

**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.

**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, 7.5m, & 10m. “divers competing from 5m / 7.5m in the synchro platform events are not eligible for the Senior title” as the National Cup is the selection event for the international competitions with only 10m platform events.

**Awarding of British National Cup Junior Medals:**

1. Junior Championship medals will be awarded from the National Cup 11-13 February 2022 in all individual events.
2. Medals awarded will be based on 1. Ranking order of any finalists followed by 2. remaining places ranking order from preliminary.
3. Platform - Divers competing from 5m and 7.5m platform in the prelim cannot qualify for the final. But are eligible for junior medals after the ranking of any juniors who proceed to the final competing all dives from the 10m platform.

**Awarding of British National Cup Medals:**

Divers eligible to compete for Great Britain are eligible for British Medals. In all events there will be open and closed medals.

Open medals will be awarded if a diver not eligible to compete for Great Britain places in the top 3 in a final.

In Platform competitions; only divers performing ALL dives from 10m are eligible for senior 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 National Selection Policy 2022.

**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(s) will be taken to ensure the top 8 GB diver’s progress).
- Individual Platform finals must be from 10m only
- 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<sup>st</sup> Of 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.
- Late Entries for Synchronised pairs will be allowed up to the technical meeting with the written support from the Head Coach.
- Divers may compete in synchronised events only.

**RECOMMENDED PERFORMANCE STANDARDS FOR NATIONAL CHAMPIONSHIPS**

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
	Men	1m	6 from 5	6	270
		3m	6 from 5		300
		Platform	6 from 6		300

