



DIVING PLONGEON CANADA

JUNIOR RULES

2026

Junior National Qualifying Standards						
2026						
	1m		3m		Platform	
	F	M	F	M	F	M
D1	140	140	140	140	140	140
D2	185	185	185	185	185	185
C1	260	260	265	265	230	230
C2	270	270	275	275	250	250
B	310	310	330	325	255	275
A	360	415	395	445	305	345

D1 divers must compete in at least 1 finals event throughout the season.

2026 GROUP A PRELIMINARIES

1M Girls	Total 10 dives	All dives must be a different dive number
	First 5 dives	5 groups must be represented D.D. limit of 9.0
	Last 5 dives	5 groups must be represented No D.D. limit
	*May use a maximum of ONE dive with foot first entry from this list: 104C or 104B 5223D, 5225D, 5124D, 5323D, 5325D	
3M Girls	Total 10 dives	All dives must be a different dive number No feet first entries dive are permitted
	First 5 dives	5 groups must be represented D.D. limit of 9.5
	Last 5 dives	5 groups must be represented No D.D. limit
Platform Girls	Total 8 dives	All dives must be a different dive number 5 groups must be represented No feet first entry dives are permitted
	First 4 dives	4 groups must be represented D.D. limit of 7.6
	Last 4 dives	4 groups must be represented One dive must be from group 100 or 400 One dive must be from group 200 or 300 One dive must be from group 600, 6000 or 5000 No D.D. limit

1M Boys	Total 11 dives	All dives must be a different dive number
	First 5 dives	5 groups must be represented D.D. limit of 9.0
	Last 6 dives	5 groups must be represented No D.D. limit
	*May use a maximum of ONE dive with foot first entry from this list: 104C or 104B 5223D, 5225D, 5124D, 5323D, 5325D	
3M Boys	Total 11 dives	All dives must be a different dive number No feet first entries dive are permitted
	First 5 dives	5 groups must be represented D.D. limit of 9.5
	Last 6 dives	5 groups must be represented No D.D. limit
Platform Boys	Total 9 dives	All dives must be a different dive number 6 groups must be represented No feet first entry dives are permitted
	First 4 dives	4 groups must be represented D.D. limit of 7.6
	Last 5 dives	5 groups must be represented No D.D. limit

The following dives may not be used: 5111, 5211, 5311, 5411

All front and inward twist dive numbers must end in an even number

All back and reverse twist dive numbers must end in odd number

2026 GROUP A FINALS

The top 10 ranked divers from the preliminaries will advance to finals in 1m, 3m and Platform

The divers will compete in reverse order of the final standings of the preliminary events.

See CDAG 4.2.5.3 Results and Ranking for rules regarding Exhibition Divers in Finals

1M Girls	Total 5 dives	Score for the first 5 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 5 dives in prelims 5 groups must be represented No D.D. limit
	*May use a maximum of ONE dive with foot first entry from this list:	104C or 104B 5223D, 5225D, 5124D, 5323D, 5325D

3M Girls	Total 5 dives	Score for the first 5 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 5 dives in prelims No feet first entry dives are permitted 5 groups must be represented No D.D. limit
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Platform Girls	Total 4 dives	Score for the first 4 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 4 dives in prelims 4 groups must be represented 5 different groups must be represented within the 8 dives No feet first entry dives are permitted One dive must be from group 100 or 400 One dive must be from group 200 or 300 One dive must be from group 600, 6000 or 5000 No D.D. limit
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1M Boys	Total 6 dives	Score for the first 5 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 5 dives in prelims 5 groups must be represented No D.D. limit
	*May use a maximum of ONE dive with foot first entry from this list:	104C or 104B 5223D, 5225D, 5124D, 5323D, 5325D

3M Boys	Total 6 dives	Score for the first 5 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 5 dives in prelims No feet first entry dives are permitted 5 groups must be represented No D.D. limit
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Platform Boys	Total 5 dives	Score for the first 4 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 4 dives in prelims No feet first entry dives are permitted 5 groups must be represented 6 different groups must be represented within the 9 dives No D.D. limit
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The following dives may not be used: 5111, 5211, 5311, 5411
All front and inward twist dive numbers must end in an even number
All back and reverse twist dive numbers must end in odd number

2026 GROUP B PRELIMINARIES

1M Girls & Boys	Total 9 dives	All dives must be a different dive number
	First 5 dives	5 groups must be represented D.D. limit of 9.0
	Last 4 dives	4 groups must be represented One dive must be from group 100 or 400 One dive must be from group 200 or 300 No D.D. limit
	*May use a maximum of ONE dive with foot first entry from this list: 104C or 104B 5221D or 5223D 5122D or 5124D 5321D or 5323D	

3M Girls & Boys	Total 9 dives	All dives must be a different dive number No feet first entry dives are permitted
	First 5 dives	5 groups must be represented D.D. limit of 9.5
	Last 4 dives	4 groups must be represented One dive must be from group 100 or 400 One dive must be from group 200 or 300 No D.D. limit

Platform Girls	Total 7 dives	All dives must be a different dive number 5 groups must be represented in the 7 dives No feet first entry dives are permitted
	First 4 dives	4 groups must be represented D.D. limit of 7.6
	Last 3 dives	3 groups must be represented One dive must be from group 100 or 400 One dive must be from group 200 or 300 No D.D. limit

Platform Boys	Total 8 dives	All dives must be a different dive number 5 groups must be represented No feet first entry dives are permitted
	First 4 dives	4 groups must be represented D.D. limit of 7.6
	Last 4 dives	4 groups must be represented One dive must be from group 100 or 400 One dive must be from group 200 or 300 One dive must be from group 600, 6000 or 5000 No D.D. limit

The following dives may not be used : 5111, 5211, 5311, 5411
All front and inward twist dive numbers must end in an even number
All back and reverse twist dive numbers must end in odd number

2026 GROUP B FINALS

The top 10 ranked divers from the preliminaries will advance to finals in 1m, 3m and Platform.

The divers will compete in reverse order of the final standings of the preliminary events.

See CDAG 4.2.5.3 Results and Ranking for rules regarding Exhibition Divers in Finals

1M Girls & Boys	Total 4 dives	Score for the first 5 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 5 dives in prelims 4 groups must be represented One dive must be from group 100 or 400 One dive must be from group 200 or 300 No D.D. limit
	*May use a maximum of ONE dive with foot first entry from this list:	104C or 104B 5221D or 5223D 5122D or 5124D 5321D or 5323D

3M Girls & Boys	Total 4 dives	Score for the first 5 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 5 dives in prelims No feet first entry dives are permitted 4 groups must be represented One dive must be from group 100 or 400 One dive must be from group 200 or 300 No D.D. limit
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Platform Girls	Total 3 dives	Score for the first 4 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 4 dives in prelims No feet first entry dives are permitted 3 groups must be represented in the finals / 5 groups must be represented in the 7 dives One dive must be from group 100 or 400 One dive must be from group 200 or 300 No D.D. limit
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Platform Boys	Total 4 dives	Score for the first 4 dives in prelims will be carried over to finals All dives must be different dive numbers than any of the first 4 dives in prelims No feet first entry dives are permitted 4 groups must be represented in the finals / 5 groups must be represented within the 8 dives One dive must be from group 100 or 400 One dive must be from group 200 or 300 One dive must be from group 600, 6000 or 5000 No D.D. limit
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The following dives may not be used: 5111, 5211, 5311, 5411

All front and inward twist dive numbers must end in an even number

All back and reverse twist dive numbers must end in odd number

2026 GROUP C1 PRELIMINARIES

Group C1 divers shall perform 8 dives on 1M and 3M, and 7 dives on platform as presented and in the order in the chart below

- ~ Each of the dives shall be different dive numbers
- ~ Each dive must be from the C1 prelims dive chart
- ~ 1M & 3M: Dive Numbers 6-7-8: Divers shall choose 3 dives from 3 different dive groups
 - ~ The 3 dives must include a 100 or 400 dive group, and a 200 or 300 dive group
 - ~ On 1M, only 1 of the following dives may be used: 202, 302, 402
- ~ For Platform Preliminaries, C1 divers may use the 5m or 7.5m platform
- ~ Platform: Dive Numbers 1-4: Divers shall choose 4 dives from the 6 different dive groups and should be performed in the order 40X, 10X, 201, 301, 5XXX, 6XX
- ~ Platform: Dive Numbers 1-4: one of the first 4 dives must be 201 or 301
- ~ Platform: Dive Numbers 1-4: The first 4 dives will have a maximum DD of 7.6 (7.8 if 5132 is one of the dives)
- ~ Platform: Dive Numbers 5-7: Divers shall choose 3 dives from 3 different groups
 - ~ Platform: Dive Numbers 5-7: The 3 dives must include a 100 or 400 dive group, and a 200 or 300 dive group
- ~ Platform: The 7 dive list must include a dive from the 6XX group

All DD's are World Aquatics DD's, with the following exceptions:

- 1M 401A is the World Aquatics DD + 0.2
- 201C, 201B are the World Aquatics DD for 201B on all boards
- 301C, 301B are the World Aquatics DD for 301B on all boards
- 203C and 303C are the World Aquatics DD + 0.1 on all boards
- 5122, 5132 are the World Aquatics DD + 0.2 on all boards

C1-1M	
DIVE ORDER	DIVE #
1	401C, B, A
2	101C, B, 103C, B
3	201C, B
4	301C, B
5	5122D, 5132D, 5221D, 5231D, 5321D, 5331D
6	103C, B, 104C, B, 105C, 402C, B, 403C
7	202C, B, 203C, 302C, B, 303C
8	1 dive from C1 prelims dives list

C1-3M	
DIVE ORDER	DIVE #
1	401C, B, A, 403C, B
2	101C, B, 103C, B
3	201C, B
4	301C, B
5	5132D, 5231D, 5331D
6	103C, B, 105C, 403C, B
7	203C, B, 303C, B
8	1 dive from C1 prelims dives list

C1-Platform	
DIVE ORDER	DIVE #
1, 2, 3, 4	401C, B, 403C, B, 101C, B, 103C, B, 201C, B, 301C, B, 5132D, 5231D, 612C, B, 622C, B
5	101C, B, 103C, B, 105C, B, 401C, B, 403C, B, 405C
6	201C, B, 203C, 301C, B, 303C
7	1 more dive from C1 prelims dives list

2026 GROUP C1 PRELIMS DIVE CHART

Group C1 Prelims - 1M						Group C1 Prelims - 3M				
101C	201C	301C	401C	5122D		101C	201C	301C	401C	5132D
101B	201B	301B	401B	5132D		101B	201B	301B	401B	5231D
103C	202C	302C	401A	5221D		103C	203C	303C	401A	5331D
103B	202B	302B	402C	5223D		103B	203B	303B	403C	5233D
104C	203C	303C	402B	5331D		105C			403B	
104B			403C	5231D						
105C										

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2026 GROUP C2 PRELIMINARIES

Group C2 divers shall perform 8 dives on 1M and 3M, and 7 dives on platform as presented and in the order in the chart below

- ~ Each of the 8/7 dives shall be different dive numbers
- ~ Each dive must be from the C2 prelims dive chart
- ~ 1M & 3M: Dive Numbers 6-7-8: Divers shall choose 3 dives from 3 different dive groups
 - ~ the 3 dives must include a 100 or 400 group, and a 200 or 300 group
 - ~ On 1m, only 1 of the following dives may be used: 202, 302, 402
- ~ For Platform Preliminaries, C2 divers may use the 5m or 7.5m platform
- ~ Platform: Dive Numbers 1-4: Divers shall choose 4 dives from the 6 different dive groups and should be performed in the order 40X, 10X, 201, 301, 5XXX, 6XX
- ~ Platform: Dive Numbers 1-4: one of the first 4 dives must be 201 or 301
- ~ Platform: Dive Numbers 1-4: The first 4 dives will have a maximum DD of 7.6 (7.8 if 5132 is one of the dives)
- ~ Platform: Dive Numbers 5-7: Divers shall choose 3 dives from 3 different groups
 - ~ Platform: Dive Numbers 5-7: The 3 dives must include a 100 or 400 group, and a 200 or 300 group
- ~ Platform: The 7 dive list must include a dive from the 6XX group

All DD's are World Aquatics DD's, with the following exceptions:

- ~ 401A is the World Aquatics DD + 0.2
- ~ 201C, 201B are the World Aquatics DD for 201B on all boards
- ~ 301C, 301B are the World Aquatics DD for 301B on all boards
- ~ 203C and 303C are the World Aquatics DD + 0.1 on all boards
- ~ 5122, 5132 are the World Aquatics DD + 0.2 on all boards

C2-1M	
DIVE ORDER	DIVE #
1	401C, B, A
2	101C, B, 103C, B
3	201C, B
4	301C, B
5	5122D, 5132D, 5221D, 5231D, 5223D, 5331D
6	103C, B, 104C, B, 105C, 402C, B, 403C, B
7	202C, B, 203C, 302C, B, 303C
8	1 more dive from C1 prelims dives list

C2-3M	
DIVE ORDER	DIVE #
1	401C, B, A, 403C, B
2	101C, B, 103C, B
3	201C, B
4	301C, B
5	5132D, 5231D, 5331D
6	103C, B, 105C, B, 403C, B
7	203C, B, 303C, B
8	1 more dive from C1 prelims dives list

C2-Platform	
DIVE ORDER	DIVE #
1, 2, 3, 4	401C, B, 403C, B, 101C, B, 103C, B, 201C, B, 301C, B, 5132D, 5231D, 612C, B, 622C, B
5	101C, B, 103C, B, 105C, B, 401C, B, 403C, B, 405C
6	201C, B, 203C, B 301C, B, 303C
7	1 more dive from C1 prelims dives list

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2026 GROUP C FINALS

There will be 10 divers in each of the Group C 1m, 3m and Platform finals.

- ~ The top 4 divers from the C1 preliminaries
- ~ The top 4 divers from the C2 preliminaries
- ~ 1m and 3m, the top 2 divers after the first 5 dives in prelims, either C1 or C2, not already in the finals
- ~ On platform, the top 2 divers after the first 4 dives in prelims, either C1 or C2, not already in the finals
- ~ Should there be a finals spot not filled (insufficient divers in C1 or C2), the next diver(s) in ranking after the first 5 dives on springboard and the first 4 dives on platform from the preliminaries will advance to the finals.
- ~ See **CDAAG 4.2.5.3 Results and Ranking** for rules regarding Exhibition Divers in Finals

1M & 3M: Divers will perform 3 dives from the Finals Dive Chart

- ~ Score for first 5 dives from prelims will be carried over to finals
- ~ 3-dive finals list must contain 1 dive from 100 or 400 group, and 1 dive from 200 or 300 group
- ~ On 1M, divers may select a maximum of 1 of the following dives: 202C, 202B, 302C, 302B, 402C or 402B
- ~ Each of the 3 dives must be a different dive group
- ~ Each of the 3 dives must be a different dive number than any performed in the first 5 dives of prelims

Platform: Divers will perform 3 dives from the Finals Dive Chart

- ~ For Platform Finals divers may use the 5m or 7.5m platform
- ~ Score for first 4 dives from prelims will be carried over to finals
- ~ 3-dive finals list must contain 1 dive from 100 or 400 group, and 1 dive from 200 or 300 group
- ~ Each of the 3 dives must be a different dive group
- ~ Each of the 3 dives must be a different dive number than any performed in the first 4 dives of prelims
- ~ The 7-dive list (first 4 dives carried over from prelims and 3 dives in finals) must include a dive from the 6XX group

All DD's are World Aquatics DD's, with the following exceptions, on all boards:

- 1M 401A is the World Aquatics DD + 0.2
- 201C, 201B are the World Aquatics DD for 201B
- 301C, 301B are the World Aquatics DD for 301B
- 203C and 303C are the World Aquatics DD + 0.1
- 5122, 5132 are the World Aquatics DD + 0.2

2025 GROUP C FINALS DIVE CHART										
Group C Finals - 1M						Group C Finals - 3M				
101C	201C	301C	401C	5122D		101C	201C	301C	401C	5132D
101B	201B	301B	401B	5132D		101B	201B	301B	401B	5231D
103C	202C	302C	401A	5221D		103C	203C	303C	401A	5331D
103B	202B	302B	402C	5223D		103B	203B	303B	403C	5233D
104C	203C	303C	402B	5331D		105C	205C	305C	403B	5333D
104B	203B	303B	403C	5231D		105B			405C	5134D
105C			403B	5233D		107C				
105B				5333D						
				5134D						

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2026 GROUP D PRELIMINARIES

Group D1 divers shall perform 5 dives as presented and in the order in the chart below.

- ~ The DD for each dive is prescribed as shown
- ~ Divers may use 3m platform or 5m platform in Qualification Competitions
- ~ D1 divers must use only the 5m platform at Junior National Championships for preliminaries.

D1-1M		
DIVE ORDER	DIVE #	D.D
1	401C	1.6
2	101C	1.6
3	201C	1.6
4	301C	1.6
5	103C	1.6

D1-3M		
DIVE ORDER	DIVE #	D.D
1	401C	1.6
2	101C	1.6
3	201C	1.6
4	301C	1.6
5	103C	1.6

D1-Platform		
DIVE ORDER	DIVE #	D.D
1	401C	1.6
2	101C	1.6
3	201C	1.6
4	301C	1.6
5	103C	1.6

Group D2 Preliminaries

Group D2 divers shall perform 6 dives on 1M, 3M, Platform as presented and in the order in the chart below.

- ~ The DD for dives 1-4 is prescribed as shown in the table
- ~ dives 5-6 must be from different dive groups
- ~ The DD for dives 5-6 are World Aquatic DDs with the following exceptions:
 - ~ 203C and 303C are WA DD +0.1 on all boards:
 - ~ 5122 and 5132 are WA DD +0.2 on all boards:
- ~ For Platform Preliminaries, D2 divers may use the 5m or 7.5m platform
- ~ Where there is a choice of dives indicated within the dive order, the diver must select one of the dives
- ~ On 1-metre, divers may choose a maximum of 1 of the following dives: 202, 302, 402

D2-1M		
DIVE ORDER	DIVE #	D.D
1	401C, B	1.6
2	101C, B	1.6
3	201C	1.6
4	301C	1.6
5, 6	103C, B, 104C, 202C, B, 203C, 302C, B, 303C, 402C, B, 403C, 5122D, 5132D	

D2-3M		
DIVE ORDER	DIVE #	D.D
1	401C, B	1.6
2	101C, B	1.6
3	201C	1.6
4	301C	1.6
5	103C, B, 105C, 403C, 5132D	
6	203C, 303C	

D2-Platform		
DIVE ORDER	DIVE #	D.D
1	401C, B	1.6
2	101C, B	1.6
3	201C	1.6
4	301C	1.6
5, 6	103C, B, 105C, 203C, 303C, 403C, B, 5132D, 600A, 612C, B, 622C	

2026 GROUP D FINALS

There will be 10 divers in each of the Group D 1m, 3m and Platform finals:

- ~ The top 3 divers from the D1 preliminaries
- ~ The top 3 divers from the D2 preliminaries
- ~ The top 4 divers after the first 4 dives in prelims, either D1 or D2, not already in the finals
- ~ Should there be a finals spot not filled (insufficient divers in D1 or D2), the next diver(s) in ranking after the first 4 dives from the preliminaries will advance to the finals.
- ~ See **CDAG 4.2.5.3 Results and Ranking** for rules regarding Exhibition Divers in finals

Group D divers shall perform 6 dives on 1M, 3M, and Platform as presented and in the order in the chart below.

- ~ Dives 5-6 must be different dive numbers than dives 1-4
- ~ Dives 5-6 must be from different dive groups
- ~ All DDs are World Aquatic DDs with the following exceptions:
 - ~ 201C and B are the WA DD for 201B on all boards
 - ~ 301C and B are the WA DD for 301B on all boards
 - ~ 203C and 303C are WA DD +0.1 on all boards
 - ~ 5122 and 5132 are WA DD +0.2 on all boards
- ~ For D Platform Finals, divers may use the 5m or 7.5m platform
- ~ Where there is a choice of dives indicated in the dive order, the diver must select one of the dives
- ~ On 1M, divers may select a maximum of 1 of the following dives: 202, 302, 402

D FINALS-1M		
DIVE ORDER	DIVE #	D.D
1	401C, B	
2	101C, B, 103C, B	
3	201C, B	
4	301C, B	
5, 6	2 dives from D Finals dive chart	

D FINALS-3M		
DIVE ORDER	DIVE #	D.D
1	401C, B 403C, B	
2	101C, B, 103C, B	
3	201C, B	
4	301C, B	
5, 6	2 dives from D Finals dive chart	

D FINALS-Platform		
DIVE ORDER	DIVE #	D.D
1	401C, B, 403C, B	
2	101C, B, 103C, B	
3	201C, B	
4	301C, B	
5, 6	2 dives from D Finals dive chart	

2026 GROUP D FINALS DIVE CHART

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