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# TECHNICAL REGULATIONS

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**ARTICLE 1 – DIVE REQUIREMENTS**

**1.1 NATIONAL DIVE REQUIREMENTS**

These are the rules that set forth by DPC. These rules can be found online at this URL.  
<http://www.diving.ca/en/images/pdf/14rulebook/r-5%20junior%20nationals.pdf>

**1.2 LEVEL I (PROVINCIAL) DIVE REQUIREMENTS**

This new level is designed to bridge the gap between the new National qualifying dive requirements and our Tier II dive requirements.

**For all Age Groups:**

A) Twisting Optional Dives

Groups 51, 54 and 61 twisting dives must have a minimum of one somersault and one twist. The amount of twists must be an even number

Group 52, 53 and 62 twisting dives must have a minimum of one somersault and a half (½) twist. The amount of twists must be an odd number

B) Special DDs

For groups C and D

Dive	Position	1m	3m	5m	7.5m
201	C and B	1.5	1.7	1.6	1.8
301	C and B	1.6	1.8	1.7	1.9

For all age groups

Dive	Position	1m	3m	5m	7.5m
404	C			2.4	

**Dive Requirements**

**Group D Boys and Girls**

**Special DD's**

Dive	Position	1m	3m	5m	7.5m
201	C and B	1.5	1.7	1.6	1.8
301	C and B	1.6	1.8	1.7	1.9

<b>1 meter: 7 dives</b>	
Must cover groups 1 through 4. Group 5 may also be used. No dives repeated	
4 Compulsories	<ul style="list-style-type: none"> <li>• 4 groups covered</li> <li>• dd limit 7.0</li> <li>• No 201 a or 301 a</li> <li>• No foot first entries except on Group 5</li> </ul>
3 Options	<ul style="list-style-type: none"> <li>• 3 groups covered</li> </ul>
<b>3 meter: 7 dives</b>	
Must cover groups 1 through 4. Group 5 may also be used. No dives repeated	
4 Compulsories	<ul style="list-style-type: none"> <li>• 4 groups covered</li> <li>• dd limit 7.6</li> <li>• No 201a or 301a</li> <li>• No Foot-first entries</li> </ul>
3 Options	<ul style="list-style-type: none"> <li>• 3 groups covered</li> <li>• 1 foot-first entry allowed from 202 c or b, 302 c or b, or 404 c or b</li> </ul>
<b>Platform: 6 dives</b>	
Must cover 5 groups, including dive from group 6 No dives repeated 5m or 7m only	
4 Compulsories	<ul style="list-style-type: none"> <li>• 4 groups covered</li> <li>• dd limit 7.6</li> <li>• No 201 a or 301 a</li> <li>• Foot-first entries not allowed</li> </ul>
2 Options	<ul style="list-style-type: none"> <li>• 2 groups covered</li> <li>• Foot-first entries allowed only on 404</li> </ul>

**Group C Boys and Girls  
Special DD's**

Dive	Position	1m	3m	5m	7.5m
201	C and B	1.5	1.7	1.6	1.8
301	C and B	1.6	1.8	1.7	1.9

<b>1 meter: 8 dives</b>	
No dives repeated	
5 Compulsories	<ul style="list-style-type: none"> <li>• 5 groups covered</li> <li>• dd limit 9.0</li> <li>• No 201a or 301a</li> <li>• Foot-first dives only allowed on group 5</li> </ul>
3 Options	<ul style="list-style-type: none"> <li>• 3 groups covered</li> </ul>
<b>3 meter: 7 dives</b>	
No dives repeated	
4 Compulsories	<ul style="list-style-type: none"> <li>• 4 groups covered</li> <li>• dd limit: 7.6</li> <li>• No 201 a or 301 a</li> <li>• No Foot-first entries</li> </ul>
3 Options	<ul style="list-style-type: none"> <li>• 3 groups covered</li> <li>• 1 foot-first entry allowed from 202 c/b, 302c/b, or 404 c/ b</li> </ul>
<b>Platform: 7 dives</b>	
No dives repeated	
Must cover 5 groups, including dive from group 6 5m or 7m only	
4 Compulsories	<ul style="list-style-type: none"> <li>• 4 groups covered</li> <li>• dd limit 7.6</li> <li>• No 201a or 301a</li> <li>• No Foot-first dives entries</li> </ul>
3 Options	<ul style="list-style-type: none"> <li>• 3 groups covered</li> <li>• Foot-first entries allowed only on 404</li> </ul>

**Group B Girls**

<b>1 meter: 9 dives</b>	
No dives repeated Must cover 5 groups.	
5 Compulsories	<ul style="list-style-type: none"> <li>• 5 groups covered</li> <li>• dd limit 9.0</li> <li>• Foot-first dives allowed group 5 dives</li> </ul>
4 Options	<ul style="list-style-type: none"> <li>• 4 groups covered</li> <li>• Foot-first entries allowed only on 104 &amp; group 5 dives</li> </ul>
<b>3 meter: 9 dives</b>	
No dives repeated Must cover 5 groups	
5 Compulsories	<ul style="list-style-type: none"> <li>• 5 groups covered</li> <li>• dd limit: 9.5</li> <li>• Foot-first dives not allowed.</li> </ul>
4 Options	<ul style="list-style-type: none"> <li>• 4 groups covered</li> <li>• Foot-first dives allowed only on 404</li> </ul>
<b>Platform: 7 dives</b>	
No dives repeated Must cover 4 groups 5m, 7.5m or 10m	
4 Compulsories	<ul style="list-style-type: none"> <li>• 4 groups covered</li> <li>• dd limit 7.6</li> <li>• Foot-first dives not allowed</li> </ul>
3 Options	<ul style="list-style-type: none"> <li>• 3 groups covered</li> <li>• Foot-first dives allowed only on 404</li> </ul>

**Group B Boys**

<b>1 meter: 9 dives</b>	
No dives repeated Must cover 5 groups	
5 Compulsories	<ul style="list-style-type: none"> <li>• 5 groups covered</li> <li>• dd limit 9.0</li> <li>• Foot-first entries allowed only group 5 dives</li> </ul>
4 Options	<ul style="list-style-type: none"> <li>• 4 groups covered</li> <li>• Foot-first entries allowed only on 104 &amp; group 5 dives</li> </ul>
<b>3 meter: 9 dives</b>	
No dives repeated Must cover 5 groups 5m, 7.5 m or 10m	
5 Compulsories	<ul style="list-style-type: none"> <li>• 5 groups covered</li> <li>• dd limit 9.5</li> <li>• Foot-first entries not allowed.</li> </ul>
4 Options	<ul style="list-style-type: none"> <li>• 4 groups covered</li> <li>• Foot-first entries allowed only on 404</li> </ul>
<b>Platform: 8 dives</b>	
No dives repeated Must cover 6 groups 5m, 7.5m, or 10m	
4 Compulsories	<ul style="list-style-type: none"> <li>• 4 groups covered</li> <li>• dd limit 7.6</li> <li>• No Foot-first entries</li> </ul>
4 Options	<ul style="list-style-type: none"> <li>• 4 groups covered</li> <li>• Foot-first dives allowed only on 404</li> </ul>

**Group A Girls**

<b>1 meter: 10 dives</b>	
No dives repeated Must cover 5 groups.	
5 Compulsories	<ul style="list-style-type: none"> <li>• 5 groups covered</li> <li>• dd limit 9.0</li> <li>• Foot-first entries allowed only on group 5 dives</li> </ul>
5 Options	<ul style="list-style-type: none"> <li>• 5 groups covered</li> <li>• Foot-first entries allowed only on 104 &amp; group 5 dives</li> </ul>
<b>3 meter: 10 dives</b>	
No dives repeated Must cover 5 groups	
5 Compulsories	<ul style="list-style-type: none"> <li>• 5 groups covered</li> <li>• dd limit 9.5</li> <li>• No Foot-first entries</li> </ul>
5 Options	<ul style="list-style-type: none"> <li>• 5 groups covered</li> <li>• Foot-first dives allowed only on 404</li> </ul>
<b>Platform: 8 dives</b>	
No dives repeated Must cover 5 groups 5m, 7.5m, or 10m	
4 Compulsories	<ul style="list-style-type: none"> <li>• 4 groups covered</li> <li>• dd limit 7.6</li> <li>• Foot-first entries not allowed</li> </ul>
4 Options	<ul style="list-style-type: none"> <li>• 4 groups covered</li> <li>• Foot-first dives only allowed only on 404</li> </ul>



**Group A Boys**

<b>1 meter: 10 dives</b>	
No dives repeated Must cover 5 groups	
5 Compulsories	<ul style="list-style-type: none"> <li>• 5 groups covered</li> <li>• dd limit 9.0</li> <li>• Foot-first entries allowed only on group 5 dives</li> </ul>
5 Options	<ul style="list-style-type: none"> <li>• 5 groups covered</li> <li>• Foot-first dives allowed only on 104 &amp; group 5 dives</li> </ul>
<b>3 meter: 10 dives</b>	
No dives repeated Must cover 5 groups	
5 Compulsories	<ul style="list-style-type: none"> <li>• 5 groups covered</li> <li>• dd limit 9.5</li> <li>• Foot-first dives not allowed.</li> </ul>
5 Options	<ul style="list-style-type: none"> <li>• 5 groups covered</li> <li>• Foot-first dives allowed only on 404</li> </ul>
<b>Platform: 9 dives</b>	
No dives repeated Must cover 6 groups 5m, 7.5m, or 10m	
4 Compulsories	<ul style="list-style-type: none"> <li>• 4 groups covered</li> <li>• dd limit 7.6</li> <li>• No Foot-first entries</li> </ul>
5 Options	<ul style="list-style-type: none"> <li>• 5 groups covered</li> <li>• Foot-first dives allowed only on 404</li> </ul>

**1.3 LEVEL II DIVE REQUIREMENTS**

<b>Group E Boys and Girls</b>		
<b>1m: 4 dives</b>		
	2 dives ( each assigned DD of 1.8)	2 groups covered Choose from; <ul style="list-style-type: none"> <li>· 101c or 101b</li> <li>· 401c or 401b</li> <li>· 201c</li> <li>· 301c</li> </ul>
	2 dives without DD limit (DD table in rule book)	2 groups covered (cannot repeat dives previously performed) Choose from; <ul style="list-style-type: none"> <li>· 101c or 101b</li> <li>· 401c or 401b</li> <li>· 201c</li> <li>· 301c</li> <li>· 102c or 102b</li> <li>· 103c</li> <li>· 202c</li> <li>· 302c</li> <li>· 402c</li> </ul>
<b>3m: 4 dives</b>		
	2 dives (each assigned DD of 1.9)	2 groups covered Choose from; <ul style="list-style-type: none"> <li>· 101c or 101b</li> <li>· 401c or 401b</li> <li>· 201c</li> <li>· 301c</li> </ul>
	2 dives without DD limit (DD table in rule book)	2 groups covered (cannot repeat dives previously performed) Choose from; <ul style="list-style-type: none"> <li>· 101c or 101b</li> <li>· 401c or 401b</li> <li>· 201c</li> <li>· 301c</li> <li>· 103c or 103b</li> <li>· 203c</li> <li>· 403c</li> </ul>

<b>Group D Boys and Girls</b>		
<b>1m: 5 dives</b>		
	3 dives ( each assigned DD of 1.8)	3 groups covered Choose from; <ul style="list-style-type: none"> <li>· 101c or 101b</li> <li>· 401c or 401b</li> <li>· 201c</li> <li>· 301c</li> </ul>
	2 dives without DD limit (DD table in rule book)	2 groups covered (cannot repeat dives previously performed) Choose from; <ul style="list-style-type: none"> <li>· 101c or 101b</li> <li>· 401c or 401b</li> <li>· 201c</li> <li>· 301c</li> <li>· 102c or 102b</li> <li>· 103c or 103b</li> <li>· 202c</li> <li>· 302c</li> <li>· 402c</li> <li>· 5221d</li> <li>· 5122d</li> </ul>
<b>3m: 5 dives</b>		
	3 dives (each assigned DD of 1.9)	3 groups covered Choose from; <ul style="list-style-type: none"> <li>· 101c or 101b</li> <li>· 401c or 401b</li> <li>· 201c</li> <li>· 301c</li> </ul>
	2 dives without DD limit (DD table in rule book)	2 groups covered (cannot repeat dives previously performed) Choose from; <ul style="list-style-type: none"> <li>· 101c or 101b</li> <li>· 401c or 401b</li> <li>· 201c</li> <li>· 301c</li> <li>· 103c or 103b</li> <li>· 203c</li> <li>· 303c</li> <li>· 403c</li> <li>· 5231d</li> <li>· 5132d</li> </ul>

<b>Group C Boys and Girls</b>		
<b>1m: 6 dives</b>		
	3 dives (DD limit of 5.4)	3 groups covered Choose from same dives as below
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) Choose from; <ul style="list-style-type: none"> <li>· 101c or 101b</li> <li>· 401c or 401b</li> <li>· 201c</li> <li>· 301c</li> <li>· 102c</li> <li>· 103c or 103b</li> <li>· 104c</li> <li>· 202c or 202b</li> <li>· 203c</li> <li>· 302c</li> <li>· 402c</li> <li>· 403c</li> <li>· 5221d</li> <li>· 5122d</li> </ul>
<b>3m: 6 dives</b>		
	3 dives (DD limit of 5.7)	3 groups covered Choose from same dive list as below
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) Choose from; <ul style="list-style-type: none"> <li>· 101c or 101b</li> <li>· 401c or 401b</li> <li>· 201c</li> <li>· 301c</li> <li>· 103c or 103b</li> <li>· 105c,</li> <li>· 203c</li> <li>· 303c</li> <li>· 403c</li> <li>· 404c</li> <li>· 5231d</li> <li>· 5132d</li> </ul>

<b>Group B Boys and Girls</b>		
<b>1m: 7 dives</b>		
	4 dives (DD limit of 7.2)	4 groups covered <ul style="list-style-type: none"> <li>• no position 'a' to be used</li> <li>• no single dive with ½ twist to be used</li> <li>• no 5121, 5131, 5222, 5322, 5421 to be used</li> </ul>
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) <ul style="list-style-type: none"> <li>• no position 'a' to be used</li> <li>• no single dive with ½ twist to be used</li> <li>• no 5121, 5131, 5222, 5322, 5421 to be used</li> </ul>
<b>3m: 7 dives</b>		
	4 dives (DD limit of 7.6)	4 groups covered <ul style="list-style-type: none"> <li>• no position 'a' to be used</li> <li>• no single dive with ½ twist to be used</li> <li>• no 512x, 5131, 5151, 522x, 532x, 542x to be used</li> </ul>
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) <ul style="list-style-type: none"> <li>• no position 'a' to be used</li> <li>• no single dive with ½ twist to be used</li> <li>• no 512x, 5131, 5151, 522x, 532x, 542x to be used</li> </ul>

<b>Group A Boys and Girls</b>		
<b>1m: 8 dives</b>		
	5 dives (DD limit of 9.0)	5 groups covered <ul style="list-style-type: none"> <li>• no position 'a' to be used</li> <li>• no single dive with ½ twist to be used</li> <li>• no 5121, 5131, 5222, 5322, 5421 to be used</li> </ul>
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) <ul style="list-style-type: none"> <li>• no position 'a' to be used</li> <li>• no single dive with ½ twist to be used</li> <li>• no 5121, 5131, 5222, 5322, 5421 to be used</li> </ul>
<b>3m: 7 dives</b>		
	4 dives (DD limit of 7.6)	4 groups covered <ul style="list-style-type: none"> <li>• no position 'a' to be used</li> <li>• no single ss to be used including group 5</li> <li>• no single dive with ½ twist to be used</li> <li>• no 5131, 5151 to be used</li> </ul>
	3 dives without DD limit	3 groups covered (cannot repeat dives previously performed) <ul style="list-style-type: none"> <li>• no position 'a' to be used</li> <li>• no single ss to be used including group 5</li> <li>• no single dive with ½ twist to be used</li> <li>• no 5131, 5151 to be used</li> </ul>

**Tier II Platform**  
**Group E Boys and Girls**

<b>Platform: 4 dives</b>	
3m and 5m 3m dives have a dd of 1.0. 5m dives will have a dd of 1.9, except fall-ins (001C, 001B, 002A, 002C) will have a DD of 1.0 on both 3m & 5m No dive # can be repeated	
Choose from:	001C, 001B 002C, 002A 101C, 101B 201C 301C 401C, 401B 103C, 103B 612C, 612B

**Group D Boys and Girls**

<b>Platform: 4 dives</b>	
3m and 5m 3m dives have a dd of 1.0. 5m dives have a dd of 1.9, except fall-ins (001C, 001B, 002A, 002C) will have a DD of 1.0 on both 3m & 5m No dive # can be repeated	
Choose from:	001C, 001B 002C, 002A, 101C, 101B 201C 301C 401C, 401B, 103C, 103B, 612C, 612B

**Group C Boys and Girls**

<b>Platform: 5 dives</b>	
3m and 5m 3m dives have a dd of 1.0. FINA dd is used for 5m dives No dive # can be repeated	
Choose from:	001C, 001B 002C, 002A 101C, 101B 103C, 103B 201C, 201B, 203C 301C, 301B, 303C 401C, 401B, 403C, 403B 5231D, 5132D 612C, 612B, 622C, 622B

**Group B Boys and Girls**

<b>Platform: 6 dives (3 + 3)</b>	
<p>3m and 5m          3m dives have a dd of 1.0.          FINA dd is used for 5m dives          Fall-ins (001C, 001B, 002A, 002C) from both 3m &amp; 5m will have a dd of 1.0          No dive # can be repeated</p>	
3 dives	<p>3 groups covered          Choose from:          001C, 001B,          002C, 002A          101C, 101B          201C, 201B          301C, 301B          401C, 401B          612C, 612B, 622C, 622B</p>
3 dives (without DD limit)	<p>3 groups covered:</p> <ul style="list-style-type: none"> <li>• No foot-first entry (except 404C)</li> <li>• No dive with ½ twist</li> <li>• No position 'a' used</li> </ul>

**Group A Boys and Girls**

<b>Platform: 6 dives (3 + 3)</b>	
<p>3m and 5m          3m dives have a dd of 1.0.          FINA dd is used for 5m dives          No dive # can be repeated</p>	
3 dives	<p>3 groups covered:          Choose from:          101C, 101B          201C, 201B          301C, 301B          401C, 401B          612C, 612B, 622C, 622B</p>
3 dives (without DD limit)	<p>3 groups covered</p> <ul style="list-style-type: none"> <li>• No foot-first entry (except 404C)</li> <li>• No dive with ½ twist</li> <li>• No position 'a' used</li> </ul>



**1.4 LEVEL III DIVE REQUIREMENTS**

Across all age groups: No dives performed in layout or straight position (A)

**Group D Boys and Girls**

<b>1 meter: 4 dives</b>	
Must cover 3 groups No dives repeated	
2 Compulsories	dd limit: 3.7 2 groups covered FINA dd used
2 Options	2 groups covered
<b>3 meter: 4 dives</b>	
No dives repeated	
2 Compulsories	2 groups covered dd limit: 3.7 FINA dd used
2 Options	2 groups covered FINA dd used

**Group C Boys and Girls**

<b>1 meter: 5 dives</b>	
No dives repeated	
3 Compulsories	3 groups covered dd limit: 5.4 FINA dd used
2 Options	2 groups covered FINA dd used.
<b>3 meter: 4 dives</b>	
No dives repeated	
2 Compulsories	2 groups covered dd limit: 3.7 FINA dd used.
2 Options	2 groups covered FINA dd used.

**Group B Boys and Girls**

<b>1 meter: 6 dives</b>	
No dives repeated	
4 Compulsories	4 groups covered dd limit: 7.6 FINA dd used.
2 Options	2 groups covered FINA dd used.
<b>3 meter: 4 dives</b>	
No dives repeated	
2 Compulsories	2 groups covered dd limit: 3.7 FINA dd used.
2 Options	2 groups. FINA dd used.

**Group A Boys and Girls**

<b>1 meter: 6 dives</b>	
No dives repeated	
4 Compulsories	4 groups covered dd limit 7.6 FINA dd used.
2 Options	2 groups covered FINA dd used.
<b>3 meter: 4 dives</b>	
No dives repeated	
2 Compulsories	2 groups covered dd limit 3.7 FINA dd used.
2 Options	2 groups covered FINA dd used.

**1.5 MASTERS DIVE REQUIREMENTS**

The age categories are 25 - 49, and 50 and over. FINA rulebook may be modified as follows:

Across both categories:

- a) All dives performed must have a different dive number
- b) No minimum number of groups need be represented (a competitive list may consist of all twisting dives).

Special rules for 50 & over:

- a) Dives performed from 10 meter must be foot-first dives.
- b) Dives performed from 10 meter must not exceed a degree of difficulty of 2.0.

**Age Category 25-49**

	Men	Women
One meter	7 different dives	6 different dives
Three meter	7 different dives	6 different dives
Platform	6 different dives	6 different dives

**Age Category 50 & over**

	Men	Women
One meter	6 different dives	5 different dives
Three meter	6 different dives	5 different dives
Platform	5 different dives	5 different dives

For reference:

[http://www.fina.org/project/index.php?option=com\\_content&task=view&id=50&Itemid=119](http://www.fina.org/project/index.php?option=com_content&task=view&id=50&Itemid=119)

**ARTICLE 2– COMPETITIONS**

**2.1 COMPETITIVE (TIER I) - JUNIOR AND SENIOR QUALIFYING COMPETITIONS**

- (a) Dive Ontario will host three (3) National qualifying competitions per Dive Year (September - August) which will serve as Ontario “Provincial Championships”
- (b) The three (3) Tier I Ontario Provincial Championships will be referred to as the Ontario Winter Provincials, the Ontario Spring Provincials and the Ontario Summer Provincials
- (c) The Ontario Winter Provincials shall be held in November or December, the Ontario Spring Provincials shall be held in February or March and the Ontario Summer Provincials shall be held in May or June in each Dive Year

**2.2 SENIOR ONLY QUALIFYING COMPETITIONS**

**Diving Plongeon Canada Rulebook** & rules shall be applied to all Senior events at a Senior National Qualifying Competition. Except in exceptional circumstances, Dive Ontario will generally not request Diving Plongeon Canada sanction any competition as a Sr. National Qualifying competition, where the competition in question includes any non-national qualifying events or where the cost of providing the required number of national level officials is prohibitive.

### 2.3 INVITATIONAL COMPETITIONS

Dive Ontario sanctioned invitationals must use the Dive Ontario Rules and Meet Package template. Clubs may host unsanctioned invitational competitions, however they will not be entitled to any monetary or non-monetary support from Dive Ontario (i.e. grants or official costs) . Participation at any invitational competition is by invitation of the host club or organization. [Diving Plongeon Canada Rulebook](#) & Dive Ontario rules may or may not be applied in whole or in part at the discretion of the host club or organization.

### 2.4 DEVELOPMENTAL (TIER II) COMPETITIONS

- (a) Developmental (Tier II) competitions are open to all registered competitive divers who have not fully qualified for the Junior Elite National or Junior Development National in any event for that Diving Season
- (b) At any Ontario Developmental (Tier II) competition, an age group diver may compete only in his or her age group events, save and except age group “E” divers who may compete in either the “E” or the “D” age group on each board, but not both
- (c) At any Developmental (Tier II) competition other than the Ontario Tier II Provincials, the host club shall have the discretion to include:
  - (i) Tier III events; and
  - (ii) Age Group E events
  - (iii) Masters events
- (d) Except as otherwise specifically set out herein, all rules set forth in the Diving Plongeon Canada [Rulebook](#) shall apply to Developmental (Tier II) competitions in Ontario

## **ARTICLE 3 - REGISTRATION & RULES OF GENERAL APPLICATION**

### 3.1 REGISTRATION AT COMPETITIONS

- (a) All divers must be registered as a Competitive Diver with Dive Ontario for at least 2 weeks (14 days) prior to the start of any competition sanctioned by Dive Ontario
- (b) Divers must register for competitions 2 weeks prior to the start of a competition.
- (c) If any diver registers for a competition less than 2 weeks prior to the start of a competition, then, in addition to the registration fees, the diver shall pay a \$25 late filing penalty to the host club
- (d) If a diver withdraws from a competition after registering to compete, the diver shall not be relieved of the obligation to pay the competition’s registration fee

### **3.2 ATTENDANCE AT COMPETITIONS**

No diver may compete at a competition sanctioned by Dive Ontario unless the diver is supervised by a duly qualified and certified coach in attendance at the competition who is registered with Dive Ontario in compliance with its administrative policies or who is otherwise eligible to coach at such competition in full compliance with Diving Plongeon Canada's requirements.

For greater certainty, where a coach is registered with Dive Ontario, but is not a "Fully-Qualified Coach" as defined in Dive Ontario's Administrative Policies, the High Performance Committee shall have the discretion to authorize such coach to be on deck and to supervise one or more divers registered to compete in a Dive Ontario sanctioned competition.

### **3.3 MEET PACKAGES**

In the event that a Dive Ontario engages a host club to host any competition sanctioned by Dive Ontario, the host club shall submit its technical meet package to Dive Ontario office at least 6 weeks prior to the commencement of the competition, which will be reviewed by the Vice President, High Performance. Any changes required by the VP High Performance shall be made to the meet package by the host club and the meet package shall be posted on the Dive Ontario and Diving Plongeon Canada websites at least 4 weeks prior to the competition.

## **ARTICLE 4 - ONTARIO TIER I PROVINCIAL CHAMPIONSHIPS**

### **4.1 RULES**

- (a) The rules set forth in the Diving Plongeon Canada [Rulebook](#) shall apply to all Tier I Provincial Championships in Ontario, with the exception of regulations relating to competition fees and Provincial Level 1 dive requirements, which shall be governed by our provincial regulations
- (b) The Tier I Provincial Championships shall include National Level event competitions on 1 metre, 3 metre and platform in each age group and open category and Provincial Level 1 event competitions on 1m, 3 metre and platform events for each age group category.
- (c) No diver shall compete in both Provincial level and National level events on the same board.
- (d) There is no group E at Tier I Provincial Championships
- (e) The Provincial level 1 events will not be included in Ontario Provincial Championships that are serving as a selection or trials for any international event.

### **4.2 SYNCHRONIZED DIVING**

Synchronized diving events (1 male event & 1 female event) shall be contested at each of the three Ontario Provincials.

- a) Winter Provincials: Sr. Synchro
- b) Spring Provincials: Mixed. Synchro
- c) Summer Provincials: Jr. Synchro

FINA rules and regulations apply to these events. [www.Fina.org](http://www.Fina.org)

**4.3 SPECIAL RULES & MINIMUM DDS FOR OPEN EVENTS**

- (a) The following special rules apply the Open Events at all Tier I Ontario Provincial Championships:
  - (i) X01 or X02 dives are not allowed on 1M or 3M, where X denotes any group
  - (ii) X02 dives are not allowed in any Open Platform event
  - (iii) X01 dives shall be performed from the 10M platform only
- (b) The following special minimum DDs apply the Open Events at all Tier I Ontario Provincial Championships:
  - (i) The Minimum DD for Women’s 1M Open is **10.8**
  - (ii) The Minimum DD for Women’s 3M Open is **11.5**
  - (iii) The Minimum DD for Women’s Platform Open is **12.0**
  - (iv) The Minimum DD for Men’s 1M Open is **13.0**
  - (v) The Minimum DD for Men’s 3M Open is **14.8**
  - (vi) The Minimum DD for Men’s Platform Open is **14.2**

**4.4 DIVER ELIGIBILITY & REGISTRATION**

- (a) Ontario Divers must be registered with Dive Ontario as Competitive Divers in order to be eligible to participate at any of the three (3) Ontario Tier I Provincial Championship
- (b) The Tier I Provincial Championships are open to all registered competitive divers who can complete a list of dives that adheres to the dive requirements set forth in the meet package
- (c) At the Tier I Provincial Championships an age group diver may compete only in his or her applicable age group events and open events.

Each of the three (3) Ontario Tier I Provincial Championships are open to out-of-province divers provided that they are registered with Dive Ontario, Diving Plongeon Canada or an equivalent international diving federation

**4.5 SCHEDULE**

The following schedule is recommended for all Tier I Provincial Championships and Junior National Qualifying competitions, provided that the schedule may be changed to accommodate special circumstances:

**Proposed Schedule of Events:**

**Friday**

<b>1m</b>	<b>Platform</b>	<b>3m</b>
	C & D Provincial Boys & Girls	
	D Boys and Girls	
Girls A		Boys A

Girls B		Boys B
	C Girls & Boys	
Girls A & B Provincial		Boys A & B Provincial
Women Open		Mens Open

**Saturday**

1m	Platform	3m
	A & B Provincial Level	
Boys D		Girls D
	B Boys & Girls	
Boys A		Girls A
Boys C & D Provincial		Girls C & D Provincial
Boys C		Girls C
Men Open		Women Open
		Men's & Women's Synchro

**Sunday**

1m	Platform	3m
Girls C & D Provincial		Boys C & D Provincial
Girls D		Boys D
	A Boys & Girls	
Boys B		Girls B
Boys A & B Provincial		Girls A & B Provincial
Girls C		Boys C
	Open Men & Women	

**4.6 AWARDS**

- (a) Dive Ontario will provide medals for presentation to the first, second and third place finishers in each event at each of the three (3) Ontario Tier I Provincial Championships
- (b) Dive Ontario will provide ribbons for presentation to the fourth, fifth and sixth place finishers in each event at each of the three (3) Ontario Tier I Provincial Championships
- (c) The purchase of ribbons for other place finishers will be optional. If purchased, these must include name of event, current Dive Ontario logo and the date
- (d) Out-of-province divers shall be entitled to receive any medals or ribbons which they earn as a result of their placing in the competition

**4.7 OUTSTANDING DIVER AWARDS**

- (a) Outstanding Diver Plaques will be provided by Dive Ontario and awarded at the end of the Ontario Summer Provincial Championships each year to the outstanding Ontario diver in each of the following categories:
  - (i) Women's Open                      Men's Open

- |       |                      |                     |
|-------|----------------------|---------------------|
| (ii)  | Girls D (11 & under) | Boys D (11 & under) |
| (iii) | Girls C (12-13)      | Boys C (12-13)      |
| (iv)  | Girls B (14-15)      | Boys B (14-15)      |
| (v)   | Girls A (16-18)      | Boys A (16-18)      |
- (b) Eligibility for the Outstanding Diver Awards is determined as follows:
- (i) The outstanding diver award in each of the open events is open to all participants, regardless of age.
  - (ii) The outstanding diver award in each age group will be awarded only to an Ontario registered diver, registered in that age group. No divers from out of province are eligible.
- (c) The recipient of the outstanding diver award in each category shall be the eligible Ontario diver who accumulates the highest number of points by adding each diver's total point score from all three events (1M, 3M & Platform) in the applicable age group or open category.

#### **4.8 OUTSTANDING COACH AWARDS**

- (a) The Outstanding Coach of the Year shall be the coach who accumulates the most points at the Summer Provincials, where each athlete named as the Outstanding Diver represents one point.
- (b) In the event of a tie, more than one coach will receive recognition.
- (c) This coach (es) will be named "Coach of the Year".

### **ARTICLE 5- TIER II ONTARIO PROVINCIAL CHAMPIONSHIPS**

#### **5.1 RULES**

- (a) The rules set forth in the Diving Plongeon Canada **Rulebook** shall apply to Tier II Provincial Championships in Ontario, with the exception of regulations relating to competition fees, and dive requirements, which shall be governed exclusively by provincial regulation
- (b) Any diver who fully qualifies for the Junior Elite Nationals or the Junior Development Nationals in any event in any given Dive Year is not eligible to compete at the Ontario Tier II Provincials in that Dive Year
- (c) The Ontario Tier II Provincial Championships shall include competitions on the 1 metre and 3 metre springboards in each age group (A, B, C, D & E). The competition may include platform events for each age group where facilities exist.
- (d) No Level III events will be included in the Tier II Provincial Championships.

#### **5.2 AWARDS**

- (a) Dive Ontario will provide medals for presentation to the first, second and third place finishers in each event at the Tier II I Provincial Championships



- (b) Dive Ontario will provide ribbons for presentation to the fourth, fifth and sixth place finishers in each event at the Ontario Tier II Provincial Championships
- (c) The purchase of ribbons for other place finishers will be optional. If purchased, these must include name of event, current Dive Ontario logo and the date
- (d) Out-of-province divers shall be entitled to receive any medals or ribbons which they earn as a result of their placing in the events

### **5.3 OUTSTANDING DIVER AWARDS**

Outstanding Diver awards will be presented to the top diver from each age group at the Tier II Provincials

- (a) The recipient of the outstanding diver award in each category shall be the eligible diver who accumulates the highest number of points by adding each diver's total point score from 1m & 3m events in the applicable age group or open category.
- (b) The results of the tower events will not be included in the calculations of the Outstanding Diver Award for Tier II Provincials

### **5.4 OUTSTANDING COACH AWARDS**

- (a) The Outstanding Coach of the Year shall be the coach who accumulates the most points at the Tier II Provincials, where each athlete named as the Outstanding Diver represents one point.
- (b) In the event of a tie, more than one coach will receive recognition.
- (c) This coach (es) will be named "Tier II Coach of the Year".

## **ARTICLE 6 - QUEST FOR GOLD SELECTION CRITERIA**

### **6.1 SPORT SPECIFIC SELECTION CRITERIA**

In each year, the Board shall establish a Quest for Gold Selection Committee in accordance with the rules and regulations of the Ministry of Tourism, Culture and Sport.

The sport specific athlete selection criteria to be utilized in the identification, ranking and selection of athletes for Ontario Cards under the Quest for Gold Program in any year shall be such criteria as are established by the Quest for Gold Committee and approved by the Board in accordance with the rules and regulations of the Ministry of Tourism, Culture and Sport.

- (a) The following categories are eligible for consideration:

Women's Open:	19-22	Men's Open:	19-22
Girls A:	16-18	Boys A:	16-18
Girls B:	14-15	Boys B:	14-15
Girls C:	12-13	Boys C:	12-13

## **ARTICLE 7 - TRIALS OR CANADA GAMES SELECTION CRITERIA**

Dive Ontario's High Performance Committee shall determine the selection criteria for athletes, coaches and manager positions and will communicate selection process in the meet package for the competition chosen for the team selection.

### **7.1 APPEALS**

- (a) The host committee must have a meet Technical Director.
- (b) The Event Jury of Appeal shall consist of:
  - (i) The event referee
  - (ii) All of the respective judging panel
  - (iii) The meet Technical Director or his/her designate
- (c) The Meet Jury of Appeal shall be comprised of:
  - (i) The meet Technical Director or designate
  - (ii) The Vice President High Performance or designate
  - (iii) The officials Chairperson or designate
- (d) The Event Jury of Appeal and/or the Meet Jury of Appeal rule on technical matters.
- (e) Non-technical matters shall be handled by the Board of Directors.

As per Diving Plongeon Canada Inc. rules "Appeals Procedures", all decisions will be binding.

## **ARTICLE 8- PROVINCIAL CHAMPIONSHIPS HOSTING POLICY**

### **8.1 HOST BIDDING PROCESS**

The hosting of each of the three (3) Ontario Tier I Provincial Championships shall be the responsibility of Dive Ontario, under the direct supervision of the Board. The Hosting is done through a rotation based on facilities.

- Rotation is based on the facilities (10m platform available) and spread between Winter, Spring, and Summer – so every club hosts one of each in the rotation.
- Ottawa is for either Ottawa club and will alternate after the initial Ottawa bid acceptance
- TPASC includes the following clubs: KWDC, Optimal, GAT, Dive Toronto.
- Olympium includes the following clubs: EDC, KWDC, Optimal, GAT, Dive Toronto
- In the event that a GTA club does not bid on either location, the competition will go out for bid to the rest of the Province.

Dive Ontario will advise the Club who is next in line in the rotation of the desired dates for the following year by January 1<sup>st</sup>. If the Club wishes to host, the Club shall reserve that week-end and a back-up date, in case a conflict arises with the National/International schedule. Once the National schedule is confirmed the Club can release the week-end that will not be used.

Clubs must let Dive Ontario know by February 15<sup>th</sup> whether they intend to host provincials.

Should a Club be unable to host or choose not to take its turn in the hosting rotation, Dive Ontario will then call for bids, in writing, from all other Clubs from the province by March 15<sup>th</sup>. Clubs must submit a bid using the Dive Ontario Provincials Bid Document. All bids are to be initially reviewed by the Sport Development Officer and Executive Committee (President, VP Administration & Treasurer). If a decision cannot be made, than a selection committee will be struck, comprised of the DO Meet Manager, Provincial Head Coach, and Officials Representative and two non-partisan members assigned after the fact.

The Criteria for selection are as follows:

<b>Criteria</b>	<b>Club #1 :</b>	<b>Club #2:</b>
Preferred Date		
Athlete Meal Plan		
Social Events		
<i>Tie Breaker:</i> Last Time Hosted		

The Selection Committee shall choose a host club by March 30<sup>th</sup>.

If no club submits a bid to host by February 15<sup>th</sup>, then Dive Ontario will organize the Provincials.

The rotation system will not change because a Club opts not to take its turn in the rotation and another Club wins the bid to host. For Example, If Club A submits a bid because the original Club opted not to take its turn in the rotation, then Club A's order in the rotation will not be affected.

When the rotation falls on Etobicoke or TPASC, the same process will be used. The GTA Clubs associated with each pool will be advised of the desired dates for the following year by January 1<sup>st</sup>. Interested Clubs must submit a bid by February 15<sup>th</sup>.

If no GTA Club wishes to submit a bid, then Dive Ontario will call for bids, in writing, from all other Clubs from the province by March 15<sup>th</sup>. A Selection Committee will select a host club from among the bids received by March 30<sup>th</sup>.

## **8.2 MEET MANAGEMENT**

### **HOST CLUB RESPONSIBILITIES**

In the event that the Board delegate responsibility for hosting any competition to a host club, the respective responsibilities of Dive Ontario and the host club shall be determined by agreement between Dive Ontario and the host club. The responsibilities of the host club will include:

- Provide facilities and pay all facility costs
- Provide volunteers, table workers, runners, etc.
- Provide hospitality and refreshments for Coaches & Judges
- Organize accommodation information
- Contact local media
- Operate concessions, souvenir sale, etc.

### **DIVE ONTARIO RESPONSIBILITIES**

In the event that the Board delegates responsibility for hosting any competition to a host club, the respective responsibilities of Dive Ontario and the host club shall be determined by agreement between Dive Ontario and the host club. The responsibilities of Dive Ontario will include:

- Select competition dates
- Prepare and distribute meet package to all province clubs and Diving Plongeon Canada, as well as post on Dive Ontario website
- Prepare, post and distribute results
- Oversee the running of the meet
- Calculate the team points for the order of diving clubs. For Tier II Provincials, Tower events are not included in the calculation of Team Points.
- Provide hosting grant
- Provide diver awards - outstanding diver plaques, medals (1<sup>st</sup> – 3<sup>rd</sup>) and ribbons (4<sup>th</sup> - 6<sup>th</sup>)
- Calculate the Outstanding Diver and Coach of the Year points
- Collect the provincial portion of the event entry fee as established by Dive Ontario see Appendix A
- Establish registration and event fees in accordance with Article 10

### **RESULTS**

- The Meet Manager will provide Dive Ontario and Diving Plongeon Canada with the meet results for posting on both websites, for all Provincial Championships and all designated National qualifying events.
- For all Invitational Competitions, the host club must forward the meet results to Dive Ontario within seven days.

- If the meet results are not received in the Dive Ontario office within one week from the last day of the competition, there will be a weekly penalty of \$100 deducted from the hosting grant until the results are received
- (See also Administrative Policies, Section 4a)