

INTRODUCTION

The Diving Plongeon Canada (DPC) Rule Book is produced on a four year cycle and will coincide with the publication of the FINA Rules. The FINA Rules are published every four years, one year after each Summer Olympic Games. This Rule Book is managed by the DPC Technical Committee.

The Rule Book is divided into three sections.

Section 1 – DPC Resource Materials - contains the DPC By-laws and relevant reference material. It also contains a list of other resource material that is available on the DPC website. Information on how to access this reference material is online.

Section 2 - Rule Book - contains DPC Rules as established for all national and DPC-sanctioned diving competitions.

Section 3 - FINA Rules - contains excerpts of the rules of the “Fédération Internationale de Natation” (FINA) that apply to the sport of diving internationally and which shall apply to all competitions sponsored or sanctioned by DPC.

In the event that there is a conflict between the English and French versions of the DPC Rule Book, the English version shall prevail.

These rules are effective for the period November 1, 2017 to August 31, 2021.

It should be noted that any errors, omissions or changes to these rules may be communicated by way of letter or email from DPC during the period over which these rules are effective and such errors, omissions or changes shall be updated on the online rule book.

It should also be noted that where “he”, “she”, “him”, or “her” is used, it is intended to refer to include all genders and is not gender specific.

Comments or suggestions for this Rule Book should be forwarded as follows:

CONTACT INFORMATION

1. For domestic rule changes/concerns, contact the Chair of the Technical Committee, c/o of the national office.
2. For FINA Rule concerns/clarification, contact the FINA TDC Representative, Kathy Seaman, c/o of the national office.
3. For any other changes/concerns, contact the national office.

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TERMINOLOGY

AA	Athletes Association
AAP	Athletes Assistance Program
ADR	Alternative Dispute Resolution
AFC	Aquatic Federation of Canada
AGM	Annual General Meeting
Age Groups	Group A, B, C, D & E
CAC	Coaching Association of Canada
CADA	Canadian Amateur Diving Association
CCES	Canadian Center for Ethics in Sport
CGC	Commonwealth Games Canada
USports	U Sports
COC	Canadian Olympic Committee
CofC	Coaches of Canada
Competition	National Championships (Junior or Senior)
	Provincial Competition
	Qualifying Competition
	Minor International Competitions
	Major Games
CSC	Canadian Sport Center
D.D.	Degree of Difficulty
DGP	Diving Grand Prix
DPC	Diving Plongeon Canada
Event	Men 1m, 3m, Platform, Synchro 3m & Synchro Platform
	Women 1m, 3m, Platform, Synchro 3m & Synchro Platform
FINA	Fédération Internationale de Natation
FISU	Fédération Internationale du Sport Universitaire
IOC	International Olympic Committee
IST	Integrated Support Team
Junior Nationals	One or both of the following;
	Junior Development National Championship
	Junior Elite National Championship
LEN	Ligue Européenne de Natation
LTADM	Long Term Athlete Development Model
NCCP	National Coaching Certification Program
Platform	5m only or combination of 5m & 7m or combination of 5m, 7.5m & 10m or 10m only
	Provincial Diving Sections
Provincial Section	
PSO	Provincial Sports Organization
Senior Nationals	One or both of the following;
	Summer Senior National Championships
	Winter Senior National Championships
Session	Preliminary, Semi-Final or Final
Synchro	Synchronized Diving
TC	Technical Committee
TDC	Technical Diving Committee
UANA	Armature Swimming Union of the Americas
WADA	World Anti-Doping Agency

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A. DIVING CANADA BYLAWS

DIVING PLONGEON CANADA

BY-LAW NO. 6

A BY-LAW RELATING GENERALLY TO THE CONDUCT OF THE BUSINESS AND AFFAIRS OF THE CORPORATION

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ARTICLE 1 INTERPRETATION

1.1 In this by-law and all other by-laws and resolutions of the Corporation, unless the content otherwise requires:

- (a) The singular includes the plural;
- (b) The masculine gender include all genders;
- (c) "Act" means the *Canada Not-for-Profit Corporations Act*, S.C. 2009, c.23, including the Regulations made pursuant to the Act, and any statutes or regulations that may be substituted, as amended from time to time;
- (d) "Articles" means the restated article of continuance of the Corporation;
- (e) "Auditor" means a Public Accountant, as defined in the Act, appointed by the Members by Ordinary Resolution at the annual meeting to audit the books, accounts, and records of the Corporation for a report to the Members at the next annual meeting;
- (f) "Board" means the Board of Directors of the Corporation;
- (g) "Days" means total days irrespective of weekends or holidays;
- (h) "Director" means a member of the Board of Directors;
- (i) "Corporation" means Diving Plongeon Canada;
- (j) "Documents", include deeds, mortgages, hypothecs, charges, conveyances, transfers and assignments of property, real or personal, immovable or movable, agreements, releases, receipts and discharges for the payment of money or other obligations, conveyances, transfer and assignments of shares, bonds, debentures or other securities and all paper writings;
- (k) "Members" shall have the meaning as set out in Article 3;

- (l) “Nominating Committee” means a committee appointed by the Board of Directors as more particularly described in Article 9.2;
- (m) “Officer” means a an individual elected or appointed to serve as an Officer of the Corporation pursuant to these Bylaws;
- (n) “Ordinary Resolution” means a resolution passed by the majority of votes cast on that resolution;
- (o) “Registrant” means an individual who is engaged in activities that are provided, sponsored, supported, sanctioned or recognized by the Corporation or its Members. Registrants include recreational and competitive divers, members of national teams, coaches, officials, administrators, and volunteers who serve on executives, committees and boards of directors of diving clubs, Members and the Corporation. Registrants may pay a program fee for services rendered, but are not Members of the Corporation;
- (p) “Special Resolution” means a resolution passed by a majority of not less than two thirds of the votes cast on that resolution.

1.2 Headings used in the by-laws of the Corporation are for convenience of reference only and shall not affect the construction or interpretation thereof.

1.3 Except as provided in the Act, the Board shall have the authority to interpret any provision of these by-laws that is ambiguous or unclear.

1.4 These Bylaws have been drafted in English and the official French text is a translation. In the case of conflicting interpretations, the English version shall prevail.

ARTICLE 2 REGISTERED OFFICE

The registered office of the Corporation shall be located in the Province of Ontario, at such place therein as the directors of the Corporation may from time to time decide.

ARTICLE 3 MEMBERSHIP

- 3.1 Members - The Corporation shall have two classes of Members: Provincial Sections (defined as any province or territory of Canada that has at least one active diving club) and Committees (defined as, and limited to, the Corporation's duly-constituted Athletes Committee, Coaches Committee and Officials Committee). Each Member will designate a delegate or delegates to represent the Member at meetings of Members. Membership shall be non-transferable.
- 3.2 Member in Good Standing - A member that is a Provincial Section shall be deemed to be in good standing provided they have paid dues of the Corporation in accordance with Article 3.3, and they are not subject to a disciplinary investigation or action by the Corporation.
- 3.3 Member Dues - The Board may from time to time establish member dues in such amounts as it shall deem advisable; provided however, that any change in member dues shall be brought before the next meeting of Members and notice of such change shall be given. Any action of the Board as aforesaid, unless rescinded at such meeting of Members, shall continue and be valid, but the Members may at such meeting vary the actions of the Board to establish member dues as determined by a majority of Members.

- 3.4 Registration Fees - The Board may from time to time establish registration fees in such amounts as it shall deem advisable and may for such purpose establish different categories of Registrants with different fees.
- 3.5 Termination of Membership:
- (a) A Member may resign from the Corporation by giving written notice of its intention to resign; however, a Member may not resign when subject to a disciplinary investigation or action of the Corporation.
 - (b) A Member may be suspended from the Corporation for failure to pay dues in accordance with Article 3.3. If dues remain unpaid for a further 120 days following the suspension, the Member may be expelled from the Corporation.
 - (c) Notwithstanding expulsion from membership, a former Member remains liable for any assessment levied under authority of Article 3.3 prior to the expulsion.
 - (d) In addition to suspension or expulsion for failure to pay dues, a Member may be suspended or expelled from the Corporation in accordance with the Corporation's policies and procedures related to discipline of Members.
 - (e) A Member that is a Provincial Section shall cease to be a Member upon its dissolution or winding-up of affairs.

ARTICLE 4 MEETINGS OF MEMBERS

- 4.1 Types of meetings - Meetings of Members will include annual meetings and special meetings. The Corporation will hold meetings of Members at such date, time and place as determined by the Board.

- 4.2 Date of meeting - The annual meeting will be held within 15 months of the last annual meeting but not later than six months after the end of the Corporation's preceding financial year.
- 4.3 Calling meeting - A special meeting of the Members may be called at any time by the President, or upon the written requisition of Members holding not less than five percent of the total Members' votes. The Board will convene such a requisitioned special meeting in accordance with the Act. The agenda of the special meeting will be limited to the subject matter for which the meeting was duly called
- 4.4 Format of Meeting - A meeting of Members may be held by means of telephone, electronic or other communication facility that permits all participants to communicate adequately with each other during the meeting, if the Corporation makes available such a communication facility. Any Member entitled to vote at a meeting of Members may participate in the meeting by means of telephone, or an electronic or other communication facility that permits all participants to communicate adequately with each other during the meeting, if the Corporation makes available such a communication facility. A person so participating in a meeting is deemed to be present at the meeting.
- 4.5 Notice - Notice will include the time and place of a meeting, the proposed agenda, reasonable information to permit Members to make informed decisions, and will be given to each Member by the following means:
- (a) By mail, courier or personal delivery to each Member entitled to vote at the meeting, at least 30 days before the day on which the meeting is to be held; or

(b) By telephone, electronic or other communication facility to each Member entitled to vote at the meeting, at least 21 days before the day on which the meeting is to be held.

- 4.6 Who May Attend - Persons entitled to be present at a meeting of Members are the designated representatives of Members, the Directors, the Auditor, Registrants and such other persons who are entitled or required under any provision of the Act to be present at the meeting. Any other person may be admitted only at the invitation of the Chair of the meeting or by Ordinary Resolution of the Members at the meeting.
- 4.7 Adjournment of Meeting - Any meetings of Members may be adjourned to any time and place as determined by the Board and such business may be transacted at such adjourned meeting as might have been transacted at the original meeting from which such adjournment took place. No notice will be required for any adjourned meeting.
- 4.8 Quorum - Quorum for a meeting of Members will be such Members as hold a majority of Members' votes. If quorum is met at the start of the meeting, but thereafter Members depart the meeting such that quorum is lost, the meeting is nonetheless a valid meeting and may continue.
- 4.9 Allocation of Votes - Each Member that is a Provincial Section shall have one vote at meetings of Members, to be exercised by their delegate. Each Member that is a Committee shall have three votes at meetings of Members, to be exercised by their delegate or delegates.

- 4.10 Show of Hands - At all meetings of Members of the Corporation, every question shall be determined by a show of hands unless otherwise required by a by-law of the Corporation or unless a secret ballot has been requested and granted. Whenever a vote by show of hands has been taken upon a question, a declaration by the chairperson that a resolution has been carried or lost by a particular majority and an entry to that effect in the minutes of the Corporation is conclusive evidence of the fact without proof of the number or proportion of votes in favor of or against the motion.
- 4.11 Secret Ballot - Any Member may demand that any vote be by secret ballot and if seconded, compliance shall be made with any such request.
- 4.12 Written Resolutions - A resolution in writing, signed by all Members entitled to vote on that resolution at meeting of Members, is as valid as if it had been passed at a meeting of Members. Facsimile signatures shall be satisfactory for the purpose of executing any such resolutions in writing.
- 4.13 Proxies - A Member may, by means of a written proxy, appoint a proxy holder to attend and act at a specific meeting of Members, in the manner and to the extent authorized by the proxy. A proxy holder must be a Registrant of the Corporation. No individual may represent by proxy more than one Member.

ARTICLE 5 BOARD OF DIRECTORS

- 5.1 Number - The property and business of the Corporation shall be managed by a Board of a minimum of four Directors and a maximum of nine Directors.

5.2 Powers - Except as otherwise provided in the Act or these Bylaws, the Board has the powers of the Corporation and may delegate any of its powers, duties and functions. More specifically, the Board shall:

- (a) Approve the vision, mission, values and strategic direction of the Corporation;
- (b) Approve policies, procedures and rules to deliver the programs and services of the Corporation, including policies relating to the discipline of Members and Registrants and the management of disputes within the Corporation;
- (c) Provide continuity for the Corporation by ensuring its financial health;
- (d) Engage under employment contract such persons as it deems necessary for carrying out the work of the Corporation;
- (e) Ensure positive relationships with stakeholders; and
- (f) Perform any other duties from time to time as may be in the best interests of the Corporation.

5.3 Qualifications - Any person who is 18 years of age or older, who has the power under law to contract, who is resident of Canada, who is a Registrant of the Corporation, who has not been declared incapable by a court in Canada or in another country, who does not have the status of bankrupt, and who satisfies the requirements of the Income Tax Act in relation to the eligibility to serve as a director of a registered charity may be nominated for election as a Director

- 5.4 Term of Office - At the first meeting of Members following receipt of a Certificate of Continuance under the Act, a majority of Directors shall be elected for a period of two years and the remaining Directors shall be elected for a period of one year so that subsequent elections to the Board are carried out on a staggered basis. Thereafter, Directors shall be elected for a term of two years.
- 5.5 Vacation of Office - The office of a Director shall be vacated automatically:
- (a) If the Director fails to maintain the qualifications specified in Article 5.3;
 - (b) If the Director ceases to be a Registrant in good standing of the Corporation;
 - (c) If the Director is charged with any criminal offense relating to the position;
 - (d) If the Director, without reasonable excuse, fails to attend three consecutive meetings of the Board; or
 - (e) Upon the Director's death.
- 5.6 Removal from Office - A Director may be removed by Ordinary Resolution of the Members at a meeting of Members, provided the Director has been given written notice of and the opportunity to be heard at such a meeting.
- 5.7 Filling a Vacancy - For any vacancy occurring in the Board of Directors, the Board by majority vote, may, by appointment, fill the vacancy until the next annual meeting, provided the appointee meets the qualifications set out in Article 5.3. A Director so appointed shall be eligible for re-election to the Board at the next election for the remainder of the vacant position's term of office.

- 5.8 Election - Nominations to the Board will be identified by the Nominating Committee to the Membership and are circulated 30 days prior to the annual meeting. In the event that there are more individuals seeking election than positions available, ballots shall be circulated to the Members for voting purposes.
- 5.9 Indemnification – The Corporation shall indemnify and hold harmless out of the funds of the Corporation each Director and Officer from and against any and all claims, demands, actions and costs which may arise or be incurred as a result of occupying the position or performing the duties of a Director or Officer. The Corporation shall not indemnify a Director or Officer or any other person for acts of fraud, dishonesty or bad faith.

ARTICLE 6 MEETINGS OF DIRECTORS

- 6.1 Notice - meetings of the Board of Directors may be held at any time and place to be determined by the Board provided that 48 hours written notice of such meeting shall be given, other than by mail, to each Director. Notice by mail shall be sent at least 14 days prior to the meeting. No formal notice of a meeting is necessary if all the Directors are present or if those absent have signified their consent to the meeting being held without notice and in their absence.
- 6.2 Meetings by Phone - If all the Directors of the Corporation consent thereto generally or in respect of a particular meeting, a Director may participate in a meeting of the Board or of a Committee of the Board by means of such conference telephone or other communications facilities as permit all persons participating in the meeting to hear each other, and a director participating in such a meeting by such means is deemed to be present at the meeting.

- 6.3 First Meeting of Newly Elected Directors - Where Directors are elected at an annual meeting (or, in the case of a Director appointed to fill a vacancy on the Board, at a meeting of the Board), no notice of the first meeting following the election or appointment shall be required to be given to the newly elected or appointed Director or Directors in order to legally constitute the meeting, provided that a quorum of Directors is present.
- 6.4 Quorum – A majority of Directors shall form a quorum for the transaction of business. Such quorum of Directors present shall be competent to do and perform all acts, which are or shall be directed to be done at any such meeting.
- 6.5 Written Resolutions - A resolution in writing, signed by all the Directors entitled to vote on that resolution is as valid as if it had been passed at a meeting of the Board or Committee of the Board. Facsimile signatures shall be satisfactory for the purpose of executing any such resolution in writing.

ARTICLE 7 OFFICERS

- 7.1 Officers - The officers of the Corporation shall be the President and any other officers as the Board may determine by resolution from time to time. Any two offices may be held by the same person. The President shall be a Director of the Corporation but no other officers need be Directors.
- 7.2 Appointment - Officers of the Corporation shall be appointed by resolution of the Board at the first meeting of the Board of Directors following each annual meeting of Members in which the Board is elected.

- 7.3 Term - The officers of the Corporation shall hold office for one year from the date of appointment until their successors are appointed. Officers shall be subject to removal by Ordinary Resolution of the Board at any time. If otherwise qualified, there is no limit on the number of terms of office in which an officer may be appointed.
- 7.4 Remuneration of Officers - Officers shall not be entitled to any remuneration in their capacity as an Officer, but they shall be entitled to be paid their travelling and other expenses properly incurred by them in connection with the affairs of the Corporation, and in attending meetings of the Corporation. Any Officer who is a bona fide employee of the Corporation may be paid remuneration with respect to services performed by him or her as an employee.

ARTICLE 8 DUTIES OF OFFICERS

- 8.1 President - The President shall preside at all meetings of the Corporation and of the Board. The President shall act as the chairperson and the spokesperson for the Board and the organization. The President shall see that all orders and resolutions of the Board are carried into effect and that all meetings are run in accordance with the procedures established. The President may delegate any of his duties.
- 8.2 Other Officers – Any other officers appointed by the Board shall have such duties as the Board may prescribe.

ARTICLE 9 BOARD COMMITTEES

- 9.1 The Board may constitute such committees to help carry out its responsibilities, as it considers necessary. Such committees shall be composed of such persons appointed by the Board, whether members of the Board or not, and the duties of such committees shall be those from time to time designated by the Board.

- 9.2 Nominating Committee - The Board shall constitute a nominating committee consisting of at least one person from each of the following groups: Provincial Sections, athletes, coaches and officials. The duties of the Nominating Committee shall be set forth in Terms of Reference, which shall be established from time to time by the Board. Generally these duties include nomination of a full slate of candidates for election to the Board at each annual meeting.
- 9.3 Remuneration of Committee Members - The Board shall determine the remuneration if any to be provided to members of board committees.
- 9.4 Removal of Board Committee Members - Any committee member may be removed by Ordinary Resolution of the Board.

ARTICLE 10 EXECUTION OF DOCUMENTS

- 10.1 Cheques, Drafts, and Notes - All cheques, drafts or orders for the payment of money and all notes and acceptance and bills of exchange shall be signed by such officers or Directors and in the manner from time to time prescribed by the Board.
- 10.2 Execution of Documents - Contracts, documents or any instruments in writing requiring the signature of the Corporation, shall be signed by any two officers and all contracts, documents and instruments in writing or signed shall be binding upon the Corporation without any further authorization or formality. The Board shall have the power from time to time by resolution to appoint any person or persons on behalf of the Corporation to sign specific contracts, documents and instruments in writing. The seal of the Corporation may, when required be affixed to contracts, documents and instruments in writing signed as

aforesaid or by any person or persons appointed by resolution of the Board.

- 10.3 Books and Records - The Board shall see that all necessary books and records of the Corporation required by the by-laws of the Corporation or by any applicable statute are regularly and properly kept.

ARTICLE 11 FISCAL YEAR

The fiscal year of the Corporation shall be determined by the Board.

ARTICLE 12 AUDITORS

The Members shall, at each annual meeting, appoint an Auditor to audit the accounts of the Corporation for report to the Members at the next annual meeting. The Auditor shall hold office until the next annual meeting provided that the Board may fill any casual vacancy in the office of the Auditor.

ARTICLE 13 CONFLICT OF INTEREST

In accordance with the Act, a Director, Officer, or member of a committee who has an interest, or who may be perceived as having an interest, in a proposed contract or transaction with the Corporation will comply with the Act and the Corporation's Conflict of Interest Policy and will disclose fully and promptly the nature and extent of such interest to the Board or Committee, as the case may be, will refrain from voting or speaking in debate on such contract or transaction; will refrain from influencing the decision on such contract or transaction; and will otherwise comply with the requirements of the Act regarding conflict of interest.

ARTICLE 14 AMENDMENT OF BY-LAWS

Except for the items set out in Article 15, these Bylaws may be amended or repealed by Ordinary Resolution of the Directors at a meeting of the Board. The Directors will submit the Bylaw amendment or repeal to the Members at the next meeting of Members, and the Members may, by Ordinary Resolution, confirm, reject or amend the Bylaw, amendment or repeal. The Bylaw, amendment or repeal is effective from the date of the resolution of the Directors. If the Bylaw, amendment or repeal is confirmed, or confirmed as amended, by the Members it remains effective in the form in which it was confirmed.

The Bylaw, amendment or repeal ceases to have effect if it is not submitted to the Members as described, or if it is rejected by the Members.

ARTICLE 15 FUNDAMENTAL CHANGES

In accordance with the Act, a Special Resolution of the Members is required to make the following fundamental changes to the Articles or by-laws of the Corporation:

- (a) Change the Corporation's name;
- (b) Change the province in which the Corporation's registered office is situated;
- (c) Add, change or remove any restriction on the activities that the Corporation may carry on;
- (d) Create a new class or group of Members;
- (e) Change a condition required for being a Member;
- (f) Change the designation of any class or group of Members or add, change or remove any rights and conditions of any such class or group;
- (g) Divide any class or group of Members into two or more classes or groups and fix the rights and conditions of each class or group;

- (h) Add, change or remove a provision respecting the transfer of a membership;
- (i) Increase or decrease the number of, or the minimum or maximum number of directors;
- (j) Change the statement of the purpose of the Corporation;
- (k) Change the statement concerning the distribution of property remaining on liquidation after the discharge of any liabilities of the Corporation;
- (l) Change the manner of giving notice to Members entitled to vote at a meeting of Members;
- (m) Change the method of voting by Members not in attendance at a meeting of Members; or
- (n) Add, change or remove any other provision that is permitted by this Act to be set out in the Articles.

ARTICLE 16 NOTICES

- 16.1 In these Bylaws, written notice will mean notice which is provided by mail, courier, personal delivery, telephone, electronic or other communication facility to the address of record of the Director or Member, as the case may be.
- 16.2 Date of notice will be the date on which notice is given by personal delivery, one day after the date on which the notice is delivered by telephone, electronic or other communication facility, two days after the date that notice is couriered, or five days after the date that notice is mailed.
- 16.3 The accidental omission to give any notice to any Member, Director, Officer, member of a committee or the Auditor, or the non-receipt of any notice by any such person where the Corporation has provided notice in accordance with the Bylaws, or any error in any notice not affecting its substance will not invalidate any action taken at any meeting to which the notice pertained.

ARTICLE 17 EFFECTIVE DATE

This by-law was approved by a Special Resolution of the Members of the Corporation at a meeting of Members duly called held on [date]. This by-law shall come into force upon the Corporation's receipt of a Certificate of Continuance from Corporations Canada.

ARTICLE 18 REPEAL OF EXISTING BY-LAWS

Upon this by-law coming into force, By-law No. 5 of the Corporation is repealed, provided that such repeal shall not affect the validity of any act done or right, privilege, obligation or liability acquired or incurred under the validity of any contract or agreement made pursuant to any such by-law prior to its repeal.

B. TRANSFER POLICY

1. At the beginning of the diving season (September 1) a diver can change club affiliation without following any procedure, except to register with the new club or as unattached.
2. A diver who transfers during the season from one (1) club to another must have a written release from the current club. The national office must receive this release as well as the new registration from the new club before the diver can represent the new club in any DPC sanctioned meet. Divers may only register with a DPC registered club or as independent/unattached with a provincial section.
3. In the case of a diver who was registered originally in the season as unattached, a written release is not required to later affiliate with a club. A registration with the new club is required however to affiliate such club.
4. A diver unable to receive a written release from a club may register as an unattached diver. In this circumstance, the diver must dive unattached for ninety (90) days or until the end of the diving season (August 31), whichever comes first. The change of affiliation is effective as of the post-marked date on the request letter.
5. A diver is permitted one transfer per season.

C. COMPETITIVE COACH SCREENING POLICY

1. Definitions
 - 1.1. The following terms have these meanings in this Policy:
 - 1.1.1. "Criminal Record Check (CRC)" – A search of the RCMP National Repository of Criminal Records to determine whether an individual has a criminal record
 - 1.1.2. "Vulnerable Sector Verification (VSV)" – a detailed check that includes a search of the RCMP National Repository of Criminal Records, local police information, and the Pardoned Sex Offender database
2. Purpose
 - 2.1. DPC understands that screening coaches is a vital part of providing a safe sporting environment. DPC is responsible for doing everything reasonable to provide a safe and secure environment for participants in its programs, activities, and events. The purpose of screening is to identify coaches involved with DPC's activities who may pose a risk to DPC and its participants.

3. Application of this Policy
 - 3.1. This Policy applies to all coaches who have the following NCCP certification status in the NCCP Locker, hereinafter defined as a "Coach" or "Coaches":
 - 3.1.1.Competition Introduction– In Training, Trained or Certified
 - 3.1.2.Competition Development – In Training, Trained or Certified
 - 3.1.3.Levels 4 or 5
 - 3.2. All Coaches mentioned above are required to pre-register directly with DPC and complete an online coach registration process as determined by DPC. As part of the registration process, a Coach is required to pass specific screening requirements as described in this Policy. Once the preliminary registration process is completed and all screening requirements are fulfilled, a Coach will become eligible to register with their Provincial/Territorial diving association.
4. Policy
 - 4.1. It is DPC's policy that all Coaches will:
 - 4.1.1.Complete and provide a CRC and VSV
 - 4.1.2.Complete a Screening Disclosure Form
 - 4.1.3.Complete a registration process indicating that the Coach has read, understands and agrees to comply with DPC's policies and procedures
 - 4.1.4.Complete the Online Screening Declaration during the registration process
 - 4.1.5.Participate in orientation, as determined by DPC f) Provide a driver's abstract, if requested by DPC
 - 4.2. Failure to participate in the screening process as outlined in this Policy will disqualify the Coach from participating with DPC and/or registering as a coach with DPC.
 - 4.3. If a Coach provides falsified or misleading information, the Coach will be removed from participating with DPC, will no longer be eligible to register as a coach, and may be subject to further discipline in accordance with DPC's Policy Relating to Conduct.
5. Procedure
 - 5.1. All Coaches identified in Section 3 of this Policy are required to complete a DPC online registration process (via 2 the coach's corner of the ESPORT login) which includes a section for screening requirements. As part of the screening section, Coaches must agree to submit various documents and/or agree that there have been no changes to previously-submitted documents. It is the responsibility of the Coach to obtain the required screening documents.

- 5.2. Unless determined otherwise by DPC, in their sole discretion, Coaches are required to submit:
 - 5.2.1.A Criminal Record Check every three years
 - 5.2.2.A Screening Disclosure Form every three years
 - 5.2.3.A Vulnerable Sector Verification once
 - 5.2.4.An Online Screening Declaration (agreeing that there have been no changes to previously submitted documents) every year
- 5.3. Following the review of documents, the DPC Manager of High Performance Club and Coach Development and COO, will decide:
 - 5.3.1.The Coach has passed screening and may register as a coach; or
 - 5.3.2.To establish a Screening Committee who will decide:
 - 5.3.2.1. The Coach has passed screening and may register as a coach with conditions;
 - 5.3.2.2. The Coach has not passed screening and may not register as a coach; or
 - 5.3.2.3. More information is required from the Coach.
6. Screening Committee
 - 6.1. The Screening Committee has the responsibilities described in Section 10. In carrying out its duties, the Screening Committee may consult with independent experts including lawyers, police, risk management consultants, volunteer screening specialists, or any other person.
 - 6.2. When the Screening Committee is of the opinion that, notwithstanding a conviction or other incident, a Coach can register as a coach with DPC without adversely affecting the safety of DPC, any individual, athlete or member of DPC through the imposition of such conditions as are deemed appropriate, the Screening Committee may approve a Coach's participation and implement any such conditions.
 - 6.3. The Screening Committee is a committee of three (3) to five (5) members appointed by DPC. DPC will ensure that the members appointed to the Screening Committee possess the requisite skills, knowledge and abilities to accurately assess CRCs, VSVs, Screening Disclosure Forms, and Online Screening Declarations and render decisions under this Policy. Quorum for the Screening Committee will be three members.
 - 6.4. DPC may remove any member of the Screening Committee. When a position on the Screening Committee becomes vacant, either because a member has been removed or because a member has resigned, DPC will appoint a replacement member.
 - 6.5. The Screening Committee will carry out its duties, in accordance with the terms of this policy, independent of the Board.

7. Criminal Convictions

7.1. Notwithstanding any other provision of this policy, a Coach's conviction, at any time, for any of the following Criminal Code offenses will not only result in the Coach failing to pass screening but will also be deemed an infraction under the Diving Canada Policy Relating to Conduct and result in immediate expulsion from DPC, without the need for further action on the part of DPC and removal from DPC designated positions, competitions, programs, activities and events:

7.1.1. Any offense involving trafficking of illegal drugs or substances listed on the Canadian Anti-Doping Program's Prohibited List

7.1.2. Any offense involving child pornography

7.1.3. Any sexual offense involving a minor

7.1.4. Any offense of assault involving a minor

7.1.5. Any offense of physical or psychological violence involving a minor

7.2. Notwithstanding any other provision of this policy, a Coach's conviction, at any time, for any of the following Criminal Code offenses may result in the Coach failing to pass screening, as determined by the Screening Committee; and if the Screening Committee determines the Coach has failed screening, the decision will be communicated to the DPC Board of Directors who may determine that such conviction also be deemed an infraction under the Diving Canada Policy Relating to Conduct and result in immediate expulsion from DPC:

7.2.1. Any sexual offense other than involving a minor

7.2.2. Any offense of assault other than involving a minor

7.2.3. Any offense of physical or psychological violence other than involving a minor

7.2.4. Any offense involving theft or fraud

8. Conditions and Monitoring

8.1. The Screening Committee may determine that incidents revealed on a Coach's screening documents (not including incidents defined as 'Criminal Convictions' or 'Other Offenses', above) may allow the Coach to pass the screening process and register as a coach but with conditions imposed. The Screening Committee may apply and remove conditions at its discretion, and will determine the means by which adherence to conditions may be monitored.

9. Records

9.1. All records will be maintained in a confidential manner and will not be disclosed to others except as required by law, or for use in legal, quasi-legal, or disciplinary proceedings.

D. COMPETITIONS AND HOSTS

1. SELECTION OF COMPETITION HOST

- 1.1. The Summer Senior and Winter Senior National championships will be hosted, one in the east and one in the west.
- 1.2. The Junior Elite and Junior Development National championships will be hosted, one in the east and one in the west

- 1.2.1. The Hosting rotation will be;

MB
ON
AB
QC
BC
Atlantic
SK

- 1.2.2. Hosting Assignments for the duration of this Rule Book

2018	2019	2020	2021
SK – WSN MB – Junior Elite ON – Junior Development AB – Declined (QC – SSN)	QC – Junior Elite BC – WSN Atlantic – SSN SK – Jr. Development	MB – WSN ON – Junior Elite AB – Junior Development QC – SSN	BC – Junior Elite Atlantic – WSN SK – SSN MB – Junior Development

- 1.3. Should a section be unable to take its turn in hosting one of the competitions noted in section 1.2.2, it shall so notify the DPC national office, in writing, a minimum of 12 months prior to the scheduled date of the competition. The DPC national office shall then call for bids, in writing, from clubs registered in all other provincial sections from that side of the country (east or west). The Selection Committee (chief operating officer, chief technical officer, officials development director, junior high performance director and director of events and communications) shall select a host from among the bids received in consultation with the DPC Technical Committee, and notify all provincial sections of the host club for the competition. Should less than twelve (12) months' notice be given that a section is unable to take its hosting turn, the chief operating officer will determine the means by which a new host will be chosen.

- 1.4. For any other competition (i.e.: Special Trials events or International competitions), DPC's policy "Diving Plongeon Canada Procedures for the Selection of Competition Hosts" shall apply to all calls for bids. In this case, DPC's national office may call for bids in writing, from all clubs registered in all provincial sections to host that competition. Bid deadlines and documents will be communicated to the membership. The bids will be reviewed by the Selection Committee and input requested from representatives of the coaches, athletes and officials. Final selection will be made by the Selection Committee. Should the Selection Committee have a specific desire to hold a competition in a specific location, a hosting group in that area shall be contacted.

2. HOST COMMITTEE RESPONSIBILITIES FOR NATIONAL COMPETITIONS

- 2.1. For more information concerning responsibilities of the Host Committee, please refer to the Event Contract and Hosting Guidelines.
- 2.2. In general, the Host Committee for a competition sanctioned by DPC shall be responsible for the organization, management and funding of the competition in accordance with the event contract and hosting guidelines, as provided by the national office.
- 2.3. The Host Committee shall organize appropriate press coverage, publicity, hospitality, social events, and other events that are conducive to a national competition. It is recommended that the Host Committee also attempt to secure reduced rates for the local travel, food and accommodation of competitors, coaches and officials.
- 2.4. It is recommended that a physician and a physiotherapist be readily available for all scheduled training and competition times. The hours of "on-deck" attendance shall be posted.
- 2.5. The Host Committee shall secure meeting rooms as needed and provide a whiteboard or equivalent with writing utensils. Audio-visual equipment shall be supplied if requested.
- 2.6. The Host Committee shall organize and pay for the facilities that are required for the functional operation of a national competition, including the diving facilities, a competition office, information office/area, meeting rooms, and provide a central information office during the training hours for the two (2) days prior to and throughout the competition.
- 2.7. The Host Committee shall provide information on the competition and training schedule, accommodation availability, vehicle rental and any other information deemed desirable for inclusion in the competition information/entry package to be sent out by the DPC national office.

- 2.7.1. These materials shall be submitted to the national office at least ninety (90) days prior to the scheduled first day of competition.
- 2.8. The Host Committee shall provide a high speed internet connection available on deck, protocol and pageantry items, warm-up music, ceremony music, the public address system, etc.
- 2.9. The minimum standards for all national championships scoring include a computerized system as designated by the national office and a manual backup system to be used in the event of a catastrophic failure of the electronic system. Diving Canada can opt to retain and pay for data handling partner that will work as part of the Host Organizing Committee.
- 2.10. The Host Committee shall provide bilingual announcements of dives.
- 2.11. The Host Committee shall provide and operate a dive number indicator board with a means to post height of platform.
- 2.12. It is required that a running scoreboard be used for each session .
- 2.13. The Host Committee shall prepare and submit to the DPC national office a report on the competition. It shall include a financial statement on the operations of the competition, no later than sixty (60) days following the last day of competition.
- 2.14. The results of each event (including preliminary sessions) shall be announced and posted as soon as possible after the completion of the event. These results shall include:
 - 2.14.1. Name of hosting club, name of competition, event in question, and date of competition.
 - 2.14.2. Name of club (abbreviation - a lexicon is to be attached), name of diver, rank of each diver, and points scored.
- 2.15. The following items shall be made available by the Host Committee to each club and official upon arrival:
 - 2.15.1. Revised schedule of practice time, events and meetings;
 - 2.15.2. Complete list of registered competitors for each event of the competition;
 - 2.15.3. Schedule of physiotherapy, and details concerning;
 - 2.15.4. Hospitality room, number, schedule;

- 2.15.5. Social event information, and details surrounding formal media conference;

3. NATIONAL OFFICE RESPONSIBILITIES FOR NATIONAL COMPETITION

- 3.1. For more information concerning responsibilities of the national office, please refer to the event contract and hosting guidelines.
- 3.2. The national office shall be responsible for the translation of the information.. The competition information/entry package shall be sent by the national office to all provincial sections, registered clubs, registered unattached divers and registered unattached coaches at least sixty (60) days prior to the scheduled first day of competition.
- 3.3. Within 3 days of the registration deadline, a complete list of registered competitors for each event of the competition will be forwarded to the Host Committee.
- 3.4. For all national championships and special trials events, DPC shall fund the travel, food and accommodation costs for selected officials.
- 3.5. DPC will provide the meet management software which is to be used for the competition and will provide training to the volunteers as necessary. DPC and its suppliers will provide live internet results and streaming video during the competition where possible.

4. CLUBS/INDIVIDUALS RESPONSIBILITIES

- 4.1. In general, the competitors, coaches and other club officials shall be responsible for their travel, food and accommodation costs.
- 4.2. Diver Eligibility - In order to compete in a DPC sanctioned competition, a diver must be registered with DPC (for that year) as a competitive diver, thirty (30) days prior to the first day of competition. Divers who register less than thirty (30) days prior to the first day of the DPC sanctioned competition will be assessed a late registration fee by DPC national office of \$150.00
- 4.3. Each club is responsible for checking that their athlete(s) have correctly entered the appropriate event at least twenty-four (24) hours prior to such event. Clubs are also responsible for checking the meet notice board for missing sheets, errors on sheets or changes made to sheets.

5. COMPETITION ENTRY PROCEDURES

5.1. For all national competitions (including all national trials), the following required information must be provided by each club on each diver registered with that club, or by each diver in the case of unattached divers:

- Name of club,
- Name of diver,
- Diver registration number,
- Name of coach for each diver,
- Gender of diver,
- Events in which each diver is to be entered,
- Calculation of fees payable,
- Proof of qualification if necessary (dive sheet or results of competition),
- Age group entered,
- Entry fees, and
- Signed code of conduct

5.2. NATIONAL ENTRIES WILL NOT BE ACCEPTED UNLESS PROPERLY COMPLETED

5.3. This information shall be provided through the online event registration system linked to Diving Canada's homepage. Please note that the proof of qualification may be required as part of the competition entry information, depending on the specific competition. Proof of qualification shall be a copy of the dive sheet, or a copy of the meet results.

5.4. ENTRY DEADLINE: The competition entries noted in section 5.1 shall be completed and submitted to the DPC national office, at least eight (8) days prior to the scheduled first day of competition.

5.4.1. To be complete and acceptable, the competition entries shall be accompanied by payment via credit card (VISA, MasterCard or Diners Club), by cheque to be made payable to Diving Plongeon Canada or by e-transfer, of the appropriate fees.

5.4.2. Should a competition entry be received in the national office after this date, or incomplete as noted in section 5.1, a late fee of \$150.00 shall be paid to DPC by the club (or diver in the case of an unattached diver) for each diver registration. This late fee is in addition to regular entry and registration fees.

5.5. The national competitions (Winter and Summer Senior Nationals, and Junior Elite and Junior Development Nationals or national trials) are restricted to DPC registered competitors.

- 5.6. Divers who are not Canadian citizens but are residing in Canada and registered with DPC are eligible to compete in DPC sanctioned competitions, as long as they have been a resident in Canada for at least ninety (90) days. If a diver's registration status is in doubt, the diver must show proof that registration has been applied for in the proper time frame and appropriate fees paid before he/she will be permitted to compete. Refer to FINA Rules GR 2 through GR 4 for membership information.
- 5.7. Clubs or individuals requesting entry considerations for athletes into a DPC national championship/trials based upon "exceptional circumstances" must apply in writing to the DPC national office by the entry deadline of the competition in question.
- 5.8. Entry fees for national events will be refunded to requesting clubs in the following instances:
 - 5.8.1. If a pre-registered athlete does not travel to the competition
 - 5.8.2. If a pre-registered athlete is unable to compete in an event due to an on-site injury/illness. In this instance, the athlete or club shall provide DPC national office with a doctor's certificate confirming the injury.
- 5.9. Requests for refunds will be for entry fees only and must be sent to DPC national office in written form within thirty (30) days of the competition (registration fees are non-refundable).

6. ENTRY FEES – SENIOR NATIONALS AND JUNIOR NATIONALS

- 6.1. Entries to these Junior and Senior Nationals shall be completed and submitted to the national office as specified.
- 6.2. ENTRY FEES – SENIOR

Registration Fee per Diver	\$75.00
Entry Fee per Event per Diver	\$75.00
Entry Fee per Synchro Team	\$75.00
- 6.3. ENTRY FEES – JUNIOR

Registration Fee per Diver	\$75.00
Entry Fee per Event	\$75.00
Entry Fee per Synchro Team	\$75.00

Entry fees are subject to change.

E. JUDGING

1. JUDGING PANELS – NATIONAL CHAMPIONSHIPS

- 1.1. For all national competitions, including national trials competitions, the meet referee shall select the judging panels, including the event referee, event judges and balk judge as applicable, for each event (including any preliminary sessions).
- 1.2. Selection of the panels shall be made a minimum of one (1) day prior to the scheduled first day of competition.
- 1.3. To avoid any conflict of interest, real or perceived, a parent may not judge or referee his or her own child in any DPC sanctioned event. An official violating this rule will risk losing his/her status with the DPC Officials Program.
- 1.4. Whenever possible, judges (including coaches) shall not judge an event in which there is a diver that he/she coaches during the season.
- 1.5. The event referee may only judge the event they are refereeing when it is not feasible to run the event otherwise.

2. JUDGING PANELS/SCORING – SENIOR NATIONALS

- 2.1. The FINA Rules shall apply in scoring each dive in each event. Judging panels will consist of;
 - 2.1.1. A seven (7) judge panel for all preliminary, semi-final and final individual events.
 - 2.1.2. An eleven (11) judge panel for synchro events.
- 2.2. Judging panels at all national championships and all special trials events will consist only of qualified national roster officials.

3. JUDGING PANELS/SCORING – JUNIOR ELITE AND JUNIOR DEVELOPMENT NATIONALS

- 3.1. The FINA Rules shall apply in scoring each dive in each event with the addition of the Canadian specific rules. Judging panels will consist of;
 - 3.1.1. Seven (7) national roster officials for individual events.
 - 3.1.2. Eleven (11) national roster officials for synchro events.

- 3.1.3. Coaches (minimum Comp-Dev certified) may be added to the panel if there is a shortage of judges to fill all positions.

4. JUDGING PANELS/SCORING – QUALIFICATION COMPETITIONS

- 4.1. For all junior qualification competitions, a meet referee shall be assigned by the DPC Officials Committee. The assigned meet referee will be a national roster official from outside the host province.
- 4.2. For senior qualification competitions, a meet referee shall be assigned by the Province. The assigned meet referee will be a national roster official.
- 4.3. Judging panels for individual events shall consist of a minimum of five (5) judges for junior and senior qualification competitions. A seven (7) judge panel may be used as a minimum for synchronized diving events with four (4) judges for execution and three (3) judges for synchronization.
- 4.4. For junior or senior qualification competitions, judges must be a DPC (or other country) registered official or coach (minimum Competition-Introduction trained or equivalent Level 1 Technical).
- 4.5. There must be a minimum of two (2) national roster officials on each panel.
- 4.6. No more than one (1) coach from the same club may be on a panel unless the panel is not possible without using the second coach.
- 4.7. No more than one (1) Level 1 provincial official may be on a panel.
- 4.8. Current registered competitive divers will be allowed to judge under the following circumstances;
- 4.8.1. Registered masters divers who have participated in a judge training session, may judge any event;
- 4.8.2. Registered competitive divers who are at least 16 years of age or older and have participated in a judge training session may judge Group C or Group D events;
- 4.8.3. Judge training sessions may be either;
- 4.8.3.1. A judge training session designed for current and retired competitive divers; or
- 4.8.3.2. A Provincial level 1 clinic
- 4.8.4. Registered divers will be considered at a Provincial Level 1 for the purposes of the composition of the panel

- 4.9. To avoid any conflict of interest, real or perceived, a parent may not judge or referee his or her own child in any DPC sanctioned event. An official violating this rule will risk losing his/her status with the DPC Officials Program.
- 4.10. Whenever possible, judges (including coaches) shall not judge an event in which there is a diver that he/she coaches during the season.
- 4.11. In special circumstances where the holding of the qualification events are compromised due to improper panel composition, the meet referee may authenticate panels that do not meet the above criteria.

5. JUDGING PANELS/SCORING – NON-QUALIFICATION COMPETITIONS

- 5.1. Competitions that are not national qualification events are exempt from the criteria outlined in section 4 above but will respect provincial hosting policies and items 5.2 and 5.3.
- 5.2. To avoid any conflict of interest, real or perceived, a parent may not judge or referee his or her own child in any DPC sanctioned event. An official violating this rule will risk losing his/her status with the DPC Officials Program.
- 5.3. Whenever possible, judges (including coaches) shall not judge an event in which there is a diver that he/she coaches during the season.

6. MEET REFEREE RESPONSIBILITIES AND AUTHORITY AT COMPETITIONS

(For Junior and Senior National championships, trials, and all other DPC sanctioned events, including provincial and invitational competitions)

- 6.1. The list below includes areas that the meet referee has the authority to take action and make decisions. With the exception of national championship events, the meet referee is the person in charge of the conduct of the competition and serves as the “Chair of the Meet Jury of Appeal”. This list attempts to highlight the key areas but is not exhaustive and is subject to updating on a regular basis.
- 6.2. SAFETY
- 6.2.1. Address any safety concerns regarding equipment (springboards, fulcrums, and platform surface), lighting, spectator seating, behavior or other types of concerns.
- 6.2.2. Require safety precautions to be followed.

6.3. JUDGING PANELS

- 6.3.1. Confirm composition of Meet and Event Juries of Appeal.
- 6.3.2. Assign qualified referees and judges to panels (per the Diving Plongeon Canada Hand Book and Rule Book).
- 6.3.3. Declare that the meet referee is the communication link for any concerns with the judging; request that the coaches approach the meet referee immediately when there is a concern.
- 6.3.4. Fill open spots on judging panels with coaches (per the Diving Plongeon Canada Hand Book and Rule Book).
- 6.3.5. Disallow an event to be used as a qualifying event if the panels are not in accordance with the requirements per the DPC Handbook and Rule Book (unless the meet referee chooses to authenticate such panels in accordance with section 4.11).
- 6.3.6. Check to ensure that a list of the officials for each event is input into the computer program and updated with changes as the meet progresses.
- 6.3.7. Identify host reports required for the conduct of the competition including: list of dives for the event referee, balk judge and number board (if manual); and recorder sheet for evaluation of shadow judges.

6.4. DIVE SHEET AND TABLE VERIFICATION

- 6.4.1. Review with the meet manager the process being used and request changes where required.
- 6.4.2. Check any DDs that are not on the FINA list.
- 6.4.3. Verify each scoring table has two (2) independent computers for each event plus a shadow and that all three (3) systems are checked for matching following each dive.
- 6.4.4. At event end, ensure event referee notes time of event end and that this is recorded on the results sheet.
- 6.4.5. Ensure mixed events are appropriately separated into male and female events.
- 6.4.6. At event end, ensure event referee checks summary sheet against computer screen to ascertain the totals match and signs off on the results.

6.4.7. Confirm with the meet manager that all entered competitors are registered members of DPC or other FINA recognized federations.

6.4.8. MMS Software:

6.4.8.1. Ensure that the latest version of the software is being used.

6.4.8.2. Verify rules in the software (by email in advance or at the competition) and ensure corrections are made as necessary.

6.5. LIASE WITH ANNOUNCER

6.5.1. Clarify expectations for different situations during the competition.

6.5.2. Establish a communication system between announcer and event referee so that there is quick understanding when a delay is needed either from the announcer to the referee or from the referee to the announcer.

6.6. PLACEMENT OF JUDGES

6.6.1. Prior to the start of the competition, provide a diagram to the host committee with a request for a volunteer to be responsible for the placement of the officials' seating.

6.6.2. Consider the lighting and how it affects the view of the officials.

6.6.3. Consider the deck space or obstacles to judging from certain areas.

6.6.4. Determine location, arrangement and height of chairs for springboard, platform and synchronized diving events.

6.6.5. Ensure a balk judge has been appointed.

6.6.6. Ensure clear deck space around the panel and between the panel, table and announcer, and competition area.

6.7. DURING COMPETITION

6.7.1. Chair the Meet Jury of Appeals.

6.7.2. Attend all Event Jury of Appeal and verify event referee chairs each Event Jury of Appeal.

6.7.3. Disallow an event to be used as a qualifying event if he/she deems the judging to be inappropriate or the panel improperly constructed.

- 6.7.4. Provide input into proposed schedule changes after the competition has started.
- 6.7.5. If necessary remove an official from a panel - preferably at the end of a round.
- 6.7.6. Warn or evict from the meet anyone whose behavior is unacceptable.

6.8. OFFICIALS

- 6.8.1. Where applicable, identify officials needing to write any of the officials' exams and arrange the timing to do so, unless evaluators are present.
- 6.8.2. Establish dates, times and place for all meetings and distribute to the participating officials.
- 6.8.3. Chair meetings with all officials, unless evaluators are present.
- 6.8.4. Ensure the officials adhere to the Officials' Code of Conduct.
- 6.8.5. Hold meetings with the officials in the mentorship and apprenticeship programs to discuss pertinent information or review of rules, unless evaluators are present.
- 6.8.6. Oversee officials in the mentorship and apprenticeship programs to ensure needs are met and feedback is provided, unless evaluators are present.

6.9. REPORT AND EVALUATIONS

- 6.9.1. Make notes during competition of unusual circumstances, appeals, questionable judgment.
- 6.9.2. Monitor and evaluate officials, as required, unless evaluators are present.
- 6.9.3. Hold discussions, as deemed appropriate, after events on issues, appeals, recommendations, etc., unless evaluators are present.
- 6.9.4. Work with the evaluators (when present) in the evaluation of apprentice officials. Provide feedback to national evaluators if needed or requested.
- 6.9.5. Provide a report to the DPC national office.

F. HIGH PERFORMANCE SELECTION & POLICIES

Refer to the Athletes Manual at www.diving.ca for additional information on policies, selections, etc.

1. NATIONAL SENIOR TEAM

- 1.1. The National Senior Team includes senior athletes who rank in the top 4 in each event (3 metre and 10 metre) in the Athlete Overall Ranking plus senior carded athletes. Athletes who are ranked 5th or beyond who qualify for carding but are not eligible to be carded due to receiving an NCAA scholarship will not be named to the National Senior Team.
- 1.2. Travel team members include athletes selected and funded by DPC to compete at senior international meets who are not members of the current national team.
- 1.3. For consideration for any international selection, divers must use an all 10 metre list.

2. DIVING CANADA/ SPORT CANADA ATHLETE ASSISTANCE PROGRAM CRITERIA - "CARDING"

- 2.1. If you wish to receive a copy of the Diving Plongeon Canada/Sport Canada Athlete Assistance Program Criteria for the senior or junior cards, please contact DPC's national team manager.

3. DIVING PLONGEON CANADA SELF-FUNDING POLICY

- 3.1. Coaches wishing to travel self-funded with a selected team must first be approved by the chief technical officer (CTO).
- 3.2. All self-funded travel is to be booked by the DPC national office. Coaches will be required to provide a credit card number. Airline travel will be billed directly to the coach or diver by the travel agency. Expenses for hotel, meals and incidentals will be invoiced by DPC, with payment due prior to departure unless otherwise stated by DPC.
- 3.3. Any self-funded coach must act as part of the team and will be under all the team policies and expectations.
- 3.4. There will be NO diver, coach or club representing Canada at an international competition without prior approval from the chief technical officer (CTO). Representation of a club at an international invitational where the club has been invited is not subject to DPC approval.

4. DIVING PLONGEON CANADA FUNDING POLICY FOR NATIONAL TEAM – NATIONAL CHAMPIONSHIPS

4.1. Funding for Senior National Championships

4.1.1. Automatic Funding

- 4.1.1.1. Senior National Team athletes and their coaches will receive 100% travel funding (flight, train or ground) as outlined in sections 4.1.1.3, 4.1.1.4, 4.1.2, 4.1.3 and 4.1.4.
- 4.1.1.2. When a coach of a Senior National Team athlete attends the Senior Nationals without his/her national team athlete(s), that coach will not receive DPC funding as a national team coach.
- 4.1.1.3. Clubs with more than one (1) national team coach may receive travel funding for each coach based on a 4:1 ratio. That is, a club will be eligible for funding for one (1) coach if the number of national team athletes attending does not exceed four (4).
- 4.1.1.4. The club will be eligible for two (2) coaches if there are between five to eight (5-8) national team athletes attending, and will be eligible for a 3rd coach if the number exceeds eight (8).

4.1.2. Funding is calculated from:

- 4.1.2.1. Air fare up to the equivalent of an Air Canada Tango ticket from the diver's/coach's home club in Canada or from a lower cost origin. For divers who train regularly outside Canada, the fare paid will be calculated from the city of their affiliated club in Canada or from their non-Canadian city.
- 4.1.2.2. Actual car travel at DPC's prevailing rate per kilometre travelled, taking into consideration a reasonable occupancy rate per car/per club.
- 4.1.3. Airline and train travel is to be booked by the home club through their travel agent. DPC must be provided with a copy of the airline/train ticket and invoice for any funded athletes or coaches.
- 4.1.4. Should a ticket be issued and a diver or coach have to cancel, the club will be fully responsible for the full cost of the ticket. Reimbursement must be made to DPC within thirty (30) days.
- 4.1.5. Requests for reimbursement of travel funding must be submitted for reimbursement to DPC within thirty (30) days of the competition. Air or train tickets must show the traveler's name, itinerary and total amount of the ticket. An expense report for travel by car must include the number of kilometres travelled along with the names of the occupants of the car.

5. DIVER FEE POLICY TO SENIOR GRAND PRIX EVENTS

- 5.1. Unless otherwise posted, there will be a diver fee for all funded divers traveling for DPC to international Grand Prix events.
- 5.2. Diver fee payment is due upon selection to the team. A request will be made at the beginning of the season for athletes to provide a credit card number or post dated cheques that can be used in the event that they are selected to a team or they will have the option of providing an e-transfer prior to the booking of the team.
- 5.3. Athletes selected to a team must be "in good standing" with DPC. Should there be any outstanding debts for an athlete selected to a team; these debts must be cleared prior to the athlete being formally named to the team.
- 5.4. All divers who meet or exceed the international point standards as identified in the selection criteria or are a medalist while competing at a Grand Prix will receive a refund of the diver fee for that competition.

G. RESOURCE MATERIAL

All other resource material can be found on the DPC website. Resource material will include, but not limited to;

1. DIRECTORY

- DPC Board of Directors
- Provincial Representatives
- Provincial Office Staff
- Committees of Diving Plongeon Canada
- External Representation
- History of DPC Presidents

2. TECHNICAL COMMITTEE

3. REGISTRATION POLICY

4. CONDUCT POLICY

5. APPEALS POLICY

6. COMMUNITY PROGRAMMING

7. COMPETITIVE COACH SCREENING POLICY

8. COACH CERTIFICATION AND INSTRUCTOR TRAINING

9. JUDGE DEVELOPMENT AND CERTIFICATION

CHAPTER R-1: GENERAL DIVING CANADA RULES

1. APPLICATION

1.1. These general rules shall apply to all competitions sponsored by or sanctioned by DPC, unless explicitly stated elsewhere in this Rule Book or in writing by DPC. The competitions sanctioned by DPC shall include, but are not necessarily limited to:

1.1.1. International Competitions:

- World Series,
- Canada Cup,
- Any other international competition when hosted by Canada.

1.1.2. National Championships:

- Senior Winter,
- Senior Summer,
- Junior Elite,
- Junior Development, and
- Any special national trials competition.

1.1.3. Qualification Competitions for National Championships

2. DIVING FACILITIES

2.1. In addition to complying with the FINA Technical Specifications for Diving, the following criteria shall be used in classifying Canadian diving facilities. There are also NEW Classification requirements for pools built after September, 2011.

2.1.1. "Class A" Facility: An indoor or outdoor diving facility suitable for hosting any Senior Nationals or senior national trials competition. Such a facility shall include:

- 2.1.1.1. A minimum of two (2) 1M "Maxiflex" Type B springboards, each with Duraform short stands
- 2.1.1.2. A minimum of two (2) 3M "Maxiflex" Type B springboards, each with Duraform short stands
- 2.1.1.3. Full platform complex, including 3M, 5M, 7.5M and 10M complying with the FINA Technical Specifications for Synchronized diving

- 2.1.1.4. Access to a dry-land area with dry-land equipment complying with the DPC Technical Specifications for dry-land equipment:
 - 2.1.1.4.1. A minimum of one (1) trampoline
 - 2.1.1.4.2. A minimum of one (1) dry-board
 - 2.1.1.4.3. A minimum of two (2) stations for platform take-off to accommodate the needs of synchro divers
 - 2.1.1.4.4. A minimum surface of 20x40 square feet, covered with mats for floor exercises
- 2.1.2. "Class B" Facility: An indoor or outdoor diving facility suitable for hosting any Junior Nationals or junior trials event which includes the following:
 - 2.1.2.1. A minimum of two (2) 1M "Maxiflex" springboard with Duraform short stands
 - 2.1.2.2. A minimum of two (2) 3M "Maxiflex" springboards, each with Duraform short stands
 - 2.1.2.3. A full platform complex, including 3M, 5M, 7.5M and 10M Platform levels
 - 2.1.2.4. To host the Junior Nationals, the facility must be equipped to run simultaneous events/practices
 - 2.1.2.5. A minimum deck width of 3 metre on each side of the diving tank
 - 2.1.2.6. Access to a dry-land area with dry-land equipment complying with the DPC Technical Specifications for dry-land equipment, the area not necessarily needing to be all in one location:
 - 2.1.2.6.1. A minimum of one (1) trampoline
 - 2.1.2.6.2. A minimum of one (1) dry-board
 - 2.1.2.6.3. A minimum of two (2) stations for platform take-off
 - 2.1.2.6.4. A minimum surface of 20x40 square feet, covered with mats for floor exercises
- 2.1.3. Pools built after September, 2011 will be classified based on the following additional requirements for a Class "B" facility
 - 2.1.3.1. A minimum of three (3) 1M "Maxiflex" Type B springboards, each with Duraform short stands
 - 2.1.3.2. A minimum of three (3) 3M "Maxiflex" Type B springboards, each with Duraform short stands
 - 2.1.3.3. Full platform complex, including 3M, 5M, 7.5M and 10M – the 5M and 10M Platforms to be 3.1m wide to accommodate synchronized diving

- 2.1.4. "Class C" Facility: An indoor or outdoor diving facility which includes the following:
 - 2.1.4.1. One (1) 1M "Maxiflex" springboard with an adjustable fulcrum
 - 2.1.4.2. One (1) 3M "Maxiflex" springboard with an adjustable fulcrum
 - 2.1.4.3. A complex that includes a 10M platform
- 2.1.5. "Class D" Facility: Any other diving facility.
- 2.2. DPC shall compile and maintain a list of diving facilities in Canada in accordance with Class 'A' and 'B' facilities.
- 2.3. Any diving facility authority wishing to have a facility placed on DPC's list of diving facilities shall submit (to DPC), a completed "Pool Classification Form".
- 2.4. A platform must be at least 3.1 metres wide to host a 10 metre synchro event at Canada Cup and other FINA sanctioned events where 10 metre synchro is held.
- 2.5. Seating for officials will be per FINA Rules, unless otherwise identified by the meet referee.

3. MEET AND QUALIFICATION EVENT SANCTIONING

- 3.1. Each provincial section may host up to three (3) junior Qualification competitions, and up to three (3) senior qualification competitions (senior events may be held in conjunction with the junior qualification events). Any requests for designation as a qualification competition shall be submitted by the provincial section on-line through the E-Sport Login & Signup (www.issmembership.com/dpc) on the DPC web-site. Requests will be accepted as early as 16 months prior to the competition season as per 3.2 below. Once the sanction has been approved by DPC, the event will be registered on the domestic event calendar on the DPC web-site. The DPC national office shall confirm the on-line competition calendar no later than October 15 of the current diving season. Requests for sanctions can be submitted after this date but will be subject to the availability of the weekend being requested.
- 3.2. To accommodate the goal of having a two (2) year competition schedule in effect, submissions will be accepted for qualification events for the current and following calendar year. Spots on the calendar can be confirmed and allocated for the two (2) competition years.
- 3.3. Applications for additions to a current calendar year can be made where space and eligibility exist through the process outlined above.

3.4. Hosting Junior Qualification Events

- 3.4.1. Provinces may host a maximum of three (3) junior qualification competitions each year.
- 3.4.2. PSOs will determine which competitions within their province will be eligible for sanctioning as a qualification competition.
- 3.4.3. Prospective hosts must apply to DPC through the website for sanctioning as a qualification competition.
- 3.4.4. The months of September, October, November and April will be designated training months and no qualification competitions will be sanctioned during this time period.
- 3.4.5. In the cases where there are not a sufficient number of available national officials residing in the host city, it will be the responsibility of the PSO and/or the host club to cover the travel and accommodation costs of visiting national officials so that all panels will contain 2 national level officials.

3.5. All junior national qualifying competitions must meet the following minimum criteria:

- 3.5.1. Have a DPC assigned meet referee (funded by DPC)
- 3.5.2. Conduct a coaches and officials meeting, preferably prior to the commencement of the events on the first day of the competition.
- 3.5.3. Have a sufficient number of national level officials in attendance to meet the requirements of two (2) national level officials per panel (see Section 1 – E4.5 in the handbook section). If simultaneous events are held there will be a minimum of four (4) national level officials in attendance.
- 3.5.4. All judging panels will have a minimum of 5 judges containing a minimum of 2 national level officials. (Section D 4.3 in the handbook section of the Rule Book)
- 3.5.5. All qualification events are based on a current DPC national list of dives – all divers in the event must adhere to Junior National Dive Requirements.
- 3.5.6. All results must be reported to DPC in the manner requested. This report must be submitted within ten (10) days of the final event.

- 3.6. All junior qualification meets must be completed at least ten (10) days prior to the first day of competition of the Junior Nationals for which the qualification meet will apply. Where special circumstances cause a qualification competition to be held the weekend prior to the Junior Nationals, notification must be sent to the DPC events manager of any athletes hoping to achieve qualification at that competition.
- 3.7. All competitions must abide by applicable FINA Rules and DPC Rules.

4. QUALIFICATION FOR NATIONAL CHAMPIONSHIPS

- 4.1. Clubs or individuals requesting special entry considerations for athletes into a DPC national championships/trials based upon “exceptional circumstances” must apply in writing to the DPC national office fourteen (14) days prior to the entry deadline of the competition in question.
- 4.2. At the national qualification competitions, all dive lists must conform to Junior Elite and Junior Development National Championship dive requirements.
- 4.3. Dives with limit and dives without limit must be performed in the same order as required for the preliminary of their event at the national championships.
- 4.4. Divers may only achieve qualifying scores in their own age group event; therefore, open events at qualifiers cannot be used as qualifying events for Junior Elite and Junior Development Nationals.

5. EVENT ENTRY PROCEDURES FOR NATIONAL CHAMPIONSHIPS, TRIALS AND SANCTIONED QUALIFYING EVENTS

- 5.1. The national scoring form/dive sheet, as provided by DPC, shall be the only one used for all entries in each event at all competitions sanctioned by DPC. Forms may be available in either electronic or hard copy format. Hard copy of these forms should be readily available throughout and for seven days immediately preceding the competition. These forms may also be downloaded from the DPC website or submitted electronically via the Dive Sheet Generator. Clubs accepting electronic dive sheets must register their event with Integrated Sports Systems (ISS).
- 5.2. The national scoring forms shall be completed and signed by the diver and their representative and shall include:
 - Diver's name and signature;
 - Membership number;
 - Diver's coach or representative;

- Name of club;
- Name and date of competition;
- Event into which diver is to be entered;
- The list of dives to be performed in the event (dive numbers and positions).

5.3. All preliminary, semi-final and final dive sheets must be submitted to the Meet Manager twenty-four (24) hours before the scheduled start of the preliminary event.

5.4. Dive sheet procedure

5.4.1. Dive sheets are to be brought to the meet office or placed in the deck entry box or submitted electronically via the Dive Sheet Generator. The Host Committee is responsible for comparing the actual sheets received against the list of registered competitors at least twenty-four (24) hours before the start of the event.

5.4.1.1. If there are any missing sheets, the name and club of the diver are to be posted on a notice board (i.e. whiteboard) in the competition area.

5.4.1.2. Dive sheets submitted through the Dive Sheet Generator will be considered a signed dive sheet. The Dive Sheet Generator will date and time stamp the sheets as they are submitted and the most recent version will be considered the signed dive sheet should there be any discrepancies during the competition. Divers (and coaches) shall be responsible for verifying the list of dives on record is accurate any time prior to one (1) hour before the start time of the event.

5.4.2. Should a deck entry be received less than twenty-four (24) hours to the start but before one (1) hour prior to the scheduled start time of the event, a late fee of \$25.00 shall be paid by the club with which the diver is registered (or by the diver in the case of an unattached diver) to the host committee for each late dive sheet submitted (up to a maximum fine of \$100 per day per club). Late dive sheets will not be accepted without the \$25.00 late entry fee.

5.4.3. No dive sheets (including changes to previously submitted dive sheets) shall be accepted for an event within one (1) hour of the scheduled start time of the preliminary session for the event.

5.4.4. In the event that the diving order has already been established at the time a late dive sheet is submitted as noted in section 5.4.2, the late entry shall be placed first in the diving order for that event. Should there be more than one (1) late entry for an event; such entries shall dive in reverse order of receipt, such that the latest entry shall dive first.

- 5.4.5. Changes to a preliminary session dive sheet shall be accepted up to 1 hour prior to the scheduled start of the respective preliminary session.
- 5.4.6. Changes to a semi-final or final dive sheet shall be accepted up to thirty (30) minutes after the completion (as per the time stamp on the results file) of the respective preliminary or semi-final session.
 - 5.4.6.1. For preliminary events, the time a dive sheet is submitted is to be recorded on the paper copy of the revised dive sheet. The revised dive sheet should be printed and signed, and included with the original sheet.

6. DIVING CANADA RULE INTERPRETATION

- 6.1. The dive number and position on the dive sheet will take precedence over the degree of difficulty or dive number display or any announcement.
- 6.2. If a diver submits a list that does not comply with the rules of the competition and this is discovered during the competition or within one (1) hour of the competition, the first dive that is not in compliance with the rules shall be failed. If there are any subsequent dives that are not in compliance, they also will be failed.
- 6.3. During the running of a competition a mistake by a minor official (i.e. number board, table worker) shall in no way affect the outcome of the event. The referee shall instruct the officials when such official is in error.
- 6.4. DPC interpretation of armstand dives - if a diver, due to losing balance, moves one (1) or both hands and "walks" on the platform, or his or her feet or any other body part returns to the platform, this action shall be considered as only one (1) balk. If a diver due to losing balance moves one (1) or both hands, and then returns to a balanced position, without having had his or her feet return to the platform, and then moves one (1) or both hands again, that shall be considered a second balk and therefore a failed dive.
- 6.5. If, during an armstand takeoff, the diver lifts one or both hands from the platform, this will be considered an involuntary movement and will be handled the same as an involuntary movement on a standing takeoff.
- 6.6. DPC interpretation of FINA Rule D 6.21 – when a diver receives assistance from a coach after the referee's whistle has blown but before the diver performs the dive (i.e. before the diver leaves the board), there shall be a two (2) point deduction from every officials score rather than a fail dive declared. When a diver receives assistance during the execution of a dive (i.e. while in the air), the referee shall declare a fail dive.

- 6.7. At all qualification meets and the national championships, once a diver has reached his or her balanced position, the diver shall not step in. The referee will declare a balk even if the diver has not initiated the arm swing or the press on the board. Where there is extenuating circumstances that have caused the diver to step in, the referee will use his or her judgment regarding calling a balk.

7. CLUB POINTS

- 7.1. The point system for determining club or team awards is based on the chart below. Placement points will be based on final results only.

Placing	Points	Placing	Points
1	16	7	7
2	14	8	5
3	12	9	4
4	11	10	3
5	10	11	2
6	9	12	1

8. TECHNICAL REGULATIONS AT NATIONAL CHAMPIONSHIPS

- 8.1. Finals and semi-finals at all national championships (Senior Nationals, Junior Elite Nationals, Junior Development Nationals, national trials and junior qualifying events), will have a full quota of Canadian citizens (including all divers tied for the last qualifying spot in any of the event sessions). Non-Canadians qualifying for post preliminary event sessions will increase the number of divers in those sessions accordingly.
- 8.2. Non-Canadians are eligible to receive duplicate medals and duplicate team points only at national championships. Full rights to medals and records will only be awarded when they can represent Canada as a Canadian citizen. In the case of synchro, if one or more team member is a non-Canadian, the team will only be eligible to receive duplicate medals and duplicate team points.
- 8.3. If a diver is unable to compete in a subsequent session of an event, the next ranked diver in the previous session shall be permitted to dive in order to have the prescribed number of divers in each session.
- 8.4. When simultaneous events are being run, divers competing on one board may not use any open practice boards during their event.
- 8.5. Competition boards will have restricted practice for a minimum of ½ hour and a maximum of one (1) hour for the divers in the upcoming event.
- 8.6. Any equipment that is in the visual field of divers shall be in place from the first full day of practice, and not moved unless deemed a hazard.

9. CALCULATIONS FOR INDIVIDUAL EVENTS

- 9.1. Scoring for senior events will be conducted as per FINA Rules (D 7.5 and D 7.7) for individual events.
- 9.2. When a specialized trials event is held, the method of scoring will be as described in the selection criteria.
- 9.3. Scoring for junior events will be conducted in accordance with the Junior National Dive Requirements as set out in Chapter R-4.

10. DIVING BOARDS AND LIGHTING

10.1. Springboards

- 10.1.1. For the safety and performance of diving boards used in a national or international diving championships, at least one (1) springboard at each of the one metre and three metre level should not be more than four (4) years old, and additional boards, up to two (2), not more than six (6) years old, or be in better condition than the four (4) year old or newer boards.
- 10.1.2. The springboard must be clean and not slippery. Diving stands must be free of vibrations and bolted soundly. Hinges must be checked and bushings replaced, if necessary.
- 10.1.3. The fulcrum must be properly adjusted and lubricated, and must go back to the 9 setting.
- 10.1.4. The boards must be level in all directions and at the tip when the fulcrum is set at 1 and 9.
- 10.1.5. The height of the 1 and 3 metre boards shall be 1 and 3 metres above the surface of the water respectively.
- 10.1.6. Interpretation:
 - 10.1.6.1. All diving boards must be level within +/- 1 cm. "Level" is indicated by a line from a point on the top of the front of the board to a point on the top of the boards over the fulcrum, with the fulcrum set at 5.
 - 10.1.6.2. The fulcrum tracks must be level, with a maximum tolerance of 1 mm.
 - 10.1.6.3. The fulcrum tracks must be level, from left to right, at the front and back.
 - 10.1.6.4. The levelling of the board can be in one-inch increments. Finer adjustments can be made with plastic shims or non-corrosive 3/4" flat washers.
 - 10.1.6.5. The front of the board must be levelled left to right, and must not be off by more than 1/2 cm.

- 10.1.6.6. The board must be centred so that the fulcrum protrudes at least 1 cm on each side of the supports.

10.2. Pool Lighting

- 10.2.1. The pool lighting should be checked by the pool supervisor or a photographer with a light metre. The minimum illumination of a level of 1 metre above the surface of the water shall not be less than 600 lux. For Olympics and World Championships, the recommended minimum is 1500 lux.
- 10.2.2. If TV lights are used, they must be positioned at least 45 degrees to the side of the diver's facing.

11. DIVING SAFETY RULES REGARDING COACHING STACKED PLATFORMS AT COMPETITIONS

- 11.1. Where it is not possible to see the full length of the platforms from the far side, coaches must coach from the near side or have a delegate on that side call the platform to signal for their diver.
- 11.2. A coach with a diver on a given platform (for example 10 metre) must ensure that no diver is proceeding to dive on a conflicting platform (for example 5 metre). This can be done by calling "HOLD FIVE" with an acknowledgement by the diver or by other clear communication and acknowledgement.
- 11.3. After the conflicting platform is holding the coach must check the target area and ensure that no diver is in or capable of entering that zone during the upcoming dive. At this point they may signal their diver to proceed (for example "GO TEN.")
- 11.4. All divers waiting to dive must stand away from the start position so that there is no confusion about who is going and so they cannot in fact dive without a delay to get into position.
- 11.5. Divers must be trained to check their target area to ensure that it is clear.
- 11.6. They must call to the conflicting platform over the side; for example "HOLD FIVE! TEN GOING!" before the signal of their coach.
- 11.7. Coaches of divers on conflicting platforms and their divers must ensure that the signals of the coach and diver who are going are acknowledged and ensure that they do not proceed without also following the protocol when it is their turn.
- 11.8. This system will be in place during practice times at all national championships.

12.RECOMMENDED LIGHTNING GUIDELINES

- 12.1. If the "flash-to-bang" interval is decreasing rapidly, and the storm is approaching your location, or if the "flash-to-bang" count approaches thirty (30) seconds, all outdoor and swimming pool activities must cease. All persons must immediately leave the swimming pool area and seek safe shelter. The locker room shower and plumbing facilities may not provide safe shelter and should not be used during this time.
- 12.2. Stay away from tall or individual trees, lone objects (e.g. light or flag poles), metal objects (e.g. metal fences or bleachers), standing pools of water, and open fields. Avoid being the tallest object in a field. Do not take shelter under a single tall tree.
- 12.3. Do not use umbrellas or earphones. Both can attract electrical currents.
- 12.4. If there is no safe shelter within a reasonable distance, crouch in a thick grove of small trees surrounded by taller trees or in a dry ditch. Crouching with only your feet touching the ground and keeping your feet close together, wrap your arms around your knees and lower your head to minimize your body's surface area. Do not lie flat.
- 12.5. Do not continue swimming or diving in the open water. Locate safe shelter as quickly as possible.
- 12.6. If you feel your hair stand on end or your skin tingle or hear crackling noises, immediately crouch (per section 12.3) to minimize your body surface area.
- 12.7. Allow thirty (30) minutes to pass after the last sound of thunder or flash of lightning before resuming any activity.
- 12.8. Do not use the telephone unless there is an emergency. People have been struck by lightning and killed while using a land-line telephone.
- 12.9. Lightning strike victims do not carry an electrical charge. CPR is safe for the responder and has been shown to be effective in reviving lightning strike victims.
- 12.10. Pay much more attention to the lightning threat than to the rain. It need not be raining for lightning to strike; lightning can strike far from where rain is falling.

13. GUIDELINES FOR A SAFE ENVIRONMENT WHILE USING TRAMPOLINES, DRYBOARDS AND SPRINGFLOORS FOR THE SPORT OF DIVING

13.1. All equipment shall be inspected prior to use to ensure it is in good working order.

13.2. Trampoline Safety

13.2.1. General - The following safety recommendations are specific to the use of trampolines in diving competitive and non-competitive programs.

13.2.1.1. Programs using a trampoline must be supervised by a minimum "NCCP Trained" Diving Competition Introduction coach, or equivalent.

13.2.1.2. Divers shall jump on the trampoline one at a time.

13.2.1.3. All obstructions must be removed from underneath the trampoline bed prior to its use.

13.2.1.4. Mats shall cover the frame and a portion of all the springs of the trampoline.

13.2.1.5. Ensure that the divers are not endangered by proximity of overhead obstructions.

13.2.1.6. Springs shall be fastened to the trampoline with the hooks facing down.

13.2.2. A safe environment for performing skills on a trampoline is one that follows these recommendations:

13.2.2.1. The following safety equipment is recommended for those divers who will execute less than 1½ somersaults or 1 somersault with less than 1 twist without a spotting harness.

13.2.2.2. An independent trampoline should have semi-hard mats at least 3.8 cm thick and 1.2m in width or greater placed on the floor adjacent to each side of the frame of the trampoline.

13.2.2.3. Trampolines that are placed adjacent to each other need only have mats 3.8 cm thick and 1.2m in width or greater placed on the floors of the exposed sides of the trampoline.

13.2.2.4. When a trampoline is situated beside one (1) or two (2) wall(s), the immediately adjacent wall(s) should be covered with a minimum 3.8 cm semi-hard mat at least 1.5m high from the frame of the trampoline. The frame of the trampoline should be placed against the wall(s) so that there is no space between the wall and the frame of the trampoline.

- 13.2.2.5. Instead of using mats as stated in section 13.2.2.4, a trampoline may use a safety net or platform as outlined in sections 13.2.3 and 13.2.3.1.
- 13.2.2.6. If the harness is used, it will be considered equivalent to the safety guidelines in sections 13.2.2.2 through 13.2.3.1.
- 13.2.3. The following safety equipment is recommended for those divers who will execute more than 1½ somersaults or 1 somersault with more than 1 twist without a spotting harness;
 - 13.2.3.1. Ideally, a safety net should surround three (3) sides or more of the trampoline frame including both widths. The net should be a minimum of 1.5m high secured by a minimum of five (5) poles, with 1 pole attached to each of the four frame's corners and 1 pole attached to the middle of at least one length of the trampoline. The weave of the net should not exceed 4 inches in diameter. In the case where all four sides of the trampoline are surrounded by a net, one corner of the netting may be left unsealed in order to permit access to and from the trampoline. The poles used to support the safety net should be covered with a soft material such as semi-hard foam.
 - 13.2.3.2. Where the guideline outlined in section 13.2.3.1 is not possible, a platform that is at least 0.6m wide should surround the frame of the trampoline. The platform must be covered by a minimum of 3.8 cm semi-hard mat.
 - 13.2.3.3. When a net or 0.6m wide platform cannot be used, mats that are 1.2m in width or greater should be installed on the exposed sides of the trampoline.
 - 13.2.3.4. If the harness is used, it will be considered equivalent to the safety guidelines in sections 13.2.3 through 13.2.3.3.

13.3. Dryboard/ Platform Safety

- 13.3.1. General - The following safety recommendations are specific to the use of dryboards in diving competitive and non-competitive programs.
 - 13.3.1.1. All Programs in which dryboards are used must be supervised by a minimum "NCCP Trained" Diving Competition Introduction coach, or equivalent
 - 13.3.1.2. The dryboard should be installed high enough to prevent the diver from hitting the floor with the board.
 - 13.3.1.3. Ensure that divers are not endangered by proximity to overhead obstructions.

- 13.3.1.4. When more than one landing mat is used adjacent to each other, the mats should be the same height, the same density and tied together in a way that prohibits the mats from separating. As well, it should have a cover over the entire surface of the mats to ensure the mats do not separate.
- 13.3.2. A safe environment for performing skills on a dryboard or platform is one that follows these recommendations:
- 13.3.3. The following safety equipment is recommended for those divers who will execute less than 1½ somersaults or 1 somersault with less than 1 twist without a spotting harness.
- 13.3.3.1. The landing mat should be at least 0.6m thick.
- 13.3.3.2. The landing mat should be a minimum of 152 cm wide and 243cm long (5' x 8').
- 13.3.3.3. The lateral distance from the plummet to the outside edge of mat should not be less than 0.75m.
- 13.3.3.4. Distance from plummet to landing mat should not exceed 0.2m.
- 13.3.3.5. The landing mat is recommended to be equal to, or no lower than 10cm below, the top edge of the dryboard.
- 13.3.3.6. A dryboard shall have semi-hard mats at least 3.8 cm thick and 1.2m in width or greater placed on the floor adjacent to each side of the dryboard.
- 13.3.3.7. When semi-hard mats are not used on the floor, platforms placed adjacent to the dryboard should start at the plummet end and follow the length of the board toward the fulcrum for a minimum of 2m. The platform should be no less than 0.6m wide. The platform should be no more than 0.2m from the edge of the diving board. The platform should be no lower than 0.4m (14.5 inches) from the top edge of the dryboard. The platform should follow both lengths of the dryboard. The platform shall be covered with a soft material such as carpet or a mat.
- 13.3.3.8. If the platform is larger than 0.6m wide, it may be no lower than 0.35m from the top edge of the dryboard.
- 13.3.4. If the harness is used, it will be considered equivalent to the safety guidelines in sections 13.3.1 through 13.3.3.8.
- 13.3.5. The following safety equipment is recommended for those divers who will execute more than 1½ somersaults or 1 somersault with more than 1 twist without a spotting harness.
- 13.3.5.1. The landing mat should be at least 0.6m thick.

- 13.3.5.2. The landing mat should be a minimum of 183cm wide and 274cm long (6' x 9').
- 13.3.5.3. Lateral distance from the plummet to the edge of outside mat should not be smaller than 0.91m.
- 13.3.5.4. Distance from plummet to landing mat should not be larger than 0.2m.
- 13.3.5.5. The landing mat is recommended to be equal to, or no lower than, 10cm below the top edge of the dryboard.
- 13.3.5.6. A dryboard shall have semi-hard mats at least 3.8 cm thick and 1.2m in width or greater placed on the floor adjacent to each side of the dryboard.
 - 13.3.5.6.1. When semi-hard mats are not used on the floor, refer to the guidelines in section 13.3.3.7.
 - 13.3.5.6.2. If the platform is larger than 0.6m wide, refer to the guidelines in sections 13.3.3.8.
 - 13.3.5.6.3. If the harness is used, it will be considered equivalent to the safety guidelines in 13.3.5.1 through 13.3.5.8.

13.4. Parallel Dryboards

- 13.4.1. Parallel dryboards may be used alternately by divers provided that they follow the minimum requirements as indicated in section 13.3 depending on the skill being performed.
- 13.4.2. Parallel dryboards may be used synchronously by divers provided that they follow the minimum requirements as indicated section 13.3 depending on the skill being performed and the lateral distance between centers of both dryboard is a minimum of 140cm.
- 13.4.3. Parallel dryboards should have semi-hard mats at least 3.8 cm thick and 1.2m in width or greater placed on the floor adjacent to each side of the dryboards.
- 13.4.4. When semi-hard mats are not used on the floor, a platform should surround the dryboards in accordance with section 13.3.5.6.
- 13.4.5. Parallel dryboards that are less than 140cm from each inside edge of the dryboards should have a single platform between both boards in accordance with section 13.3.5.6.

13.5. Dryboards facing each other

13.5.1. Divers using dryboards facing each other should do so only in an alternating sequence.

13.6. Springfloor

13.6.1. A springfloor should be a minimum of 1.5m wide and level.

13.6.2. A springfloor shall be covered by a smooth and continuous surface.

13.6.2.1. If the springfloor comprises of one (1) or more sections, adjoining sections must be securely attached solidly so as not to separate while in use.

13.6.3. When a springfloor is situated beside a wall or column, the adjacent structure should be covered with a minimum of 3.8 cm semi-hard mat at least 1.5m high from the top of the springfloor.

13.6.4. Divers shall perform their skills on the springfloor at least 0.5m from the wall or column.

13.6.5. Divers shall perform their skills parallel to the adjacent wall.

CHAPTER R-2: APPEAL PROCEDURES

1. COMPETITION APPEAL PROCEDURES – MEET JURY OF APPEALS

- 1.1. Any protest or appeal (excepting those regarding the selection of officials) associated with the organization and staging of a session (preliminary, semi-final or final) at a competition sanctioned by DPC and initiated more than one (1) hour prior to the start of the session in question shall be referred to the Meet Jury of Appeals. All protests and appeals must be submitted in writing and must specify the article, rule or section of the DPC Rule Book that is in dispute for it to be considered by the jury.
- 1.2. The protest shall be conveyed to the meet referee as the chairperson of the Meet Jury of Appeals for that competition.
- 1.3. The chairperson shall immediately assemble all members of the Technical Committee in attendance at the competition and they shall be declared the Meet Jury of Appeals. Where there are no Technical Committee members in attendance, the meet referee will determine no less than two (2) other persons to be declared members of the Meet Jury of Appeals.
- 1.4. The chairperson will make a presentation and interpretation of the current rules which affect the specific protest or appeal.
 - 1.4.1. The party making the appeal/protest and the party affected by the protest will present their case to the Meet Jury of Appeal and then leave the meeting.
- 1.5. Following all relevant presentations, an in-camera discussion by the Meet Jury of Appeals will be followed by the chairperson calling for a vote with a majority decision considered binding. The Chairperson does not have a vote except in accordance with paragraph R-2 1.7 below.
 - 1.5.1. There will be no abstentions in any vote taken by the Meet Jury of Appeals.
- 1.6. In the case of a tie vote at the first meeting of the Meet Jury of Appeals, the assembled members shall adjourn and reconvene immediately with additional information pertinent to the appeal which might help in reaching a decision. Chairperson does not have a vote.
- 1.7. In the case of a tie at the reconvened meeting of the Meet Jury of Appeals, the chairperson (see 1.6 above) will break the tie.

- 1.8. The Meet Jury of Appeals chairperson, convening and presiding at any such meeting(s) of a Meet Jury of Appeals, shall forward a written report to the DPC Chief Technical Officer and the DPC Technical Committee Chair within ten (10) days following the conclusion of the competition, regarding all relevant materials, presentation and final vote.
- 1.9. The decision of a Meet Jury of Appeals will be binding.

2. EVENT APPEAL PROCEDURES – EVENT JURY OF APPEALS

- 2.1. Any protest regarding the organization and staging of an event at a DPC sanctioned competition that is initiated during the one (1) hour prior to the start of that event, during the event itself or within fifteen (15) minutes after the completion of the event, shall be referred to the Event Jury of Appeals. All protests and appeals must be submitted in writing and must specify the article, rule or section of the DPC Rule Book that is in dispute for it to be considered by the jury. An event shall be considered complete when all decisions have been made by the event referee and the results have been signed off by the event referee or such earlier time as the Meet Referee may determine, usually based upon the computer timing of the conclusion of the event with no extenuating circumstances.
- 2.2. The Event Jury of Appeals, which shall be designated prior to each event at all DPC national competitions, shall consist of:
 - 2.2.1. The event referee (chairperson)
 - 2.2.2. All of the respective judging panel for that event
 - 2.2.3. The Technical Committee member designate, and
 - 2.2.4. Meet referee.
- 2.3. The protest or appeal must be made in writing to the event referee after the occurrence. The event referee will record the time of the conclusion of each event (or session).
 - 2.3.1. When a protest is received during an event (or session), the event referee will stop the contest at the end of the present round of dives. The chairperson will convene an Event Jury of Appeals to apprise them of the protest and/or appeal. Only those people, and the appellant, will be present. The chairperson shall have the power to defer the jury until after the event.
- 2.4. Once the appellant has made his/her presentation he/she shall leave the room. The event referee will offer his/her opinion.

- 2.5. Following all relevant presentations, an in-camera discussion by the jury will be followed by the chairperson calling for a vote with a majority decision considered binding. Chairperson does not have a vote in the initial voting.
- 2.6. Should there be a tie vote; the chairperson will break the tie.
 - 2.6.1. There shall be no abstentions in any vote taken by the Event Jury of Appeals.
- 2.7. The decision of an Event Jury of Appeals will be binding.
- 2.8. The Meet Referee shall prepare and submit, to the DPC Chief Technical Officer and the Technical Committee chairperson, a complete report on any meeting of an Event Jury of Appeals no later than ten (10) days after the completion of the competition.

CHAPTER R-3: SENIOR NATIONAL CHAMPIONSHIPS

1. COMPETITION/EVENTS

- 1.1. This competition shall be scheduled over a six (6) day period from a Tuesday to a Sunday, with the diving facility being available over all six (6) days. There should be a minimum of practice time on:
 - 1.1.1. Tuesday, Wednesday and Thursday, of eight (8) hours per day preferably encompassing the same times of the day as the competitions on the following three (3) days.
- 1.2. There will be a minimum of two (2) hours practice time prior to the start of the first event of each day during the competition and one (1) hour practice upon completion of the last event each day. On the last day of competition, the one (1) hour practice time at end of day is not required.
- 1.3. The practice immediately before each event will be restricted to the athletes competing in that event for a minimum of thirty (30) minutes, and a maximum of one (1) hour.
- 1.4. Divers will have a minimum of fifteen (15) minutes to train between any two sessions of an event that are held back to back at Senior Nationals/trials.
- 1.5. Senior national championships will include three (3) metre and platform individual events as the “core” events that will be held at all senior national championships.
- 1.6. Senior national championships may include one (1) metre individual, three (3) metre synchronized or platform synchronized events, if deemed appropriate by DPC for any current selections.
- 1.7. Senior national championships may be held in one (1) of two (2) different formats. The format to be used will be dependent on the selection criteria to be used for the trials event held in conjunction with the national championships.

Format A

Preliminaries	All	
Finals 1m	Top 8 divers	
Finals 3m & Plat	Top 12 divers will advance	
	1m	2 sessions
	3m	2 sessions
	Platform	2 sessions

Format B

Preliminaries	All	
Semi-Finals	12 divers will advance	
Finals	8 divers will advance	
	3m	3 sessions
	Platform	3 sessions

- 1.8. Where there is a tie for 12th place there will be thirteen (13) divers advance to the next session. Where there is a tie for 8th place there will be nine (9) divers advance to the next session.
- 1.9. For Format B, where there are twelve (12) or less competitors, there will only be two (2) sessions.
- 1.10. Dive lists will be performed according to the FINA Rules (D 3.1 to D 3.7.5 and any additional DPC Rules).
- 1.11. In platform events, divers will perform their dives off the ten (10) metre platform with the exception that a maximum of one (1) dive may be performed head first off the seven and a half (7.5) metre or five (5) metre platform.

2. ENTRANCE CRITERIA

- 2.1. To enter an event at these championships, a diver shall have qualified on the basis of one (1) or more of the following criteria:
- 2.1.1. Qualified for All Events:
- 2.1.1.1. Any diver who is a member of the current Canadian Senior National Team.
- 2.1.2. Qualified for a Particular Event:
- 2.1.2.1. Any diver who placed in the top eight (8) in that event at any of the senior national championships (Winter Senior Nationals, Summer Senior Nationals or national trials), held during the current and previous diving season.

- 2.1.2.2. Any diver who has equalled or surpassed the current season's Senior Point Standard for that event at any senior designated qualifying competition held during the twelve (12) months prior to the scheduled first day of competition.
- 2.1.2.2.1. Divers may compete in the platform qualification events and qualify without a list that conforms to the rule R3 1.11. However, a conforming list must be used at the national championships.
- 2.1.2.3. Canadian divers in the NCAA program that have not qualified under 2.1.1 and 2.1.2 must apply to Diving Canada for qualification for the national championships. To be considered, the diver must have qualified for their University Zones in the current year and must submit their dive sheets and scores to the Diving Canada office.

3. DESIGNATED SENIOR QUALIFYING STANDARDS

- 3.1. DPC's senior point standards for 2018 - 2021 are as follows:

	1m	3m	10m
Women	210	245	245
Men	260	330	330

- 3.2. In the Olympic year, unless a separate Summer Senior Nationals is held, qualification for the Olympic Trials/Summer Nationals will be defined by the Olympic team selection process.

4. SENIOR AWARDS

- 4.1. Medals for first to third places shall be supplied for individual and synchro events by DPC and shall be presented by the Host Committee to the divers placing in the top three (3) in each event. Only the medal winners shall be acknowledged in the awards ceremony.
- 4.2. DPC shall also supply one (1) annual trophy for the top male diver and one (1) annual trophy for the top female diver combined from the winter and summer senior national events. These awards shall be referred to as the "Beverley Boys' Outstanding Diver Trophies", and shall be presented once per year at the conclusion of the summer national championships.
- 4.2.1. The winners of the Beverley Boys' Outstanding Diver Trophies will be the athletes who have earned the highest total of Senior National points based on the grid below. Divers can count points from both the individual 3m and individual 10m events. In addition to the trophy, the winning athletes will also be presented with a financial scholarship on behalf of DPC.

- 4.2.1.1. Divers must compete in both the Winter and Summer National Championships.
- 4.2.1.2. Divers placings will be considered from the 3m and/or the 10m events.
- 4.2.1.3. Divers placings will be used from both the Winter and Summer National Championships.
- 4.2.1.4. Senior National Points will be calculated using the chart below.

Placing	Points	Placing	Points
1 st place	18	7 th place	6
2 nd place	15	8 th place	5
3 rd place	12	9 th place	4
4 th place	9	10 th place	3
5 th place	8	11 th place	2
6 th place	7	12 th place	1

- 4.3. DPC shall also supply a pennant to be awarded by the Host Committee at the conclusion of the championships to the club that has accumulated the most club points over all events in the championships.

CHAPTER R-4: JUNIOR NATIONAL CHAMPIONSHIPS

1. COMPETITION/EVENTS

1.1. There shall be two junior national championships held.

1.1.1. Junior Elite Nationals – Group A and B

1.1.1.1. This championship shall be scheduled over a six (6) day period from Tuesday to Sunday with the diving facility being available over all six (6) days.

1.1.1.2. There should be a minimum practice time on Tuesday and Wednesday of nine (9) hours per day, Thursday a minimum of six (6) hours, preferably encompassing the same times of the day as the competitions on the following three (3) days.

1.1.1.3. The host committee will schedule practice flights of a minimum of 1 ½ hours on Tuesday, Wednesday and Thursday ensuring that each team has the opportunity to practice twice a day.

1.1.1.4. The competition will begin on Thursday evening.

1.1.2. Junior Development Nationals – Group C and D

1.1.2.1. This championship shall be scheduled over a six (6) day period from Tuesday to Sunday with the diving facility being available over all six (6) days.

1.1.2.2. There should be a minimum practice time on Tuesday afternoon of 4 hours and on Wednesday and Thursday of nine (9) hours per day preferably encompassing the same times of the day as the competitions on the following three (3) days.

1.1.2.3. The host committee will schedule practice flights of a minimum of 1 ½ hours on Wednesday and Thursday ensuring that each team has the opportunity to practice twice a day.

1.2. During competition days, there will be a minimum of 1 ½ hours practice time prior to the start of the first event of each day, with a minimum of one (1) hour of unrestricted practice. There will also be a minimum of one (1) hour unrestricted practice upon completion of the last event each day except for the last day. Practice schedules on competition days will be oriented to provide at least a half hour (and a maximum of one (1) hour) of restricted practice (competitors for the upcoming event on the board only) prior to each event, depending on the number of divers and diving boards available in the event.

1.3. No event will start before 9:00 a.m.

2. TECHNICAL REGULATIONS

- 2.1. When the final time schedule for the diving events has been circulated to all clubs participating, no event shall start more than one half hour before the starting time posted.
- 2.2. Divers in Groups A and B must compete a full list in the Preliminary session, comprised of dives with limit followed by dives without limit, with a separate finals consisting of dives without limit only. The top twelve (12) divers from the Preliminaries will advance to the Final session. The scores of the dives with limit will be carried forward to the Final session. In the Final session, the divers will compete in the reverse order of their ranking determined by the total scores at the end of the Preliminary Session.
- 2.3. Divers in Groups C and D will compete in events using the dives prescribed in the relevant Tables and as described in the junior dive requirements that follow (R-4 3.1 and 3.2).
- 2.4. Changes to dive sheets between the preliminaries and finals will be as written in the FINA Rules (D4.6) Changes to dive sheets prior to the preliminaries for all groups will be as written in DPC Rules, chapter R-1 5.4.6.
- 2.5. At the junior national championships, a minimum of thirty (30) minutes of practice shall be given between events. Where simultaneous events are held, no practice will be allowed in the pool until the conclusion of both simultaneous events.

3. JUNIOR DIVE REQUIREMENTS

3.1. GROUP D Dive Requirements

3.1.1. Age specification (Table 7)

- D1 = 10 years old or younger in the year of competition
- D2 = 11 years old in year of competition
- For age specification for the duration of the rule book see Table 7

3.1.2. GROUP D PRELIMINARIES

- There will be a D1 preliminary event and a D2 preliminary event
- Girls and Boys have same dive requirements
- D1 and D2 share warm up time
- D1 competition goes first followed 10 minutes later by the D2 competition
- The dive list must follow the dive order as presented in the Group D Preliminaries Dive Chart (Table 1)

3.1.2.1. Group D1 1m and 3m Preliminary Events

- D1 divers perform 5 dives as presented in Group D Preliminaries Dive Chart (Table 1)
- DD's to be used are prescribed in the Group D Preliminaries Dive Chart (Table 1)

3.1.2.2. Group D2 1m and 3m Preliminary Events

- D2 divers perform 7 dives as presented in Group D Preliminaries Dive Chart (Table 1)
- Where there is a choice of dives indicated within the dive order, the diver must select one of the dives (as per Table 1 example- Dive #6 indicates a choice of dives)
- DD's to be used are prescribed in the Group D Preliminaries Dive Chart (Table 1)

3.1.2.3. Group D1 Platform Preliminary Event

- D1 divers perform 5 dives as presented in Group D Preliminaries Dive Chart (Table 1)
- Divers may use 3m platform or 5m platform in qualification competitions
- Divers must use 5m platform at Junior Development National Championships
- DD's to be used are prescribed in the Group D Preliminaries Dive Chart (Table 1)

3.1.2.4. Group D2 Platform Preliminary Event

- D2 divers must perform 8 dives as presented in Group D Preliminaries Dive Chart (Table 1)
- Where there is a choice of dives indicated within the dive order, the diver must select one of the dives (as per Table 1 eg. Dive #6 indicates a choice of dives)
- Divers may use a 5m or 7.5m platform
- DD's to be used are prescribed in the Group D Preliminaries Dive Chart (Table 1)

TABLE 1

GROUP D PRELIMINARIES DIVE CHART
Must be done in the order shown in table

Qualification events - 3m or 5m National Championships 5m only								
Preliminaries D1 - 1m			Preliminaries D1 - 3m			Preliminaries D1 - Plat		
Dive Order	Dive #	Prescribed DD	Dive Order	Dive #	Prescribed DD	Dive Order	Dive #	Prescribed DD
1	101C	1.6	1	101C	1.6	1	101C	1.6
2	201C	1.6	2	201C	1.6	2	201C	1.6
3	301C	1.6	3	301C	1.6	3	301C	1.6
4	401C	1.6	4	401C	1.6	4	401C	1.6
5	103C	1.6	5	103C	1.6	5	103C	1.6
						Platform level can be 5m or 7.5m		
Preliminaries D2 - 1m			Preliminaries D2 - 3m			Preliminaries D2 - Plat		
Dive Order	Dive #	Prescribed DD	Dive Order	Dive #	Prescribed DD	Dive Order	Dive #	Prescribed DD
1	101C	1.6	1	101C or 101B	1.6	1	101C or 101B	1.6
2	101B	1.6	2	201C	1.6	2	201C	1.6
3	201C	1.6	3	301C	1.6	3	301C	1.6
4	301C	1.6	4	401C or 401B	1.6	4	401C or 401B	1.6
5	401C	1.6	5	103C	1.6	5	103C	1.6
6	401B	1.6	6	203C or 303C	1.9	6	600A or 612B or 622C or 622B	1.9
7	103C	1.6	7	403C	1.9	7	203C or 303C	1.9
						8	403C	1.9

3.1.3. GROUP D FINALS

3.1.3.1. Eight (8) divers advance to the final

- Top three (3) divers from the D1 Preliminaries
- Top five (5) divers from the D2 Preliminaries
- Should there be a Finals spot not filled (insufficient divers in D1 or D2), the next diver(s) in ranking order from preliminaries will advance to the Finals
- Boys and Girls have the same dive requirements

3.1.3.2. Group D 1m, 3m and Platform Final Event

- Divers must perform six (6) dives selected from the Group D Finals Dive Chart (Table 2)
- Each of the six (6) dives must be a different dive number
- For the 1m event, divers may choose either none or only one of these three dives – 202C, 302C, 402C
- First four (4) dives
 - each dive will be assigned a DD of 1.6
 - Four (4) groups must be represented
- Last two (2) dives
 - FINA DD used
 - Two (2) groups must be represented

TABLE 2 - GROUP D FINALS DIVE CHART

Group D FINALS - 1m									
101C	201C	301C	401C	5122D					
101B	201B	301B	401B	5132D					
103C	202C*	302C*	402C*	5221D					
103B	203C	303C	403C						
104C									
104B									
* may do maximum of one of these dive numbers*									
Group D FINALS - Plat									
Plat.	Dive #	Plat.	Dive #	Plat.	Dive #	Plat.	Dive #	Plat.	Dive #
5m, 7.5m	101 C or B	5m, 7.5m	201C	5m, 7.5m	301C	5m, 7.5m	401 C or B	5m, 7.5m	600A
5m, 7.5m	103C	5m, 7.5m	201B	5m, 7.5m	301B	5m, 7.5m	403C	5m, 7.5m	612B
5m, 7.5m	103B	5m	203C	5m	303C	5m, 7.5m	403B	5m, 7.5m	622C
5m, 7.5m	105C	5m	203B			7.5m	405C	5m, 7.5m	622B
7.5m	105B	7.5m	205C					5m, 7.5m	5231D
								5m, 7.5m	5132D

3.1.4. Group D Final Results and Scoring – Three sets of results will be published

3.1.4.1. Group D Final Results

- Ranking based on Final scores only
- Only Finalists will be ranked (8 divers)

3.1.4.2. Group D1 Preliminary Results

3.1.4.3. Group D2 Preliminary Results

3.1.5. Awards

3.1.5.1. Will be presented for the Group D Final only

3.2. GROUP C Dive Requirements

3.2.1. Age specification (Table 7)

- C1 = 12 years old in the year of competition
- C2 = 13 years old in year of competition
- For age specification for the duration of the rule book see Table 7

3.2.2. GROUP C PRELIMINARIES

- There will be a C1 preliminary event and a C2 preliminary event
- Girls and Boys have the same dive requirements
- C1 and C2 share warm up time
- C1 competition goes first followed 10 minutes later by the C2 competition
- The dive list must follow the dive order as presented in the Group C Preliminaries Dive Chart (Table 3a and 3b)

3.2.2.1. Group C1 and C2 1m and 3m Preliminary Event

- C1 and C2 divers perform eight (8) dives as presented in the Group C Preliminaries Dive Chart (Table 3a and 3b)
- Where there is a choice of dives indicated within the dive order, the diver must select one of the dives (as per Table 3; e.g. Dive # 1 indicates a choice of dives)
- DD's to be used are prescribed in the Group C Preliminaries Dive Chart (Table 3a and 3b)

3.2.2.2. Group C1 and C2 Platform Preliminary Event

- C1 and C2 divers perform nine (9) dives as presented in the Group C Preliminaries Dive Chart (Tables 3a and 3b)
- Where there is a choice of dives indicated within the dive order, the diver must select one of the dives (as per Table 3; e.g. Dive # 1 indicates a choice of dives)
- Divers may use 5m platform or 7.5m platform as indicated in Group C Preliminaries Dive Chart (Tables 3a and 3b)

NOTE: if only one platform level is indicated for a specific dive, only that platform level may be used

- DD's to be used are prescribed in the Group C Preliminaries Dive Chart (Tables 3a and 3b)

TABLE 3a									
GROUP C1 PRELIMINARIES DIVE CHART									
Preliminaries C1 - 1m				Preliminaries C1 - 3m				Preliminaries C1 - Plat	
Dive Order	Dive #	Prescribed DD		Dive Order	Dive #	Prescribed DD		Dive Order	Platform level
1	101B or 103C or 103 B	1.6		1	101B or 103C or 103B	1.6		1	5m, 7.5m
2	201C or 201B	1.6		2	201C or 201B	1.6		2	5m, 7.5m
3	301C or 301B	1.6		3	301C or 301B	1.6		3	5m, 7.5m
4	401B	1.6		4	403C or 403B	1.6		4	5m, 7.5m
	401A	1.9		5	5132D or 5231D or 5331D	1.6		5	5m, 7.5m
5	5122D or 5132D or 5221D or 5231D or 523D	1.6		6	105C or 105B	1.9		6	5m, 7.5m
6	104C or 104B	1.9		7	203C	1.9			5m, 7.5m
7	203C or 303C	1.9		8	303C	1.9			7.5m
8	403C	1.9						7	5m
								8	5m
								9	5m, 7.5m
									403C or 403B
									1.9

TABLE 3b

GROUP C2 PRELIMINARIES DIVE CHART

Preliminaries C2 - 1m				Preliminaries C2 - 3m				Preliminaries C2 - Plat			
Dive Order	Dive #	Prescribed DD		Dive Order	Dive #	Prescribed DD		Dive Order	Platform level	Dive #	Prescribed DD
1	101B or 103C or 103B	1.6		1	101B or 103C or 103B	1.6		1	5m, 7.5m	101B or 103C or 103B	1.6
2	201C or 201B	1.6		2	201C or 201B	1.6		2	5m, 7.5m	201C or 201B	1.6
3	301C or 301B	1.6		3	301C or 301B	1.6		3	5m, 7.5m	301C or 301B	1.6
4	401A	1.6		4	403C or 403B	1.6		4	5m, 7.5m	403C or 403B	1.6
5	5122D or 5221D or 5132D or 5231D or 5331D or 5223D	1.6		5	5231D or 5331D or 5132D	1.6		5	5m, 7.5m	612B or 622C or 622B	1.6
6	104C or 104B or 105C	1.9		6	105C or 105B	1.9		6	5m, 7.5m	5231D or 5132D	1.6
7	203C or 303C	1.9		7	203C or 203B	1.9		7	5m, 7.5m	105C	1.9
8	403C	1.9		8	303C or 303B	1.9		8	7.5m	105B	1.9
								9	5m	203C or 203B	1.9
										303C	1.9

3.2.3. GROUP C FINALS

- Ten (10) divers advance to the final
- Top four (4) divers from the C1 Preliminaries
- Top six (6) divers from the C2 Preliminaries
 - Should there be a Finals spot not filled (insufficient divers in C1 or C2), the next diver(s) in the ranking order from the preliminaries will advance to the Finals
- Boys and Girls have the same dive requirements

3.2.3.1. Group C 1m and 3m Final Event

- Divers must perform eight (8) dives selected from the Group C Finals Dive Chart (Table 4)
- Each of the eight (8) dives must be a different dive number
- First five (5) dives
 - each with a DD of 1.6
 - five (5) groups must be represented
- Last three (3) dives
 - FINA DD used
 - Three (3) groups must be represented
 - A minimum of one (1) dive must be from Group 100 or 400
 - A minimum of one (1) dive must be from Group 200 or 300

3.2.3.2. Group C Platform Final Event

- Divers must perform seven (7) dives selected from the Group C Finals Dive Chart (Table 4)
- Each of the seven (7) dives must be a different dive number
- Five (5) groups must be represented in the seven (7) dives
- First four (4) dives
 - Each with a DD of 1.6
 - Four (4) groups must be represented
- Last three (3) dives
 - FINA DD used
 - Three (3) groups must be represented
 - A minimum of one (1) dive must be from Group 100 or 400
 - A minimum of one (1) dive must be from Group 200 or 300

TABLE 4**GROUP C FINALS DIVE CHART**

Group C Finals 1m					Group C Finals 3m				
101C	201C	301C	401C	5122D	101C	201C	301C	401C	5132D
101B	201B	301B	401B	5132D	101B	201B	301B	401B	5231D
103C	203C	303C	401A	5221D	103C	203C	303C	403C	5331D
103B	203B	303B	403C	5223D	103B	203B	303B	403B	5233D
104C			403B	5331D	105C	205C	305C	405C	5333D
104B				5231D	105B				5134D
105C				5233D					
105B				5333D					
				5134D					

Group C Finals Platform									
Plat.	Dive #	Plat.	Dive #	Plat.	Dive #	Plat.	Dive #	Plat.	Dive #
5m, 7.5m	101B	5m, 7.5m	201C	5m, 7.5m	301C	5m, 7.5m	401B	5m, 7.5m	612B
5m, 7.5m	103C	5m, 7.5m	201B	5m, 7.5m	301B	5m, 7.5m	403C	5m, 7.5m	622C
5m, 7.5m	103B	5m	203C	5m	303C	5m, 7.5m	403B	5m, 7.5m	622B
5m, 7.5m	105C	5m	203B	7.5m	305C	7.5m	405C	7.5m	624C
5m, 7.5m	105B	7.5m	205C					5m, 7.5m	5231D
								5m, 7.5m	5132D
								7.5m	5233D

3.2.4. Final Results and Scoring – three (3) sets of results will be published

3.2.4.1. Group C Final Results

- Ranking based on Final scores only
- Only Finalists will be ranked (10 divers)

3.2.4.2. Group C1 Preliminary Results

3.2.4.3. Group C2 Preliminary Results

3.2.5. Awards

- 3.2.5.1. Will be presented for the Group C Final only

3.3. JUNIOR DEVELOPMENT NATIONAL QUALIFICATION GROUP C AND GROUP D

3.3.1. Diver must achieve the qualification score identified on the Junior Development National Qualification Standard Table (Table 5)

3.3.2. Divers must achieve the standard two times

OR

3.3.3. Divers must achieve 110% or greater of the standard one time

3.3.4. Group D Qualification

- The diver must make the qualification score with the Preliminary Dive List identified in Table 1
- To qualify for 1m, the diver must also qualify in either the 3m or platform event
- To qualify for 3m, the diver must also qualify in either the 1m or platform event
- To qualify for platform, the diver does not need to qualify on the other boards

3.3.5. Group C Qualification

- The diver must make the qualification score with the Preliminary Dive List identified in Table 3
- To qualify for 1m, the diver must also qualify in either the 3m or platform event
- To qualify for 3m, the diver does not need to qualify on the other boards
- To qualify for platform, the diver does not need to qualify on the other boards

TABLE 5 JUNIOR DEVELOPMENT NATIONAL QUALIFICATION STANDARDS							
	100% - achieve 2 times				110% - achieve one time		
	1m	3m	Plat		1m	3m	Plat
D1 Girls and Boys	140	140	140		154	154	154
D2 Girls and Boys	200	205	235		220	225	258
C1 Girls and Boys	235	235	265		258	258	291
C2 Girls and Boys	240	240	270		264	264	297

3.4. GROUP B DIVE REQUIREMENTS

3.4.1. Age specification (Table 7)

- 14 or 15 years old in year of competition
- For age specification for the duration of the rule book see Table 7

3.4.2. GROUP B PRELIMINARIES

- FINA DD's used for all dives
- All dives in any one competition must be of a different dive number
- No foot first entries except: 1m dive # 104C, 104B, 5223D

3.4.2.1. Girls and Boys Group B 1m and 3m Preliminary Events

- Girls and Boys have same dive requirements
- Divers perform nine (9) dives
- First five (5) dives with limit
 - Five (5) groups must be represented
 - DD limit for 1m 9.0
 - DD limit for 3m 9.5
- Last four (4) dives without limit
 - Four (4) groups must be represented

3.4.2.2. Girls Group B Platform Preliminary Event

- Divers must perform seven (7) dives
- Five (5) groups must be represented in the seven (7) dives
- First four (4) dives with limit
 - DD limit of 7.6
 - Four (4) groups must be represented
- Last three (3) dives without limit
 - Three (3) groups must be represented
 - A minimum of one (1) dive must be from group 100 or group 400
 - A minimum of one (1) dive must be from group 200 or group 300

3.4.2.3. Boys Group B Platform Preliminary Events

- Divers must perform eight (8) dives
- Five (5) groups must be represented in the eight (8) dives
- First four (4) dives with limit
 - DD limit of 7.6
 - Four (4) groups must be represented
- Last four (4) dives without limit
 - Four (4) groups must be represented
 - A minimum of one (1) dive must be from group 100 or group 400
 - A minimum of one (1) dive must be from group 200 or group 300
 - A minimum of one (1) dive must be from group 5000, group 600 or group 6000

3.4.3. GROUP B FINALS

- Top twelve (12) divers from the preliminaries advance to the finals
- FINA DD's used
- No foot first entries except: 1m dive # 104C, 104B, 5223D

3.4.3.1. Girls and Boys Group B 1m and 3m Final Event

- Girls and Boys have the same dive requirements
- Divers must perform four (4) dives without limit
- Four (4) groups must be represented

3.4.3.2. Girls Group B Platform Final Event

- Divers must perform three (3) dives without limit
- Three (3) groups must be represented
- A minimum of one (1) dive must be from group 100 or group 400
- A minimum of one (1) dive must be from group 200 or group 300
- Five (5) groups must be represented over the Preliminary dives with limit and the Final dives without limit

3.4.3.3. Group B Platform Boys Final Event

- Divers must perform four (4) dives without limit
- Four (4) groups must be represented
- A minimum of one (1) dive must be from group 100 or group 400
- A minimum of one (1) dive must be from group 200 or group 300
- A minimum of one (1) dive must be from group 5000, group 600 or group 6000
- Five (5) groups must be represented over the Preliminary dives with limit and the Final dives without limit

3.4.3.4. Final Results for 1m, 3m and platform

- Final scores will be determined by adding together the scores for the dives with DD limit from the preliminary event and the optional dives without limit from the final event
- Ranking will be based on the Final Scores

3.5. GROUP A DIVE REQUIREMENTS

3.5.1. Age specification

- 16, 17 or 18 years old in year of competition
- For age specification for the duration of the rule book see Table 7

3.5.2. GROUP A PRELIMINARIES

- FINA DD's used for all dives
- All dives in any one competition must be of a different dive number
- No foot first entries

3.5.3. Girls and Boys Group A 1m and 3m Preliminary Events

- Girls and Boys have the same dive requirements
- Divers perform ten (10) dives
- First five (5) dives with limit
 - Five (5) groups represented
 - DD limit for 1m is 9.0
 - DD limit for 3m is 9.5
- Last five (5) dives without limit
 - Five (5) groups represented

3.5.4. Girls A Platform Preliminary Event

- Divers must perform eight (8) dives
- Five (5) groups must be represented in the eight (8) dives
- First four (4) dives with limit
 - DD limit of 7.6
 - Four 4 groups represented
- Last four (4) dives without limit
 - Four (4) groups represented
 - A minimum of one (1) dive must be from group 100 or group 400
 - A minimum of one (1) dive must be from group 200 or group 300
 - A minimum of one (1) dive must be from group 5000, group 600 or group 6000

3.5.5. Boys Group A Platform Preliminary Event

- Divers must perform nine (9) dives
- Six (6) groups must be represented in the nine (9) dives
- First four (4) dives
 - DD limit of 7.6
 - Four (4) groups represented
- Last five (5) dives without DD limit
 - Five (5) groups must be represented

3.5.6. GROUP A FINALS

- Top twelve (12) divers from the preliminaries advance to the finals
- FINA DD's used
- Must have a minimum of one and one half (1 ½) rotations
- No foot first entries

3.5.6.1. Girls and Boys Group A 1m and 3m Final Events

- Girls and Boys have the same dive requirements
- Divers must perform five (5) dives without limit
- Five (5) groups must be represented

3.5.6.2. Girls Group A Platform Final Event

- Divers must perform four (4) dives without limit
- Four (4) groups must be represented
- A minimum of one (1) dive must be from group 100 or group 400
- A minimum of one (1) dive must be from group 200 or group 300
- A minimum of one (1) dive must be from group 5000, group 600 or group 6000
- Five (5) groups must be represented over the Preliminary dives with limit and the Final dives without limit

3.5.6.3. Boys Group A Platform Final Event

- Divers must perform five (5) dives without limit
- Five 5 groups must be represented
- Six (6) groups must be represented over the Preliminary dives with limit and the Final dives without limit

3.5.6.4. Final Results for 1m, 3m and platform

- Final scores will be determined by adding together the scores for the dives with DD limit from the preliminary event and the dives without DD limit from the final event
- Ranking will be based on the Final Scores for the top 12 and the results from the preliminaries for places 13 and lower

3.6. JUNIOR ELITE NATIONAL QUALIFICATION GROUP A AND B

3.6.1. Divers must achieve the qualification score identified on the Junior Elite National Qualification Standard Chart (Table 6)

3.6.1.1. Divers must achieve the standard two times

OR

3.6.1.2. Divers must achieve 110% of the standard one time

3.6.2. To be eligible to participate in the Junior Elite National Championships

- To qualify for 1m, the diver must also qualify on either the 3m or platform
- To qualify for 3m, the diver does not need to qualify on the other boards
- To qualify for platform, the diver does not need to qualify on the other boards

TABLE 6							
JUNIOR ELITE NATIONAL QUALIFICATION STANDARD CHART							
	100% - achieve two times				110% - achieve one time		
	1m	3m	Plat		1m	3m	Plat
Girls A	355	390	300		390	429	330
Girls B	300	315	235		330	346	258
Boys A	370	395	350		407	434	385
Boys B	300	315	265		330	346	291

3.7. SYNCHRONIZED DIVING

3.7.1. There will be an A/B combined synchronized diving event held on 3 metre and on platform for boys and for girls – 4 events in total. The FINA Rules will be followed for these 4 events (DAG 3.1) with the following additions;

- All dives must be from the 10 metre for the platform synchronized event.
- DD minimum for the final 3 dives
 - 3 metre event will be a minimum DD of 7.9
 - Platform event will be a minimum DD of 8.1

4. ENTRANCE CRITERIA

- 4.1. A diver may enter only those events which apply to his or her age group and gender. Birth year for each age group can be found on Table 7 below.

TABLE 7				
DIVE GROUPS BY BIRTH YEAR				
	2018	2019	2020	2021
GROUP A	2000, 2001, 2002	2001, 2002, 2003	2002, 2003, 2004	2003, 2004, 2005
GROUP B	2003 or 2004	2004 or 2005	2005 or 2006	2006 or 2007
GROUP C2	2005	2006	2007	2008
GROUP C1	2006	2007	2008	2009
GROUP D2	2007	2008	2009	2010
GROUP D1	2008 or later	2009 or later	2010 or later	2011 or later

- 4.2. To enter an event at these championships, a diver shall have qualified on the basis of one (1) or more of the following criteria:

- 4.2.1. Any diver who medals on 3 metre or platform at the World Junior Championships will automatically qualify for the following season's Junior Elite Nationals in all events
- 4.2.2. Any diver who is a Gold medallist on 3 metre or platform at the Pan Am Junior Championships will automatically qualify for the following season's Junior Development or Junior Elite Nationals in all events
- 4.2.3. Junior divers who meet the qualification point standard for a Grand Prix will automatically qualify for the current Junior Development or Junior Elite Nationals in all events
- 4.2.4. Any diver who placed in the top 8 of any Senior Nationals and met the senior point standard in any session from the current season is exempt from qualification for that event
- 4.2.5. Any diver who is a member of the current Canadian Senior National Team
- 4.2.6. Any diver who achieves the Junior National Standard as per the Junior Development Nationals Qualification Rule (R-4 3.3) and Junior Elite Nationals Qualification Rule (R-4 3.6) during the preceding twelve (12) months will qualify for that event.

- 4.2.6.1. Qualification Standard charts can be found on Tables 5 and 6.

5. JUNIOR QUALIFICATION STANDARDS

TABLE 5							
JUNIOR DEVELOPMENT NATIONAL QUALIFICATION							
STANDARDS							
	100% - achieve 2 times				110% - achieve one time		
	1m	3m	Plat		1m	3m	Plat
D1 Girls and Boys	140	140	140		154	154	154
D2 Girls and Boys	200	205	235		220	225	258
C1 Girls and Boys	235	235	265		258	258	291
C2 Girls and Boys	240	240	270		264	264	297

TABLE 6							
JUNIOR ELITE NATIONAL QUALIFICATION STANDARD CHART							
	100% - achieve two times				110% - achieve one time		
	1m	3m	Plat		1m	3m	Plat
Girls A	355	390	300		390	429	330
Girls B	300	315	235		330	346	258
Boys A	370	395	350		407	434	385
Boys B	300	315	265		330	346	291

6. AWARDS

6.1. Medals for first to third place shall be supplied by DPC and shall be presented by the Host Committee, to the divers placing in the top three (3) overall in each event in each age group. Appropriate awards for the remaining finalists shall be supplied and presented by the Host Committee to the remaining finalists in each event in each age group.

6.1.1. All finalists will be acknowledged in the medal ceremony.

6.2. DPC shall also supply a pennant to be awarded by the Host Committee at the conclusion of the championships to the club that has accumulated the most club points over all events in the championship. These points shall be determined on the basis of the overall placing of each finalist diver in each event in each age group.

6.3. Criteria for Outstanding Diver Award:

6.3.1. An award for the outstanding diver of each age group (male and female) at the Junior National Championships will be given by DPC.

6.3.1.1. Eligible divers must compete in all three (1 metre, 3 metre and platform) events.

- 6.3.1.2. The scores acquired in the three (3) events will be added together for each diver.
 - 6.3.1.3. The diver with the highest total points will be named the Outstanding Diver for that age group.
 - 6.3.1.4. In the event of a tie, both divers will receive the award.
 - 6.3.1.5. Non-Canadians are eligible to win these awards.
- 6.4. Isabel Warren Award:
- 6.4.1. An award for the divers with the best dives with limit in Girls B and Boys B will be given. This award is presented by the Etobicoke Diving Club and funded by the Isabel Warren Trust Fund.

CHAPTER R-5: SYNCHRONIZED DIVING

1. ENTRANCE CRITERIA

- 1.1. To enter a synchro event at the Senior Nationals, both members of the synchro team must have qualified to compete in an individual event at the championships.
- 1.2. Team points shall be accumulated as in the individual events, except where there are two (2) clubs represented on one (1) synchronized team, then the team points shall be divided between the two (2) clubs represented. A diver may not compete on more than one (1) synchro team in a single event.
- 1.3. In the platform events all dives must be executed from the 10m.
- 1.4. In the case where no clubs from a particular province are entering teams in a particular event for the national championships, one (1) team from that province shall be permitted to enter without qualification. Only one (1) male team and one (1) female team from the province may be entered in this manner.

2. CALCULATIONS FOR SYNCHRONIZED EVENTS

- 2.1. When eleven (11) officials are used, the scoring shall be as defined by the FINA Rule D 7.6.
- 2.2. When nine (9) officials are used, the scoring shall be as defined by FINA Rule D 7.7.
- 2.3. When seven (7) officials are used, only the highest and lowest awards given for execution shall be cancelled.
- 2.4. Where two (2) or more awards of those that are to be canceled are equal, either of them can be cancelled.

3. AWARDS

- 3.1. Medals shall be awarded from first to third place.