

# 2025 Novice National Diving Championships



Host by Fraser Valley Diving



**June 27-29, 2025**

# **2025 Novice National Diving Championship**

## **June 27-29, 2025**

### **Hosting Club: Fraser Valley Diving**

**Meet Manager: Lisa Breure and Caitlin Bush**

**Technical Manager: Juan Campuzano**

#### **Entry Fees:**

\$75     Registration fee per athlete (includes registration fee, and official fee)

\$50     Entry fee per event

Athlete will have access to snacks included in their fees

#### **Entry Deadline and Registration information: Friday May 30<sup>th</sup> 2025**

Please note: entries received after the May 30, 2025 deadline will be charged an additional \$25.00 per athlete.

#### **\*\*REGISTRATIONS AND ENTRIES\*\***

This Novice National, we will be using the app DIVE LIVE.

For registration and entries, please download the app Dive Live, and register to our event by May 30, 2025. All entries will be input through Dive Live by participants/coaches through Dive Live 24 hours before the event. Fees will be collected through Dive Live.

More instructions regarding Dive Live will be provided in early May

Medals will be awarded to the top three in each event. Ribbons will be awarded to 4<sup>th</sup> - 6<sup>th</sup> place.

Awards will be presented right after each event.

#### **Hospitality:**

Fraser Valley Diving will offer snacks for the divers this year. There are many food options around Walnut Grove Community Centre for breakfast, lunch and dinner.

Breakfast, lunch, and snack Hospitality will be available to coaches and officials.

**Facility:**     2 one metre springboards  
                    2 three metre springboards  
                    1 Five metre platform

**Parking:**     Free

**Hotel:**        Sandman Hotel Langley **See attached info to book**  
                    8855 – 202 Street Langley BC Phone 604-888-7263

**Fun Night:**    Saturday, June 28<sup>th</sup> there will be a fun event planned. Details to follow

**Information on Langley:** [https://www.tourism-langley.ca/business\\_type/see-do/](https://www.tourism-langley.ca/business_type/see-do/)

Age of competitor will be determined by their age as of Dec 31, 2025

F – Divers born in 2018 or later

E – Divers born in 2016 or 2017

D – Divers born in 2014 & 2015

C - Divers born in 2012 & 2013

B – Divers born in 2010 or 2011

A – Divers born in 2007, 2008 or 2009

- All events will be straight final (no cuts)
- Springboard events will be run independently unless time requires simultaneous.
- Each event will be given a minimum 30 minute warm-up prior to the start of the event.
- Events may run up to 1 hour ahead of the scheduled times. Please note that the attached event schedule is approximate. Once entries have been received, a revised schedule will be completed and distributed to teams upon their arrival.

## **2025 NOVICE NATIONALS**

FRIDAY , JUNE 27, 2025				
DRY-LAND 3:00 - 7:00 PM				
OPEN PRACTICE 4:00 - 6:30 PM				
SATURDAY JUNE 28, 2025				
DRY-LAND OPEN 7:00 AM				
OPEN PRACTICE 7:30 - 8:30 AM				
CLOSED PRACTICE FIRST EVENTS 8:30- 9:00 AM				
Event	Start Time	End Time	1M	3M
1	9:00		GIRLS AND BOYS E & F 1M	
2				GIRLS AND BOYS C 3M
3			GIRLS & BOYS D 1M	
4				GIRLS AND BOYS A& B 3M
5			C/D SYNCHRO 1M - B/A SYNCHRO 3M	
SUNDAY JUNE 29, 2025				
DRY- LAND OPEN 7:00 AM				
OPEN PRACTICE 7:30 - 8:30 AM				
CLOSED PRACTICE FIRST EVENTS 8:30 - 9:00 AM				
Event	Start Time	End Time	1M	3M
1	9:00			GIRLS AND BOYS E & F 3M
2			GIRLS & BOYS C 1M	
3				GIRLS & BOYS D 3M
4			GIRLS AND BOYS A& B 1M	

\* events may run up to 1 hour ahead of schedule

# 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
<b>Novice Junior Development</b>  (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

	<b>1M</b>	<b>3M</b>	<b>PLATFORM</b>
<b>Novice Group E</b>  <b>(9 and under, as of Dec 31)</b>	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.

<b>Novice Group D</b>  <b>(11 and under, as of Dec 31)</b>	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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	1M	3M	PLATFORM
<b>Novice Group C</b>  <b>(12-13 years, as of Dec 31)</b>	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
<b>Novice Group B</b>  <b>(13-14 years, as of Dec 31)</b>	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
<b>Novice Group A</b>  <b>(16-18 years, as of Dec 31)</b>	<p>8 rounds:</p> <p>Dive #1 Dive #2 Dive #3 Dive #4 *Dives 1+2+3+4 = max 7.2 DD, must be from 4 different directions.</p> <p>Dive #5 Dive #6 Dive #7 Dive #8 *Dives 5, 6, 7, 8 = no max DD, must be from 4 different directions.</p> <p>*Overall, there must be 4 different directions in the 8 dives.</p> <p>*All dives use World Aquatics DD</p>	<p>7 rounds:</p> <p>Dive #1 Dive #2 Dive #3 Dive #4 *Dives 1+2+3+4 = max 7.6 DD, must be from 4 different directions.</p> <p>Dive #4 Dive #5 Dive #6 *Dives 4, 5, 6 = no max DD, must be from 3 different directions.</p> <p>*Overall, there must be 4 different directions in the 7 dives.</p> <p>*All dives use World Aquatics DD</p>	<p>6 rounds:</p> <p>Dive #1 Dive #2 Dive #3 Dive #4 *Dives 1+2+3+4 = max 7.6 DD, must be from 4 different directions.</p> <p>Dive #5 Dive #6 *Dives 5, 6 = no max DD, must be from 2 different directions.</p> <p>*Overall, there must be 4 different directions in the 6 dives.</p> <p>*All dives must be performed on 5m or higher and higher use World Aquatics DD</p>

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

**Sandman Hotel Langley**

8855 – 202 Street Langley BC P 604-888-7263

Group Name: FV Diving Novice Nationals

Group Confirmation #: 2506FVDIVE

Standard Queen Room(10) - \$219/night, plus taxes

Standard Two Doubles(30) - \$229/night, plus taxes

**Booking Rooms**

Please have guests use the following information to make their individual reservations.

INDIVIDUAL RESERVATIONS: Guests can make their own reservations online at

[www.sandmanhotels.com](http://www.sandmanhotels.com) and book directly with the following steps:

1. Select the Sandman Hotel Langley, the dates you require, number of rooms, and the number of guests in the rooms, then click on Book Now. In the event that the hotels general inventory is limited the hotel may show no availability after you click the Book Now button. There will be a space to Add a Code.
2. Use the drop-down menu in the promo code box and select Web Group Code, then enter 2506FVDIVE in the box below and click add.
3. Alternatively, you can call our 24-hour Central Reservations office at 1-800-726-3626 / 1-800-SANDMAN. To receive the correct rates, callers must reference: Sandman Hotel Langley, FV Diving Novice Nationals –#2506FVDIVE A valid credit card is required at the time of reservation to secure any guests rooms.