



# ENTRY PACK

## BRITISH ELITE JUNIOR DIVING CHAMPIONSHIPS 2023

13-16 APRIL

PLYMOUTH LIFE CENTRE,  
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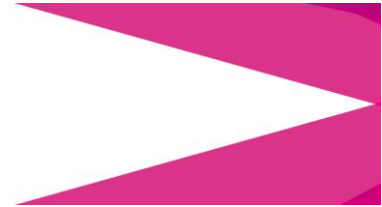


Host Venue





**BRITISH ELITE JUNIOR  
DIVING CHAMPIONSHIPS 2023**  
PLYMOUTH LIFE CENTRE, PLYMOUTH  
13-16 APRIL



**CONTENTS**

**CONTACT INFORMATION .....3**

**KEY DATES AT A GLANCE.....3**

**TRAINING .....3**

**HOW TO ENTER.....4**

**ENTRY FEES .....4**

**SCHEDULE OF EVENTS.....4**

**THURSDAY 13 APRIL 2023.....4**

**FRIDAY 14 APRIL 2023 .....4**

**SATURDAY 15 APRIL 2023.....5**

**SUNDAY 16 APRIL 2023.....5**

**TECHNICAL MEETING .....5**

**DIVE SHEETS .....5**

**REGISTRATION/MEMBERSHIP DEADLINE.....6**

**EVENT CONDITIONS.....6**

**MINIMUM PERFORMANCE STANDARDS .....6**

**FORMAT FOR BRITISH ELITE JUNIOR DIVING CHAMPIONSHIPS .....8**

**GB DIVING EVENTS – COMPETITION FORMAT/REGULATIONS .....9**

**ELIGIBILITY.....9**

**GENERAL COMPETITION CONDITIONS FOR ASA AND BS DIVING COMPETITIONS.....10**

**DEFINITIONS.....10**

**INTERNATIONAL ENTRIES .....10**

**ATHLETE COMPETITION SWIMSUITS.....11**

**TICKETS.....11**

**ACCREDITATION .....11**

**DOPING CONTROL .....11**

**COACH/CHAPERONE PASSES .....11**

**PHOTOGRAPHY POLICY.....12**

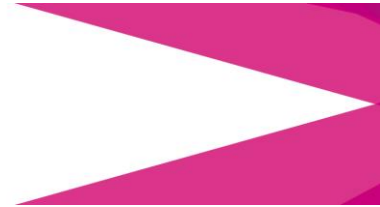
**DATA PROTECTION STATEMENT .....13**

**CHILD PHOTOGRAPHY REFUSAL FORM .....13**





**BRITISH ELITE JUNIOR  
DIVING CHAMPIONSHIPS 2023**  
PLYMOUTH LIFE CENTRE, PLYMOUTH  
13-16 APRIL



**CONTACT INFORMATION**

British Swimming Contact	Venue Contact
<b>Abbie Roberts</b> British Swimming SportPark 3 Oakwood Drive Loughborough LE11 3QF <a href="mailto:abbie.roberts@swimming.org">abbie.roberts@swimming.org</a> +44(0)7583 029285	Plymouth Life Centre Mayflower Drive Plymouth PL2 3DG 01752 606900 <a href="#">Website</a>

Please see below guides for planning your team’s trip:  
[Accommodation in Plymouth](#)  
[Things to Do in Plymouth](#)  
[Eating Out in Plymouth](#)  
[Exploring Plymouth](#)

**KEY DATES AT A GLANCE**

- Entries Open:** Tuesday 21 February 2023 @08.00
- Entries Close:** Tuesday 14 March 2023 @23.59
- Training Dates:** Tuesday 11 April – Wednesday 12 April 2023
- Technical Meeting:** Wednesday 12 April 2023 @18.00
- Competition Dates:** Thursday 13 April - Sunday 16 April 2023

All coaches, chaperones and physiotherapists must have a valid photo to gain access to the pool deck. Coach pass applications are now open [here](#).

**TRAINING**

Training will be available at the following times during the training and competition dates:

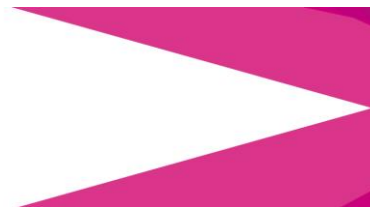
Date	Pool	Dryland
Tuesday 11 April - Wednesday 12 April	8am – 8pm	8am – 8pm
Thursday 13 April - Sunday 16 April	In between competition sessions from 8am – 8pm	8am – 8pm





## BRITISH ELITE JUNIOR DIVING CHAMPIONSHIPS 2023

PLYMOUTH LIFE CENTRE, PLYMOUTH  
13-16 APRIL



### HOW TO ENTER

All entries for the British National Diving Cup will be made online, please click [here](#) for the entry page. Paper entries will not be accepted.

For synchro entries, both members of a synchro team need to enter through the online system. Each member also needs the registration number of the other team member. This information can be accessed [here](#).

**Entries must be received by 23.59 on Tuesday 14 March 2023. A late fee for individual events of £34.00 will be charged after this date. The entry fee for synchro events will remain at £17 per diver.**

To submit a late entry, please contact [abbie.roberts@swimming.org](mailto:abbie.roberts@swimming.org) detailing the name, date of birth, club and events to be entered.

### ENTRY FEES

Individual events: £17.00

Synchro events (per diver): £17.00

### SCHEDULE OF EVENTS

\*Please note that times are subject to change.

#### Thursday 13 April 2023

Event(s)	Competitions
1	Boys B 3m
2	Boys A 1m
3	Girls B 3m
4	Girls A Platform
5,6	Girls & Boys C 3m
1-6	Finals

#### Friday 14 April 2023

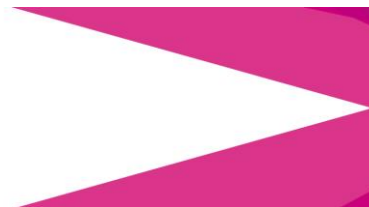
Event(s)	Competitions
7,8	Girls & Boys C 1m
9	Boys A 3m
10	Girls A 1m
11,12	Girls & Boys 14-18 Platform Synchro
7-10	Finals





# BRITISH ELITE JUNIOR DIVING CHAMPIONSHIPS 2023

PLYMOUTH LIFE CENTRE, PLYMOUTH  
13-16 APRIL



## Saturday 15 April 2023

Event(s)	Competitions
13,14	Girls & Boys C Platform
15	Boys B 1m
16	Girls B Platform
13-16	Finals
17,18	Girls & Boys 14-18 3m Synchro
19,20	Girls & Boys 13&u 3m Synchro

## Sunday 16 April 2023

Event(s)	Competitions
21	Boys B Platform
22	Girls B 1m
23	Girls A 3m
24	Boys A Platform
21-24	Finals

## TECHNICAL MEETING

The technical meeting will take place at 18:00 on Wednesday 12 April at Plymouth Life Centre.

## DIVE SHEETS

Divers/Coaches are requested to submit dive sheets electronically, both for their own convenience and to minimize the chance of errors loading the data into the Recording program. Coaches may make bulk submission of dive sheets on behalf of their divers by using the program DiveSheets with which they will already be familiar. Alternatively, individual divers may submit their own dive sheets online. Please agree with your coach which method you should use. To submit your dive sheets online there are two options:

- Either visit: [www.diverecorder.co.uk/onlinesheets](http://www.diverecorder.co.uk/onlinesheets) and follow the instructions, or
- If you have an Android phone or tablet, you can get the ADiveSheets app from this page on the DiveRecorder website: [www.diverecorder.co.uk/dive/android](http://www.diverecorder.co.uk/dive/android)

As soon as you complete either online submission method, you will see a success/failure message. If you experience problems and need assistance please contact Jackie Laugher: [jackielaugher@yahoo.com](mailto:jackielaugher@yahoo.com)



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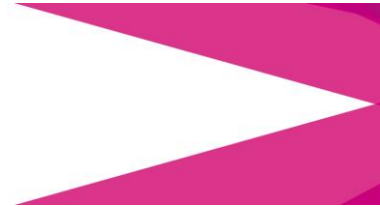


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**Electronic submissions must be made by 08.00am on Wednesday 12 April.** You will be asked to sign hard copies of these sheets at the venue, available from the Recorders.

If neither you nor your Coach are able to use the above electronic methods, you can submit a hard copy of your lists of dives to the Recorders at Plymouth Life Centre. **The deadline to submit manual dive sheets is 13:00 on Wednesday 12 April.**

For late entries, please do not submit a dive sheet until the late entry has been submitted and processed.

### REGISTRATION/MEMBERSHIP DEADLINE

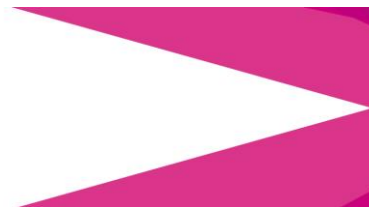
Divers should be registered with the ASA 60 days prior to the commencement of the National Event ("The Meet") for which the diver is entering.

International divers must be a member of their country's diving federation in order to enter.

### EVENT CONDITIONS

#### MINIMUM PERFORMANCE STANDARDS

Individual Events					
Category	Gender	Event	Conditions	No. Of Dives	Entry Standard
Group C (9-13 years)	Girls	1m	5 dives from 5 groups max difficulty of 9.0 + 3 optional dives from 3 groups no limit	8	230
		3m	5 dives from 5 groups max difficulty of 9.5 + 3 optional dives from 3 groups no limit	8	250
		Platform*	4 dives from 4 groups max difficulty of 7.6 + 3 optional dives from 3 groups no limit (5m/7.5m*)	7	230
	Boys	1m	5 dives from 5 groups max difficulty of 9.0 + 3 optional dives from 3 groups no limit	8	240
		3m	5 dives from 5 groups max difficulty of 9.5 + 3 optional dives from 3 groups no limit	8	260
		Platform*	4 dives from 4 groups max difficulty of 7.6 + 3 optional dives from 3 groups no limit (5m/7.5m*)	7	240
Group B (14-15 years)	Girls	1m	5 dives from 5 groups max difficulty of 9.0 + 3 optional dives from 3 groups no limit	8	260
		3m	5 dives from 5 groups max difficulty of 9.5 + 3 optional dives from 3 groups no limit	8	280

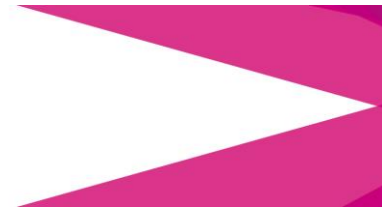


	Boys	Platform	4 dives from 4 groups max difficulty of 7.6 + 3 optional dives from 3 groups no limit (5 groups to be covered)	<b>7</b>	<b>250</b>
		1m	5 dives from 5 groups max difficulty of 9.0 + 4 optional dives from 4 groups no limit	<b>9</b>	<b>310</b>
		3m	5 dives from 5 groups max difficulty of 9.5 + 4 optional dives from 4 groups no limit	<b>9</b>	<b>330</b>
		Platform	4 dives from 4 groups max difficulty of 7.6 + 4 optional dives from 4 groups no limit (5 groups to be covered)	<b>8</b>	<b>300</b>
<b>Group A (16-18 years)</b>	Girls	1m	5 dives from 5 groups max difficulty of 9.0 + 4 optional dives from 4 groups no limit	<b>9</b>	<b>270</b>
		3m	5 dives from 5 groups max difficulty of 9.5 + 4 optional dives from 4 groups no limit	<b>9</b>	<b>300</b>
		Platform	4 dives from 4 groups max difficulty of 7.6 + 4 optional dives from 4 groups no limit (5 groups to be covered)	<b>8</b>	<b>290</b>
	Boys	1m	5 dives from 5 groups max difficulty of 9.0 + 5 optional dives from 5 groups no limit	<b>10</b>	<b>350</b>
		3m	5 dives from 5 groups max difficulty of 9.5 + 5 optional dives from 5 groups no limit	<b>10</b>	<b>390</b>
		Platform	4 dives from 4 groups max difficulty of 7.6 + 5 optional dives from 5 groups no limit (6 groups to be covered)	<b>9</b>	<b>370</b>

The British Elite Junior Diving Championships event conditions will adhere to FINA Age Group Conditions with the exception of the following Group C events with specific clauses (C1-4):

**GROUP C clauses:**

- (C1) Group C Events – are 13 years and under in the year of competition.
- (C2) Girls Group C – In all events 3 optional dives from 3 groups (prelim and finals).
- (C3) Group C 3m synchronised competitions (boys and girls) 3 required dives and 2 optional dives.
- (C4) C Platform\* Divers aged 11 years and under are allowed to compete on 7.5m from 2017, however it is the responsibility of the coach and diver to ensure the divers physical maturity and strength permit competing from a height of 7.5m.



Synchronised events			
Category	Gender	Conditions	No. Of Dives
<b>Group C (9-13 years) 3m Synchro</b>	Girls & Boys Events	Shall comprise of five (5) dives; three (3) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula and two (2) rounds of dives without limit of degree of difficulty. The five (5) dives must be selected from at least three (3) different groups	<b>5</b>
<b>Group A + B (14 -18 years) 3m Synchro</b>	Girls & Boys Events	Shall comprise of five (5) rounds of dives; two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula and three (3) rounds of dives without limit of degree of difficulty. The five (5) dives must be selected from at least four (4) different groups.	<b>5</b>
<b>14-18 years Platform Synchro</b>	Girls & Boys Events	Shall comprise of five (5) rounds of dives; two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula and three (3) rounds of dives without limit of degree of difficulty. The five (5) dives must be selected from at least four (4) different groups.	<b>5</b>

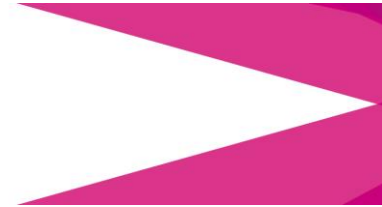
### FORMAT FOR BRITISH ELITE JUNIOR DIVING CHAMPIONSHIPS

- Age Group A, B and C divers will perform their full list of dives in the preliminary. The top six (6) British divers will proceed to the final. A maximum of six (6) guest divers, but no more than two (2) per team/country, whose scores are equal to or better than the sixth placed British diver will also proceed to the final. If there are less than 6 British divers then a maximum of 6 guest divers, but no more than two per team/country, will progress to the final.
- In the final the divers will perform their optional dives, competing in the reverse order of their preliminary rankings, and the final result will be determined by adding their score from the final to that of the required dives total from the preliminary.





**BRITISH ELITE JUNIOR  
DIVING CHAMPIONSHIPS 2023**  
PLYMOUTH LIFE CENTRE, PLYMOUTH  
13-16 APRIL



- No dive may be repeated in a list of dives. All dives in the preliminary and final, including that of the carried required dives must be of a different dive (dive number).
- Age Group categories and limits refer to the age of the diver on 31st December in the year of competition
- Minimum age for competitors is 9 years on 31 December in the year of competition
- Synchronised events will be straight finals.

**GB DIVING EVENTS – COMPETITION FORMAT/REGULATIONS**

(See also, General Conditions)

- All dives of the same number shall be regarded as the same dive.
- Only dives in the FINA diving tables or pursuant with the FINA formula may be executed.
- The diver and the diver’s representative are responsible for the accuracy of the statement in their list and the statement of dives shall be signed by the diver and the diver’s representative.
- Medals shall be awarded in all GB Diving Championships and Competitions to the first three placed divers in each competition and where different, to the first three placed British divers (see General Conditions for definitions of British).
- Please consider the following clauses carefully when selecting events for your divers.

**ELIGIBILITY**

To dive Synchro at any GB event, both members of the pair must be diving at least 1 individual event at that Meet.

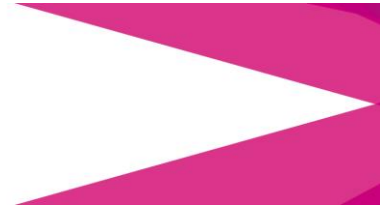
\*Qualification Scores are set by a National Technical Panel and reviewed annually. All scores continue to be recommended scores for **2023**, however it is strongly advised that all coaches encourage their divers to achieve their required score at one or more of the events below:

If a diver is not demonstrating the minimum standard of performance, the coach to the diver may be engaged by a member of British Diving Management and the event referee to discuss the most suitable performance level for the diver in the future.





**BRITISH ELITE JUNIOR  
DIVING CHAMPIONSHIPS 2023**  
PLYMOUTH LIFE CENTRE, PLYMOUTH  
13-16 APRIL



### **GENERAL COMPETITION CONDITIONS FOR ASA AND BS DIVING COMPETITIONS**

1: A diver may compete at Skills Finals and Swim England Diving National Age Group Championships in a given year if they have been a registered competitor for less than 2 years. If a diver is in their 3<sup>rd</sup> season or more of competitive registration they may only complete in one event: Skills finals or Swim England Diving National Age Group Championships.

2: Once a competitor has competed at Swim England Diving National Age Group Championships, they are excluded from competing at future Skills finals, except with written approval from the Group when moving into the B+ age group.

3: If a competitor has competed at British Elite Junior Diving Championships they are not eligible to compete at the future Swim England Diving National Age Group Championships, except with written approval from the Group when moving up an age group.

4: If a competitor has competed at any GB Diving Championships in any event (including synchro), they are not eligible to compete at future Swim England Diving National Age Group Championships.

Failure to comply with these conditions will result in disqualification.

### **DEFINITIONS**

**Competing/competed.** Divers are considered to be competing or to have competed at a certain level if they entered the contest – even if they did not dive due to injury or illness.

For example, if a diver was entered for the GB Diving Championships, but did not dive due to injury they cannot compete at the Swim England Diving National Age Group Championships.

### **INTERNATIONAL ENTRIES**

International Federation Team and International Club Team entries are welcome to the three GB National Diving Events (GB Championships, GB Elite Juniors, GB National Cup)

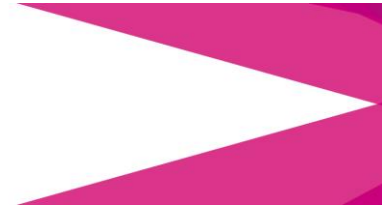
- Two divers per international team may enter each competition
- GB Teams have unlimited number of entries, but they must have achieved the recommended qualification standard in the preceding 12 months.
- Finals will consist of 12 divers.
- A minimum of 6 British Divers ranked as British Divers regardless of placing will progress to the final.





## BRITISH ELITE JUNIOR DIVING CHAMPIONSHIPS 2023

PLYMOUTH LIFE CENTRE, PLYMOUTH  
13-16 APRIL



- The remaining places will be filled with either British or International divers. International divers up to 6 divers may qualify for the final, but must place in the top 12 in the preliminary round.
- If more than 6 non British Divers place in the top 12 in the preliminary round, only the top 6 will progress to the final.

### ATHLETE COMPETITION SWIMSUITS

British Divers are required to either wear club costumes or costumes without national team branding. This applies to both GB National Team and International Team branded swim suits (example no international team costumes are permitted).

International divers may wear either their own national team kit or unbranded suits, but not GB National team swim suits.

### TICKETS

Information on how to purchase tickets will be published in due course.

### ACCREDITATION

Accreditation for all competitors and coaches will be photographic. There will be security present at the event and in order to enter both the seating and field of play area you will need accreditation. All divers will be required to submit a **recent passport sized photo** with their online entry. Failure to supply a photograph with the entry forms will result in the entry forms being invalid and therefore not accepted.

If you need to re-print your accreditation on site, a charge of £10 applies. Please also note that the event is cashless and only card payment will be accepted on site.

### DOPING CONTROL

By entering this event, you / your child, consents to report to Doping Control if requested any time during this event. You also agree to abide by the British Swimming & UKAD Anti-Doping Rules. For further information, See Link [Anti-Doping | British Swimming](#)

### COACH/CHAPERONE PASSES

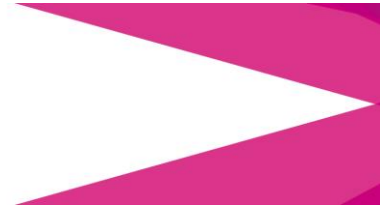
All coaches, chaperones and physiotherapists must have a valid photo to gain access to the pool deck. Applications for coach/chaperone passes will charged at £10 per event. **A valid DBS check, coaching and safeguarding qualification is required. Coach pass applications are now open [here](#).**

Applicants are advised the online Disclosure & Barring Service process could take up to 1 month to complete. All applicants must be registered with an ASA affiliated club.





**BRITISH ELITE JUNIOR  
DIVING CHAMPIONSHIPS 2023**  
PLYMOUTH LIFE CENTRE, PLYMOUTH  
13-16 APRIL



All ASA clubs and license applicants will have to complete a DBS (CRB) application regardless of any previous check carried out through another organisation unless this has been registered with the DBS Update Service [www.gov.uk/dbs-update-service](http://www.gov.uk/dbs-update-service).

If you hold a disclosure that has been registered with the DBS Update Service, and you have not yet given the ASA written consent to check the status, please submit your original disclosure certificate along with a completed consent form to [dbs@swimming.org](mailto:dbs@swimming.org). Please also email [dbs@swimming.org](mailto:dbs@swimming.org) for a DBS Update Service Consent form.

**If you need to re-print your coach pass on site, a charge of £10.00 applies. If you need to purchase your coach pass on site, please note a late fee of £20.00 will apply. Please note the event is cashless and only card payment will be accepted on site.**

**Coaches/Chaperones will not be allowed on poolside without a valid accreditation.**

### PHOTOGRAPHY POLICY

British Swimming are well aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that the majority of images taken within a British Swimming setting are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identify of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.

Parents and carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

British Swimming encourage all spectators and participants at British Swimming events to make themselves familiar with the photography and filming arrangements for the event and be vigilant during that event.

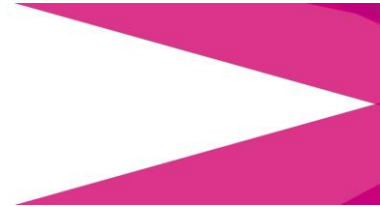
British Swimming is committed to ensuring that all children who participate in British Swimming activities are able to take part in an enjoyable, safe environment and be safeguarded from harm. If you have any child safeguarding concerns at the event, please contact an Event Officer immediately to disclose your concerns.

This event **will be photographed and live streamed**. Static images will be displayed on the British Swimming website [www.britishswimming.org](http://www.britishswimming.org). They will be used to promote the sport at this event and events in the future. Moving images may be displayed at the venue and via live stream at





**BRITISH ELITE JUNIOR  
DIVING CHAMPIONSHIPS 2023**  
PLYMOUTH LIFE CENTRE, PLYMOUTH  
13-16 APRIL



www.britishswimming.org. In addition, British Swimming may use these recordings and images for the purposes of education and training, swimmer analysis, promotion, performance, development and selection and event analysis.

In such instances where the event is being live streamed, it will not be possible to provide the option to refuse consent to filming and if there are any concerns, please speak to the Event Officer present. However, if individuals wish to refuse consent to static photography, please complete the Photography Refusal of Consent Form below and return to British Swimming Events Department.

If you, as a Parent/Guardian/Carer, have concerns about your child being photographed/filmed, please refer to the relevant Home Nation guidance document: Wavepower the ASA Child Safeguarding Policy and Procedures; YPlant the Swim Wales Child Protection Policy; Scottish Swimming Child Protection Policy. If you have any concerns in this area, please contact the Data Protection Officer

**DATA PROTECTION STATEMENT**

Swim England/British Swimming will use personal data for the purpose of the applicant’s application for a coach/chaperone pass for this event and it is understood that by submitting this form, the applicant understands that we will use you details to administer your application and contact you to respond to any queries we have or queries you may make.

**CHILD PHOTOGRAPHY REFUSAL FORM**

Should you or any of your divers prefer not to be photographed please complete the refusal of consent and return to the events office prior to the event.

NAME OF DIVER: \_\_\_\_\_  
DATE OF BIRTH: \_\_\_\_\_

I refuse permission for the taking and/or publication of images of my child by the Official Photographer(s) in respect of the British National Diving Cup 2023

SIGNED (PARENT/CARER): \_\_\_\_\_  
PRINT NAME: \_\_\_\_\_  
DATE: \_\_\_\_\_

