



TECHNICAL REGULATIONS

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ARTICLE 1 - DIVE REQUIREMENTS

1.1 National Dive Requirements

http://diving.ca/en/index.php?opCon=com_content&view=arCcle&id=26&Itemid=168

These are the rules that are set forth by DPC.

1.2 Aspire 2018/2019 Rules:

Aspire Rules both .docx and pdf files can be found under Technical Regulations

1.3 Master Dive Requirements:

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

Across both categories:

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

Special rules for 50 & over:

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

Age Category 25-49

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

Age Category 50 & over

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

For reference:

http://www.fina.org/project/index.php?option=com_content&task=view&id=50&Itemid=119

ARTICLE 2 - COMPETITIONS

2.1 COMPETITIVE NATIONAL – JUNIOR AND SENIOR QUALIFYING COMPETITIONS

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

2.2 SENIOR ONLY QUALIFYING COMPETITIONS

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

2.3 INVITATIONAL COMPETITIONS

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

ARTICLE 3 – REGISTRATION & RULES OF GENERAL APPLICATION

.1 REGISTRATION AT COMPETITIONS

- a) All divers must be registered as a Competitive Diver with Dive Ontario for at least 2 weeks (14 days) prior to the start of any competition sanctioned by Dive Ontario
- b) Divers must register for competitions 2 weeks prior to the start of a competition.
- c) If any diver registers for a competition less than 2 weeks prior to the start of a competition then, in addition to the registration fees, the diver shall pay a \$25 late filing penalty to the host club
- d) If a diver withdraws from a competition after registering to compete, the diver shall not be relieved of the obligation to pay the competition's registration fee.
- e) If a diver registers for an Aspire Meet but obtains a National Qualifying Score within the 2 week registration period, the diver is deemed ineligible to compete at the Aspire level and will therefore be withdrawn from the Aspire Meet without penalty.

.2 ATTENDANCE AT COMPETITIONS

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

For greater certainty, where a coach is registered with Dive Ontario, but is not a "Fully-Qualified Coach" as defined in Dive Ontario's Administrative Policies, a written request from the Club who is not in compliance must be made to the VP Sport Performance who will have the discretion to authorize such coach to be on deck and to supervise one or more divers registered to compete in a Dive Ontario sanctioned competition. VP Sport Performance will notify the attending Meet Referee of such coach.

.3 MEET PACKAGES

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

ARTICLE 4 -ONTARIO TIER I PROVINCIAL CHAMPIONSHIPS

.1 RULES

- a)The rules set forth in the Diving Plongeon Canada **Rulebook** shall apply to all Tier I Provincial Championships in Ontario, except for regulations relating to competition fees which shall be governed by our provincial regulations.
- b)The Tier I Provincial Championships shall include National Level event competitions on 1 metre, 3 metre and platform in each age group and Open category
- c)There is no group E at Tier I Provincial Championships

4.2 SYNCHRONIZED DIVING

Synchronized diving events shall be contested at each of the three Ontario Provincials.

- a) Winter Provincials: Male, Female and Mixed – Junior and Senior
- b) Spring Provincials: Male, Female and Mixed – Junior and Senior
- c) Summer Provincials: Male, Female and Mixed – Junior and Senior

Synchro teams must perform 5 dives covering 5 directions. Two (2) compulsory dives will be performed with a D.D. of 2.0. Three (3) optional dives will be performed using FINA D.D.

There is no minimum D.D. for this event.

.2 SPECIAL RULES & MINIMUM DDS FOR OPEN EVENTS

a) The following special rules apply in the Open Events at all Tier I Ontario Provincial Championships:

- (i)** X01 or X02 dives are not allowed on 1M or 3M, where X denotes any group
- (ii)** X02 dives are not allowed in any Open Platform event
- (iii)** X01 dives shall be performed from the 10M platform only

b) The following special minimum DDs apply in the Open Events at all Tier I Ontario Provincial Championships:

- (i)** The minimum DD for Women's 1M Open is **10.8**
- (ii)** The minimum DD for Women's 3M Open is **11.5**
- (iii)** The minimum DD for Women's Platform Open is **12.0**
- (iv)** The minimum DD for Men's 1M Open is **13.0**
- (v)** The minimum DD for Men's 3M Open is **14.8**
- (vi)** The minimum DD for Men's Platform Open is **14.2**

.3 DIVER ELIGIBILITY & REGISTRATION

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

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

.4 SCHEDULE

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

Proposed Schedule of Events:

Friday

1m	Platform	3m
	D1 & D2 Boys & Girls	
Girls A		Boys A
	C1 & C2 Girls & Boys	
Girls B		Boys B
	D Boys & Girls Finals	
	C Boys & Girls Finals	
Women Open		Mens Open

Saturday

1m	Platform	3m
Boys & Girls D1		Boys & Girls C1
Boys & Girls D2		Boys & Girls C2
	B Boys & Girls	
Boys A		Girls A
Boys & Girls D Final		Boys & Girls C Final
Men Open		Women Open
		Men's & Women's Synchro

Sunday

1m	Platform	3m
Boys & Girls C1		Boys & Girls D1
Boys & Girls C2		Boys & Girls D2
	A Boys & Girls	
Boys B		Girls B
Boys & Girls C Finals		Boys & Girls D Finals
	Open Men & Women	

Group D1 & D2, and C1 & C2 are all to be held as separate events – they cannot be combined.

D1 goes first followed by D2.

C1 goes first followed by C2.

The break between will allow each diver to perform one jump/dive **only** to allow time to set the computers for the D2 and C2 events.

4.5 AWARDS

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

4.6 OUTSTANDING DIVER AWARDS

Outstanding Diver Awards will be provided by Dive Ontario and awarded at the Dive Ontario AGM Awards Night each year to the outstanding Ontario diver in each of the following categories:

Women's Open	Men's Open
Girls A (16-18)	Boys A (16-18)
Girls B (14-15)	Boys B (14-15)
Girls C1 (12)	Boys C1 (12)
Girls C2 (13)	Boys C2 (13)
Girls D1 (10&under)	Boys D1 (10&under)
Girls D2 (11)	Boys D2 (11)

Eligibility for the Outstanding Diver Awards is determined as follows:

- (i) The outstanding diver award in each of the open events is open to all participants, regardless of age.

- (ii) The outstanding diver award in each age group will be awarded only to an Ontario registered diver, registered in that age group. For the purposes of the C & D categories, D1/D2 and C1/C2 will be based on a preliminary score. No divers from out of province are eligible.

The recipient of the outstanding diver award in each Age Group category shall be the eligible Ontario diver who has the best two % scores against the National Standard on 2 boards out of the three Ontario Provincial Championships. Calculation is done by % to allow for the different number of dives being performed on Springboards vs. Platform. The Open Outstanding Diver Award will be calculated by taking the 2 best scores (points) on 2 out of 3 boards from 3 Provincial Championships. The athlete must have attended all (3) three Provincial championships.

4.7 OUTSTANDING COACH AWARDS

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

ARTICLE 5 – ASPIRE ONTARIO PROVINCIAL CHAMPIONSHIPS

5.1 RULES

- (a) The rules set forth in the Diving Plongeon Canada **Rulebook** shall apply to the Aspire Provincial Championships in Ontario, except for regulations relating to competition fees, and dive requirements, which shall be governed exclusively by provincial regulation.
- (b) Any diver who achieves a National qualifying score in the 3m or platform event for the Junior Elite Nationals or the Junior Development Nationals is not eligible to compete at the Ontario Aspire Provincials in that Dive year. Should a Group D or Group C diver achieve a 1m National Qualifying score and no other qualifying score on another event, that diver may compete at the Aspire Provincial Championships.
- (c) The Ontario Aspire Provincial Championships shall include competitions on the 1 metre and 3 metre springboards in each age group (A, B, C, D, & E). The competition may include platform events for each age group where facilities exist.
- (d) Only Aspire II events will be included in the Aspire Provincial Championships.

5.2 AWARDS

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

5.3 OUTSTANDING DIVER AWARDS

Outstanding Diver awards will be presented to the top diver from each age group at the AGM Awards Night.

- (a) The recipient of the outstanding diver award in each category shall be the eligible diver who accumulates the highest number of points by adding each diver's total point score from 1m, 3m, and Platform events in the applicable age group at the Aspire Provincial Championships.

5.4 OUTSTANDING COACH AWARDS

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

ARTICLE 6 – QUEST FOR GOLD SELECTION CRITERIA

6.1 SPORT SPECIFIC SELECTION CRITERIA

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

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

- (a) The following categories are eligible for consideration:
- | | | | | |
|----|---------------|-------|-------|-------|
| | Women's Open: | 19-22 | Men's | 19-22 |
| | Girls | 16-18 | Open: | |
| A: | | | Boys | 16-18 |
| | Girls | 14-15 | B: | |
| B: | | | Boys | 14-15 |
| | Girls | 12-13 | C: | |
| C: | | | Boys | 12-13 |

ARTICLE 7 – TRIALS OR CANADA GAMES SELECTION CRITERIA

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

7.1 APPEALS

- (a) The host committee must have a Meet Technical Director.
- (b) The Event Jury of Appeal shall consist of:
- The event referees
 - All the respective judging panel
 - The Meet Technical Director or his/her designate
- (c) The Meet Jury of Appeal shall be comprised of:
- The meet Technical Director or designate
 - The Vice President Sport Performance or designate
 - The** Officials Chairperson or designate
- (d) The Event Jury of Appeal and/or the Meet Jury of Appeal rule on technical matters.
- (e) Non-technical matters shall be handled by the Board of Directors. As per Diving Plongeon Canada Inc. rules "Appeals Procedures", all decisions will be binding.

ARTICLE 8 – PROVINCIAL CHAMPIONSHIPS HOSTING POLICY

8.1 HOST BIDDING PROCESS

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

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

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

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

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

The Criteria for selection are as follows:

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

The Selection Committee shall choose a host club by March 30th.

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

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

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

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

8.2 MEET MANAGEMENT

Host Club Responsibilities

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

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

Dive Ontario Responsibilities

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

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

- The Meet Manager will provide Dive Ontario and Diving Plongeon Canada with the meet results for posting on both websites, for all Provincial Championships and all designated National qualifying events.
- For all Invitational Competitions, the host club must forward the meet results to Dive Ontario within seven days.
- If the meet results are not received in the Dive Ontario office within one week from the last day of the competition, there will be a weekly penalty of \$100 deducted from the hosting grant until the results are received
- (See also Administrative Policies, Section 4a)