. **These are for awareness only.*

The Aquatics GB Dive Progression Charts can be found here: <https://offtheboards.info/>

Age	Gender	Dive	Minimum Standard C	Required Score Target	Benchmark Standard C	
12 – 13 years	Boys	1m	270	170	300	
		3m	310	190	327	
		platform	275	165	300	
	Girls	1m	250	165	285	
		3m	270	185	315	
		platform	235	155	275	
Age	Gender	Dive	Minimum Standard B1	Minimum Standard B2	Benchmark Standard B1	Benchmark Standard B2
14 – 15 years	Boys	1m	335	340	-	
		3m	370	385	406	423
		platform	335	345	383	401
	Girls	1m	275	285	-	
		3m	290	305	331	342
		platform	270	270	300	314
Age	Gender	Dive	Minimum Standard A1	Minimum Standard A2	Benchmark Standard A1	Benchmark Standard A2
16 - 18 years	Boys	1m	390	435	-	
		3m	435	505	496	526
		platform	400	450	475	516
	Girls	1m	340	350	-	
		3m	345	380	403	416
		platform	330	335	370	382

Stage 2 – Junior Development Assessment Camp

Stage 2 - Assessment Camp

Athletes will be selected in priority based on the following:

1. Achieve Benchmark Standard listed below in at least 1 of the pool tests:
 - Entries 5m
 - Skill Chain & Awareness
 - Required Dives

If all places have not been allocated the following results will be considered:

2. Achieve the following % of the maximum overall pool score and at least 1 of the Reduced Benchmark Standards (in the brackets in the table) in the pool tests:
 - Group A2 (17 years) 61%
 - Group A1 (16 years) 57%
 - Group B 53%
 - Group C 49%

If all places have not been allocated the following results will be considered:

3. Performances within the dryland tests listed below

Pool Benchmark Standards: Achieve Benchmark Standard listed below in at least one of the pool tests.

Notes: Athletes must choose either springboard or platform for the Skill Chain & Awareness test.

Entries 5m	Group C	Group B	Group A
Back Entries x 3 reps	72 (66)	78 (72)	84 (78)
Standing narrow arms			
Roll tuck			
Roll pike narrow arms			
Squat hop / jump tuck			
Front Entries x 3 reps	72 (66)	78 (72)	84 (78)
Standing T			
Sitting tuck			
Sitting open pike			
Sitting twist			
Skill Chain & Awareness;	Group C 88 (82.5)	Group B 90 (88)	Group A 117 (108)
Springboard	1-2 bounce – 3m: 103c, 203c, 303c, 5132d, 1m: 5233d	1-2 bounce – 3m: 103c, 203c, 303c, 5132d, 1m: 5233d	1-2 bounce - 3m: 105c, 205c, 303b(Girls) 305c(Boys), 5134d, 1m: 5233d
Or			
Platform	5m: 403c, 203c, 303c 3m: b105c, b5233d	7m: 403c, 203c, 303c, s105b, 5m: 5233d	7m: 405c, 205c, 303c, s105b (Girls) 5m: s105c (Boys), 5233d

Required Dives	Girl C	Boy C	Girl B	Boy B	Girl A	Boy A
Springboard: Perform 3 repetitions of 5 required dive rounds	180 (170)	190 (180)	190 (180)	200 (190)	195 (190)	205 (200)
Platform: Perform 3 repetitions of 4 required dive rounds	155 (150)	160 (155)	165 (155)	170 (160)	170 (165)	175 (170)
Dryland						
Physical Tests	Hanging Leg Lifts x 10 reps - seconds					
	Bar Chin Ups - total					
	Handstand balance hold x 3 reps					
	Pike Shape - cm					
	Seated Leg Line					
	Combined Elevation test (CET)					
	Counter Movement Jump (CMJ)					
	Single Leg Counter Movement Jump (SLCMJ)					
	Trunk Capacity: Prone, Supine and right & left side					
Springboard: Dryboard Testing						
	Group C	Group B	Group A			
	102c	102c	104c			
	202c	202c	204c			
	302c	302c	303b/304c			
	402c	402c	402b			
	5122d	5122d	5122d			
Platform: Block & Dryboard Testing						
	Group C	Group B	Group A			
	102c	102c	102c			
	202c	202c	202c			
	402c*	402c*	402c			
	b302c*	b302b*	302c (option for support from coach)			
	b5122d*	b5122d*	B104c*			
<i>Dives indicated with a * are to be performed bouncing on the dryboard</i>						

Appendix 2 - DiSE

Diploma in Sporting Excellence (DiSE) (subject to change)

Selection Process

Athletes who meet the General Requirements in Appendix 1 and the performance criteria below are encouraged to apply for the DiSE programme.

Applications open in May and details regarding the application process will be found here: [Diploma in Sporting Excellence \(DiSE\) - Diving | Swim England](#)

SportsAid Criteria

To be eligible for DiSE programme funding, an athlete must meet all of the following criteria:

- Be aged 16 to 18 (or aged 19 to 24 if they have an Education, Health, and Care (EHC) plan), when they start the programme. (Born between 1 September 2008 and 31 August 2009)
- Subject to paragraph 2 below, be enrolled on a state funded study programme and be studying towards an academic (e.g., A levels) or technical qualification (e.g., NVQs or City and Guilds)
- Be on a talent pathway managed by their sport's National Governing Body (NGB).
- Must not be employed by their sport body or club on a professional contract.

The requirement "be enrolled on a state funded study programme", does not apply to athletes who attend a fee-paying school for their main study programme in the following circumstances:

- a. The student is in receipt of the school's means-tested bursary of at least 50% fee remission; or
- b. The student is in receipt of a talent / ability-based scholarship of at least 50% but were this not to be the case then they would have otherwise qualified for the school's means-tested bursary of at least 50% fee remission; or
- c. At least 50% of the student's fees are being paid by a third sector organisation but were this not to be the case then they would have otherwise qualified for the school's means tested bursary of at least 50% fee remission.

Swim England will take all reasonable steps to confirm eligibility with the school before the student is enrolled on or starts the programme.

SportsAid will consider other exceptional circumstances, where Swim England believes that an athlete should be considered for DiSE programme funding for exceptional reasons, it will contact SportsAid to seek agreement before place is awarded.

Performance Considerations

- Athletes must have achieved the following points, in order to be considered for selection:

Junior Elite Scores	Girls	Boys
Group A 1m	310	390
Group A 3m	330	415
Group A Platform	310	390
National Age Group Scores	Girls	Boys
Group A 1m	260	280
Group A 3m	280	290
Group A Platform	250	285

- Coaching staff may also assess technical and tactical competencies in training and competition in order to support a selection. In addition to this we may ask divers to submit training videos for review, if required.

Appendix 3 – Transgender and Non-Binary Policy

Transgender and Non-Binary Competition Policy

From the 1st September 2023, Swim England's Transgender and Non-Binary Competition Policy has replaced the existing competition categories of 'Female' and 'Male' with the categories of 'Female' and 'Open'.

However, as per Clause 7.1 of the policy, any trans or non-binary competitors seeking selection to any of the Swim England talent pathways shall be required to be compliant with the eligibility criteria detailed in the World Aquatics Policy on Eligibility for the Men's and Women's Competition Categories prior to being eligible for selection. This is to ensure that selected competitors are eligible to compete at the respective national/ international competition(s).

World Aquatics 'Policy on Eligibility for the Men's and Women's Competition Categories' continues to use the terms Women/Female and Men/Male. As such, and for the avoidance of doubt, female athletes shall be selected from the 'Female' category, male athletes will be selected from eligible competitors within the 'Open' category. Non-binary athletes will be eligible for selection on the basis of their birth sex. If unsure, please contact equality@swimming.org

As an evolving area across the sport sector, this will be reviewed 12 months following the date of publication, or following an update to World Aquatics policy, whichever is sooner.