



**2025 Alberta Summer Provincial
Diving Championships
&
Canada Summer Games trials**

**Junior and Senior National Qualification events
Provincial and Provincial Open (POP) events**

Hosted by

Edmonton Springboard and Platform Diving Club

June 13 – 15, 2025

2025 Alberta Summer Provincial Diving Championships

June 13 – 15, 2025

Sanctioned by Diving Plongeon Canada and Alberta Diving as a National Qualification Event

Host club: Edmonton Springboard & Platform Diving Club

Location: Kinsmen Sports Centre
9100 Walterdale Hill
Edmonton, Alberta

Technical Director: Steve Flewwelling (780) 444-7301 and fax (780) 444-7301
e-mail: espdiver@telus.net

Equipment: 4 x one metre springboards
4 x three metre springboards
3, 5, 7.5, 10 metre platforms with bubble machine
4 trampolines, 5 dryland springboards
Bubble machine under all platforms and 3 metre springboard
Choice of a built-in sprayer system under each diving board or use of the bubble machine "water agitator".
"Video Replay" stations

Eligibility: All Diving Plongeon Canada (DPC), U.S. Diving and International Divers currently registered with their national association may attend.

Rules: **National Level**

- Age of competitor will be determined by the diver's age as of Dec. 31, 2025.
Age Groups:
 - E - Divers born 2016 or later
 - D2/D1 - Divers born 2014/2015
 - C2/C1 - Divers born 2012/2013
 - B - Divers born 2010 or 2011
 - A - Divers born 2007 to 2009
 - Open - All Ages
- All events will be a straight final (no cuts).
- National age group events will run in accordance with current DPC Junior National rules. [CDAG 2025 Age Group Dive List Requirements Jan 24 v3 EN.xlsx](#)
- Senior event divers must meet the minimum DD requirement (see below)
- No Synchronized Diving events are scheduled at this time.
- Dive sheet changes will be allowed up until 1 hour before the scheduled time for that event.
- 1-metre events will run on the north side of the pool. South 1 metre boards will be available for training during open and restricted training times.
- A revised schedule with updated times will be sent out a few days after the registration deadline.

Provincial and Provincial Open (POP) events

- We will be running Provincial (P1) events. Please see the document for dive requirements for "Provincial (P1) rules"
- The Provincial Open (POP) events are for Group C and Group D athletes to practice their Junior National "FINALS" lists. Please see the current Finals Lists dive requirements by clicking on the CDAG 2025 age group lists above.
- Entry fees will be the same for both Provincial and National level events

Entries: Entries must be received no later than 4:00 PM on Monday June 2, 2025
Please send your entries to:

E-mail address: espdiver@telus.net

or

E.S.P. Diving Club

7 River Heights Drive N.W.

Edmonton, Alberta

T6M - 2R1

Telephone (780) 444 - 7301; Fax (780) 444 - 7301

Entry Fees: \$50.00 Entry fee per event. (4 events or more = \$200.00)
\$75.00 Registration/Hospitality Fee - Includes breakfast, lunch and snacks during competition days. Also includes Alberta Diving \$20.00 officials fee

Scoring: We will be using the Rezman scoring system. [We are asking that clubs prepare their athletes lists using the "Dive Sheet Generator" and submitting them by e-mail to \[espdiver@telus.net\]\(mailto:espdiver@telus.net\) no later than Tuesday June 10, 2025.](#) Please refer to the Diving Plongeon Canada rule book regarding dive sheet submissions (Pages R-7 and R-8). Dive lists must be submitted electronically at least 24 hours before the start of the event or a late entry fee of \$25.00 per late dive sheet entry to a maximum of \$100.00 per day per club will be assessed.

A computer will be available on the pool deck for late entries and/or last minute changes.

Training times available:

Thursday June 12 th	12:45 pm – 3:15 pm (water 2:00 pm – 3:15 pm)
Thursday June 12 th	5:00 pm – 8:00 pm (water from 6:00 pm – 8:00 pm)
Competition days	7:00 am – 8:55 am (water 7:30am – 8:25am then boards are restricted for 1 st event)

<u>Senior Rules</u>	<u>Number of optional dives</u>	<u>Minimum DD</u>
Womens Open 1m	5 optional dives	10.0 Minimum
Womens Open 3m	5 optional dives	10.4 Minimum
Womens Open Platform	5 optional dives	10.2 Minimum
Mens Open 1m	6 optional dives	12.1 Minimum
Mens Open 3m	6 optional dives	12.6 Minimum
Mens Open Platform	6 optional dives	12.1 Minimum

Junior Qualifying Competitions

- All sanctioned qualifiers must be monitored by a DPC assigned meet referee.
- There must be a minimum of 2 National level judges on each judging panel.
- Only divers using lists adhering to the junior national dive requirements will be eligible to compete in the qualification meets.

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						
		Total # of Dives	Required Dives	Optional Dives	Minimum # of Groups Covered	Special Rules
GROUP A BOYS & GIRLS	1M	9	5 (9.0 D.D. limit)	4	5	
	3M	9	5 (9.5 D.D. limit)	4	5	
	Plt	8	4 (7.6 D.D. limit)	4	5	10m, 7.5m, 5m plat may be used
GROUP B BOYS & GIRLS	1M	8	5 (9.0 D.D. limit)	3	5	
	3M	8	5 (9.5 D.D. limit)	3	5	
	Plt	7	4 (7.6 D.D. limit)	3	4	10m, 7.5m, 5m plat may be used
GROUP C BOYS & GIRLS	1M	7	4 (7.2 D.D. limit)	3	5	
	3M	7	4 (7.6 D.D. limit)	3	4	
	Plt	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	1M	6	3 (5.4 D.D. limit)	3	3	
	3M	6	3 (5.7 D.D. limit)	3	3	
	Plt	5	3 (5.4 D.D. limit)	2	3	3m and 5m platform may be used
GROUP E BOYS & GIRLS	1M	6	2, must use: 100A with hurdle 200A	4 (from 3 groups)	3	All dives 1.8
	3M	6	3, must use: 001B 002A 100B with hurdle	3 (from 3 groups)	3	All dives 1.9
	Plt	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	3M	5	2 (each assigned a D.D. of 2.0)	3	4	
Special Rules Applied to All Events	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.					