DIVING

SOUTH AFRICAN DIVING RULES: NATIONAL AGE GROUP

1. GENERAL EVENT INFORMATION

1.1 The 2026 National Age Group, hosted by Central Gauteng Aquatics, will be held at St. Dominic's Catholic School for Girls, Boksburg, from 11 – 14 December 2026.

1.2 Facilities at the St. Dominic's Pool are:

2x1m and 2x3m stands

4xDuraflex Maxiflex B boards

Depth is 4.5m

1.3 The Local Organising Committee contact details are as follows:

1.3.1	LOC Chairman:	Winnie Methula	winnie@maqcare.com
1.3.2	Tournament Director:	Loredana Raccanello	Loredana@raccag.co.za
1.3.3	Competitions Manager:	Justine Heydra	creativecharacters78@gmail.co.za
1.3.4	Secretariat:	Colleen Kelling	colleenkelling@protonmail.com
		Celia Diana	celiadiana80@gmail.com
1.3.5	Judges:	Fiorella Barberini	admin@raccag.co.za
		Nicole Gillis	nicole.gillis.245@gmail.com

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member & Secretariat) colleenkelling@protonmail.com; Winnie Methula (Member) winnie@maqcare.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.glidersdiving@gmail.com Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) nicole.gillis.245@gmail.com; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.

DIVING

2 ENTRY PROCEDURES

2.1 All diving clubs with SSA registered members are invited to compete at the event.

2.2 Entries are open to any registered member of a WORLD AQUATICS federation, subject to clearance.

2.3 Divers must be registered with SSA at least 14 days prior to the close of entries.

2.4 Entries must be made on the attached forms. Please peruse instructions carefully. Incomplete forms will not be accepted.

2.5 The closing date for the Preliminary Entries is Friday, 30 October 2026. Please submit the names of all divers and officials by this date to Loredana Raccanello (Loredana@raccag.co.za) and Daphne Bird at SSA on daphne.bird@swimsa.org

2.6	**ENTRY FEES:**	**NAG:**	**R350.00 per individual event per diver** **R320.00 per diver per team event (R640.00/pair)**

2.7 Late entries are entries which are submitted after the closing date of 30 November 2026. Late entries will be accepted up to the Technical Meeting. The LOC reserves the right to impose penalties at its discretion, not exceeding 100% of the entry fee.

2.8 The closing date for final entries, with payment, is **Monday, 30 November 2026**. Entry fees are to be paid by the *CLUB,* and not individual divers, into the Central Gauteng Aquatics Club bank account:

Bank:	Standard Bank, Braamfontein
Name:	Central Gauteng Aquatics
Number:	002 359 154
Code:	00 48 05
Your Ref:	NAG - Club Name

Proof of payment must be sent to Hilda Rono on hmurgor@gmail.com **AND**
Loredana Raccanello on Loredana@raccag.co.za.

2.9 A HARD copy of the proof of payment must be brought to the Technical Meeting by a club representative. If this is not available on request, divers will not be allowed to compete until such time as the proof of payment is presented.

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member & Secretariat) colleenkelling@protonmail.com; Winnie Methula (Member) winnie@maqcare.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.glidersdiving@gmail.com Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) nicole.gillis.245@gmail.com; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.

DIVING

3 TECHNICAL OFFICIALS

3.1 Only technical officials registered with SSA or with any international diving federation will be eligible to officiate.

3.2 Each club must supply at least one judge and one secretary for every 6 divers or part thereof for the ***duration of the event.***

3.3 Technical Officials (both Secretariat and Judges) are to be correctly attired in navy blue bottoms, shoes and white collared tops. Should the weather be inclement, cold weather clothing MUST adhere to these guidelines.

3.4 Technical Officials will not be supplied with sponsored attire, as a matter of course, by SSA. However, should the LOC obtain a sponsor, then officials' attire may be supplied.

4. DIVE REQUIREMENTS FOR PARTICIPATION

4.1 The South African National Age Group Championships is divided into Elite and Novice sections. The Elite events are based on the WORLD AQUATICS Rules for Groups A, B and C on 1m, 3m, platform and synchronised diving, but have been included in *Appendix A*.

4.2 The additional Group D and the Novice event requirements are also described in *Appendix A*.

5. COMPETITION STRUCTURE AND RULES

5.1 WORLD AQUATICS rules will apply unless otherwise stated.

5.2 This is an open age group event, for any diver registered with a club affiliated to SSA for the current year.

5.3 Divers compete separately, according to gender.

5.4 Age is taken from the 31st of December of the year of competition.

5.5 Divers may not compete out of their age group.

5.6 Divers may only compete in Elite **OR** Novice in any particular year.

5.7 Elite and Novice divers may combine to compete in the synchronised diving events, but Novice divers move up, not Elite down.

5.8 All divers will compete using the requirements laid out in Appendix A.

5.9 There will be a preliminary round and a final round for each age group event, *excluding* the synchronised diving event, regardless of the number of divers competing in the preliminary round. Should there be more than 12 divers competing in the event, then the number of divers for the final will be cut to 12, from the results of the preliminary. The preliminary round consists of the full list of dives, as described in *Appendix A*.

5.10 Finals will consist of **ONLY** the dives without limit from the full list, for all age groups. Dives that have been used as dives with limit in the preliminary round may not be used as dives without limit in the final round.

5.11 The points from the dives without limit are carried over for the final.

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member & Secretariat) colleenkelling@protonmail.com; Winnie Methula (Member) winnie@maqcare.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.glidersdiving@gmail.com Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) nicole.gillis.245@gmail.com; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.

DIVING

6. TECHNICAL MEETING

6.1 The Technical Meeting will take place on Thursday, 10 December 2026 at 15:00 at the St. Dominic's Pool.

6.2 A minimum of one representative from each club is expected to attend.

6.3 Club representatives must have all related documentation available for this meeting.

6.4 Only late entries will be accepted at the Technical Meeting. No dive changes may be made at the Technical Meeting.

7. DIVE SHEET PROCEDURES

7.1 Divers/clubs are to use the internet system – Dive Recorder; instructions for which will be sent out once final entries have been received. Clubs are requested to make use of the DiveSheets app, rather than individual entries, if possible.

7.2 Dive sheets will be processed and made available to the clubs via EMAIL. Divers AND coaches must check AND sign the dive sheets. These SIGNED dive sheets will take precedence in any dispute arising. Divers who do not sign their dive sheets will be EXCLUDED from the event; it is the diver's responsibility to ensure the dive sheets are signed.

7.3 Changes/corrections must be made on the dive sheet before it is signed. Once the changes have been made, the new dive sheet will be made available to the club. Once again, both diver AND coach must check and sign the dive sheet.

7.4 ALL DIVE CHANGES MUST BE MADE 24 HOURS BEFORE THE START OF AN EVENT. LATE CHANGES WILL BE MADE ON RECEIPT OF R150.00 PER CHANGE UP TO 3 HOURS BEFORE THE START OF THE EVENT.

8. PROGRAMME

8.1 The final programme, which may deviate slightly from the set programme, will be made available to clubs once ALL the preliminary entries have been received.

8.2 Please note that should there be adverse weather conditions, events may be moved to accommodate interrupted events.

9. POINTS

9.1 Points will be allocated to the club of the diver or synchronised team according to the table below for the National Age Group events. The National Age Group Elite and Novice events will be tallied as a separate events. Should a synchronised team be comprised of divers from different clubs and/or different sections, each club will be awarded half of the points scored.

Place	1st	2nd	3rd	4th	5th	6th	thereafter
Points	14	10	7	5	4	3	1

9.2 Points will only be awarded to South African competitors.

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member & Secretariat) colleenkelling@protonmail.com; Winnie Methula (Member) winnie@maqcare.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.glidersdiving@gmail.com Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) nicole.gillis.245@gmail.com; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.

DIVING

10. TROPHIES AND AWARDS

10.1 Medals will be awarded to divers, in both the Elite and Novice divisions.

10.2 National Age Group trophies are awarded to the diver in each Elite age group ONLY who achieves the highest cumulative score, once the scores from the 1m, 3m and platform events have been combined.

10.3 Trophies will only be awarded to South African competitors.

11. GENERAL INFORMATION

11.1 Please note that there is minimal shade at the pool; central Gauteng Aquatics and SSA will provide umbrellas and gazebos for the technical table and the judges. It is suggested that clubs bring extra shade for their divers and supporters.

11.2 Food and beverages will be provided for officials ONLY. Divers, parents who are not officials, and spectators are to provide their own or make use of the tuck shop facilities, if available.

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member & Secretariat) colleenkelling@protonmail.com; Winnie Methula (Member) winnie@maqcare.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.glidersdiving@gmail.com Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) nicole.gillis.245@gmail.com; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.

DIVING

APPENDIX A

SOUTH AFRICAN NATIONAL AGE GROUP CHAMPIONSHIPS

Rules and Requirements

Group D: 10 and 11 Years: ELITE

Girls' and Boys' Springboard – 1 metre and 3 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 for all three events (1m, 3m and platform), and TWO (2) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Platform (5m ONLY)

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.

Girls' and Boys' Synchronised Diving - 1 metre

This competition shall comprise THREE (3) dives; TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and ONE (1) round of dives without limit of degree of difficulty. The THREE (3) dives must be selected from at least **TWO (2) different groups**.

PLEASE NOTE

- *A forward standing take off is permitted in the team events*

Group D: 10 and 11 Years: NOVICE

Girls' and Boys' Springboard – 1 metre and 3 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** for all three events (1m, 3m, and platform), and TWO (2) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' and Boys' Platform (5m ONLY)

This competition shall comprise FOUR (4) different dives; TWO (2) 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. The four dives must be selected from at least **THREE (3)** different groups.

Girls' and Boys' Synchronised Diving - 1 metre

This competition shall comprise THREE (3) dives; TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and ONE (1) round of dives without limit of degree of difficulty. The THREE (3) dives must be selected from at least **TWO (2) different groups**.

PLEASE NOTE *A forward standing take off is permitted*

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member & Secretariat) colleenkelling@protonmail.com; Winnie Methula (Member) winnie@maqcare.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.glidersdiving@gmail.com Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) nicole.gillis.245@gmail.com; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.

DIVING

Group C: 12 and 13 years: ELITE

Girls' Springboard – 1 metre and 3 metre
This competition shall comprise SEVEN (7) different dives; FIVE (5) dives each selected from a different group, the total degree of difficulty shall not exceed **9.5 for 3 metre events and 9.0 for 1 metre** events, and TWO (2) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' Platform – 5 metre or 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.

Boys' Springboard – 1 metre and 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 for 3 metre events and 9.0 for 1 metre events**, and THREE (3) dives without limit of degree of difficulty, each dive selected from a different group.

Boys' Platform – 5 metre or 7.5 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' Synchronised Diving – 3 metre
This competition shall comprise FOUR (4) dives; TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and TWO (2) rounds of dives without limit of degree of difficulty. The FOUR (4) dives must be selected from at least **THREE (3) different groups**.

PLEASE NOTE

- *In the team events, all forward facing dives on springboard shall be done with a running approach.*

Group C: 12 and 13 years: NOVICE

Girls' Springboard – 1 metre and 3 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 for 1 and 3 metre** events, and TWO (2) dives without limit of degree of difficulty. The SIX (6) dives must be selected from at least **FIVE (5) different groups**.

Girls' Platform – 5 metre or 7.5 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. The FIVE (5) dives must be selected from at least **FOUR (4) different groups**.

Boys' Springboard – 1 metre and 3 metre
This competition shall comprise SEVEN (7) different dives; FIVE (5) dives each selected from a different group, the total degree of difficulty shall not exceed **9.5 for 3 metre events and 9.0 for 1 metre events**, and TWO (2) dives without limit of degree of difficulty, each dive selected from a different group.

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member & Secretariat) colleenkelling@protonmail.com; Winnie Methula (Member) winnie@maqcare.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.glidersdiving@gmail.com Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) nicole.gillis.245@gmail.com; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.

DIVING

Boys' Platform – 5 metre or 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.

Girls' and Boys' Synchronised Diving – 1 meter
This competition shall comprise FOUR (4) dives; TWO (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of formula, and TWO (2) rounds of dives without limit of degree of difficulty. The FOUR (4) dives must be selected from at least **THREE (3) different groups**.

PLEASE NOTE

- *A forward standing take off is permitted in the team event.*

Group B: 14 and 15 Years: ELITE

Girls' Springboard – 1 metre and 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 for 3 metre events and 9.0** for 1 metre events, and THREE (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' 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. At least FIVE (5) different groups must be used.

Boys' Springboard – 1 metre and 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 for 3 metre events and 9.0 for 1 metre events**, and FOUR (4) dives without limit of degree of difficulty, each dive selected from a different group.

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. All least **FIVE (5) different groups must be used**.

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**.

- **PLEASE NOTE** *In the team event, all forward facing dives on springboard shall be done with a running approach.*

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member & Secretariat) colleenkelling@protonmail.com; Winnie Methula (Member) winnie@maqcare.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.glidersdiving@gmail.com Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) nicole.gillis.245@gmail.com; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.

DIVING

Group B: 14 and 15 Years: NOVICE

Girls' Springboard – 1 metre and 3 metre
This competition shall comprise SEVEN (7) different dives; FIVE (5) dives each selected from a different group, the total degree of difficulty shall not exceed **9.5 for 3 metre events and 9.0 for 1 metre events**, and TWO (2) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' Platform – 5 metre / 7.5 metre / 10 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. At least FIVE (5) different groups must be used.

Boys' Springboard – 1 metre and 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 for 3 metre** events and **9.0 for 1 metre** events, and THREE (3) dives without limit of degree of difficulty, each dive selected from a different group.

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. At least **FIVE (5) different groups** must be used.

Girls' and Boys' Synchronised Diving - 1 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**.

PLEASE NOTE
In the team events, all forward facing dives on springboard shall be done with a running approach.

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member & Secretariat) colleenkelling@protonmail.com; Winnie Methula (Member) winnie@maqcare.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.glidersdiving@gmail.com Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) nicole.gillis.245@gmail.com; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.

DIVING

Group A: 16, 17 and 18 Years: ELITE

Girls' Springboard – 1 metre and 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 for 3 metre events and 9.0 for 1 metre events**, and FOUR (4) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' 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 used.

Boys' Springboard – 1 metre and 3 metre

This competition shall comprise TEN (10) different dives; FIVE (5) dives each selected from a different group, the total degree of difficulty shall not exceed **9.5 for 3 metre events and 9.0 for 1 metre events**, and FIVE (5) dives without limit of degree of difficulty, each dive selected from a different group.

Boys' Platform / 5 metre / 7.5 metre / 10 metre

This competition shall comprise EIGHT (9) different dives; FOUR (4) dives each selected from a different group, the total degree of difficulty shall not exceed **7.6**, and FIVE (5) dives without limit of degree of difficulty, each dive selected from a different group. All SIX (6) groups must be used.

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**.

PLEASE NOTE

- *In the team events, all forward facing dives on springboard shall be done with a running approach.*

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member & Secretariat) colleenkelling@protonmail.com; Winnie Methula (Member) winnie@maqcare.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.glidersdiving@gmail.com Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) nicole.gillis.245@gmail.com; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.

DIVING

Group A: 16, 17 and 18 Years: NOVICE

Girls' Springboard – 1 metre and 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 for 3 metre events and 9.0 for 1 metre events**, and THREE (3) dives without limit of degree of difficulty, each dive selected from a different group.

Girls' 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. At least FIVE (5) different groups must be used.

Boys' Springboard – 1 metre and 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 for 3 metre events and 9.0 for 1 metre events**, and FOUR (4) dives without limit of degree of difficulty, each dive selected from a different group.

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. **All SIX (6) groups must be used**.

Girls' And Boys' Synchronised Diving - 1 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**.

PLEASE NOTE

- *In the team event, all forward facing dives on springboard shall be done with a running approach.*

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member & Secretariat) colleenkelling@protonmail.com; Winnie Methula (Member) winnie@maqcare.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.glidersdiving@gmail.com Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) nicole.gillis.245@gmail.com; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.