

# DIVING PLONGEON CANADA RULES

## FACILITIES AND EQUIPMENT

EFFECTIVE JUNE 1, 2023

### DPCF 1.0 GENERAL

**DPCF 1.1** The AQUA Diving Facilities and Equipment rules can be found in **Section I. 10 and Section IV.13** at <https://www.worldaquatics.com/rules/competition-regulations>. For springboard and platform diving, all minimum standards shall be met unless otherwise specified in these rules.

**DPCF 1.1.1** For DPC High Diving Facilities and Equipment regulations, please contact the DPC High Diving Program Manager.

**DPCF 1.2** Diving Plongeon Canada Facilities and Equipment Rules (DPCF) are intended to ensure a high-quality environment for training and competitive use when offered by an Affiliated Club.

**DPCF 1.3** To protect the health and safety of persons using diving facilities for the purposes of recreation, training and competition, owners of public pools or pools must comply with the requirements established by law and the health authorities in the jurisdiction where the pool is situated. These laws and authorities **may** take precedence over DPC rules, recommendations and guidelines listed here or in other documents. Club leaders are encouraged to work with their local pool management to ensure a safe and appropriate training and competitive environment for all participants.

### DPCF 2.0 FACILITY CLASSIFICATIONS

In addition to complying with the AQUA Technical Specifications for Diving, the following guidelines shall be used to classify Canadian Diving facilities for the purpose of identifying suitable locations for various competitions and events.

The presence/absence of all requirements is not the sole determining factor for suitability.

#### DPCF 2.1 Springboard and Platform Facilities

##### DPCF 2.1.1 DPC Class A Facility

A Class A facility is an indoor or outdoor diving facility suitable for hosting any Senior National Championships or Special Trials. It is preferred that the facility shall include:

- a) A minimum of three (3) 1M "Maxiflex" Model B springboards, each with Duraflex short stands mounted on concrete or on a Duraflex stand or comparable stable base. Installed as per AQUA specifications.
- b) A minimum of three (3) 3M "Maxiflex" Model B springboards, each with Duraflex short stands mounted on a concrete base and installed to AQUA specifications.

- c) Full platform complex, including 3M, 5M, 7.5M and 10M complying with AQUA's Technical Specifications for Synchronized diving (Platform widths = 3m if hosting synchronized events)
- d) Access to a dry-land area with dry-land equipment complying with the DPC Equipment Safety Guidelines:
  - i. A minimum of one (1) trampoline
  - ii. A minimum of two (2) dry-boards to accommodate the needs of synchro divers
  - iii. A minimum of two (2) stations for platform take-off to accommodate the needs of synchro divers.
  - iv. A minimum surface of 6m X 12m or 72 sq meters, covered with mats for floor exercises.

#### **DPCF 2.1.2 DPC Class B Facility**

A Class B Facility is an indoor or outdoor facility suitable for hosting any Junior Qualifying Competition, Junior National Championships or Junior Special Trials. It is preferred that this facility shall include:

- a) A minimum of two (2) 1M "Maxiflex" Model B springboards, each with Duraflex short stands mounted on concrete or on a Duraflex stand or comparable stable base. Installed to AQUA specifications.
- b) A minimum of two (2) 3M "Maxiflex" Model B springboards, each with Duraflex short stands mounted on a concrete base or on a Duraflex stand and installed to AQUA specifications.
- c) A full platform complex, including 3M, 5M, 7.5M and 10 m.
- d) If synchronized diving events are being held, 3m width Platform levels.
- e) The facility must be equipped to run simultaneous events/practices.
- f) A minimum deck width of 3 metre on each side of the diving tank.
- g) Access to a dry-land area with dry-land equipment complying with the DPC Equipment Safety Guidelines. The dryland area does not necessarily need to be all in one location:
  - i. A minimum of one (1) trampoline
  - ii. A minimum of one (1) dry-board
  - iii. A minimum of two (2) stations for platform take-off
  - iv. A minimum surface of 6m X 12m or 72 sq meters covered with mats for floor exercises.

### **DPCF 2.1.3 DPC Class C Facility**

A Class C Facility is an indoor or outdoor diving facility that shall include:

- a) Two (2) 1M "Maxiflex" springboards with adjustable fulcrums
- b) Two (2) 3M "Maxiflex" springboards with adjustable fulcrums
- c) A complex that includes a 5 M platform
- d) Access to a dry-land area with dry-land equipment complying with the DPC Equipment Safety Guidelines. The dryland area does not necessarily need to be all in one location:
  - i. A minimum of one (1) station for platform take-off
  - ii. A minimum surface of 6m X 6m or 36 sq meters covered with mats for floor exercises.

### **DPCF 2.1.4 DPC Class D Facility**

A Class D Facility is any other diving facility.

## **DPCF 3.0 EQUIPMENT SAFETY GUIDELINES**

### **DPCF 3.1 Springboards**

- a) For the safety and performance of diving, boards used in Canada, 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.
- b) 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.
- c) The fulcrum must be properly adjusted and lubricated. It must go back to the 9 setting.
- d) The height of the 1 and 3 metre boards shall be 1 and 3 metres above the surface of the water respectively.
- e) 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.
- f) The fulcrum tracks must be level, from left to right, at the front and back, with a tolerance of 1mm.
- g) 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.

- h) The front of the board must be levelled left to right, and must not be off by more than 1/2 cm.
- i) The board must be centred so that the fulcrum protrudes at least 1 cm on each side of the supports.

### DPCF 3.2 Platforms

- a) All platforms covered with Ruff-Tex non-slip rubber matting.
- b) The platform complex will include 3m, 5m, 7.5m, and 10m platforms.
- c) Platform widths will be:
  - i. 3m – minimum 1.5m wide
  - ii. 5m – minimum 2m wide (2.5m or 3m preferred)
  - iii. 7.5m – minimum 1.5m wide
  - iv. 10m – 3.0m wide is ideal, 2.5m minimum.
- d) Lighting – recommended minimum 1000 lux on the 10m Platform and at the water level

### DPCF 3.3 Dryland Equipment

#### DPCF 3.3.1 Trampolines

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

- a) Programs using a trampoline must be supervised by a minimum “NCCP Trained” Competition Introduction coach, or equivalent.
- b) Divers shall jump on the trampoline one at a time.
- c) All obstructions must be removed from underneath the trampoline bed prior to its use.
- d) Mats shall cover the frame and a portion of all the springs of the trampoline.
- e) Ensure that the divers are not endangered by proximity of overhead obstructions.
- f) Springs shall be fastened to the trampoline with the hooks facing down.

**DPCF 3.3.1.1** 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:

- a) 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.

- b) 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.
- c) 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.
- d) Instead of using mats as stated in DPCF 3.3.1.1c, a trampoline may use a safety net or platform as outlined in sections 3.3.1.2a.
- e) If the harness is used, it will be considered equivalent to the safety guidelines in DPCF 3.3.1.1a-b-c.

**DPCF 3.3.1.2** 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) Ideally, a safety net should surround three (3) sides or more of the trampoline frame and include both short sides. 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 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.
- b) Where the guideline outlined in DPCF 3.3.1.2a 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.
- c) 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.
- d) If the harness is used, it will be considered equivalent to the safety guidelines in DPCF 3.3.1.2a-b-c.

### DPCF 3.3.2 Dryboard/Platform Take-off Stations

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

- a) All Programs in which dryboards are used must be supervised by a minimum “NCCP Trained” Competition Introduction coach, or equivalent.
- b) The dryboard should be installed high enough to prevent the diver from hitting the floor with the board.
- c) Ensure that divers are not endangered by proximity to overhead obstructions.
- d) When more than one landing mat is used immediately 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.

**DPCF 3.3.2.1** 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:

- a) The landing mat should be at least 0.6m thick and the diver should not feel the floor when landing on their feet or in a sitting position.
- b) The landing mat should be a minimum of 152 cm wide and 243cm long (5' x 8').
- c) The lateral distance from the plummet to the outside edge of mat should not be less than 0.75m.
- d) Distance from plummet to landing mat should not exceed 0.2m.
- e) The landing mat is recommended to be equal to, or no lower than 10cm below, the top edge of the dryboard.
- f) 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.
- g) 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.

- h) If the platform is larger than 0.6m wide, it may be no lower than 0.35m from the top edge of the dryboard.
- i) If the harness is used, it will be considered equivalent to the safety guidelines in DPCF 3.3.2.1a through f.

**DPCF 3.3.2.2** 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) The landing mat should be at least 0.6m thick, and the diver should not feel the floor when landing on their feet or in a sitting position.
- b) The landing mat should be a minimum of 183cm wide and 274cm long (6' x 9').
- c) Lateral distance from the plummet to the edge of outside mat should not be smaller than 0.91m.
- d) Distance from plummet to landing mat should not be larger than 0.2m.
- e) The landing mat is recommended to be equal to, or no lower than, 10cm below the top edge of the dryboard.
- f) 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.
- g) When semi-hard mats are not used on the floor, refer to the guidelines in DPC 3.3.2.2a through e.
- h) If the platform is larger than 0.6m wide, refer to the guidelines in DPCF 3.3.2.1g.
- i) If the harness is used, it will be considered equivalent to the safety guidelines in DPCF 3.3.2.1a through f.

### **DPCF 3.3.3 Parallel Dryboards**

- a) Parallel dryboards may be used alternately by divers provided that they follow the minimum requirements as indicated in DPCF 3.3.2 depending on the skill being performed.
- b) Parallel dryboards may be used synchronously by divers provided that they follow the minimum requirements as indicated DPCF 3.3.2 depending on the skill being performed and the lateral distance between centers of both dryboard is a minimum of 140cm.

- c) 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.
- d) When semi-hard mats are not used on the floor, a platform should surround the dryboards in accordance with DPCF 3.3.2.2.f.
- e) 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 DPCF 3.3.2.2f.

#### **DPCF 3.3.4 Dryboards facing each other**

- a) Divers using dryboards facing each other should do so only in an alternating sequence.

#### **DPCF 3.3.5 Spring floors**

- a) A spring floor should be a minimum of 1.5m wide and level.
- b) A spring floor shall be covered by a smooth and continuous surface.
- c) If the spring floor comprises of one (1) or more sections, adjoining sections must be securely attached solidly so as not to separate while in use.
- d) When a spring floor 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 spring floor.
- e) Divers shall perform their skills on the spring floor at least 0.5m from the wall or column.
- f) Divers shall perform their skills parallel to the adjacent wall.

### **DPCF 4.0 ENVIRONMENT SAFETY**

#### **DPCF 4.1 Lighting**

- a) For Class A facilities and during a national championship or special trials the illumination over the whole pool shall be no less than 1000 lux.
- b) For other events in a Class A facility during training and all Class B and C facilities, the illumination over the whole pool shall be no less than 600 lux.
- c) For all classes of facilities sources of natural and artificial light shall be controlled to prevent glare.

#### **DPCF 4.2 Water Temperature**

- a) For Class A and B facilities, the water temperature during competition shall be 26-28<sup>o</sup> Celsius.



### **DPCF 4.3 Lightning**

- a) 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 pool activities must cease. All persons must immediately leave the pool area and seek safe shelter.
- b) Thirty (30) minutes must pass after the last sound of thunder or flash of lightning before resuming any activity.

### **DPCF 4.4 Stacked Platforms Protocol**

This system will be in place during practice times at all pools that have stacked platforms.

- a) 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.
- b) 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.
- c) 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.")
- d) 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.
- e) Divers must be trained to check their target area to ensure that it is clear.
- f) They must call to the conflicting platform over the side; for example: "HOLD FIVE! TEN GOING!" before the signal of their coach.
- g) 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.