

LYG Diving 2026

Entry Information & Rules



Event Overview

Date: Sunday 28th June 2026

Venue: London Aquatics Centre

Approximate Timings: 2-5pm

Contact: rory@londonyouthgames.org

Entry Information

Squad Entry Deadline: Wednesday 17th June 2026, 10pm

Squad Size: Minimum 1, maximum 2 per competition, per gender (2 male, 2 female per competition). Total 8.

Competitions: Senior (Open and Female), Junior (Open and Female).

Eligibility Criteria: Participants must have previous experience in diving and be able to swim unaided 25m. Participants are not eligible to compete if they:

- Are a member of the Swim England Diving Youth Development Team or home nation equivalent.
- Have competed in a Regional Age Groups event in the same year.
- Have achieved the Swim England National Age Group Championships Performance Standard at a Regional or Open Club event on any board in the same calendar year.

Age Categories

Event	Age Category	Oldest DOB	Youngest DOB
Junior	Year 8 and below	01/09/2012	31/08/2016
Senior	Year 9-12	01/09/2009	31/08/2012

Replacements: Each borough is permitted two replacements per gender. Replacements are where you can bring an undeclared competitor to replace a registered competitor not attending on the day. All replacement details must be provided at registration on the day. All replacements must be in line with eligibility criteria. No additions will be allowed even if a borough does not have the maximum squad number.

Full Rules & Regulations



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DIV 1 SWI 1 The London Youth Games diving competition will be held under Swim England Diving Rules and Regulations and the [Swim England Diving Competition Pathway Handbook](#).

SWI 1.1 Any non-technical rules not covered will be decided by the LYG Sports Lead and the Competition Director.

SWI 1.2 It will be at the discretion of the event referee and LYG personnel as to the application of these rules, and any subsequent decision made as a result will be final.

SWI 1.3 The London Youth Games Diving competition will follow the [Swim England Transgender and Non-Binary Competition Policy](#).

DIV 2 Age Category

Event	Age Category	Oldest DOB	Youngest DOB
Junior	Year 8 and below	01/09/2012	31/08/2016
Senior	Year 9-13	01/09/2009	31/08/2012

DIV 2.1 Competitors are not permitted to enter this competition if they are ineligible. No exceptions will be made.

DIV 2.2 It is the responsibility of competitors/parents/team managers/local authority staff to ensure all competitors details are entered correctly at the time of submission, and that they are eligible to compete for their borough under the '[London Youth Games' Games Rules](#), and in accordance with the age groups outlined for the competition.

DIV 2.2.1 In the instance a competitor is found to be ineligible, they will be disqualified from the competition entirely, and the borough will receive a points penalty as per the Games Rules.

DIV 3 Squad Size Minimum 1, maximum 2 per competition, per gender (2 male, 2 female per competition). Total 8.

DIV 4 Eligibility Participants must have previous experience in diving and be able to swim unaided 25m. Participants are not eligible to compete if they:

- Are a member of the Swim England Diving Youth Development Team or home nation equivalent.
- Have competed in a Regional Age Groups event in the same year.
- Have achieved the Swim England National Age Group Championships Performance Standard at a Regional or Open Club event on any board in the same calendar year.

DIV 5 Kit & Equipment Competitors must wear a swimming costume and provide their own towel.

DIV 6 Competition Format

DIV 6.1 Each participant will perform 4 voluntary dives, which must be from at least 2 different groups of dives (front, back, reverse, inwards, twist).

DIV 6.1.1 Dives must be under 2.2 degree of difficulty.



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DIV 6.2 Repeat dives will be allowed. The repeat dive will be allocated a 1.0 degree of difficulty. This includes repeats from a different position.

DIV 6.3 The junior event will dive from the 1m board, and the senior event will dive from the 3m board.

DIV 6.4 All dives have an individual dive number and these must be filled out on the dive sheet. [A guide to understanding Dive numbers](#)

DIV 6.4.1 Dive sheets indicating the dives to be attempted by each participant must be completed and sent over to becca@londonyouthgames.org no later than **Thursday 26th June**. Dive sheets can be found [here](#).

DIV 6.4.2 Replacements dive sheet must be handed in at registration on the day.

DIV 7 Competition Rules

DIV 7.1 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

DIV 7.2 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.



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- 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.

DIV 7.3 Penalty Change When a dive is performed partially in a position other than that announced each judge shall deduct according to his/her opinion.

DIV 7.4 Execution of the Dive (Safety/Clarification)

DIV 7.4.1 Every skill should be performed with head neutral, glutes engaged and ensuring a safe distance from the board.

DIV 7.4.2 During the execution of a dive the dive shall be in the direct line of flight.

DIV 7.4.3 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.

DIV 7.4.4 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.

DIV 7.4.5 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 2 or less points, all higher scores shall be 2 points. The judges shall indicate to the Referee by raising one hand that the 2 or less points are in relation to the unsafely close execution of the dive.

DIV 7.5 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

DIV 7.6 The Referee shall declare a restart and 2 points are to be deducted from each judge's award where:

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- During a forward tuck to pike roll (11C) or crouched back tuck roll (21C) a diver loses their balance and touches one or both hands the diving board after the starting position has been assumed.
- During a forward fall straight (10A) or Back fall straight (20A) a diver loses their balance and takes a step after the starting position has been assumed.

DIV 8 Overall Scoring Overall borough results will be split by gender.

DIV 8.1 All individuals will receive points based on their finishing position i.e 1st place winner will receive 33 points, 2nd place 32 points and so on. The overall winner will be borough with the highest number of points accumulated.

DIV 8.2 Incomplete competition: If the competition is cancelled or suspended, the following steps will be used to calculate a final result:

- Results from all completed events are combined and used to identify the overall winner.
- Minimum requirements: to determine a completed event, all 4 voluntary dives must take place. To determine a result for the competition, 1 event must be completed.
- Tied team: will not be separated once scores from events are combined, except if the top 3 teams have the same number of points, then the highest number of 1st place event finishers will be the deciding factor, then 2nd place finishers and so on.
- Borough entry: if a borough has entered the competition but not an event that is used in the scoring calculation, they will be placed in last position.

DIV 9 Medals & Trophies Medals and trophies will be awarded as follows:

DIV 9.1 Medals will be awarded to 1st, 2nd and 3rd placed individuals of each category (junior male, junior female, senior male, senior female).

DIV 9.2 Overall Borough medals will be awarded to 1st, 2nd and 3rd placed teams per gender.

DIV 9.3 Borough trophy is awarded for the overall winner for each gender.

DIV 9.4 The Diving competition will not contribute towards Jubilee scoring for 2025 only.