

CHAPTER R-5: JUNIOR NATIONAL CHAMPIONSHIPS

A. COMPETITION/EVENTS

1. This Championship shall be scheduled over a seven (7) day period from a Monday to Sunday with the diving facility being available over all seven (7) days.

There should be a minimum practice time on:

- Monday, of two blocks of training lasting at least 1-1/2 hours, separated by at least 2-1/2 hours, with the second session taking place late in the day. The Host Committee may include scheduled practice flights of 1-1/2 hours each.
- ⇒ - **Monday and Tuesday** of nine (9) hours per day preferably encompassing the same times of the day as the competitions on the following four **and one-half (4-1/2)** days.
- ⇒ - **Wednesday morning, until restricted practice for the first event.**
- ⇒ - The Host Committee will schedule practice flights of 1-1/2 hours **Monday and Tuesday** only ensuring that each team has the opportunity to practice twice a day.

2. There will be a minimum of 1-1/2 hours practice time prior to the start of the first event of each day, including 1 hour unrestricted practice starting at 7:30 a.m., and 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, using 20 seconds per dive as a guideline and every diver doing a minimum of one of each of their dives.

No event will start before 9:00 a.m.

3. Similar sized springboard events will be paired for simultaneous running.

4. **A schedule for a 4-1/2 day Junior National championship will be developed and provided at a later date.** Start times of events may vary based on projected and final event participation. This schedule of events **is** subject to the approval of the Rules Chair and High Performance Director.

5. The events for each age group, including the total number of dives to be performed, the number of dives to be performed with an aggregate Degree of Difficulty limit, that aggregate Degree of Difficulty (DD) limit, and the number of dives to be performed without limit, are as follows:

	Total # of Dives	# of Dives with Limit	DD Limit	# of Dives w/out Limit
<i>Group D - Girls & Boys</i>				
1M	7	4	7.2	3
3M	7	4	7.6	3
Platform	6	4	7.6	2
<i>Group C - Girls & Boys</i>				
1M	8	5	9.0	3
3M	8	5	9.5	3
Platform	7	4	7.6	3
<i>Group B - Girls</i>				
1M	9	5	9.0	4
3M	9	5	9.5	4
Platform	7	4	7.6	3
<i>Group B - Boys</i>				
1M	9	5	9.0	4
3M	9	5	9.5	4
Platform	8	4	7.6	4
<i>Group A - Girls</i>				
1M	10	5	9.0	5
3M	10	5	9.5	5
Platform	8	4	7.6	4
<i>Group A - Boys</i>				
1M	10	5	9.0	5
3M	10	5	9.5	5

B. TECHNICAL REGULATIONS

1. When the final time schedule for the diving events has been circulated to all clubs participating, no event shall start more than one half hour before the starting time posted.
2. Divers in Groups A and B will compete a full list in the Preliminary session, comprised of dives with limit followed by dives without limit, with a separate finals consisting of dives without limit only. The top 12 divers from the Preliminaries will advance to the Final session. The scores of the dives with limit will be carried forward to the Final session. In the Final session, the divers will compete in the reverse order of their ranking determined by the total scores at the end of the Preliminary Session.
3. Divers in Groups C and D will comprise dives with limit followed by dives without limit. The events will be run as a straight Final session. No cuts will be made in Groups C and D.
4. Changes to dive sheets between the preliminaries and finals for Groups A and B is per FINA rules (D4.6) Changes to dive sheets prior to the preliminaries for all groups is per Diving Canada rules.
5. At the Junior National Championships, a minimum of thirty (30) minutes of practice shall be given between events. No practice will be allowed in the pool until the conclusion of both simultaneous events.

C. JUNIOR DIVE REQUIREMENTS

Springboard Events

1. *Group D - 1 and 3 metre (Boys and Girls)*

There are seven (7) dives in these events:

- a. Four (4) dives with an aggregate Degree of Difficulty (D.D.) limit of 7.2 for 1 metre and 7.6 for 3 metre, each

- performed from different groups, followed by three (3) voluntary dives are without limit and to be performed from different groups.
- b. dives with a limit of D.D. must be different then the dives without a limit of D.D.

2. *Group C – 1 and 3 metre (Boys and Girls)*

There are eight (8) dives in these events:

Five (5) voluntary dives with limit followed by three (3) voluntary dives without limit.

- a. the aggregate D.D. of the five (5) voluntary dives with limit may not exceed 9.5 on 3 metre, and 9.0 on 1 metre.
- b. all voluntary dives with limit must be from different groups.
- c. all voluntary dives without limit must be from different groups, and different from the voluntary dives with limit.

3. *Group B - 1 and 3 metre (Boys & Girls)*

Preliminaries: Five (5) voluntary dives with limit followed by four (4) voluntary dives without limit.

Finals: Four (4) voluntary dives without limit.

- a. the five (5) voluntary dives with limit must be from different groups, and must not exceed a D.D. of 9.5 on 3 metre, and 9.0 on 1 metre.
- b. all voluntary dives without limit must be from different groups, and different from the voluntary dives with limit.

4. *Group A - 1 and 3 metre (Boys and Girls)*

There are ten (10) dives in these events:

Preliminaries: five (5) voluntary dives with limit followed by five (5) voluntary dives without limit.

Finals: five (5) voluntary dives without limit.

- a. the five (5) voluntary dives with limit must be from different groups, and must not exceed a D.D. of 9.5 on 3 metre, and 9.0 on 1 metre.
- b. all voluntary dives without limit must be from different groups, and different from the voluntary dives with limit.

Platform Events

1. *Group D and under - 5 - 7.5 metres (Boys & Girls)*

There are six (6) dives in these events:

- a. Four (4) dives have an aggregate D.D. limit of 7.6, each be performed from different groups, followed by two (2) voluntary dives without limit to be performed from different groups.
- c. Dives with a limit of D.D. must be different then the dives without a limit of D.D.

2. *Group C and under - 5 - 7.5 metres (Boys & Girls)*

There are seven (7)-dives in these events.

Four (4) voluntary dives with limit followed by three (3) voluntary dives without limit.

- a. The four (4) voluntary dives with limit must be from different groups and not exceed an aggregate D.D. of 7.6 .
- b. The three (3) voluntary dives without limit must be from different groups, and must be different from the voluntary dives with limit.

3. *Group B - 5 - 7.5 - 10 metres (Boys and Girls)*

Girls

There are seven (7) dives in this event, four (4) dives with limit and three (3) dives without.

Preliminaries: Four (4) voluntary dives with limit, and three (3) voluntary dives without limit.

Finals: three (3) voluntary dives without limit

Boys

There are eight (8) dives in this event, four (4) dives with limit and four (4) dives without.

Preliminaries: Four (4) voluntary dives with limit followed by four (4) voluntary dives without limit.

Finals: four (4) voluntary dives without limit.

- a. all voluntary dives with limit must be from different groups and not exceed an aggregate D.D. of 7.6.
- b. all voluntary dives without limit must be from different groups and different from the voluntary dives with limit.
- c. Five (5) groups of dives must be covered.

4. *Group A - 5 - 7.5 - 10 metres (Boys and Girls)*

Girls

There are eight (8) dives in this event.

Preliminaries: four (4) voluntary dives with limit followed by four (4) voluntary dives without limit.

Finals: four (4) voluntary dives without limit.

Boys

There are nine (9) dives in this event.

Preliminaries: four (4) voluntary dives with limit followed by five (5) voluntary dives without limit.

Finals: five (5) voluntary dives without limit.

- a. the four (4) voluntary dives with limit must not exceed an aggregate Degree of Difficulty of 7.6 and shall be from different groups, for both girls and boys.
- b. the four (4) dives with limit and five (5) voluntary dives without limit must be from five (5) different groups for the girls, and six (6) different groups for the boys, and must be different from the voluntary dives with limit.

D. ENTRANCE CRITERIA

1. A diver may enter only those events which apply to his/her age group.

⇒ For the **2011** National Junior Championships, these groups are as follows:

Group A - any diver born in **1993, 1994 or 1995**;

Group B - any diver born in **1996 or 1997**;

Group C - any diver born in **1998 or 1999**; and

Group D - any diver born in **2000** or later.

2. To enter an event at this Championship, a diver shall have qualified on the basis of one (1) or more of the following criteria:

⇒ a. Any diver who placed in the **top 12** of any Senior National Championships and met the senior point standard in any session from the current season is exempt from qualification for that event; or

- b. Any diver who has twice met at 2 different meets the current season's age group point standard for that event at the junior qualifying competitions below held during the preceding twelve months. At least one of the qualifying scores on each event must be obtained at a Group 1 meet; or.
- c. Any diver who is a member of the current Canadian senior national team.
- ⇒ **d. Any diver who represented Canada at pre-identified international competitions will be qualified to compete on all boards. Eligible competitions will be identified by the High Performance Director.**

3. Junior Qualifying Competitions



Group 1 (2011 season)

- Manitoba (January)
- Ontario (February-March)
- Quebec (**March**)
- British Columbia (**March**)
- Atlantic (April)
- Saskatchewan (April)
- Alberta (May)
- Ontario (May)
- Quebec (June)

Group 2

- Minimum of one (1) competition per province as designated by each PSO.

E. JUNIOR STANDARDS

1. The Association's Age Group Point Standards for **2010-2011** are as follows:

	1M	3M	Platform
Group D – Girls	190	200	175
Group D - Boys	190	200	175
Group C - Girls	245	255	225
Group C - Boys	230	240	225

Group B - Girls	300	315	245
Group B - Boys	280	290	265
Group A - Girls	355	380	300
Group A - Boys	345	365	315

F. AWARDS

1. Medals for first to third place shall be supplied by the Association and shall be presented by the Host Committee, to the divers placing in the top three (3) overall in each event in each Age Group. Appropriate awards for fourth to twelfth place shall be supplied and presented by the Host Committee, to the remaining divers placing in the top twelve (12) overall in each event in each Age Group.

All twelve (12) finalists will be acknowledged in the medal ceremony.

2. The Association shall also supply a pennant to be awarded by the Host Committee at the conclusion of the Championships to the club that has accumulated the most club points over all events in the Championship. These points shall be determined on the basis of the overall placing of each diver in each event in each age group.
3. Criteria for Outstanding Diver Award:
An Award for the Outstanding Diver of each age group (male and female) of the Junior National Championships will be given by Diving Plongeon Canada.
 - Eligible divers must compete in all three (1 metre, 3 metre and platform) events.
 - The scores acquired in the three events will be added together for each diver.
 - The diver with the highest total points will be named the Outstanding Diver for that age group.
 - In the event of a tie, both divers will receive the Award.
 - Non-Canadians are eligible to win these awards.



3. Isabel Warren Award:

An award for the best compulsory divers in Girls B and Boys B will be given. This award is presented by the Etobicoke Diving Club and funded by the Isabel Warren

Trust Fund.

G. GROUP E DIVE REQUIREMENTS

*** Group E is **not** a Junior National Championship event. This section has been added for use at other competitions.*

Group E - 1 meter (Boys and Girls)

There are six (6) dives in these events:

- a. the Group E events will be straight finals.
- b. two (2) dives, which must be front jump layout with approach (100 A) and back jump layout (200 A).
- c. four (4) additional dives from three (3) groups.
- d. all dives have a degree of difficulty of 1.8.

Group E - 3 meter (Boys and Girls)

There are six (6) dives in these events:

- a. the Group E events will be straight finals.
- b. three (3) dives, which must be standing forward entry pike, standing backward entry and front jump pike with approach.
- c. three (3) additional dives from three (3) groups.
- d. all dives have a degree of difficulty of 1.9.