WESTERN CANADIAN NOVICE DIVING RULES

Updated: February 2025

GENERAL RULES FOR ALL NOVICE AGE GROUPS

ELIGIBILITY

Divers qualified for Diving Plongeon Canada Junior Nationals on any event are not eligible to compete in any Novice events or Novice Nationals.

JUMPS

- The DD for all jumps is 1.0
- Dive numbers for jumps: 100A, 100C, 100B, 200A, 200C, 200B
- There is no deduction for hands up or hands down on the entry position.

FALL-IN ENTRIES

- The DD for all fall-in entries is 1.0
- 001 and 002 are categorized as “Direction 0”, and therefore they do not count as front or back direction.
- Dive numbers for fall-in entries: 001A, 001B, 001C, 002A, 002C, 002B

DIVES

- All Dive numbers entered for Dive #1, Dive #2… must be found on World Aquatics DD sheet.
- A Dive number cannot be performed twice in the same list. For example, 101C and 101B would not be allowed in the same list of dives.
- Jumps (100, 200) and fall-in entries (001, 002) can NOT be used for Dive #1, Dive #2, etc. The only exceptions to this rule are clearly outlined below for Group E only.

LIST SUBMISSIONS

- Dive sheets must be submitted according to the timelines laid out by the host club.
- Dives can be changed on the dive sheet up until 15 minutes before the start of the event.

SPECIFIC RULES FOR EACH AGE GROUP

	1M	3M	PLATFORM
Novice Junior Development **(7 and under, as of Dec 31)**	5 rounds: 100A 100B 200A 001B 002A The DD for all rounds is 1.0	4 rounds: 100A 100B 200A 001B The DD for all rounds is 1.0	X

	1M	3M	PLATFORM
Novice Group E **(9 and under, as of Dec 31)**	5 rounds: 100A 200A 001B or 002A Dive #1 Dive #2 *100/200 are DD 1.0 *001/002 are DD 1.0 Dives #1 and #2 must be from 2 different directions and use World Aquatics DD If a diver cannot do two dives, ONE of #1 and #2 can be 001 or 002 in a different position. There can be a max of 2 fall-in entries in the list.	5 rounds: 100B 200A 001/002 A or B or C Dive #1 Dive #2 *100/200 are DD 1.0 *001/002 are DD 1.0 Dives #1 and #2 must be from 2 different directions and use World Aquatics DD If a diver cannot do two dives, ONE of #1 and #2 can be 001 or 002 in a different position. There can be a max of 2 fall-in entries in the list.	5 rounds: 100B 200A 001/002 A or B or C Dive #1 Dive #2 *100/200 are DD 1.0 *001/002 are DD 1.0 Dives #1 and #2 must be from 2 different directions and use World Aquatics DD If a diver cannot do two dives, ONE of #1 and #2 can be 001 or 002 in a different position. There can be a max of 2 fall-in entries in the list.
Novice Group D **(11 and under, as of Dec 31)**	5 rounds: Dive #1 Dive #2 Dive #3 *Dives 1+2+3 = max 5.4 DD and must be from 3 different directions. Dive #4 Dive #5 *Dives 4, 5 = no DD max, must be from 2 different directions. *Overall, there must be 3 different directions in the 5 dives. *All dives use World Aquatics DD	5 rounds: 001/002 A or B or C Dive #1 Dive #2 *Dives 1+2 = max 3.8 DD and must be from 2 different directions. Dive #3 Dive #4 *Dives 3,4 = no DD max, must be from 2 different directions. *Overall, there must be 3 different directions in the 4 dives. *001/002 are DD 1.0 *Dives 1-4 use World Aquatics DD	5 rounds: 001 A or B or C 002 A or B or C Dive #1 Dive #2 Dive #3 *Dives 1, 2, 3 must be from 3 different directions. *001/002 are DD 1.0 *3m platform is allowed, and DD of any dive on 3m is 1.0 *All dives on 5m use World Aquatics DD

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Novice Group C **(12-13 years, as of Dec 31)**	6 rounds: Dive #1 Dive #2 Dive #3 *Dives 1+2+3 = max 5.4 DD, must be from 3 different directions. Dive #4 Dive #5 Dive #6 *Dives 4, 5, 6 = no max DD, must be from 3 different directions. *Overall, there must be 4 different directions in the 6 dives. *All dives use World Aquatics DD	5 rounds: Dive #1 Dive #2 Dive #3 *Dives 1+2+3 = max 5.7 DD, must be from 3 different directions. Dive #4 Dive #5 *Dives 4, 5 = no max DD, must be from 2 different directions. *Overall, there must be 3 different directions in the 5 dives. *All dives use World Aquatics DD	5 rounds: 001/002 A or B or C Dive #1 Dive #2 Dive #3 Dive #4 *Overall, there must be 3 different directions in the 4 dives. *001/002 are DD 1.0 *All dives must be performed on 5m or higher and use World Aquatics DD

	1M	3M	PLATFORM
Novice Group B **(13-14 years, as of Dec 31)**	7 rounds: Dive #1 Dive #2 Dive #3 Dive #4 *Dives 1+2+3+4 = max 7.2 DD, must be from 4 different directions. Dive #5 Dive #6 Dive #7 *Dives 5, 6, 7 = no max DD, must be from 3 different directions. *Overall, there must be 4 different directions in the 7 dives. *All dives use World Aquatics DD	6 rounds: Dive #1 Dive #2 Dive #3 *Dives 1+2+3 = max 5.7 DD, must be from 3 different directions. Dive #4 Dive #5 Dive #6 *Dives 4, 5, 6 = no max DD, must be from 3 different directions. *Overall, there must be 4 different directions in the 6 dives. *All dives use World Aquatics DD	5 rounds: Dive #1 Dive #2 Dive #3 *Dives 1+2+3 = max 5.7 DD, must be from 3 different directions. Dive #4 Dive #5 *Dives 4, 5 = no max DD, must be from 2 different directions. *Overall, there must be 4 different directions in the 5 dives. *All dives must be performed on 5m and higher and use World Aquatics DD

	1M	3M	PLATFORM
Novice Group A **(16-18 years, as of Dec 31)**	8 rounds: Dive #1 Dive #2 Dive #3 Dive #4 *Dives 1+2+3+4 = max 7.2 DD, must be from 4 different directions. Dive #5 Dive #6 Dive #7 Dive #8 *Dives 5, 6, 7, 8 = no max DD, must be from 4 different directions. *Overall, there must be 4 different directions in the 8 dives. *All dives use World Aquatics DD	7 rounds: Dive #1 Dive #2 Dive #3 Dive #4 *Dives 1+2+3+4 = max 7.6 DD, must be from 4 different directions. Dive #4 Dive #5 Dive #6 *Dives 4, 5, 6 = no max DD, must be from 3 different directions. *Overall, there must be 4 different directions in the 7 dives. *All dives use World Aquatics DD	6 rounds: Dive #1 Dive #2 Dive #3 Dive #4 *Dives 1+2+3+4 = max 7.6 DD, must be from 4 different directions. Dive #5 Dive #6 *Dives 5, 6 = no max DD, must be from 2 different directions. *Overall, there must be 4 different directions in the 6 dives. *All dives must be performed on 5m or higher and higher use World Aquatics DD

	1M	3M
A&B Novice Synchro 3m		5 rounds: Dives #1, 2, 3 must be from 3 different directions, and all use assigned DD 2.0 Dives #4, 5 must be from 2 different directions and use World Aquatics DD *Overall, there must be 4 different directions in the 5 dives.
	1M	**3M**
C&D Novice Synchro 1m	5 rounds: Dives #1, 2, 3 must be from 3 different directions, and all use assigned DD 2.0 Dives #4, 5 must be from 2 different directions and use World Aquatics DD *Overall, there must be 3 different directions in the 5 dives.	

	1M	3M	PLATFORM
Novice Masters	4 rounds Any combination of jumps, entries and dives may be used. *All 100/200/001/002 DD are 1.0 *All dives use World Aquatics DD All dives must have different dive numbers, except 70+ can repeat a dive number in a different position.	4 rounds Any combination of jumps, entries and dives may be used. *All 100/200/001/002 DD are 1.0 *All dives use World Aquatics DD All dives must have different dive numbers, except 70+ can repeat a dive number in a different position.	4 rounds Any combination of jumps, entries and dives may be used. *All 100/200/001/002 DD are 1.0 *All dives use World Aquatics DD All dives must have different dive numbers, except 70+ can repeat a dive number in a different position.