

INDIVIDUAL

Category	Gender	Board	Conditions
1m & 3m	Male	6 dives	6 dives from 5 groups, no limit. No dive may be repeated
5m, 7.5m and/or 10m*	Male	6 dives	6 dives from 6 groups no limit.
1m & 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.

****Any diver wishing to be selected to the senior international team (Team A or B) must perform dives only from 10m platform (in both Prelim & Final).***

Junior Medals will be taken from the Senior events and they can use 5m, 7.5m and/or 10m in the Senior Platform however, “divers competing from 5m / 7.5m in the platform events are not eligible for the Senior title” as the Championships are the selection event for the international competitions with only 10m platform events.

SYNCHRO

Open Male 3m & 10m	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.
Open Female 3m & 10m	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.
Open mixed 3m & 10m	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.

Synchro events can be performed at 5m, 7.5, & 10m. “divers competing from 5m / 7.5m in the synchro platform events are not eligible for the Senior title” as the Championships are the selection event for the international competitions with only 10m platform events.

BRITISH NATIONAL DIVING CUP
1st – 3rd FEBRUARY 2019
CONDITIONS



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.
- Divers must be aged 11 years 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.
- 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.

RECOMMENDED PERFORMANCE STANDARDS FOR NATIONAL CUP

Category	Gender	Event	Conditions	No. of Dives	Recommended Standard
Group C	Girls	1m	5 from 5	5	170
		3m			190
		Platform			190
	Boys	1m	6 from 5	6	228
		3m	6 from 5		252
		Platform	6 from 6		252
Group B	Girls	1m	5 from 5	5	190
		3m			210
		Platform			210
	Boys	1m	6 from 5	6	252
		3m	6 from 5		288
		Platform	6 from 6		288
Group A	Girls	1m	5 from 5	5	200
		3m			225
		Platform			225
	Boys	1m	6 from 5	6	270
		3m	6 from 5		300
		Platform	6 from 6		300
Open	Women	1m	5 from 5	5	200
		3m			225
		Platform			225
		1m	6 from 5		270



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	Men	3m	6 from 5	6	300
		Platform	6 from 6		300



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