



## 2023-2024 JUNIOR HIGH DIVING RULES

### 1. AGE GROUP SPECIFICATION

Event will be run as “mixed high diving”

- 12 years and older in year of competition
- Girls and boys combined

### 2. HEIGHTS

- Athletes aged 12 & 13 will compete from 5M and 7M
- Athletes aged 14, 15 and 16 will compete from 5M\*, 7M\*, 10M and/or 12M\*\*
- Athletes aged 17 and older will compete from 5M\*, 7M\*, 10M and/or 12M\*\*

### 3. DIVE REQUIREMENTS

Girls and boys have the same dive requirements

- A & B Divers perform four (4) dives
- C Divers perform three (3) dives
- ONLY foot first entries are allowed
- For A & B Divers three (3) groups must be represented in the four (4) dives
  - First two (2) **required** dives with prescribed fixed D.D. of 2.6
    - Dives performed must be selected from the following list (see Appendix A)
  - Last two (2) dives without D.D. limit
    - DPC High Diving D.D.'s used (see Appendix A)

*\* All dives performed on the 5M or 7M platform should have its D.D. reduced by 0.3.*

***Required** dives done on the 5M or 7M platform have a prescribed D.D. of 2.3.*

*\*\*12M where facilities allow*

- For C Divers two (2) groups must be represented in three (3) dives
  - All dives will have a prescribed DD of 2.6
  - All dives must be selected from the following list, performed in any position (see Appendix B)

### EVENT FORMAT AT PROVINCIAL CHAMPIONSHIPS

- There will be ONLY one (1) combined event of high diving per provincial championship Until/unless registration numbers are high enough to warrant a split in events by age group or gender
- Provinces can decide to award medals separately to boys, girls, athletes aged 12, 13/14, 15 and 16 and/or athletes aged 17 and older if they wish to do so, but they can also decide to only do one award ceremony for the combined event.



## APPENDIX A

Dive description	A, B, C, D
<b>Group 1 - Forward</b>	
Forward 1 Somersault	2.6
Forward 2 Somersaults	3.0
Forward 3 Somersaults	3.6
Forward Flying 1 Somersault	2.8
Forward 1 Somersault 1/2 Twist	2.8
Forward 2 Somersaults 1/2 Twist	3.2
Forward 3 Somersaults 1/2 Twist	3.8
<b>Group 2 - Back</b>	
Back 1 Somersault	2.6
Back 2 Somersaults	3.0
Back 3 Somersaults	3.6
Back Flying 1 Somersault	2.8
<b>Group 3 - Reverse</b>	
Reverse 1 Somersault	2.6
Reverse 2 Somersaults	3.0
Reverse 3 Somersaults	3.6
Reverse Flying 1 Somersault	2.8
<b>Group 4 - Inward</b>	
Inward 1 Somersault	2.6
Inward 2 Somersaults	3.0
Inward Flying 1 Somersault	2.8
Inward 1 Somersault 1/2 Twist	2.8
Inward 2 Somersaults 1/2 Twist	3.2
<b>Group 5 - Armstand</b>	
Armstand Forward 1/2 Somersault	2.6
Arm. Forward 1 1/2 Somersault 1/2 Twist	3.2
Arm. Back 1 1/2 Somersault	3.0
Arm. Back 2 1/2 Somersaults	3.6
Arm. Reverse 1/2 Somersault	2.6
Arm. Reverse 1 1/2 Somersault	3.0
<b>Group 6 - Forward Twists</b>	
Forward 2 Somersaults 1 1/2 Twist	3.6
<b>Group 7 - Back Twists</b>	
Back 2 Somersaults 1 Twist	3.4
Back 2 Somersaults 2 Twists	3.8
<b>Group 8 - Reverse Twists</b>	
Reverse 2 Somersaults 1 Twist	3.4
Reverse 2 Somersaults 2 Twists	3.8
<b>Group 9 - Inward Twists</b>	
<b>Group 10 - Armstand twists</b>	
Arm. Forward 1 1/2 Somersault 1 1/2 Twist	3.6

## APPENDIX B

Dive Number	Dive Description	D.D. A/B/C/D
102	Forward 1 Somersault	2.6
112	Forward Flying 1 Somersault	2.6
202	Back 1 Somersault	2.6
212	Back Flying 1 Somersault	2.6
302	Reverse 1 Somersault	2.6
312	Reverse Flying 1 Somersault	2.6
402	Inward 1 Somersault	2.6
412	Inward Flying 1 Somersault	2.6
5121	Forward 1 Somersault ½ twist (Barani)	2.6
5421	Inward 1 Somersault ½ twist (Barani)	2.6
611	Armstand forward ½ Somersault	2.6