

ASA East Region (Level 2) Regional Skills Diving Competitions 2016

Saturday, 16th April 2016, 8:00 am – 6:00 pm

Southend Leisure & Tennis Centre
Garon Park
Eastern Avenue
Southend on Sea
SS2 4FA

It is with great pleasure that we invite you and your divers to Southend to compete in the ASA East Region (Level 2) Regional Skills Diving Competitions 2016. 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: Saturday, 2nd April 2016

Entry Fee: £10 per diver, per event.
Cheques made payable to ASA East Region.

Entries will be accepted by post or by email, please send your entries to:

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

Email: roger.page@data-interface.net

Tel: 07979 961413

Please Note: ***Individual*** entries received by whatever means will ***not*** be accepted. Parents and divers please ask your coach to find out who is co-ordinating your club's entry and ensure that your entry is added to the divers listed on the appropriate official entry form being submitted by your club.

Late entries may not be accepted and all fees must be paid in full before divers start training. The competition organisers reserve the right to limit entry numbers

Confirmation of entries received, instructions for submission of dive sheets and a detailed timetable will be published as soon as possible after the entry closing date. Apart from this all the information you require is enclosed here, but if you should have any queries please don't hesitate to contact me by phone or by email.

We look forward to seeing you at the event.

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

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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:

- 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.

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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	² 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 240 points
	Section 2 1m	Forward Jump Straight - 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 255 points
	Section 3 3m	Forward Fall Straight - 10a Forward Tuck Roll with Pike Out - 11c Standing Back Fall Straight - 20a Crouched Back Tuck Roll - 21c	1.2 1.2 1.4 1.3	Group C 270 points

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

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

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

- Divers in Age Groups E, D and C to perform back and inward dives with a T-start arm swing.
- Divers in Age Groups E and D to perform forward and reverse dives from either a T-start arm swing OR a 2 bounce start.
- Divers in Age Group C to perform forward and reverse dives from a T-start arm swing, a 2 bounce start OR a hurdle step.

Category	Board Height	Event Conditions	Tariff	² 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+ 250 points
	Section 2 3m	4 Skills From List E (Minimum 2 groups to be covered)	dd to count	

Dive List C – 1m 101c, 101b, 103c, 103b, 401c, 401b, 402c, 403c ¹ Repeat Dives

Dive List D – 1m 201c, 201b, 301c, 301b, 5221d, 5122d, 202c, 203c ¹ Repeat Dives

Dive List E – 3m 101c, 101b, 103c, 103b, 401c, 401b, 403c, 201c, 201b, 301c, 301b ¹ Repeat Dives

¹ **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.

² **National Standard** - For your information we have published here the points required to meet the recommended National Standard. The publishing of these points does not imply divers are required to meet this standard to dive in this Regional competition nor does it confer automatic qualification to a National Skills Final on any diver who achieves it.