

ASA East Region (Level 2) Regional Skills Diving Competitions 2014

Sunday, 6th April 2014, 9:00 am – 5:00 pm

Stevenage Swimming Centre
St Georges Way, Stevenage, Hertfordshire SG1 1XY

It is with great pleasure that we invite you and your divers to Stevenage to compete in the ASA East Region (Level 2) Regional Skills Diving Competitions 2014. The East Region welcomes divers from outside of the region to enter as guests; regional medals will be presented to the top three divers from the East Region, any guest diver who is ranked in the first three places in the overall results will receive an appropriate commemorative medal.

Entry Closing Date: Sunday, 23rd March 2014

On-line Dive Sheet Close: Wednesday, 2nd April 2014 at 12:00 pm

Entries will be accepted by post or by email (entry fee £10 per diver), please send your entries to:

Roger Page
ASA ER Diving Skills Entry
49 Hempstead Road
KINGS LANGLEY
Hertfordshire
WD4 8BS

Email: roger.page@data-interface.net

Tel: 07979 961413

Please note that **individual** entries received by whatever means will **not** be accepted. Please ask your coach to find out who is coordinating your club's entry and ensure that your entry is added to the divers listed on the appropriate form being submitted by your diving club. Late entries may not be accepted and all fees must be paid in full before divers start training.

Water Depth – please note the available water depth in the diving pit at the Stevenage Swimming Centre is 3.8 metres. Divers used to diving in pools of greater depths should be made aware of this before training and be supervised appropriately by their coaches.

Clothing – during medal ceremonies full club kit or tracksuits must be worn i.e. no towels or bare feet are allowed. No GB kit is to be worn at any time.

Dive Sheets – Divers and or their coaches are requested to submit dive sheets electronically using Dive Recorder, both for their own convenience and to minimize the chance of errors. Individual dive sheets may be submitted on-line at www.diverecorder.co.uk/onlinesheets, or alternatively coaches may make a bulk submission of dive sheets on behalf of their divers by using the program Dive Sheets. You will be asked to check hard copies of dive sheets at the venue on the day. **Changes to dive sheets will be allowed up to 30 minutes prior to the start of competitions.**

Timetable – A detailed timetable will be published after the closing date. The competition organisers reserve the right to limit entry numbers. All the information you require is enclosed here but if you should have any further questions then please do not hesitate to contact me by phone or by email.

Roger Page
Event Co-ordinator
for and on behalf of the East Region Technical Diving Committee

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Ages Groups:

All ages are at the 31st December in the year of competition.

Group E = 8/9 yrs. Group D = 10/11 yrs. Group C = 12/13 yrs. Group B+ = 14/16 yrs.

Competition Conditions:

Category	Board Height	Event Conditions	Tariff	National Standard
Age Groups E, D & C	Section 1 Poolside	Plain Header (Three Bubble Rip) 101a Arm Swing Back Jumped Tucked 200c Forward Dive Tucked 101c Arm Swing Forward Jump Piked 100b	1.0 1.0 1.0 1.0	Group E 235 points
	Section 2 1m	Straight Jump 100a Arm Swing Back Jump Straight 200a One Dive From List A One Dive From List B	1.0 1.0 dd to count dd to count	Group D 250 points
	Section 3 3m	Forward Fall Straight 10a Forward Tuck Roll with Pike Out 10c Standing Back Fall Straight 20a Crouched Back Tuck Roll 20c	1.2 1.2 1.4 1.3	Group C 265 points

Skill 1 Section 2 – Forward Jump Straight 100a to be performed using 2 bounce start for Age Groups E & D and a hurdle step for Age Group C.

Dive List A – 101c*, 101b*, 103c*, 103b*, 401c, 401b

Dive List B – Back Fall Straight 1.0 (20a), 201c, 201b, 301c*, 301b*

- Dives in list A or B with a * are to be performed standing with a T start arm swing OR a 2 bounce start.
- All back take offs are to be performed with a T start arm swing.

Category	Board Height	Event Conditions	Tariff	National Standard
Age Group B+	Section 1 1m	3 Skills From List C 3 Skills From List D (Minimum 2 groups from each list)	dd to count dd to count	Group B+ 290 points
	Section 2 3m	4 Skills From List E (Minimum 2 groups to be covered) 1 Fwd Line Up (from section 3 above) 1 Back line Up (from section 3 above)	dd to count	

Dive List C – 1m 101c, 101b, 103c, 103b, 401c, 401b, 402c, 403c – repeats permitted (1.0)

Dive List D – 1m 201c, 201b, 301c, 301b, 5221d, 5122d, 202c, 203c – repeats permitted (1.0)

Dive List E – 3m 101c, 101b, 103c, 103b, 401c, 401b, 403c, 201c, 201b, 301c, 301b – repeats permitted (1.0)

Repeat Dives

Repeat dives are permitted from list C, D or E at a tariff of 1.0. Dives of the same number are considered to be a repeat dives, even if they are in a different shape.

National Standard

For your information we have published the points required to meet the recommended National Standard. The publishing of these points does not imply you are required to meet this standard to dive in this Regional competition or automatic qualification to a National Skills Final.

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General Event Conditions:

- The competitions shall be conducted in accordance with ASA laws and F.I.N.A. Technical Rules for Diving.
- There shall be separate events for males and females.
- All ages are as at the 31st December in the year of competition.
- All competitions shall be promoted as 'Open' events with two separate entry categories.
- An individual entry for both entry categories will not be accepted.
- An entrant for a competition must be an ASA registered category 2 member of the club they are representing or a Temporary Member of the ASA by the published closing date.

Entry Categories:

East Region Entries

- Will be accepted from divers who are registered members of clubs affiliated to ASA East Region.
- An entered diver shall not have competed in the closed championships or competitions of another Region of the ASA in the same year other than as an individual member of a synchronised pair.

Guest Entries

- Entries will be accepted from divers who are registered members of any club affiliated to the ASA through their Regional Association, the Scottish ASA or Welsh ASA or one of the countries affiliated to F.I.N.A.

Medals:

- Medals will be presented to the top three competitors from the East Region entries.
- A guest competitor who is ranked in the first three places in the overall results will receive an appropriate commemorative medal.

Eligibility:

Is 'open' to an ASA East Region or Guest diver who has not previously entered:

- The East Region Club Championship individual competition with the exception of Regional Skills Level 2 group B+ divers.
- An identified 'Club Grand Prix' event.
- An individual National or Regional Age Group (level 3) competition except when moving from group C to group B.
- A National or Regional Junior Elite (level 4) or Senior (level 5) competition.
- Any synchronised diving competition at levels 4 or 5.