

SA NATIONAL AQUATIC CHAMPIONSHIPS 2026

1. GENERAL EVENT INFORMATION

- 1.1. The 2026 South Africa National Diving Championships will be held at St. Dominic's School for Girls, Boksburg from 11 to 15 April 2026.

2. ENTRY PROCEDURES

- 2.1 All Affiliates with SSA registered members, are invited to compete at the event.
- 2.2 Selection is at the discretion of the Affiliate Member, based on the requirements in the document.
- 2.3 Entries are open to any registered member from a FINA Federation, subject to clearance.
- 2.4 Entries must be made on the attached forms.
- 2.5 The closing date for entries with payment into SSA account is 31 March 2026.
Bank: ABSA BANK
Acc. number: 1003790807
Branch: Rosebank Central 8054
- 2.6 Payment and proof of payment must be sent to SSA by the affiliate to Balvant.morar@swimsa.org
- 2.7 A copy of proof of payment must be brought to SA National Championships by the relevant Team Manager.

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 affiliate must supply at least one judge and one technical official for every 6 entries or part thereof **for the duration of the event**. Judges and technical officials must make themselves available when required by the Local Organising Committee.

- 3.3 Each judging panel will be created in as fair and unbiased manner as possible. If possible, each panel will comprise of one judge from each participating team irrespective of whether they have divers participating in that specific event.
- 3.4 Technical Officials must be correctly attired, navy blue skirts/trousers, white shoes and white shirt. A WHITE long-sleeved top in case of bad weather is required.
- 3.5 Technical Officials will not be supplied with sponsored shirts.

4. DIVE REQUIREMENTS FOR PARTICIPATION:

NOTE: in arriving at the minimum degree of difficulty for ALL events, both individual and team, dives with the following numbers cannot be included in the list of dives:

- 101 Forward Dive
- 201 Back Dive
- 301 Reverse Dive
- 401 Inward Dive

- 4.1 Women 1m: Five (5) dives from five (5) different groups with a minimum total degree of difficulty value of 10.0 and a minimum score of 150 points.
- 4.2 Men's 1m: Six (6) voluntary dives from five (5) different groups with a minimum total degree of difficulty value of 11.7 and a minimum score of 180 points.
- 4.3 Women 3m: Five (5) dives from five (5) groups with a minimum total degree of difficulty value of 10.0 and a minimum score of 150 points for 5 dives.
- 4.4 Men's 3m: Six (6) voluntary dives from five (5) different groups with a minimum total degree of difficulty value of 12.1 and a minimum score of 180 points for 6 dives.
- 4.5 Women's Platform: Five (5) dives from (6) different groups without limit degree of difficulty and with a minimum of 30 points per dive at the qualifying trials.
- 4.6 Men's Platform: Six (6) dives from different groups without limit of degree of difficulty and with a minimum of 30 points per dive at the qualifying trials.



- 4.7 The synchronised diving teams are to be made up of pairs of the same gender and not necessarily the same affiliate. The mixed synchronised diving teams are made up of pairs of differing gender and not necessarily from the same affiliate.
- 4.8 Women's Synchronised Diving: Five (5) rounds of dives from five (5) different groups: 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 with a minimum degree of difficulty of 5.8.
- 4.9 Men's Synchronised Diving: Six (6) rounds of dives from five (5) different groups: 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 with a minimum degree of difficulty of 7.8. All forward facing dives on springboard shall be done with a running approach.
- 4.10 Mixed Synchronised Diving: Five (5) rounds of dives from five (5) groups: Two (2) rounds of dives with an assigned degree of difficulty of 2.0 regardless of the formula and three (3) rounds of dives with a minimum degree of difficulty of 5.8.

4.11 PLEASE NOTE:

No 10m Synchronised events will take place until further notice.

5 COMPETITION RULES

- 5.1 World Aquatics rules apply unless otherwise stated.
- 5.2 All competitions run at SA Nationals will be run as follows, REGARDLESS of numbers entered. On 1m the divers placing in the top 8 in the preliminary will proceed to the Finals. On 3m a preliminary, semifinal and final will be run. Divers placing in the top 12 will proceed to semifinals and divers placing in the top 8 will proceed to the finals. In the 3m Synchronised event, the teams placing in the top 6 will proceed to the Finals. In the Mixed Synchronised event the teams placing in the top 6 will proceed to the Finals.



- 5.3 Each round shall be conducted as separate events, there will be no points carried over from one round to the next, except with respect to seeding the divers for the subsequent competitions; this seeding is always based on the preliminary results as defined in D 2.1.4ⁱ.
- 5.4 Should any non-South African divers qualify for the finals, the number of divers participating in these events will be increased by the number of non-South Africans that have qualified.
- 5.5 Should the Technical Committee and/or the Selection Committee request to see a particular pair of divers compete for selection purposes, this will be allowed, even if one or both divers already have another partner entered in the event. They will not, however, be eligible for medals. Divers will always have the right to refuse the request.
- 5.6 Affiliates of divers who do not achieve the minimum qualifying standard average of 30 points per dive at the SA National event, will be fined R50.00 for every point below this standard. Should the diver not have achieved the score due to a failed dive, the diver's affiliate may provide proof that the diver was selected using the minimum score requirement. The SATDC will make a decision at their discretion. The fine must be paid to the LOC before the diver may compete in another event.

6 PROGRAMME

- 6.1 The programme shall be held over a period of 5-6 days, when the SA Youth Championships for Group A and Group B are incorporated. Should the events be held separately, each event will be held over 3-4 days.
- 6.2 All events will be run as specified in point 5.2 under Competition Rules.



7**POINTS**

7.1 Points will be allocated to the Affiliated Member [i.e., affiliate] of the individual diver or synchro team according to the table indicated below. Should a synchronised team be comprised of two divers from separate affiliates the points will be divided and allocated to each affiliate.

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

7.2 Points will only be awarded to South African competitors.

7.3 Points will only be awarded from the places obtained in the final to Women divers who attain a minimum average score of 35.0 per dive, and to men divers who attain a minimum average score of 40.0 per dive.

8 TROPHIES

8.1 Individual Trophies

Men	1m	Selwyn Hilton Katz Trophy – 1975
Men	3m	The Rhodesia Cup – 1922
Women	1m	Oonagh Whitsitt Trophy
Women	3m	Marjorie Harris Trophy
Women's Platform		Rose Bowl
Men's Platform		

8.2 Aggregate trophies are awarded to the Affiliated Members whose team scores the highest number of points as outlined in section 7.1 above.

Men's Team	Provincial Shield
Women's Team	Provincial Shield
Combined Team	SAASU Trophy

8.3 A trophy shall be presented to the Male and Female diver who has shown the most improvement from the last Championships.

8.4 The most improved diver is determined by taking the highest average score per dive achieved by a diver on a board during the competition and subtracting the highest average score per dive achieved by that diver, at the last championships. The diver with the highest improvement per dive from the previous year is deemed the Most Improved Diver. (***Subject to the availability of the previous year's results.***)

Men	Most Improved	Ken Mullen Trophy
Women	Most Improved	Vic Mijon Trophy

8.5 Sombreros “Anne” and “Willie” are awarded to the Male and Female diver who achieved the highest score on a single dive throughout the competition.

Men	The Shaka Shield Highest scoring dive
Women	The Thandi Shield Highest scoring dive

8.6 Trophies will only be awarded to Women divers who attain a minimum score of 200 points, and to men divers who attain a minimum score of 250.

ENTRY PROCEDURES

All events will be run using DiveRecorder, so divers are expected to enter online prior to the start of SA Nationals. Details regarding this procedure will be sent out by the LOC, timeously.

Appendix 1 – World Aquatics Rules

D4 STATEMENT OF DIVES

D 4.1 Each diver, or diver's representative, shall deliver to the Referee, or his designated representative, a complete statement of the selected dives on the official form of the event for the preliminary competition and all the following sessions of the competition.



D 4.2 The diver and the diver's representative are responsible for the accuracy of the statement in the list and the statement of dives **shall be signed by the diver and the diver's representative.**

D 4.3 The statement of dives shall be submitted **no later than 24 hours** before the commencement of the preliminary competition in each event.

D 4.4 The Referee may accept any statement of dives submitted after the 24 hour deadline, up to **three (3) hours** prior to the commencement of the preliminary competition, provided it is accompanied by a fee equivalent of **250 Swiss Francs (for SA purposes R500.00)**.

D 4.5 **Unless the statement is presented within the time prescribed, a diver shall not be admitted to the competition.**

D 4.6 In all competitions, the diver or the diver's representative may change the statement of dives before the commencement of any final of the competition, provided the amended statement is lodged with the Referee, or his designated representative, no later than thirty (30) minutes after the end of the previous session of the competition. If a new statement of dives is not submitted within the prescribed time, the diver shall perform the dives as indicated in the initial submission.

D 4.7 In any competition, in extenuating circumstances, a diver may be replaced by another diver of the same Federation up to three (3) hours before the commencement of the preliminary competition. In synchronised diving events at SA Nationals the replacement may also take place prior to the commencement of the final competition. The Referee will accept a change in the statement of dives.

D 4.8 In both individual and synchronised diving events, when the closing times have passed, no change in the statement of dives shall be permitted.

D 4.9 The statement of dives shall contain the following information in the order of execution of the dives:

- The number of each dive according to Rules 1.5.1 to 1.5.7
- The execution or position of the dive according to Rule 1.5.8
- The height of the board or platform
- The degree of difficulty as determined by the Formula described in Rule D 1.6.

D 4.10 The dives in each round shall be executed by all the divers consecutively, according to the starting order.

D 4.11 The statement of dives shall take precedence over the indicator board and any announcement.

The only time that changes to a dive list may be allowed is under the following circumstances according to World Aquatics rules

D 6.3 The Referee shall inspect the statements of dives. If the statement does not comply with the Rules, the Referee shall have it corrected before the beginning of the competition.

D 6.4 The diver, or the diver's representative, shall be informed by the Referee as soon as possible, that a correction is required.