



Virtual Competition Programming

November 2020

The Goal:

- To keep the divers motivated with a goal by the end of the year.
- To keep the format short enough to be able to run the virtual competition within the Clubs' regular practice time.
- To provide a competitive opportunity to both Aspire and National level divers.

The Format:

- Divers will choose to compete in either Aspire level or National level.
- Events will be 1m & 3m only (no platform events).
- Divers must perform each dive only once, there is no re-doing of dives. Each dive must also be recorded on a separate video, we must have a separate file for each dive by each diver.
- Dives must be recorded in landscape format, so we can see the diving board and the water with as little movement of the camera as possible.



- A designated Judge / Official's Representative will attend the filming session(s) to validate that rules have been followed.
- The Judges will watch the videos virtually the following week and score all the dives to provide completed results. These results will be distributed when they are available.

Dive requirements for Both Aspire & National Level

	Compulsories	Optional	Twisting Dive
Senior (5 dives) Feet first entry allowed	2 Compulsories: Choose from 100 or 400 300 or 200 Max DD on 1m: 3.4 Max DD on 3m: 4.0	Choose from the other 2 directions – 1 dive is front spinning and 1 dive is back spinning No DD Limit	1 twisting dive No DD Limit
Group A (5 dives) Feet first entry allowed	2 Compulsories: Choose from 100 or 400 300 or 200 Max DD on 1m: 3.4 Max DD on 3m: 4.0	Choose from the other 2 directions – 1 dive is front spinning and 1 dive is back spinning No DD Limit	1 twisting dive No DD Limit
Group B (5 dives) Feet first entry allowed	2 Compulsories: Choose from 100 or 400 300 or 200 Max DD on 1m: 3.4 Max DD on 3m: 4.0	2 Optionals: Choose from the other 2 directions – 1 dive is front spinning and 1 dive is back spinning No DD Limit	1 twisting dive No DD Limit
Group C (4 dives) Feet first entry allowed	Choose 2 dives from: 101 201 301 401 Can be done in position A, B or C	2 Optionals: Must be different from first 2 dives. No DD Limit	No twist
Group D (4 dives) Feet first entry allowed	Choose 3 dives from: 101C 201C 301C 401C	1 Optional: Must be different from the first 3 dives No DD Limit	No twist
Group E (4 dives) Feet first entry allowed	2 Compulsories: Front fall in (001 - DD 1.0) - can be done in position A, B or C AND Back fall in / back roll in C (002 A or C – DD 1.1) OR Back jump A (200A – DD 1.0)	2 Optionals: Choose 2 dives from 101C - 401C 201C - 301C DD: 1.6 on 1m and 1.9 on 3m for all dives.	No twist

Steps for Clubs

1. Register your Divers:

- a. Clubs are to submit a list of athletes as soon as possible to Luda Zakharenko (luda_zah@hotmail.com) **AND** Nathan Abdelnour (executivedirector@diveontario.com).
- b. We would like to get a sense of the number of divers participating, so please send in the **level, age, and event (height), and name** that the athletes will be participating in.

2. Plan filming date and arrange to have a scrutineer present for filming:

- a. The filming sessions can happen any time up to and including Sunday, December 6th, 2020.
- b. Clubs are responsible for arranging to have a judge or official's representative witness the filming session. Where possible, contact a local diving official, ideally a level 2 Provincial Judge or higher. If there is no local official in your area, an assistant coach will be accepted as an official's representative upon approval by Josie Josten or Janet Nutter. Please contact Josie (jjosten07@gmail.com) and Janet (jrnutter53@gmail.com) and inform them who will be acting as your official once confirmed.
- c. Clubs may need to schedule multiple filming sessions depending on the number of divers competing and available pool time. The onus is on the club to arrange for an official to be present for each filming session.

3. Send your excel dive sheets to Luda, and copy Nathan, via email:

- a. Dive sheets should be submitted **at least one week prior to your filming date**.
- b. Please use the excel sheet titled 201116 - DO Virtual Competition Dive Sheet, attached in the package email.

4. The filming process:

- a. Where possible, the recordings should be:
- b. Recorded on an iPad or tablet across all clubs (as opposed to a cell phone) – this is an effort to ensure consistency in quality and view.
- c. Recoded from a side-on view in Landscape mode to ensure the diver and board are captured on the screen.
- d. The focus should be on getting the entire dive on the screen, as close up as possible, with as little movement of the camera as possible.
- e. The recording device should be placed on a tripod to ensure stability.
- f. Please ensure you have plenty of data space available on your device when recording or have multiple devices available as required.
- g. As a reminder, divers must perform each dive only once. There is no re-doing of dives. Each dive must also be recorded on a separate video, and we must have a separate file for each dive by each diver.
- h. ***Please keep the video rolling if a diver balks.*** Balks will be handled in the same manner as a regular competition (ie: 2 points deducted from every judge's score; 2 balks = failed dive). Officials will make note of any balks that occurred.

5. Submitting athlete videos:

- a. A video submission link for a shared folder unique to each club will be distributed to the clubs.
- b. The deadline for all video submission is **5pm EST on Monday, December 7th, 2020.**
- c. Each video will be submitted with the level, age group, gender, the event, the name of the club, the name of the diver, and the dive number:

Eg:

Level(Aspire)_AgeGroup_Gender_1m_Club(TDA)_JackMorish_Dive1_201

Eg:

Level(National)_AgeGroup_Gender_1m_Club(TDA)_JackMorish_Dive2_302

6. Judging:

- a. The Judges will watch the videos and we will aim to have all the scores compiled by **December 13th, 2020.**

7. Results:

- a. Results will be announced on the Dive Ontario website and through our social media channels as soon as they are available. They will also be distributed to the clubs for future reference.

If you have any questions or concerns, please do not hesitate to contact Anna Dacyshyn (anna.tdi@diving.ca) or Nathan Abdelnour (executivedirector@diveontario.com).