



September 2021

Dear Diving Colleagues,

The GBDF invites you and your divers to attend the next Junior Novice and Intermediate event which for the first time will include an Advanced category. This event will be held within the “Leisure At Cheltenham” facility. The competition date is Saturday 20th November 2021.

The leisure centre itself is just on the outskirts of the town with ample free parking and has plenty of spectator accommodation. You will find some accommodation suggestions, should you require them, with this entry pack.

Although an older style pool, the diving pit is deck-level. There are two 1m boards, a single 3m and a 5m platform. In competition, poolside dives will be performed from deck level.

As in previous events, I would ask coaches to please make sure that they enter their divers, and subsequently, their dive sheets **on time** and in the competition that is appropriate to the diver’s level of ability. Novice is for just that, divers at the beginning of their journey in the sport and that would include divers who have competed at National Skills.

Intermediate is for divers aiming to progress towards National Age group events and as such should be a stepping stone between Novices and Age Groups. They are divers for whom Novice conditions are not a challenge but who would find a full Age Group list rather too difficult at the present time.

We have included an Advanced event this year for divers beyond the intermediate level, wanting more competition practice. This will give these divers a chance to compete for medals rather than as guests as in previous years. The Advanced event is open to all.

Please take note of the clarification added to the conditions regarding springboard approach/take-off and the Forward Sitting Roll options.

An event schedule will be compiled once all entries have been received.

I look forward to seeing you all in Cheltenham on Sat 20th November for another fun, enjoyable and competitive GBDF Novice/Intermediate and this time Advanced Championships.

Naomi McBane

Junior Novice Director

Should you have any queries please do not hesitate to contact me

E-mail : Naomicmb@live.com



Novices



Entry Conditions 2021

All ages as at 31st December 2021

Dive Tests

9 years & under	(Age groups F & E) - Born 2012 and after
10 and 11 years	(Age Group D) - Born 2010-2011
12 and 13 years	(Age Group C) - Born 2008-2009

Dive 1	101 from list 'A'	Poolside
Dive 2	201 from list 'A'	Poolside
Dive 3	Dive from List 'B'	1 Metre Springboard
Dive 4	Different dive from List 'B'	1 Metre springboard
Dive 5	Skill from List 'C'	3 Metre Springboard
Dive 6	Different skill from list 'C'	3 Metre Springboard

Dive Tests

14 -16 years	(Age Group B) - Born 2005-2007
17-18 Years	(Age Group A) - Born 2003-2004

Dive 1	Dive from list 'B'	1m
Dive 2	Different dive from list 'B'	1m
Dive 3	Dive from FINA list	1m
Dive 4	Dive from FINA list	1m
Dive 5	Skill from List 'C'	3m
Dive 6	Different skill from list 'C'	3m

Notes

- Dives from FINA list are limited to a maximum tariff of 2.0 and maximum of 1 ½ rotations, dives of a higher difficulty on the FINA list cannot be performed. For Age Groups A and B, only 1 dive may be a repeat. A repeated dive will carry a maximum tariff of 1.0.
- Dives on the springboard may be from standing or hurdle step but **double bouncing take-offs are not permitted**
- Divers who have competed in ASA Age Group championships during 2018/2019 or those who have entered ASA Elite Junior events may **not** enter GBDF Novice Championships.
- Divers will not be allowed to move entries from intermediates to novices once the entry form has been submitted.



Novices



Novice Dive Lists

(please note that modified tariff's may be in use for these competition conditions)

Dive list 'A'

Dive No	Description	Height	Tariff
101 A	Forward Dive (Straight)	Poolside	1.0
101 C	Forward Dive (Tuck)	Poolside	1.2
201 A	Back Dive (Straight)	Poolside	1.3
201 C	Back Dive (Tuck)	Poolside	1.4

Dive List 'B'

Dive No	Description	Height	Tariff
101 C	Forward Dive with Tuck	1m	1.2
101 B	Forward Dive Piked	1m	1.3
102 C	Forward Somersault with Tuck	1m	1.4
102 B	Forward Somersault Piked	1m	1.5
103 C	Forward 1 ½ Somersault with Tuck	1m	1.6
103 B	Forward 1 ½ Somersault Piked	1m	1.7
20 A	Back Fall Straight	1m	1.0
201 A	Back Dive Straight	1m	1.7
201 C	Back Dive with Tuck	1m	1.5
201 B	Back Dive Piked	1m	1.6
202 C	Back Somersault with Tuck	1m	1.5
301 C	Reverse Dive with Tuck	1m	1.6
301 B	Reverse Dive Piked	1m	1.7
401 C	Inward Dive with Tuck	1m	1.4
401 B	Inward Dive Piked	1m	1.5
402 C	Inward Somersault with Tuck	1m	1.6

Dive List 'C'

Dive No	Skill Description	Height	Tariff
10 B	Forward Line Up	3m	1.1
11 C or 11 B	Forward Sitting Roll Tuck or Forward Sitting Roll Piked	3m	1.2
21 C	Back Tuck Roll	3m	1.3
20 A	Back Fall Straight	3m	1.4

Forward Piked Line up – Hands start position optional

Forward Sitting Roll options :

Tucked - **Position to remain tucked whilst on the board. Optional pike out action may be performed during flight.**

Piked – **Legs straightened into the pike position before the roll is commenced.**

Back Fall – Hands Start position Optional.

Back tuck roll can be performed either from sitting or crouch position.



Intermediates



Entry Conditions 2021

All ages as at 31st December 2021.

Dive Tests

9 years & under	(Age Groups F & E) - Born 2012 and after
10 and 11 years	(Age Group D) - Born 2010-2011
12 and 13 years	(Age Group C) - Born 2008-2009

Dive	Description	Height	Tariff
Dive 1	101 C or 101 B	1 metre	Fixed at 1.0
Dive 2	201 C or 201 B	1 metre	Fixed at 1.0
Dives 3 – 6	4 dives selected from a minimum of 3 groups	1m, 3m or 5 metre	FINA Listed

Dive Tests

14 -16 years	(Age Group B) - Born 2005-2007
17-18 Years	(Age Group A) - Born 2003-2004

Dive	Description	Height	Tariff
1	101 C or 101 B	1 metre	Fixed at 1.0
2	201 C or 201 B	1 metre	Fixed at 1.0
3	401 C or 401 B	1 metre	Fixed at 1.0
4 – 7	4 Dives selected from a minimum of 3 groups	1m, 3m, 5m	FINA list

Notes

- 1 Dive may be repeated with a tariff of 1.0. Only dives of a different number are different dives. Different board and/or position would be a repeat dive.
- Dives from the FINA list to be to a maximum of 2 ½ rotations, and a maximum of 2.2 tariff.
- Dives may be from standing or hurdle step but **double bouncing take-offs are not permitted**
- Divers who have entered Junior Masters may dive in Intermediate Events.
- Divers who have competed in ASA Age Group championships during 2018/2019 may not enter this event. Please see new Advanced Category as a suitable alternative.

Divers will not be allowed to move entries from intermediates to novices once the entry form has been submitted.



Advanced



Entry Conditions 2021

All ages as at 31st December 2021.

Dive Tests

9 years & under	(Age Groups F & E) - Born 2012 and after
10 and 11 years	(Age Group D) - Born 2010-2011
12 and 13 years	(Age Group C) - Born 2008-2009

Four groups must be covered over the 6 dives

Dive	Description	Height	Tariff
Dive 1	From FINA Dive sheet	1 metre	Maximum 2.0
Dive 2	From FINA Dive sheet	3 metre	Maximum 2.0
Dive 3	From FINA Dive sheet	5 metre	Maximum 2.0
Dives 4 – 6	From FINA Dive sheet	Choice per dive	FINA List

Dive Tests

14 -16 years	(Age Group B) - Born 2005-2007
17-18 Years	(Age Group A) - Born 2003-2004

Four groups must be covered over the 7 dives

Dive	Description	Height	Tariff
Dive 1	From FINA Dive sheet	1 metre	Maximum 2.0
Dive 2	From FINA Dive sheet	3 metre	Maximum 2.0
Dive 3	From FINA Dive sheet	5 metre	Maximum 2.0
Dives 4 – 7	From FINA Dive sheet	Choice per dive	FINA List

Notes

- Dives may be from standing or hurdle step but **double bouncing take-offs are not permitted**
- Divers who have entered Junior Masters may dive in Advanced Events.

Divers will not be allowed to move entries from advanced to either intermediates or novices once the entry form has been submitted.



National Novice/Intermediate/Advanced

2021 Championships

Saturday 20th November 2021

LeisureAt Cheltenham, Tommy Taylor's Lane

Cheltenham, Gloucestershire, GL50 4RN

Individual Entry

Please complete the entry form and **return to the address given below** before the closing date, together with the entry fees shown. Could clubs entering more than 2 divers, please use the attached Club Entry Form.

Name:.....

Male Female

Date of Birth:/...../.....

Telephone (Inc STD Code):

Address:.....

.....

Club:..... Coaches Name:.....

Coaches/ Club Contact No:.....

Age (at 31 st December)	Age Group	Novice	Intermediate	Advanced
9 Years and Under	F & E			
10-11 years	D			
12-13 years	C			
14 – 18 years	A & B			

Entry Fees are £ 20.00 per diver. GBDF Members will be charged a discounted £ 5.00 entry fee

Cheques payable to 'G B Diving Federation' or BACs payment, account number 40557838 sort code 20-06-09

Payment must be cleared before entry is accepted.

GBDF Member Yes/No	Entry Fee enclosed £
	Total Enclosed £.....

No Entries accepted without Payment. Please carefully check the conditions!!

Please send entries no later than Saturday 6th November to:

Mrs Nina Mewse

10 Fieldway

Clayton

Bradford, West Yorks. BD14 6RP

The GBDF reserve the right to close entries early should there be excessive numbers.



National Novice/Intermediate/Advanced 2021 Championships

Saturday 20th November 2021
LeisureAt Cheltenham, Tommy Taylor's Lane
Cheltenham, Gloucestershire, GL50 4RN

Club Entry Form

Could clubs entering more than 2 divers please use the club entry form.

Club..... Contact Name & Tel. No.....

Contact E-Mail:-.....

Entry Fees are £20.00 per diver. GBDF Members will be charged a discounted £5.00 entry fee

Divers Name (capitals)	Age Group	D.O.B.	M/F Sex	Novice (N) Intermediate (I) Advanced (A) Guest (IG)	Coach Name	Entry Cost £.p
Please submit one cheque for the total amount, payable to Great Britain Diving Federation.						

Entries to: - Nina Mewse. 10 Fieldway, Clayton, Bradford, West Yorkshire. BD14 6RP.

Cheques payable to 'G B Diving Federation' or BACs payment, account number 40557838 sort code 20-06-09

No Later than Saturday 6th November 2021

Dive sheets will be collected via Dive Recorder by Saturday 13th November 2021