

## REQUIREMENTS FOR INDIVIDUAL AND TEAM COMPETITIONS

### SENIOR REQUIREMENTS FOR INDIVIDUAL AND TEAM EVENTS

#### INDIVIDUAL EVENTS

##### SPRINGBOARD INDIVIDUAL EVENTS – WOMEN AND MEN

The **Women's** springboard competitions shall comprise FIVE (5) dives from FIVE (5) different groups without limit of degree of difficulty.

The **Men's** springboard competitions shall comprise SIX (6) dives from FIVE (5) different groups without limit of degree of difficulty.

##### PLATFORM INDIVIDUAL EVENT – WOMEN AND MEN

The **Women's** platform competitions shall comprise FIVE (5) dives from FIVE (5) different groups without limit of degree of difficulty.

The **Men's** platform competitions shall comprise SIX (6) dives from SIX (6) different groups without limit of degree of difficulty.

#### TEAM EVENTS

##### SYNCHRONISED 3M AND 10 M TEAM EVENTS – MEN AND WOMEN

The **Women's** event on **3m springboard** and **platform** shall comprise FIVE (5) rounds of dives from **FIVE (5) different groups**. The first TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and THREE (3) rounds of dives without limit of degree of difficulty.

In the **Men's** event on **3m springboard** and **platform** shall comprise SIX (6) rounds of dives from **FIVE (5) different groups**. The first TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and FOUR (4) rounds of dives without limit of degree of difficulty. All forward-facing dives on springboard shall be done with a running approach.

PLEASE NOTE IN THE SPRINGBOARD SYNCHRONISED EVENTS

***All forward facing dives on springboard shall be done with a running approach.  
In each round the two divers must perform the same dive (same dive number and same position).***

##### SYNCHRONISED 3M AND 10 M MIXED TEAM EVENTS

The first two (2) rounds of dives with an assigned degree of difficulty of 2.0 regardless of the formula and three (3) rounds of dives without limit of degree of difficulty. The teams shall comprise TWO (2) divers [one (1) male and one (1) female]

The **Mixed Synchronised** on 3m springboard and 10m platform shall comprise FIVE (5) rounds of dives

#### TEAM EVENT

The **team diving** competition involves one female and one male diver.

Every competition shall comprise SIX (6) different dives from SIX (6) different groups. TWO (2) dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and FOUR (4) dives without limit of degree of difficulty.

THREE (3) dives shall be executed by the **female** competitor, the other THREE (3) dives by the **male** competitor.

THREE (3) dives shall be executed from the **3m springboard** and the other THREE (3) dives from the **10m platform**.

Each diver must perform at least ONE (1) dive from the **3m springboard** and ONE (1) dive from the **10m platform**.

The TWO (2) dives with an assigned degree of difficulty of 2.0 regardless of the formula may be executed at any time and from any height by each team member, ONE (1) by the male and ONE (1) by the female.

In the Team Event the teams will perform THREE (3) consecutive rounds starting with any of the two divers.

## AGE GROUP REQUIREMENTS FOR INDIVIDUAL AND TEAM EVENTS

### MIXED TEAM EVENT

The teams shall comprise TWO (2) – FOUR (4) divers from both gender and both categories (A, B, C and D) from the same club or province.

The Mixed Team Event shall comprise FIVE (5) dives without limit of degree of difficulty from at least FOUR (4) different groups. ONE (1) dive must be performed by the girl or boy from the **1m springboard**, the **3m springboard** and the **platform** (5m, 7.5m or 10m) each.

The additional TWO (2) dives must be performed as **mixed synchro dives from 1m springboard and 3m springboard**.

The mixed synchro dive from the **1m springboard** must be from the **twisting group**, the **mixed synchro dive** from the **3m springboard** must be from the **back or reverse group**. The THREE (3) individual dives can be from any group. The TWO (2) mixed synchro dives can be performed by TWO (2) age group A, B, C and D or a diver from each group.

The THREE (3) **individual dives** can be performed by divers from the A, B, C and D age group, but both TWO (2) age groups must be used.

The event is judged by two (2) panels of SEVEN (7) judges. One panel judges dives 1, 2 and 5 and the other panel the dives 3 and 4.

SECTION A

Individual Events

GIRLS' SPRINGBOARD – 1 METRE AND 3 METRE

This competition shall comprise NINE (9) different dives; FIVE (5) dives each selected from a different group, the total degree of difficulty shall not exceed **9.5 for 3 metre events and 9.0 for 1 metre events**, and FOUR (4) dives without limit of degree of difficulty, each dive selected from a different group.

GIRLS' PLATFORM – 5 METRE / 7.5 METRE / 10 METRE

This competition shall comprise EIGHT (8) different dives; FOUR (4) dives each selected from a different group, the total degree of difficulty shall not exceed **7.6**, and FOUR (4) dives without limit of degree of difficulty, each dive selected from a different group. At least FIVE (5) different groups must be used.

BOYS' SPRINGBOARD – 1 METRE AND 3 METRE

This competition shall comprise TEN (10) different dives; FIVE (5) dives each selected from a different group, the total degree of difficulty shall not exceed **9.5 for 3 metre events and 9.0 for 1 metre events**, and FIVE (5) dives without limit of degree of difficulty, each dive selected from a different group.

BOYS' PLATFORM / 5 METRE / 7.5 METRE / 10 METRE

This competition shall comprise EIGHT (9) different dives; FOUR (4) dives each selected from a different group, the total degree of difficulty shall not exceed **7.6**, and FIVE (5) dives without limit of degree of difficulty, each dive selected from a different group. All SIX (6) groups must be used.

Team Events

GIRLS' AND BOYS' SYNCHRONISED DIVING - 3 METRE

This competition shall comprise FIVE (5) dives; TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and THREE (3) rounds of dives without limit of degree of difficulty. The FIVE (5) dives must be selected from at least **FOUR (4) different groups**.

GIRLS' AND BOYS' SYNCHRONISED DIVING – 5, 7.5 AND 10 METRE

This competition shall comprise FIVE (5) dives; TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and THREE (3) rounds of dives without limit of degree of difficulty. The FIVE (5) dives must be selected from at least **FOUR (4) different groups**.

PLEASE NOTE

***All forward facing dives in the synchronised springboard event shall be done with a running approach.***

## GROUP A: 16, 17 AND 18 YEARS

### Section B

#### Individual Events

##### GIRLS' SPRINGBOARD – 1 METRE AND 3 METRE

This competition shall comprise EIGHT (8) different dives; FIVE (5) dives each selected from a different group, the total degree of difficulty shall not exceed **9.5 for 3 metre events and 9.0 for 1 metre events**, and THREE (3) dives without limit of degree of difficulty, each dive selected from a different group.

##### GIRLS' PLATFORM – 5 METRE / 7.5 METRE / 10 METRE

This competition shall comprise SEVEN (7) different dives; FOUR (4) dives each selected from a different group, the total degree of difficulty shall not exceed **7.6**, and THREE (3) dives without limit of degree of difficulty, each dive selected from a different group. At least FIVE (5) different groups must be used.

##### BOYS' SPRINGBOARD – 1 METRE AND 3 METRE

This competition shall comprise NINE (9) different dives; FIVE (5) dives each selected from a different group, the total degree of difficulty shall not exceed **9.5 for 3 metre events and 9.0 for 1 metre events**, and FOUR (4) dives without limit of degree of difficulty, each dive selected from a different group.

##### BOYS' PLATFORM / 5 METRE / 7.5 METRE / 10 METRE

This competition shall comprise EIGHT (8) different dives; FOUR (4) dives each selected from a different group, the total degree of difficulty shall not exceed **7.6**, and FOUR (4) dives without limit of degree of difficulty, each dive selected from a different group. **All SIX (6) groups must be used.**

#### TEAM EVENTS

##### GIRLS' AND BOYS' SYNCHRONISED DIVING - 3 METRE

This competition shall comprise FIVE (5) dives; TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and THREE (3) rounds of dives without limit of degree of difficulty. The FIVE (5) dives must be selected from at least **FOUR (4) different groups**.

##### GIRLS' AND BOYS' SYNCHRONISED DIVING – 5, 7.5 AND 10 METRE

This competition shall comprise FIVE (5) dives; TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and THREE (3) rounds of dives without limit of degree of difficulty. The FIVE (5) dives must be selected from at least **FOUR (4) different groups**.

#### PLEASE NOTE

***All forward facing dives in the synchronised springboard event shall be done with a running approach.***

## GROUP B: 14 AND 15 YEARS

### SECTION A

#### INDIVIDUAL EVENTS

##### GIRLS' SPRINGBOARD – 1 METRE AND 3 METRE

This competition shall comprise EIGHT (8) different dives; FIVE (5) dives each selected from a different group, the total degree of difficulty shall not exceed **9.5 for 3 metre events and 9.0** for 1 metre events, and THREE (3) dives without limit of degree of difficulty, each dive selected from a different group.

##### GIRLS' PLATFORM /– 5 METRE / 7.5 METRE / 10 METRE

This competition shall comprise SEVEN (7) different dives; FOUR (4) dives each selected from a different group, the total degree of difficulty shall not exceed **7.6**, and THREE (3) dives without limit of degree of difficulty, each dive selected from a different group. At least FIVE (5) different groups must be used.

##### BOYS' SPRINGBOARD – 1 METRE AND 3 METRE

This competition shall comprise NINE (9) different dives; FIVE (5) dives each selected from a different group, the total degree of difficulty shall not exceed **9.5 for 3 metre events and 9.0 for 1 metre events**, and FOUR (4) dives without limit of degree of difficulty, each dive selected from a different group.

##### BOYS' PLATFORM / 5 METRE / 7.5 METRE / 10 METRE

This competition shall comprise EIGHT (8) different dives; FOUR (4) dives each selected from a different group, the total degree of difficulty shall not exceed **7.6**, and FOUR (4) dives without limit of degree of difficulty, each dive selected from a different group. All least **FIVE (5) different groups must be used**.

#### TEAM EVENT

##### GIRLS' AND BOYS' SYNCHRONISED DIVING - 3 METRE

This competition shall comprise FIVE (5) dives; TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and THREE (3) rounds of dives without limit of degree of difficulty. The FIVE (5) dives must be selected from at least **FOUR (4) different groups**.

##### GIRLS' AND BOYS' SYNCHRONISED DIVING – 5, 7.5 AND 10 METRE

This competition shall comprise FIVE (5) dives; TWO (2) rounds of dives with an assigned degree of difficulty of **2.0** for each dive regardless of formula, and THREE (3) rounds of dives without limit of degree of difficulty. The FIVE (5) dives must be selected from at least **FOUR (4) different groups**.

#### PLEASE NOTE

***All forward facing dives in the synchronised springboard event shall be done with a running approach.***

## GROUP B: 14 AND 15 YEARS

### Section B

#### INDIVIDUAL EVENTS

##### GIRLS' SPRINGBOARD – 1 METRE AND 3 METRE

This competition shall comprise SEVEN (7) different dives; FIVE (5) dives each selected from a different group, the total degree of difficulty shall not exceed **9.5 for 3 metre events and 9.0 for 1 metre events**, and TWO (2) dives without limit of degree of difficulty, each dive selected from a different group.

##### GIRLS' PLATFORM /– 5 METRE / 7.5 METRE / 10 METRE

This competition shall comprise SIX (6) different dives; FOUR (4) dives each selected from a different group, the total degree of difficulty shall not exceed **7.6**, and TWO (2) dives without limit of degree of difficulty, each dive selected from a different group. At least FIVE (5) different groups must be used.

##### BOYS' SPRINGBOARD – 1 METRE AND 3 METRE

This competition shall comprise EIGHT (8) different dives; FIVE (5) dives each selected from a different group, the total degree of difficulty shall not exceed **9.5 for 3 metre events and 9.0 for 1 metre events**, and THREE (3) dives without limit of degree of difficulty, each dive selected from a different group.

##### BOYS' PLATFORM / 5 METRE / 7.5 METRE / 10 METRE

This competition shall comprise SEVEN (7) different dives; FOUR (4) dives each selected from a different group, the total degree of difficulty shall not exceed **7.6**, and THREE (3) dives without limit of degree of difficulty, each dive selected from a different group. AT least **FIVE (5) different groups** must be used.

#### TEAM EVENTS

##### GIRLS' AND BOYS' SYNCHRONISED DIVING - 3 METRE

This competition shall comprise FIVE (5) dives; TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and THREE (3) rounds of dives without limit of degree of difficulty. The FIVE (5) dives must be selected from at least **FOUR (4) different groups**.

##### GIRLS' AND BOYS' SYNCHRONISED DIVING – 5, 7.5 AND 10 METRE

This competition shall comprise FIVE (5) dives; TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and THREE (3) rounds of dives without limit of degree of difficulty. The FIVE (5) dives must be selected from at least **FOUR (4) different groups**.

#### PLEASE NOTE

***All forward facing dives in the synchronised springboard event shall be done with a running approach.***

SECTION A

INDIVIDUAL EVENT

GIRLS' SPRINGBOARD – 1 METRE AND 3 METRE

This competition shall comprise SEVEN (7) different dives; FIVE (5) dives each selected from a different group, the total degree of difficulty shall not exceed **9.5 for 3 metre events and 9.0 for 1 metre events**, and TWO (2) dives without limit of degree of difficulty, each dive selected from a different group.

GIRLS' PLATFORM – 5 METRE OR 7.5 METRE

This competition shall comprise SIX (6) different dives; FOUR (4) dives each selected from a different group, the total degree of difficulty shall not exceed **7.6**, and TWO (2) dives without limit of degree of difficulty, each dive selected from a different group.

BOYS' SPRINGBOARD – 1 METRE AND 3 METRE

This competition shall comprise EIGHT (8) different dives; FIVE (5) dives each selected from a different group, the total degree of difficulty shall not exceed **9.5 for 3 metre events and 9.0 for 1 metre events**, and THREE (3) dives without limit of degree of difficulty, each dive selected from a different group.

BOYS' PLATFORM – 5 METRE OR 7.5 METRE

This competition shall comprise SEVEN (7) different dives; FOUR (4) dives each selected from a different group, the total degree of difficulty shall not exceed **7.6**, and THREE (3) dives without limit of degree of difficulty, each dive selected from a different group.

TEAM EVENT

GIRLS' AND BOYS' SYNCHRONISED DIVING

This competition shall comprise FOUR (4) dives; TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and TWO (2) rounds of dives without limit of degree of difficulty. The FOUR (4) dives must be selected from at least **THREE (3) different groups**.

PLEASE NOTE

***All forward facing dives in the synchronised springboard event shall be done with a running approach.***

## GROUP C: 12 AND 13 YEARS

### SECTION B

#### INDIVIDUAL EVENT

##### GIRLS' SPRINGBOARD – 1 METRE AND 3 METRE

This competition shall comprise SIX (6) different dives; FIVE (5) dives each selected from a different group, the total degree of difficulty shall not exceed **9.5 for 3 metre events and 9.0 for 1 metre events**, and ONE (1) dives without limit of degree of difficulty, each dive selected from a different group.

##### GIRLS' PLATFORM – 5 METRE OR 7.5 METRE

This competition shall comprise FIVE (5) different dives; FOUR (4) dives each selected from a different group, the total degree of difficulty shall not exceed **7.6**, and ONE (1) dives without limit of degree of difficulty, each dive selected from a different group.

##### BOYS' SPRINGBOARD – 1 METRE AND 3 METRE

This competition shall comprise SEVEN (7) different dives; FIVE (5) dives each selected from a different group, the total degree of difficulty shall not exceed **9.5 for 3 metre events and 9.0 for 1 metre events**, and TWO (2) dives without limit of degree of difficulty, each dive selected from a different group.

##### BOYS' PLATFORM – 5 METRE OR 7.5 METRE

This competition shall comprise SIX (6) different dives; FOUR (4) dives each selected from a different group, the total degree of difficulty shall not exceed **7.6**, and TWO (2) dives without limit of degree of difficulty, each dive selected from a different group.

#### TEAM EVENT

##### GIRLS' AND BOYS' SYNCHRONISED DIVING – 1 METER

This competition shall comprise FOUR (4) dives; TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and TWO (2) rounds of dives without limit of degree of difficulty. The FOUR (4) dives must be selected from at least **THREE (3) different groups**.

#### PLEASE NOTE

***A forward standing take off is permitted***



## GROUP D: 10 AND 11 YEARS

### SECTION A

#### INDIVIDUAL EVENTS

##### GIRLS' AND BOYS' SPRINGBOARD – 1 METRE AND 3 METRE AND PLATFORM (5 METER ONLY)

This competition shall comprise FIVE (5) different dives; THREE (3) dives each selected from a different group, the total degree of difficulty shall not exceed 5.4 for all three events (1 m, 3 m and platform), and TWO (2) dives without limit of degree of difficulty, each dive selected from a different group.

#### TEAM EVENT

##### GIRLS' AND BOYS' SYNCHRONISED DIVING - 1 METRE

This competition shall comprise THREE (3) dives; TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and ONE (1) round of dives without limit of degree of difficulty. The THREE (3) dives must be selected from at least **TWO (2) different groups**.

#### PLEASE NOTE

*A forward standing take off is permitted*

## GROUP D: 10 AND 11 YEARS

### SECTION B

#### INDIVIDUAL EVENTS

##### GIRLS' AND BOYS' SPRINGBOARD – 1 METRE AND 3 METRE AND PLATFORM (5 METER ONLY)

This competition shall comprise FOUR (4) different dives; THREE (3) dives each selected from FOUR (4) different group, the total degree of difficulty shall not exceed 5.4 for all three events (1 m, 3 m and platform), and one (1) dives without limit of degree of difficulty, each dive selected from a different group.

#### TEAM EVENT

##### GIRLS' AND BOYS' SYNCHRONISED DIVING - 1 METRE

This competition shall comprise THREE (3) dives; TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and ONE (1) round of dives without limit of degree of difficulty. The THREE (3) dives must be selected from at least **TWO (2) different groups**.

#### PLEASE NOTE

*A forward standing take off is permitted*

*The Twisting group may not be used.*

## GROUP E: 9 YEARS AND UNDER

### SECTION A

#### INDIVIDUAL EVENTS

##### GIRLS' AND BOYS' SPRINGBOARD – 1 METRE AND 3 METRE

This competition shall comprise of FOUR (4) rounds with the following compulsory dives; 101 B/C, 201 B/C, 301 B/C, and 401 B/C.

#### TEAM EVENT

##### GIRLS' AND BOYS' SPRINGBOARD – 1 METRE SYNCHRONISED

This competition shall comprise three (3) dives; two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and one (1) round of dives without limit of degree of difficulty. The three (3) dives must be selected from at least two (2) different groups.

#### PLEASE NOTE

*The individual dive requirements apply equally to the team events.*

*A) No dives in the straight position (A) may be used*

*B) No TWIST dives are allowed*

*A forward standing take off is permitted*

## Group E: 9 Years And Under

### Section B

##### GIRLS' AND BOYS' SPRINGBOARD – 1 METRE AND 3 METRE

This competition shall comprise of THREE (3) rounds with the following compulsory dives; 101 B/C, 201 B/C, 301 B/C, and 401 B/C.

#### PLEASE NOTE

Should a diver only have three of the required dives then the diver may replace the dive with the following set options, **where the degree of difficulty will be 1.0 for all the options:**

Board	Option 1	Option 2	Option 3	Option 4
1 meter	Hurdle Step straight jump (10 A)	Back jump Straight <b>with</b> armswing (20 A)	None	None
3 meter	Hurdle Step straight jump (10 A)	Back jump Straight <b>with</b> armswing (20A)	Forward Roll in the tuck or pike position (100 A/B)	Backward Roll in the Tuck or Pike position (200 B/C)

GIRLS' AND BOYS' SPRINGBOARD – 1 METRE SYNCHRONISED

This competition shall comprise three (3) dives; two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and one (1) round of dives without limit of degree of difficulty. The three (3) dives must be selected from at least two (2) different groups.

PLEASE NOTE

*The individual dive requirements apply equally to the team events.*

*A) No dives in the straight position (A) may be used*

*B) No TWIST dives are allowed*

*A forward standing take off is permitted*

## Guidelines For Selection To S. A. Nationals

The Technical Diving Committee of WCA and SSA have approved the following minimum standards for qualification to South African Junior and Senior Nationals.

### SENIOR NATIONALS

#### GENERAL RULES

- 1) All WCA divers must participate in the WCA Open 1m, 3m, Synchro and platform competitions to be eligible for selection. The only exception is if a diver is training overseas, then dive forms need to be submitted to the *WCA Diving Selection Committee Before WCA Championships Commence*.
- 2) Should a diver be training with a club/coach in another district or affiliate, the diver **MUST** register with the district/affiliate in which s(he) resides. This diver must attend the WCA diving championships to be eligible for selection for the WCA diving team to the Youth Championships and Senior Nationals. Should the diver not be able to attend the WCA Championships for a valid reason, at which the selection for the above teams is made, the diver must contact the Convenor of WCA Diving timeously to make alternative arrangements. These arrangements would include the submission of results from another competition. **THIS WOULD NOT GUARANTEE SELECTION TO THE WCA DIVING TEAM TO SA NATIONALS.**
- 3) Final selection will be at the discretion of the WCA Diving Committee Selectors.
- 4) **For Senior Springboard selection** It is recommended when compiling a dive list that achieved the required dd, it is suggested that dives 101, 102, 201, 202, 301, 302, 401, 402, 5111, 5211 and 5211 are not to be used as voluntaries
- 5) For **Senior Platform selection** dives 101, 102, 201, 202, 301, 302, 401,402 and 600, may not be part of the list for both men and women. **However**, should 101, 201, 301, 401 all be performed from the 10 platform, then the diver will be eligible for selection.
- 6) For **WCA Synchronised Diving selection** the diver must have been selected for their district on the 3m board to and achieve the set requirements in the synchronised event to be eligible to participate in either or both the Junior and Senior National Synchronised Diving Event.
- 7) With respect to **Synchronised Competitions** the following rules will be used to ensure that all divers wishing to participate in the synchronised event are accommodated:
  - A) When the entries are processed and it becomes clear that there are divers entered for the Synchronised events, without partners, the **Entries Secretary** will furnish the clubs that have divers requiring partners with a list of available partners in their age groups.
  - B) Should the entries still be uneven, then, at the discretion of the **Tournament Director**, the unpaired diver **MAY** be paired with an already paired diver to allow all the divers the opportunity to dive in the Synchronised events.

**NOTE** *Please refer to selection criteria published for all international selections*

### GENERAL RULES

- 1) Divers must participate at the WCA Championships in order to qualify for selection.
- 2) Divers have two opportunities to achieve the requires score
  - a) National Age Groups
  - b) Central Gauteng Championships.

**NOTE**            ***As there are now TWO opportunities to qualify there will be NO RETRIAL.***

- 3) The dive requirements for Youth Nationals are the same as the FINA Age Group Requirements for Group A and B.

**NOTE**            a)    ***The only exception to the FINA Rules is that divers younger than Group B may compete in the Group B Competition provided they meet all selection criteria for Youth Nationals set out by WCA and the SSA TDC.***

***B) The 3m Synchronised Event is per FINA Rules with Group A and B combined.***

- 3) Group C divers that wish to be selected for Junior Nationals (Youth Games) will add a “selection” dive at the end of their normal Group C dive list. This dive will be dived at the end of the competition. At no time may the diver ask for this score to be used in their Group C competition.
- 4) Group D divers that wish to be selected for Junior Nationals (Youth Games) will dive in the Group B Event.

**NOTE**            a)    ***No Group D diver may participate in the Group B event if they have not competed in the Group D Event.***

- 5) For WCA Selection for the 3m Synchronised team event the diver must be selected for the 3m Individual Event by the district.

**WCA REQUIREMENTS FOR JUNIOR NATIONALS (YOUTH GAMES)**

Gender	Board/Event	Group B			Group A		
		Average Tariff for Optional Dives (a)	Minimum Total Score	Minimum score for basics	Average Tariff for Optional Dives (a)	Minimum Total Score	Minimum score for basics
Girls	1 meter	2.0	240	189	2.1	270	189
	3 meter	2.0	240	200	2.1	270	200
	Platform	2.0	210	160	2.1	240	160
	3 m Synchronised(c)	2.0	150	84.0	2.1	150	84.0
Boys	1 meter	2.0	270	189	2.1	300	189
	3 meter	2.0	270	200	2.1	300	200
	Platform	2.0	240	160	2.1	270	160
	3 m Synchronised(c)	2.0	150	84.0	2.1	150	84.0

PLEASE NOTE

- A) *Optional dives are the harder and more impressive dives performed in the second part of the diver's list of dives***
- B) *Required voluntary dives are the dives that the diver must perform from the required groups of dives***
- C) *In order to participate in the 3m Synchronised Event the divers need to have achieved the dive requirements and score for their particular Age Group***

## WCA SELECTION REQUIREMENTS FOR SENIOR NATIONALS

	Board	Minimum Tariff 1 <sup>st</sup> year	Minimum Tariff 2 <sup>nd</sup> year	Minimum Tariff 3 <sup>rd</sup> year	Minimum points 1 <sup>st</sup> year	Minimum points 2 <sup>nd</sup> year	Minimum points 3 <sup>rd</sup> year
Women	1m	10.2	10.4	10.8 10.4	150	175	175 200
	3m	10.1	10.6	11.4 10.6	150	175	175 200
	Platform	10.0	10.0	10.0	150	175	175
	3m Synchro	10.1	10.5	10.8 10.5	150	175	200
	10m Synchronised						
Men	1m	12.1	12.6	13.0 12.6	180	210	210 240
	3m	11.8	12.8	13.5 12.8	180	210	210 240
	Platform	10.7	10.7	10.7	180	210	210
	3m Synchro	12.1	12.8	13.1 12.8	180	210	210 240
	10m Synchronised						

## REQUIREMENTS FOR LEVEL 2

- 1) The competition comprises of individual 1m and 3m springboard events, synchronised events on 1m and an individual platform event
- 2) Divers will compete per age group from Group E through to Group A.
- 3) Divers **MUST** compete in the age group into which s(he) falls by birth.
- 4) The diver's age is taken from **31 December** of the year in which the competition occurs.
- 5) The requirements are as follows below.

### GIRLS' AND BOYS' GROUP: 16, 17&18 YEARS

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Five dives from 5 different groups + 3 voluntary dives with a maximum degree of difficulty of 9.0 on 1m and 9.5 on 3m. No repeat of dive number. Novice movements **MAY NOT BE USED**.

### GIRLS' AND BOYS' GROUP B: 14&15 YEARS

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Five dives from 5 different groups + 2 voluntary dives with a maximum degree of difficulty of 9.0 on 1m and 9.5 on 3m. No repeat of dive number. Novice movements **MAY NOT BE USED**.

### GIRLS' AND BOYS' GROUP C: 12&13 YEARS

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Four dives from 4 different groups + 2 voluntary dives with a maximum degree of difficulty of 7.2 on 1m and 7.6 on 3m. No repeat of dive number. Novice movements **MAY NOT BE USED**.

### GIRLS' AND BOYS' GROUP D: 10&11 YEARS

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Three dives from 3 different groups + 1 voluntary dive with a maximum degree of difficulty of 5.4 on 1m and 5.7 on 3m. No repeat of dive number. Novice movements **MAY NOT BE USED**.

### GIRLS' AND BOYS' GROUP E: 9&UNDER

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Any FOUR (4) dives on **1 meter** of which THREE (3) may be Novice movements and any Three (3) dives on **3 meter** of which any TWO (2) may be novice movements. All Dives must end in 01



## Requirements For Provincial Skills Test

CATEGORY	BOARD HEIGHT	EVENT CONDITIONS	DEGREE OF DIFFICULTY
Age Groups E, D & C	Section 1 Poolside	Plain Header (Three Bubble Rip) – 101 A Arm Swing Back Jump Tucked – 200 C Forward Dive Tucked – 101 C Arm Swing Forward Jump Pike – 100 B	1.0 1.0 1.0 1.0
	Section 2 1m	Forward Jump Straight – 100 A Arm Swing Back Jump Straight – 200 A One Dive FROM List A (Forward/Inward) One Dive FROM List B (Back/Reverse)	1.0 1.0 Dd to count Dd to count
	Section 3 3m	Forward Fall Straight – 10 A Forward Tuck Roll with Pike Out – 10C Standing Back Fall Straight – 20A Crouched Back Tuck Roll – 20C	1.2 1.2 1.4 1.3
Age Group B+	Section 1 1m	3 Skills FROM List C 3 Skills FROM List D <b>(Minimum 2 groups from each list)</b>	Dd to count Dd to count
	Section 2 3m	4 Skills FROM List E <b>(Minimum 2 groups to be covered)</b>	Dd to count

### SECTION 2 SKILL 1:

Forward Jump Straight – 100A is to be performed using a 2 bounce start for Age Groups E & D and using a hurdle step for Age Group C.

**Dive List A:** 101C, 101B, 103C, 103B, 401C, 401B

**Dive List B:** Back Fall Straight – 20A (1.0), 201C, 201B, 301C, 301B

- Divers in Age Groups E, D and C to perform back and inward dives with a T-start arm swing.
- Divers in Age Groups E and D to perform forward and reverse dives from either a T-start arm swing OR a 2 bounce start.
- Divers in Age Group C to perform forward and reverse dives from either a T-start arm swing, a 2 bounce start OR a hurdle step.

**Dive List C:** 1m 101C, 101B, 103C, 103B, 401C, 401B, 402C, 403C **1 Repeat Dives**

**Dive List D:** 1m 201C, 201B, 301C, 301B, 5221D, 5122D, 202C, 203C **1 Repeat Dives**

**Dive List E:** 3m 101C, 101B, 103C, 103B, 401C, 401B, 403C, 201C, 201B, 301C, 301B **1 Repeat Dives**

**1 Repeat Dives:** Repeat dives are permitted from list C, D or E, at a tariff of 1.0. Dives of the same number are considered to be a repeat dives, even if they are in a different shape.

**Format of Event:** These events run in a “circuit” format, with groups of competitors, simultaneously competing on 1m, 3m and poolside, enabling 12 skills to be competed in the same amount of time as 4 skills. The winner is the diver with the highest combined points total from ALL stations added together.

## CENTRAL GAUTENG AWARDS

### AGE GROUP TROPHIES

These are awarded to the diver with the highest aggregate score when the scores for all qualifying competitions are added. Please note:

- 1) Group E do not compete in platform events so **ONLY** divers competing in both 1m and 3m are eligible.
- 2) Group A, B, C and D divers must compete in 1m, 3m & platform to be eligible to be awarded the trophy. If no diver competes in all three events in any age group, then the trophy will not be awarded in that age group.
- 3) The final score obtained will be used when totaling the points towards the overall trophy.
- 4) Only divers registered with a Central Gauteng club are eligible for a WCA trophy.
- 5) Only divers competing within their own age group are eligible for age group trophies. For clarity this means that a diver who dives in Group B in order to stand trials for selection to the Youth Games team is not eligible for the trophy presented to that age group.

### CLUB POINTS

Club points are awarded as follows:

1	14
2 <sup>nd</sup>	12
3 <sup>rd</sup>	10
4 <sup>th</sup>	8
5 <sup>th</sup>	6
6 <sup>th</sup>	4
7th and down	2

Where divers compete in preliminary and final rounds, the placings from finals are used to allocate club points. The diver's placing can only be included once per competition.

### MOST IMPROVED TROPHY

The most improved diver is calculated by averaging the score per dive in the current year and subtracting the average score per dive from the previous year.

- 1) Divers who did not compete in the previous year's competition are not eligible.
- 2) Where possible finals scores should be compared with finals scores, and preliminary scores with preliminary. In the situation where there is no preliminary in the comparative year only final to final comparison should be made. Where a diver did not make the final round in one of the years and there was only a final in the other year, then the preliminary score of the one year will be compared to the final score.
- 3) Trialists are not eligible for most improved in the group in which they stand trial for Youth Games. Where they then progress into B group for instance, their B group score should be compared with their C group score from the previous year and not with their trial scores.
- 4) Only divers registered with a WCA club are eligible for the Most Improved Trophy.

## QUALIFICATIONS FOR CENTRAL GAUTENG AWARDS

1. Honours are awarded to any competitor who has represented the Province, and is the winner of an individual S.A. Championship, or has qualified for colours in not less than three S.A. Championship tournaments (including the year Honours are awarded).
2. Colours are awarded to any competitor who has represented the Province, and finished within the first five places, or in the event of there being more than 15 entrants, finished within the upper third of the entrants in the S.A. Championships.
3. Colours are awarded for Platform if the competitor achieves the following minimum required score:  
Women - 250; Men – 300.