

AQUATICS GB

DIVING CHAMPIONSHIPS 2026

CONDITIONS

4-7 JUNE 2026

INDIVIDUAL

Category	Gender	Dives	Conditions
1m	Male	6 dives	6 dives from 5 groups no limit.
3m	Male	6 dives	6 dives from 5 groups, no limit.
5m, 7.5m and/or 10m	Male	6 dives	6 dives from 6 groups no limit.
1m	Female	5 dives	5 dives from 5 groups no limit.
3m	Female	5 dives	5 dives from 5 groups no limit.
5m, 7.5m and/or 10m	Female	5 dives	5 dives from 5 groups no limit.

Synchronised Pairs

Category	Gender	Dives	Conditions
3m	Male	6 dives	2 dives with an allocated dd of 2.0 plus 4 x optional dives. 5 groups to be covered
5m, 7.5m and/or 10m	Male	6 dives	2 dives with an allocated dd of 2.0 plus 4 x optional dives. 5 groups to be covered
3m	Female	5 dives	2 dives with an allocated dd of 2.0 plus 3 x optional dives. 5 groups to be covered
5m, 7.5m and/or 10m	Female	5 dives	2 dives with an allocated dd of 2.0 plus 3 x optional dives. 5 groups to be covered

Awarding of British Championships Medals:

1. Divers eligible to compete for Great Britain are eligible for British Medals. In all events there will be Open and Closed medals.
2. Open medals will be awarded if a diver not eligible to compete for Great Britain, placed in the top 3 in a Final.
3. In Platform competitions, only divers performing ALL dives from the 10m board are eligible for medals.

Selection to British Teams:

Divers wishing to be eligible for selection in platform competitions for either Team A or Team B must compete all dives from the 10m platform. All selections will be based upon the published Selection Policy and or selection advisory.

EVENT FORMAT

- Individual events – there shall be 1m, 3m and Platform events.
- There shall be a preliminary event and cut to top 8 for the final. (Where foreign divers qualify for final, the next GB diver(s) will be taken to ensure the top 8 GB divers progress with a maximum of 10 divers in any final).
- Individual platform dives can be performed from 10m, 7.5m or 5m platforms in prelims and finals. Priority of progression into the platform finals will be given to divers completing their full list from 10m. Any places in the final not filled by those with full 10m platform lists will then be available for divers performing some of their platform list from 5m / 7.5m boards based on points scored in the prelims.
- Only a maximum of 2 guest (foreign teams) divers may progress through to the final.
- Divers must be aged at least 11 years by the 31 December in the year of competition.
- No dive may be repeated in any event.
- Evidence shall be provided, at the time of entry, to confirm that each foreign diver has achieved the recommended standard for the event they are entering.
- Synchronised events will be a straight final.
- Late Entries for Synchronised pairs will be allowed up to the technical meeting.
- Divers may compete in synchronised events only.

PERFORMANCE STANDARDS FOR NATIONAL CHAMPIONSHIPS

Gender	Event	Conditions	No. of Dives	Standard
Women	1m	5 from 5	5	190
	3m	5 from 5	5	210
	Platform	5 from 5	5	210
Men	1m	6 from 5	6	250
	3m	6 from 5	6	300
	Platform	6 from 6	6	300