NOVICE DIVE REQUIREMENTS

JD (7 & under)
1m (5 dives): 100A, 100B, 200A, 001B, 002A
3m (4 dives): 100A, 100B, 200A, 001B

GROUP E (8 & 9 yrs)
1m (5 dives): 100A, 200A, 001B/002A + 2 dives (2 Dir – can incl 1 fall in)
3m (5 dives): 100B, 200A, 001D/002D + 2 dives (2 Dir – can incl 1 fall in)
PLT (5 dives): 100B, 200A, 001D/002D + 2 dives (2 Dir – can incl 1 fall in)

GROUP D (10 & 11 yrs)
1m (5 dives): 3 dives with 5.4 d.d. limit, 2 without d.d. limit (3 Dir)
3m (5 dives): 001D or 002D, 2 with 3.8 d.d. limit, 2 without limit (3 Dir)
PLT (5 dives): 001D, 002D + 3 dives (3 Dir)

GROUP C (12 & 13 yrs)
1m (6 dives): 3 with 5.4 d.d. limit, 3 without d.d. limit (4 Dir)
3m (5 dives): 3 with 5.7 d.d. limit, 2 without d.d. limit (3 Dir)
PLT (5 dives): 001D or 002D + 4 dives (3 Dir)

GROUP B (14 & 15 yrs)
1m (7 dives): 4 with 7.2 d.d. limit, 3 without d.d. limit (4 Dir)
3m (6 dives): 3 with 5.7 d.d. limit, 3 without d.d. limit (4 Dir)
PLT (5 dives): 3 with 5.7 d.d. limit, 2 without d.d. limit (4 Dir)

GROUP A (16-18 yrs)
1m (8 dives): 4 with 7.2 d.d. limit, 4 without d.d. limit (4 Dir)
3m (7 dives): 4 with 7.6 d.d. limit, 3 without d.d. limit (4 Dir)
PLT (6 dives): 4 with 7.6 d.d. limit, 2 without d.d. limit (4 Dir)

MASTERS (18-29, 30-49, 50 and over)
1m/3m/PLT: men & women 4 dives (may use 100, 200, 001, 002)

SYNCHRO
A/B 3m (5 dives): 3 assigned 2.0 d.d. limit, 2 dives without d.d. limit (4 Dir)
C/D 1m (5 dives): 3 assigned 2.0 d.d. limit, 2 dives without d.d. limit (3 Dir)

SPECIAL RULES:

GENERAL:
- Diver's fully qualified for Canadian Age group nationals are not eligible to compete
- D position means choice of position, must specify the position (A,B,or C)

JD's:
- DD's all 1.0

E's:
- Can repeat fall in if in different direction (max 2 fall-ins)
- DD's 1.8 (1m), 1.9 (3m), 2.0 (Plt 3m & 5m)

ABCD's:
- DD's: All jumps & fall ins are 1.0
- PLT: All dives on 3m plt are 1.0
  All dives 5m & above are Fina DD.
  11 & under can use 3m plt

MASTERS:
- All dives must have different dive numbers, except 70+ can repeat in different position

Provincial GROUP E (8 & 9 yrs)
1m (6 Dives): 100A w/ hurdle, 200A, 4 dives from 3 groups (all dives dd 1.8)
3m (6 Dives): 001D, 002D, 100B w/ hurdle, 3 dives from 3 groups (all dives dd 1.9)
Plt (6 Dives): 001D, 002D, 100B, 3 dives from 2 groups (all dives dd 2.0) (3m & 5m)

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