

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
Test	5 Point	10 Points	15 Points	20Points	25 Points	Bonus 5 Points	Bonus 10 Points	Total Achievable
British & ASA Championships (junior ranking)	5th Junior	4th Junior	3rd Junior	2nd Junior	1st Junior	x 2 top 5 junior	x 3 top 5 junior	40 x 2
C2 - Average Score								
Best Result average dive score bonus	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 (GB & ASA dives from list only)	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 the list of skills.	Dive from groups 3 (reverse) & 5 (twist) av score =>5.5 plus forward & backward optional dive from from the list of skills.	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)

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Test	1 Point	3 Points	5 Points	7 Points	10 Points	Bonus 5 Points	Bonus 10 Points	Total Achievable
C4 - Handstands (3 camps per year)								
kick up and hold 5 seconds		1 skill performed	2 skills performed	3 skills performed	4 skills performed	Perform 611b to sit on mat demonstrate shoulder jump	Perform 621a to feet with strong shoulder jump and timing of legs	20
tuck press and hold 5 seconds								
straddle press and hold 5 seconds								
pike press and hold 5 seconds								
C5 - Trampoline Skills (3 camps per year)								
102b from Hurdle	1 skill performed	2 skills performed	3 skills performed	4 skills performed	6 skills performed	2 point bonus for 402b or 203b	Additional 3 Point bonus for 303b or 5233d	15
203c								
303c								
402c								
5221d and 5122d to sit								
C6 - Dry Board Skills (3 camps per year)								
102b from Hurdle	1 skill performed	2 skills performed	3 skills performed	4 skills performed	5 skills performed	5 point bonus for 402b or 203b	Additional 5 Point bonus for 303c or 5233d	20
203c								
302b								
402c								
5221d and 5122d to sit								
C7 - Floor Somersaults (3 camps per year)								
Test	5 Points	10 Points	15 Points	20 Points	25 Points	Bonus 5 Points	Bonus 10 Points	Total Achievable
102b with tower run up	1 skill performed	2 skills performed	3 skills performed	4 skills performed	5 skills performed	perform 5 x fast back somersaults with control		30
202c								
302c								
402c								
102b								
C8 - Flexibility, Form & Strength (3 camps per year)								
1. Straddle fold on floor (0-5 score)	All exercises assessed score 0 - 5 points. Total available er camp = 25 points = 75 points for the season with a 50 point maximum bonus for strong improvement in all areas during season or maintenance of high standards						maximum of 50 points for marked improvement over period of season.	125
2. Posture / form in stance (0 -5)								
3. X 10 pike leg lifts on wall bars								
4. X 10 tuck leg lift and pike lower								
5. Right and left leg splits								

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Category 1 - Competition Results	All JTP divers are required to attend the Elite Juniors 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.												
Category 2 - Average Score	The average score will be taken from the divers best event. The individual dive score can be achieved on any dive in any event.												
Category 3 - Group Coverage & Entries	<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 11 & under.</u></p> <table border="0" data-bbox="405 635 2033 901"> <thead> <tr> <th data-bbox="405 635 1232 662">Forward Optionals</th> <th data-bbox="1236 635 2033 662">Backward Optionals</th> </tr> </thead> <tbody> <tr> <td data-bbox="405 683 1232 710">1m: 104c*, 104b*, 105c, 403c, 403b</td> <td data-bbox="1236 683 2033 710">1m: 203c, 203b, 303c, 303b</td> </tr> <tr> <td data-bbox="405 730 1232 758">3m: 105c, 105b, 403c*, 403b, 405c</td> <td data-bbox="1236 730 2033 758">3m: 203c*, 203b, 205c, 303c*, 303b, 305c</td> </tr> <tr> <td data-bbox="405 778 1232 805">5m: 105c, 105b, 403c*, 403b, 405c</td> <td data-bbox="1236 778 2033 805">5m: 203c, 203b, 205c, 303c, 303b, 624c</td> </tr> <tr> <td data-bbox="405 826 1232 853">7.5m: 105b, 107c, 405c, 405b, 614b</td> <td data-bbox="1236 826 2033 853">7.5m: 205c, 205b, 305c, 624c, 624b</td> </tr> <tr> <td data-bbox="405 874 1232 901">5 point bonus for a forward entry rip in competition from 3m or platform</td> <td data-bbox="1236 874 2033 901">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
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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												
Category 4 - Handstand	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.												
Category 5,6,7 - Somersaulting Skills	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)												
Category 8 - Physical	At each assessment camp divers will be assessed on strength, flexibility and form at the end of the year a bonus will be awarded for marked improvement or maintaining high standards during periods of growth. BONUS 50 points.												