

From Chapter H-4

**A. SELECTION OF COMPETITION HOST**

1. The Senior National Championships will be hosted, one in the east and one in the west.
2. The Junior Elite and Junior Development National Championships will be hosted, one in the east and one in the west.
3. Hosts for the 2013 National Championships will come from the following 4 provinces according to the historical provincial rotation;
  - a. Manitoba
  - b. Ontario
  - c. Alberta
  - d. Quebec
4. Hosts for the 2014 National Championships will come from the following 4 provinces according to the historical provincial rotation;
  - a. BC
  - b. Atlantic
  - c. Saskatchewan
  - d. Manitoba

From Chapter H-5

**D. JUDGING PANELS/SCORING – OTHER SANCTIONED COMPETITIONS**

1. For all senior and junior qualification competitions, a meet referee shall be assigned by the DPC Officials Committee. The assigned meet referee will be a National Level (Senior or Junior) Official.
2. 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 for synchronized diving events with (four) 4 judges for execution and three (3) for synchronization.
3. For junior or senior qualification competitions, judges must be a Diving Canada (or other country) registered official or coach (minimum Competition-Introduction trained or equivalent Level 1 Technical).
  - a) There must be a minimum of 2 National level judges on each panel.
  - b) 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.
  - c) No more than one Level 1 Provincial Official may be on a panel.
  - d) No more than two Level 2 Provincial Officials may be on a panel.
  - e) Current registered competitive divers may not be on a panel (Masters divers excepted)
4. In order to avoid any conflict of interest, real or perceived, a parent may not judge or referee his/her own child in any Diving Canada sanctioned competition. An official violating this rule will risk losing his/her status with Diving Canada's Officials Program.
5. Whenever possible, coaches/judges do not judge an event in which there is a diver that he/she coaches frequently during the season.
6. In special circumstances where the holding of the events are compromised due to improper panel composition, the meet referee has the authority to exercise his/her discretion in authenticating panels that do not meet the above criteria.
7. Competitions that are not National qualifiers are exempt from the above criteria and will respect provincial hosting policies.

From Chapter R-2

### **C. MEET AND QUALIFICATION EVENT SANCTIONING**

1. Each provincial section may host up to three (3) Junior Qualification competitions, and as many as 5 Senior qualification competitions (Senior events can be held in conjunction with the Junior qualification events). Request(s) for designation as a qualification competition shall be submitted by the provincial section on-line through the **E-Sport Login & Signup** on the Diving Canada web-site. Requests shall be submitted no later than September 30 of the current diving season. Once the sanction has been approved by DPC, the event will be registered on the domestic event calendar on the DPC web-site. The Diving Canada National Office shall confirm the on-line competition calendar no later than October 15 of the current diving season.
2. To accommodate the goal of having a 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 2 competition years.

Applications for additions to a current calendar year can be made where space and eligibility exist through the process outlined above.

3. All junior national qualifying competitions must meet the following minimum criteria:
  - have an assigned Meet Referee (funded by Diving Canada)
  - have a minimum of 2 National level judges in addition to the assigned meet referee
  - at least a five (5) judge panel for each event that follows the guidelines as set out in Chapter H-5, Section D
  - all qualification events are based on a current Diving Canada list of dives
  - all results must be reported to DPC in the manner requested. This report must be submitted within 10 days of the final event.
4. All junior qualification meets must be completed at least 25 days prior to the first day of competition of the national championships for which the qualification meet will apply.
5. All competitions must abide by applicable FINA rules and Diving Canada Rules.

### **D. QUALIFICATION FOR NATIONAL CHAMPIONSHIPS**

1. Where a provincial section does not have a diver qualified in an age category (Group A, B, C or D), they may make written application, 14 days prior to the entry deadline, to the National Head Coach for permission to enter a diver.
2. Clubs or individuals requesting special entry considerations for athletes into a Diving Canada National Championships/Trials based upon "exceptional circumstances" must apply in writing to the Diving Canada National Office 14 days prior to the entry deadline of the competition in question. Trial events are to be considered by the High Performance Director and National Championships by the Rules Committee Chair.
3. **At the national qualification competitions, all dive lists must conform to Junior National Championship dive requirements.**
4. **Compulsories and optionals must be performed in the same order as required for the preliminary of their event at the National Championships**
5. 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 Nationals.

From Chapter R-5

## **A. COMPETITION/EVENTS**

1. There shall be two Junior National Championships held.
  - 1.1. Junior Elite Nationals – Group A and B
    - 1.1.1. This Championship shall be scheduled over a five (5) day period from Wednesday to Sunday with the diving facility being available over all five (5) days.
    - 1.1.2. There should be a minimum practice time 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
    - 1.1.3. 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. Junior Development Nationals – Group C and D
    - 1.2.1. This Championship shall be scheduled over a four (4) day period from Thursday to Sunday with the diving facility being available over all four (4) days.
    - 1.2.2. There should be a minimum practice time on Thursday and Friday of nine (9) hours per day preferably encompassing the same times of the day as the competitions on the following two (2) days.
    - 1.2.3. The host committee will schedule practice flights of a minimum of 1 ½ hours on Thursday and Friday ensuring that each team has the opportunity to practice twice a day.
2. During competition days, there will be a minimum of 1-1/2 hours practice time prior to the start of the first event of each day, with a minimum of 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 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.

## **C. JUNIOR DIVE REQUIREMENTS**

### **For all Age Categories**

#### **Compulsories (Dives with limited D.D.)**

- Must be head first
  - Exception - Group C and Group D divers will be allowed feet-first entries on twisting compulsory only
  - In group C and D, the back and reverse dives will be only performed in tuck and/or pike position

#### **Forward Spinning Dives**

- Refers to somersaulting dives from group 1 and group 4

#### **Back Spinning Dives**

- Refers to somersaulting dives from group 2, group 3, group 62x and group 63x
  - A minimum of 2 somersaults required for 62x and 63x to be considered as back spinning
- All back spinning dives must be performed in a tuck or a pike position

#### **Twisting Dives**

- Group 1 and 4 twisting dives must have a minimum of 1 somersault and 1 twist  
The amount of twist must be an even number

- Group 2 and 3 twisting dives must have a minimum of 1 somersault and ½ twist  
The amount of twist must be an odd number

#### Special DDs for Groups C and D

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

#### Special DD for All Age Groups

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

#### Group D Boys and Girls

1 metre	7 dives	MUST cover Group 1 through 4, Group 5 may be used
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>DD limit 7.0</li> <li>201 and 301 mandatory – c or b position only</li> </ul>
	3 optionals	3 groups covered <ul style="list-style-type: none"> <li>One of the three optionals must be back spinning</li> <li>Only one of the three options can be foot first</li> </ul>
3 metre	7 dives	MUST cover Group 1 through 4, Group 5 may be used
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>DD limit 7.6</li> <li>201 and 301 mandatory – c or b position only</li> </ul>
	3 optionals	3 groups covered <ul style="list-style-type: none"> <li>One of the three optionals must be back spinning.</li> <li>Foot first entry only allowed on 404</li> </ul>
Platform 5m and 7.5m	6 dives	MUST cover 5 groups <ul style="list-style-type: none"> <li>Must perform a dive from Group 6</li> </ul>
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>DD limit 7.6</li> </ul>
	2 optionals	2 groups covered <ul style="list-style-type: none"> <li>One of the two optionals must be back spinning</li> <li>Foot first entries only allowed on 404</li> </ul>

#### Group C Boys and Girls

1 metre	8 dives	MUST cover 5 Groups
	5 compulsories	5 groups covered <ul style="list-style-type: none"> <li>DD limit 9.0</li> <li>201 and 301 mandatory – c or b position only</li> </ul>
	3 optionals	3 groups covered

		<ul style="list-style-type: none"> <li>• One of the three optionals must be forward spinning</li> <li>• One of the three optionals must be back spinning</li> <li>• Feet first entries only allowed on <ul style="list-style-type: none"> <li>○ Forward spinning with a minimum of 2 ss</li> <li>○ Dives from Group 5</li> </ul> </li> </ul>
3 metre	8 dives	<b>MUST cover 5 Groups</b>
	5 compulsories	5 groups covered <ul style="list-style-type: none"> <li>• DD limit 9.5</li> <li>• 201 and 301 mandatory – c or b position only</li> </ul>
	3 optionals	3 groups covered <ul style="list-style-type: none"> <li>• One of the three optionals must be forward spinning</li> <li>• One of the three optionals must be back spinning</li> <li>• Feet first entries only allowed on group 4 spinning dives with a minimum of 2 somersaults</li> </ul>
Platform 5m and 7.5m	7 dives	<b>MUST cover 5 groups</b> <ul style="list-style-type: none"> <li>▪ Must perform a dive from Group 6</li> </ul>
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>• DD limit 7.6</li> </ul>
	3 optionals	3 groups covered <ul style="list-style-type: none"> <li>• One of the three optionals must be back spinning</li> <li>• Foot first entries only allowed on 404</li> </ul>

### Group B Boys

1 metre	9 dives	No foot first entries
	5 compulsories	5 groups covered <ul style="list-style-type: none"> <li>• DD limit 9.0</li> </ul>
	4 optionals	4 groups covered <ul style="list-style-type: none"> <li>• Minimum DD 9.2</li> <li>• One of the four optionals must be from group 3</li> </ul>
3 metre	9 dives	No foot first entries
	5 compulsories	5 groups covered <ul style="list-style-type: none"> <li>• DD limit 9.5</li> </ul>
	4 optionals	4 groups covered <ul style="list-style-type: none"> <li>• Minimum DD 9.9</li> <li>• One of the four optionals must be back spinning with minimum of 2 ½ ss</li> </ul>
Platform 5m, 7.5, and 10m	8 dives	<b>MUST cover 6 groups</b> 2 of 8 dives performed on 10 meters <b>No foot first entries</b>
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>• DD limit 7.6</li> </ul>
	4 optionals	4 groups covered <ul style="list-style-type: none"> <li>• Minimum DD 9.5</li> <li>• 201 and 301 cannot be used as an optional</li> <li>• Two of the 4 optionals must be back spinning <ul style="list-style-type: none"> <li>○ One of the back spinning must be from group 3</li> </ul> </li> </ul>

## Group B Girls

<b>1 metre</b>	<b>9 dives</b>	
	<b>5 compulsories</b>	5 groups covered • DD limit 9.0
	<b>4 optionals</b>	4 groups covered • DD minimum 8.5 • One of the four optionals must be from group 3 • Foot first entries allowed only on <ul style="list-style-type: none"> <li>○ dives from Group 1 with minimum of 2 ss</li> <li>○ dives from Group 5</li> </ul>
<b>3 metre</b>	<b>9 dives</b>	No Foot first entries
	<b>5 compulsories</b>	5 groups covered • DD limit 9.5
	<b>4 optionals</b>	4 groups covered • DD minimum 9.4 • One of the four optionals must be from group 3
<b>Platform 5m, 7.5m, and 10m</b>	<b>7 dives</b>	MUST cover 5 groups 2 of 7 dives performed on 10 metre No foot first entries
	<b>4 compulsories</b>	4 groups covered • DD limit 7.6
	<b>3 optionals</b>	3 groups covered • Minimum DD 7.2 • 201 and 301 cannot be used as an optional • One of the three optionals must be back spinning

## Group A Boys

<b>1 metre</b>	<b>10 dives</b>	MUST cover 5 Groups No foot first entries
	<b>5 compulsories</b>	5 groups covered • DD limit 9.0
	<b>5 optionals</b>	5 groups covered • Minimum DD 12.2
<b>3 metre</b>	<b>10 dives</b>	MUST cover 5 Groups No foot first entries
	<b>5 compulsories</b>	5 groups covered • DD limit 9.5
	<b>5 optionals</b>	5 groups covered • Minimum DD 13.5 • Group 2, 3 and 4 must be a minimum of 2 ½ ss
<b>Platform 5m, 7.5m, and 10m</b>	<b>9 dives</b>	MUST cover 6 groups 7 of 9 dives performed on 10 metre or 5 optionals performed on 10 metre No foot first entries
	<b>4 compulsories</b>	4 groups covered • DD limit 7.6
	<b>5 optionals</b>	5 groups covered • Minimum DD 12.5 • 201 and 301 cannot be used as an

		<p>optional</p> <ul style="list-style-type: none"> <li>• Two of the 5 optionals must be back spinning <ul style="list-style-type: none"> <li>○ One must be from 10 metre</li> </ul> </li> <li>• One of 5 optionals must be from group 6</li> </ul>
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### Group A Girls

1 metre	10 dives	MUST cover 5 Groups No Foot first entries
	5 compulsories	5 groups covered • DD limit 9.0
	5 optionals	5 groups covered • DD minimum 11.4 • Foot first entries allowed only in Group 5
3 metre	10 dives	MUST cover 5 Groups No foot first entries
	5 compulsories	5 groups covered • DD limit 9.5
	5 optionals	5 groups covered • DD minimum 13.1
Platform 5m, 7.5m, and 10m	8 dives	MUST cover 5 groups 6 of 8 dives performed on 10 metre or 4 optionals performed on 10 metre No foot first entries
	4 compulsories	4 groups covered • DD limit 7.6
	4 optionals	4 groups covered • Minimum DD 9.8 • 201 and 301 cannot be used as an optional • One of the four optionals must be back spinning

### 3. Junior Qualifying Competitions

- a. Provinces may host a maximum of three junior qualification competitions each year
- b. PSO's will determine which competitions within their province will be eligible for sanctioning as a qualifier
- c. Prospective hosts must apply to DPC through the web-site for sanctioning as a qualification meet.
- d. The months of September, October, November and April will be designated as training months and no qualifiers will be sanctioned during this time period.
- e. All sanctioned qualifiers must be monitored by a DPC assigned meet referee.
- f. There must be a minimum of 2 National level judges (not including the meet referee) on each judging panel. In the cases where there are not a sufficient number of available judges residing in the host city, it will be the responsibility of the PSO and/or host club to cover the travel and accommodation costs of visiting national judges
- g. Only divers using lists adhering to the junior national dive requirements will be eligible to compete in the qualification meets.

**E. JUNIOR STANDARDS**

1. The Association's Age Group Point Standards for **2012-2013** are as follows:

	<b>1M</b>	<b>3M</b>	<b>Platform</b>
<b>Group D – Girls</b>	<b>192</b>	<b>192</b>	<b>184</b>
<b>Group D - Boys</b>	<b>192</b>	<b>192</b>	<b>184</b>
<b>Group C - Girls</b>	<b>226</b>	<b>240</b>	<b>208</b>
<b>Group C - Boys</b>	<b>226</b>	<b>240</b>	<b>208</b>
<b>Group B - Girls</b>	<b>292</b>	<b>306</b>	<b>227</b>
<b>Group B - Boys</b>	<b>278</b>	<b>297</b>	<b>249</b>
<b>Group A - Girls</b>	<b>336</b>	<b>373</b>	<b>287</b>
<b>Group A - Boys</b>	<b>350</b>	<b>380</b>	<b>332</b>