



October 2022

Dear Diving Colleagues,

The GBDF invites you and your divers to attend the next Junior Novice, Intermediate and Advanced Championships. This event will be held within the "Leisure At Cheltenham" facility. The competition date is Saturday 26th November 2022.

The leisure centre itself is just on the outskirts of the town with free parking and has plenty of spectator accommodation. If the leisure centre car park is full, there is additional free parking across the road at the Prince of Wales Stadium

Although an older style pool, the diving pit is deck-level. There are two 1m boards, a single 3m and a 5m platform. In competition, poolside dives will be performed from deck level.

As in previous events, I would ask coaches to please make sure that they enter their divers, and subsequently, their dive sheets **on time** and in the competition that is appropriate to the diver's level of ability. **Novice** is for just that, divers at the beginning of their journey in the sport and that would include divers who have competed at National Skills.

Intermediate is for divers aiming to progress towards National Age Group events and as such should be a stepping stone between Novices and Age Groups. They are divers for whom Novice conditions are not a challenge but who would find a full Age Group list rather too difficult at the present time.

We have included an **Advanced** event again for divers beyond the intermediate level, wanting more competition practice. This will give these divers a chance to compete for medals rather than as guests as in previous years. The Advanced event is open to all.

If you have divers doing **GCSE or A-Level** sport, please see our additional event The PE Platform Event.

Please take note of the clarification added to the conditions regarding springboard approach/take-off and the Forward Sitting Roll options.

An event schedule will be compiled once all entries have been received.

I look forward to seeing you all in Cheltenham on Saturday 26th November for another fun, enjoyable and competitive GBDF Novice, Intermediate and Advanced Championships.

Naomi McBane

Junior Novice Director

Should you have any queries please do not hesitate to contact me

E-mail : Naomicmb@live.com



Novices



Entry Conditions 2022

All ages as at 31st December 2022

Dive Tests

9 years & under	(Age groups F & E) - Born 2013 and after
10 and 11 years	(Age Group D) - Born 2011-2012
12 and 13 years	(Age Group C) - Born 2009-2010

Dive 1	101 from list 'A'	Poolside
Dive 2	201 from list 'A'	Poolside
Dive 3	Dive from List 'B'	1 Metre Springboard
Dive 4	Different dive from List 'B'	1 Metre springboard
Dive 5	Skill from List 'C'	3 Metre Springboard
Dive 6	Different skill from list 'C'	3 Metre Springboard

Dive Tests

14 -15 years	(Age Group B) - Born 2007-2008
16 -18 Years	(Age Group A) - Born 2004-2006

Dive 1	Dive from list 'B'	1m
Dive 2	Different dive from list 'B'	1m
Dive 3	Dive from FINA list	1m
Dive 4	Dive from FINA list	1m
Dive 5	Skill from List 'C'	3m
Dive 6	Different skill from list 'C'	3m

Notes

- Dives from FINA list are limited to a maximum tariff of 2.0 and maximum of 1 ½ rotations, dives of a higher difficulty on the FINA list cannot be performed.
- For Age Groups A and B, only 1 dive may be a repeat. A repeated dive will carry a maximum tariff of 1.0.
- Dives on the springboard may be from standing or hurdle step but **double bouncing take-offs are not permitted**
- Divers who have competed in Swim England Diving National Age Group championships during 2021/2022 or those who have entered British Elite Junior events may **not** enter GBDF Novice Championships.
- Divers will not be allowed to move entries from intermediates to novices once the entry form has been submitted.



Novices



Novice Dive Lists

(please note that modified tariff's may be in use for these competition conditions)

Dive list 'A'

Dive No	Description	Height	Tariff
101 A	Forward Dive (Straight)	Poolside	1.0
101 C	Forward Dive (Tuck)	Poolside	1.2
201 A	Back Dive (Straight)	Poolside	1.3
201 C	Back Dive (Tuck)	Poolside	1.4

Dive List 'B'

Dive No	Description	Height	Tariff
101 C	Forward Dive with Tuck	1m	1.2
101 B	Forward Dive Piked	1m	1.3
102 C	Forward Somersault with Tuck	1m	1.4
102 B	Forward Somersault Piked	1m	1.5
103 C	Forward 1 ½ Somersault with Tuck	1m	1.6
103 B	Forward 1 ½ Somersault Piked	1m	1.7
20 A	Back Fall Straight	1m	1.0
201 A	Back Dive Straight	1m	1.7
201 C	Back Dive with Tuck	1m	1.5
201 B	Back Dive Piked	1m	1.6
202 C	Back Somersault with Tuck	1m	1.5
301 C	Reverse Dive with Tuck	1m	1.6
301 B	Reverse Dive Piked	1m	1.7
401 C	Inward Dive with Tuck	1m	1.4
401 B	Inward Dive Piked	1m	1.5
402 C	Inward Somersault with Tuck	1m	1.6

Dive List 'C'

Dive No	Skill Description	Height	Tariff
10 B	Forward Line Up	3m	1.1
11 C or 11 B	Forward Sitting Roll Tuck or Forward Sitting Roll Piked	3m	1.2
21 C	Back Tuck Roll	3m	1.3
20 A	Back Fall Straight	3m	1.4

Forward Piked Line up – Hands start position optional

Forward Sitting Roll options :

Tucked - **Position to remain tucked whilst on the board. Optional pike out action may be performed during flight.**

Piked – **Legs straightened into the pike position before the roll is commenced.**

Back Fall – Hands Start position Optional.

Back tuck roll can be performed either from sitting or crouch position.



Intermediates



Entry Conditions 2022

All ages as at 31st December 2022.

Dive Tests

9 years & under	(Age Groups F & E) - Born 2013 and after
10 and 11 years	(Age Group D) - Born 2011-2012
12 and 13 years	(Age Group C) - Born 2009-2010

Dive	Description	Height	Tariff
Dive 1	101 C or 101 B	1 metre	FINA List
Dive 2	201 C or 201 B	1 metre	FINA List
Dives 3 - 6	4 dives selected from a minimum of 3 groups	1m, 3m or 5 metre	FINA List

Dive Tests

14 -15 years	(Age Group B) - Born 2007-2008
16 -18 Years	(Age Group A) - Born 2004-2006

Dive	Description	Height	Tariff
1	101 C or 101 B	1 metre	FINA List
2	201 C or 201 B	1 metre	FINA List
3	401 C or 401 B	1 metre	FINA List
4 – 7	4 Dives selected from a minimum of 3 groups	1m, 3m, 5m	FINA List

Notes

- 1 Dive only may be repeated with a tariff of 1.0. **Only dives of a different number are different dives. Different board and/or position would be a repeat dive.**
- Dives from the FINA list to be to a maximum of 2 ½ rotations, and a maximum of 2.2 tariff.
- Dives may be from standing or hurdle step but **double bouncing take-offs are not permitted**
- Divers who have entered Junior Masters may dive in Intermediate Events.
- Divers who have competed in Swim England Diving National Age Group championships during 2021/2022 may not enter this event. Please see new Advanced Category as a suitable alternative.

Divers will not be allowed to move entries from intermediates to novices once the entry form has been submitted.



Advanced



Entry Conditions 2022

All ages as at 31st December 2022.

Dive Tests

9 years & under	(Age Groups F & E) - Born 2013 and after
10 and 11 years	(Age Group D) - Born 2011-2012
12 and 13 years	(Age Group C) - Born 2009-2010

Four groups must be covered over the 6 dives

Dive	Description	Height	Tariff
Dive 1	From FINA Dive sheet	1 metre	Maximum 2.0
Dive 2	From FINA Dive sheet	3 metre	Maximum 2.0
Dive 3	From FINA Dive sheet	5 metre	Maximum 2.0
Dives 4 - 6	From FINA Dive sheet	Choice per dive	FINA List

Dive Tests

14 -15 years	(Age Group B) - Born 2007-2008
16 -18 Years	(Age Group A) - Born 2004-2006

Four groups must be covered over the 7 dives

Dive	Description	Height	Tariff
Dive 1	From FINA Dive sheet	1 metre	Maximum 2.0
Dive 2	From FINA Dive sheet	3 metre	Maximum 2.0
Dive 3	From FINA Dive sheet	5 metre	Maximum 2.0
Dives 4 -7	From FINA Dive sheet	Choice per dive	FINA List

Notes

- Dives may be from standing or hurdle step but **double bouncing take-offs are not permitted**
- Divers who have entered Junior Masters may dive in Advanced Events.
- No repeat dives allowed

Divers will not be allowed to move entries from advanced to either intermediates or novices once the entry form has been submitted.



P.E. Platform



Introducing The PE Platform Event

This is a new event that we are trialling in order to assist divers who have chosen to use this sport as part of their GCSE or A-Level PE qualification, irrespective of which exam board (e.g. AQA, OCR, Pearson) is being used. As each of these exam boards require the divers to demonstrate platform diving skills and enter evidence of performing a list of dives in a competition setting, this event is intended as an opportunity for divers to show **up to 6** dives that they currently have from the FINA list, and make up any shortfall with entry practices or a repeated skill. In order to create more of a competition environment, this event is open to any diver from Age Groups A & B that would like to take part in a purely platform event.

All six rounds will be performed, judged and scores recorded according to a regular competition environment. A certificate confirming completion of the event will be produced showing the diver's final score along with a copy of the event results for any diver needing to evidence performance relative to others.

Any diver taking part in this event should expect to be filmed (as required by some boards for evidence)

There will be no medals awarded but the final results will be announced.

Dive Tests

14 -18 years (Age Groups B & A) - Born 2004-2008

Dive	Description	Height	Tariff
Dive 1	From FINA Dive sheet	5 metre	FINA List
Dive 2	From FINA Dive sheet	5 metre	FINA List
Dive 3 – 6	From FINA Dive sheet or Skill from list 'D'	5 metre	FINA List

Dive List 'D'

Dive No	Skill Description	Height	Tariff
10 B	Forward Line Up	5m	1.1
11 B	Forward Sitting Roll Piked	5m	1.2
21 C	Back Tuck Roll	5m	1.3
20 A	Back Fall Straight	5m	1.4

- Any skill (dive number) may be repeated once.
- Maximum of two repeats in total. Repeat dives will retain the original tariff

Should you have any queries about this event, please feel free to contact me.