



Diving

Rules of the BC Summer Swimming Association

The following rules govern all BC Summer Swimming Association activities. These have been approved by the BCSSA Board of Directors and are in effect until any changes are approved by the Board.

(April 2016)

Published by

BC Summer Swimming Association
205 – 2323 Boundary Road
Vancouver, BC V5M 4V8

VISION STATEMENT

To be a leading sport organization, fostering a culture of inclusiveness, fun, and achievement.

MISSION STATEMENT

The BC Summer Swimming Association (BCSSA) promotes, and encourages the development of athletes and volunteers through participation in speed swimming, diving, water polo and synchronized swimming.

CORE VALUES

Through its member clubs, BCSSA provides opportunities for training, competition and activities in communities throughout BC and surrounding areas.

BCSSA promotes the development of an individual's capacity to achieve excellence and life skills through participation in competitive aquatic activities.

TABLE OF CONTENTS

1. DEFINITIONS	1
2. REGISTRATION	2
2.1. CLUB REGISTRATION	2
2.2. INDIVIDUAL REGISTRATION – GENERAL 	3
2.3. INDIVIDUAL REGISTRATION – COMPETITIVE SEASON	4
2.4. INDIVIDUAL REGISTRATION – NON- COMPETITIVE SEASON	6
2.5. PROTESTS REGARDING COMPETITOR ELIGIBILITY	6
2.6. COMPETITOR TRANSFER – COMPETITIVE SEASON	8
2.7. COMPETITOR TRANSFER – NON- COMPETITIVE SEASON	9
2.8. ASSIGNMENT TO A SECOND CLUB TO COMPETE IN AN ADDITIONAL DISCIPLINE	10
2.9. VISITING COMPETITOR	12
2.10. REGISTRATION OF COACHES	12
3. CONDUCT.....	14
3.1. GENERAL	14
3.2. COMPETITORS' CODE OF CONDUCT .	15
3.3. COACHES' CODE OF CONDUCT	15
3.4. OFFICIALS' CODE OF CONDUCT	16
3.5. PARENTS' CODE OF CONDUCT	16
3.6. HARASSMENT POLICY	17

3.7. COMMUNICATION AND CONFIDENTIALITY	17
3.8. GENDER EQUITY	18
3.9. DISCIPLINARY ACTION	18
3.10. ACCIDENT/INCIDENT REPORTS.....	20
3.11. BCSSA APPEALS COMMITTEE	20
4. Diving.....	22
4.1. Competitor Categories	22
4.2. Competitor Eligibility	22
4.3. Regional Championships	24
4.4. Provincial Championships.....	25
4.5. General Diving Rules	27
4.6. Diving Competitions	39
4.7. Competition Procedures.....	40
4.8. Procedures of a Competition.....	44
4.9. Execution of the Dive	46
4.10. Deductions and Penalties	52
4.11. Summary of Penalties to be Applied	54
4.12. Officials.....	59
Index.....	68

Version:

- 1 Issued on April 18, 2016

1. DEFINITIONS

"BCSSA CLUB HOSTED MEET" – means a swim meet offering events in all competitor age groups and categories at which BCSSA-registered swimmers representing three or more clubs compete using the Rules of Swimming as defined by BCSSA Rules and Regulations.

"Club" – means a duly registered club in good standing with the BCSSA and must be an incorporated Society in British Columbia and be members in good standing under the Society Act.

"FINA" – means the Federation Internationale de Natation – the international aquatic body that regulates and controls competitions in the four aquatic sports world-wide.

"May" – means that an action is optional at the discretion of the person identified as the decision-maker.

"Official" – means a person charged with responsibility to serve in a particular position of responsibility.

"Pool Area" – means any area of the competition under the jurisdiction of the referee.

"Shall" – means that an action is mandatory, so there is no discretion associated with it.

"Should" – means that an action is preferred under normal circumstances.

"SNC" – means Swimming Canada (or Swimming Natation Canada), the national governing body recognized by FINA.

"Swim meet" – means a swimming competition involving two or more clubs with officials appointed for the express purpose of judging the correctness of each stroke and disqualifying swimmers who violate infractions observed.

2. REGISTRATION

2.1. CLUB REGISTRATION

2.1.1. Existing Clubs

- A registered club is a member of the BCSSA during the period of May 1st of one year to April 30th of the following calendar year.
- Each club must be an incorporated Society in British Columbia that is in good standing under the *Society Act*.
- Each club must pay an annual BCSSA membership fee in advance by forwarding payment to the appropriate Regional Registrar by April 1st. The Regional Registrar shall forward fees paid plus a club membership list of participating clubs to the BCSSA Office, on or before April 15th of each year. The BCSSA may assess a penalty to any club that submits its registration fees after the deadline.
- Each club must complete and submit an annual affiliation form and apply for BCSSA Directors and Officers liability insurance coverage by March 15th of each year.

2.1.2. New Clubs

2.1.2.1 To register a new club, the following criteria must be met:

- The club must include five (5) or more competitors.
- The club must include two (2) or more families.
- There must be an executive in place with a minimum of three (3) individuals.
- The club must have a budget.

- The club must not unduly infringe on any current BCSSA club.
- The club must have purposes and activities consistent with the purposes of the BCSSA and a commitment to furthering the success of the Region and the BCSSA in advancing the BCSSA's purposes.

2.1.2.2 A group that wishes to register a new club with BCSSA must:

- Apply to the appropriate Regional Board for Regional approval.
- If approved by the Regional Board, the Regional Director shall submit the application to the Provincial Board of Directors for final approval. All applications must be submitted to the BCSSA before January 15th.
- Pay the club membership fee on or before April 1st to the Regional Registrar.
- Incorporate as a Society in British Columbia and be in good standing as per the requirements of the *Society Act* prior to April 1st of the year the group wishes to join the BCSSA.
- A group wishing to register may appeal any decision by the Regional Board or the Provincial Board to the BCSSA Appeals Committee.

2.2. INDIVIDUAL REGISTRATION – GENERAL

2.2.1. Registration Requirements

- A competitor or coach shall not participate in BCSSA activities – including training,

competing, coaching or otherwise taking part in club activities – at any time of year until fully registered with a BCSSA club.

- Clubs shall register all competitors and coaches in their correct age divisions and categories.
- At the time of registration, the specific aquatic activities of each competitor shall be correctly designated.
- All new registrants shall provide proof of age such as a birth certificate or a care card.
- Each registration shall be validated by the club before a competitor's first competition.

2.2.2. Sanctions for Not Meeting Requirements

- A club that allows a competitor to participate in a BCSSA activity before that individual is correctly registered shall be subject to immediate suspension, as governed by the section entitled Disciplinary Action in these rules and regulations.
- A penalty of up to \$1,000 may be assessed by the BCSSA Board of Directors to a region or club that fails to submit its registration database or fees by the deadlines set out in this section.

2.3. INDIVIDUAL REGISTRATION – COMPETITIVE SEASON

2.3.1. Registration Timing

- The competitive season is May 1st through September 30th of each year.
- All competitors shall be registered with the Region by the second Thursday of July in

order to be eligible to compete at the Regional and Provincial Championships.

- A competitor who wishes to register with BCSSA during the competitive season but after the second Thursday of July may do so, but will be ineligible to compete at the Regional and the Provincial Championships. All applicable provincial, regional and club fees for such a late registrant shall be paid and submitted to the Provincial Registrar by September 15th.

2.3.2. Registration Database and Fees

- An annual Provincial individual registration fee shall be established by the BCSSA Board of Directors prior to the beginning of each competitive season.
- Each Regional Board may levy Regional fees by such amounts as may be deemed necessary for regional activities or expenditures.
- Each club shall submit a club competitive season individual registration database for each aquatic sport, and fees, to the Regional Registrar by the second Thursday of July.
- The Regional Registrar shall submit each club's registration database and fees to the Provincial Registrar by the Monday two weeks prior to the Swimming Regional Championships.
- Clubs shall submit any fees relating to late registrants to the Regional Registrar by September 15th.

2.4. INDIVIDUAL REGISTRATION – NON-COMPETITIVE SEASON

2.4.1. Registration Timing

- The non-competitive season is October 1st through April 30th.
- Clubs may commence registration and programs for the non-competitive season on September 1st of each year. The closing date for non-competitive season registrations is April 30th of the following year.

2.4.2. Registration Database and Fees

- A non-competitive season provincial registration fee shall be established by the BCSSA Board of Directors each year.
- Each Regional Board may levy Regional fees by such amounts as may be deemed necessary for regional activities and expenditures.
- Each club shall submit a club non-competitive season individual registration database, and fees, to the Regional Registrar by May 7th.
- The Regional Registrar shall submit each club's registration database and fees to the Provincial Registrar by May 15th.

2.5. PROTESTS REGARDING COMPETITOR ELIGIBILITY

2.5.1. Responsibilities

- All matters of competitor eligibility are the responsibility of the Provincial Registrar.
- Any club wishing to protest the eligibility of a competitor shall, at the earliest opportunity,

forward the protest in writing to the Regional Director, along with any relevant documentation.

- Anonymous protests of competitor eligibility shall not be investigated.

2.5.2. Process

- On receipt of a protest, the Regional Director shall form an investigation committee that includes the Regional Director, the president of the club whose competitor is alleged to be ineligible and others at the discretion of the Regional Director.
- The Committee shall investigate the protest. This may include interviewing any persons who may reasonably assist with the investigation and other activities at the discretion of the investigation committee. The committee shall prepare a written summary of its findings.
- Within 30 days of the Regional Director's receipt of the protest, the investigation committee shall issue a written ruling on the competitor's eligibility, providing copies of this decision to the club that made the protest, the parent(s) of the competitor and the Provincial Registrar.
- The parents of the competitor or the club making the protest may appeal the investigation committee's decision within seven days of receiving the written ruling by submitting the appeal in writing to the Provincial Registrar.
- If the decision of the investigation committee is appealed, the committee shall provide to the Provincial Registrar the

following:

- ✓ the written summary of the committee's findings; and,
 - ✓ any written evidence received by the committee.
- If the Provincial Registrar determines that no investigation was carried out or that the investigation did not consider all relevant information that was available, the Provincial Registrar shall form an investigation committee to conduct an investigation.
 - The Provincial Registrar shall make a written ruling on the appeal within ten days of receiving the appeal and provide this ruling to the club making the protest, the competitor alleged to be ineligible and the Regional Director. The ruling of the Provincial Registrar shall be final.

2.6. COMPETITOR TRANSFER – COMPETITIVE SEASON

2.6.1. Competitors may not transfer between clubs after the second Thursday of July.

2.6.2. Intra-Region Competitor Transfer

- The transfer of a competitor between two clubs within the same region requires the approval of the presidents or designates of each club.
- A transfer shall be initiated by the competitor using the transfer form available from the BCSSA.
- The receiving club registrar shall submit the transfer form, signed by the relevant club presidents or designates, to the Regional Registrar.

- The competitor shall not be required to pay any additional Regional or Provincial fees. Club fees are the responsibility of the competitor.

2.6.3. Inter-Region Competitor Transfer

- The transfer of a competitor between two clubs in different regions requires the approval of the presidents or designates of each club and the two Regional Directors or designates.
- The transfer shall be initiated by the competitor using the transfer form available from the BCSSA.
- The transfer form shall be signed by the club president or designate and Regional Director of the home region prior to sending it to the second region.
- The receiving club registrar shall submit the transfer form, signed by the relevant club presidents or designates and the Regional Directors or designates to the Regional Registrar.
- The competitor shall not be required to pay any additional Provincial fee but may be required to pay any Regional fee assessed by the receiving region. Club fees are the responsibility of the competitor.

2.7. COMPETITOR TRANSFER – NON-COMPETITIVE SEASON

2.7.1. Process

- A competitor may transfer between clubs during the non-competitive season by registering with the receiving club and paying all applicable fees.

- A transfer form is not required for a competitor transfer during the non-competitive season.

2.8. ASSIGNMENT TO A SECOND CLUB TO COMPETE IN AN ADDITIONAL DISCIPLINE

2.8.1. What is Permitted

- A competitor may become a member of a second BCSSA club in order to compete in an aquatic discipline not offered by the home club, as long as the registration takes place prior to the Monday before the second Thursday of July.
- If another club in the competitor's home region offers the desired second discipline, then such an assignment may only be made within the same region as the competitor's home club.
- If no club in the competitor's home region offers the desired second discipline, then such an assignment may be made to a club in a different region.

2.8.2. Process

- When registering a competitor for a second aquatic discipline, the second club shall indicate the name of the competitor's home club on the assignment form, available from the BCSSA.

2.8.3. Intra-region Competitor Assignment

- A competitor wishing to compete in a discipline not offered by their home club but offered by another club in the same region shall initiate the assignment process to another club in the region using the assignment form, available from the BCSSA.

- The competitor shall not be required to pay any additional Regional or Provincial fees. Club fees are the responsibility of the competitor.

2.8.4. Inter-Region Competitor Assignment

- A competitor wishing to participate in a discipline not offered by any club in their region shall initiate the assignment process to a club in a different region using the assignment form, available from the BCSSA.
- An assignment to a club in a different region requires written approval from the two clubs and the two Regional Directors involved.
- The assignment form shall be signed by the club president or designate and Regional Director of the home region prior to sending it to the second region.
- The receiving club registrar shall submit the assignment form, signed by the relevant club presidents or designates and the Regional Directors or designates to the Regional Registrar.
- The competitor shall not be required to pay any additional Provincial fee but may be required to pay any Regional fee assessed by the receiving region. Club fees are the responsibility of the competitor.

2.8.5. Exceptions to Intra-Region and Inter-Region

- Competitor Assignment may be approved by the home club, receiving clubs, the Regional Directors and the Director of the specific aquatic discipline by June 1st of each year.

2.9. VISITING COMPETITOR

2.9.1. What is Permitted

- A visiting competitor is a competitor registered with one BCSSA club who wishes to participate in activities with a different club for a limited time. Such participation is at the discretion of the visited club.
- Should a visiting competitor take part in competition, the visiting competitor shall be considered competing for the competitor's home club.

2.9.2. Process

- The visited club shall confirm that the visiting competitor is duly registered with the home club prior to permitting their participation in club activities.
- The competitor shall pay any applicable Regional and club fees.

2.10. REGISTRATION OF COACHES

2.10.1. Registration Requirements

- All coaches must be registered as BCSSA participants as provided for in this section.
- Prior to May 1st of each year, each club must obtain, keep on file and forward a copy to the BCSSA Office of a current criminal record check for each coach aged 19 or older. These steps must be completed prior to permitting the coach to carry out duties with the club that year.
- Each club shall ensure that its head coach is certified to a minimum of NCCP Fundamentals Coach (or equivalent) or

trained and in the process of obtaining such certification.

2.10.2. Coach Rosters

- Each club shall submit a coach roster form to the BCSSA Office by May 15th of each year.
- In the event that a club hires a coach after the May 15th coaches roster submission deadline, all necessary documentation must be submitted to the Regional Registrar within seven days of hiring. The Regional Registrar shall forward this information to the Provincial Registrar within seven days of receipt.

3. CONDUCT

3.1. GENERAL

3.1.3. Responsibilities

- BCSSA shall treat its clubs, competitors, coaches, officials and others fairly and with respect and integrity: emotionally, intellectually, physically, culturally, socially and spiritually.
- In order that all participants experience meaningful and gratifying opportunities in a safe, sportsmanlike environment, all participants, including competitors, employees, volunteers and spectators, shall:
 - ✓ Respect and understand the principles of good sportsmanship.
 - ✓ Promote safety, ensure fun, enjoyment and good competition.
 - ✓ Eliminate behaviours and actions that detract from a positive environment.
 - ✓ Not tolerate abuse or harassment by anyone during any BCSSA activities.
- All adult participants at BCSSA activities shall intervene if they observe inappropriate behaviour.
- Any physical or verbal assault of a meet official by any individual is a major offense and shall be reported by the Referee to the BCSSA President for consideration of disciplinary action. The offender shall be ordered from the area of the meet and barred from re-entry for the remainder of the meet.

3.2. COMPETITORS' CODE OF CONDUCT

3.2.1. All competitors shall:

- Respect and compete by the BCSSA rules.
- Resolve conflicts without resorting to hostility or violence.
- Respect other competitors.
- Respect all coaches and officials.
- Support all efforts to eliminate verbal and physical abuse from BCSSA activities.
- Accept responsibility for one's actions and behaviour.

3.2.2. Disqualification

During a meet, the referee may cause a competitor to be scratched from the rest of the meet for:

- Using obscene or abusive language in the pool area, including the dressing room.
- Causing wilful damage.
- Interfering with officials in the performance of their duties.
- Exhibiting other irresponsible behaviour.

3.3. COACHES' CODE OF CONDUCT

3.3.1. Requirements

- BCSSA has adopted the National Coaching Certification Program Code of Ethics (the "Code"), its principles and its ethical standards, to establish and maintain high standards among BCSSA coaches and to

ensure that all coaches act in a manner respectful of the dignity of all competitors.

- Clubs shall require all coaches to read and sign an acknowledgement, available from the BCSSA, affirming that they will adhere to the Code. Clubs shall forward a copy of the forms to the BCSSA and keep copies on file.

3.4. OFFICIALS' CODE OF CONDUCT

3.4.1. Requirements

- Officials shall promote adherence to BCSSA rules by all participants.
- Officials shall show professionalism through respect for all participants, knowledge of the rules and consistent application of the rules, thereby demonstrating integrity and neutrality.

3.5. PARENTS' CODE OF CONDUCT

Parents shall make all reasonable effort to:

- Maintain self-control at all times.
- Not force your child to participate in sports.
- Understand that your child participates in BCSSA activities for his/her enjoyment, not yours.
- Teach your child that doing one's best is more important than winning.
- Encourage your child to compete fairly and by the rules.
- Respect and support all officials.
- Applaud good performances from all competitors.
- Not yell at, or ridicule your child.

- Teach your child to resolve conflicts without resorting to hostility or violence.
- Support all efforts to remove verbal and physical abuse from BCSSA activities.

3.6. HARASSMENT POLICY

3.6.1. Requirements

- The BCSSA shall maintain a Harassment Policy and make it available through the BCSSA office.
- This policy applies to all competitors, employees, volunteers and spectators involved with BCSSA activities.
- The BCSSA shall work to prevent harassment by providing awareness, education and training programmes.
- All participants shall treat harassment as a serious matter to be dealt with fairly and in consideration of the protection of individual rights and dignity of all people involved.

3.7. COMMUNICATION AND CONFIDENTIALITY

3.7.1. Requirements

- While communicating on matters related to the BCSSA, all participants, including competitors, employees, volunteers and spectators shall adhere to the principles of respect, courtesy, common sense and dignity.
- The BCSSA Board of Directors and staff shall treat information provided by clubs and individuals in accordance with the BCSSA Privacy Policy and British Columbia's *Personal Information Protection Act*.

3.8. GENDER EQUITY

3.8.1. Requirements

- The BCSSA shall work to promote gender equity, which is the principle and practice of just, fair and equitable allocation of resources and opportunities for both genders.
- All participants, including competitors, employees, volunteers and spectators shall ensure that gender equity is a key consideration in all BCSSA activities.

3.9. DISCIPLINARY ACTION

3.9.1. Responsibility

- The BCSSA Board of Directors or the President or designate may initiate disciplinary action against any club, competitor, coach, official or other person.
- Disciplinary action may include, but is not limited to, suspension from any or all BCSSA activities.
- Any club, competitor, coach, official or other person who has been disciplined may appeal a Discipline Committee decision to the BCSSA Appeals Committee.

3.9.2. Disciplinary action may be initiated for any of the following reasons:

3.9.2.1 non-payment of any BCSSA fees, dues, levies, fines, assessments or charges; or,

3.9.2.2 for cause, which may include but not be limited to:

- failure to comply with BCSSA rules;
- failure to adhere to BCSSA policies;
- actions or behaviour endangering the

health or well-being of a competitor, official, coach, volunteer, spectator or others; or

- failure to submit required documents or other information required by the BCSSA.

3.9.3. Disciplinary action shall follow these procedures:

- 3.9.3.1 Upon initiating disciplinary action or being notified by the BCSSA Board of Directors that disciplinary action will be initiated, the President or designate shall establish a Discipline Committee.
- 3.9.3.2 The committee shall include three members of the BCSSA Board of Directors, or appointed designates, plus a non-voting chairperson.
- 3.9.3.3 Where the President or designate deems the situation to be urgent, the President or designate may immediately impose disciplinary action, subject to timely review by the committee.
- 3.9.3.4 The President or designate shall, within a reasonable period of time, provide the affected club or individual with a written explanation of the matter resulting in disciplinary action.
- 3.9.3.5 The committee shall assess the matter, including any disciplinary action that has already been imposed.
- 3.9.3.6 The committee may, at its discretion, gather evidence and interview individuals with knowledge of the matter.
- 3.9.3.7 The committee shall make a decision on what steps are necessary to resolve the

matter. This may include disciplinary action.

3.9.3.8 The committee chair shall notify, in writing, all relevant parties of the decision rendered by the committee.

3.10. ACCIDENT/INCIDENT REPORTS

3.10.1. Responsibility

3.10.1.9 Clubs must report all accidents and incidents, in writing, to the BCSSA office within seven days, using the applicable BCSSA form.

3.11. BCSSA APPEALS COMMITTEE

3.11.1. What Can Be Appealed

- Any club, competitor, coach, official or other person may appeal any decision or application of BCSSA rules to the BCSSA Appeals Committee.
- In order for an appeal to be considered, the club or person wishing to appeal shall provide the following to the BCSSA Office:
 - ✓ A written description of the matter being appealed, including the reasons why the decision should be changed.
 - ✓ A \$100 filing fee.

3.11.2. Formation of an Appeals Committee

Upon receipt of an appeal, the President or designate shall establish a BCSSA Appeals Committee composed of three members of the BCSSA Board of Directors, or designates, plus a non-voting chairperson.

3.11.3. Appeals Committee Authority

- The committee may uphold, reverse or vary the decision that is being appealed, based on the evidence it receives, as long as the

committee's decision is consistent with BCSSA rules.

- Where an appeal relates to a BCSSA rule that gives a decision-maker discretion (generally indicated by the word “may”), then the committee may use the same type of discretion in its decision.
- Where an appeal relates to a BCSSA rule that does not give a decision-maker discretion (generally indicated by the word “shall”), then the committee shall not have discretion on that matter.
- The decision of the committee shall be final.

3.11.4. Appeals Committee Process

- The committee shall conduct its business in private.
- The committee shall make a reasonable effort to complete its work in a timely manner.
- The committee shall give the appellant and the individual whose decision is being disputed opportunities to present their cases to the committee.
- The committee shall review any additional evidence it considers relevant to the appeal.
- The committee chair shall provide the committee's decision in writing to the appellant and the individual whose decision is being disputed.
- The filing fee shall be returned if the appeal is successful.

4. DIVING

4.1. COMPETITOR CATEGORIES

4.1.1. A competitor's age as of December 31st each year shall be used to determine the competitor category. The competitor categories for diving are:

S Divers - 1 meter

8 & Under
9 & 10
11 & 12
13 & 14
15 & 16
17 - 19
20 & Over

O Divers - 1 meter & 3 meter

O3 Divers (14-19)
O4 Divers (20 & Over)

S Divers - 3 meter

10 & Under
11 & 12
13 & 14
15 & 16
17 - 19
20 & Over

4.1.2. Protests of perceived breaches of competitor eligibility are to be submitted as soon as possible to the appropriate registrar following the compilation of any documentation necessary to support the protest.

4.2. COMPETITOR ELIGIBILITY

4.2.1. All divers shall declare all aquatic participation between October 1st of the previous year through to April 30th of the current year.

4.2.2. Divers who misrepresent their aquatic participation may be disqualified from all BCSSA competition within the current season. A disqualification shall take effect immediately and be in effect for twelve (12) months from the date of the disqualification.

4.2.3. Diving does not affect speed swimming, synchronized swimming or water polo status.

4.2.4. An 'S' Diver is a competitor who dives two (2) hours or less per calendar week between October 1st of the previous year through to April 30th of the current year, and has not attained a DPC National Age Group Standard according to DPC rules.

4.2.5. An 'O' Diver is:

4.2.5.1 a competitor who dove for more than two (2) hours per calendar week between October 1st of the previous year through to April 30th of the current year. Divers under the age of 13 are exempt from this rule.

4.2.5.2 a diver who has, within the last 2 years starting May 1st attained a National Age Group Standard according to DPC rules.

(An 'O' Diver may revert to an 'S' status diver one time only, having done no more than two (2) hours per calendar week from October 1st of the previous year to April 30th of the current year and not attained a National Age Group Standard according to DPC Rules.)

A dive competition is counted as one hour.

4.2.5.3 The 'Learn to Dive' classes taught outside of a club practice are exempt from the two (2) hour winter maintenance allowable hours during the non-competitive season.

- 4.2.5.4 A diver who has attained a Senior National Standard according to DPC rules is ineligible to compete in BCSSA.
- 4.2.5.5 All exemption requests must be brought to the BCSSA Fall Meeting of the Board of Directors.
- 4.2.5.6 Where it is established to the satisfaction of the Club, Regional, or Provincial Registrar that a diver has contravened the provision of the Rules and Regulations, that Registrar shall notify the Regional Director. The Regional Director shall disqualify the diver and shall notify in writing: the diver, the club president, and the appropriate registrar.
- 4.2.5.7 All 'S' and 'O' Divers shall be treated equally.
- 4.2.5.8 The diver, or the club, may exercise the right to appeal any disqualification under these rules to the Appeals Committee of the BCSSA whose adjudication and decision shall be final.

4.3. REGIONAL CHAMPIONSHIPS

- 4.3.1.** All Regions shall organize and conduct a Regional Championship to qualify the competitors for the Provincial Championship. It shall be the responsibility of each Regional Director to ensure that the Regional Championship is properly organized and conducted.
- 4.3.2.** All divers must have competed in a full list of dives at a BCSSA Diving Competition or Event prior to being eligible to dive at Regionals.

4.3.2.1 A scheduled competition is defined as a meet that is conducted using the rules of diving as defined by the BCSSA Rule Book. The competition shall include two (2) or more clubs and shall offer a complete list of dives for all age divisions.

4.3.2.2 A scheduled event is a competition that is conducted using the rules of diving as defined by the BCSSA Rule Book and by the guidelines as listed in the Provincial Meet Package.

4.3.3. All Divers will be checked for eligibility by the Regional Registrar or designate.

4.3.4. No Jumps or Fall-ins will be permitted in any age category except for where listed in the required Diving Lists, in the Provincial Meet Package.

4.3.5. If a Diving Regional Championship Competition cannot be scheduled, a request for an exemption must be submitted to the President of BCSSA one week prior to Swimming Regionals. Where an exemption is granted competitors are responsible to put on a diving event at Regionals in order to be eligible to compete at Provincials.

4.3.6. The Regional Championships shall have the same events as the Provincial Championships.

4.4. PROVINCIAL CHAMPIONSHIPS

4.4.1. The BCSSA Board of Directors shall organize and conduct the annual Provincial Championship to be held in the second half of August each year. The following shall be adhered to:

- 4.4.1.1 There shall be no changes to the Provincial Championship Rules and Regulations after March 31st of each year.
- 4.4.1.2 The Provincial Championship Meet Package shall be circulated to all BCSSA clubs no later than May 1st of each year.
- 4.4.1.3 Competitors must be correctly registered with the BCSSA for the current season.
- 4.4.1.4 There shall be a Provincial Trophy awarded to the top Region in each of the four aquatic sports.
- 4.4.1.5 All entries must be submitted to the BCSSA Office by the date (and time) indicated in the Provincial Meet Package.
- 4.4.2.** All divers must have participated at a Regional Diving Championship Meet in order to be eligible for Provincials.
- 4.4.3.** All BCSSA divers shall compete in their designated categories.
- 4.4.4.** No Jumps or Fall-ins will be permitted in any age category, except where listed in the required Diving List in the Provincial Meet Package.
- 4.4.5.** Regional Scoring
- Individual Events –
36, 32, 30, 28, 26, 24, 20, 18
- 4.4.6.** A Provincial Diving Trophy will be awarded to the top region competing in Diving.

4.5. GENERAL DIVING RULES

4.5.1. These rules shall govern all BCSSA Diving Competitions.

4.5.2. The Springboard Diving Installations shall be in accordance with the Pool Requirements as stated below and approved by BCSSA prior to the competition.

4.5.3. The order of diving shall be decided by lot. The drawing of the dive order shall take place in public and witnessed by a minimum of two individuals. All divers shall dive in the order drawn.

4.5.4. Where the total number of dives to be executed in one diving competition is excessive (over 80 dives), the competition may have cuts. If there is any intention to have cuts, it must be initiated prior to the diving competition. Cuts may be done in two ways:

Option number one: the number of divers may be cut to 12. In this case, prior to the beginning of the meet, the number of dives to be performed shall be determined. After the divers perform the set number of dives, then the top 12 divers shall advance to the “final” few rounds.

Option number two: the number of dives may be reduced. In this case, the Meet Manager along with the coaches shall decide the number of dives to be performed. All divers (or coach) shall place a straight line through the dives which they do not wish to perform and the remaining dives shall be done during the competition. At Regional and Provincial Championships there shall not be any cuts.

4.5.5. In the case of a discrepancy between the number board and the Dive Sheet, the Dive Sheet takes precedence. Where there is an error made on the diving sheet, the diving number and degree of difficulty shall take precedence over the written description.

4.5.6. Diving Number Designations:

All dives are designated by a system of three or four numerals followed by a letter.

a) The first digit indicates the group to which the dive belongs:

- 1 = FRONT;
- 2 = BACK;
- 3 = REVERSE;
- 4 = INWARD;
- 5 = TWISTING;
- 6 = ARMSTAND (on platform only);

b) The second digit:

In front, back, reverse and inward groups, the second digit indicates if a dive has a flying action;

(*Note: A Flying Dive is a dive in which $\frac{1}{4}$ (90 degrees) of the dive is performed in straight position.)

- i. Where there is a flying action, the number is a 1. When there is no flying action, the second digit shall be a zero (0);
- ii. In Armstand Dives, the second digit indicates the direction in which the diver moves:
 - iii. 1 = Front;
 - iv. 2 = Back;
 - v. 3 = Reverse;
- vi. In the Twisting Groups (Group 5), the second digit indicates the direction of

the take off as listed in the first digit indications above.

- c) The third digit (in all dives) indicates the number of half somersaults being performed:

e.g., 1 = a half a somersault / a dive; and a 3 = one and a half somersaults.

- d) The fourth digit, used only in twisting and armstand dives, indicates the number of half twists being performed:

e.g., 1 = a half twist; and 2 = one full twist.

- e) The letter at the end of the numbers indicates the position of the dive: i.e., the dive is performed in one of the following positions:

A= Straight B= Pike C= Tuck D= Free

*(*Note: Free is any combination of the other positions done during twisting dives.)*

4.5.7. Degree of Difficulty

- 4.5.7.1 The degree of difficulty of each dive is calculated according to the following formula:

$$(DD) = A+B+C+D+E$$

- 4.5.7.2 Each component is given a value and the total value is added. For the values of the common dives refer to the abridged version.

FINA DEGREE OF DIFFICULTY FORMULA AND COMPONENTS
EFFECTIVE FEBRUARY 1, 1996

$$D.D. = A + B + C + D + E$$

A. SOMERSAULTS

	0	½	1	1 ½	2	2 ½	3	3 ½	4 ½
1 and 5 METERS	0.9	1.1	1.2	1.6	2.0	2.4	2.7	3.0	--
3 and 7.5 METERS	1.0	1.3	1.3	1.5	1.8	2.2	2.3	2.8	3.5
10 METERS	1.0	1.3	1.4	1.5	1.9	2.1	2.5	2.7	3.5

B. FLIGHT POSITION For Flying Dives add Fly position € to either (A) or (B) position

	0 – 1 Som.						1 ½ - 2 Som.					
	Fwd.	Back	Rev	Inw.	Arm		Fwd.	Back	Rev	Inw.	Arm	
C – Tuck	.1	.1	.1	-.3	.1		0	0	0	.1	0	
B – Pike	.2	.2	.2	-.2	.3		.1	.3	.3	.3	.3	
A – Strt.	.3	.3	.3	.1	.4		.4	.5	.6	.8	.5	
D – Free	.1	.1	.1	-.1	--		0	-.1	-.1	.2	--	
E – Fly	.2	.1	.1	.4	--		.2	.2	.2	.5	--	

FLIGHT POSITION For Flying Dives add Fly position (E) to either (A) or (B) position Continued

	2 ½ Som.					3 – 3 ½ Som.					4 ½	
	Fwd	Back	Rev	Inw.	Arm	Fwd.	Back	Rev	Inw.	Arm	Fwd.	
C – Tuck	0	.1	0	.2	.1	0	0	0	.3	.1	--	--
B – Pike	.2	.3	.2	.5	--	.3	.3	.3	.6	.4	.4	.4
A – Strt	.6	.7	.6	--	--	--	--	--	--	--	--	--
D – Free	0	-.1	-.2	.4	--	.1	.1	.1	--	--	--	--
E – Fly	.3	.3	.3	.7	--	.4	--	--	--	--	--	--

Note: Seven of the above components have negative values

C. TWISTS

	$\frac{1}{2}$ Tw. 1 Som.	$\frac{1}{2}$ Tw. 1 $\frac{1}{2}$ Som.	1	1 $\frac{1}{2}$	2	2 $\frac{1}{2}$	3	3 $\frac{1}{2}$	4	4 $\frac{1}{2}$								
Forward	.4	.4	.6	.8	1.0	1.2	1.4	1.6	1.8	2.0								
Back Reverse Inward	.2	.4	.4	.8	.8	1.2	1.4	1.6	1.8	2.0								

D. Approach/Group

	Fwd.	Back	Rev.	Inward ½ - 1 Som.	Inward 1 ½ - 3 ½ Som.	Armstd.
1 and 5 meters	0	.2	.3	.6	.5	.2
3 and 7.5 meters	0	.2	.3	.3	.3	.2
10 meters	0	.2	.3	.3	.2	.2

Note: For all Armstand dives except for forward group and dives #621 and #631 add the value for Back or Reverse to the Armstand value.

UNNATURAL ENTRY (Does not apply to twisting dives)

	½ Som.	1 Som.	2 Som.	2 ½ Som.	3 Som.	3 ½ Som.
Forward, Inward & Armstd. Back & Rev.	--	.1	.2	--	.2	--
Back, Reverse & Armstd. Fwd.	.1	--	--	.3	--	.4

Diver does not see water until dive action is substantially completed.
Component same at all levels

EXAMPLES

Dive Pos Ht.		A + B + C + D + E = DD					Dive Pos Ht.					A + B + C + D + E = DD				
5132 D	3M	1.5	0	.6	0	0	2.1	632 B	10M	1.4	.3	0	.5	.1	2.3	
		0	0	0	0	0	0			0	0	0	0			
5313 C	3M	1.5	.2	0	.3	.2	2.2	6243 D	10M	1.9	0	.8	.2	0	2.9	
		0	0	0	0	0	0			0	0	0	0			

SPRINGBOARD		1 Meter					3 Meters				
		Strt.	Pike	Tuck	Free		Strt.	Pike	Tuck	Free	
5411	Inward Dive, ½ Twist	2.0	1.7				1.9	1.6			
5412	Inward Dive, 1 Twist	2.2	1.9				2.1	1.8			
5421	Inward Som., ½ Twist		1.8	1.7				1.6	1.5		
5422	Inward Som., 1 Twist				2.1						
5432	Inward 1 ½ Som., 1 Twist				2.7				2.4		
5434	Inward 1 ½ Som., 2 Twists				3.1				2.8		

4.6. DIVING COMPETITIONS

4.6.1. Pool Requirements and Equipment Recommendations

- a) The pool must have a minimum depth of 3.65 metres (12 feet) of water at the point of entry (2 feet from the end of each diving board).
- b) The minimum requirement is one 1-metre diving springboard, 16 feet in length.
- c) It is also recommended to have at least one 3-metre diving springboard, 16 feet in length.
- d) For Provincial Championships, regulation 16-foot 1-metre and 3-metre springboards are required.
- e) The board must be regularly maintained, cleaned, not be slippery and also checked to assure it is level.
- f) It is recommended that there be a water spray, or hose and nozzle to work under springboards as a water agitator.
- g) The water temperature should be a minimum of 25 degrees C (79 degrees F).

4.6.2. Competition

4.6.2.1 A scheduled competition is defined as a meet that is conducted using the rules of diving as defined by the BCSSA Rule book. The competition shall be open to two or more clubs and shall offer a complete list of dives for all age divisions.

4.6.3. Degree of Difficulty – Championship Meet

4.6.3.1 The Degree of Difficulty (DD) Sheet will be found in the current year's Official Provincial Championship Meet Package – Diving Section.

4.6.3.2 Only the listed dives on the DD Sheet will be permitted in competition at the Championship Meet.

4.7. COMPETITION PROCEDURES

4.7.1. Host Club Shall:

- a) Submit a copy of its invitation to the BCSSA office prior to the commencement of the event.
- b) Invite a minimum of two other clubs to the competition.
- c) The meet package should be mailed out a minimum of 3 weeks prior to the competition. It should be noted that setting your competition date in the beginning of the season will minimize the overlap of competition dates.
- d) State all deadlines clearly in the meet package.
- e) Submit results within ten days of completion of the event to the BCSSA office.
- f) Invite the judges and table workers prior to the competition.

4.7.2. Participating Clubs Shall:

- a) Register the athletes in the appropriate age division.

- b) Submit a BCSSA Diving Entry Form to the Meet Manager by the deadline stated in the meet package.
- c) Submit the names of Judges and Table Workers prior to the competition.

4.7.3. Coaches Shall:

- a) Ensure all athletes and coaches are correctly registered.
- b) Be aware of the requirements for all age divisions.
- c) Submit the BCSSA Diving Entry Form to the Meet Manager as directed in the meet package.
- d) Submit the Dive Sheet within the time deadlines outlined in the meet package.
- e) Ensure the accuracy of dives on the BCSSA Dive Sheet.
 - i. Sign the Dive Sheet.
 - ii. Initial all corrections and changes made to the Dive Sheet.
 - iii. Have the option to request a repeat dive for his/her diver (appeal).
 - iv. Have the dive re-announced before the signal is given and the diver has begun the dive.
 - v. Educate parents and viewing parties of his/her club to ensure no one communicates with the divers once he / she is on the diving board prepared to perform his/her dive.

4.7.4. Coaches Shall Not:

- a) Communicate with the diver once the diver has been signalled to perform the dive, or both the coach and diver may be dismissed from the competition.
- b) Cause a disadvantage to any diver or the coach may be dismissed from the competition.
- c) Approach the Scorers' Table until the event is completed unless his / her presence is requested.

4.7.5. Divers Shall:

- a) Ensure the accuracy of the statement of the list of dives on the BCSSA Dive Sheet.
- b) Sign the Dive Sheet. Once the sheet is signed, the sheet goes as is.
- c) Perform the required dives as listed to the best of his/her ability, according to the rules.
- d) Perform the announced dive after the Referee's signal has been given, within 45 seconds, or receive 0 points. (Refer to Section [6.11.1.d](#)).
- e) Ensure proper attire is worn that will allow the judges to clearly see the lines of the body while a dive is being executed.

4.7.6. Divers Shall Not:

- a) Cause a disadvantage to another diver or the diver causing the disadvantage may be dismissed from the competition.

- b) Bounce on the board until after the scores of the previous diver have been announced or he/she may be dismissed from the competition.

4.7.7. Dive Sheet

- a) The information portion of the Dive Sheet must be completed with Compulsory dives on the upper portion, and Optional dives on the lower portion. (Refer to b. below for a description of Compulsory and Optional Dives.)
- b) The following shall be listed on the Dive Sheet:
 - i. The Compulsory Dives (Upper Portion of the Sheet) may be performed in any order and must be chosen from the following dives:

100 - Front Jump

200 - Back Jump

001 - Front Dive Fall In

002 - Back Dive Fall In

101 - Forward Dive

201 - Backward Dive

301 - Reverse Dive

401 - Inward Dive

5000 - Twisting Group

Each optional dive must have a different dive number, unless otherwise stated.

- ii. The Diving Number Designations ([Refer to Section 4.5.6](#)) written in the space provided.
- iii. The Degree of Difficulty (Refer [to Section 4.5.7.](#))

- iv. The Degree of Difficulty (DD) for use at the Provincial Championship Meet is published in the current years Official Provincial Championship Meet Package – Diving Section.
- v. Age Group Dive Requirements ‘S’ and ‘O’, refer to the current years Official Provincial Championship Meet Package – Diving Section.

4.8. PROCEDURES OF A COMPETITION

- 4.8.1.** The Timeline for the Scheduled Events shall be posted in visible public areas, on the Scorers’ Table, and at the Entry Table (where the Head Secretary is positioned).
- 4.8.2.** The Head Secretary shall accept all the Dive Entry Forms from the coach and the Dive Sheets from the coaches and / or divers, and organize the Sheets according to the Event Schedule. He / She should then verify that the entries are all paid for, and inform the clubs of the amount of payment due.
- 4.8.3.** The judging panel shall be organized by the Referee, and consist of the Referee and Judges. (There must be a panel of five Judges for Regional and Provincial Championships, and a minimum of three Judges for Club competitions (five Judges are recommended)).
- 4.8.4.** The Referee or designate shall verify correctness and completeness of the Dive Sheet and initial it.
- 4.8.5.** All Judges are assigned their seating positions for each separate event. (The Judges are not permitted to change positions unless they are being replaced.)

4.8.6. The Table Workers are assigned their jobs by the Head Secretary. (Job Descriptions are in Section [4.12.3.4](#)).

4.8.7. The Table Workers assume their seating positions at the Scorers' Table. The Announcer is the first position, then the Recorder, followed by the Striker, the Calculator, the Adder and finally the Checker.

4.8.8. The Judges assume their seating position.

4.8.9. The Announcer shall announce the dive order. For the first round, the Announcer should announce the diver's name, club, and the diver's first dive (first the dive number, then the description, the position and finally the degree of difficulty), and the "Diver on Deck". (Each diver shall perform his/her first dive, and at the end of the round, shall start again with the second dive, then third, etc., until the event is completed. After the 1st round, only the diver's first name and dive information are to be announced)

4.8.10. Each Judge will then score the dive, unaffected by his/her fellow Judges.

4.8.11. The Table Workers will perform the following duties:

- a) The Announcer will announce scores according to the Judges' designated seating numbers, and the Recorder shall record the scores in the appropriate place.
- b) Where there are five Judges, the Striker shall cross off the highest and lowest score and add the three remaining scores together. Where there are three Judges, all three shall be totalled.

- c) The Calculator Person shall then calculate each dive total score by multiplying the sum by the degree of difficulty. All entries must be listed in the final results.
- d) The Adder shall add results together and calculate the running total.
- e) The Checker shall re-check each of the steps.

4.8.12. The final result shall be determined from the list of results and entered in the *Official Meet Results'* records at the end of the event. The Announcer should announce the final results upon completion, and awards presented (time permitting). All entries must be listed in the final results.

4.8.13. The winner of the competition is the diver who has the greatest number of points.

4.8.14. In the event of a tie, there shall be two awards given for that place and the next award will be two placings down. (e.g. tie for first, the next award is third)

4.9. EXECUTION OF THE DIVE

4.9.1. Dives shall be executed and judged on the following principles:

4.9.1.1 All dives shall be executed alone, without assistance from any other person. Coaching between dives shall be permitted.

4.9.1.2 Forward and Reverse take-off dives may be performed either Standing or Running at the option of the diver; Back and Inward take-off dives must be performed Standing.

4.9.1.3 Standing Dives (in conjunction with Section [4.9.1.3.e](#)):

- a) The starting position in all Standing Dives shall be assumed when the diver stands on the front end of the diving board.
- b) The body shall be straight with the divers' head erect and the arms straight in any position.
- c) The dive commences when the arms leave the starting position.
- d) For Inward Direction (400-Group) and Back Direction (200-Group), the arm swing is optional. The diver may start with the arms straight above the head.
- e) When executing a Standing Dive the diver must not bounce on the diving board before the take-off or the Referee shall declare that a maximum of 4.5 points will be awarded.
- f) When a diver executing a standing dive lifts his/her feet slightly off the board (crow-hopping), the Referee shall declare a "Crow Hop" and shall have one point deducted at the table from each of the Judge's scores.
- g) When executing a standard dive the diver must not intentionally leave the diving board with one foot. The referee shall declare this a failed dive.

4.9.1.4 Running Dives / Dives with a Hurdle (in conjunction with [Section 4.9.1.5](#)):

- a) The body shall be straight with the divers' head erect and the arms straight in any position.

- b) The run shall have a minimum of two steps including the hurdle portion. This is one step, plus a hop forward from one foot onto two feet, to the end of the diving board.
- c) The starting position of the Running Dive shall be assumed when a diver is ready to take the first step of his/her run.
- d) When executing the Running Dive, the run shall be smooth, straight, and continuous to the end of the springboard. The take-off from the springboard shall be from both feet simultaneously or the Referee shall declare it a failed dive, and award 0 points.
- e) When a diver stops his/her run before the end of the board and then continues (or restarts the dive), the Referee shall declare a balk (as defined in Section [4.10.1](#)), and indicates that there will be a 2 point deduction from each of the Judges' awards at the Recorder's position.
- f) The hurdle must have a forward progression, and where there is no forward progression, the Referee shall declare the dive a failed dive, and award 0 points.

4.9.1.5 Standing and Running Dives (in conjunction with Sections [4.9.1.3](#) and [4.9.1.4](#)):

- a) The starting position shall be free and unaffected, with both feet together. When the correct starting position is not

assumed, each Judge shall deduct 2 points.

- b) The take-off shall be bold, high and confident, and shall be performed from the end of the board.

4.9.1.6 Body Positioning: During the passage through the air, the body position will be either A= Straight, B= Pike, C= Tuck, or D= Free.

- a) Straight Position:

In the straight position, the body shall not be bent at the knees or at the hips, and the feet shall be together and the toes pointed. The arm position must be either in the straight position or in the layout position.

- i. In straight dives with a twist, the twisting shall not be intentionally manifested from the diving board.
- ii. In all flying dives, a straight position shall be clearly shown from the take-off or after one somersault in dive number 115. When the straight position is not shown for at least one quarter of a somersault (90 degrees) the maximum score to be awarded shall be 4.5 points.

- b) Pike Position: ([Refer to Section 4.10 Deductions](#)):

In the pike position, the body shall be bent at greater than 90o at the hips with straight legs (no bend at the knees), the feet shall be together, and the toes pointed. The position of the arms is either open or closed.

c) Tuck Position:

In the tuck position, the body shall be compact, bent at the knees and hips with the knees and feet together, hands on the lower legs and the toes pointed. When viewed from the side, the tuck shall be compact; (the front of the thighs close to the chest and the backs of the lower leg close to the backs of the thighs).

- i. When the knees are apart, and the feet together, the Judges shall deduct 1 point from the scores.
- ii. When the knees are split and the feet apart, the Judges shall deduct 2 points from the scores.

d) Tuck and Pike Positions:

The pike and tuck positions shall be shown as in Section [4.9.1.6.b.](#) and [4.9.1.6.c](#) above and at all times, be aesthetically pleasing. When a Judge considers these requirements have not been complied with, he/she shall deduct 2 points.

e) Free Positions:

In the free position, the body position is optional, but the legs shall be together and the toes pointed:

- i. In dives with twists where the twisting is intentionally manifested on the diving board, the Referee shall indicate a 2-point deduction.

- ii. In twisting dives in the pike position, (5111B, 5211B, 5311B, 5411B), there must be a full pike position and full tuck position (for a description of pike, refer to Section [6.9.1.6.b](#)) demonstrated before the completion of the dive.
- iii. In somersaulting dives with a twist, the twist may be performed at any time during the dive.
- iv. When a twisting dive, or any other dive, has been performed in a different position than that announced, the Judges shall be instructed by the Referee to award up to a maximum of 2 points.
- v. When a twist is 90 degrees greater or less than the dive announced, the Referee shall declare it a failed dive.

4.9.1.7 Entry into the Water:

The entry into the water shall, in all cases, be vertical with the body straight, the feet together and the toes pointed.

a) Head First Entries:

All head first entries shall be executed with the arms stretched beyond the head in-line with the body. The hands shall be firmly clasped together.

- i. When the arms are below the head, the Referee shall instruct the Judges to award the dive, up to a maximum of 4.5 points.

ii. When the arms are not below the head, and not in the appropriate position, the Judges shall deduct 2 points.

b) Feet First Entries:

With the exception of the required jumps: 100 & 200 ONLY.

c) Arm Positioning:

i. The arms may not be set below the shoulders in a layout dive or it shall be deemed a save, and each Judge shall deduct 2 points.

ii. When the arms are not in the correct position upon entry into the water, each Judge shall deduct 2 points.

iii. When one or both arms are held beyond the head in a feet first entry or below the head in a head first, the Referee shall instruct the Judges to award a maximum of 4.5 points.

iv. If a Judge awards more than 4.5 points the Referee shall declare the award to be 4.5.

4.9.1.8 Completion of the Dive:

A dive is complete when the whole body is completely beneath the surface of the water. The Judge is responsible to judge only what appears above the water.

4.10. DEDUCTIONS AND PENALTIES

4.10.1. The Referee shall declare all balks (defined below). 2 points shall be deducted from each Judge's award at the Recorder's position at the Scorers' Table.

BALK Definition: A balk is when a diver begins the take-off, or stops and continues, and/or restarts the approach/take off. This applies to a re-start in a standing dive after the arms have commenced and to a re-start in a running dive after the run has begun.

- 4.10.2.** In any dive where the diver touches the end of the board after the take-off, the Referee shall instruct the Judges to award up to a maximum of 4.5 points for the dive.
- 4.10.3.** If the dive is performed to the side of the direct line of flight, the Referee shall instruct the Judges to award up to a maximum of 4.5 points for the dive.
- 4.10.4.** In all flying dives, where a straight position has not been clearly shown for at least one quarter of a somersault (90 degrees), the maximum score to be awarded shall be 4.5 points.
- 4.10.5.** In tuck position where the knees are apart with the feet together, the Judges shall deduct 1 point from the scores. Where the knees are split and the feet apart, the Judges shall deduct 2 points from the scores.
- 4.10.6.** When a Judge considers the requirements of the body position (Section [4.9.1.6](#)) have not been met, he / she shall deduct 2 points.
- 4.10.7.** In dives with twists, if the twisting is intentionally manifested on the diving board, the Referee shall indicate a 2 point deduction.
- 4.10.8.** When a twisting dive, or any other dive has been performed in a different position than that announced, the Judges shall be instructed by the Referee to award up to a maximum of 2 points.
- 4.10.9.** When a twist is 90 degree greater or less

than the dive announced, the Referee shall declare it a failed dive.

- 4.10.10.** In a head first entry where the arms are below the head, the Referee shall instruct the Judges to award the dive up to a maximum of 4.5 points.
- 4.10.11.** Where the arms are not below the head, but in the wrong position, the Judges shall deduct 2 points.
- 4.10.12.** In a feet first entry, where one or both of the arms are held beyond the head, the Referee shall instruct the Judges to award the dive up to a maximum of 4.5 points.
- 4.10.13.** Where the arms are held below the head, but not straight and close to the body the Judge shall deduct 2 points from his/her award according to the circumstances.
- 4.10.14.** The arms may not be set below the shoulders or it shall be deemed a save, and each Judge shall deduct 2 points.
- 4.10.15.** When one or both arms are not in the correct position upon entry into the water, each Judge shall deduct 2 points.

4.11. SUMMARY OF PENALTIES TO BE APPLIED

4.11.1. Referee Declares a Failed Dive (0 Points)
When:

- a) A diver does not make a dive, i.e. on a feet first dive, his/her head touches first, or on a head-first dive, his/her feet touch first.
- b) A diver performs a dive other than the one announced. ([Section 4.12.3.3.j](#))
- c) Assistance has been given to the diver during the execution of the dive. (Sections [4.9.1.1](#) and [4.12.3.2.g](#))

- d) A diver refuses to execute a dive or prepares for more than 45 seconds after the Referee has given a warning. (When the referee feels a long enough time has passed after the first warning, a second warning is given, and then the diver has 45 seconds to perform his/her dive and if he/she do not then, it shall be deemed a failed dive.)
([Section 4.12.3.2.o](#))
- e) A diver intentionally bounces two or more times at the end of the diving board in a standing dive. ([Section 4.9.1.3.e](#))
- f) In a Running dive, the diver has clearly no forward progression in his/her hurdle.
([Section 4.9.1.4.f](#))
- g) In a Running dive, the diver makes more than one jump on the same spot before the final take-off.
- h) A diver takes off with one foot from the springboard. ([Section 4.9.1.4.d](#))
- i) The second attempt or restart is unsuccessful in a Running or Standing dive.
- j) The twist is 90 degrees greater or less than that announced. ([Sections 4.9.1.6.e](#))

4.11.2. Referee Declares Up to a Maximum of 4 ½ Points When:

- a) A diver touches the end of the diving board after take-off. ([Section 4.10.2](#))
- b) A diver performs the dive to the side of the direct line of flight of the board. ([Section 4.10.3](#))
- c) The diver crow-hops (when a diver bounces at the end of the board) during a Standing dive. ([Section 4.9.1.3.f](#))

- d) A straight position is not shown for at least one quarter of a somersault (90 degrees) in a flying dive. (Sections [4.9.1.6.a.ii.](#) and [4.12.3.3.j](#))
- e) A dive is performed partially in a position other than that announced. ([Section 4.12.3.3.j](#))
- f) One or both of the diver's arms are below the head in a head first entry. (Sections [4.9.1.g.i](#) and [4.10.10](#))
- g) One or both of their arms are held beyond the head in a feet first entry. (Sections [4.9.1.4.a](#) and [4.10.12](#))

4.11.3. Referee Declares a 2 Point Maximum When:

The diver clearly performs a dive in another position than the one announced. (Sections [4.12.3.3.i](#) and [4.10.8](#))

4.11.4. Referee Declares a 2 Point Deduction When:

- a) A diver takes less than two steps in a Running Dive, or he/she stops the run before the end of the diving board and then continues. (Sections [4.9.1.4.e](#) and [4.9.1.4.b](#))
- b) A diver restarts in a standing dive after the arm swing has begun or restarts a running dive after the run has started. ([Section 4.10.1](#))
- c) A diver intentionally manifests the twist on the diving board (i.e. twists or turns around on the diving board prior to their feet leaving the board). (Sections [4.9.1.6.e.i](#) and [4.10.7](#))

**4.11.5. Referee Disqualifies the Diver or Coach
When:**

He/She intentionally interrupts or distracts another diver in the middle of his/her dive. (Section [4.12.3.2.m](#))

4.11.6. Referee May Allow a Repeat Dive When:

- a) A diver executes a dive before the Referees' signal has been given. (Section [4.12.3.2.r](#))
- b) The Referee deems the diver has had to deal with unfair weather conditions, or there is an interruption or distraction during the dive, which causes the diver to lose concentration. (Section [4.12.3.2.l](#))

4.11.7. Judges Award "0 Points" When:

He/She considers that a diver has performed a dive of a different number than that announced (even if the Referee does not declare it a failed dive). (Section [4.12.3.2.l](#))

**4.11.8. Judges Award Up to a Maximum of 4 ½
Points When:**

- a) The dive is partially done in a position other than that announced.
- b) A straight position is not shown for at least ¼ of a somersault in a Flying Dive. (Section [4.9.1.6.a.ii](#))
- c) One or both arms are held beyond the head in a feet first entry. (Sections [4.9.1.7.c.iii](#) and [4.10.12](#))
- d) One or both arms are below the head in a head first entry. (Sections [4.9.1.7.a](#) and [4.10.10](#))

4.11.9. Judges Award Up to a Maximum of 2 Points When:

- a) A diver clearly performs the dive in another position than that announced and the Referee has declared the maximum award to be 2 points. (Section [4.9.1.6.a.i](#) and [4.9.1.6](#))
- b) A twisting dive or any other dive has been performed in a different position than that announced. (Sections [4.9.1.6.e.iv](#) and [4.10.8](#))

4.11.10. Judges Deduct 2 Points When:

- a) The starting position is not deemed correct.
- b) The knees are split and the feet are apart in a tuck dive. (Section [4.9.1.6.c.ii](#))
- c) He/She deems the requirements for pike (B) or tuck (C) have not been met. (Section [4.9.1.6.d](#))
- d) The arms are set below the shoulders in a layout position. (Section [4.9.1.7.c.i](#))
- e) The arms are not in the correct position upon the entry to the water. (Section [4.9.1.7.c.ii](#))
 - i. The arms are held below the head, but not straight and close to the body in a feet first entry. (Section [4.10.13](#))
 - ii. The arms are above the head, but not fully extended in a head first entry. (Section [4.9.1.7.a.ii](#))

4.11.11. Judges Deduct "1 Point" When:

The knees are apart with the feet together in a tuck positioned dive. (Section [4.9.1.f.c.i](#))

4.12. OFFICIALS

4.12.1. Dress Code

4.12.1.1 All officials should wear white clothing and shoes. Shoes should conform to local pool regulations.

*(*Note: The objective is uniformity of attire. The meet organizing committee may elect to use colours other than white, provided they supply the garments.)*

4.12.1.2 The organizing committee may supply distinctive badges or ribbons for all officials.

4.12.2. Officials Required to Host Dive Competitions

- 1 Meet Manager
- 1 Head Judge/Referee- per event
- 3-5 Judges per event
- 1 Head Secretary/ Table Worker
- 6 Table Workers per event
- 1 Head Awards Person
- 1 Head Refreshments Person
- 1 Head Clean-Up Person

4.12.3. Duties and Responsibilities

4.12.3.1 Meet Manager Shall:

- a. Send out the Dive Meet Package to all clubs and the BCSSA office (Section [4.7.1](#)).
- b. Be responsible for delegating responsibility to the Referee.
- c. Ensure proper registration of all divers.
- d. Be responsible for the administration of the diving competition.
- e. Order and pay for the awards.
- f. Receive and check the Dive Sheets.
- g. Be responsible for all of the preparations for the dive meet, before the diving meet.

- h. Send the complete results to the BCSSA office and distribute and compile a copy of the results to each participating club within ten days.
- i. Send a copy of the complete results to the BCSSA office within 10 days of the competition.
- j. Be responsible to keep the records of the diving competition for 2 full years.

4.12.3.2 Head Referee Shall:

- a) Have the overall responsibility during the diving meet.
- b) Be involved in every event or delegate the responsibility to another.
- c) Assign Judges (preferably five) to score all events and assign their judging positions.
- d) Designate assistants to help as necessary and observe the performance of the divers.
- e) Inspect the Dive Sheets, and when a statement in the list is not according to the rules, have it corrected (preferably prior to the event).
- f) Inform the diver or the coach, as soon as possible of any problems.
- g) Initial the verified Dive Sheet upon completion, below the Degree of Difficulty column.
- h) Be located to one side of the Judges.
- i) Manage the competition and ensure that the rules are observed and the penalties imposed (Section [4.9](#), [4.10](#) and [4.11](#)). Should carry a copy of the rules and regulations.

- j) Inform the Judges of all mandatory and potential deductions (Sections [4.10.](#) and [4.11.](#)).
- k) Call breaks or postpone an event when necessary. However, this should be done either prior to the event or after a complete round of dives.
- l) Allow a diver to restart without deduction if there is adverse weather, or there is an interruption or distraction during the dive, which causes the diver to lose concentration.
- m) Disqualify any diver or coach for causing a disadvantage to another diver during competition.
- n) Take corrective action when a dive is incorrectly announced. If the incorrectly announced dive is performed by the diver, he/she may cancel the dive and have the correct dive announced and performed at the end of the round.
- o) Award sufficient time for the preparation and execution of the dive. If the diver takes more than 45 seconds, the Referee shall inform the diver by whistle or hand signal that the dive must be performed within 30 seconds or a failed dive shall be declared and 0 points awarded.
- p) Signal the diver when the dive shall be executed. The signal shall not be given before the diver has assumed the ready-position on the diving board. (For Back and Inward Dives, the diver shall not proceed to the end of the board until

after the signal has been given by the referee. Once the diver has been signalled (either by whistle or other means), there can be no further communication to the diver by the coach, until the diver returns to the surface of the water.)

- q) Declare an incomplete dive and award 0 points, if the coach/parent/or another diver communicates with the performing diver while he/she is on the diving board, or executing the dive.
- r) Decide whether the dive shall be repeated, when a diver executes a dive before the signal is given. (The diver or coach may request to repeat a dive.) The request must be made immediately.
- s) Warn divers if they bounce on the board before the score of the previous diver has been announced. (Offenders to this rule shall be warned once, and then may be dismissed from the competition).
- t) Review and sign the Dive Sheets and confirm the final results.

4.12.3.3 Judges Shall:

- a) Together with the Referee, make up the Judging panel.
- b) Be five for Regional and Provincial Championships, and a minimum of three for Club competitions (five Judges are recommended).

- c) Be assigned and not permitted to change positions unless they are being replaced.
- d) Be identified by a number according to where they sit.
- e) Score the dive presented by the diver. The scores shall be judged independently of the other Judges.
- f) Use points or half points from 0 to 10 to score the dive, taking into consideration the deductions and penalties listed in Section [4.11](#):

Completely failed or incomplete dive	0 points
Unsatisfactory	½ to 2 points
Deficient	2 ½ to 4 ½ points
Satisfactory	5 to 6 points
Good	6 ½ to 8 points
Very good	8 ½ to 10 points

- g) Not be influenced by any factor other than the technique and execution of the dive. The dive is to 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.
- h) Consider the technique and grace of the following and award points accordingly:

- The starting position
- The run
- The take-off
- The flight
- The entry

- i) Deem a dive unsatisfactory when it is performed clearly in a position other than the position announced. The highest award for such a dive is 2 points.
- j) Award up to a maximum of 4 ½ points when a dive is performed partially in a position other than that announced.
- k) Judge all dives. (Where a repetition of a dive is granted, the first dive shall be judged, and the marks noted, to be used in the event a protest is accepted.)
- l) Award 0 points when a Judge considers a dive of a different number has been performed even if the Referee has not declared it to be a failed dive.
- m) Award 0 points, when a diver refuses the execution of a dive.
- n) Be replaced by another Judge as necessary.

4.12.3.4 Head Secretary (Head Table Worker) Shall:

- a) Organize the scoring table.
- b) Operate the scoring table.

4.12.3.5 Table Workers Shall Include:

- a) position 1: Announcer
- b) position 2: Recorder
- c) position 3: High-Low and Add / Striker
- d) position 4: Calculator Person
- e) position 5: Adder

f) position 6: Checker

4.12.3.6 Announcer Shall:

- a) Keep the pace of the competition.
- b) Introduce the diving competition.
- c) Announce the diving order, & the diver on deck.
- d) Read the diver name, club, dive number and position, the dive description, and the degree of difficulty as well as the name of the next diver for the first round only. Then announce the first name, the dive number, position, description and D.D.
- e) Announce the judges' scores in the same order each time.

4.12.3.7 Recorder Shall:

- a) Be responsible to check the name of the diver.
- b) Enter on the score sheet the awards as announced by the Announcer.

4.12.3.8 High-Low and Add Person/Striker Shall:

- a) Put a diagonal line (from the top left of the box to the bottom right of the box), through the highest and lowest scores and add the three remaining scores. A calculator may be used if so inclined.

4.12.3.9 Calculator Person Shall:

- a) Calculate the total for the dive: multiply the total of the three scores by the Degree of Difficulty and place the total

in the far right column in the top space for that dive. A mechanical calculator, a computer, or a Diving Slide Ruler may also be used to calculate the dives.

4.12.3.10 Adder Shall:

- a) Maintain a running score and the dives' total awarded points to the previous dive.

4.12.3.11 Checker Shall:

- a) Repeat the entire procedure and all calculations to ensure accuracy, and place a verification mark at the end of the row, to the right of the running total box.
- b) Once the event is completed, place the divers in order according to points, number the bottom right of the dive sheet with their placing and then, returns the dive sheets and the folder to the Awards Person.

4.12.3.12 Head Awards Person Shall:

- a) Assure the awards are at the pool at the beginning of the competition.
- b) Copy all of the results on a master list: either by carbon or photocopy, for all attending clubs and the BCSSA Office.
- c) Ensure the results are written on the appropriate medal or ribbon.

4.12.3.13 Head Refreshments Person Shall:

- a) Ensure there are refreshments for the officials and coaches.

b) Ensure there is ice, in case of injury.

4.12.3.14 Head Clean-up Person Shall:

a) Ensure that the pool and area are kept clean.

INDEX

DEFINITION	1
APPEALS	20
COMPETITOR	8, 9, 22
disqualification	23, 24
Divers	22, 23, 24, 25
ELIGIBILITY	22
event.....	14
Gender equity	18
harassment.....	14, 17
Protests	22
PROVINCIAL APPEALS COMMITTEE	20
PROVINCIAL CHAMPIONSHIPS	25
REGIONAL CHAMPIONSHIPS.....	24
REGISTRATION	2, 4
SUSPENSION AND DISCIPLINE	18
water polo	23