

DIVING PLONGEON CANADA RULES DIVING COMPETITION REGULATIONS

EFFECTIVE JANUARY 2026

Diving Plongeon Canada has adopted a majority of the World Aquatics (formerly known as FINA) Diving Competition Regulations for all springboard and platform competitions held in Canada.

Refer to **Section IV** found at: www.worldaquatics.com for all World Aquatics (AQUA) Diving Competition Regulations.

To meet our domestic objectives, address our national development philosophies and support clubs hosting various springboard and platform competitions in Canada, DPC has supplemented the AQUA rules (D) by applying specific Canadian interpretations and adding new rules. In this document, the DPC rule replaces the AQUA rule or is sometimes included after the AQUA text to provide further clarification or additional rules. DPC rule numbers are prefixed with a "C".

Where a conflict occurs, the Canadian interpretation shall apply.

Where no Canadian Diving (CD) rule is supplemented, the AQUA rule shall apply.

D 1.0 GENERAL RULES

CD 1.1 These rules shall govern all DPC sanctioned springboard and platform diving competitions in Canada unless otherwise stated in the **DPC Senior and Open Competition Rules** or the **DPC Age Group Competition Rules**.

CD 1.2 All diving installations for **National Championships and Special Trials** shall be approved by the Diving Plongeon Canada Senior Director – Elite Performance or their designate. Approvals made by DPC overrules any AQUA requirements as stated in AQUA Section IV 13 and its Appendices.

CD 1.2.1 See **DPC Facilities and Equipment Rules** for more information.

CD 1.3 See **DPC Event Sanctioning and Hosting Rules** and **DPC's Hosting Guidelines** for information regarding hosting requirements, agreements, and schedules.

CD 1.4 To enter a sanctioned competition in Canada, a diver must be a registered participant of DPC in good standing. Refer to the **DPC Membership and Registration Policy**, the **DPC Senior and Open Competition Rules** and the **DPC Age Group Competition Rules** for more information about Sport Nationality and Visiting and

Exhibition diver status, eligibility for ranking, awards, individual/team/club points and overall awards.

CD 1.4.1 All divers must be at least 14 years old by December 31st in the year of the competition to enter a Senior Championships or Special Trials.

D 1.5 Diving Number Designations

D 1.5.1 All dives shall be designated by a system of 3, 4 or 5 numerals followed by a single letter.

D 1.5.2 The first digit (or the first two digits) shall indicate the group to which the dive belongs:

- 1 = Forward
- 2 = Back
- 3 = Reverse
- 4 = Inward
- 5 = Twist
- 6 = Armstand

D 1.5.3 In the Front, Back, Reverse and Inward groups, a 1 in the second digit indicates that the dive has a flying action during the dive. When there is no flying action the second digit shall be 0.

D 1.5.4 The third digit shall indicate the number of half somersaults being performed. For example, 1 = ½ somersault, 9 = 4 ½ somersaults, etc. When there are more than 4 ½ somersaults there will be four digits with the third and fourth digits indicating the number of half somersaults. For example, 11 = 5 ½ somersaults as 1011.

D 1.5.5 In Armstand dives the second digit indicates the group or direction to which the dive belongs:

- 1 = Front
- 2 = Back
- 3 = Reverse
- 4 = Inward

D 1.5.6 In the Twisting group (those dives beginning with the digit 5) the second digit indicates the group or direction of the take-off as listed in D 1.5.2 above.

D 1.5.7 In the Twisting and Armstand groups the fourth digit shall indicate the number of half twists being performed.

D 1.5.8 The letter at the end of the dive number shall indicate the position in which the dive is performed:

A = Straight

B = Pike

C = Tuck

D = Free

D 1.5.9 Free position means any combination of the other positions and is restricted in its use in some twisting dives.

D 1.6 Degree of Difficulty

D 1.6.1 The degree of difficulty of each dive is calculated using the following formula (the component values of the formula are outlined in AQUA Appendix 15.8 - 15.11 $A + B + C + D + E = \text{DEGREE OF DIFFICULTY}$

D 1.6.2 As a guide, dives with their numbers and degrees of difficulty for springboard dives have been calculated and are tabled in Appendix 15.8. Platform dives are tabled in Appendix 15.11.

D 1.6.3 Any dive, which is not tabled in AQUA Appendix 15.9 or 15.11 but is used in a competition, shall be given the dive number and degree of difficulty as determined in accordance with Rules D 1.5 and D 1.6.

D 1.6.4 In calculating the degree of difficulty for dives with twists, the following need do be noted:

- Dives with $\frac{1}{2}$ somersault and twists can only be executed in position A, B or C,
- Dives with 1 or $1 \frac{1}{2}$ somersaults and twists can only be executed in position D,
- Dives with 2 or more somersaults and twists can only be executed in position B or C,
- Armstand dives with 1, $1 \frac{1}{2}$, or 2 somersaults and one or more twists can only be executed in position D, and
- Armstand dives with $2 \frac{1}{2}$ or more somersaults and twists can only be executed in position B or C.

D 1.6.5 The AQUA Appendixes (Section 15) are established by the AQUA Technical Diving Committee (TDC) and approved by the AQUA Bureau.

CD 1.6.5.1 DPC has adjusted the dive lists for Age Group D and C Diving. Please refer to **the Junior National Dive List Requirements**.

D 2.0 COMPETITIONS

The following rules apply to all sanctioned competitions in Canada unless otherwise noted in the Meet Information Package.

D 2.1 General

CD 2.1.1 The order of diving shall be determined by a random draw prior to all preliminary competitions. The draw shall be held at least 24 hours prior to the preliminary competition. When available, an electronic draw shall be used.

CD 2.1.1.1 The Start List will be posted no later than 24 hours before the start of the first event of the competition.

CD 2.1.1.2 The statement of dives for each diver shall be posted by the Secretariat a minimum of 1 hour prior to the posted start time of the event.

CD 2.1.2 In any preliminary event where there are more than 35 divers entered in a preliminary competition, it may be split into two preliminaries.

D 2.1.3 In the semi-finals, the divers shall compete in reverse order of their ranking determined by the total scores at the end of the preliminary competition. In the case of a tie, the dive order shall be determined by a draw between the affected divers.

D 2.1.4 In the final competition, except where a tournament system is used, the divers shall compete in the reverse order of their ranking determined by the total scores at the end of the semi-final competition. In the case of a tie, the order shall be determined by a draw between the affected divers.

D 2.1.5 When the tournament system is used, the divers shall compete in all remaining sessions of the competition in the reverse order of their ranking determined by the total scores at the end of the preliminary competition. In the case of a tie, the order shall be determined by a draw between the affected divers. When there is a tie for the last position both divers will dive in the same semi-final.

D 2.1.6 The total number of dives executed in one session shall not exceed 210. If there are more than 210 dives, the session shall be divided into two or more sessions, unless a double panel system is used.

CD 2.1.6.1 Prior to the start of a session, if there are more than 210 dives in one session (and no double panel system), the Referee may

declare a short (5-10 minute) break to be taken at the end of a round in the mid-point of the session.

D 2.1.7 If a diver is unable to compete at the beginning of any session, the diver ranked next shall advance to the next session, in order to have the prescribed number of divers in each session.

CD 2.1.6.1 Exhibition and Visiting divers may advance to the next session if they share a rank (despite a higher or tied total score) with a diver who is a Canadian citizen by birth or naturalization. This will increase the number of divers in the post preliminary session so that a full complement of Canadian divers are qualifying for semi-final or final competitions.

D 2.1.8 When two or more divers score the same number of points, a tie shall be declared for that particular place.

D 2.1.9 In the individual events, the diver with the highest total points shall be declared the winner of that event. The remaining divers shall be ranked by their final points.

CD 2.1.9.1 Please refer to the **DPC Competition Regulations** for more information about ranking Exhibition and Visiting Divers.

CD 2.1.10 In the synchronized and mixed team events, the team with the highest total points shall be declared the winner of that event. The remaining teams shall be ranked by their final points.

CD 2.1.10.1 Please refer to the **DPC Competition Regulations** for more information about the ranking of teams that have 1 or more Exhibition or Visiting Divers.

CD 2.2 EVENTS

Each event may have any combination of preliminaries, semi-finals or final competitions. Refer to each competition's rules or Meet Information Packages for more information about:

- 1 metre springboard
- 3 metre springboard
- Platform
- Synchronized diving – 3 metre springboard and platform
- Team diving
- Mixed Synchronized diving – 3 metre springboard and platform

D 3.0 COMPETITION FORMATS

The following competition format is for Senior and Open Competitions in Canada unless otherwise stated in a Meet Information Package.

See **DPC Age Group Competition Regulations** for details regarding developmental, invitational, Age Group Qualifying and Junior National Championships.

D 3.1 All individual and synchronised diving competitions for men shall comprise six (6) dives.

D 3.2 All individual and synchronized diving competitions for women shall comprise five (5) dives.

D 3.3 No dive of the same number shall be repeated within each six (6) or five (5) dives.

D 3.4 1 metre and 3 metre springboard – men and women

D 3.4.1 The Women's springboard competitions shall comprise five (5) dives from five (5) different groups without limit of degree of difficulty.

D 3.4.2 The Men's springboard competitions shall comprise six (6) dives from five (5) different groups without limit of degree of difficulty.

D 3.5 Platform – men and women

CD 3.5.1 The Women's Senior platform competitions shall comprise five (5) dives from five (5) different groups without limit of degree of difficulty.

CD 3.5.1.1 Women are permitted to do a maximum of 1 dive from 5m or 7.5m. The other dives must be performed from the 10m.

CD 3.5.2 The Men's Senior platform competitions shall comprise six (6) dives from six (6) different groups without limit of degree of difficulty.

CD 3.5.2.1 Men are permitted to do a maximum of 2 dives from 5m or 7.5m. The other dives must be performed from the 10m.

CD 3.5.4 No feet first dives are permitted from any platform height.

CD 3.5.5 For Women's and Men's Open platform competitions, the 5m, 7.5m and 10m may be used for all dives.

D 3.6 Synchronized diving

D 3.6.1 The synchronized diving competition involves two competitors diving simultaneously from the springboard or platform. The competition is judged

on how the two divers individually perform their dives and how the two divers as a team synchronize their performance.

CD 3.6.2 Each competitor on a synchronized team must be registered with DPC but do not have to be affiliated with the same club.

D 3.6.3 Every competition for women and for mixed synchro on 3m springboard and platform shall comprise five (5) rounds of dives from five (5) different groups. The first two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and three (3) rounds of dives without limit of degree of difficulty. All forward facing dives on springboard shall be done with a running approach.

D 3.6.4 Every competition for men on 3m springboard and platform shall comprise six (6) rounds of dives from five (5) different groups. The first two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula and four (4) rounds of dives without limit of degree of difficulty. All forward facing dives on springboard shall be done with a running approach.

D 3.6.5 In each round the two divers must perform the same dive (same dive number and same position).

CD 3.7 Mixed Team Event

Refer to the Meet Information Package for Mixed Team event details.

CD 3.8 Mixed Synchronized Diving

Refer to the Meet Information Package for Mixed Synchronized event details.

D 4.0 STATEMENT OF DIVES

CD 4.1 Each diver, or diver's representative, shall deliver to the Competition Secretariat, a complete statement of the selected dives on the official form of the event for the preliminary competition and all the following sessions of the competition.

CD 4.2 The diver and the diver's representative are responsible for the statement of dives submitted.

CD 4.3 The statement of dives shall be submitted no later than 24 hours before the posted start time of the first event of the competition.

CD 4.4 The Competition Secretariat in consultation with the Meet Referee may accept any statement of dives submitted after the 24 hour deadline, up to three (3) hours

prior to the commencement of the preliminary competition and may assign a penalty fee of \$250 CDN.

CD 4.4.1 Provincial Sections and clubs hosting local, invitational or Qualifying Competitions may set a **different deadline (i.e. up to 1 hour prior) or a** lower late submission penalty fee. This **deadline and** penalty fee shall be included in the Meet Information Package.

D 4.5 Unless the statement is presented within the time prescribed, a diver shall not be admitted to the competition.

CD 4.6 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.

CD 4.7 In any synchronized or team preliminary or final competition, a diver may be replaced by another diver up to one (1) hour before the posted start time.

CD 4.8 In individual, synchronized and team preliminary events, no changes to the statement of dives shall be permitted within 1 hour of the posted start time of the competition, subject to **CD 6.3.1**.

CD 4.8.1 In synchronized or team final events, if a diver substitution is accepted within the prescribed time, a change in the statement of dives shall be permitted provided the change is lodged with the Competition Secretariat at least one (1) hour before the posted start time.

CD 4.9 The statement of dives shall contain the following information in the order of execution of the dives:

- The number of each dive
- The position of the dive
- The height of the board or platform
- The degree of difficulty as determined by AQUA, by formula or by the rules of the event

D 4.10 The dives in each round shall be executed by all the divers consecutively, according to the starting order.

D 4.11 The statement of dives shall take precedence over the indicator board and any announcement.

D 5.0 COMPETITION PROCEDURE

D 5.1 Control of Competition

CD 5.1.1 Every competition shall be controlled by a Meet Referee, and in some cases supported by Event Referees, Assistant Referees, together with Judges and a Competition Secretariat.

D 5.1.2 The number and the position of the dive to be performed shall be displayed on an indicator board visible to both divers and judges.

D 5.1.3 Where possible a computer shall be used with the capability to run a competition and to produce a judging analysis.

D 5.1.4 When electronic scoring equipment is not available the judges must have flash cards to display their awards. These flash cards must be capable of showing awards from 0 to 10 by half points.

D 5.2 Composition of the Judges Panels

See **DPC Judging Handbook** for more about the Composition of the Judges Panels and responsibilities of Meet Referees in Canada.

CD 5.2.1 Whenever possible at National Championships and Special Trials seven (7) judges shall be used for individual and team events and eleven (11) judges for synchronized diving events. For synchronized diving, where eleven (11) judges are used, five (5) shall judge synchronization of the dive, three (3) shall judge the execution of one diver and three (3) the execution of the other diver.

CD 5.2.2 In all Qualifying and Invitational competitions five (5) judges may be used for individual events. Nine (9) judges may be used for synchronized diving events. Five (5) shall judge the synchronization of the dive, two (2) shall judge the execution of one diver and two (2) the execution of the other diver.

CD 5.2.3 If an insufficient number of qualified judges are available for any event, the panel of judges may, at the discretion of the Meet Referee, include a Competition-Introduction Certified Coach who is present at the event.

D 5.2.4 When considered suitable, double panels of judges may be used in the same event. If double panels are used, the second panel is introduced in the fourth round of the competition. Note: In exceptional circumstances, such as high heat and humidity, the panels may be changed after the end of any round.

CD 5.2.5 Judges shall be placed on each side of the springboard or platform in use, as outlined in AQUA Competition Regulations IV 15.3 unless the Meet Referee determines it desirable to place the judges together on one side.

D 5.2.6 Once placed, a judge shall not change position unless at the discretion of the Referee, and then only in exceptional circumstances.

D 5.2.7 When a judge is unable to continue to function after a competition has started, they shall be replaced by the reserve judge.

D 5.2.8 After each dive, on a signal given by the Referee, each judge shall immediately and simultaneously, without communicating with one another, and in a distinct manner, indicate the award for the dive. When an electronic judging device is used, the judges shall enter their awards into their electronic score pads immediately after the performance of the dive.

CD 5.2.8.1 When electronic scoring is used, the judges awards (without any other information about the standing of the competition) must be seen by the judges on their electronic score pads.

CD 5.2.8.2 When no electronic judging device is used, the judges shall present their awards using a score card after a signal from the referee or verbal indication from the announcer,

CD 5.2.9 The judges' awards, running total scores and ranking shall be displayed on the electronic scoreboard, preferably unseen by the judges.

CD 5.2.9.1 When no electronic scoreboard display is available, all judges' awards must be announced.

D 6.0 DUTIES OF THE EVENT REFEREE AND ASSISTANT REFEREES

CD 6.1 The Event Referee shall be in control of the session (any preliminary, semi-final or final) and is responsible to ensure the Rules are observed.

D 6.2 The Assistant Referees:

- Shall observe the diver(s) on the platform (if no camera is available)
- In synchronized diving, will be positioned on the opposite side of the pool to observe the performance of the diver on that side.

CD 6.3 Duties of the Event Referee before the competition:

CD 6.3.1 The Event Referee shall inspect the statements of dives. If it is discovered before the start of the session that the statement does not comply with the Rules of the competition, they shall have it corrected before the beginning of the session.

D 6.3.2 The diver, or the diver's representative, shall be informed of the Event Referee's decision that a correction is required, as soon as possible.

CD 6.3.3 If it is discovered that the statement does not comply with the rules after the session has begun, the first dive that is not in compliance with the rules shall be declared a failed dive by the Event Referee. If there are subsequent dives that are not in compliance, they also will be declared failed dives by the Event Referee.

D 6.4 Duties of the Event Referee during the competition:

D 6.4.1 In the case of unforeseen circumstances, the Event Referee may declare a short break, a postponement or a discontinuation of the competition. If possible, the break should be done after a full round of dives.

D 6.4.2 Following an interruption, the competition shall be continued from where it was stopped. The points scored before the interruption shall be carried forward into the remaining portion of the competition, whenever it is held. The final results must be based on the last complete round of dives.

NOTE: If the competition cannot be continued, the result will be determined by the Meet Jury of Appeal.

D 6.4.3 When there is a strong wind, the Event Referee may give a diver the right to make a re-start without deduction of points.

CD 6.4.4 Before each dive, the Announcer shall announce, in either English or French, the name of the diver and the dive to be executed.

CD 6.4.4.1 In competitions where different platforms are used, the height of the platform shall also be announced.

CD 6.4.4.2 If a scoreboard is used, all information concerning the dive shall be displayed and the announcement may be restricted to the identification of the diver.

D 6.4.5 When a dive is incorrectly announced, the diver or their representative shall advise the Event Referee immediately, who shall then confirm the diver's statement of dives.

CD 6.4.5.1 The dive number and position on the statement of dives will take precedence over the degree of difficulty or dive number display or any announcement.

D 6.4.6 If the incorrectly announced dive is executed by the diver, the Event Referee may cancel it and have the correct dive announced and performed

immediately. The awards for the first dive must be noted should an appeal be lodged.

D 6.4.7 The dive shall be executed after a signal given by the Event Referee. The signal shall not be given before the diver has assumed their position on the board or platform and the Event Referee has checked the indicator board. For backward and inward take-offs, the diver shall not proceed to the end of the springboard or platform until after the signal has been given by the Event Referee.

D 6.4.8 Each diver shall be given sufficient time for the preparation and execution of the dive, but if it takes more than one minute after the Event Referee has given a warning, the diver shall receive zero (0) points for the dive announced.

D 6.4.9 When a diver executes a dive before the signal is given, the Event Referee shall decide whether the dive shall be repeated.

D 6.4.10 In exceptional circumstances, the Event Referee may allow a diver to repeat a dive without penalty. The awards for the first dive must be noted should an appeal be lodged.

CD 6.4.11 The request for such a repetition must be made immediately by the diver or the diver's representative directly to the Event Referee or Event Assistant Referee.

CD 6.4.11.1 This is considered an oral complaint.

Note: See **DPC Competition Appeals** for more information.

D 6.4.12 When the Event Referee is certain that a diver has performed a dive of a number other than that announced, they shall declare it a failed dive.

D 6.4.13 When it is quite clear that the dive has been performed in a position other than that announced, the Event Referee shall repeat the announcement, and declare that the maximum award shall be 2 points, before giving the judges the signal to show their marks. If a judge then awards more than 2 points, the Event Referee shall declare the award from that judge to be 2 points.

CD 6.4.14 During the execution of a dive (after the diver leaves the board), there shall be no assistance to the diver from any person. If the Event Referee believes assistance was provided to the diver, they shall declare a failed dive.

CD 6.4.14.1 Assistance to the diver between dives shall be permitted.

CD 6.4.15 When a diver receives assistance from any person after the Event Referee's signal but before the diver leaves the board, there shall be a two (2) point deduction from every official's score (rather than a failed dive declared as per **AQUA Rule IV 6.4.15**).

D 6.4.16 When a diver refuses to execute a dive, the Event Referee shall declare a failed dive.

D 6.4.17 If a diver in a competition disturbs a contest, the Event Referee may exclude them from that competition. If a member of a team, a coach or an official disturbs a contest; the Event Referee may exclude that person from the competition area.

CD 6.4.17.1 At the end of the session, the Event Referee shall make a written report about the exclusion to the Meet Referee.

CD 6.4.18 The Event Referee or Meet Referee may remove any judge from the competition whose judgement they regard as unsatisfactory and may appoint another judge to replace them.

CD 6.4.19 Such a change of judge shall take place only at the end of a session or round of dives.

CD 6.4.19.1 At the end of the session, the Event Referee shall make a written report about any judge removals to the Meet Referee.

D 6.5 Duties of the Event Referee during the dive:

D 6.5.1 On the springboard or platform, when a diver in a running dive takes a step and stops or in a standing dive stops the movement for the take-off after the legs have commenced to press, the Event Referee shall declare a re-start and that 2 points are to be deducted each judge's award.

D 6.5.2 When there is a restart in a running, standing, or armstand dive, the Event Referee shall deduct 2 points from the award of each judge.

CD 6.5.2.1 In a running or standing dive, once a diver has reached their balanced starting position, the diver shall not step out of the starting position. If the diver steps out of the starting position, the Event Referee shall declare there has been a re-start and shall deduct 2 points from the award of each judge, subject to **CD 6.5.2.2**.

CD 6.5.2.2 In a running or standing dive, where there are extenuating circumstances that have caused the diver to step out of the starting position, the Event Referee will use their judgment whether to declare the re-start.

CD 6.5.2.3 In an armstand dive, if a diver, due to losing their balance, moves one (1) or both hands and “walks” on the platform, or touches any other body part to the platform before leaving the platform to execute the rest of the dive, this will result in the Event Referee declaring “a restart” and deduct 2 points from the award of each judge.

CD 6.5.2.3.1 The Event Referee shall not take action, if, during an armstand take-off, the diver slightly lifts one or both hands from the platform (shifts their hands), as this will be considered an error in execution and judged similarly as the feet in a standing dive. See **CD 8.2.6.2**.

D 6.5.3 When a second attempt (a re-start) is unsuccessful, the Event Referee shall declare a failed dive.

CD 6.5.3.1 In an armstand dive, if a diver, due to losing their balance, moves one (1) or both hands and then returns to a balance position, without having their feet return to the platform and loses their balance a second time and moves one (1) or both hands again before leaving the platform to execute the rest of the dive, the Event Referee shall declare “a 2nd re-start” and therefore, a failed dive.

D 6.5.4 If the diver double bounces during the approach or on the end of the springboard, or double jumps on the end of the platform, before the take-off, the Event Referee shall declare it a failed dive.

Note: Double bounce or double jump: Two consecutive jumps from both feet, where the feet leave the springboard or platform.

D 6.5.5 When in a running dive the final step is not from one foot, the Event Referee shall declare it a failed dive.

D 6.5.6 When the take-off from the springboard or platform is not from both feet simultaneously, the Event Referee shall declare it a failed dive.

D 6.5.7 When at the entry a twist is greater or less than that announced by 90 degrees or more, the Event Referee shall declare it a failed dive.

CD 6.5.8 When at the entry, if one or both arms are held above the shoulder line in a feet first entry or below the shoulder line in a headfirst entry, the Event Referee shall declare the maximum award to be 4½ points. If a judge then awards more than 4½ points, the Event Referee shall declare the award from that judge to be 4½ points.

D 6.5.9 In headfirst dives, if the feet enter the water before the head or hands, the Event Referee shall declare it a failed dive.

D 6.5.10 In feet first dives, if the head or hands enter the water before the feet, the Event Referee shall declare it a failed dive.

CD 6.5.11 Where official live and direct visual replay technology (approved by the Meet Referee) is available, an Event Referee may review a dive immediately following its performance: (i) to ensure the correct dive has been performed or (ii) to confirm an Event Referee's decision on the dive; provided the next diver has not been signaled to perform their dive or the session has not concluded.

D 6.6 Duties of the Event Referee after the competition:

CD 6.6.1 At the end of each session of a competition the Event Referee shall confirm the final results by their signature and note the end time (last diver's scores entered).

CD 7.0 DUTIES OF THE MINOR OFFICIALS (TABLE WORKERS)

CD 7.1 The records of the competition shall be kept by a minimum of two (2) independent minor officials (also known as secretaries or table workers).

CD 7.1.1 At all Qualifying Competitions and National events, two (2) electronic records and 1 written record shall be kept by the table workers.

CD 7.1.2 During the running of a competition, intentional or un-intentional errors made by a minor official (i.e., a secretariat, table worker, number board assistant, etc.) shall in no way, affect the outcome of the event. Upon first notice, the Meet Referee shall intervene and have authority to correct mistakes, convene the Meet Jury of Appeal if necessary and take action to prevent further errors.

CD 7.2 To facilitate the scoring, a computer, a rapid calculator, or a chart may be used.

CD 7.3 In individual and team events, the judges' awards shall be announced in their seating order, and the table workers shall record all awards as announced in the electric scoring program. In synchronized diving events, the judges' awards shall be announced, starting with the execution judges' awards in seating order, followed by the synchronized judges' awards, also in seating order. When a computer and a scoreboard are used, the announcement of the judges' awards is not necessary, and the table worker may record the awards directly from the monitor in the electronic scoring program.

CD 7.4 One (1) table worker shall record the scores in the order as they are announced and record the total score for each dive on paper. Additionally, they shall record the running total of all scores for each diver.

D 7.5 In the individual and team events, when seven (7) judges are used, the secretaries shall cancel the two (2) highest and the two (2) lowest judges' awards. When more than two (2) awards are equal only two of the equal awards shall be cancelled. If only five (5) judges are used, the secretaries shall cancel the highest and the lowest award.

D 7.6 In synchronized diving, when eleven (11) judges are used, the secretaries shall cancel the highest and the lowest judges' awards given for execution for one diver, the highest and lowest judges' awards for execution of the other diver and the highest and lowest judges' awards given for synchronisation. When more than two (2) awards are equal only two of the equal awards may be cancelled.

D 7.7 In synchronized diving, when nine (9) judges are used, the secretaries shall cancel the highest and the lowest judges' awards given for execution and the highest and lowest judges' awards given for synchronisation. When two (2) or more awards are equal, either of the equal awards may be cancelled.

CD 7.8 The secretaries shall independently add the remaining awards and multiply this total by the degree of difficulty for the dive to determine the score of the dive according to the following examples:

Individual and team competitions

Five (5) judges:	8.0 , 7.5, 7.5, 7.5, 7.0 = $22.5 \times 2.0 = 45.0$
Seven (7) judges:	8.0 , 7.5 , 7.5, 7.5, 7.5, 7.5 , 7.0 = 22.5×2.0 (DD) = 45.0

Synchronized Diving competitions

Nine (9) judges:	Execution diver 1: 7.0 , 6.5 Execution diver 2: 5.5, 5.5 Synchro awards: 8.5 , 8.0, 8.0, 7.5, 7.5 = $35.5 \div 5 \times 3 = 21.3 \times 2.8$ (DD) = 59.64
Eleven (11) judges:	Execution diver 1: 7.0 , 6.5, 6.0 Execution diver 2: 5.5 , 5.5, 7.0 Synchro awards: 8.0 , 8.0, 7.5, 8.0, 7.0 = $35.5 \div 5 \times 3 = 21.3 \times 2.8$ (DD) = 59.64

D 7.9 When a judge by reason of illness or any other unforeseen circumstances, has made no award for a particular dive, the average of the awards of the other judges shall be adopted as the missing award. The award shall be rounded up or down to the nearest half point or whole point. Averages ending in .01 to .24 shall be lost. Averages ending in .25 to .74 shall be rounded to .50. Averages ending in .75 or higher shall be rounded up to the next whole point.

D 7.10 In synchronized diving, when a judge (execution or synchronized) by reason of illness or any other unforeseen circumstances, has made no award for a particular dive, in an eleven (11) judge panel, the average of the awards of the other two (2) execution judges of the same diver, or the average of the other four synchronized judges, shall be adopted as the missing award. The average award shall be rounded up or down to the nearest half point or whole point. Averages ending in .01 to .24 shall be lost. Averages ending in .25 to .74 shall be rounded to .50. Averages ending in .75 or higher shall be rounded up to the next whole point. In a nine (9) judge panel, the award of the other execution judge of the same diver shall be adopted as the missing award.

CD 7.11 At the end of the competition the table workers shall collate the score sheets and forward them to the Competition Secretariat.

CD 7.12 The final result of the competition shall be obtained from the Competition Secretariat.

CD 7.13 If the electronic officiating equipment breaks down, The Competition Secretariat will use the non-electronic record of the judges' awards to calculate the dive totals and final results.

CD 7.14 The final results shall be posted in either French or English by the Competition Secretariat.

D 8.0 JUDGING

D 8.1 General

D 8.1.1 A judge shall award from 0 to 10 points for a dive according to their overall impression within the following criteria:

Excellent	10
Very Good	8.5 – 9.5
Good	7.0 – 8.0
Satisfactory	5.0 – 6.5
Deficient	2.5 – 4.5
Very Deficient	0.5 – 2.0
Completely failed	0

D 8.1.2 When judging a dive, the judge must not be influenced by any factor other than the technique and execution of the dive. The dive must be considered without regard to the approach to the starting position, the difficulty of the dive, or any movement beneath the surface of the water.

D 8.1.3 The points to be considered in judging the overall impression of a dive are the technique and grace of:

- the starting position and the approach
- the take-off
- the flight
- the entry

CD 8.1.4 When a dive is performed clearly in a position other than that announced the dive shall be deemed very deficient. The highest award for such a dive is 2 points.

D 8.1.5 When a dive is performed partially in a position other than that announced, each judge shall deduct according to their opinion.

D 8.1.6 When a dive is not performed in the straight (A), pike (B), tuck (C), or free (D) position as described, the judge shall deduct from ½ to 2 points, according to their opinion.

D 8.1.7 When a judge considers that a dive of a different number has been performed, they may award zero (0) points, notwithstanding that the Event Referee has not declared it to be a failed dive.

D 8.2 The starting position

D 8.2.1 When the signal is given by the Event Referee, the diver shall take the starting position.

D 8.2.2 In the starting position the body shall be straight, head erect, with the arms straight in any position.

D 8.2.3 When the body in the starting position is not straight, head erect, with the arms straight in any position, each judge shall deduct $\frac{1}{2}$ to 2 points, according to their opinion.

D 8.2.4 Standing dives

D 8.2.4.1 The starting position in standing dives shall be assumed when the diver stands on the front end of the springboard or platform.

D 8.2.4.2 When executing a standing dive, the feet must stay in contact with the springboard or platform until the take-off.

D 8.2.4.3 If the feet leave the springboard or platform before the take-off, the judge shall deduct from $\frac{1}{2}$ to 2 points, according to their opinion.

D 8.2.5 Running dives

D 8.2.5.1 The starting position in a running dive shall be assumed when the diver is ready to take the first step of the run.

D 8.2.6 Armstand dives

D 8.2.6.1 The starting position in an armstand dive shall be assumed when both hands are on the front end of the platform and both feet are off the platform.

D 8.2.6.2 When, in an armstand dive, a stationary and steady balance in the straight vertical position is not shown, or if the hands lose contact with the platform during the take-off, each judge shall deduct from $\frac{1}{2}$ to 2 points, according to their opinion.

D 8.2.6.3 A re-start shall be permitted when:

- A diver loses their balance and moves one or both hands from the original position at the front end of the platform, or
- one or both feet return to the platform, or when one or any part of their body other than their hands touch the platform. The Event Referee shall declare a restart and 2 points are to be deducted from each judge's award.

D 8.2.6.4 When, in an armstand, the hands lose contact with the platform during the take-off, each judge shall deduct from $\frac{1}{2}$ to 2 points, according to their opinion.

D 8.3 The approach

D 8.3.1 When executing a running dive from either the springboard or the platform, the run shall be smooth, aesthetically pleasing, and in a forward direction to the end of the springboard or platform with the final step being from one foot.

D 8.3.2 When the run is not smooth, aesthetically pleasing, or in a forward direction to the end of the springboard or platform, each judge shall deduct ½ to 2 points, according to their opinion.

D 8.3.3 When the final step is not from one foot, the judge may award zero (0) points, notwithstanding that the Event Referee has not declared it to be a failed dive.

D 8.3.4 When the judge considers that the diver has double bounced or double jumped in performing a dive, the judge may award zero (0) points, notwithstanding that the Event Referee has not declared it to be a failed dive.

Note: Double bounce or double jump: Two consecutive jumps from both feet where the feet leave the springboard or platform.

D 8.4 The take-off

CD 8.4.1 Running or Standing

CD 8.4.1. From the springboard, the take-off in forward and reverse dives must be performed with a running approach (steps with a hurdle). The take-off in backward and inward dives must be performed standing.

CD 8.4.1.1 At Age Group springboard competitions, the take-off in forward and reverse dives may be performed either standing or with a running approach (step(s) with a hurdle) at the option of the diver. If performed standing, the arm swing is considered the approach.

CD 8.4.2 From the platform, the take-off in forward dives may be performed either standing or running at the option of the diver. The take-off in backward, reverse and inward dives must be performed standing.

CD 8.4.3 The take-off from the springboard and the platform shall be from both feet simultaneously.

D 8.4.4 When the take-off from the springboard or the platform is not from both feet, the judge may award zero (0) points, notwithstanding that the Event Referee has not declared it to be a failed dive.

D 8.4.5 In running and standing dives, the take-off shall be balanced and high and shall be from the end of the springboard or platform.

D 8.4.6 When the take-off is not balanced and high, or from the end of the springboard or platform, each judge shall deduct $\frac{1}{2}$ to 2 points, according to their opinion.

D 8.4.7 In dives with twist, the twisting shall not be manifestly done from the springboard or platform. If the twisting is manifestly done from the springboard or platform, each judge shall deduct $\frac{1}{2}$ to 2 points, according to their opinion.

D 8.5 The flight

D 8.5.1 During the execution of a dive the dive shall be in the direct line of flight.

D 8.5.2 If during the execution of a dive a diver dives to the side of the direct line of flight, each judge shall deduct according to their opinion.

D 8.5.3 If during the execution of a dive, a diver touches the end of the springboard or platform with their feet or hands, each judge shall deduct according to their opinion.

D 8.5.4 If during the execution of a dive, where approved visual technology is unavailable, a judge considers a diver to be unsafely close to the springboard or platform or touches the end of the springboard or platform with their head, the judges shall award up to a maximum of 2 points. If most of the judges (at least three (3) in a 5 judge panel / at least four (4) in a 7 judge panel) award two (2) or less points for an unsafe dive, all higher scores shall be two (2) points. The judges shall indicate to the Event Referee using electronic technology or where electronic technology is not available by raising one hand that the two (2) or less points are in relation to the unsafely close execution of the dive. Where approved visual technology is available, the Event Referee should review and if an unsafe dive has been performed, the Event Referee shall declare a maximum of two (2) points for each judge's award.

The dive can be executed in the following positions:

Straight (A)

D 8.5.5 In the straight position the body shall not be bent either at the knees or hips. The feet shall be together, and the toes pointed. The position of the arms is at the option of the diver.

D 8.5.6 Should the straight position not be shown as described, each judge shall deduct from $\frac{1}{2}$ to 2 points, according to their opinion.

D 8.5.7 In all flying dives a straight position shall be clearly shown and that position shall be assumed from the take off or after one somersault. When the straight position is not shown for at least one quarter of a somersault (90°) in dives with one (1) somersault, and at least one half of a somersault (180°) in dives with more than one (1) somersault, the maximum award by the judges shall be $4\frac{1}{2}$ points.

Pike (B)

D 8.5.8 In the pike position the body shall be bent at the hips, but the legs must be kept straight at the knees, the feet shall be together, and the toes pointed. The position of the arms is at the option of the diver.

D 8.5.9 Should the pike position not be aesthetically pleasing and shown as described, each judge shall deduct from $\frac{1}{2}$ to 2 points, according to their opinion.

D 8.5.10 In the pike dives with twist, the pike position must be clearly shown. Should this position not be shown, each judge shall deduct $\frac{1}{2}$ to 2 points, according to their opinion.



These diving illustrations serve as a guide only and the position of the arms is at the choice of the diver except in the entry.

Tuck (C)

D 8.5.11 In the tuck position the body shall be compact, bent at the knees and hips with the knees and feet close together within the

bodyline of the shoulders. The hands shall be on the lower legs and the toes pointed.



D 8.5.12 Should the tuck position not be aesthetically pleasing and shown as described, each judge shall deduct from $\frac{1}{2}$ to 2 points, according to their opinion.

D 8.5.13 In tuck dives with twist, the tuck position must be clearly shown. Should this position not be shown, each judge shall deduct $\frac{1}{2}$ to 2 points, according to their opinion.



These diving illustrations serve as a guide only and the position of the arms is at the choice of the diver except in the case of the hands in the tuck and the entry.

Free position (D)

D 8.5.14 In the free position, the body position is optional (A, B or C) but the legs shall be together, and the toes pointed.

D 8.5.15 Should the free position not be aesthetically pleasing and shown as described, each judge shall deduct from $\frac{1}{2}$ to 2 points, according to their opinion.

D 8.5.16 In somersault dives with twist, the twist may be performed at any time during the flight.

D 8.6 The entry

D 8.6.1 The entry into the water shall in all cases be vertical, not twisted, with the body straight, the feet together, and the toes pointed.

D 8.6.2 When the entry is short or over, twisted or the body not straight, the feet not together, and the toes not pointed, each judge shall deduct according to their opinion.

CD 8.6.3 In headfirst entries, the arms shall be stretched beyond the head and in line with the body, with the hands close together. If one or both arms are held below the shoulder line on entry, the judge may award up to 4 ½ points, notwithstanding that the Event Referee has not declared a maximum award of 4 ½.

CD 8.6.4 In feet first entries, the arms shall be close to the body with no bending at the elbows. If one or both arms are held beyond the shoulder line on entry, the judge may award up to 4 ½ points, notwithstanding that the Event Referee has not declared a maximum award of 4 ½.

D 8.6.5 Other than as provided in Rules CD 8.6.3 and CD 8.6.4, when the arms are not in the correct position in either the head first or feet first entry, each judge shall deduct from ½ to 2 points, according to their opinion.

D 8.6.6 When at the entry a twist is greater or less than that announced by 90 degrees or more, the judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.

D 8.6.7 The dive is considered to have been completed when the whole of the body is completely under the surface of the water.

D 9.0 REFEREEING AND JUDGING SYNCHRONIZED DIVING

D 9.1 Synchronized diving is judged by the execution of the individual dives and the synchronization of the divers.

D 9.2 The rules for judging individual diving shall apply except where otherwise stated in these rules.

D 9.3 When judging the synchronization of the dives, the overall impression of the synchronization of the dives must be taken into account.

D 9.4 When one or both divers perform a dive of a different number or position, other than that announced, the Event Referee shall declare it a failed dive.

D 9.5 The factors to be considered in judging synchronized diving are:

- the starting position, the approach and the take-off, including the similarity of the height,
- the coordinated timing of the movements during the flight,
- the similarity of the vertical angles of the entries,

- the comparative distance from the springboard or platform of the entry,
- the coordinated timing of the entries.

D 9.6 If either diver enters the surface of the water before the other diver leaves the springboard or platform, the Event Referee shall declare it a failed dive.

D 9.7 The Event Referee shall declare a two point deduction from all judges when there is a restart by one or both divers.

D 9.8 The execution judges must not be influenced by any factor other than the technique and execution of the dive, not both dives, nor the synchronization of the divers.

D 9.9 When an execution judge considers that a dive of a different number has been performed by a diver, the judge shall award zero (0) points notwithstanding that the Event Referee has not declared it to be a failed dive. If both execution judges of one diver in a nine (9) judge panel or all three (3) execution judges in an eleven (11) judge panel, award zero (0) points, the Event Referee shall declare it a failed dive. If the Event Referee declares a failed dive, zero (0) points are awarded by all nine (9) or eleven (11) judges.

D 9.10 The synchronization judges must not be influenced by any other factor other than the coordinated performance of the two divers and not the execution of both dives.

D 9.11 If all the synchronization judges award zero (0) points, the Event Referee shall declare it a failed dive.

D 9.12 When any of the following faults are shown, each synchronization judge shall deduct from ½ to 2 points, according to their opinion, for the lack of:

- similarity of the starting position, approach, take-off or height,
- coordinated timing of the movement during the flight,
- similarity of the vertical angles of the entries,
- comparative distance from the springboard or platform of the entry,
- coordinated timing of the entries.

D 9.13 In synchronized diving all forward facing dives on the springboard must be performed with a running approach (See D 3.6.3 and D 3.6.4). If a forward-facing dive is not performed with a running approach in a springboard synchronized diving competition, the Event Referee shall declare it a failed dive.