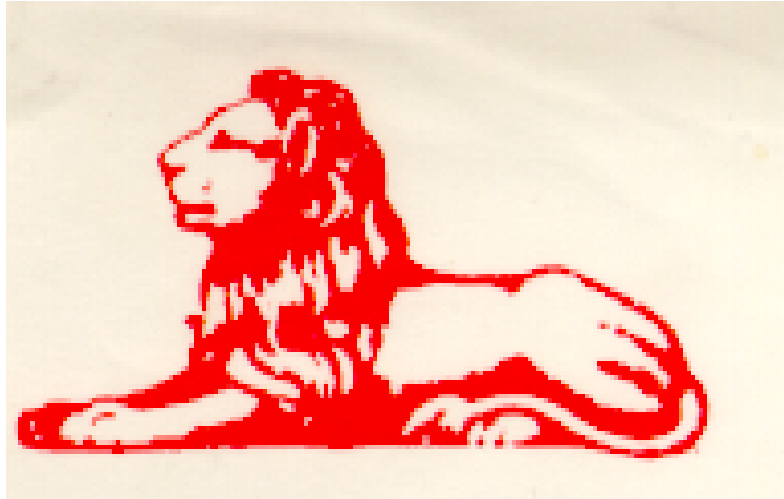




Every South African a Swimmer



CENTRAL GAUTENG AQUATICS

INVITATION TO RSA CUP AND NATIONAL AGE GROUP CHAMPIONSHIPS

JOHANNESBURG

2018

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Chair) lraccanello@roedeanschool.co.za; Kim Boustred (Member) kboustred@gmail.com; Trevor Keswa (Member) trevorkeswa@gmail.com; Dominique Philippopoulos (Convenor Selection Committee) diver_dom@yahoo.com; Justine Heydra (Co-opted: Competition Management) justine@creativecharacters.co.za

DIVING RULES: RSA CUP AND NATIONAL AGE GROUP CHAMPIONSHIPS

2018

1. GENERAL EVENT INFORMATION

1.1 The 2018 RSA Cup and National Age Group Diving Championships hosted by Central Gauteng Aquatics, will be held at the St. Dominic's Catholic School Pool, Boksburg and the De Jong Diving Centre, Pretoria from 10 – 15 December 2018.

The event will also host the CANA Zone 4 Demonstration Event **AND** a FINA Diving Judges Development School on the 7th and 8th December 2018.

1.2 Facilities at St. Dominic's are:

2x1m and 3 x3m stands

5xDuraflex Maxiflex B boards

1x3m platform

Depth is 4.5m

Facilities at De Jong are:

5m, 7.5m and 10m platforms

Dryboard and trampoline

1.3 The LOC contact details are as follows:

1.3.1	Tournament Director:	Loredana Raccanello	lraccanello@roedeanschool.co.za
1.3.2	Competitions Manager:	Justine Heydra	justineheydra@creativecharacters.co.za
1.3.3	Secretariat:	Jenne Morrison	jennem@mweb.co.za
1.3.4	Judges:	Fiorella Barberini	fiorellab@mweb.co.za

2. ENTRY PROCEDURES

- 2.1 All diving clubs with SSA registered members are invited to compete at the event.
- 2.2 Entries are open to any registered member of a FINA Federation, subject to clearance.
- 2.3 Divers must be registered with SSA at least 14 days prior to the close of entries.
- 2.4 Entries must be made on the attached forms. Incomplete forms will not be accepted.
- 2.5 The closing date for the Preliminary Entries is Wednesday, 7 November 2018. Please submit the names of all divers and officials by this date to Loredana Raccanello and Daphne Bird at SSA on daphne@swimsa.co.za.

2.6 **ENTRY FEES: RSA Cup: R250.00 per diver**

NAG: R200.00 per event per diver.

- 2.7 Late entries are entries, which are submitted after the closing date of 30 November 2018. Late entries will be accepted up to the Technical Meeting. The LOC reserves the right to impose penalties at its discretion, not exceeding 100% of the entry fee.
- 2.8 The closing date for final entries, with payment, is **Friday, 30 November 2018**. Entry fees are to be paid by the *CLUB*, and not individual divers, into the Central Gauteng Aquatics bank account:

Bank: Standard Bank
Account: Current
Branch: Braamfontein (44 48 05)
Name: Central Gauteng Aquatics
Number: 002 359 154
Your Ref: Club Name

- 2.9 Proof of payment must be sent to Sue at the Central Gauteng Aquatics Offices on info@centralgautengaquatics.co.za **AND** Loredana Raccanello.

2.10 A copy of the proof of payment must be brought to the Technical Meeting by a club representative. If this is not available on request, divers will not be allowed to compete until such time as the proof of payment is presented.

3. TECHNICAL OFFICIALS

- 3.1 Only technical officials registered with SSA or with any international diving federation will be eligible to officiate.
- 3.2 Each club must supply at least one judge and one secretary for every 6 divers or part thereof for the duration of the event.
- 3.3 Technical Officials (both Secretariat and Judges) are to be correctly attired in navy blue skirts/shorts/trousers, white shoes and white shirts.
- 3.4 Technical Officials will not be supplied with sponsored shirts, as a matter of course, by SSA. However, should the LOC obtain a sponsor, then officials' shirts may be supplied.

4. DIVE REQUIREMENTS FOR PARTICIPATION

- 4.1 The South African National Age Group Championships is divided into Section A and Section B. Section A is based on the FINA Rules for Groups A, B and C on 1m, 3m platform and synchronised diving, but have been included in *Appendix A*. The additional Group D and the Section B requirements are also described in *Appendix A*.
- 4.3 RSA Cup Open Championships is a knockout event on 3m for men and women. The rules and requirements are described in *Appendix B*.

5. NATIONAL AGE GROUP COMPETITION RULES

- 5.1 FINA rules will apply unless otherwise stated.
- 5.2 There will be a preliminary round and a final round for each age group event, *excluding* the synchronised diving event, regardless of the number of divers competing in the preliminary round. Should there be more than 12 divers competing in the event, then the number of divers for the final will be cut to 12, from the results of the preliminary. The preliminary round consists of the full list of dives, as described in *Appendix A*.
- 5.3 Finals will consist of **ONLY** the dives without limit from the full list, for all age groups. Dives that have been used as dives with limit in the preliminary round may not be used as dives without limit in the final round.
- 5.4 The points from the dives without limit are carried over for the final.

6. TECHNICAL MEETING

- 6.1 The Technical Meeting will take place on Monday, 10 December 2018 at 15:00 at the St. Dominic's Catholic School Pool. A minimum of one representative from each club is expected to attend.
- 6.2 Club representatives must have all related documentation available for this meeting.
- 6.3 Only late entries will be accepted at the Technical Meeting. No dive changes may be made at the Technical Meeting.

7. ENTRY PROCEDURES

- 7.1 Divers/clubs are to use the internet system – Dive Recorder; instructions for which will be sent out once final entries have been received.
- 7.2 Dive sheets will be printed and made available to the clubs. Divers AND coaches must check AND sign the dive sheets. These SIGNED dive sheets will take precedence in any dispute arising. Divers who do not sign their dive sheets will be EXCLUDED from the event; it is the diver's responsibility to ensure the dive sheets are signed.
- 7.3 Changes/corrections must be made on the dive sheet before it is signed. Once the changes have been made, the new dive sheet will be made available to the club. Once again, both diver AND coach must check and sign the dive sheet.
- 7.4 ALL DIVE CHANGES MUST BE MADE 24 HOURS BEFORE THE START OF AN EVENT. LATE CHANGES WILL BE MADE ON RECEIPT OF R150.00 PER CHANGE UP TO 3 HOURS BEFORE THE START OF THE EVENT.

8. PROGRAMME

- 8.1 The final programme, which may deviate slightly from the set programme, will be made available to clubs once ALL the preliminary entries have been received.

9. POINTS

9.1 Points will be allocated to the club of the diver or synchronised team according to the table below for the National Age Group events. The National Age Group Elite will be tallied as a separate event. Should a synchronised team be comprised of divers from different clubs and/or different sections, each club will be awarded half of the points scored.

Place	1 st	2 nd	3 rd	4 th	5 th	6 th	thereafter
Points	14	10	7	5	4	3	1

9.2 Points will only be awarded to South African competitors.

10. TROPHIES AND AWARDS

10.1 Medals will only be awarded to divers competing in the Elite divisions; all other divers will be awarded ribbons when placing 1st, 2nd and 3rd.

10.2 Trophies are awarded as per the appendices of each event; National Age Group and RSA Cup. National Age Group trophies are awarded to the diver in each Elite age group ONLY who achieves the highest cumulative score, once the scores from the 1m, 3m and platform events have been combined.

10.3 Trophies will only be awarded to South African competitors.

11. GENERAL INFORMATION

11.1 Please note that there is minimal shade at the pool; St. Dominic's School, Central Gauteng Aquatics and SSA will provide umbrellas and gazebos for the technical table and the judges. It is suggested that clubs bring extra shade for their divers and supporters.

11.2 Food and beverages will be provided for the officials ONLY. Divers and parents who are not officials are to provide their own.

APPENDIX A

SOUTH AFRICAN NATIONAL AGE GROUP CHAMPIONSHIPS

Rules and Requirements

Rules

- This is an open age group event, for any diver registered with a club affiliated to SSA for the current year.
- Divers compete separately, according to gender.
- Age as per the 31st December of the year of competition.
- Divers may not compete out of their age group.
- Divers may only compete in Section A **OR** Section B in any particular year.
- Section A and Section B divers may combine to compete in the synchronised diving events.
- All divers will compete using the requirements laid out below.

Requirements

Group D: 10 and 11 Years: ELITE

Girls' and Boys' Springboard – 1 metre and 3 metre

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 both events (1m and 3m), and TWO (2) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Platform (5m ONLY)

This competition shall comprise FOUR (4) different dives; TWO (2) dives each selected from a different group, the total degree of difficulty shall not exceed 5.4, and TWO (2) dives without limit of degree of difficulty, each dive selected from a different group.

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 in the team events*
- *No TWIST dives may be used.*

Group D: 10 and 11 Years

Girls' and Boys' Springboard – 1 metre and 3 metre

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) dive without limit of degree of difficulty.

Girls' and Boys' Platform (5m ONLY)

This competition shall comprise THREE (3) different dives; TWO (2) dives each selected from a different group, the total degree of difficulty shall not exceed 5.4, and ONE (1) dive without limit of degree of difficulty.

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*
- *No TWIST dives may be used.*

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Group C: 12 and 13 years: ELITE

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.

Girls' and Boys' Synchronised Diving – 3 metre

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

- *In the team events, all forward facing dives on springboard shall be done with a running approach.*

Group C: 12 and 13 years

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) dive without limit of degree of difficulty.

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) dive without limit of degree of difficulty.

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.

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 in the team event.*

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Group B: 14 and 15 Years: ELITE

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**.

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**.

PLEASE NOTE

- *In the team event, all forward facing dives on springboard shall be done with a running approach.*

Group B: 14 and 15 Years

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.

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**.

PLEASE NOTE

- *In the team events, all forward facing dives on springboard shall be done with a running approach.*

Group A: 16, 17 and 18 Years: ELITE

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.

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**.

PLEASE NOTE

- *In the team events, all forward facing dives on springboard shall be done with a running approach.*

Group A: 16, 17 and 18 Years

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.

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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.**

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**.

PLEASE NOTE

- *In the team event, all forward facing dives on springboard shall be done with a running approach.*

APPENDIX B

RSA CUP OPEN CHAMPIONSHIPS

Rules and Requirements

Rules

- This is an open tournament for any diver registered with a club affiliated to SSA.
- The competition is a knockout event for men and women held on the 3m board.
- The competition runs over TWO (2) days.
- The top eight divers after the preliminary round automatically proceed to the first round of the knockout competition.
- Divers finishing 9th – 16th will compete in the plate competition.
- The plate will run concurrently with the main competition.
- The South African Technical Diving Committee reserves the right to cancel the plate competition.
- In subsequent rounds, the EIGHT (8) divers in both the main and the plate events are seeded, using the Wimbledon tennis system.
- Divers compete in seeded pairs and the winner of each pair moves on to the next round.
- Male and female pairs compete as one group
- Competitors are permitted to change their dive list after each round; new sheets must be submitted to the Secretariat within THIRTY (30) minutes after the conclusion of their round.

Requirements

Women's Preliminary and Subsequent Rounds

FIVE (5) dives from any group with no limit on degree of difficulty. There shall be no repeat of dive number.

Men's Preliminary and Subsequent Rounds

SIX (6) dives from any group with no limit on degree of difficulty. There shall be no repeat of dive number.

Trophies

Women:	The Ron Ward Trophy
Men:	The Jackie McGlew Trophy
Plate:	The Plate Trophy
Highest Scoring Dive:	The Ron Fyfe Memorial Trophy