

# TECHNICAL BULLETIN

SEPTEMBER 10TH, 2019



DIVING  
PLONGEON  
CANADA

## RULE BOOK — NEW RULE REGARDING HARNESS USE

Please be aware of the following rule addition to Chapter R-1 at the end of Section 13 of the DPC Rule Book.

### 13.7. (NEW Rule) Harness use

13.7.1 All Competition-Introduction coaches (« In-Training » or « Certified ») may use specialized training equipment (such as dry board belts, trampoline belts and water harnesses) only under the supervision of Competition-Development and higher certified coaches.

13.7.2 Competition-Introduction coaches using the water harness must be under the supervision of Competition-Development and above coaches who are water-harness trained.

Click [HERE](#) to see this rule addition on our website.

## PRE-REGISTRATION FOR COACHES

As we approach a new season and registration period, it is time to update everyone on the coach pre-registration process for the 2019-2020 season. Pre-registration will commence October 1<sup>st</sup> 2019 and all registration must be completed by **October 31<sup>st</sup>**.

Registration information will be circulated by your provincial office shortly. The process this year will involve completion of online training in harassment and abuse in sport and this must be completed by October 31<sup>st</sup> as well.

## COACHES CORNER

- Updates to the 2019/2020 Selection Process for FINA Grand Prix and World Series Competitions (Grid Selection Criteria and Grid Scores Levels)
- Updates to the 2020 World Cup Selection Criteria
- Updates to the Tokyo 2020 Olympic INP (Nomination Criteria) – Subject to approval of COC; French version will follow

Click [HERE](#) to go to the coaches corner.



# WORLD CUP TEAM SELECTION — EARLY SELECTION BASED ON PERFORMANCE

Three athletes have earned early selection to the 2020 World Cup Team:

- Women's 3m Synchro – Jennifer Abel and Melissa Citrini-Beaulieu
- Women's 3m – Jennifer Abel
- Women's Platform – Meaghan Benfeito

## NATIONAL CHAMPIONSHIPS — UPDATED INFORMATION

Please take note of the following dates, locations, qualification procedures and format for this year's nationals:

- **Winter Senior Nationals – Saskatoon, SK – December 13<sup>th</sup> to 15<sup>th</sup>**
  - There will be 3m and 10m individual events
    - Prelims, Semi-finals (top 12), Finals (top 8)
  - There will be Men's 3m synchro, Women's 10m Synchro and Men's 10m synchro
- **Junior Development Nationals – Gatineau, QC – July 2<sup>nd</sup> to 5<sup>th</sup>**
- **Junior Elite Nationals – Winnipeg, MB – July 16<sup>th</sup> to 19<sup>th</sup>**
- **Olympic Trials combined with Summer Senior Nationals – Windsor, ON – May 21<sup>st</sup> to 24<sup>th</sup>**

Qualification scores	3m and 10m
Women	285
Men	385

- Qualification for Summer Nationals
  - Must achieve qualification score at 2019 SSN or 2020 WSN (being held in December 2019)
- Qualification for Olympic Trials
  - Must achieve Qualification score at an **International** competition in the 2019 or 2020 competitive season
- There will be 3 sessions for 3m and 10m individual events
  - Top 8 divers from the prelims will advance to the Semi-Final
  - All 8 divers in the semi-final will advance to the Final
  - Start order for Prelims will be seeded;
    - Going first will be random selection of SSN athletes
    - Going second will be random selection of Olympic Trials athletes
- There will be a 4-day schedule for the competition
  - Day 1 and 2 – Men's 3m and Women's 10m
  - Day 3 and 4 – Women's 3m and Men's 10m
  - Prelims one day, semi-finals and finals the next day
- There will be 1m events – normal Senior National qualification scores
  - Day 1 – Women's 1m – Straight Final
  - Day 3 – Men's 1m – Straight Final



## SAFE SPORT

Please be aware of the following new resources available to Canadian diving participants:

- **Canadian Sport Helpline**

- A Canadian Sport Helpline is now available through the Sport Dispute Resolution Centre of Canada (SDRCC). This resource is available for anyone who is aware of a suspected incident of abuse, harassment, discrimination or bullying or if anyone has any questions and/or concerns regarding an incident. Experts are available to provide advice, guidance and resources on how to proceed/intervene appropriately in the circumstances.

Web: <http://abuse-free-sport.ca/en/>

Email: [info@abuse-free-sport.ca](mailto:info@abuse-free-sport.ca)

Phone/Text Message: 1-888-83SPORT  
1-888-837-7678

Business Hours: 8 am – 8 pm (Eastern Time)  
7 days a week

- **Diving Plongeon Canada Independent Third Party Safe Sport Resource Officer**

- DPC now has in operation an independent Third Party Safe Sport Resource Officer who is available to receive questions and concerns from participants in Canadian diving who believe that they or others are potentially unsafe for one reason or another. The Third Party Safe Sport Resource Officer is completely independent of DPC and is in place to review such issues and provide guidance on addressing safe sport situations as well as determine if issues fall within the parameters of DPC's Conduct Policy.

Diane Aubé Lazenby  
DPC Safe Sport Resource Officer  
Email: [Diane@DALLaw.ca](mailto:Diane@DALLaw.ca)

## ANNUAL GENERAL MEETING

The AGM for 2019 will take place in Ottawa-Gatineau from January 24-26<sup>th</sup>, 2020. Host hotel is still to be confirmed.

The awards night will take place on Friday, January 24<sup>th</sup>.



# INTERNATIONAL SCHEDULE OVERVIEW

## **International Competition Schedule that Team Canada will participate in:**

- Spain FINA Grand Prix – Feb. 14 to 16
- Germany FINA Grand Prix – Feb. 21 to 23
- #1 World Series – Canada – Feb. 28 to March 1
- #2 World Series – China
- #3 World Series – Russia
- #4 World Series – Great Britain
- World Cup – Tokyo, Japan – April 21 to 26
- Canada Cup FINA Grand Prix – May 14 to 17
- Olympic Games – Tokyo, Japan – July 26 to August 8
- World Junior Championships – Kiev, Ukraine – date unknown

## **Other potential events for participation:**

- Italy FINA Grand Prix – date unknown
- Malaysia FINA Grand Prix 2020 – date unknown
- Gold Coast FINA Grand Prix 2020 – date unknown

