



BRITISH DIVING CHAMPIONSHIPS EVENT CONDITIONS

INDIVIDUAL

Category	Gender	Board	Conditions
1m & 3m	Male	6 dives	6 dives from 5 groups, no limit.
10m Only	Male	6 dives	6 dives from 6 groups, no limit.
1m & 3m	Female	5 dives	5 dives from 5 groups no limit.
10m Only	Female	5 dives	5 dives from 5 groups no limit.

SYNCHRO

Male 3m & 10m Only	6 dives	2 dives with an allocated dd of 2.0 + 4 x optional dives. 5 groups to be covered	In each round the two divers must perform the same dive (same dive number and same position). All forward facing dives on springboard shall be done with a running approach.
Female 3m & 10m Only	5 dives	2 dives with an allocated dd of 2.0 + 3 x optional dives. 5 groups to be covered	In each round the two divers must perform the same dive (same dive number and same position). All forward facing dives on springboard shall be done with a running approach.

EVENT FORMAT

- Synchronised events will be a straight final
- Individual events – there shall be 1m, 3m and 10m 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 will be taken to ensure the top 8 GB divers progress).
- Only a maximum of 2 guest (foreign teams) divers may progress through to the final.
- Minimum age for competitors in all events, 10 years by 31st December 2022.
- 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.
- Late Entries for Synchronised pairs will be allowed up to the technical meeting with the written support from the NPD.
- Divers may compete in synchronised events only.



GB Recommended Performance Standards for British Championships:

Category	Gender	Event	Conditions	No. of Dives	Recommended Standard
Open	Women	1m	5 from 5	5	200
		3m	5 from 5	5	225
		Platform	5 from 5	5	225
	Men	1m	6 from 5	6	270
		3m	6 from 5	6	300
		Platform	6 from 6	6	300



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