



## KCASA 2010 Diving Championships – Conditions



### Novice Age Group Competition

Divers are eligible for this event if they have not previously won the event or competed at a higher level at County, Regional or National Events.

Age Groups are defined as the age the competitors are on the 31<sup>st</sup> December in the year of competition.

- E – 8/9 Years
- D – 10/11 Years
- C – 12/13 Years
- B+ - 14/18 Years
- A – 19+ Years

Category	Board Height	Event Conditions	
E, D & C	Dive 1 & 2 Bath side	Two of the following: Forward jump a Forward jump c Forward dive c Forward dive b	1.0dd 1.1dd 1.2dd 1.3dd
	Dive 3 & 4 Bath side	Two of the following: Back jump a Back jump c Back dive a Back dive c	1.0dd 1.2dd 1.3dd 1.4dd
	Dive 4 & 5 1m	2 x Optional different dives Maximum dd of 1.7 (Can be repeats of bath side <b>dives</b> , jumps are not allowed as repeats, 1.0dd for repeat dives.)	
B+ & A	4 Dives fm 1m	4 dives from 2 groups to be covered Maximum dd 1.7 (Two repeat dives allowed , 1.0dd for repeat dives)	
	Dive 5 & 6 3m	Two of the following: Forward Pike fall hands Grabbed Sitting forward tuck roll Standing back fall straight Crouched back tuck roll	1.0dd 1.2dd 1.4dd 1.3dd

### Level 2 Skills Competition

Divers are eligible for this event if they have not previously won the event or competed at a higher level at County, Regional or National Events.

Age Groups are defined as the age the competitors are on the 31<sup>st</sup> December in the year of competition.

- E – 8/9 Years
- D – 10/11 Years
- C – 12/13 Years
- B+ - 14/16 Years

Category	Board Height	Event Conditions	
E, D & C (Dives must be performed in order stated)	Dive 1 & 2 1m or 3m	Dive 1 either 101c, 101b, 401c, 401b Dive 2 either 201c, 201a (1.0dd), 301c.	
	Dive 3 & 4 3m	Two of the following: Forward Pike fall hands Grabbed Sitting forward tuck roll Standing back fall straight Crouched back tuck roll	1.0dd 1.2dd 1.4dd 1.3dd
	Dive 5 & 6 1m or 3m	2 x Optional Dives (One repeat dive allowed at 1.0 dd, See Note). Maximum dd 2.0	
B+	6 Dives fm 1m or 3m	6 dives from 3 groups to be covered (Two repeat dives allowed at 1.0 difficulty. See Note). Maximum dd 2.0	

Note: A repeat dive is classified as the same dive number, ie: if a diver uses a 101c from the 1m as dive 1 or 2, then a 101c from the 3m as dive 4 – this is a repeat dive.

### Level 3 - 1m Competition

Divers are eligible for this event if they have not previously won the event or competed at a higher level at County, Regional or National Events.

Age Groups are defined as the age the competitors are on the 31<sup>st</sup> December in the year of competition.

- E – 8/9 Years
- D – 10/11 Years
- C – 12/13 Years
- B – 14/15 Years
- A – 16/18 Years

Category	Event Conditions
E	2 different dives from 2 different groups with a maximum dd of 3.6 + 2 dives with no limit to difficulty. (minimum of 3 groups must be covered). No repeats allowed.
D	2 different dives from 2 different groups with a maximum dd of 3.6 + 2 dives with no limit to difficulty. (minimum of 3 groups must be covered). No repeats allowed.
C	3 different dives from 3 different groups with a maximum dd of 5.4 + 2 dives with no limit to difficulty. No repeats allowed.
B	3 different dives from 3 different groups with a maximum dd of 5.4 + 3 dives with no limit to difficulty. No repeats allowed.
A	4 different dives from 3 different groups with a maximum dd of 7.5 + 3 dives with no limit to difficulty. No repeats allowed.

### Level 3 - 3m Competition

Divers are eligible for this event if they have not previously won the event or competed at a higher level at County, Regional or National Events.

Age Groups are defined as the age the competitors are on the 31<sup>st</sup> December in the year of competition.

- E – 8/9 Years
- D – 10/11 Years
- C – 12/13 Years
- B – 14/15 Years
- A – 16/18 Years

Category	Event Conditions
E	2 different dives from 2 different groups with a maximum dd of 3.8 + 2 dives with no limit to difficulty. (Minimum of 3 groups must be covered). No repeats allowed.
D	2 different dives from 2 different groups with a maximum dd of 3.8 + 2 dives with no limit to difficulty. (Minimum of 3 groups must be covered). No repeats allowed.
C	3 different dives from 3 different groups with a maximum dd of 5.7 + 2 dives with no limit to difficulty. No repeats allowed.
B	3 different dives from 3 different groups with a maximum dd of 5.7 + 3 dives with no limit to difficulty. No repeats allowed.
A	4 different dives from 3 different groups with a maximum dd of 7.9 + 3 dives with no limit to difficulty. No repeats allowed.

### Level 3 - 5m Competition

Divers are eligible for this event if they have not previously won the event or competed at a higher level at County, Regional or National Events.

Age Groups are defined as the age the competitors are on the 31<sup>st</sup> December in the year of competition.

- E2/D – 9/10/11 Years
- C – 12/13 Years
- B – 14/15 Years
- A – 16/18 Years

Category	Event Conditions
E2/D	2 different dives from 2 different groups with a maximum dd of 3.6 + 2 dives with no limit to difficulty. (Minimum of 3 groups must be covered). No repeats allowed.
C	2 different dives from 2 different groups with a maximum dd of 3.6 + 2 dives with no limit to difficulty. (minimum of 3 groups must be covered). No repeats allowed.
B	3 different dives from 3 different groups with a maximum dd of 5.7 + 2 dives with no limit to difficulty. (minimum of 3 groups must be covered). No repeats allowed.
A	3 different dives from 3 different groups with a maximum dd of 5.7 + 3 dives with no limit to difficulty. (minimum of 3 groups must be covered). No repeats allowed.

### Junior 1m Springboard Championship

1. Junior Diving Championships competitors shall be 18 years of age or under on the 31<sup>st</sup> December in the year of competition.
2. Each competitor shall perform 5 different dives from at least 3 groups from the 1m Springboard.
3. There is no limit to difficulty.
4. No Repeat dives allowed.

### Junior 3m Springboard Championship

1. Junior Diving Championships competitors shall be 18 years of age or under on the 31<sup>st</sup> December in the year of competition.
2. Each competitor shall perform 5 different dives from at least 3 groups from the 3m Springboard.
3. There is no limit to difficulty.
4. No Repeat dives allowed

### Junior Highboard Championship

1. Junior Diving Championships competitors shall be 18 years of age or under on the 31<sup>st</sup> December in the year of competition.
2. Each competitor shall perform 5 different dives from at least 3 groups from either, the 5m, 7.5m or 10m platform.
3. There is no limit to difficulty.
4. No Repeat dives allowed

### Senior 1m Springboard Championship

1. There are no upper or lower age limits for the senior Championships, subject to ASA Law.
2. Each competitor shall perform 6 different dives from at least 4 groups from the 1m Springboard.
3. There is no limit to difficulty.
4. No Repeat dives allowed

### Senior 3m Springboard Championship

1. There are no upper or lower age limits for the senior Championships, subject to ASA Law.
2. Each competitor shall perform 6 different dives from at least 4 groups from the 3m Springboard.
3. There is no limit to difficulty.
4. No Repeat dives allowed

### Senior Highboard Championship

1. There are no upper or lower age limits for the senior Championships, subject to ASA Law.
2. Each competitor shall perform 6 different dives from at least 3 groups from the 5m, 7.5m or 10m Platform.
3. There is no limit to difficulty.
4. No Repeat dives allowed

### Masters Springboard

1. Dives may be complete from the 1m or 3m Springboard, Both boards are to be used
2. Age Groups are defined as the age the competitors are on the 31<sup>st</sup> December in the year of competition.
3. There is no limit to difficulty
4. One repeat dive allowed at 1.0dd

Age Group	Conditions
18-34	6 Different dives from the 1m or 3m Springboard
35-49	5 Different dives from the 1m or 3m Springboard
50+	4 Different dives from the 1m or 3m Springboard

### Masters Highboard

1. Dives may be complete from the 5m, 7.5m or 10m Platform as designated by the conditions
2. Age Groups are defined as the age the competitors are on the 31<sup>st</sup> December in the year of competition.
3. There is no limit to difficulty
4. One repeat dive allowed at 1.0dd

Age Group	Conditions
18-34	5 Different dives from any of the 6 groups
35-49	4 Different dives from any of the 6 groups
50+	3 Different dives from any of the 6 groups. 10m limit: 50+ divers can only perform feet first entries and not exceeding 2.0dd

### 1m Syncro Championships

1. All pairs will be same sex teams.
2. There are no upper or lower age limits for the Syncro Championships, subject to ASA Law.
3. Each pair shall perform 4 different dives from the 1m Springboard.

Dive	Conditions
Dive 1 & 2	2 x Optional different Dives from 2 different groups (both divers are to perform the same dive). Each dive will have a maximum dd of 2.0
Dive 3 & 4	2 x Optional different Dives from 2 different groups (both divers are to perform the same dive). No dd limit

4. Divers shall cover at least three groups in the four dive list.
5. Jumps are not allowed
6. Alternating dives are not allowed
7. A Syncro pair may be from different clubs. Of one member of the pair is from a non-Kent County Club the pair will only compete in the 'Open' Category

### 3m Syncro Championships

1. All pairs will be same sex teams.
2. There are no upper or lower age limits for the Syncro Championships, subject to ASA Law.
3. Each pair shall perform 4 different dives from the 3m Springboard.

Dive	Conditions
Dive 1 & 2	2 x Optional different Dives from 2 different groups (both divers are to perform the same dive). Each dive will have a maximum dd of 2.0
Dive 3 & 4	2 x Optional different Dives from 2 different groups (both divers are to perform the same dive). No dd limit

4. Divers shall cover at least three groups in the four dive list.
5. Jumps are not allowed
6. Alternating dives are not allowed
7. A Syncro pair may be from different clubs. Of one member of the pair is from a non-Kent County Club the pair will only compete in the 'Open' Category

#### Highboard Syncro Championships

1. All pairs will be same sex teams.
2. There are no upper or lower age limits for the Syncro Championships, subject to ASA Law.
3. Each pair shall perform 4 different dives from the 1m Springboard.

Dive	Conditions
Dive 1 & 2	2 x Optional different Dives from 2 different groups (both divers are to perform the same dive). Each dive will have a maximum dd of 2.0
Dive 3 & 4	2 x Optional different Dives from 2 different groups (both divers are to perform the same dive). No dd limit

4. Divers shall cover at least three groups in the four dive list.
5. Jumps are not allowed
6. Alternating dives are not allowed
7. A Syncro pair may be from different clubs. Of one member of the pair is from a non-Kent County Club the pair will only compete in the 'Open' Category

#### General

1. All events will be run as "Open" events; "Closed" results will be extracted. Medals will be awarded as the following example shows:

Diver	Club	Open Result	Closed Result	Medal Awarded
A	Kent Club	1 <sup>st</sup>	1 <sup>st</sup>	Gold
B	Non Kent Club	2 <sup>nd</sup>	-	Silver (un-engraved)
C	Non Kent Club	3 <sup>rd</sup>	-	Bronze (un-engraved)
D	Kent Club	4 <sup>th</sup>	2 <sup>nd</sup>	Silver
E	Kent Club	5 <sup>th</sup>	3 <sup>rd</sup>	Bronze
F	Non Kent Club	6 <sup>th</sup>	-	
G	Kent Club	7 <sup>th</sup>	4 <sup>th</sup>	

*Divers will only receive one medal per event.*

2. All entries will close 2 weeks prior to the date of competition.
3. Dive sheets for events will be entered using 'Dive Recorder' and must be entered no later than 3 days prior to the event.
4. Dive sheets are to be signed one hour prior to the start of the day's competitions. Divers how have not signed their sheets will not be able to dive.
5. Entries are to be submitted to the KCASA Diving Manager by the published dates.
6. Entry Fees for individual events are £5.00.
7. Entry Fees for Syncro Events is £6.00 per team.