

## CHAPTER R-2: GENERAL DIVING CANADA RULES

### A. APPLICATION

1. These general rules shall apply to all competitions sponsored by or sanctioned by Diving Canada, unless explicitly stated elsewhere in this Rule Book or in writing by the Association. The competitions sanctioned by the Association shall include, but are not necessarily limited to:
  - a. International Competitions:
    - Canada Cup,
    - the Pan Am Junior Championships when hosted by Canada,
    - any other international competition when hosted by Canada.
  - b. the National Championships:
    - Winter Senior,
    - Summer Senior,
    - Junior, and
    - any special National Trials competition.
  - c. Qualification competitions for National Championships

### B. DIVING FACILITIES

1. In addition to complying with the FINA Technical Specifications for Diving, the following criteria shall be used in classifying Canadian diving facilities.

"Class A" Facility - is an indoor or outdoor diving facility suitable for hosting any Senior Nationals or Junior Nationals or National Trials competition. Such a facility shall include:

- Two 1M "Maxiflex" Type B springboards, each with an adjustable fulcrum,
- Two 3M "Maxiflex" Type B springboards, each with an adjustable fulcrum,
- Full platform complex, including 5M, 7.5M and 10M.

To host the Junior Nationals, the facility must be equipped to run simultaneous events/practices.

"Class B" Facility - is an indoor diving facility which includes the following:

- one 1M "Maxiflex" springboard with an adjustable fulcrum,
- two 3M "Maxiflex" springboards, each with an adjustable fulcrum,
- a full platform complex, including 5M, 7.5M and 10M Platform levels.

"Class C" Facility - is an indoor diving facility which includes the following:

- one 1M "Maxiflex" springboard with an adjustable fulcrum,
- one 3M "Maxiflex" springboard with an adjustable fulcrum,
- a 10M platform.

"Class D" Facility - is any other diving facility.

2. The Association shall compile and maintain a list of diving facilities in Canada in accordance with these four (4) classifications.
3. Any diving facility authority wishing to have a facility placed on the Association's list of diving facilities shall submit (to the Association), a completed "Pool Classification Form".
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.
  1. Seating for judges will be per FINA rules, unless otherwise identified by the meet referee.

### C. MEET AND QUALIFICATION EVENT SANCTIONING

1. Each year, each provincial section may submit a request(s) to sanction up to five (5) competitions as qualifying competitions, either on a one-time basis, or on an ongoing basis. Such request(s) shall be submitted by the provincial

section to the Diving Canada National Office no later than September 30 of the current diving season. The Diving Canada National Office shall circulate information on the competitions so designated to all provincial sections no later than October 15 of the current diving season.

Applications for additions can be made after this time under special circumstances.

- ⇒ 2. The competition schedule for junior qualification meets must be based on the national schedule; i.e. staggering tower events with springboard events through the competition weekend. **Application for exceptions due to extenuating circumstances may be made to the Rules Chair a minimum of 60 days before the start of the competition.**

3. All qualifying competitions for National events must meet the following minimum criteria:
- at least three (3) clubs participating
  - at least a five (5) judge panel for each event
  - 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.

1. 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.
2. All competitions must abide by FINA rules GR2 through GR4.

## **B. QUALIFICATION FOR NATIONAL CHAMPIONSHIPS**

1. Where a provincial section does not have a diver qualified in a particular event category, they shall be permitted one (1) person per event, per sex, without qualification. The respective provincial section will administer the method of selection.
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 by the entry deadline of the competition in question. Trial events are to be considered by the High Performance Director and Nationals by the Rules Committee Chair.

3. For **Groups C and D**, qualification for age group standards at designated Group 1 and Group 2 age group qualifying competitions must be full list, i.e. must perform the same number of dives, with optionals and compulsories in the same order as will be required for their age group at the Junior National Championships.
4. For **Groups A and B**, qualification for age group standards at designated Group 1 and Group 2 age group qualifying competitions must be the same number of dives as in the preliminaries for their age group at the Junior National Championships, with optionals and compulsories in the same order.
5. Divers may only achieve qualifying scores in their own age group, therefore, open events at Group 1 and 2 qualifiers cannot be used as qualifying events for Junior Nationals.

## **E. EVENT ENTRY PROCEDURES FOR NATIONAL CHAMPIONSHIPS AND TRIALS AND SANCTIONED QUALIFYING EVENTS**

1. The National Scoring Form/Dive Sheet, as provided by the Association, shall be the only one used for all entries in each event at all competitions sanctioned by the Association. These forms should be readily available throughout and for seven days immediately preceding the competition. These forms may also be downloaded from the Diving Canada website or submitted electronically via the Dive Sheet Generator. Clubs accepting electronic dive sheets must register their event with Integrated Sports Systems (ISS).
2. The National Scoring Forms shall be completed and signed by the diver 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).
3. All preliminary, semi-final and final dive sheets must be submitted to the Meet Manager 24 hours before the scheduled start of the preliminary event.
4. Dive sheet procedure
- 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 24 hours before the start of the event. 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. Athletes/clubs submitting dive sheets through the Dive Sheet Generator will receive a printed copy of the dive sheets at the championship for verification and signature. The signed dive sheet will be the copy referred to by the referee in the event of a discrepancy.
5. Should a deck entry be received less than 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.
6. No Dive Sheets shall be accepted for an event within one (1) hour of the scheduled start time of the preliminary session for the event.

7. In the event that the diving order has already been established at the time a late Dive Sheet is submitted as noted in clause #5 above, the late entry shall be placed first in the diving order for that event. Moreover, should there be more than one (1) late entry for a particular event, the latest entry shall dive before the second last entry, etc.
8. Changes to a preliminary session dive sheet shall be accepted up to 1 hour prior to the scheduled start of the respective preliminary session. Changes to a final dive sheet shall be accepted up to 30 minutes after the completion of the respective preliminary session.
9. 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.

#### **F. DIVING CANADA RULE INTERPRETATION**

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.
2. If a diver submits a list that does not otherwise comply with the required order of dives, the first dive that is not in compliance shall be failed.
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 judges when such official is in error.
4. If the diver comes dangerously close, or off to the side of the springboard or platform, there will be a 1-2 point deduction by the judges. The referee has the right to tell the panel the athlete was close.
5. Diving Canada interpretation of armstand dives. If a diver moves one or both hands, and walks on the platform, or his feet or any other body part returns to the platform, this action shall be considered as only one balk. If a diver

moves one or both hands, and then returns to a balanced position, without having had his feet return to the platform, and then moves one of both hands again, that shall be considered a failed dive.

6. In armstand dives it is understood that to show control the diver must show a steady armstand before proceeding with the dive. Judges discretion in penalty to be applied.
7. Diving Canada interpretation of FINA Rule 8.3.1 regarding the approach on running dives: If the referee deems that the final step has been taken from two feet, the referee shall declare it a failed dive. The “final step” in the approach is the last step that leads into the hurdle position.
8. **The following dives may not be performed at a national junior or senior championships: 5211 (all boards), and 102, 202, 302, 402 (these 4 dives may not be performed on 3m or tower). These dives may be used at qualifying competitions.**

#### G. CLUB POINTS

1. The point system for determining club or team awards based on placement in any event in any competition shall be as follows:

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

2. Only the points from the final session will count towards club points.
3. Trophies of the Association will be housed in the Aquatic Hall of Fame and Museum of Canada Inc. The winners' names will be inscribed on the trophies each year. The National Office will ensure the names are so inscribed.

#### H. TECHNICAL REGULATIONS

1. Twelve (12) Canadian citizens in finals and/or 18 Canadians in semi-finals will have the opportunity to compete at any Canadian Diving Championships (Senior Nationals, Junior Nationals, National Trials and Junior Qualifying Events), even if there are one or more non-Canadians qualifying for the final and/or semi final (including all divers who tied for 12th or 18th place if applicable).

Non-Canadians are eligible to receive duplicate medals and duplicate team points only. 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 be only eligible to receive duplicate medals and duplicate team points.

2. 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.
3. When simultaneous events are being run, divers competing in an event may not use the open practice boards during the running of their event.
4. Participation in the practice period immediately before each event will be restricted to the athletes competing in that event for a minimum of 1/2 hour, and a maximum of one hour.
5. 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.

#### I. CALCULATIONS FOR INDIVIDUAL EVENTS

Scoring will be conducted as per FINA Rules (D 7.5 and D 7.7) for individual events (Senior Nationals, Junior Nationals, Senior and Junior Qualifying Events).

## J. DIVING BOARDS AND LIGHTING

### 1. Springboards

For the safety and performance of diving boards used in a National or International Diving Championships, at least one springboard at each of the one metre and three metre level should not be more than four years old, and additional boards, up to two, not more than six years old, or be in better condition than the four year old or newer boards.

- 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.
- The fulcrum must be properly adjusted and lubricated, and must go back to the 9 setting.
- The boards must be level in all directions and at the tip when the fulcrum is set at 1 and 9.
- The height of the 1 and 3 metre boards must be no less than 1 and 3 metres above the surface of the water respectively.

### 2. How to measure level diving boards

All diving boards must be level with the +/- 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.

- The fulcrum tracks must be level, with a maximum tolerance of 1 mm.
- The fulcrum tracks must be level, from left to right, at the front and back.
- 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.
- The front of the board must be levelled left to right, and must not be off by more than 1/2 cm.
- The board must be centred so that the fulcrum protrudes at least 1 cm on each side of the supports.

### 3. Pool Lighting

- The pool lighting should be checked by the pool supervisor or a photographer with a light meter. 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.

- If TV lights are used, they must be positioned at least 45 degrees to the side of the diver's facing.

## K. DIVING SAFETY RULES REGARDING COACHING STACKED PLATFORMS AT COMPETITIONS

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.
2. A coach with a diver on a given platform (for example 10 meter) must ensure that no diver is proceeding to dive on a conflicting platform (for example 5 meter). This can be done by calling "HOLD FIVE" with an acknowledgement by the diver or by other clear communication and acknowledgement.
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 up coming dive. At this point they may signal their diver to proceed (for example "GO TEN.")
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.
5. Divers must be trained to check their target area to ensure that it is clear.
6. They must call to the conflicting platform over the side for example "HOLD FIVE! TEN GOING!" before the signal of their coach.
7. Coaches of divers on conflicting platforms and their divers must ensure that the signals of the coach and diver who is going are acknowledged and ensure that

they do not proceed without also following the protocol when it is their turn.

This system will be in place during practice times at all National Championships.

## L. RECOMMENDED LIGHTNING GUIDELINES

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.
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.
3. Do not use umbrellas or earphones. Both can attract electrical currents.
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!
5. Do not continue swimming or diving in the open water. Locate safe shelter as quickly as possible.
6. If you feel your hair stand on end or your skin tingle or hear crackling noises, immediately crouch (as in No. 3) to minimize your body surface area.
7. Allow 30 minutes to pass after the last sound of thunder or flash of lightning before resuming any activity.
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.
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.



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 the rainshaft.

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

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

### Trampoline Safety

#### 1.1 General

- 1.1.1 Divers using a trampoline must be supervised by a minimum "Trained" Diving Competition Introduction coach, or equivalent.
- 1.1.2 Divers must be educated on all aspects of trampoline safety taught in the Diving Competition Introduction Course
- 1.1.3 Divers shall jump on the trampoline one at a time.
- 1.1.4 All obstructions must be removed from underneath the trampoline bed prior to its use.
- 1.1.5 Mats shall cover the frame and a portion of all the springs of the trampoline.
- 1.1.6 Ensure that the divers are not endangered by hitting overhead obstructions.
- 1.1.7 Springs shall be fastened to the trampoline with the hooks facing down.

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

- 2.1 An independent trampoline should have semi-hard mats at least 3.8 cm thick placed on the floor adjacent to each side of the frame of the trampoline
- 2.2 Trampolines that are placed adjacent to each other need only have 3.8 cm mats placed on the floors of the exposed sides of the trampoline.

- 2.3 When a trampoline is situated beside 1 or 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.
- 2.4 Instead of using mats as stated in section 2.3, a trampoline may use a safety net or platform as outlined in section 3.1 and 3.1.1.
- 2.5 If the harness is used, it will be considered equivalent to the safety guidelines in 2.2.1 through 2.4.
- 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. A safe environment for performing advanced skills on a trampoline follows these recommendations:
- 3.1 A safety net should surround 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 5 poles, with 1 pole attached to each of the four frame's corners and 1 pole attached to the middle of at least on 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.
- 3.1.1 When a net cannot be used, a platform minimum 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.
- 3.1.2 When a net or .6m wide platform cannot be used, mats 1.2m in width or greater should be installed on the exposed sides of the trampoline.
- 3.2 If the harness is used, it will be considered equivalent to the safety guidelines in 2.3.1 through 2.3.2.

## Dryboard Safety

### 4 General

- 4.1 The following safety recommendations are specific to the use of dryboards by competitive and non-competitive divers.
- 4.2 Divers who train competitively using a dryboard must be supervised by a minimum “Trained” Diving Competition Introduction coach, or equivalent. Divers must be educated on all aspects of dryboard safety taught in the Diving Competition Introduction Course.
- 4.3 Divers who practice non-competitively must be supervised by a minimum “Trained” Diving Instructor, or equivalent, when using a dryboard. These divers should not perform standing somersaults unassisted on a dryboard. Divers must be educated on all aspects of dryboard safety taught in the Diving Competition Introduction Course.
- 4.4 The top edge of the plummet should be higher than the diver's capacity to bend the board (in order not to touch the ground with the board). It is recommended that the plummet be no lower than 1.2m from the floor.
- 4.5 Ensure that the divers are not endangered by hitting overhead obstructions.
- 4.6 When more than one mat is used, a cover should be added over the entire surface of the mats to ensure the mats do not separate.
- 5 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. A safe environment for performing basic skills on a dryboard or platform is one that follows these recommendations:
- 5.1 The landing mat should be at least 0.6m thick.
- 5.2 The landing mat should be a minimum of 152 cm wide and 243cm long (5' x 8').
- 5.3 The lateral distance from the plummet to the outside edge of mat should not be less than 0.75m.
- 5.4 Distance from plummet to landing mat should not exceed 0.2m.

- 5.5 The landing mat is recommended to be equal to, or no lower than 10cm below, the top edge of the dryboard.
- 5.6 A dryboard shall have semi-hard mats at least 3.8 cm thick placed on the floor adjacent to each side of the dryboard.
- 5.6.1 When semi-hard mats are not used on the floor, a platform should surround the dryboard to prevent falls. 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 level or no lower than 0.05m 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.
- 5.6.2 If the platform is larger than 0.6m wide, it may be situated no lower than 0.35m from the top edge of the dryboard.
- 5.7 If the harness is used, it will be considered equivalent to the safety guidelines in 5.1 through 5.6.2.

**6.** 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. A safe environment for performing advanced skills on a dryboard or platform is one that follows these recommendations:

- 6.1 The landing mat should be at least 0.6m thick.
- 6.2 The landing mat should be a minimum of 183cm wide and 274cm long (6' x 9').
- 6.3 Lateral distance from the plummet to the edge of outside mat should not be smaller than 0.91m.
- 6.4 Distance from plummet to landing mat should not be larger than 0.2m.
- 6.5 The landing mat is recommended to be equal to, or no lower than, 10cm below the top edge of the dryboard.
- 6.6 A dryboard shall have semi-hard mats at least 3.8 cm thick placed on the floor adjacent to each side of the dryboard.
- 6.6.1 When semi-hard mats are not used on the floor, a platform should surround the dryboard to prevent falls. 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 level or no

lower than 0.05m from the top edge of the dryboard. The platform should follow both lengths of the dryboard completely. The platform shall be covered with a soft material such as carpet or a mat.

- 6.6.2 If the platform is larger than 0.6m wide, it may be situated no less than 0.35m from the top edge of the dryboard.
- 6.7 If the harness is used, it will be considered equivalent to the safety guidelines in 6.1 through 6.6.2.

## **7 Parallel Dryboards**

- 7.1 Parallel dryboards may be used alternately by divers provided that they follow the minimum requirements as indicated in section 5 or section 6 depending on the skill being performed.
- 7.2 Parallel dryboards may be used synchronously by divers provided that they follow the minimum requirements as indicated in section 5 or section 6 depending on the skill being performed and the lateral distance between centers of both dryboards is a minimum of 140cm.
- 7.3 Parallel dryboards should have semi-hard mats at least 3.8 cm thick placed on the floor adjacent to each side of the dryboard.
- 7.3.1 When semi-hard mats are not used on the floor, a platform should surround the dryboards in accordance with section 6.6 and 6.6.1.
- 7.4 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 6.6 and 6.6.1.

## **8 Dryboards facing each other**

- 8.1 Divers using dryboards facing each other should do so in an alternating sequence.

## **9 Springfloor**

- 9.1 A springfloor should be a minimum of 1.5m wide and level.
- 9.2 A springfloor shall be covered by a smooth and continuous surface. If the springfloor comprises of one or

more sections, adjoining sections must be securely attached solidly so as not to separate while in use.

9.3 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.

9.3.1 Divers shall perform their skills on the springfloor 0.5m from the wall or column.

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