



## Welcome back to Lund in 2021!

SK Poseidon are very happy to welcome the masters diving family back to the beautiful city of Lund and the 9th Nordic Light Diving Masters Championships.  
Hope to see you in Lund 2-3 October.

### Website

For complete updated information please visit [sites.google.com/view/nordic-light-diving/](https://sites.google.com/view/nordic-light-diving/)

### Registration

Please register before 20 September using the link <https://forms.gle/9QDA9HubaNVCsfFJ7>.

The entry fee is 200 SEK/start.

Entry fees must be paid before arrival, otherwise the registration can be cancelled. The Entry fee will not be refunded if you scratch from the competition after 27 September.

Invoice will be sent by e-mail after 20 September.

## Dive sheets

For diving sheets please use the link to hand in online:

[diverecorder.co.uk/onlinesheets/index.php](http://diverecorder.co.uk/onlinesheets/index.php)

Please register the dives before 28 September. Changes can be made before 18.00 the day before. Late changes cost €5 and can be made until the competition starts.

## Judges

Each participating team is requested to nominate at least one judge.

## Accommodation

There are many hotels in the area:

[Hotel Lundia](#)

[Hotel Concordia](#)

[The More Hotel](#)

[Park Inn](#)

## Facilities

The pool Högevall in Lund was built in 1980. During 2011 and 2012 the pool has been through a major renovation. The diving pool has been isolated from the rest of the pools and a spectator stands has been built.

Diving Facilities are

- 2 \* 1 m Maxiflex springboards
- 2 \* 3 m Maxiflex springboards
- 3-5-7½-10 m platform
- Dry land springboard (Maxiflex)
- Bubble machine

## Contact

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# Events and Rules

We follow the FINA diving rules and age groups, but also include pre-master for ages 18-24. We are happy to include **Team event** and **Novice** in the program. Unfortunately the facilities doesn't allow synchro diving.

[FINA master diving rules \(pdf\)](#)

FINA MASTER DIVING RULES 2017-2021						
age group	Number of dives required (men)			Number of dives required (women)		
	1m	3m	Platform	1m	3m	Platform
18-24 25-29 30-34 35-39 40-44 45-49	7	7	6	6	6	6
50-54 55-59 60-69	6	6	5*	5	5	5*
70-74 75-79	5	5	4*	4	4	4*
80+	4	4	3*	3	3	3*

\*Divers age 50+: Only feet first entries are allowed from the 10m platform and any performed dive from the 10m must not exceed degree of difficulty of 2.0.

NOVICE						
age group	Number of dives required (men)			Number of dives required (women)		
	1m	3m	Platform (5 m)	1m	3m	Platform (5m)
18-29 30-49 50-69	4	4	4	4	4	4
70	3	3	3	3	3	3

- Novices may not perform dives of more than 1.5 rotations or with a FINA tariff over 2.0.
- Novices may not use the 7.5m or 10m platforms.
- Dives without rotation (jumps) (Dive No 'x00') may not be used. This does not apply to 600A used on 5m as it is a recognized FINA dive.
- 1 dive may be repeated but at 1.0 tariff

## TEAM EVENT

### Rules in short:

One woman and one man can team up.

Both divers has to preform the same amount of dives.

Both divers has to preform at least one dive each from both 3m and platform.

Two dives has a limited DD of 2.0 regardless of the formula. Detailed rules below.

age	3m	Platform
36-99	3+3	3+3*
100+	2+2	2+2*

### Team event

In the Team event two divers, one male and one female team up and dive together.

#### Age 36-99:

Every competition shall comprise six (6) different dives. Two (2) dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and four (4) dives without limit of degree of difficulty.

Three (3) dives shall be executed by the female competitor, the other three (3) dives by the male competitor. Three (3) dives shall be executed from the 3m springboard and the other three (3) dives from platform (5-10m)\*. Each diver must perform least one (1) dive from the 3m springboard and one (1) dive from platform\*.

The two (2) dives with an assigned degree of difficulty of 2.0 regardless of the formula may be executed at any time and from any height by each team member, one (1) by the male and one (1) by the female.

In the Team Event the teams will perform three (3) consecutive rounds starting with any of the two divers.

#### Age 100-

Every competition shall comprise four (4) different dives. Two (2) dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and two (2) dives without limit of degree of difficulty.

Two (2) dives shall be executed by the female competitor, the other two (2) dives by the male competitor. Two (2) dives shall be executed from the 3m springboard and the other two (2) dives from platform (5-10m)\*. Each diver must perform least one (1) dive from the 3m springboard and one (1) dive from platform\*.

The two (2) dives with an assigned degree of difficulty of 2.0 regardless of the formula may be executed at any time and from any height by each team member, one (1) by the male and one (1) by the female.

In the Team Event the teams will perform two (2) consecutive rounds starting with any of the two divers.

