



# Essex County Amateur Swimming Association

## Essex County Diving

### General Conditions:

1.1 Essex County Diving events shall be conducted in accordance with ASA Law and F.I.N.A Technical Rules of Diving and are promoted as 'Open' and 'Closed' events with separate 'Closed' and 'Open' medals being presented.

1.2 All ages are as at the 31<sup>st</sup> December in the year of competition.

### Competition Eligibility:

1.3 Closed Events – Entries for 'Closed' events will be accepted for divers who are members of clubs affiliated to Essex County ASA. A diver shall not have competed in the closed Championship or competition of another County in the same year other than as an individual member of a synchronised pair.

1.4 Open Events – Entries for 'Open' events will be accepted for divers who are members of any club affiliated to the ASA through their Regional Association, or the Scottish or Welsh ASA or one of the countries affiliated to F.I.N.A.

1.5 A competitor may only enter one appropriate 'Closed' or 'Open' event category.

### County Medals:

1.6 Separate appropriate medals shall be presented to 'Closed' and 'Open' entered competitors.

1.7 Those entered divers who are ranked first, second and third shall be awarded the appropriate medal.

1.8 There shall be separate events for males and females.

### Competition Officials:

**List A Judges/Referee:** Eligible Regional officials who are actively involved in diver assessment.

**List B Judges:** Eligible Regional competitors over the age of 15yrs, club coaches and assessed individuals.

Category	Officials Name	Contact Details	
		Telephone Number	Email Address
Judge/ Referee  List A	Bill Clark Ian Macleod Bill Johnston Mark Gorsuch Steve Briggs	07831 527201 01708 375976 02085 314568 01708 456505 01245 257790	<a href="mailto:Bill.Clark@mt.com">Bill.Clark@mt.com</a> <a href="mailto:ian@hcdc.co.uk">ian@hcdc.co.uk</a> <a href="mailto:billwfdc@yahoo.co.uk">billwfdc@yahoo.co.uk</a> <a href="mailto:mgorsuch@visteon.com">mgorsuch@visteon.com</a> <a href="mailto:Briggsmob@hotmail.com">Briggsmob@hotmail.com</a>
Judge  List B	Dave Coote Dave Golding Natalie Phillips Lottie Thompson Jenny Haines Natasha Blood James Gorsuch Jack Morgan Beth Ackroyd Gemma Pearson Roger Degraaf Simon Abbott	01708 477762 07973 700319 N/A N/A - Competitor N/A - Competitor N/A - Competitor N/A - Competitor N/A - Competitor 01708 454427 07727 098014 N/A N/A	Via <a href="mailto:info@hcdc.co.uk">info@hcdc.co.uk</a> N/A Via <a href="mailto:info@hcdc.co.uk">info@hcdc.co.uk</a> Via <a href="mailto:sheilajthompson@hotmail.com">sheilajthompson@hotmail.com</a> Via <a href="mailto:Rae.Haines@marsh.com">Rae.Haines@marsh.com</a> Via <a href="mailto:info@hcdc.co.uk">info@hcdc.co.uk</a> Via <a href="mailto:mgorsuch@visteon.com">mgorsuch@visteon.com</a> Via <a href="mailto:billwfdc@yahoo.co.uk">billwfdc@yahoo.co.uk</a> <a href="mailto:beth_ackroyd@hotmail.com">beth_ackroyd@hotmail.com</a> <a href="mailto:gcpearson@hotmail.com">gcpearson@hotmail.com</a> <a href="mailto:Roger.degraaf@ntlworld.com">Roger.degraaf@ntlworld.com</a> Via <a href="mailto:billwfdc@yahoo.co.uk">billwfdc@yahoo.co.uk</a>
Recorder	Anita Gorsuch Laura Scott Rae Haines Sheila Thompson Karen Osborne	01708 456505 01708 223088 N/A N/A N/A	<a href="mailto:mgorsuch@visteon.com">mgorsuch@visteon.com</a> <a href="mailto:tscott13@tiscali.co.uk">tscott13@tiscali.co.uk</a> <a href="mailto:Rae.Haines@marsh.com">Rae.Haines@marsh.com</a> <a href="mailto:sheilajthompson@hotmail.com">sheilajthompson@hotmail.com</a> <a href="mailto:Karen.Osborne@qa-iq.com">Karen.Osborne@qa-iq.com</a>

## Event Conditions:

### Essex County Diving Challenge - Level 1 Skills

Entries for Level 1 events will only be accepted from those divers who have not competed in a County, Regional or National Level 2 competition in the same age group in the same year or competed in any Level 3, level 4 or level 5 competitions /championship at any time

## Age Groups:

**Group E 8/9 yrs    Group D 10/11 yrs    Group C 12/13 yrs    Group B 14/15yrs**

Category	Board Height	Event Conditions	Tariff	Information
Age Groups	Section 1 Poolside	1. Plain Header (Three Bubble Rip) 2. Forward Dive With Tuck 3. Back Tuck Jump	1.0 1.0 1.0	1. For Jumps arms are optional on entry. 2. Position of arms at start of back fall is optional.
E&D&C&B Boys & Girls	Section 2 1m Springboard	4. One Dive From List A 5. One Dive From List B	Tariff to Count	3. Number of steps on approach to hurdle is optional.
	Section 3 3m Springboard	6. Forward Pike Fall with Hands Grabbed	1.0	4. The start position for pike fall is 90 degrees.

**List A** - Hurdle step straight jump (1.0), 100c (1.0), 101c, 101b

**List B** - Back Fall Straight ( 1.2), 200c ( 1.0), 201c, 301c

### Essex County Diving Challenge – Level 2 Skills

Entries for Level 2 events will be accepted from divers who have not competed in Level 3/4/5 or Junior /Senior County Challenge.

## Age Groups:

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

Category	Board Height	Event Conditions	Tariff	Information
Age Groups	Section 1 1m Springboard	1. Hurdle Step Straight Jump 2. Back Tuck Jump – with arm swing	1.0 1.0	1. For Jumps arms are optional on entry. 2. Position of arms at start of back fall is optional.
E & D & C Boys & Girls	Section 2 1m Springboard	3. One Dive From List A 4. One Dive From List B	Tariff to Count	3. Number of steps on approach to the hurdle is optional.
	Section 3 3m Springboard	5. Pike Fall with Hands Grabbed 6. Sitting Forward Tuck Roll	1.0 1.2	4. The start position for pike fall is 90 degrees or below. 5. Competing will exclude a diver from Level 1 County Competition.

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

**Dive List B** - Back Fall Straight (1.2) 201c, 201b, 301c, 301b,

**Level 2 continued:**

Category	Board Height	Event Conditions	Tariff	Information
Age Group B+  Boys & Girls	Section 1 1m Springboard	2 Skills From List C  2 Skills From List D  ( Minimum of two groups from each list)	Tariff To Count	Competing will exclude a diver from Level 1 County Competition whilst in the same age group.   No Repeat Dives From The Same Height Board
	Section 2 3m Springboard	2 Skills From List E  (Minimum of two groups to be covered)	Tariff To Count	

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

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

**Dive List E – 3m** 101c, 101b, 103c, 103b, 401c, 401b, 403c, 201c, 201b, 301c, 301b

**Essex County Diving Challenge – Junior and Senior**

Group ‘E’ divers are not eligible to enter Junior or Senior Essex County Diving Challenge.

Group ‘D’ divers are not eligible for Senior Essex County Diving Challenge.

**Age Range:**

**Junior Boy/Girl – 10yrs to 18yrs**

**Senior Male/Female – 12yrs and Above**

Category	Board Height	Event Conditions	Tariff	Information
<b>Junior</b>  Boys & Girls	1m Springboard	Four Different Dives From Three Groups	No Limit	1. Platform limited to 5m to facilitate younger divers and local competition.  2. Junior/Senior results may be extracted from one event.
	3m Springboard	Four Different Dives From Three Groups	No Limit	
	5m Platform	Three Different Dives From Two Groups	No Limit	
<b>Senior</b>  Male & Female	1m Springboard	Five Different Dives From Four Groups	No Limit	3. Competing will exclude a diver from Level 1&2 County diving events.
	3m Springboard	Five Different Dives From Four Groups	No Limit	
	5m Platform	Four Different Dives From Three Groups	No Limit	