

DIVING PLONGEON CANADA RULES SENIOR AND OPEN COMPETITIONS

EFFECTIVE JANUARY 2026

CDS 1.0 GENERAL

CDS 1.1 Diving Plongeon Canada (DPC) has adopted World Aquatics (formerly known as FINA) Diving Rules of competition for all Senior and Open competitions held in Canada **AND**

CDS 1.2 To meet our domestic objectives, address our national development philosophies and support clubs to host various diving competitions in Canada, DPC has adapted the World Aquatics (AQUA) Diving rules by applying specific Canadian interpretations and adding new rules.

CDS 1.2.1 Where a conflict occurs, the Canadian interpretation and rules shall apply.

CDS 1.2.2 Where no DPC Senior Competition Rule (CDS) is stated, the AQUA rule shall apply. Refer to: <https://www.worldaquatics.com/diving/rules> for all AQUA Diving Rules

CDS 1.2.3 Questions regarding these rules should be directed to the Senior Director – Elite Performance.

CDS 1.3 Diver Designations

CDS 1.3.1 Canadian

Any Canadian citizen (by birth or naturalization) who is a registered participant of DPC OR a diver who holds a Sport Nationality CANADA (defined in **AQUA rules Section I.3 Sport Nationality**) is eligible to register, compete, be ranked and receive medals/ribbons in DPC sanctioned competitions. If applicable, they are also eligible to tally individual, team and club points for the purposes of overall top diver and club awards. They are designated as Canadians.

CDS 1.3.2 Exhibition

Any diver who is not a Canadian citizen but registered with DPC through an affiliated club in a Member Province AND who does not hold any other country's Sport Nationality (as defined in **AQUA rules Section I.3 Sport Nationality**), is eligible to register, compete, share ranking and receive medals/ribbons in DPC sanctioned competitions. This diver is eligible to tally their points for the purposes of overall top club awards only. This diver is not eligible for overall top diver awards. They will be designated as **Exhibition** in all results. If the diver becomes a Canadian citizen by naturalization, they will be considered the same as divers described in **CDS 1.3.1**.

CDS 1.3.3 Visitor

CDS 1.3.3.1 Any diver who is not a Canadian citizen and holds a Sport Nationality (as defined in **AQUA rules Section I.3 Sport Nationality**) of a World Aquatics member in good standing may be permitted to register, compete, share ranking and receive medals/ribbons in DPC sanctioned competitions. This diver is **not** eligible to tally individual, team and club points for the purposes of overall top diver and club awards. They will be designated as **Visitor** in all results. Application must be submitted to the DPC Office at least 14 days prior to the registration deadline of the competition.

CDS 1.3.3.2 Any diver who holds dual citizenship AND a Sport Nationality (as defined in **AQUA rules Section I.3 Sport Nationality**) of a World Aquatics member in good standing (other than CANADA) may be permitted to register, compete, share rank and receive medals/ribbons in sanctioned DPC competitions. This diver is **not** eligible to tally their points for the purposes of overall top diver and club awards. This diver will be designated as **Visitor** in all results. Application must be submitted to the DPC Office at least 14 days prior to the registration deadline of the competition. Once their status and eligibility has been determined, it will remain in effect for the remainder of their diving career or until their Sport Nationality is officially changed (as per **AQUA rules in Section I.3 Sport Nationality**).

NOTE: Contact the DPC Office for more information about registering dual citizens or non-Canadians for any sanctioned events or competitions in Canada.

CDS 1.4 Coach Eligibility

To be on deck and in the dryland areas actively coaching divers registered in DPC sanctioned competitions and events, coaches shall:

- a) be registered participants in good standing with DPC through a member province and an affiliated club AND
- b) have completed all Safe Sport training and Screening requirements as per the Coach Screening Policy and Operational Guidelines AND
- c) **Meet or exceed the minimum National Coaching Certification Program status when attending the following events/competitions:**
 - i. In-club (Fun Meets) – Instruction Beginner Trained
 - ii. In-province Invitationals (Open, Masters) - Competition-Introduction Trained
 - iii. Invitationals (Open, Masters) & Senior Qualifying Competitions – Competition-Introduction Certified
 - iv. Senior Nationals – Competition-Introduction Certified

v. Senior International - Competition-Development Trained

NOTE: All visiting coaches or coaches who do not meet the above eligibility standards may apply for an exemption. Exemptions will have expiration dates and conditions. Coaches who repeatedly do not comply with the conditions will not be permitted to coach athletes in the competition and may be asked to leave the facility. Please contact the DPC Coach Development Manager (tracy@diving.ca) for more information.

CDS 1.5 Provincial Sections and clubs hosting invitational and local competitions may make special requirements for entering Senior level invitational events. The Meet Information Package shall refer to these events as an "Open" Category and shall include all changes to, or specific application of AQUA and/or DPC Senior Competition Rules.

CDS 1.6 See **DPC Sanctioning & Hosting Event Rules** for more information regarding hosting requirements and responsibilities.

CDS 1.7 Unless otherwise stated in a Meet Information Package, the following Canada Diving Senior (CDS) rules will apply to:

- a) Open or Senior Categories at Invitationals
- b) Senior Qualification Competitions
- c) Senior National Championships
- d) Senior Special Trials

CDS 2.0 CATEGORIES

CDS 2.1 Categories by Gender

CDS 2.1.1 Each individual event and synchronized diving will be divided into Men's and Women's.

CDS 2.1.2 For mixed gender Synchronized and Team events, refer to the event's Meet Information Package for detailed information.

CDS 2.2 Category Events

Unless otherwise stated in the Meet Information Package, the following events are permitted:

CDS 2.2.1 Individual events may include a combination of preliminary, semi-final and final sessions for 1 Meter, 3 Meter and Platform. Tournament style competitions are permitted.

CDS 2.2.2 Synchronized diving events may include preliminary and/or final sessions for 3 Metre and Platform. Tournament style competitions are permitted.

CDS 2.2.3 Team events may include a tournament style competition and/or straight final sessions.

CDS 3.0 DIVE REQUIREMENTS

For Senior and Open categories, unless clearly indicated in a Meet Information Package, all divers shall submit a statement of dives in accordance with the rules listed in **DPC**

COMPETITION REGULATIONS D 3.0 COMPETITION FORMATS.

CDS 4.0 GENERAL RULES FOR SENIOR COMPETITIONS

CDS 4.1 Competitions

CDS 4.1.1 Invitationals

Provincial Sections and Clubs may invite divers, coaches, judges and team support personnel to attend competitions. Costs associated with promoting, hosting, judges and awards are the responsibility of the Competition Host. See **DPC Event Sanctioning and Hosting Rules** for more details.

CDS 4.1.1.1 Affiliated Club events and Invitational Competition Hosts may determine the individual diving events offered at their competition, set entry and registration fees and refund policies, determine deadlines for payment of entry fees and refund requests and shall post a tentative schedule in their Meet Information Package.

CDS 4.1.1.2 Hosts choosing not to use these Rules AND/OR if they change the requirements (etc.), shall clearly outline all requirements and adapted rules in the Meet Information Package.

CDS 4.1.1.3 Each participating club will be responsible for registering their participants and submitting the statement of dives for each diver using the prescribed method, by the deadline stated in the Meet Information Package.

CDS 4.1.1.4 The Provincial Section will assign a minimum Level 2 Official as the Meet Referee who will act as the Chair of the Meet Jury of Appeal and construct the judging panels. Travel and accommodation costs for the Meet Referee will be provided by the Competition Host. For more information about judging diving in Canada, refer to the DPC Competition Regulations and The DPC Officials Development Pathway.

CDS 4.1.1.5 If the Invitational is sanctioned as a Senior Qualification Competition, the Senior events shall follow the rules for Senior Qualification Competitions stated in **CDS 4.1.2.**

CDS 4.1.2 Senior Qualification Competitions

Provincial Sections may apply for sanction for Senior Qualification Competitions. Costs associated with promoting, hosting, judges and awards are the responsibility of the Competition Host. See **DPC Event Sanctioning and Hosting** for more details.

NOTE: It is strongly preferred that Senior Qualification Competitions are hosted at the same time as Junior Qualification Competitions.

CDS 4.1.2.1 DPC reserves the right to consult with the Provincial Sections and Clubs to create a calendar of events that provides adequate and reasonable opportunities for divers to qualify for Senior National Championships and Special Trials.

CDS 4.1.2.2 All Senior Qualification Competitions must be completed at least ten (10) days prior to the first day of competition of a Senior National Championships.

NOTE: Exceptions will be considered. Contact the **SDEP** to apply for a special consideration.

CDS 4.1.2.3 If the sanctioned event is also a Junior Qualification event, the DPC Officials Committee will assign a Level 4 or 5 Official as the Meet Referee who will act as the Chair of the Meet Jury of Appeal, construct the judging panels, approved the schedule of events and verify all final Qualification event results. **All Meet Referees will receive a per day competition honorarium provided by DPC. Travel, food and accommodation costs for one (1) the Meet Referee per province per year will be provided by DPC.**

CDS 4.1.2.3 If the sanctioned event is not a Junior Qualification event, the Provincial Section will assign a Level 4 or 5 Official as the Meet Referee who will act as the Chair of the Meet Jury of Appeal, construct the judging panels, approve the schedule of events and verify all final Senior Qualification event results. Travel, food and accommodation costs for the Meet Referee will be provided by the Provincial Section or Host Club.

CDS 4.1.2.4 Provincial Sections or Host Clubs are responsible to ensure there is a sufficient number of judges in attendance to meet the Judging Panel requirements described in **CDS 4.1.2.5**. Travel, food and accommodations costs for judges shall be the responsibility of the Provincial Section and/or Host Club to arrange.

CDS 4.1.2.5 All judging panels for individual Senior Qualification events **shall** have a minimum of five (5) judges. Of the 5 judges:

- two (2) judges shall be Level 3, 4 or 5 Officials
- no more than one (1) judge shall be a Level 1 Official
- no more than three (3) judges shall be Level 2 Officials
- no more than two (2) judges shall be registered and Trained NCCP Competition-Introduction (or higher) Coaches

CDS 4.1.2.6 If the situation arises, the Meet Referee has the authority to replace 1 of the 2 required Level 3, 4 or 5 judges with a judge that they feel is competent to judge Qualification events. This replacement shall be a Certified NCCP Competition-Introduction (or higher) Coach or a Level 2 Official.

CDS 4.1.2.7 A seven (7) judge panel may be used as a minimum for synchronized diving events with four (4) judges for execution and three (3) judges for synchronization. All three (3) synchronization judges must be a qualified Level 2 or higher Official. The four (4) execution judges may be any combination of Comp-Intro coaches or Level 1 or higher Officials.

NOTE: Efforts shall be made to have as few coaches on judging panels as possible. If coaches are required to judge due to a low number of qualified judges present, the coach should not be actively coaching divers in the event while judging.

CDS 4.1.2.8 Meet Information Packages shall be sent to DPC a minimum of sixty (60) days prior to the registration deadline.

CDS 4.1.2.9 Each participating club will be responsible for registering their participants and submitting the statement of dives for each diver using the prescribed method, by the deadline stated in the Meet Information Package.

CDS 4.1.2.9.1 Divers entering Senior Qualification events must adhere to the requirements listed in **DPC COMPETITION REGULATIONS D 3.0 COMPETITION FORMATS**.

CDS 4.1.2.10 Guidelines for combining events at Qualifying Competitions

CDS 4.1.2.10.1 It is permitted to combine the genders into one event (i.e., Men's and Women's Open 1m) but the events shall be separated for results and awards.

CDS 4.1.2.10.2 For any other combination of events, please contact the CTO or the Domestic Officials Manager for authorization.



CDS 4.1.2.11 Results from Senior Qualification Competitions must be reported to DPC within seven (7) days of the final event.

CDS 4.1.3 Senior National Championships

There will be up to two (2) Senior National Championships known as Winter Senior Nationals and/or Summer Senior Nationals.

CDS 4.1.3.1 DPC reserves the right to consult with Provincial Sections and Clubs to determine the best location, dates and co-hosts for these competitions.

CDS 4.1.3.2 DPC reserves the right to schedule only one (1) Senior national championship per season.

CDS 4.1.3.3 Registration Form

Each club will be responsible for registering their participants for the competition using the prescribed method outlined in the Meet Information Package, ten (10) days prior to the start of the first day of competition.

The following information must be including on the club registration form and completed for each diver:

- Name of Club
- Name of diver
- Diver Registration Number
- Name of diver's coach
- Coach registration number
- Gender of the diver
- Events each diver will submit a statement of dives
- Proof of Qualification for each event entered (upon request)
- Signed Code of Conduct (upon request)
- Calculation of Registration and Entry Fees

CDS 4.1.3.4 The penalty for incomplete or late registration forms is \$250 and payable to DPC in addition to the Registration and Entry fees.

CDS 4.1.3.5 Registration and Entry Fees

Registration and Entry Fees shall be paid to DPC via credit card (VISA, Mastercard, Diners Club), cheque or e-transfer ten (10) days prior to the posted start time of the first event of the competition.

Registration Fee per Diver - \$85

Entry Fee per Event per Diver - \$85

Entry Fee per Synchro Team - \$85

CDS 4.1.3.6 Requests for Refund of Entry Fees must be received within 30 days of the last day of the competition. Refunds of Entry Fees will be permitted if a pre-registered athlete:

- does not travel to the competition
- is unable to compete due to an on-site injury/illness and provides a health professional's certificate confirming the injury or illness

CDS 4.1.3.6.1 If an event is cancelled due to unforeseen events out of the Host's control (inclement weather, closure of pool, natural disaster, etc.) there will be no refund of entry fees.

NOTE: Registration Fees are non-refundable

CDS 4.1.3.7 Statement of Dives

Each diver, or their representative is responsible for submitting their statement of dives using the prescribed method, 24 hours prior to the posted start time of the first event of the competition. (See **DPC COMPETITION REGULATIONS D 4.0 STATEMENT OF DIVES** for more information about the Statement of Dives).

CDS 4.1.3.8 The DPC Officials Committee will assign a Level 4 or 5 Official as the Meet Referee who will act as the Chair of the Meet Jury of Appeal and construct the judging panels.

CDS 4.1.3.9 DPC is responsible to ensure there is a sufficient number of Level 4 and 5 Officials assigned to the competition so that all individual events will have a minimum of seven (7) judges, 1 (one) event referee and 1 (one) assistant referee. Travel, food and accommodations costs for the officials shall be the responsibility of DPC.

CDS 4.1.4 Senior Special Trials

DPC shall host, co-host, or designate competitions for the purpose of selecting Senior National Team members or international event teams.

CDS 4.1.4.1 DPC reserves the right to establish eligibility criteria for these Special Trial competitions.

CDS 4.1.4.2 The Event Registration, Entry Procedures and Submission of Dive Lists for Special Trials will follow the Senior National Championships Rules unless otherwise stated in the Meet Information Package.

CDS 4.1.4.3 The schedule, scoring and final results will follow the Senior National Championship Rules unless otherwise stated in the Meet Information Package or the specific event's selection criteria.

CDS 4.1.4.4 Direct questions regarding any Special Trials to the SDEP

NOTE: Efforts will be made to host one (1) Senior national level competition in British Columbia/Alberta/Saskatchewan/Manitoba and one (1) Senior national level competition in Manitoba/Ontario/Quebec/Atlantic each year. See **DPC Event Sanctioning and Hosting Rules** for more information.

CDS 4.2 Diver Eligibility

CDS 4.2.1 Senior (and Open) Invitationals and Qualifying Competitions

To enter an Invitational or Senior Qualifying competition, a diver must:

- a) Be 14 years old by December 31st of the competition year for SENIOR events and 11 years old by December 31st of the competition year for OPEN events **AND**
- b) be a registered DPC participant in good standing 30 days prior to the start of the first day of competition (Canadian or Exhibition) **OR**
- c) Be a registered participant in good standing with written confirmation from DPC that they are a Visitor.

CDS 4.2.2 Senior National Championships

CDS 4.2.2.1 Individual Events

CDS 4.2.2.1.1 To enter an individual event at a Senior National Championship, a diver must:

- a) be 14 years old by December 31st of the competition year **AND**
- b) be a registered DPC participant in good standing 30 days prior to the start of the first day of competition **AND**
- c) have qualified on the basis of one (1) or more of the following criteria:
 - i. Members of the current senior national team are qualified to compete in all events.
 - ii. A diver placing in the top 8 in any given event in any of the Senior National Championships or Senior Special Trials event **during the current and previous diving season**, will be qualified for that event.
 - iii. Divers who have equaled or surpassed the current season's senior national qualification standard in any given event at any designated qualifying competition **in the current and**

previous diving season prior to the scheduled first day of national competition will be qualified for that event.

iv. Divers placing in the top 2 at a Senior Qualification Competition in their OWN province will be qualified for that event.

SENIOR NATIONAL QUALIFICATION STANDARDS

	1M	3M	PLATFORM
WOMEN	210	230	230
MEN	310	330	330

CDS 4.2.2.2 Synchronized Events

To enter a synchronized diving event at Senior National Championships, both members of the synchro team must

- a) meet the criteria in **CDS 4.2.2.1.1 a & b** AND
meet any criteria stated in the meet information package

CDS 4.2.3 Senior Special Trials

To enter a Senior Special Trials event, a diver must:

- a) Be a Canadian citizen by birth or naturalization, with no other Sport Nationality (as defined in **AQUA Rules Section I.3.0 Sport Nationality**)
- b) be 14 years old by December 31st of the competition year
- c) be a DPC registered participant in good standing 30 days prior to the start of the first day of competition AND
- d) have qualified for the Special Trials based on a pre-determined criteria OR received a written invitation from DPC

CDS 4.2.4 Special Considerations

Divers requesting entry to any Invitational competition, Senior National Championships or Senior Special Trials who have not met the criteria above must apply in writing to the SDEP fourteen (14) days before the entry deadline of the competition. A copy of the written confirmation of acceptance from the SDEP shall be submitted to the Competition Secretariat. Registration late fee will not be required if the diver is granted permission to enter the competition.

CDS 4.2.4.1 NCAA Divers

Canadian divers currently competing in a recognized NCAA program may be eligible to compete at National Championships or Special Trials.

CDS 4.2.4.1.1 To be considered, the diver must be attending and competing for a post-secondary institution in the current competitive season.

CDS 4.2.4.1.2 Divers must achieve the Senior Qualification Standard at a Divisional Championships.

CDS 4.2.4.1.3 Divers must submit copies of their current season's dive sheets, scores and results to the SDEP fourteen (14) days before the entry deadline. A copy of the written confirmation of acceptance from the SDEP shall be submitted to the Secretariat.

CDS 4.2.4.1.4 When required by the NCAA, divers will have no club affiliation and compete as Independents (IND). IND divers are not eligible for individual event Club Award points but are eligible for awards and overall Outstanding Diver awards.

CDS 4.2.4.1.5 If the NCAA competition season is closed, divers may be eligible to dive with a club and receive individual, team and club points.

CDS 4.2.4.2 Exhibition and Visiting Divers - Post-preliminary Advancement, Ranking, Awards, Points

CDS 4.2.4.2.1 Visiting and Exhibition divers may advance to a semi-final or final competition.

CDS 4.2.4.2.2 Visiting and Exhibition divers cannot displace a Canadian diver in any individual final competition. If any Visiting or Exhibition divers qualify for a post preliminary session, that session's number of divers will increase accordingly so that a full complement of Canadian divers are in the post preliminary event.

CDS 4.2.4.2.3 Visiting and Exhibition divers are eligible to receive duplicate ranking and medals/awards. (i.e., All divers will be ranked and any Visiting and Exhibition divers, even if they have higher final total score, shall receive the same award as the next lower ranked Canadian diver).

CDS 4.2.4.2.4 If at least one diver of a synchronized team is a Canadian, the team is eligible for their own medal/ribbon (do not have to share

ranking). However, they are not, as a team, eligible for selection purposes. The club can tally points for the Canadian diver only.

CDS 4.3 Results

CDS 4.3.1 For all competitions, summary results will be published for all sessions in the schedule.

CDS 4.3.2 Detailed results should be made available upon request for all sessions in the schedule.

CDS 4.4 Awards

CDS 4.4.1 Invitationals and Qualifying Competitions

Provincial Sections and Club hosts shall determine the number of placings and provide the type of award (medals, ribbons, gifts) that will be acknowledged in the awards ceremonies for individual, synchronized diving and clubs.

CDS 4.4.2 Senior National Championships

CDS 4.4.2.1 Medals for first to third place shall be supplied by DPC and shall be presented by the Host Committee, to the divers placing in the top three (3) overall in each event in each gender.

CDS 4.4.2.2 Club Awards

DPC shall supply a pennant to be awarded by the Host Committee at the conclusion of the championships to the club that has accumulated the most club points over all events in the championship. These points shall be determined on the basis of the overall placing of each finalist diver in each event. See the Chart of Points in **CDS 4.4.2.3.2**

CDS 4.4.2.2.1 When two (2) clubs are represented on one (1) synchronized team, the team points shall be divided between the two (2) clubs represented.

CDS 4.4.2.2.2 Chart of Points

Placing	Points	Placing	Points
1st	18	7th	6
2nd	15	8th	5
3rd	12	9th	4
4th	9	10th	3
5th	8	11th	2
6th	7	12th	1

CDS 4.4.2.3 Outstanding Divers – Beverly Boys Trophies

DPC shall supply one (1) annual trophy for the top male diver and one (1) annual trophy for the top female diver combined from the Winter and Summer Senior National Championships. These awards shall be referred to as the "Beverley Boys' Outstanding Diver Trophies" and shall be presented once per year at the conclusion of the Summer National Championships.

CDS 4.4.2.3.1 The winners of the Beverley Boys' Outstanding Diver Trophies will be the divers who have earned the highest total of Senior National points based on the Chart of Points. In addition to the trophy, the winning athletes will also be presented with a financial scholarship from DPC.

- i. Divers must compete in both the Winter and Summer National Championships.
- ii. Divers placings will be considered from the 3M and/or the **Platform** events.
- iii. Divers placings will be used from both the Winter and Summer National Championships.

CDS 4.4.3 Senior Special Trials

Unless the Special Trials are held in conjunction with a Senior Qualifying Competition or at Senior National Championships, no awards will be presented to divers at a Special Trials competition.

CDS 4.5 Schedule Regulations

At National Championships and Special Trials, the following scheduling rules will apply:

CDS 4.5.1 Competition boards will have restricted practice for a minimum of $\frac{1}{2}$ hour and a maximum of one (1) hour for the divers in the upcoming event.

CDS 4.5.2 When the final time schedule for the diving events has been circulated to all clubs participating, no event shall start more than one half hour (30 minutes) before the starting time posted.

CDS 4.5.3 Unless prior permission is granted, where simultaneous events are held, no practice will be allowed on open boards until the conclusion of both simultaneous events.

CDS 4.5.4 The competition may be held in a variety of formats. The format will be dependent on any trials event held in conjunction with the competition. The format will be outlined in the Meet Information Package. Examples of possible formats:

Format A

Preliminaries	All qualifiers
Finals	Top 8 divers will advance
1m	2 sessions
3m	2 sessions
Platform	2 sessions

Format B

Preliminaries	All qualifiers
Semi-Finals	Top 12 divers will advance
Finals	Top 8 divers will advance
3m	3 sessions
Platform	3 sessions

Notes:

- Where there is a tie for 12th place there will be thirteen (13) divers advance to the next session.
- Where there is a tie for 8th place there will be nine (9) divers advance to the next session.