



TECHNICAL REGULATIONS

UPDATED JANUARY 2020



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Updated January 2020

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Revised January 2020

ARTICLE 1 -DIVE REQUIREMENTS

1.1 NATIONAL DIVE REQUIREMENTS

<https://diving.ca/resources/#rulebook>

These are the rules that are set forth by DPC.

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) 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 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

3.1 REGISTRATION AT COMPETITIONS

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

3.2 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, if a Club wishes to send a Coach that is not a "Fully Certified Coach" as defined by the Dive Ontario Administrative Policies, to a competition, a Coach Declaration form must be signed by all parties and submitted to the VP Sport Performance in advance of the Scheduled Competition Events (including Open practice times) who will have the discretion to authorize the declared 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.

3.3 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 PROVINCIAL CHAMPIONSHIPS

4.1 RULES

The rules set forth in the Diving Plongeon Canada **Rulebook** shall apply to all three (3) Provincial Championships in Ontario, except for regulations relating to competition fees which shall be governed by our provincial regulations.

The Ontario Provincial Championships shall include National Level event competitions on 1 metre, 3 metre and platform in each age group and Open category.

There is no group E at Ontario Provincial Championships which are National Qualifiers.

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.

4.3 SPECIAL RULES & MINIMUM DDS FOR OPEN EVENTS

The following special rules apply in the Open Events at all Ontario Provincial Championships:

X01 or X02 dives are not allowed on 1M or 3M, where X denotes any group

X02 dives are not allowed in any Open Platform event

X01 dives shall be performed from the 10M platform only

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

The minimum DD for Women's 1M Open is **10.8**

The minimum DD for Women's 3M Open is **11.5**

The minimum DD for Women's Platform Open is **11.6**

The minimum DD for Men's 1M Open is **13.0**

The minimum DD for Men's 3M Open is **14.4**

The minimum DD for Men's Platform Open is **14.0**

4.4 DIVER ELIGIBILITY & REGISTRATION

- a) Ontario Divers must be registered with Dive Ontario as Competitive Divers in order to be eligible to participate at any of the three (3) Ontario Provincial Championships.
- b) The Ontario 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 Ontario 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 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.

4.5 SCHEDULE

The following schedule is recommended for all Ontario 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		Men's 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.

If these events have 5 divers or less, 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.

When these events exceed 5 divers, all coaches must be in agreement to lengthen the time between events.

4.6 [AWARDS](#)

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 Provincial Championships

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 Provincial Championships

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

Out-of-province divers shall be entitled to receive any medals or ribbons which they earn as a result of their placing in the competition

4.7 OUTSTANDING DIVER AWARDS

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:

The Outstanding diver award in each of the Open Mens and Womens events is open to all participants, regardless of age.

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.

Open Men's and Womens' Criteria:

- Diver must compete in one (1) Ontario Provincial Championships on either 3m or Platform
- Diver must qualify and compete at Senior National Championships or Olympic Trials
- Diver who achieves the highest percentage of an international score at Senior Nationals or Olympic Trials (prelims, semi's or finals) will be the Outstanding Open Diver

Age Group Boys and Girls A & B Criteria:

Diver must compete at two (2) Ontario Provincial Championships in their respective Age Group on two (2) different boards (synchro event is ineligible)

Diver must qualify for Junior Elite National Championships

Diver who achieves the highest percentage of an international score at Junior Elite National Championships will be Outstanding Diver (prelims or finals).

Age Group Boys and Girls D1, D2, C1 and C2 Criteria:

Diver must compete at two (2) Ontario Provincial Championships

Diver who achieves the two (2) highest percentages of the National Qualifying score in the Preliminaries will be the Outstanding Diver

An athlete that must attend a DPC sanctioned event that is in direct conflict with a Dive Ontario Provincial Championships – that athlete will notify the VP Sport Performance and the Executive Director in writing, 2 weeks prior to the event informing them of the conflict. The athlete can still qualify to achieve Outstanding Diver.

4.8 OUTSTANDING COACH AWARDS

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.

In the event of a tie, more than one coach will receive recognition.

This coach(es) will be named "Coach of the Year".

ARTICLE 5 – TEAM ONTARIO CRITERIA

5.1 Team Ontario Elite

Top 8 Divers, A & B Age Group

Criteria

- 1) Must be a registered Competitive Diver in Ontario
- 2) Must be registered and compete in two (2) Ontario Provincial Championships
- 3) Must qualify and compete at Jr. Elite Nationals
- 4) Athletes are ranked according to the highest percentage of the International Score (on any board). Score can be achieved at any Ontario Provincial Championships or National Championships.

Note: C2's from previous year will qualify for B1-the following year.

5.2 [Team Ontario Jr. Development](#)

Top 8 Divers, C1 & D Age group

Criteria

- 1) Must be a registered Competitive Diver in Ontario
- 2) Must be registered and compete in two (2) Ontario Provincial Championships
- 3) Must qualify and compete at Jr. Development Nationals
- 4) Athletes are ranked according to the highest percentage of the International Score (on any board). Score can be achieved at any Ontario Provincial Championships or National Championships.

Note: The most recent published international qualifying score will be used.

Re: In Jr. World's year, the Pan-Am score from the previous year will be used.

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.

The following categories are eligible for consideration:

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

ARTICLE 7 – TRIALS OR CANADA GAMES SELECTION CRITERIA

Dive Ontario's 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

The host committee must have a Meet Technical Director.

The Event Jury of Appeal shall consist of:

The event referees

All the respective judging panel

The Meet Technical Director or his/her designate

The Meet Jury of Appeal shall be comprised of:

The Meet Technical Director or designate

The VP Sport Performance or designate

The Officials Chairperson or designate

The Event Jury of Appeal and/or the Meet Jury of Appeal rule on technical matters.

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 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. After the initial Ottawa bid acceptance, the bid will alternate.
- 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 May 1st**. If the Club wishes to host, the Club shall reserve the desired weekend 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 weekend that will not be used.

Clubs must advise Dive Ontario **by May 30** 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 (by email), from all other Clubs in the province by **June 15th**. All bids are to be initially reviewed by the VP Sport Performance and Executive Committee (President, VP Operations & VP Finance). If a decision cannot be made, then a selection committee will be struck, comprised of the DO Meet Manager, National 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 **June 30th**.

If no club submits a bid to host **by June 30**, 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 May 1st**. Interested Clubs must submit a bid by **May 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 May 30th**. A Selection Committee will select a host club from among the bids received **by June 15**.

8.2 MEET MANAGEMENT

Host Club 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 the host club will include:

- Provide facilities and pay all facility costs
- Provide Dive Ontario with adequate setup time (5 hours) at a reasonable time of the day prior to the meet.
- Provide volunteers to assist in the setup and tear down process.
- Provide a trained volunteer base for table workers, announcers, and award ceremonies
- Provide hospitality and refreshments for Coaches & Officials
- Organize accommodation information
- Contact local media
- Operate concessions, souvenir sale, etc.
- For Aspire Provincials – host club must provide a facility that is in accord with Aspire Rules. 1m (2), 3m (2), Platforms must include 3m, 5m and 7.5m.

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 member clubs, Diving Plongeon Canada, as well as post on Dive Ontario website
- Prepare, post and distribute results
- 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 and Registration fee
- as established by Dive Ontario (see Financial policy)
- Establish registration and event fees in accordance with
- Financial Policies
- 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 fifteen days.
- If the meet results are not received in the Dive Ontario office within 15 days 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.