



DIVING PLONGEON CANADA
and the
REGINA DIVING CLUB

Present the



JUNIOR DEV
DIVING | PLONGEON
REGINA 2024

July 18th to 21st, 2024

diving.ca



GENERAL INFORMATION

The 2024 Speedo Junior Development National Championships are sanctioned by Diving Plongeon Canada and Dive Sask, and hosted by the Regina Diving Club.

Dates	July 18 - 21, 2024
Facility	Lawson Aquatic Center 1717 Elphinstone St, Regina, SK S4T 3N2 Website +1 (306) 777-7529
Host Club	Regina Diving Club 3015 13th Av St, Regina, SK S4T 1P0 Laura Desautels - laura@reginadiving.ca Website
Competition Director	Neris Gonzalez Lopez - neris@diving.ca
Meet Managers	Bonnie Cumming-Vickaryous - bonnie.cumming-vickaryous@beingastonished.com Melissa Burnett - melissa.burnett@hotmail.com
Technical Chair	Andrée Pouliot-Deschamps - andree@diving.ca
Meet Referee	Stephane Lortie - stephanelortie@hotmail.com

FORMAT

- **Boys and Girls**
 - **Group D1 and D2 (11 and under) – Individual 1m, 3m and Platform**
 - Preliminaries and Finals
 - There will be one (1) Group D Final comprised of the top three (3) divers from the D1 Preliminaries and the top five (5) divers from the D2 Preliminaries.
 - **Group C1 and C2 (12-13) – Individual 1m, 3m and Platform**
 - Preliminaries and Finals
 - There will be one (1) Group C Final comprised of the top four (4) divers from the C1 Preliminaries and the top six (6) divers from the C2 Preliminaries.

This year, there will be two new events included in the program: a team event and an armstand event. Please see more details on the rules and format below.

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TEAM EVENT

- The team will perform a total of 6 dives.
 - a. All six (6) dives must be a different dive number.
 - b. Four (4) different groups need to be represented.
 - i. The first four (4) dives are compulsories.
 1. All four 4 dives must be a different dive number and dive group.
 2. First 2 dives: Individual dives, max D.D. 2.1
 3. 3rd and 4th dive: Synchro dives, D.D. set at 2.0
 - ii. The last two (2) dives are optional.
 1. Must be a different dive number and dive group.
 - c. AQUA D.D. will be used (except for synchro).
 - d. Only the 3m springboard, 5m and 7.5m will be used.
 - e. The two synchro dives must be from 3m springboard.
 - f. Synchro dives can be done by the same gender or mixed.
- Dive order:

Dive #1	Compulsory: 3m individual	AQUA D.D. max 2.1
Dive #3	Compulsory: 3m synchro	D.D. 2.0
Dive #4	Compulsory: 3m synchro	D.D. 2.0
Dive #5	Optional: 3m individual	AQUA D.D.
Dive #6	Optional: platform individual	AQUA D.D.

- The team will be composed of a minimum of 3 divers and a maximum of 4 divers from the same club.*
 - a. One of the team members needs to be a girl.
 - b. One of the team members needs to be a boy.
 - c. One of the team members needs to be from group D.
- *A team can be composed of divers affiliated to two different clubs if, and only if:
 - Club has three (3) or fewer divers registered at the meet;
 - Club does not have a diver in category D registered at the meet;
 - Club either has no boys or no girls registered at the meet.
 - Thus, a club can seek an athlete from another club in order to meet the needs of its team.
- A club can enter more than one team, but an individual athlete can only compete for one team.
- Only one team per club is eligible to receive club banner points.
- There will be an award for the top 3 teams.

HANDSTAND EVENT

Description videos are available here: [ENGLISH VERSION](#) & [FRENCH VERSION](#)

There will be a top individual and top team award.

The handstand event will be included in the Club banner point calculations.

Handstand 1.

Headstand routine;

1. Tuck balance with head and hands in tripod (triangle alignment) hold 3 secs
2. Extend to straight balance – hold 3 secs
3. Return with control to tuck balance – hold 3 secs
4. Extend legs lateral opening of hips to straddle hold – hold 3 secs
5. Elevate legs smooth control to straight balance – hold 3 secs
6. Return with control to straddle balance – hold 3 secs
7. Lower with control to the floor toes first

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Scoring – 10 points – Each phase is 1 point = 7 points. 3 additional points for overall impression quality.

Handstand 2.

Handstand hold with single leg lift away from wall to balance hold – max 10 secs (see video);

1. Perform handstand one leg elevate, one foot in contact with wall legs 90degrees.
2. Slowly lift wall foot to handstand with counter balance elevated leg
3. Maintain handstand 10 seconds.
4. Return leg with control to the wall

Scoring – 10 points – Handstand alignment (posture) plus control from and return to the wall = 5 points. For every second held score = 0.5 points max 5 points for 10seconds.

Handstand 3.

Lever handstand optional either tuck or straddle lever handstand with balance hold – max 10 secs (see video);

1. Performed aligned start position – shoulders / hips over contact (hands) for either tuck or straddle lever.
2. Lift feet from floor with control (no jump)
3. Smooth elevation of feet into either straddle with wide legs or compact tuck ball to ½ balance
4. Continue to either lift legs laterally or extend legs from tuck ball while maintaining chest compression and open shoulders. Back to remain flat throughout the lift phase.
5. Maintain balance for 10secs
6. Return feet to floor with controlled smooth lower.

Scoring – 10 points – Control of handstand to balance and return – smooth with good posture 5 points / 10 seconds hold 0.5 point increments for each second handstand held – max point points.

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Note – If the diver pushes from the floor (hop or jump) zero points for control 0/5. Diver can still score points for balance time.

RIP CONTEST RULES

Each club must submit one dive sheet, including the preliminary dive as Dive #1 and the final dive as Dive #2, by the same prescribed deadline as the rest of the statement of dives' submission.

Preliminary round

- Each club will be represented by one diver
- Each diver will perform a dive from 5m or 7.5m
 - Must be a headfirst entry dive
 - D.D. 2.0
- Top-6 divers will advance to finals
 - Should there be a tie for 6th place, the additional diver(s) will advance

Final round

- Top-6 divers from the preliminaries will advance to finals
- All divers will start with 0 point in finals
- The dive order will be determined by the preliminary results
 - Start list will be in reverse order
- Each diver will perform a dive from 5m or 7.5m
 - The dive must be a different dive than used in preliminaries.
 - D.D. 2.0

There will be an award for the Top-3 best rippers in the country!

In case of a tie, there will be a dive-off.

EQUIPMENT

- (4) one-metre Duraflex "B" boards
- (2) three-metre Duraflex "B" boards
- Freestanding concrete tower including 3m, 5m, 7.5m and 10m platforms all with a non-skid, rough-teck surface
- Dry-land training area with mats, trampoline and dryboard

ENTRANCE CRITERIAS & RULES

Refer to Diving Plongeon Canada Rule Book, Addendums and most recent email communications for further information.

Canadian, Exhibition and Visitor Status

Please refer to the [Age Group Competition Rules](#) (Version from November 22nd, 2023) for details regarding Canadian, Exhibition and Visitor status.

Qualification Standards

Please refer to the [Junior National Qualification Standards](#) (p.13, Version from November 22nd, 2023) for the 2024 Junior National Qualification Standards.

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Qualified Divers List

The eligible athlete list will be available [HERE](#).

(on diving.ca > Resources > Athletes > Junior and Senior Qualified Athletes).

**Please verify that your athletes that should be qualified are on the list.
An updated list will be uploaded once all provincial qualifying competitions are over.**

Please contact Neris if some of your divers are missing from the list by providing the below information:

- Diver's Full Name, Club and Age Group
- Competition, Event and Scores where they met the standard

General Competition Rules

The [DPC Competition Regulations](#) (available under Resources > Rule book) shall be the official rules for this event. Any decisions made at this championship by the Jury of Appeal shall be final. The DPC Appeal Rules are also available on our [website](#).

Dive List Requirements

The 2024 Age Group Dive List Requirements are available [HERE](#).

COACH CERTIFICATION REQUIREMENTS FOR JUNIOR/SENIOR NATIONAL CHAMPIONSHIPS AND TRIALS EVENTS

Coach Certification Status	Pool and Dryland Coaching Access
Considered a 'Certified Responsible Coach': <ul style="list-style-type: none"> • Competition Introduction - DPC screened and certified coach • NCCP Level 2 Certified plus MED and DPC screened coach 	Permitted to coach at national championships/trials without restrictions.
Considered a 'coach-in-training': <ul style="list-style-type: none"> • Competition Introduction - DPC screened coach with a locker status of "In training" and completed MED or <ul style="list-style-type: none"> • A Competition Introduction - DPC screened coach with a "trained" status and completed MED training 	May apply for a one-time exemption to be able to attend a national event with a Certified Responsible Coach. The Certified Responsible Coach is required to be on pool deck and in dryland training with the coach-in-training during training/competition at all times.
Non-NCCP certified Instruction Beginner Pre-Diving levels	Not permitted to coach at a national championships/trials. No possibility of exemptions.

If a coach from your club does not meet the required standard for a Certified Responsible Coach and instead falls within the possibility of obtaining a one-time exemption as a coach-in-training, please fill in the declaration form, which you can [download HERE](#), and submit to Tracy Bradley (tracy@diving.ca) at least two weeks in advance to be considered for an exemption.

Failure to submit the form within the specified timeframe or attending a national championships or trials without a written exemption, will immediately disqualify the coach from being admitted as a coach-in-training on pool deck or within dryland areas.

The Certified Responsible Coach will need to provide direct supervision and take full responsibility for the actions of the coach-in-training while attending a national championships or trials, including, without limitation, in all diving-related activities on pool deck and in dryland training. The Certified Responsible Coach will be required to sign a release form declaring that they will take on the responsibility and assume liability for the coach-in-training at the event.

JUDGING

Level 3, 4 and 5 judges have been assigned to judge at the event. Local judges may be present on deck to shadow judge and observe. Event Referees will wear red tops and use electronic whistles. All judges will be required to wear white tops, black bottoms, and dark shoes.

Please direct all judging questions and concerns to the meet referee.

MEETINGS

Parents Meeting	Wednesday, July 17th from 16:00 to 17:00 at the pool HPAD-CDI Information Session by Andrée Pouliot-Deschamps <i>Who should attend? ALL parents, coaches and officials</i>
Technical Meeting	Wednesday, July 17th at 18:00 at Double Tree by Hilton
Officials Meeting	Thursday, July 18th at 08:30 at the pool

DOPING

Doping control procedures may be in place at the competition.

Divers are responsible for bringing a photo ID (passport, school card), in case they get selected for doping control. A photocopy saved on their phone could be used. Divers are also responsible for any medication/supplement they are taking. Please check [GlobalDro](#) and follow the steps to verify if your medication is not allowed. If this is the case, please contact ivonne@diving.ca to learn what needs to be done.

OTHER USEFUL RESOURCES

DPC website > Resources > Athletes > Anti-doping program

Canadian Centre for Ethics in Sport > Anti-doping > The Prohibited list

Canadian Centre for Ethics in Sport > Anti-doping > Medical Exemptions

Canadian Centre for Ethics in Sport toll free line at +1 (800) 672-7775

REGISTRATION

MUST BE SUBMITTED BEFORE JULY 8TH

INDIVIDUAL ATHLETE REGISTRATION FORM IS AVAILABLE [HERE](#).

Please contact neris@diving.ca if you are having trouble with registration or need to make changes to your submitted form.

Note. Declaration of status Visitor and Exhibition must be made upon registration and could be penalized by the late entry fee if not declared in time.

PAYMENTS

MUST BE MADE BEFORE JULY 8TH

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Registration Fee	\$85.00 per diver
Entry Fee	\$85.00 per diver per individual event

Entries and Payments received after the deadline will be assessed a \$250.00 late fee per diver payable to DPC (as per DPC rules).

Payment can be made by:

- E-transfer to joanne@diving.ca (if prompted please use "JRDEV" as the answer to the security question). Please enter club, athlete name(s) and event(s) in the description.
- Cheque payable to Diving Plongeon Canada (if payment is made by cheque, please send an email to Neris to notify her).

Please contact neris@diving.ca for any question/concern regarding payments.

STATEMENT OF DIVES

ALL LISTS MUST BE SUBMITTED BEFORE 9:30AM ON JULY 17th

Dive lists should be submitted using the ISS Dive Sheet Generator (Coach edition, **version 17.4** or higher). Download the new version [HERE](#). **Please submit only ONE file per club.** Dive lists can also be submitted by each athlete via the online Dive Sheet Generator available [HERE](#).

If you are having issues submitting your dive lists, contact neris@diving.ca.

RULE REMINDERS REGARDING STATEMENT OF DIVES FOR ALL CANADIAN NATIONAL EVENTS

Deadline for submission of statement of dives	The statement of dives shall be submitted no later than 24 hours before the posted start time of the first event of the competition. Unless the statement is presented within the time prescribed, a diver shall not be admitted to the competition.
Deadline for dive list change before an individual preliminary event or straight synchro final	In individual preliminary events, no changes to the statement of dives shall be permitted within 1 hour of the posted start time of the event.
Deadline for dive list change after an individual preliminary event for the finals	In all semi-final or final competitions, the diver or the diver's representative may change the statement of dives before the commencement of any semi-final or final of the competition, provided the amended statement is lodged with the Competition Secretariat, no later than thirty (30) minutes after the end of the previous session of the competition. If a new statement of dives is not submitted within the prescribed time, the diver shall perform the dives as indicated in the previous submission.

Please refer to the rules on our website [HERE](#) for more details.

The diver and the diver's representative are responsible for the accuracy of the statement in the list.

Reminder. For Age Groups C and D, Coaches must submit BOTH a preliminary AND a final dive list.

Preliminary dive lists must be submitted by selecting D1, D2, C1 or C2 as the diver's age group in the Dive Sheet Generator.

Final dive lists must be submitted by selecting D or C as the diver's age group in the Dive Sheet Generator. To do so, you will need to "ADD" the same diver twice. In example, Sarah Mayer – Age group D1 (to enter her lists for Prelims) and Sarah Mayer – Age group D (to enter her lists for Finals). If a diver qualifies for a Final, dive list submitted for C and D will be used.

If a diver wants to make a change to their dive list for finals, they have 30 minutes after the end of their preliminary from C1-C2-D1-D2 event to make a change by-hand with the secretariat.

AWARDS & RECOGNITIONS

We request that divers be dressed in full team uniform or club jacket for awards ceremonies and marshaling/athlete presentations, towels are not permitted. A full outfit (including pants, shorts, or leggings) is strongly recommended. There will be athlete presentations for all finals right before the first dive of each event.

Awards to be given:

- Top three will receive medals.
- All finalists be recognized.
- Outstanding Canadian of each age group (male & female).
- National Championship Banner to club that accumulates the most points.
- Eligibility for all awards can be found in **Section CDAG 4.4.2** of the Rulebook.

RESULTS & WEB BROADCAST

The full results booklet will be available on www.diving.ca the week following the event. Diving Plongeon Canada will be providing live internet results and video throughout the competition. Live results and video can be accessed through www.diving.ca.

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LIVE RESULTS
HERE



RESULTS BOOKLET
HERE
after the event

HOST HOTEL

Please find all booking details at the link [HERE](#).

Host Hotels:

Double Tree by Hilton

1975 Broad St, Regina, SK S4P 1Y2
+1 (306) 525-6767
7 mins drive to Lawson Aquatic Centre.

\$115/night for SGL or DBL w/ Breakfast buffet included (for up to 4 people)

- Covered parking is \$17 per day, per vehicle, subject to space availability.
- Rates provided are based on single, double, triple or quad occupancy.
- Booking deadline: **July 5th, 2024**
- [Booking Link](#)
- Booking by phone: Please refer to 2024 Speedo Diving Championships or Code: 92M.

Residence Inn by Marriott

1506 Pasqua Street, Regina, Saskatchewan, S4T 1Y6 Phone: +1 (639) 739-3010
Walking distance to Lawson Aquatic Centre.

\$189/night with Breakfast buffet included

- Studio Queen/Queen
- Studio King Suite
- One Bedroom King Suite
- Parking: \$6.50 / night
- BBQ available for guests to use outdoors
- Booking deadline: **June 14th, 2024**
- [Booking Link](#)
- Booking by phone: Please refer to the 2024 Speedo Diving Championships.

HOSPITALITY

Food for Coaches, Staff, Officials and Volunteers

Lunch, snacks, and beverages will be provided on competition days at the pool. Bring your own re-usable water bottle and coffee mug.

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Food for Athletes and Parents

Athletes and Parents can pre-order for a charge of \$20.00 per day by **July 2nd**, morning snack, lunch, afternoon snack and coffee will be available.

Clubs are asked to send an email to info@reginadiving.ca by **July 2nd** to confirm number of athletes and parents ordering hospitality for the 4 competition days. Regina Diving Club will then send each club an invoice.

Menu will consist of a variety of baked goods, smoothies, yogurt, fruit, veggies, sandwiches, taco in a bag, wraps, BBQ (hot dogs / hamburgers / vegetarian, option) and popcorn.

Bring your own re-usable water bottle.

- See some nearby restaurants from the pool [HERE](#).
 - There are several restaurants in the area. Boston Pizza will be providing a special teams menu for attendees.
 - Chopped Leaf, Tim Hortons, Montana's, Booster Juice and Subway near the pool.
- See some nearby grocery stores from the pool [HERE](#).

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BANQUET

Date	Sunday, July 21st - 7:30pm to 10:30pm
Location	Double Tree by Hilton - Capital Ballroom
Price	\$65.00
Theme	Summer Fun

Ticket Deadline July 2nd

Tickets are available for coaches, athletes and families . Clubs are asked to email info@reginadiving.ca by **July 2nd** with the total number of tickets their club requires. Regina Diving Club will then invoice each club.

MEDICAL SERVICES

First aid will be available at the competition venue during training and competition days for divers. Lifeguards will be onsite at the competition venue to provide first aid during training and competition. Ice will be available at the competition venue for the treatment of injuries.

CLOSEST HOSPITAL

Pasqua Hospital	4101 Dewdney Ave, Regina, SK, S4T 1A5 +1 (306) 766 - 2222 Open 24hrs Website
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OTHER

Regina General Hospital	1440 14th Ave, Regina, SK, S4P 0W5 +1 (306) 766 - 4444 Open 24hrs Website
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WALK-IN CLINICS

Walk in Clinic Alliance Health
4936 Fourth Ave
+1 (306) 271 -2415
Monday-Friday 8 - 5pm

[Website](#)

Normanview Mall Medi-Clinic
330 McCarthy Blvd N
+1 (306) 924-6200
All week 9:00 am - 9:00 pm

[Website](#)

SCHEDULE

Monday July 15th	13:00 – 18:00	Open Training
Tuesday July 16th	08:00 – 17:00	Group Training
Wednesday July 17th	08:00 – 17:00	Group Training
Thursday July 18th	08:00 – 08:55	Open Training
	08:55 - 09:25	Restricted Training
	Events start at 09:30	Boys D1-D2 1m Girls D1-D2 3m Boys C1-C2 1m Girls C1 -C2 Platform RIP Contest / Opening Ceremony
Friday July 19th	08:00 - 08:55	Open Training
	08:55 - 09:25	Restricted Training
	Events start at 09:30	Boys D1 -D2 Platform Girls D1 - D2 1m Girls C Handstand Boys C1 - C2 3m
Saturday July 20th	08:00 - 08:55	Open Training
	08:55 - 09:25	Restricted Training
	Events start at 09:30	Girls D1 - D2 Platform Boys D1 - D2 3m Boys C Handstand Girls C1 - C2 3m
Sunday July 21st	08:00 - 08;55	Open Training
	08:55 - 09:25	Restricted Training
	Events start at 09:30	Girls C1 - C2 1m Boys C1 - C2 Platform Girls & Boys D Handstand Team Event

*The schedule is subject to changes. A detailed schedule will be sent out once registration is received.

**Dryland is available one hour prior to posted pool times.

***Training groups will be published once registration is received 10 days prior to the event.

****1M and 3M events will happen simultaneously.

SPORTITY | LIVE EVENT INFORMATION



 *Sportity*

For direct event information please download the Sportity app and insert this password:

Regina

www.sportity.com

Sportity app is available in

 Available on the App Store

 Get it on Google play

 