

World Class Start - Revised Criteria 2005.6								
Test	1 Point	3 Points	5 Points	7 Points	10 Points	Bonus 5 Points	Bonus 10 Points	Total Achievable
C1 Competition Results								
Best Results - Southampton	5th	4th	3rd	2nd	1st	Win 2 medals	Win 3 medals	20
Best Results - Luton								15
Best Results - Plymouth								20
Best Results - Leeds								20
Best Results - National Age Groups								20
British Championships								10 points awarded for every individual event qualified for plus 5 point bonus for every event where qualifying standard is re-achieved at the championship
ASA English Championships	5 points awarded for every individual event qualified for plus 5 point bonus for every event where qualifying standard is re-achieved at the championship						30	
C2 - Average Score								
Best Result average dive score bonus <i>(Not GB or ASA Champs)</i>	a list scoring average of 4.5	a list scoring average of 5.0	a list scoring average of 5.5	a list scoring average of 6.0	a list scoring average of 6.5	a dive scoring average 7.0	a dive scoring average 8.0	20
C3 - Competition Group Coverage & Entries								
Best Result average dive score bonus NATIONAL DIVERS <i>(Not GB or ASA Champs)</i>	Dive from group 3 (reverse) av score =>5.5	Dive from group 5 (twist) av score =>5.5	Dive from groups 3 (reverse) & 5 (twist) av score =>5.5	Dive from groups 3 (reverse) & 5 (twist) av score =>5.5 plus either forward or backward optional dive from list 2.	Dive from groups 3 (reverse) & 5 (twist) av score =>5.5 plus forward & backward optional dive from list 2.	a rip entry from 3m or platform in <u>either</u> forward or back direction	a rip entry from 3m or platform in <u>both</u> forward & back directions	20

Competition Total (Max points for year = best three events plus ASA & GB Champs)

335

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C4 - Handstands (3 camps per year)								
Forward Handstand with 3 -5 sec balance		3 points = 1 skill	5 points = 2 skills	7 points = 3 skills	10 points = 4 skills	Perform a lever handstand with control for 5 point bonus	Perform skills 1,2,3,4 and show good form for 5 point bonus	20
Back Handstand with 3 -5 sec balance								
Forward Handstand to pike sit on mats								
Back handstand with pop/jump to land on feet								
C5 - Trampoline Skills (3 camps per year)								
102b from Hurdle	1 point = 1 skill	2 points = 2 skills	3 points = 3 skills	4 points = 4 skills	5 points = 5 skills	2 point bonus for 402b and 203b	Additional 3 Point bonus for 303b and 5233d	10
203b								
303c								
402c								
5221d OR 5122d to sit								
C6 - Dry Board Skills (3 camps per year)								
102b from Hurdle	1 point = 1 skill	3 points = 2 skills	5 points = 3 skills	7 points = 4 skills	10 points = 5 skills	5 point bonus for 402b and 203b	Additional 5 Point bonus for 303c and 5233d	20
203c								
302b								
402c								
5221d OR 5122d to sit								
C7 - Floor Somersaults (3 camps per year)								
102c		5 points = 1 skill	10 points = 2 skills	15 points = 3 skills	20 points = 4 skills	5 point bonus 202b		25
202c								
302c								
402c								
C8 - Stability & Strength (3 camps per year)								
1	1 point = 1 Core exercise	3 point = 2 Core exercise	5 point = 3 Core exercise	7 point = 4 Core exercise	10 point = 5 Core exercise	5 point bonus for 5 hanging pike ups with good form and control		15
2								
3								
4								
5								

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<p>Category 1 - Competition Results</p>	<p>All JTP divers are required to attend the National Age Groups and compete in 3 of the four JTP Tracking Events. Additional bonuses can be obtained for qualification to ASA Senior Championships and GB Championships. Achieving the qualification standard at these event gives additional bonus points. A total of 170 points are achievable from competition results</p>												
<p>Category 2 - Average Score</p>	<p>The average score will be taken from the divers best event. The individual dive score can be achieved on any dive in any event.</p>												
<p>Category 3 - Group Coverage & Entries</p>	<p>The dive groups asked for in this category can be demonstrated across 1m springboard, 3m springboard and platform events. The forward and backward optional must be chosen from the list below. <u>Skills marked * may only be used by divers in groups E & D.</u></p> <table border="0" data-bbox="478 581 1936 808"> <thead> <tr> <th data-bbox="478 581 1218 613">Forward Optionals</th> <th data-bbox="1218 581 1936 613">Backward Optionals</th> </tr> </thead> <tbody> <tr> <td data-bbox="478 621 1218 646">1m: 104c*, 104b*, 105c, 403c, 403b</td> <td data-bbox="1218 621 1936 646">1m: 203c, 203b, 303c, 303b</td> </tr> <tr> <td data-bbox="478 654 1218 678">3m: 105c, 105b, 403c*, 403b, 405c</td> <td data-bbox="1218 654 1936 678">3m: 203c*, 203b, 205c, 303c*, 303b, 305c</td> </tr> <tr> <td data-bbox="478 686 1218 711">5m: 105c, 105b, 403c*, 403b, 405c</td> <td data-bbox="1218 686 1936 711">5m: 203c, 203b, 205c, 303c, 303b, 624c</td> </tr> <tr> <td data-bbox="478 719 1218 743">7.5m: 105b, 107c, 405c, 405b, 614b</td> <td data-bbox="1218 719 1936 743">7.5m: 205c, 205b, 305c, 624c, 624b</td> </tr> <tr> <td data-bbox="478 751 1218 808">5 point bonus for a forward entry rip in competition from 3m or platform</td> <td data-bbox="1218 751 1936 808">5 point bonus for a back entry rip in competition from 3m or platform</td> </tr> </tbody> </table>	Forward Optionals	Backward Optionals	1m: 104c*, 104b*, 105c, 403c, 403b	1m: 203c, 203b, 303c, 303b	3m: 105c, 105b, 403c*, 403b, 405c	3m: 203c*, 203b, 205c, 303c*, 303b, 305c	5m: 105c, 105b, 403c*, 403b, 405c	5m: 203c, 203b, 205c, 303c, 303b, 624c	7.5m: 105b, 107c, 405c, 405b, 614b	7.5m: 205c, 205b, 305c, 624c, 624b	5 point bonus for a forward entry rip in competition from 3m or platform	5 point bonus for a back entry rip in competition from 3m or platform
Forward Optionals	Backward Optionals												
1m: 104c*, 104b*, 105c, 403c, 403b	1m: 203c, 203b, 303c, 303b												
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5m: 105c, 105b, 403c*, 403b, 405c	5m: 203c, 203b, 205c, 303c, 303b, 624c												
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5 point bonus for a forward entry rip in competition from 3m or platform	5 point bonus for a back entry rip in competition from 3m or platform												
<p>Category 4 - Handstand</p>	<p>Handstand skills will also be assessed at the national training camps against a detailed criteria, All armstands will be demonstrated in the gym from a low platform.</p>												
<p>Category 5,6,7 - Somersaulting Skills</p>	<p>Somersaulting skills will be assessed at the national training camps against a detailed criteria. All skills will be required to demonstrate correct technique and control, Cat 5 Trampoline, Cat 6 Dry Board, Cat 7 Floor Somersault* (Floor somersault - diver must demonstrate the ability to perform each somersault consistently well from the poolside before being assessed performing unsupported somersault on the floor)</p>												
<p>Category 8 - Physical</p>	<p>5 Core stability skills will be assessed by a physio at the National camps. In addition for power and form 5 hanging pike ups on the wall bars with control and form for bonus points.</p>												