

POLISENS IF DIVING INVITES YOU TO STOCKHOLM DIVING OPEN

22-25 OCTOBER 2026

STOCKHOLM, SWEDEN

We welcome you to a new competition format!

Why?

We want to extend the training period for our competitive athletes, so they do not perform their optional and more energy-demanding dives too early. We want the divers to understand why it is important to execute the fundamental dives correctly and build a strong technical foundation before progressing to more advanced dives.



Events and conditions

Senior (Born 2007 and earlier)

Senior 1m

Prelim: Optional x1 (men and women 6 dives) – Top 6 final

Final: Optional x1 (men and women 6 dives)

Senior 3m

Prelim: required dives x2 (max dd 9,5) – top 6 final

Final – 5 required dives (max dd 9,5) + 1 optional dive group 200 or 300 max 1,5 rotations.

Seniors platform

Prelim required dives x2 (max dd 7,6) on 7,5m – top 6 to final

Final: Lead ups for 6 optional on 3m and 5m

Age group A and B (born 2008-2012)

Age group A and B 1m

Prelim: 5 required dives (max dd 9,0) + 1 optional – Top 6 to final

Final: 3 required dives + 2 optional

In the final all 5 groups must be in the list. The optional used in prelim can't be used in final

Age group A and B 3m

Prelim: 5 required dives (max dd 9,5) + 1 optional – Top 6 to final

Final: 2 required dives + 3 optional

In the final all 5 groups must be in the list. The optional used in prelim can't be used in final

Age group A and B Platform

Prelim: 4 required dives (max dd 7,6) + 1 optional. The optional must be a different group than the required, 5 groups need to be in the list. (max height 7,5m)

– Top 6 to final

Final: 2 required dives + 3 optional (max height 7,5m)

In the final 4 groups needs to be in the list. The optional used in prelim can't be used in final

Age Group C (Born 2013-2014)

Age group C 1m

Prelim: 4 dives from 4 groups + 2 dives from 2 groups – top 6 final

Final: 4 dives from 4 groups

*Bouncing take-off allowed (for groups 100/200/300/51)

Age group C 3m

Prelim: 5 dives from 4 groups – top 6 final

Must compete with 2 dives C and 2 dives B

Final: 4 dives from 4 groups

*Bouncing take-off allowed (for groups 100/200/300/51)

* BOUNCING TAKE OFF RULES - Must start feet together max 30cm end of board) max x1 small bounce followed by max one full bounce. (2 total). If diver does 3 or more bounces -2 points.

Age group C platform (3m + 5m)

Prelim: 6 dives from 5 groups – top 6 final

Final: 4 dives from 4 groups

Age group D (born 2015 and later)

Age group D 1m

100A + 200A + 101, 201, 301 and 401 (free choice in position)

Age group D 3m

100A + 200A + 010C + 2 free dives

KNOCK OUT COMPETITION ALL AGES

The cut for the next round is set by half. All dives from 3m springboard

5 rounds with the dives, 103b, 201b, 301b, 403b and twist of choice (not exceed dd 9,5)

The order of the dives will be random and decided by spinning a wheel!

SYNCHRO

SYNCHRO 1M 201b + 301b + 403c/b + 103c/b + 5231d/5132d/5331d

SYNCHRO 5M 201b + 301 + 103c/b + 403c/b + 5231/5132d/5331d

MIX SYNCHRO 1M 201b + 301b + 403c/b + 105c/b + 5231d/5132d/5331d

MIX SYNCHRO 5M 201b + 301b + 403c/b + 105c/b + 5231d/5132d/5331d

MASTERS

3 + 3

3 different dives from 1m and 3 different dives from 3m

100/200 and line ups are not allowed. It is not allowed to repeat dives from different heights.

General Information

Entry

Use the attached entry form, send it to email: info@polisensimhopp.se

Entry must be send no later **than 28 September**.

Entry fee

200 skr/ individual entry, 250 skr/ synchro team.

Fee will be billed.

Late entries

Will only be accepted if there is open slots in the startlist.

Fee for a late entry will be 400 skr.

Judges

All clubs or federations need to have one judge/day or pay a cost of 300skr/day.

Awards

Victory ceremony will be held at the end of each event.

Medals and special prizes will be presented to the first, second and third of each individual event and synchronized events. D-group will all get medals and results will be in alphabetical order.

Only first place will be handed a prize in the knock out competition

Dive sheets

Information about what program we will use during the competition will be in the memo. The memo will be sent to you shortly after the final entry date.

Meals

Lunch and dinner can be booked and will be at the pool or close to the pool.

Lunch 125skr, Friday, Saturday and Sunday

Dinner 140skr. Thursday, Friday and Saturday

(we are hopefully having a banquet on Saturday, the cost will be around 275skr, if we don't have a banquet you will be able to book normal dinner on saturday)

Please specify in your entry how many meals you would like to order for each day.

T-shirt

T-shirts can be ordered at a cost of 200skr

Livestream

The competition will be livestreamed on youtube – swedishdiving.

Accommodation: All participating clubs arrange their own accommodation.

Here are some suggestions:

Clarion (2 minutes walk to the pool)

Skanstulls Vandrarhem (Hostel) (5 minutes walk to the pool) www.skanstullsvandrarhem.se.

Motel L Hammarby Sjöstad (10-15 min walk to the pool) <https://ligula.se/motel-l/hammarby-sjostad/>

Quality Globe Hotel (20 minutes walk to the pool) www.globehotel.se Zinkensdamms Hotel (20-25 minutes walk to the pool) www.vandrarhemmetzinkensdamm.com

Information: <https://www.polisensimhopp.se/start/?ID=31530>

Questions: info@polisensimhopp.se

Eriksdalsbadet, Hammarby Slussväg 20, 118 60 Stockholm

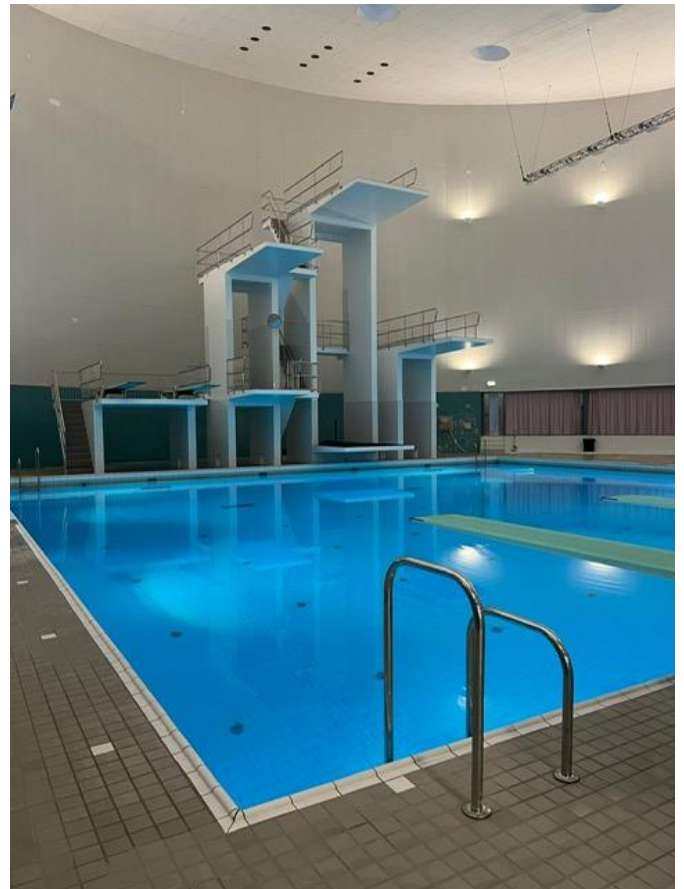
The Pool Area

Our pool offers a high-class diving environment designed to inspire and challenge athletes of every level

Four 1-meter springboards

Three 3-meter springboards,

A full tower with 1m, 3m, 5m, 7,5m and 10m



The Dryland Training Area

To ensure athletes can train smarter, safer, and stronger, our dryland facilities include:

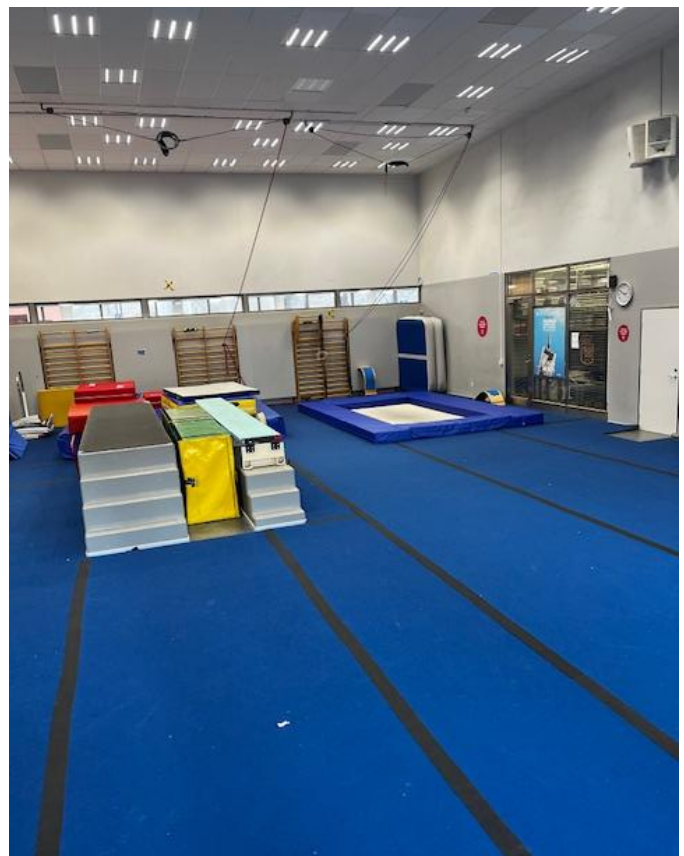
One springboard

One trampoline,

Two double mini-trampolines (DMT)

Four small airtracks,

One platform



Tourist attractions in Stockholm

For visitors who would like to explore Stockholm during their stay, we recommend:

- Gamla Stan – Stockholm's historic old town with charming streets, cafés and shops.
- The Vasa Museum – Home to the world's only preserved 17th-century warship.
- Skansen – The world's oldest open-air museum featuring Swedish history, culture and Nordic animals.
- Gröna Lund – Stockholm's famous amusement park with thrilling rides, games and entertainment.
- ABBA The Museum – An interactive experience dedicated to Sweden's most famous pop group.
- The Royal Palace – One of Europe's largest royal palaces, located in the heart of Stockholm.

Most attractions can be reached within 15–30 minutes by public transport from the competition venue.



Welcome to Stockholm Diving Open!

