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SINGAPORE

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AQUATICS

PESTA SUKAN 2026
COMPETITION RULES & REGULATIONS – Diving

Venue: OCBC Aquatic Centre
Date: 19 July 2026
Time: 7am – 7pm

Pesta Sukan 2026 Registration

All entry forms consisting of the divers participating as well as the respective coaches and team manager (if applicable) must be emailed to diving@sqaquatics.org.sg by the deadline Tuesday, 30th June 2026 in electronic form. ONE form to be submitted per club/coach if possible.

Deadline for Registration: 29th June 2026, 12:00pm

All Participants are required to make the payment for the entry fee individually at the links below by **Monday, 29th June 2026**. Registration with ActiveSG membership is mandatory to complete the payment transaction. Registration and payment to be made via the ActiveSG portal link below:

Diving: [Diving | Pesta Sukan | GetActive! Singapore](#)

Deadline for Payment: 29th June 2026, 12:00 PM

Dive sheets (i.e. their list of dives) should be filled out on dive recorder in the link below or emailed to diving@sqaquatics.org.sg.

Dive sheets to be submitted online at <https://diverecorder.co.uk/onlinesheets/meets.php>
Select meet “Pesta Sukan Diving 2026”

Deadline for Dive Sheets: 18th July 2026, 12:00 PM

Qualification

Singapore Citizen, Permanent Residents and Foreigners residing in Singapore are eligible to participate.

Participants should be confident in swimming twenty-five metres unassisted in deep water and be accompanied by an NROC certified diving coach to participate in this competition.

Entry Fees for Individual Events

- Youth (18 years old & below): \$10.00 per event
- Open (19 years old & above): \$15.00 per event
- Participants are only permitted to enter events in one level in his/her Age Category

Entry Fees for Team Events

- Youth (18 years old & below): \$10 per individual
- Open (19 years old & above): \$15 per individual

Withdrawals are permitted but entry fees are non-refundable.

Accreditation Passes

Diving Coaches who wish to apply for an accreditation pass to be on deck during Pesta Sukan must be an NROC Member.

Clubs / Schools / Individuals are required to send in the names of their coaches and team managers (min age of 18 years old based on DOB) with their entry forms to secure a pass. Team manager pass does not grant the holder the right to coach.

Pesta Sukan 2026 Age Categories & Eligibility

Age is computed as of 31-Dec-2026

S/No	Age Group	Clarification
1	Youth (Junior) Age 9 & below	Born 2017 and after
2	Youth (Senior) Age 10 to 12 yrs	Born between 2014 to 2016
3	Youth (13 to 18 Yrs)	Born between 2008 to 2013
4	Open (19 Yrs and above)	Born 2007 and before

It is the coach's responsibility to recommend the competition level a diver must register for. The competition levels do NOT correspond to the levels in the Diving Awards.

Team Composition

At least 70%ratio of Singaporean (PR inclusive) versus Foreigners in the overall team composition (except on the international competition, if any);

For all Team categories, each team must comprise of at least 70% Singapore Citizens or permanent residents.

The foreigner quota will be based on the total registered participants within the team. Refer to the table breakdown below:

Total Participants No.	Singaporean / PR	Foreigner with Valid passess
30	21	9
29	21	8
28	20	8
27	19	8
26	19	7
25	18	7
24	17	7
23	17	6
22	16	6
21	15	6
20	14	6
19	14	5
18	13	5
17	12	5
16	12	4
15	11	4
14	10	4
13	10	3
12	9	3
11	8	3
10	7	3
9	7	2
8	6	2
7	5	2
6	5	1
5	4	1
4	3	1
3	2	1
2	1	1



Pesta Sukan 2026 Events

Level	Conditions	Age Group
Level 1	<u>1m platform: (3 dives)</u> 1x forward jump 100A/B/C 1x back jump 200A/B/C 1x forward pike fall 10B OR back straight fall 20A	Junior Senior 13 – 18 years Open
Level 2	<u>1m springboard: (4 dives)</u> 1x forward jump 100A/B/C 1x back jump 200A/B/C 1x forward pike fall 10B OR forward dive 101C/B* 1x back straight fall 20A OR forward dive 101C/B*	Junior Senior 13 – 18 years Open
	<u>3m springboard: (4 dives)</u> 1x forward jump 100A/B/C 1x back jump 200A/B/C 2x forward entry 10A/B, 11B/C, OR back entry 20A, 21B/C	
	<u>5m platform: (4 dives)</u> 2x forward jump 100A/B/C (no repeating dive shapes) 2x back jump 200A/B/C (no repeating dive shapes)	
Level 3	<u>1m springboard: (4 dives)</u> 1x forward jump 100A/B/C 1x back jump 200A/B/C 1x forward dive 101B/C 1x inward dive 401B/C	Junior Senior 13 – 18 years Open
	<u>3m springboard: (6 dives)</u> 1x forward jump 100A/B/C 1x back jump 200A/B/C 1x forward pike fall 10B 1x back fall straight 20A 1x forward dive 101B/C 1x inward dive 401B/C	
	<u>5m platform: (4 dives)</u> 1x forward jump 100A/B/C 1x back jump 200A/B/C 1x forward entry 10A/B, 11B/C 1x back entry 20A/B/C	
Level 4	<u>1m springboard: (5 dives)</u> 1x forward jump 100A/B/C 1x back jump 200A/B/C 3x dives (not jumps) from two groups/directions@5.4DD limit	Junior Senior 13 – 18 years Open

	<u>3m springboard: (6 dives)</u> 1x forward jump 100A/B/C 1x back jump 200A/B/C 1x forward entry 10A/B, 11B/C, OR any dive 1x back entry 20A/B/C OR any dive 2x dives (not jumps) from two groups/directions	
	<u>5m platform: (6 dives)</u> 1x forward jump 100A/B/C 1x back jump 200A/B/C 1x forward entry 10A/B, 11B/C 1x back entry 20A/B/C 1x forward dive 101B/C 1x inward dive 401B/C	

Synchronised Events	Conditions	Age Group
Men Synchronised Women Synchronised Mixed Synchronised	<u>3m springboard: (4 dives)</u> 4x any dive <ul style="list-style-type: none"> - Must cover at least 2 different dive groups - No repeat dives <ul style="list-style-type: none"> o e.g. Allowed: 100A + 100C o Not allowed: 100A + 100A 	18 & below Open
	<u>5m platform: (4 dives)</u> 4x any dive <ul style="list-style-type: none"> - Must cover at least 2 different dive groups - No repeat dives <ul style="list-style-type: none"> o e.g. Allowed: 100A + 100C o Not allowed: 100A + 100A 	

Please Note:

1. If a diver enters an event in a particular level, they are only permitted to enter events from that level.
2. Dives of the same number and letter may not be repeated for all events and levels.
3. Dives may be performed with either a standing, hurdle, one bounce, two bounce or three bounce take-off.
4. Please note for the event level 1: Jumps may enter the water with arms up or arms down with no penalty.
5. Competition of different board heights will be separated into different events, with awards granted to divers placed 1st, 2nd and 3rd position.
6. Dives must be competed in the order presented in the table.
7. It is the coach's responsibility to enter their divers into the correct level. Divers deemed to be performing at an incorrect level will be notified by SSA staff.
8. Dives not represented under the FINA dd chart will be awarded as follows:
 - o 10A-1.3 (Straight Fall), 10B-1.0 (Pike Fall), 11C-1.2 (Tuck Roll), 11B-1.3 (Pike Roll), 20A 1m-1.0 (Back Fall), 20A 3m/5m-1.4 (Back Fall), 21C-1.3 (Back Tuck Roll), 21B-1.4 (Back Pike Roll).
 - o 100A-1.0, 100B-1.2, 100C-1.1, 200A-1.1, 200B-1.3, 200C-1.2.



Event schedule

- Different age groups, boys and girls will run together, medals will be awarded separately.

Session	Time	Event
Session 1	7:45	<i>Doors Open</i>
	9:00	- Level 2 Boys 1m Springboard - Level 2 Girls 1m Springboard
	9:45	- Level 3 Boys 5m Platform - Level 3 Girls 5m Platform
	10:15	- Level 4 Boys 3m Springboard - Level 4 Girls 3m Springboard
	10:50	- Level 1 Boys 1m Platform - Level 1 Girls 1m Platform
	11:20	- Level 2 Boys 5m Platform - Level 2 Girls 5m Platform
	12:00	- Synchronised Men 3m Springboard - Synchronised Women 3m Springboard - Synchronised Mixed 3m Springboard
	12:30	Medal Ceremony
	12:45	<i>End of Session 1</i>
Session 2	13:30	<i>Doors Open</i>
	14:30	- Level 4 Boys 5m Platform - Level 4 Girls 5m Platform
	15:15	- Level 3 Boys 1m Springboard - Level 3 Girls 1m Springboard
	15:50	- Level 2 Boys 3m Springboard - Level 2 Girls 3m Springboard
	16:25	- Level 4 Boys 1m Springboard - Level 4 Girls 1m Springboard
	17:10	- Level 3 Boys 3m Springboard - Level 3 Girls 3m Springboard
	17:55	- Synchronised Men 5m Platform - Synchronised Women 5m Platform - Synchronised Mixed 5m Platform
	18:30	Medal Ceremony
	19:00	<i>End of Session 2</i>

*Please note, event schedule is subject to change.

Awards

The first 3 positions will be awarded for each event (per gender and age group if stated).

If there is a tie in any of the top 3 positions, the medals will be awarded as follows:

In the case of two (2) equal scores:

- For 1st position: 2 Golds, no Silver, 1 Bronze
- For 2nd position: 1 Gold, 2 Silvers, no Bronze
- For 3rd position: 1 Gold, 1 Silver, 2 Bronzes

In the case of three (3) equal scores:

- For 1st position: 3 Golds, no Silver, 1 Bronze
- For 2nd position: 1 Gold, 3 Silvers, no Bronze
- For 3rd position: 1 Gold, 1 Silver, 3 Bronzes

Briefing / Technical Meeting

The Technical Meeting and competition briefing will be held on Zoom on:

Saturday 18th July 2026 at 12:00 PM.

All Team Managers and/or Coaches are required to attend.

Topic: Pesta Sukan (Diving) Team Meeting

Time: Jul 18, 2026 12:00 PM Singapore

Join Zoom Meeting

<https://us02web.zoom.us/j/88354572694?pwd=jayylzNTH0R3NHITLIY40kgHhfbwnC.1>

Meeting ID: 883 5457 2694

Passcode: psdiving

Rules & Regulations

The Rules and Regulations as depicted above are current at the time of printing or posting on Pesta Sukan 2026 website. The Organiser reserves the right to add, delete and/or vary the said rules and regulations at any time it deems fit.

Any amendments to the Rules & Regulations will be posted on Pesta Sukan 2026 website.

Protests are possible if the rules and regulations for the conduct of the competition are not observed, if the other conditions endanger the competition and/or competitors, or against decisions of the referee; however, no protest shall be allowed against decisions of fact. There will be a protest fee of \$50, and protests must be submitted within 30 minutes following the conclusion of the respective event. Do note, protests of judge's scores are not permitted. If the protest is rejected, the deposit will be forfeited to the management body of the competition. If the protest is upheld, the deposit will be returned.

Terms & Conditions

All participants who have entered in the Pesta Sukan are deemed to have given written permission to the organisers for the organisers to collect, analyse and collate any personal information relating to that participant, as the organisers may in their sole discretion deem fit, including without any limitation information for the organisers' programme, planning, data-processing, statistical or risk-analysis, research, fund-raising and/or, any other purposes in furtherance of the functions or powers of SAQ. Whilst reasonable precaution will be taken by the organisers to ensure the participants' safety, participants take part in the Pesta Sukan at their own risk and the organisers will not be responsible or held liable for any injury or death howsoever arising from training for or during participation in the Pesta Sukan.

In the event of unforeseen circumstances that could cancel the Pesta Sukan, SAQ reserves the right not to refund entry fees or any other charges submitted by the teams and/or individuals.

General R&R

Please scan the QR code below:



CONTACT

For matters relating to Competition: diving@sqaquatics.org.sg
For updates, please visit: www.swimming.org.sg and [SAQ Facebook](#)

We look forward to seeing you at the Pesta Sukan 2026!

Singapore Aquatics
Diving Team