

# WESTERN CANADIAN PROVINCIAL DIVING RULES

Updated: February 2025

In provincial competitions, where sanctioned Diving Plongeon Canada age group qualifying events are being held, the host club may choose to expand the schedule to include events for divers ages 9+ under. These events are for "Group E". Group E is not a national event: there will be no Group E events at nationals, however Pre-National Group E is considered part of the junior national development pathway.

## PRE-NATIONAL GROUP E

### ELIGIBILITY

- All 9+ under divers who meet these requirements are eligible to compete, regardless of any other qualifications.
- Pre-National E can be included in competitions where Diving Plongeon Canada age group national qualifying events are held.
- Pre-National E is not a novice event and is not to be included in Novice Nationals.

|                                                          | 1M                                                                                                                                                                            | 3M                                                                                                                                                                                             | PLATFORM                                                                                                                                                                                                                   |
|----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Group E</b><br><br><b>(9 and under, as of Dec 31)</b> | 6 rounds:<br><br>100A with hurdle<br>200A<br>Dive #1<br>Dive #2<br>Dive #3<br>Dive #4<br><br>*Dives 1,2,3,4 must be from 3 different directions<br><br>All rounds have DD 1.8 | 6 rounds:<br><br>001 A or B or C<br>002 A or B or C<br>100B with hurdle<br>Dive #1<br>Dive #2<br>Dive #3<br><br>*Dives 1,2,3 must be from 3 different directions<br><br>All rounds have DD 1.9 | 6 rounds:<br><br>001 A or B or C<br>002 A or B or C<br>100B<br>Dive #1<br>Dive #2<br>Dive #3<br><br>*Dives 1,2,3 must be from 2 different directions<br><br>*3m and 5m platforms are allowed<br><br>All rounds have DD 2.0 |