



Scottish  
Swimming  

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Diving



# Scottish National Diving Championships 2023

incorporating the

# British National Diving Cup

**14<sup>th</sup> – 17<sup>th</sup> December 2023**

Licence Number: L1/733/SS/DEC23



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## VENUE, SESSION TIMES, EVENT AND ENTRY

<b>Venue</b>	Royal Commonwealth Pool, 21 Dalkeith Road, Edinburgh, EH16 5BB There is a café area at the pool offering a selection of hot and cold snacks. Please note that teams are not permitted to prepare food in the venue.		
<b>Scottish Swimming Contact</b>	Lindsay Lewis, Event Manager, Scottish Swimming Tel: 07715 710581      Email: <a href="mailto:nationals@scottishswimming.com">nationals@scottishswimming.com</a>		
<b>Diving Facilities</b>	Springboards      4 x 1m, 2 x 3m Platforms          1 x 1m, 1 x 3m, 1 x 5m, 1 x 7.5m, 1 x 10m Dry Land		
<b>Key Dates</b>	Entry Deadline                      Thursday 23 November 2023 @ 13:00 Training Dates                      Tuesday 12 December – Thursday 14 December Technical Meeting                  Thursday 17 December 2023 @ 13:00 Competition Dates                  Thursday 14 – Sunday 17 December 2023		
<b>Training</b>	<b>Date</b>	<b>Diving Pool</b>	<b>Diving Dryland</b>
	Tuesday 12 December 2023	07:00 – 12:00 14:00 – 16:00	07:00 – 17:00
	Wednesday 13 December 2023	08:00 – 12:00 14:00 – 16:00	07:00 – 17:00
<b>Training During Competition</b>	<b>Date</b>	<b>Diving Pool</b>	<b>Diving Dryland</b>
	Thursday 14 December 2023	08:00 – 17:45	08:00 – 20:00
	Friday 15 December 2023	08:00 – 09:45 and in between competitions	08:00 – 20:00
	Saturday 16 December 2023	08:00 – 09:45 and in between competitions	08:00 – 20:00
	Sunday 17 December 2023	08:00 – 09:45 and in between competitions	08:00 – 20:00
<b>Entry Process</b>	<p>All entries for the event must be made online, via the entry page <a href="#">here</a>. Home Nation divers, please note, a clear head shot photo must be uploaded on <a href="#">Biogs</a> for entries to be submitted and accreditation issued.</p> <p><b>Overseas divers:</b> a head shot photo must be emailed to <a href="mailto:nationals@scottishswimming.com">nationals@scottishswimming.com</a> once the entries are submitted.</p> <p><b>Synchro entries:</b> 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. The information can be accessed under Members tab <a href="#">here</a>.</p> <p><b>Overseas Synchro entries:</b> please follow the online entry process.</p> <p>The entry system will open at noon on Monday 16<sup>th</sup> October 2023.</p> <p>Entry Deadline: 13:00 on Thursday 23<sup>rd</sup> November 2023.</p> <p>Entry Fees:    £17 Individual event                      £17 (per diver) Synchro events</p> <p>Late individual entries will be charged a fee of £34.00 per event. Late synchro events will remain. at £17 per diver.</p>		
<b>Athlete Accreditation</b>	Accreditation must be printed and brought to the event where you will be issued with a lanyard and wallet.		

<b>Competition Disclaimer</b>	In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Scottish Swimming. Scottish Swimming will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel, catering, and accommodation.
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## PROGRAMME OF EVENTS/ TECHNICAL MEETING/DIVE SHEETS

<b>Programme of Events</b>	<b>Thursday 14 December 2023</b> <b>Session 1 – Start 18:00</b>	<b>Friday 15 December 2023</b> <b>Session 2 – Start 10:00</b>
	Women’s Platform Synchro Final Men’s Platform Synchronised Final Women’s 3m Synchronised Final Men’s 3m Synchronised Final	Women’s 1m Springboard Prelim Men’s 3m Springboard Prelim
		<b>Session 3 – Start 15:45</b>
		Women’s 1m Springboard Final Men’s 3m Springboard Final
	<b>Saturday 16 December 2023</b> <b>Session 4 – Start 10:00</b>	<b>Sunday 17 December 2023</b> <b>Session 6 – Start 10:00</b>
	Men’s 1m Springboard Prelim Women’s Platform Prelim	Women’s 3m Springboard Prelim Men’s Platform Prelim
	<b>Session 5 – Start 15:45</b>	<b>Session 7 – Start 15:45</b>
Men’s 1m Springboard Final Women’s Platform Final	Women’s 3m Springboard Final Men’s Platform Final	
<b>Technical Meeting</b>	The technical meeting will take place at 1300 on Thursday 14 December at the Royal Commonwealth Pool.	
<b>Judges Meeting</b>	The judges meeting will take place at 1630 on Thursday 14 December at the Royal Commonwealth Pool.	
<b>Dive Sheets</b>	<p>Dive sheets should be submitted electronically using DiveSheets or its online version on the DiveRecorder website. Most of you will be familiar with those methods and there is also the app, ADiveSheets, which allows divers with Android smart phones or tablets to submit their own sheets and which has the advantage of remembering their personal details for use for future meets.</p> <p>If you don't already have DiveSheets, or if your version is less than 7.0.7.1, you can download and install it from: <a href="https://www.diverecorder.co.uk/dive/download.php">https://www.diverecorder.co.uk/dive/download.php</a></p> <p>Once you have installed or updated DiveSheets, run it and follow its prompts to download the Meet file “Scottish National Championships &amp; British National Cup”.</p> <p>Individuals may complete their dive sheets online at: <a href="https://www.diverecorder.co.uk/onlinesheets/">https://www.diverecorder.co.uk/onlinesheets/</a></p> <p>To find the free app ADiveSheets in the Play Store, use your Android device to click on the ADiveSheets icon on the following web page: <a href="https://www.diverecorder.co.uk/dive/android.php">https://www.diverecorder.co.uk/dive/android.php</a></p> <p>You can also access the ADiveSheets online Help from the same page or from the link in the app if you are not sure how to use ADiveSheets.</p> <p>Please submit your sheets using any of the above methods on or before 18:30 on Wednesday 13 December (Sheets may be changed up to 1 hour before the event start time).</p>	

## ELIGIBILITY / EVENT CONDITIONS / MEDALS AWARDED / EVENT FORMAT

<b>Eligibility</b>	All competitors shall be registered with their National Federation to be eligible to compete (World Aquatics Rule GR1.1)
<b>Event Conditions</b>	<p><b>1.0 GENERAL</b></p> <p>1.1 Note that the two competitions will be running concurrently, and some conditions apply to only one.</p> <p>1.2 British Teams with British eligible divers have unlimited number of entries, but they must have achieved the qualification standard in the preceding 12 months (See Table 1.2).</p> <p>1.3 Members of International Federations who are members of British clubs may enter under their British Club but will follow rules 3.1-3.3.</p> <p>1.4 National Cup individual events will follow World Aquatic conditions (See Table 1.1) for 1m and 3m springboard and platform (i.e. all platform dives to be performed from 10m) Scottish Championships divers can compete on 5m and 7.5m in the preliminary rounds, but cannot progress to the finals.</p> <p>1.5 No dive may be repeated in a list of dives.</p> <p>1.6 Minimum age for competitors is 10 years on 31 December in the year of competition.</p> <p>1.7 Synchronised events will be straight finals.</p> <p>1.8 Late Entries for all events are allowed up to the start of the technical meeting. All late entries will incur a late entry fee. The late entry fee for Synchro may be waived at the discretion of the Meet Director on the recommendation of the Scottish National Coach or the Head Coach Olympic Diving.</p> <p>1.9 Divers may compete exclusively in synchronised events.</p> <hr/> <p><b>2.0 FINALS</b></p> <p>2.1 Divers will compete in the reverse order of their preliminary rankings.</p> <p>2.2 The 6 highest ranked British divers, regardless of ranking overall in the preliminary, will proceed to the National Cup final.</p> <p>2.3 The National Cup finals can consist of a maximum of 12 divers, ranked from the preliminary event, including any guest (IF) divers (see condition 3.2 and 3.3).</p> <p>2.4 Following conditions 3.2 and 3.3, the remaining 6 places in the National Cup final will be comprised of the remaining divers in ranked order. This may include divers originally ranked outside the top 12.</p> <p>2.5 The top 3 ranked Scottish divers from individual preliminary rounds go through to the Scottish Championships final (run concurrently with the National Cup final).</p> <p>2.6 If Scottish divers did not qualify for the National Cup final, their scores in the final only count towards Scottish Championships placings. This means that up to 3 Scottish divers could be diving concurrently with, but not against, the 12 National Cup finalists. Note that there will be less than 3 additional divers if (1) Scottish divers have already qualified for the National Cup final, or (2) they do not meet the conditions for the final (e.g. platform dives not all from 10m).</p> <p><b>Summary</b></p> <ul style="list-style-type: none"> <li>• Each individual Final is a maximum of 15 divers.</li> <li>• Of this, 3 must be Scottish (but any Scottish diver in the top 12 reduces down the field of 15 by 1).</li> <li>• There can be up to 6 internationals qualify for the Final, but only if they come into the Top 12.</li> </ul>

### **3.0 GUESTS (*International Federation / Club Entries*)**

- 3.1** 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.
- 3.2** A maximum of 6 international divers may proceed to the final unless in the preliminary event, there are fewer than 6 British divers. In this case, additional international divers may proceed to the final.
- 3.3** Individual International Federation Team (Guest) may only qualify a maximum of 2 divers into the final. Multiple club entries from one country will be treated as one International Federation for final qualification purposes.

### **4.0 MEDALS**

#### **4.1 British National Cup Medals**

Medals will be awarded to the top 3 British divers in all individual events. This includes Synchro events provided both divers are 'British'. Guests that finish in the top 3 places overall will be awarded an additional medal of the appropriate colour.

#### **4.2 British National Cup Junior Medals**

Junior medals will be awarded in all individual events. Medals awarded will be based on (1) ranking order of any finalists, followed by (2) ranking order from the preliminary round.

#### **4.3 Scottish Championships Medals**

- Scottish divers are eligible for British National Cup medals as per conditions 4.1 and 4.2 in all events.
- In accordance with SASA company rule 4.6.1, a Gold only will be presented to the Scottish National Champion (i.e. no Scottish National Silver or Bronze medals will be awarded).
- Scottish National Champion Gold medal award will be based on (1) Ranking order of any Scottish finalists, or (2) the best placed Scottish diver from the preliminary round.
- Platform: Scottish Divers may compete from 5m and 7.5m platform in the preliminary round but cannot qualify for the Scottish National or National Cup finals.

#### **4.4 Scottish Championships Junior Medals**

- Scottish junior divers are eligible for British National Cup medals as per conditions 4.1 and 4.2 in all individual events.
- In accordance with SASA company rule 4.6.1, a Gold only will be presented to the Scottish National Junior Champion (i.e. no Scottish National Silver or Bronze medals will be awarded).
- Scottish National Junior Champion Gold medal award will be based on (1) Ranking order of any Scottish finalists, or (2) the best placed Scottish diver from the preliminary round.
- Platform: Scottish Divers may compete from 5m and 7.5m platform in the preliminary round but cannot qualify for the National Cup or Scottish National finals.

<b>INDIVIDUAL (Table 1.1)</b>					
<b>Category</b>	<b>Gender</b>	<b>Board</b>	<b>Conditions</b>		
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.		
*Scottish divers can compete in Scottish Championships (but not British National Cup) preliminary round from 5m & 7.5m, but cannot progress to the final.					
<b>SYNCHRO</b>					
<b>Male 3m &amp; 10m Only*</b>	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.	
<b>Female 3m &amp; 10m Only*</b>	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.	
*Scottish divers can compete in Scottish Championships (but not British National Cup) from 5m & 7.5m but are not eligible for medals.					
<b>PERFORMANCE STANDARDS FOR BRITISH NATIONAL CUP &amp; SCOTTISH NATIONAL CHAMPIONSHIPS (TABLE 1.2)</b>					
<b>Category</b>	<b>Gender</b>	<b>Event</b>	<b>Conditions</b>	<b>No. of Dives</b>	<b>Recommended Standard</b>
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

## MEDIA & PHOTOGRAPHY / ACCREDITATION

<p><b>Media and Photography Information</b></p>	<p>Throughout this event Scottish Swimming may have a number of authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities and may include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites.</p> <p>Should any competitor wish not to be photographed please <a href="#">complete this form</a>. If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to Scottish Swimming after which the data will be removed.</p> <p>By attending the event either as a participant, volunteer, team staff or spectator, you accept that any photographs / videos taken will not be used for illicit purposes or that pictures / films produced will not be altered in any way or uploaded onto the web without the consent in writing of the person(s) photographed / filmed. <b>The use of mobile phones or other electronic devices capable of photography are not permitted to be used at any time in the changing village, toilets or shower areas.</b></p> <p>Spectators who wish to take images are requested to focus on their own family member as much as reasonably possible and to avoid including other participants in images, particularly if those images are being shared with family and friends or through social media platforms.</p> <p>The use of professional camera equipment and flash photography is prohibited at the Event. Only accredited media can use this type of equipment. Media wishing to gain accreditation must put the request in writing to the event organiser prior to the start of the competition.</p>
<p><b>Poolside Accreditation</b></p>	<p>A Scottish Swimming Diving pass is required for any coach/chaperone/team manager wishing access to changing rooms and poolside during the Meet. Without a valid pass any coach/chaperone/team manager will NOT be permitted in the changing rooms or on poolside.</p> <p>All passes must be worn by all team personnel and made visible at all times. Passes will be emailed to the individual prior to the event where they must be printed and brought to the event. A plastic wallet and lanyard will be issued at the venue.</p>
<p><b>Application Process</b></p>	<ul style="list-style-type: none"> <li>• All accreditation applications must be submitted online, details can be found <a href="#">here</a>.</li> <li>• All staff passes must be confirmed by the Head Coach of the respective Club/Team as detailed on the online application form.</li> <li>• All UK based applicants MUST be PVG/CRB/DBS checked through either: Scottish Swimming, Swim England, or Swim Wales.</li> <li>• In-line with current legislation, valid PVG/CRB/DBS from any other agency, will not be accepted.</li> <li>• All UK based applicants MUST hold a current Child Wellbeing and Protection in Sport certificate or Swim England or Swim Wales equivalent.</li> <li>• Clubs and Teams from outside the UK must make arrangements for their National Governing Body to forward a letter of declaration to the CEO of Scottish Swimming that all applicants have conformed with their 'home country's' policy concerning child protection. Staff accreditation passes will not be issued without such a letter.</li> <li>• Applicants must ensure a recent photograph (JPEG format) is uploaded at time of application. Previous applicants need not submit a photograph unless their appearance has changed dramatically or they wish to update the photograph held on file. Photographs should be taken under the same rules and guidelines for passport photographs.</li> </ul> <p><b>Applications for Poolside Accreditation closes on Friday 1<sup>st</sup> December 2023</b></p>