



2020 BOARDWORKS SKILLS COMPETITION VICTORIA, BC

<u>Dates</u>	April 2020 TBA
<u>Venue</u>	Saanich Commonwealth Place 4636 Elk Lake Drive. Victoria, British Columbia V8Z 5M1 CANADA
<u>Facility</u>	Four 1 metre springboards Two 3 metre springboards One 1 metre platform Full platform complex with 3, 5, 7.5, and 10 metre platforms
<u>Eligibility & Rules</u>	Age-group determination is the diver's age as of December 31st, 2020 <u>Age-Groups:</u> 7 & under (born 2013 or later) 9 & under (born 2011 or 2012) Boys & Girls will compete in one event as per their age group
<u>Entry Fees</u>	CDN\$10.00 Diver Registration & Event Fee Payment may be made by cash, cheque (Payable to "Boardworks") or by e-transfer to boardworks-team@shaw.ca (password: "diving").
<u>Awards</u>	Awards will be given in the dryland events (acrobatics & trampoline), water events and top 3 overall finishers.

COMPETITION RULES:

The competition will include a dryland event and a water event. Divers must compete in both events.

Dryland Skills Event: The dryland event will include acrobatic skills performed on the mats and trampoline skills.

Mat Skill Requirements:

1. 2 front rolls tuck + stand
2. 2 back rolls tuck + stand
3. Front roll tuck to headstand+ return to feet + stand
4. Skills Series: Cartwheel + front roll + straight jump + back roll + jump

Trampoline Skill Requirements:

1. 5 bounces with armswing
2. 1 straight jump + 1 tuck jump, 3 x continuous
3. Straight jump with armswing + seat drop + straight jump with armswing

Water Skills Event: The water event will include skills performed from the 1 metre springboard and 3 metre springboard

1 metre Skills:

1. 100A (armswing optional)
2. 200A (armswing optional)
3. 100C (armswing optional)
4. 001B
5. 002A

3 metre Skills:

1. 001B



2019 BOARDWORKS SKILLS COMPETITION SCHEDULE OF EVENTS

DRYLAND EVENTS	
9:15am – 9:55am	Dryland Event Warm-up
10:00am	7 & under Dryland Skills: Mats Event
	10 & under Dryland Skills: Mats Event
	7 & under Dryland Skills: Trampoline Event
	10 & under Dryland Skills: Trampoline Event
WATER EVENTS	
11:00am – 11:20am	Water Event Warm-up
11:25am	7 & under Water Skills Event
	10 & under Water Skills Event
AWARDS	
12:00pm	Awards