

PROVINCIAL LEVEL

AGE GROUP RULES (PAG Rules)

PAG 1 FINA Rules of competition will apply in all age group competitions.

PAG 2 Age Categories

All age group divers remain qualified from the 1st of January to midnight of the following 31st of December in the year of competition.

PAG 3 Diving Events

PAG 3.1 Group A

PAG 3.1.1 Age: 16, 17, or 18 years on December 31st of the year of the competition.

PAG 3.1.2 Competition Format

Girls' and Boys' Springboard – 1 metre

This competition shall comprise nine (9) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.0, and four (4) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Springboard – 3 metre

This competition shall comprise nine (9) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5, and four (4) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Platform - 5 metre - 7.5 metre - 10 metre

This competition shall comprise eight (8) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and four (4) dives without limit of degree of difficulty, each dive selected from a different group. At least five (5) different groups must be covered. 5 metre, 7.5 metre and 10 metre platforms may be used.

PAG 3.2 Group B

PAG 3.2.1 Age: 14 or 15 years on December 31st of the year of the competition.

PAG 3.2.2 Competition Format

Girls' and Boys' Springboard – 1 metre

This competition shall comprise eight (8) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.0, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Springboard – 3 metre

This competition shall comprise eight (8) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Platform - 5 metre - 7.5 metre - 10 metre

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and three (3) dives without limit of degree of difficulty, each dive selected from a different group. 5 metre, 7.5 metre and 10 metre platforms may be used.

PAG 3.3 Group C

PAG 3.3.1 Age: 12 or 13 years on December 31st of the year of the competition.

PAG 3.3.2 Competition Format

Girls' and Boys' Springboard – 1 metre

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.2, and three (3) dives without limit of degree of difficulty, each dive selected from a different group. All five (5) groups must be covered.

Girls' and Boys' Springboard – 3 metre

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Platform - 3 metre - 5 metre - 7.5 metre

This competition shall comprise six (6) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and two (2) dives without limit of degree of difficulty, each dive selected from a different group. 3 metre, 5 metre and 7.5 metre platforms may be used, however a maximum of three (3) dives may be performed on the 3 metre platform. All dives performed on the 3 metre platform shall have degree of difficulty of 1.0.

PAG 3.4 Group D

PAG 3.4.1 Age: 10 or 11 years and under on December 31st of the year of the competition.

PAG 3.4.2 Competition Format

Girls' and Boys' Springboard – 1 metre

This competition shall comprise six (6) different dives; three (3) dives each selected from a different group, the total degree of difficulty shall not exceed 5.4, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Springboard – 3 metre

This competition shall comprise six (6) different dives; three (3) dives each selected from a different group, the total degree of difficulty shall not exceed 5.7, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Platform - 3 metre or 5 metre

This competition shall comprise five (5) different dives; three (3) dives each selected from a different group, the total degree of difficulty shall not exceed 5.4, and two (2) dives without limit of degree of difficulty, each dive selected from a different group. 3 metre and/or the 5 metre platforms may be used. All dives performed on the 3 metre platform shall have degree of difficulty of 1.0.

PAG 3.5 Group E

PAG 3.5.1 Age: 9 years and under on December 31st of the year of the competition.

PAG 3.5.2 Competition Format

Girls' and Boys' Springboard – 1 metre

This competition shall comprise of six (6) different dives; two (2) dives including 100A with a hurdle and 200A, and four (4) dives selected from three (3) groups. All dives shall have a degree of difficulty of 1.8.

Girls' and Boys' Springboard – 3 metre

This competition shall comprise of six (6) different dives; three (3) dives including 100B with a hurdle, 001B, 002A, and three (3) dives selected from three (3) groups. All dives shall have a degree of difficulty of 1.9.

Girls' and Boys' Platform - 3 metre - 5 metre

This competition shall comprise of six (6) different dives; three (3) dives including 100B, 001B, 002A, and three (3) dives selected from two (2) groups. 3 metre and 5 meter platforms may be used. All dives shall have a degree of difficulty of 2.0.

PAG 3.6 Age group combined Synchronized Diving

PAG 3.6.1 Age: 18 years and under on December 31st of the year of the competition.

PAG 3.6.2 Competition Format

Girls' and Boys' Synchronised Diving - 3 metre

This competition shall comprise five (5) dives; two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and three (3) rounds of dives without limit of degree of difficulty. The five (5) dives must be selected from at least four (4) different groups.

PAG 3.7 Special Rules applying to all Provincial Level Events

PAG 3.7.1 Age: 18 years and under on December 31st of the year of the competition.

PAG 3.7.2 Twisting Dives

On all Boards twisting dives with less than a minimum of one (1) somersault (511X, 521X, 531X, 541X) shall have degree of difficulty of 1.0.

PAG 3.7.3 3 metre Platform Dives

Dives on 3m Platform are all worth 1.0

PAG 3.7.4 Group E Degree of Difficulty

The special rules for Degree of Difficulty listed in PAG 3.7.2 and 3.7.3. above do not apply to Group E events. Group E degree of difficulty assignments are 1.8 for all dives on 1m, 1.9 for all dives on 3m and 2.0 for all dives on Platform.

PROVINCIAL LEVEL RULES

		<i>Total # of Dives</i>	<i>Required Dives</i>	<i>Optional Dives</i>	<i>Minimum # of Groups Covered</i>	<i>Special Rules</i>
GROUP A BOYS & GIRLS	<i>1M</i>	9	5 (9.0 D.D. limit)	4	5	
	<i>3M</i>	9	5 (9.5 D.D. limit)	4	5	
	<i>Plt</i>	8	4 (7.6 D.D. limit)	4	5	10m, 7.5m, 5m plat may be used
GROUP B BOYS & GIRLS	<i>1M</i>	8	5 (9.0 D.D. limit)	3	5	
	<i>3M</i>	8	5 (9.5 D.D. limit)	3	5	
	<i>Plt</i>	7	4 (7.6 D.D. limit)	3	4	10m, 7.5m, 5m plat may be used
GROUP C BOYS & GIRLS	<i>1M</i>	7	4 (7.2 D.D. limit)	3	5	
	<i>3M</i>	7	4 (7.6 D.D. limit)	3	4	
	<i>Plt</i>	6	4 (7.6 D.D. limit)	2	4	-3m, 5m and 7.5m platform may be used -Max 3 dives from 3m platform
GROUP D BOYS & GIRLS	<i>1M</i>	6	3 (5.4 D.D. limit)	3	3	
	<i>3M</i>	6	3 (5.7 D.D. limit)	3	3	
	<i>Plt</i>	5	3 (5.4 D.D. limit)	2	3	3m and 5m platform may be used
GROUP E BOYS & GIRLS	<i>1M</i>	6	2, must use: 100A with hurdle 200A	4 (from 3 groups)	3	All dives 1.8
	<i>3M</i>	6	3, must use: 001B 002A 100B with hurdle	3 (from 3 groups)	3	All dives 1.9
	<i>Plt</i>	6	3, must use: 001B 002A 100B	3 (from 2 groups)	2	-All dives 2.0 -3m and 5m platform may be used
BOYS & GIRLS Synchronized Diving	<i>3M</i>	5	2 (each assigned a D.D. of 2.0)	3	4	
Special Rules Applied to All Events	<ol style="list-style-type: none"> 1. In all events, on all boards, twisting dives with less than a minimum of one (1) somersault (511X, 5211X, 5311X, 5411X) shall have degree of difficulty of 1.0. 2. All dives performed on the 3 metre platform shall have degree of difficulty of 1.0. 3. The above D.D. special rules for degree of difficulty do not apply to E Group events. In Group E assigned D.D. is used for every dive: 1.8 on 1m, 1.9 on 3m and 2.0 on Platform. 					