



White Rose Diving Invitational 2022

Event Information

John Charles Centre for Sport, Aquatics Centre,
Middleton Grove, Belle Isle, Leeds, LS11 5DJ
29th & 30th October, 2022

Dear Diving Clubs,

It is with great pleasure that we invite you and your divers to the John Charles Centre for Sport, Aquatics Centre to compete in the 2022 White Rose Diving Invitational.

Key Dates:

Entry Deadline: **Friday 30th September, 2022.**

Late entries will incur a £14 penalty fine.

Late Entries close: **Sunday 23rd October 2022**

Electronic Dive Sheet Deadline: **20:00 Thursday 28th October 2022**

T-shirt pre-order deadline: **Friday 30th September, 2022**

We look forward to welcoming you to Leeds.

Yours in diving,

Helen Dutton

On behalf of
City of Leeds Diving Club

E-mail: NERdivingmanager@asaner.org.uk



The Events

The events will be run under Swim England Laws and Regulations and the FINA Technical Rules of Diving. Events and Age Groups (Age as at midnight on the 31st December 2022) will be as follows:

Group E – 8/9 years
Group D1 – 10 years
Group D2 – 11 years
Group C1 – 12 years
Group C2 – 13 years
Group B+ – 14/16 years

Entry Fees

The entry fee is £16.00 per diver and must be paid at the time of entry. All entries must be completed on the attached entry form, please ensure the form is fully completed as partially completed forms will not be accepted.

There will be a late entry fine of £14 per diver for entries not received by the closing date. Divers will not be allowed to compete until this fine is paid.

Judges: *Clubs with more than 5 competitors will need to provide a minimum of 2 judges to enable the running of circuit events.*

If there are specific events you would not be available to judge please make this known ahead of time so we can plan the judging rota accordingly.

Programme

The organisers reserve the right to amend the age groups for these events with age group categories depending on the number of entries. Timings will be determined once all the entries have been received and numbers are known, however, a provisional timetable is shown below.

Please note that the running order may change once entry numbers are known but the events will stay on the allocated days. Events will be combined if entries allow.

Provisional Schedule of Events

Saturday 29th October	Sunday 30th October
C1 Boys / C2 Boys Prelim	E Girls / E Boys Prelim
D1 Boys / D2 Boys Prelim	D1 Girls / D2 Girls Prelim
C1 Girls / C2 Girls Prelim	B+ Girls Prelim
B+ Boys Prelim	3m Platform Invitational
Finals	Finals

NB: On Friday 28th October there will be training available in the diving pit from 10am. Due to space restrictions, clubs will need to book training slots for this and the cost will be £10 per diver – please email Marc Holdsworth marc.holdsworth@leeds.gov.uk to secure your training slot.

3m Platform Invitational – Groups E/D & C

In addition to the “normal” White Rose competition for 2022 we are pleased to offer a 3m Platform event based on the skills tested at the Talent Games (which will be hosted at Leeds on 18th / 19th November 2022) with an additional requirement to complete two line ups. We would like to give those divers that may not have access to a 3m platform or who may not be ready to move up to the 5m the chance to compete.

Medals will be awarded to the Top 3 male & Top 3 female competitors in this event and the entry fee is £16 per diver.

Groups E & D

Age Groups	Height	Skills – must be competed in the order below	Dive No	Degree of Difficulty
E and D	Section 1 (3m Platform)	1. Forward dive tucked.	101C	1.2
		2. Back dive tucked	201C	1.4
		3. Reverse dive tucked**	301C	1.5
		4. Inward dive tucked	401C	1.3
	Section 2 (3m Platform)	5. Forward tuck to pike roll	10C	1.2
		6. Crouched back tuck roll	20C	1.3

** Alternative skill 100b – Deliberate slow deep squat with a strong fast pike jump DD 0.7

Difficulty – This has been allocated by Marc Holdsworth so will not be as you may expect.

Age Groups	Height	Skills – must be competed in the order below	Dive No	Degree of Difficulty
C	Section 1 (3m Platform)	1. Forward dive tucked.	101C	1.2
		2. Back dive tucked	201C	1.4
		3. Reverse dive tucked	301C	1.5
		4. Inward dive tucked	401C	1.3
	Section 2 (3m Platform)	5. Forward tuck to pike roll	10C	1.2
		6. Crouched back tuck roll	20C	1.3

Divers in Group C wishing to enter the 3m Platform event MUST be able to compete 301C



White Rose Invitational Event Conditions

Events are run in a “circuit” format, with groups of competitors simultaneously competing on 1m, 3m and poolside, enabling 12 skills to be completed in the same amount of time as 4 skills.

Group E & D

Age Groups	Height	Skills	Dive No	Degree of Difficulty
E and D	Section 1 (Poolside)	1. Plain header (3-bubble rip).	101A	1.0
		2. Armswing back jump tucked.	200C	1.0
		3. Forward dive tucked.	101C	1.0
		4. Armswing forward jump pike.	100B	1.0
	Section 2 (1m)	5. 2-bounce forward jump straight.	100A	1.0
		6. T armswing back jump straight.	200A	1.0
		7-8. 2 dives 1 from List A and 1 from List B (in any order).		DD to count
	Section 3 (3m)	9. Forward fall straight.	10A	1.2
		10. Forward tuck to pike roll.	10C	1.2
		11. Back fall straight (hands on thighs).	20A	1.4
		12. Crouched back tuck roll.	20C	1.3

List A

101C, 101B, 103C, 103B, 401C, 401B

List B

Standing back fall straight 20A (1.0), 201C, 201B, 301C, 301B

Group E and D – Optional Dives

Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start.

All back take-offs are to be performed with a T-start armswing.

Inward dives may be performed starting with the arms above the head (no armswing) OR a T-start armswing.

Final: Top 6 Divers will advance to the final and perform the following skills (no carry over score):-

1m Springboard	3m Springboard
1. Dive from List A*	1. Repeat 1 Entry from the Preliminary
2. Dive from List B*	

Group C

Age Groups	Height	Skills	Dive No	Degree of Difficulty
C	Section 1 (Poolside)	1. Plain header (3-bubble rip).	101A	1.0
		2. Armswing back jump tucked.	200C	1.0
		3. Forward dive tucked.	101C	1.0
		4. Armswing forward jump pike.	100B	1.0
	Section 2 (1m)	5. Hurdle step forward jump straight.	100A	1.0
		6. T armswing back jump straight.	200A	1.0
		7-8. 2 dives 1 from List A and 1 from List B (in any order).		DD to count
	Section 3 (3m)	9. Forward Straight Fall.	10A	1.2
		10. Forward tuck to pike roll.	10C	1.2
		11. Back fall straight (hands on thighs).	20A	1.4
		12. Crouched back tuck roll.	20C	1.3

List A

101C, 101B, 103C, 103B, 401C, 401B

List B

Standing back fall straight 20A (1.0), 201C, 201B, 301C, 301B

Group C – Optional Dives

Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start OR with a hurdle step.

All back take-offs are to be performed with a T-start armswing.

Inward dives may be performed starting with the arms above the head (no armswing) OR a T-start armswing.

Final: Top 6 Divers will advance to the final and perform the following skills (no carry over score):-

1m Springboard	3m Springboard
1. Dive from List A*	1. Repeat 1 Entry from the Preliminary
2. Dive from List B*	

Group B+

Age Group	Height	Skills	Degree of Difficulty
B+	Section 1 (1m)	1-5. Either: 3 skills from List C + 2 skills from List D. Or: 2 skills from List C + 3 skills from List D. (In either case at least 2 groups must be covered from each list).	DD to count
	Section 2 (3m)	6-10. 5 skills from List E (at least 3 groups must be covered).	DD to count

List C (1m)

101C, 101B, 103C, 103B, 104C, 401C, 401B, 402C, 403C – repeats permitted (1.0) **

List D (1m)

201C, 201B, 301C, 301B, 5221D, 5122D, 202C, 203C – repeats permitted (1.0) **

List E (3m)

101C, 101B, 103C, 103B, 105C, 401C, 401B, 403C, 403B, 201C, 201B, 203C, 203B, 301C, 301B, 303C – repeats permitted (1.0) **

*** Dives of the same number are considered to be a repeat, even in a different shape.*

Group B+ Dives

Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start OR with a hurdle step.

All back take-offs are to be performed with a T-start armswing.

Inward dives may be performed starting with the arms above the head (no armswing) OR a T-start armswing.

Top 6 Divers will advance to the final and perform the following skills (no Final: carry over score):-

1m Springboard	3m Springboard
1. Dive from List A*	1. Repeat 1 Entry from the Preliminary
2. Dive from List B*	



Important Information

Training

The pool will be available for training during the following times:

Friday To be booked directly through Marc Holdsworth marc.holdsworth@leeds.gov.uk

Saturday Restricted training will be timetabled before each event with Session 1 training beginning at 7:30am

Sunday Restricted training will be timetabled before each event with Session 1 training beginning at 7:30am

Technical Meeting

A technical meeting will be held on Saturday 29th October at 8:30am – in the dry gym.

All coaches and officials should attend. Please inform the event staff if you are unable to attend the meeting/workshop or you are not able to send a substitute.

Technical Information

Please refer to the additional event document “Technical Points for Consideration”, published at the same time as this event information.

Clothing

During parades and medal ceremonies full club kit or tracksuits must be worn. The poolside will need to be clear so all extra bags and clothes must be placed in a locker, upstairs or on the main pool seating area immediately adjacent to the dive pit

Dive Sheets

Divers/Coaches are requested to submit dive sheets electronically, both for their own convenience and to minimise the chance of errors loading the data into the recording programme. Coaches may make bulk submission of dive sheets on behalf of their divers by using the programme *DiveSheets* with which they will already be familiar. Alternatively, individual divers may submit their own dive sheets online via *Dive Recorder*.

To submit your dive sheets online, go to **www.diverecorder.co.uk** and follow the instructions. As soon as you complete the online submission you will see a success/failure message. If successful you will be sent an automatic email confirming receipt of your details and dives. You can check your submitted dive sheets online at www.diverecorder.co.uk/live results page. If you experience problems and need assistance you should email malcolm@mdt.me.uk

Electronic submissions must be made by no later than 20:00 on **Thursday 28th October**. You will be asked to sign hard copies of these sheets at the venue. These should be available by 4pm on the day prior to the start of the competition.

The deadline for signing of dive sheets is at the technical meeting. The deadline for dive sheet changes is 1 hour prior to the start of competition. If neither you nor your Coach is able to use the above electronic methods, you can submit hard copy of your list of dives to the Recorders. The deadline for manual dive sheets is Saturday 29th October 08:00.

The Venue

Address: John Charles Centre for Sport, Aquatics Centre.

Telephone: 0113 3788235

Parking: On-site

Refreshments

Refreshments will be available for officials throughout the weekend. There is a café on site for spectators, competitors and coaches.

Hotels

This link will help you to locate hotels with discounts for the event

<https://bit.ly/3J38RLv>

Event T shirts

Event T-shirts will be available for competitors.

These will be performance wicking fabric, please submit your orders as a club along with your entry forms.

Pre-order price £19

T-shirt pre-order deadline Friday 30th September.

There will be a limited number available on the day priced at £23

Photography

Photographs should not be taken whilst competitors are diving, as flash can distract a diver and potentially cause injury. Anyone wishing to take photographs, including using mobile phones or other portable devices, should read the Swim England Event Photography Policy

There will be an event photographer so photos will be available to buy.



Bespoke Imagery have been appointed as the Professional, School, Sport & event photographers for this event, which, by its very nature, is in the public arena. When entering the event, the participant and their parents acknowledge this fact, which may result in the recording of his/her image.

The photographer(s) hold valid DBS certificate(s) and are up to date with Child Protection policies.

Images will be available to purchase on site shortly after each event & will also be available online at www.bespokeimagery.uk.com

You will require a password to access these images online so please visit the photography desk to request this.

Please do not share this password on social media.

Confirmation of Entries

Confirmation of entries will be sent via email upon receipt of completed entry forms and payment.

Contact Information for the Event

Helen Dutton – on behalf of City of Leeds Diving Club

nerdivingmanager@asaner.org.uk / 07914642681

Eligibility

Please consider the following eligibility clauses carefully when selecting events for your divers:

1. A diver who has competed in a Regional Age Groups event is not eligible to compete in the White Rose Diving Invitational Skills Finals in the same year.
3. Once a diver has competed at the Swim England National Age Group Championships they are excluded from competing at future White Rose Diving Invitational Skills Finals, except with prior approval from the meet director – Marc Holdsworth.
4. Once a diver has competed in the British Elite Junior Diving Championships, British National Cup, British Senior/Junior Championships or Scottish National & Open Diving Championships in any event (including synchro) is not eligible to compete at White Rose Diving Invitational Skills Finals, except with prior approval from the meet director – Marc Holdsworth.

Failure to comply with these conditions will result in disqualification.

Definitions

Competed - Divers are considered to have competed at a certain level of the competition pathway if they entered the competition – even if they did not dive due to injury or illness.

Definitions

Competing/competed – divers are considered to be competing or competed at a certain level if they entered the contest – even if they did not dive due to injury or illness.

For example, if a diver was entered for Senior Nationals but did not dive due to injury, they cannot then compete at the National Age Groups. Or if a diver was entered for National Age Groups but did not dive due to illness, they cannot then compete at White Rose Diving Invitational Skills Finals, except with prior approval from the meet director – Marc Holdsworth.

General Conditions

1. Swim England Diving Championships and Competitions shall be held under Swim England Laws and Regulations and FINA Technical Rules of Diving.

Registration / Membership

3. Competitors should be registered with the Swim England 60 days prior to the commencement of the National Event (“The Meet”) for which the competitor is entering. The exact date to be published in the pre-event information.
4. Where competitors change clubs during a year (1st January to 31st December), the competitor must meet the registration deadline indicated above in number 3 for their new club, otherwise they must compete for their former club
5. Where a competitor was asked to leave their previous club following a dispute, the competitor can compete for their new club as long as their former club is able to confirm they were asked to leave in writing and as long as they are registered with their new club at the time the entry form is submitted (and can therefore provide an appropriate Swim England number as a valid member of their new club on the entry form). Otherwise, they must compete for their former club.

6. All competitors in the White Rose Diving Invitational Skills Finals, must be Category 2 Swim England members no later than midday on the 28th October, in order to allow the Events Team time to check with Membership Services.

Deadlines & Late Entry Fee Fines

7. The deadline for submitting entries and entry fees shall be 4 weeks prior to the commencement of The Meet.

8. Competitors are officially entered into The Meet when the correct entry fees and entry forms are submitted by the set deadline. Where an online entry process is not available, only an official entry form, with the correct Swim England registration number, signed by the competitor (or their parent where they are under 18), will be acceptable. A late entry fee will be applied if the appropriate fees/forms are not received by the deadline.

9. If a competitor has submitted an official entry by the deadline but then decides they want to compete in an additional event, the additional entry is treated as a late entry.

10. All entry fees & late fees are non-refundable.

11. The late entry fee fine will only be applied once per Meet, per diver.

12. Competitors may submit a late entry up to 15 minutes prior to the published start time of the Technical Meeting of The Meet. In order to be valid, this late entry must be accompanied by a signed entry form (as described in item 8), the correct entry fee and the late fee. Fees and Forms must be submitted to an official member of the Events Management Team (to be named in the pre-event information).

13. No entries, or dive sheets will be accepted after 15 minutes prior to the published start time of the Technical Meeting. See item 19 for Technical Meeting clarification.

14. Failure to submit appropriately signed entry forms and fees (including late fee) 15 minutes prior to the published start time of the Technical Meeting, will render the diver ineligible to compete in the event.

Dive Sheets

15. **Electronic dive sheets must be submitted by 20:00 Thursday 28th October 2022.** If submitted electronically, all sheets must be signed no later than 1 hour prior to start of the session in which that (preliminary or straight final) event appears.

16. Failure to sign the dive sheet will render the competitor ineligible to protest should there be a problem with the dive sheet

17. Manual dive sheets must be submitted no later than 15 minutes prior to the published start time of the Technical Meeting. Dive sheets must be submitted to an official member of the Events Management Team (to be named on the pre-event information).

18. Failure to submit ALL dive sheet 15 minutes prior to the published start time of the technical meeting, will render the diver ineligible to compete in the event. This does not affect the divers' right to change a submitted dive sheet.

19. A provisional time/venue for the Technical Meeting will be published in the pre-event information. If this changes, the finalised time/venue of the Technical Meeting will be confirmed with notices posted on the poolside, before 08:00 on the day of the Technical Meeting. If no notices are posted, there is no change to the time/venue of the Meeting.

20. Dive sheets can be changed up to 1 hour prior to the start of the Session in which that event is scheduled. After this time, no dive sheet changes are permitted.

21. Moving into subsequent rounds (semi/final etc), dive sheets are automatically generated to replicate the original dive sheet. These dive sheets must be signed immediately after the results have been announced from the previous round. Qualifiers must go directly to the recorders following the announcement of the results. Note – dive sheets for an additional 2 reserve competitors will be generated which also need to be signed, in case of the withdrawal of a qualified diver.

22. The deadline for signing a dive sheet for a subsequent round is 30 minutes AFTER the finish of the previous round or 5 minutes before the start of the next round, whichever is earlier. Failure to sign the dive sheet will render the diver ineligible to protest should there be a problem with the dive sheet.

23. These automatically generated dive sheets can be changed in between rounds (prior to semi-final or final), up to 30 minutes AFTER the finish of the previous round or 5 minutes before the start of the next round, whichever is earlier. After this time, no dive sheet changes are permitted.

Miscellaneous

27. For insurance purposes, only competitors entered in the competition, or those expressly invited by the organiser/promoter of the event, can train at the venue, during the published times/days of the competition.

A typing/publishing error in the above rules within the pre-event information or programme is not grounds for an appeal. In the event of a query or dispute, the content of the Official Diving Conditions will take precedence. Where a dispute or query is not covered within these conditions, FINA rules will apply.

Technical Points for Consideration Information for Coaches and Judges (Technical Accuracy – Sequence – Consistency)

On any occasion where a dive is performed with an incorrect technical point (e.g, starting position, take off or entry) a maximum score of 4.5 shall be awarded. For example:

- If a diver does a back fall straight with arms starting above head
- If a diver does a tuck to pike roll without making a pike shape
- If a diver does more than 2 bounces
- If a diver enters the water on a jump with the arms by the sides

Every skill should be performed with head neutral, glutes engaged and ensuring a safe distance from the board.

NB: FINA rules will apply where applicable.

Technical Points for Coaches and Judges

Skill

Poolside:

Bubble rip

- Straight body, arms extended above head by ears, hands grabbed
- Sharp and strong jump through ankles ensuring good height
- Dished body position with tension throughout flight
- Vertical, clean and 'three bubble ripped' entry

Back Jump Tucked – Arm swing

- Arms in T position, ankles slightly raised
- Arm swing completed with balance maintained in squat phase of the take off
- Full body extension at take off, vision forwards
- Tight tuck shape with hands on middle of shins
- Fast and extended kick out from tuck position
- Arms extended by ears on entry

Forward Dive with Tuck

- Straight body, arms extended above head by ears
- Sharp and strong jump through ankles ensuring good height
- Tight tuck shape with hands on middle of shins
- Fast come out with extended knees and ankles
- Vertical, clean and 'three bubble ripped' entry

Forward Jump Piked – Arm swing

- Straight body position with arms in 'T' position
- Arm swing completed with balance maintained in squat phase of the take off
- Full body extension at take off, vision forwards
- Arms straight, by ears, with hands reaching over ankles and pointed toes in pike position, straight legs throughout
- Fast come out from pike position with extended knees throughout
- Arms extended by ears on entry

1 Metre:

Two Bounce Straight Jump – E & D age group only

- Starting position away from the end of the board with arms by side or behind hips
- Jump to end of board followed by 1 more contact with the board before take off
- Ensure arms fully extend behind ears during bounce whilst maintaining upright body position
- Full body extension at take off, vision forwards
- Arms extended by ears on entry

Hurdle Step Straight Jump – C group only

- The hurdle should be smooth and in a forward direction to the end of the springboard with the final step being from one foot
- (British Diving prefer to see toe touching supporting knee during the hurdle jump)
- Fast and clear step down out of hurdle with forward movement to end of board for landing
- Maintain balance for controlled, timed, coordinated landing and take-off
- Full body extension at take off, vision forwards
- Arms extended by ears on entry

Back Jump Straight – 'T' Start Arm Swing – E & D & C group

- Arms in T position, ankles slightly raised
- Arm swing completed with balance maintained in squat phase of the take off
- Full body extension at take off, vision forwards
- Arms extended by ears on entry

Optional Dive 1 & 2

- Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start OR with a hurdle step* (*Group C only). All back take-offs are to be performed with a T-start armswing. Inward dives may be performed starting with the arms above the head (no armswing) OR a T-Start armswing

3 Metre:

Forward Fall Straight

- Straight body position with arms in 'T' position, palms facing forward with thumbs touching hands
- Lift ankles maintaining posture with relaxed shoulders

- Fall in a straight position with hands moving round the side to grab
- Vertical, clean and 'three bubble ripped' entry

Sitting Forward Tuck Roll

- Sitting start at the end of board in compact tuck, hands on middle of shins
- Before the diver rolls off the board the kick out is performed, a strong kick to 'V' balance, the arms set to 'T' with relaxed shoulders before initiating roll
- The diver rolls from the board maintaining the pikes shape, only when the entry point is spotted do the hips and glutes squeeze to straighten the body
- Vertical and clean 'three bubble ripped' entry

Standing Back Fall Straight

- Straight body position, hands to the front of thighs
- Fall backwards keeping body straight and tension throughout
- Hands move past the head before grabbing for entry, keeping close to the body at all times
- Vertical and clean 'three bubble ripped' entry

Crouched Back Tuck Roll

- Start in a compact tuck position, hands on middle of shins
- Roll back with fast and extended kick out from tuck position to a straight position
- Hands move past the head before grabbing for entry, keeping close to the body at all times
- Vertical and clean 'three bubble ripped' entry

FINA Diving Rules 2017-2021 - Extracts

Judging the Dive:

The points to be considered in judging the overall impression of a dive are:

The technique and grace of

- The starting position
- The approach
- The take off
- The flight
- The entry

Dive Positions:

Straight Position (A)

- The body shall not be bent either at the knees or the hips
- The feet shall be together and the toes pointed
- The position of the arms is at the option of the diver

Pike Position (B)

- In the pike position the body shall be bent at the hips, but the legs must be kept straight at the knees
- The feet shall be together and the toes pointed
- The position of the arms is at the option of the diver

Tuck Position (C)

- In the tuck position the body shall be compact
- Bent at the knees and hips with the knees and feet close together within the bodyline of the shoulders
- The hands shall be on the lower legs
- The toes pointed

Free (D)

- In the free position, the body position is optional (A, B or C) but the legs shall be together and the toes pointed
- Should position A, B, C or D not be aesthetically pleasing and shown as described, each judge will deduct $\frac{1}{2}$ to 2 points, according to his/her opinion

Penalty Change

- When a dive is performed partially in a position other than that announced each judge shall deduct according to his/her opinion

Execution of the Dive:

(Safety/Clarification)

Rule D.8.5.1

- During the execution of a dive the dive shall be in the direct line of flight.

Rule D.8.5.2

- If during the execution of a dive, a diver dives to the side of the direct line of flight, each judge shall deduct according to his opinion.

Rule D.8.5.3

- If during an execution of a dive, a diver touches the end of the board with his feet or hands, each judge shall deduct according to his or her opinion.

Rule D.8.5.4

- If during the execution of a dive, a diver is unsafely close to the board
OR
- Touches the end of the board with his head the judges shall award up to a maximum of 2 points.
- When applying this rule, if the majority of the judges award two or less points, all higher scores shall be two points'