

## CHAPTER R-1: GENERAL DIVING CANADA RULES

### 1. APPLICATION

1.1. These general rules shall apply to all competitions sponsored by or sanctioned by DPC, unless explicitly stated elsewhere in this Rule Book or in writing by DPC. The competitions sanctioned by DPC shall include, but are not necessarily limited to:

1.1.1. International Competitions:

- World Series,
- Canada Cup,
- Any other international competition when hosted by Canada.

1.1.2. National Championships:

- Senior Winter,
- Senior Summer,
- Junior Elite,
- Junior Development, and
- Any special national trials competition.

1.1.3. Qualification Competitions for National Championships

### 2. DIVING FACILITIES

2.1. In addition to complying with the FINA Technical Specifications for Diving, the following criteria shall be used in classifying Canadian diving facilities. There are also NEW Classification requirements for pools built after September, 2011.

2.1.1. "Class A" Facility: An indoor or outdoor diving facility suitable for hosting any Senior Nationals or senior national trials competition. Such a facility shall include:

2.1.1.1. A minimum of two (2) 1M "Maxiflex" Type B springboards, each with Durafirm short stands

2.1.1.2. A minimum of two (2) 3M "Maxiflex" Type B springboards, each with Durafirm short stands

2.1.1.3. Full platform complex, including 3M, 5M, 7.5M and 10M complying with the FINA Technical Specifications for Synchronized diving

- 2.1.1.4. Access to a dry-land area with dry-land equipment complying with the DPC Technical Specifications for dry-land equipment:
  - 2.1.1.4.1. A minimum of one (1) trampoline
  - 2.1.1.4.2. A minimum of one (1) dry-board
  - 2.1.1.4.3. A minimum of two (2) stations for platform take-off to accommodate the needs of synchro divers
  - 2.1.1.4.4. A minimum surface of 20x40 square feet, covered with mats for floor exercises
- 2.1.2. "Class B" Facility: An indoor or outdoor diving facility suitable for hosting any Junior Nationals or junior trials event which includes the following:
  - 2.1.2.1. A minimum of two (2) 1M "Maxiflex" springboard with Durafirm short stands
  - 2.1.2.2. A minimum of two (2) 3M "Maxiflex" springboards, each with Durafirm short stands
  - 2.1.2.3. A full platform complex, including 3M, 5M, 7.5M and 10M Platform levels
  - 2.1.2.4. To host the Junior Nationals, the facility must be equipped to run simultaneous events/practices
  - 2.1.2.5. A minimum deck width of 3 metre on each side of the diving tank
  - 2.1.2.6. Access to a dry-land area with dry-land equipment complying with the DPC Technical Specifications for dry-land equipment, the area not necessarily needing to be all in one location:
    - 2.1.2.6.1. A minimum of one (1) trampoline
    - 2.1.2.6.2. A minimum of one (1) dry-board
    - 2.1.2.6.3. A minimum of two (2) stations for platform take-off
    - 2.1.2.6.4. A minimum surface of 20x40 square feet, covered with mats for floor exercises
- 2.1.3. Pools built after September, 2011 will be classified based on the following additional requirements for a Class "B" facility
  - 2.1.3.1. A minimum of three (3) 1M "Maxiflex" Type B springboards, each with Durafirm short stands
  - 2.1.3.2. A minimum of three (3) 3M "Maxiflex" Type B springboards, each with Durafirm short stands
  - 2.1.3.3. Full platform complex, including 3M, 5M, 7.5M and 10M – the 5M and 10M Platforms to be 3.1m wide to accommodate synchronized diving

- 2.1.4. "Class C" Facility: An indoor or outdoor diving facility which includes the following:
  - 2.1.4.1. One (1) 1M "Maxiflex" springboard with an adjustable fulcrum
  - 2.1.4.2. One (1) 3M "Maxiflex" springboard with an adjustable fulcrum
  - 2.1.4.3. A complex that includes a 10M platform
- 2.1.5. "Class D" Facility: Any other diving facility.
- 2.2. DPC shall compile and maintain a list of diving facilities in Canada in accordance with Class 'A' and 'B' facilities.
- 2.3. Any diving facility authority wishing to have a facility placed on DPC's list of diving facilities shall submit (to DPC), a completed "Pool Classification Form".
- 2.4. 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.
- 2.5. Seating for officials will be per FINA Rules, unless otherwise identified by the meet referee.

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

- 3.1. Each provincial section may host up to three (3) junior Qualification competitions, and up to three (3) senior qualification competitions (senior events may be held in conjunction with the junior qualification events). Any requests for designation as a qualification competition shall be submitted by the provincial section on-line through the E-Sport Login & Signup ([www.issmembership.com/dpc](http://www.issmembership.com/dpc)) on the DPC web-site. Requests will be accepted as early as 16 months prior to the competition season as per 3.2 below. Once the sanction has been approved by DPC, the event will be registered on the domestic event calendar on the DPC web-site. The DPC national office shall confirm the on-line competition calendar no later than October 15 of the current diving season. Requests for sanctions can be submitted after this date but will be subject to the availability of the weekend being requested.
- 3.2. To accommodate the goal of having a two (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 two (2) competition years.
- 3.3. Applications for additions to a current calendar year can be made where space and eligibility exist through the process outlined above.

### 3.4. Hosting Junior Qualification Events

- 3.4.1. Provinces may host a maximum of three (3) junior qualification competitions each year.
- 3.4.2. PSOs will determine which competitions within their province will be eligible for sanctioning as a qualification competition.
- 3.4.3. Prospective hosts must apply to DPC through the website for sanctioning as a qualification competition.
- 3.4.4. The months of September, October, November and April will be designated training months and no qualification competitions will be sanctioned during this time period.
- 3.4.5. In the cases where there are not a sufficient number of available national officials residing in the host city, it will be the responsibility of the PSO and/or the host club to cover the travel and accommodation costs of visiting national officials so that all panels will contain 2 national level officials.

### 3.5. All junior national qualifying competitions must meet the following minimum criteria:

- 3.5.1. Have a DPC assigned meet referee (funded by DPC)
- 3.5.2. Conduct a coaches and officials meeting, preferably prior to the commencement of the events on the first day of the competition.
- 3.5.3. Have a sufficient number of national level officials in attendance to meet the requirements of two (2) national level officials per panel (see Section 1 – E4.5 in the handbook section). If simultaneous events are held there will be a minimum of four (4) national level officials in attendance.
- 3.5.4. All judging panels will have a minimum of 5 judges containing a minimum of 2 national level officials. (Section D 4.3 in the handbook section of the Rule Book)
- 3.5.5. All qualification events are based on a current DPC national list of dives – all divers in the event must adhere to Junior National Dive Requirements.
- 3.5.6. All results must be reported to DPC in the manner requested. This report must be submitted within ten (10) days of the final event.

- 3.6. All junior qualification meets must be completed at least ten (10) days prior to the first day of competition of the Junior Nationals for which the qualification meet will apply. Where special circumstances cause a qualification competition to be held the weekend prior to the Junior Nationals, notification must be sent to the DPC events manager of any athletes hoping to achieve qualification at that competition.
- 3.7. All competitions must abide by applicable FINA Rules and DPC Rules.

#### **4. QUALIFICATION FOR NATIONAL CHAMPIONSHIPS**

- 4.1. Clubs or individuals requesting special entry considerations for athletes into a DPC national championships/trials based upon “exceptional circumstances” must apply in writing to the DPC national office fourteen (14) days prior to the entry deadline of the competition in question.
- 4.2. At the national qualification competitions, all dive lists must conform to Junior Elite and Junior Development National Championship dive requirements.
- 4.3. Dives with limit and dives without limit must be performed in the same order as required for the preliminary of their event at the national championships.
- 4.4. 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 Elite and Junior Development Nationals.

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

- 5.1. The national scoring form/dive sheet, as provided by DPC, shall be the only one used for all entries in each event at all competitions sanctioned by DPC. Forms may be available in either electronic or hard copy format. Hard copy of these forms should be readily available throughout and for seven days immediately preceding the competition. These forms may also be downloaded from the DPC website or submitted electronically via the Dive Sheet Generator. Clubs accepting electronic dive sheets must register their event with Integrated Sports Systems (ISS).
- 5.2. The national scoring forms shall be completed and signed by the diver and their representative 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).

5.3. All preliminary, semi-final and final dive sheets must be submitted to the Meet Manager twenty-four (24) hours before the scheduled start of the preliminary event.

#### 5.4. Dive sheet procedure

5.4.1. 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 twenty-four (24) hours before the start of the event.

5.4.1.1. 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.

5.4.1.2. Dive sheets submitted through the Dive Sheet Generator will be considered a signed dive sheet. The Dive Sheet Generator will date and time stamp the sheets as they are submitted and the most recent version will be considered the signed dive sheet should there be any discrepancies during the competition. Divers (and coaches) shall be responsible for verifying the list of dives on record is accurate any time prior to one (1) hour before the start time of the event.

5.4.2. Should a deck entry be received less than twenty-four (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.

5.4.3. No dive sheets (including changes to previously submitted dive sheets) shall be accepted for an event within one (1) hour of the scheduled start time of the preliminary session for the event.

5.4.4. In the event that the diving order has already been established at the time a late dive sheet is submitted as noted in section 5.4.2, the late entry shall be placed first in the diving order for that event. Should there be more than one (1) late entry for an event; such entries shall dive in reverse order of receipt, such that the latest entry shall dive first.

- 5.4.5. Changes to a preliminary session dive sheet shall be accepted up to 1 hour prior to the scheduled start of the respective preliminary session.
- 5.4.6. Changes to a semi-final or final dive sheet shall be accepted up to thirty (30) minutes after the completion (as per the time stamp on the results file) of the respective preliminary or semi-final session.
  - 5.4.6.1. 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.

## **6. DIVING CANADA RULE INTERPRETATION**

- 6.1. The dive number and position on the dive sheet will take precedence over the degree of difficulty or dive number display or any announcement.
- 6.2. If a diver submits a list that does not comply with the rules of the competition and this is discovered during the competition or within one (1) hour of the competition, the first dive that is not in compliance with the rules shall be failed. If there are any subsequent dives that are not in compliance, they also will be failed.
- 6.3. 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 officials when such official is in error.
- 6.4. DPC interpretation of armstand dives - if a diver, due to losing balance, moves one (1) or both hands and “walks” on the platform, or his or her feet or any other body part returns to the platform, this action shall be considered as only one (1) balk. If a diver due to losing balance moves one (1) or both hands, and then returns to a balanced position, without having had his or her feet return to the platform, and then moves one (1) or both hands again, that shall be considered a second balk and therefore a failed dive.
- 6.5. If, during an armstand takeoff, the diver lifts one or both hands from the platform, this will be considered an involuntary movement and will be handled the same as an involuntary movement on a standing takeoff.
- 6.6. DPC interpretation of FINA Rule D 6.21 – when a diver receives assistance from a coach after the referee’s whistle has blown but before the diver performs the dive (i.e. before the diver leaves the board), there shall be a two (2) point deduction from every officials score rather than a fail dive declared. When a diver receives assistance during the execution of a dive (i.e. while in the air), the referee shall declare a fail dive.

- 6.7. At all qualification meets and the national championships, once a diver has reached his or her balanced position, the diver shall not step in. The referee will declare a balk even if the diver has not initiated the arm swing or the press on the board. Where there is extenuating circumstances that have caused the diver to step in, the referee will use his or her judgment regarding calling a balk.

## 7. CLUB POINTS

- 7.1. The point system for determining club or team awards is based on the chart below. Placement points will be based on final results only.

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

## 8. TECHNICAL REGULATIONS AT NATIONAL CHAMPIONSHIPS

- 8.1. Finals and semi-finals at all national championships (Senior Nationals, Junior Elite Nationals, Junior Development Nationals, national trials and junior qualifying events), will have a full quota of Canadian citizens (including all divers tied for the last qualifying spot in any of the event sessions). Non-Canadians qualifying for post preliminary event sessions will increase the number of divers in those sessions accordingly.
- 8.2. Non-Canadians are eligible to receive duplicate medals and duplicate team points only at national championships. 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 only be eligible to receive duplicate medals and duplicate team points.
- 8.3. 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.
- 8.4. When simultaneous events are being run, divers competing on one board may not use any open practice boards during their event.
- 8.5. Competition boards will have restricted practice for a minimum of ½ hour and a maximum of one (1) hour for the divers in the upcoming event.
- 8.6. 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.

## **9. CALCULATIONS FOR INDIVIDUAL EVENTS**

- 9.1. Scoring for senior events will be conducted as per FINA Rules (D 7.5 and D 7.7) for individual events.
- 9.2. When a specialized trials event is held, the method of scoring will be as described in the selection criteria.
- 9.3. Scoring for junior events will be conducted in accordance with the Junior National Dive Requirements as set out in Chapter R-4.

## **10. DIVING BOARDS AND LIGHTING**

### **10.1. Springboards**

- 10.1.1. For the safety and performance of diving boards used in a national or international diving championships, at least one (1) springboard at each of the one metre and three metre level should not be more than four (4) years old, and additional boards, up to two (2), not more than six (6) years old, or be in better condition than the four (4) year old or newer boards.
- 10.1.2. 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.
- 10.1.3. The fulcrum must be properly adjusted and lubricated, and must go back to the 9 setting.
- 10.1.4. The boards must be level in all directions and at the tip when the fulcrum is set at 1 and 9.
- 10.1.5. The height of the 1 and 3 metre boards shall be 1 and 3 metres above the surface of the water respectively.
- 10.1.6. Interpretation:
  - 10.1.6.1. All diving boards must be level within +/- 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.
  - 10.1.6.2. The fulcrum tracks must be level, with a maximum tolerance of 1 mm.
  - 10.1.6.3. The fulcrum tracks must be level, from left to right, at the front and back.
  - 10.1.6.4. 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.
  - 10.1.6.5. The front of the board must be levelled left to right, and must not be off by more than 1/2 cm.

10.1.6.6. The board must be centred so that the fulcrum protrudes at least 1 cm on each side of the supports.

## 10.2. Pool Lighting

10.2.1. The pool lighting should be checked by the pool supervisor or a photographer with a light metre. 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.

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

## **11. DIVING SAFETY RULES REGARDING COACHING STACKED PLATFORMS AT COMPETITIONS**

11.1. 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.

11.2. A coach with a diver on a given platform (for example 10 metre) must ensure that no diver is proceeding to dive on a conflicting platform (for example 5 metre). This can be done by calling "HOLD FIVE" with an acknowledgement by the diver or by other clear communication and acknowledgement.

11.3. 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 upcoming dive. At this point they may signal their diver to proceed (for example "GO TEN.")

11.4. 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.

11.5. Divers must be trained to check their target area to ensure that it is clear.

11.6. They must call to the conflicting platform over the side; for example "HOLD FIVE! TEN GOING!" before the signal of their coach.

11.7. Coaches of divers on conflicting platforms and their divers must ensure that the signals of the coach and diver who are going are acknowledged and ensure that they do not proceed without also following the protocol when it is their turn.

11.8. This system will be in place during practice times at all national championships.

## **12.RECOMMENDED LIGHTNING GUIDELINES**

- 12.1. 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.
- 12.2. 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.
- 12.3. Do not use umbrellas or earphones. Both can attract electrical currents.
- 12.4. 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.
- 12.5. Do not continue swimming or diving in the open water. Locate safe shelter as quickly as possible.
- 12.6. If you feel your hair stand on end or your skin tingle or hear crackling noises, immediately crouch (per section 12.3) to minimize your body surface area.
- 12.7. Allow thirty (30) minutes to pass after the last sound of thunder or flash of lightning before resuming any activity.
- 12.8. Do not use the telephone unless there is an emergency. People have been struck by lightning and killed while using a land-line telephone.
- 12.9. 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.
- 12.10. 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 where rain is falling.

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

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

#### 13.2. Trampoline Safety

13.2.1. General - The following safety recommendations are specific to the use of trampolines in diving competitive and non-competitive programs.

13.2.1.1. Programs using a trampoline must be supervised by a minimum "NCCP Trained" Diving Competition Introduction coach, or equivalent.

13.2.1.2. Divers shall jump on the trampoline one at a time.

13.2.1.3. All obstructions must be removed from underneath the trampoline bed prior to its use.

13.2.1.4. Mats shall cover the frame and a portion of all the springs of the trampoline.

13.2.1.5. Ensure that the divers are not endangered by proximity of overhead obstructions.

13.2.1.6. Springs shall be fastened to the trampoline with the hooks facing down.

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

13.2.2.1. 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.

13.2.2.2. An independent trampoline should have semi-hard mats at least 3.8 cm thick and 1.2m in width or greater placed on the floor adjacent to each side of the frame of the trampoline.

13.2.2.3. Trampolines that are placed adjacent to each other need only have mats 3.8 cm thick and 1.2m in width or greater placed on the floors of the exposed sides of the trampoline.

13.2.2.4. When a trampoline is situated beside one (1) or two (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.

- 13.2.2.5. Instead of using mats as stated in section 13.2.2.4, a trampoline may use a safety net or platform as outlined in sections 13.2.3 and 13.2.3.1.
- 13.2.2.6. If the harness is used, it will be considered equivalent to the safety guidelines in sections 13.2.2.2 through 13.2.3.1.
- 13.2.3. 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;
  - 13.2.3.1. Ideally, a safety net should surround three (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 five (5) poles, with 1 pole attached to each of the four frame's corners and 1 pole attached to the middle of at least one 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.
  - 13.2.3.2. Where the guideline outlined in section 13.2.3.1 is not possible, a platform that is at least 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.
  - 13.2.3.3. When a net or 0.6m wide platform cannot be used, mats that are 1.2m in width or greater should be installed on the exposed sides of the trampoline.
  - 13.2.3.4. If the harness is used, it will be considered equivalent to the safety guidelines in sections 13.2.3 through 13.2.3.3.

### 13.3. Dryboard/ Platform Safety

- 13.3.1. General - The following safety recommendations are specific to the use of dryboards in diving competitive and non-competitive programs.
  - 13.3.1.1. All Programs in which dryboards are used must be supervised by a minimum "NCCP Trained" Diving Competition Introduction coach, or equivalent
  - 13.3.1.2. The dryboard should be installed high enough to prevent the diver from hitting the floor with the board.
  - 13.3.1.3. Ensure that divers are not endangered by proximity to overhead obstructions.

- 13.3.1.4. When more than one landing mat is used adjacent to each other, the mats should be the same height, the same density and tied together in a way that prohibits the mats from separating. As well, it should have a cover over the entire surface of the mats to ensure the mats do not separate.
- 13.3.2. A safe environment for performing skills on a dryboard or platform is one that follows these recommendations:
- 13.3.3. 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.
- 13.3.3.1. The landing mat should be at least 0.6m thick.
- 13.3.3.2. The landing mat should be a minimum of 152 cm wide and 243cm long (5' x 8').
- 13.3.3.3. The lateral distance from the plummet to the outside edge of mat should not be less than 0.75m.
- 13.3.3.4. Distance from plummet to landing mat should not exceed 0.2m.
- 13.3.3.5. The landing mat is recommended to be equal to, or no lower than 10cm below, the top edge of the dryboard.
- 13.3.3.6. A dryboard shall have semi-hard mats at least 3.8 cm thick and 1.2m in width or greater placed on the floor adjacent to each side of the dryboard.
- 13.3.3.7. When semi-hard mats are not used on the floor, platforms placed adjacent to the dryboard should start at the plummet end and follow the length of the board toward the fulcrum for a minimum of 2m. 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 no lower than 0.4m (14.5 inches) 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.
- 13.3.3.8. If the platform is larger than 0.6m wide, it may be no lower than 0.35m from the top edge of the dryboard.
- 13.3.4. If the harness is used, it will be considered equivalent to the safety guidelines in sections 13.3.1 through 13.3.3.8.
- 13.3.5. 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.
- 13.3.5.1. The landing mat should be at least 0.6m thick.

- 13.3.5.2. The landing mat should be a minimum of 183cm wide and 274cm long (6' x 9').
- 13.3.5.3. Lateral distance from the plummet to the edge of outside mat should not be smaller than 0.91m.
- 13.3.5.4. Distance from plummet to landing mat should not be larger than 0.2m.
- 13.3.5.5. The landing mat is recommended to be equal to, or no lower than, 10cm below the top edge of the dryboard.
  
- 13.3.5.6. A dryboard shall have semi-hard mats at least 3.8 cm thick and 1.2m in width or greater placed on the floor adjacent to each side of the dryboard.
  - 13.3.5.6.1. When semi-hard mats are not used on the floor, refer to the guidelines in section 13.3.3.7.
  - 13.3.5.6.2. If the platform is larger than 0.6m wide, refer to the guidelines in sections 13.3.3.8.
  - 13.3.5.6.3. If the harness is used, it will be considered equivalent to the safety guidelines in 13.3.5.1 through 13.3.5.8.

#### 13.4. Parallel Dryboards

- 13.4.1. Parallel dryboards may be used alternately by divers provided that they follow the minimum requirements as indicated in section 13.3 depending on the skill being performed.
- 13.4.2. Parallel dryboards may be used synchronously by divers provided that they follow the minimum requirements as indicated section 13.3 depending on the skill being performed and the lateral distance between centers of both dryboard is a minimum of 140cm.
- 13.4.3. Parallel dryboards should have semi-hard mats at least 3.8 cm thick and 1.2m in width or greater placed on the floor adjacent to each side of the dryboards.
- 13.4.4. When semi-hard mats are not used on the floor, a platform should surround the dryboards in accordance with section 13.3.5.6.
- 13.4.5. 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 section 13.3.5.6.

#### 13.5. Dryboards facing each other

13.5.1. Divers using dryboards facing each other should do so only in an alternating sequence.

### 13.6. Springfloor

13.6.1. A springfloor should be a minimum of 1.5m wide and level.

13.6.2. A springfloor shall be covered by a smooth and continuous surface.

13.6.2.1. If the springfloor comprises of one (1) or more sections, adjoining sections must be securely attached solidly so as not to separate while in use.

13.6.3. 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.

13.6.4. Divers shall perform their skills on the springfloor at least 0.5m from the wall or column.

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