Learn to Dive Events

This level is intended to be an introduction to competition with a focus on basic skills, fun and participation.

## Rules:

* Divers will perform dives on 1 metre, followed by 3 metre
* F divers will perform on 1 metre only
* No balks called
* Spotting a diver is permitted
* Hands may be above or below the head on foot first entries
* In all age groups, re-dives will be permitted in place of a failed dive
* Awards will be given to all divers
* **Age groups are based on age as of Dec 31st 2023**

|  |  |  |
| --- | --- | --- |
| **Age Groups:** |  | |
| Group F | 2016 and younger | 7 year olds and younger |
| Group E | 2014 and 2015 | 8 and 9 year olds |
| Group D | 2012 and 2013 | 10 and 11 year olds |
| Group C | 2010 and 2011 | 12 and 13 year olds |
| Group B | 2008 and 2009 | 14 and 15 year olds |
| Group A | 2005, 2006, 2007 | 16, 17, and 18 year olds |

**Dive Requirements:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Age Group | 1m | 3m | # of jumps or fall-ins REQUIRED | Total |
| F | 4 | 0 | 2 | 4 |
| E | 4 | 2 | 3 | 6 |
| D | 3 | 3 | 3 | 6 |
| C | 4 | 3 | 3 | 7 |
| A and B | 4 | 3 | 2 | 7 |

**Degree of Difficulty**

Jumps 1.0 Fall-ins 1.5

Dives 2.0

NOVICE DIVE REQUIREMENTS

### GROUP F (7 & under)

1m (5 dives): 100A, 001B, 002A, + 2 Dives (2 Groups)

3m (4 dives): 100A, 001D, 200A or 002D, + 1 Dive (1 Group)

### GROUP E (8 & 9 yrs)

1m (5 dives): 100A, 200A, 001B/002A + 2 Dives (2 Groups –can do fall in)

3m (5 dives): 100A, 200A, 001D/002D + 2 dives (2 Groups –can do fall in)

### GROUP D (10 & 11 yrs)

1m (5 dives): 3 Dives with 5.4 d.d. limit, 2 without d.d. limit (3 Groups)

3m (5 dives): 001D or 002D, 2 with 3.8 d.d. limit, 2 without limit (3 Groups)

### GROUP C (12 & 13 yrs)

1m (6 dives): 3 with 5.4 d.d. limit, 3 without d.d. limit (4 Groups)

3m (5 dives): 3 with 5.7 d.d. limit, 2 without d.d. limit (3 Groups)

### GROUP B (14 & 15 yrs)

1m (7 dives): 4 with 7.2 d.d. limit, 3 without d.d. limit (4 Groups)

3m (6 dives): 3 with 5.7 d.d. limit, 3 without d.d. limit ( 4 Groups)

### GROUP A (16-18 yrs)

1m (8 dives): 4 with 7.2 d.d. limit, 4 without d.d. limit (4 Groups)

3m (7 dives): 4 with 7.6 d.d. limit, 3 without d.d. limit (4 Groups)

**\*1 substitution dive is permitted per event.**

**A diver may repeat a dive in a different position.**

**SPECIAL RULES:**

* Diver’s fully qualified for Canadian Age Group Nationals are not eligible to compete
* DD’s: All jumps are 1.0
* E’s can repeat fall in if in different position

D.D. Changes:

1m: 201c = 1.7, 201b = 1.6, 201a = 1.5

1m 301c = 1.8, 301b = 1.7, 301a = 1.6

3m 201c = 1.9, 201b = 1.8, 201a = 1.7

3m 301c = 2.0, 301b = 1.9, 301a = 1.8

1m 001b = 1.1, 002a = 1.1

3m 001c = 1.3, 001b = 1.2, 001a = 1.1

3m 002c = 1.4, 002b = 1.3, 002a = 1.2

Masters (Open) Event

Divided into 2 Groups Novice and Competitive

|  |  |
| --- | --- |
| Men | Women |
| 18-49 years | 18-49 years |
| 50+ | 50+ |
| * All divers to perform 6 dives. * Divers can use the 1m, 3m and 5m * Dives can be repeated on different boards and/or in different positions. * Jumps, fall-ins allowed | |