



BC Summer Swimming Association
SWIMMING | DIVING | WATER POLO | ARTISTIC

RULES OF THE BC SUMMER SWIMMING ASSOCIATION

Diving

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.

January 2025

Published by
BC Summer Swimming Association
205 — 2323 Boundary Road
Vancouver, BC V5M 4V8
www.bcsommerswimming.com

VISION STATEMENT

To be a competitive sport organization, fostering a culture of fair play, inclusivity, fun and achievement.

MISSION STATEMENT

The BC Summer Swimming Association (BCSSA) promotes, and encourages the development of athletes, coaches, and volunteers through life-long participation in aquatic activities.

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 speed swimming, diving, water polo and artistic swimming.

TABLE OF CONTENTS

2. REGISTRATION	2
2.1 CLUB AFFILIATION	2
2.2 INDIVIDUAL REGISTRATION — GENERAL	4
2.3 INDIVIDUAL REGISTRATION — COMPETITIVE SEASON	5
2.4 INDIVIDUAL REGISTRATION — NON-COMPETITIVE SEASON	6
2.5 PROTESTS REGARDING ATHLETE ELIGIBILITY	7
2.6 ATHLETE TRANSFER — COMPETITIVE SEASON	7
2.7 ATHLETE TRANSFER — NONCOMPETITIVE SEASON	9
2.8 ASSIGNMENT TO A SECOND CLUB TO COMPETE IN AN ADDITIONAL SPORT	9
2.9 VISITING ATHLETE	11
2.10 REGISTRATION OF COACHES	12
3. CONDUCT	1
3.1 GENERAL	1
3.2 ATHLETES' CODE OF CONDUCT	1
3.3 COACHES' CODE OF CONDUCT	2
3.4 OFFICIALS' CODE OF CONDUCT	2
3.5 PARENTS' CODE OF CONDUCT	2
3.6 HARASSMENT POLICY	3
3.7 COMMUNICATION AND CONFIDENTIALITY	3
3.8 GENDER EQUITY	4
3.9 DISCIPLINARY ACTION	4
3.10 ACCIDENT/INCIDENT REPORTS	6
3.11 BCSSA APPEALS COMMITTEE	6
5. DIVING	2

5.1 ATHLETE AGE CATEGORIES	2
5.2 ATHLETE ELIGIBILITY	2
5.3 REGIONAL CHAMPIONSHIPS	4
5.4 PROVINCIAL CHAMPIONSHIPS	5
5.5 DIVING COMPETITIONS	6
5.6 COMPETITION PROCEDURES	7
5.7 GENERAL DIVING RULES	12
<i>A - COMPETITIONS</i>	12
<i>B - STATEMENT OF DIVES</i>	13
<i>C - COMPOSITION OF THE JUDGES PANELS</i>	14
<i>D - JUDGING</i>	14
<i>E - THE STARTING POSITION</i>	16
<i>F - STANDING DIVES</i>	16
<i>G - RUNNING DIVES (HEREAFTER REFERRED TO AS A "HURDLE")</i>	17
<i>H - THE APPROACH</i>	17
<i>I - THE TAKEOFF</i>	17
<i>J - THE FLIGHT</i>	18
<i>K - DIVES CAN BE EXECUTED IN THE FOLLOWING POSITIONS</i>	19
<i>L - SUMMARY OF PENALTIES</i>	22
5.8 OFFICIALS AND TABLE WORKERS	26
1. DEFINITIONS	1
8. INDEX	1

GENERAL BCSSA RULES

1. DEFINITIONS

Definitions are now located at the end of the Rule Book, before the Index.

2. REGISTRATION

2.1 CLUB AFFILIATION

2.1.1 Existing Clubs

- a) An affiliated club is a member of the BCSSA during the period of May 1st of one year to April 30th of the following calendar year.
- b) Each club must be an incorporated Society in British Columbia that is in good standing under the Society Act.
- c) Each club must pay an annual BCSSA affiliation fee in advance by forwarding payment to the appropriate Regional Registrar by April 1st. The Regional Registrar shall forward affiliation fees paid plus a club membership list of affiliated 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 club affiliation fees after the deadline.
- d) Each club must complete and submit an annual affiliation form and apply for BCSSA Directors and Officers liability insurance coverage by March 1st of each year.
- e) Each club must affirm that the purposes and activities of the club will be consistent with the purposes of the BCSSA, and the club commits to furthering the success of the Region and the BCSSA in advancing the BCSSA's purposes.

- f) Clubs with activities not aligning with BCSSA will not be permitted to affiliate.

2.1.2 New Clubs

- a) To affiliate a new club, the following criteria must be met:
 - (i) The club must include five (5) or more Athletes.
 - (ii) The club must include two (2) or more families.
 - (iii) There must be an executive in place with a minimum of three (3) individuals.
 - (iv) The club must have a budget.
 - (v) The club must not unduly infringe on any current BCSSA club.
 - (vi) 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.

- b) A group affiliated as a new club with BCSSA must:
 - (i) Apply to the appropriate Regional Board for Regional approval.
 - (ii) 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.
 - (iii) Pay the club affiliation fee on or before April 1st to the Regional Registrar.
 - (iv) 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.
 - (v) A group wishing to affiliate 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) An athlete 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.
- b) Clubs shall register all athletes and coaches in their correct age divisions and categories.
- c) At the time of registration, the specific aquatic activities of each Athlete shall be correctly recorded by the Club registrar or delegate.
- d) All new registrants shall show proof of age such as a birth certificate or an equivalent identification to the club registrar (or delegate). No copies or images shall be taken of any identification.
- e) The club registrar shall validate each registration before an athlete's first competition.

2.2.2 Sanctions for Not Meeting Requirements

- a) A club that allows an athlete 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.
- b) 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.

- c) Any athlete determined to have been competing in the wrong category shall be disqualified from all incorrectly entered events. Said disqualification shall occur at the time of determination in the current season.

2.3 INDIVIDUAL REGISTRATION — COMPETITIVE SEASON

2.3.1 Registration Timing

- a) The competitive season is May 1st through August 31st of each year.
- b) All athletes 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.
- c) An athlete who wishes to compete with BCSSA during the competitive season, but who registers AFTER the second Thursday of July, may do so but is ineligible to compete at the Regional and the Provincial Championships.

2.3.2 Registration Database and Fees

- a) An annual Provincial individual registration fee shall be established by the BCSSA Board of Directors no later than February 1st of each year.
- b) Each Regional Board may levy Regional fees by such amounts as may be deemed necessary for regional activities or expenditures.
- c) 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.

- d) The Regional Registrar shall submit each club's registration database and fees to the Provincial Registrar not later than 12 days before the first day of the Regional Swimming Championships.
- e) 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 deadline.

2.4 INDIVIDUAL REGISTRATION — NON-COMPETITIVE SEASON

2.4.1 Registration Timing

- a) The non-competitive season is September 1st through April 30th.
- b) The closing date for non-competitive season registrations is as set by each Regional Board, but shall be no later than March 31st.

2.4.2 Registration Database and Fees

- a) Each Regional Board may levy Regional fees by such amounts as may be deemed necessary for regional activities and expenditures.
- b) Each club shall submit a club non-competitive season individual registration database, and fees, to the Regional Registrar by April 1st.

- c) The Regional Registrar shall submit each club's registration database and fees to the Provincial Registrar by April 10th.
- d) 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 deadline.

2.5 PROTESTS REGARDING ATHLETE ELIGIBILITY

2.5.1 Responsibilities

- a) All matters of Athlete eligibility are the responsibility of the Provincial Registrar.
- b) All protests regarding Athlete eligibility must follow the current BCSSA Athlete Eligibility Protest Policy.

2.5.2 Process

Removed January 2024 and replaced by BCSSA Athlete Eligibility Policy.

2.6 ATHLETE TRANSFER — COMPETITIVE SEASON

2.6.1 Athletes shall not transfer between clubs:

- a) until all relevant paperwork is complete and signed by all parties
- b) after the second Thursday of July.

2.6.2 Intra-Region Athlete Transfer

- a) The transfer of an athlete between two clubs of the same BCSSA Sport within the same region requires the approval of the athlete, athlete's parent or guardian if necessary, as well as the president or designate of each club.
- b) The transfer shall be initiated by the athlete and/ or parent/ guardian using the BCSSA transfer form.
- c) The receiving club registrar shall submit the completed transfer form, signed by the relevant club presidents or designates, to the Regional Registrar.
- d) The Athlete shall not be required to pay any additional Regional or Provincial fees. Club fees are the responsibility of the Athlete.

2.6.3 Inter-Region Athlete Transfer

- a) The transfer of an athlete between clubs of the same BCSSA Sport in different regions requires the approval of the athlete, athlete's parent/ guardian if necessary, president of each club, and the two Regional Directors or designates.
- b) The transfer shall be initiated by the athlete or parent/ guardian using the BCSSA transfer form.
- c) The receiving club registrar shall submit the completed transfer form to the Regional Registrar.
- d) The Athlete shall not be required to pay any additional Provincial fees. Regional and Club fees are the responsibility of the Athlete.

2.7 ATHLETE TRANSFER — NONCOMPETITIVE SEASON

2.7.1 Process

- a) An Athlete may transfer between clubs during the non-competitive season by registering with the receiving club and paying all applicable fees.
- b) A transfer form is not required.

2.8 ASSIGNMENT TO A SECOND CLUB TO COMPETE IN AN ADDITIONAL SPORT

2.8.1 What is Permitted

- a) An Athlete may become a member of a second BCSSA club in their Region in order to compete in a BCSSA Sport not offered by the home club, as long as the assignment form and registration is completed by the Monday before the second Thursday of July.
- b) If another club in the Athlete's home region offers the desired second BCSSA Sport, then such an assignment may only be made within the same region as the Athlete's home club.
- c) If no club in the Athlete's home region offers the desired second BCSSA Sport, then such an assignment may be made to a club in a different region as long as the BCSSA Assignment form and registration is completed by the Monday before the second Thursday of July.

2.8.2 Process

When registering an Athlete for a second BCSSA Sport, the second club shall ensure that the Athlete Transfer form is completed in its entirety.

2.8.3 Intra-region Athlete Assignment

- a) The assignment of an athlete between two clubs of the same BCSSA Sport within the same region requires the approval of the athlete, athlete's parent or guardian if necessary, as well as the president or designate of each club.
- b) The assignment shall be initiated by the athlete and/ or parent/ guardian using the BCSSA transfer form.
- c) The receiving club registrar shall submit the completed assignment form to the Regional Registrar.
- d) The Athlete shall not be required to pay any additional Provincial fees. Regional and Club fees are the responsibility of the Athlete.

2.8.4 Inter-Region Athlete Assignment

- a) The assignment of an athlete between clubs of the same BCSSA Sport in different regions requires the approval of the athlete, athlete's parent/ guardian if necessary, president of each club, and the two Regional Directors or designates.
- b) The assignment shall be initiated by the athlete or parent/ guardian using the BCSSA transfer form.
- c) The receiving club registrar shall submit the completed assignment form to the Regional Registrar.

- d) The Athlete shall not be required to pay any additional Provincial fees. Regional and Club fees are the responsibility of the Athlete.

2.8.5 Exceptions to Intra-Region and Inter-Region

Under exceptional circumstances, an Individual Athlete Assignment may be approved by the home club, receiving club, the two Regional Directors and the Director of the specific BCSSA Sport by June 1st of each year. Unanimous approval is required for the assignment to be approved. Four or more assignment requests from the same club must be approved by the BCSSA Board of Directors.

2.9 VISITING ATHLETE

2.9.1 What is Permitted

- a) A visiting Athlete is an athlete 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.
- b) Should a visiting Athlete take part in competition, the visiting Athlete shall be considered competing for the Athlete's home club.

2.9.2 Process

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

2.10 REGISTRATION OF COACHES

2.10.1 Registration Requirements

- a) All coaches must be registered as BCSSA participants as provided for in this Section.
- b) Each club must obtain and keep in their secure club files the criminal record checks (vulnerable sector) for their coaches, as per the current BCSSA criminal record check policy. Clubs must declare the successful completion of a criminal record check (vulnerable sector) on the annual Coaches Roster as stated in 2.10.2.
- c) 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 completed BCSSA Coach Roster Form to the BCSSA Office by May 15th annually, or within seven (7) days of the date of hire, whichever comes first.

3. CONDUCT

3.1 GENERAL

3.1.1 Responsibilities

All registered BCSSA members shall treat its clubs, athletes, coaches, officials, and members from other clubs fairly and with respect and integrity as stated in the BCSSA Code of Conduct. All BCSSA members shall follow the current BCSSA General Code of Conduct.

3.2 ATHLETES' CODE OF CONDUCT

3.2.1 All Athletes shall:

- a) respect and compete by the current BCSSA rules of their sport,
- b) not use alcohol, tobacco, cannabis, or illegal products before or during any meets or other BCSSA activities,
- c) respect other athletes and refrain from fighting, striking, or intentionally touching another athlete without their permission,
- d) respect their opponents, coaches, volunteers, officials, and teammates,
- e) direct questions regarding disqualifications, judge's decisions, etc. to their coach.

3.2.2 Disqualification

During a meet, the Referee may cause an athlete to be scratched from the rest of the meet for:

- a) Using obscene or abusive language in the pool area, including the dressing room.
- b) Causing wilful damage.
- c) Interfering with officials in the performance of their duties.
- d) Exhibiting other behaviour as outlined in the BCSSA Harassment Policy.

3.3 COACHES' CODE OF CONDUCT

3.3.1 Requirements

- a) BCSSA has adopted the Coaching Association of Canada's Code of Conduct and Ethics with Reporting Procedures (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 Athletes.
- b) Clubs shall require all coaches (paid and volunteer) to be listed on the BCSSA Coach Roster Form, affirming that they adhere to the Code. (Section 2.10.2).

3.4 OFFICIALS' CODE OF CONDUCT

All BCSSA Officials shall follow the current BCSSA Officials' Code of Conduct.

3.5 PARENTS' CODE OF CONDUCT

Parents and legal guardians of Athletes shall follow the current BCSSA Parents' Code of Conduct.

3.6 HARASSMENT POLICY

3.6.1 Requirements

- a) The BCSSA shall maintain a Harassment Policy and make it available through the BCSSA office.
- b) This policy applies to all Athletes, employees, volunteers, and spectators involved with BCSSA activities.
- c) The BCSSA shall work to prevent harassment by providing awareness, education, and training programmes.
- d) 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

- a) While communicating on matters related to the BCSSA, all participants, including Athletes, employees, volunteers, and spectators shall adhere to the principles of respect, courtesy, common sense and dignity.
- b) 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

- a) 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 all genders.
- b) All participants, including Athletes, 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

- a) The BCSSA Board of Directors or the President or designate may initiate disciplinary action against any club, Athlete, coach, official or other person.
- b) Disciplinary action may include, but is not limited to, suspension from any or all BCSSA activities.
- c) Any club, Athlete, 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:

- a) non-payment of any BCSSA fees, dues, levies, fines, assessments, or charges; or,
- b) for cause, which may include but not be limited to:
 - (i) failure to comply with BCSSA rules;

- (ii) failure to adhere to BCSSA policies;
- (iii) actions or behaviour endangering the health or well-being of an athlete, official, coach, volunteer, spectator or others;
- (iv) failure to comply with the ethical code of conduct; or
- (v) failure to submit required documents or other information required by the BCSSA.

3.9.3 Disciplinary action shall follow these procedures:

- a) 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.
- b) The committee shall include three members of the BCSSA Board of Directors, or appointed designates, plus a non-voting chairperson.
- c) 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.
- d) 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.
- e) The committee shall assess the matter, including any disciplinary action that has already been imposed.
- f) The committee may, at its discretion, gather evidence and interview individuals with knowledge of the matter.

- g) The committee shall make a decision on what steps are necessary to resolve the matter. This may include disciplinary action.
- h) 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

Clubs must report all accidents and incidents, in writing, to the BCSSA office within seven (7) days, using the applicable BCSSA form.

3.11 BCSSA APPEALS COMMITTEE

3.11.1 Appeals

- a) Any club executive member or coach may appeal any decision or application of BCSSA rules to the BCSSA Appeals Committee.
- b) The purpose of the appeals process is to determine whether the appropriate process and application of rules was followed. The appeals process is not to simply re-try an original protest or complaint.

3.11.2 In order for the appeal to be considered, it must be submitted to the Provincial Office within 2 days of the decision in question and shall include the following:

- a) A written description of the matter being appealed, including the reasons why the decision should be changed.

- b) A \$100 filing fee.

3.11.3 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.

3.11.4 Appeals Committee Authority

- a) The Appeals 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.
- b) Where an appeal relates to a BCSSA rule that gives a decision-maker discretion (generally indicated by the word "may" or "should"), then the Appeals Committee may use the same type of discretion in its decision.
- c) Where an appeal relates to a BCSSA rule that does not give a decision-maker discretion (generally indicated by the word "shall"), then the Appeals Committee shall not have discretion on that matter.
- d) The decision of the Appeals Committee shall be final.

3.11.5 Appeals Committee Process

The Appeals Committee shall:

- a) conduct its business in private,
- b) make a reasonable effort to complete its work in a timely manner,

- c) give the appellant and the individual whose decision is being disputed opportunities to present their cases to the committee,
- d) review any additional evidence it considers relevant to the appeal,
- e) provide the committee's decision in writing to the appellant and the individual whose decision is being disputed, and
- f) return the filing fee if the appeal is successful.

DIVING RULES

5. DIVING

5.1 ATHLETE AGE CATEGORIES

5.1.1 An Athlete's age as of December 31st each year shall be used to determine the Athlete category (See Section 5.2 Athlete Eligibility). The Athlete categories for diving are:

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

5.2 ATHLETE ELIGIBILITY

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

S & O Divers 1m & 3m Age Groups
15 +
13 & 14
11 & 12
9 & 10
8 & Under

5.2.2 Divers who misrepresent their aquatic participation may be immediately disqualified from all BCSSA competition within the current season. Disqualification rulings will be in effect for twelve (12) months from the date of the disqualification. Written communication of the disqualification will come from the Regional Director and

will include the diver, the club president and the appropriate regional registrar.

5.2.3 Diving does not affect speed swimming, artistic swimming or water polo status.

5.2.4 An “S” Diver is an Athlete who participates in water diving training two (2) hours or less per calendar week between September 1st of the previous year through to April 30th of the current year, and has not attained a Diving Plongeon Canada (DPC) National Age Group Standard according to DPC rules. “S” Divers may participate in more than two (2) hours of dry land training, which does not affect their “S” status.

- a) A dive competition in the period between September 1st to April 30th is counted as one (1) hour.

5.2.5 “O” Divers:

- a) May participate in for more than two (2) hours of water training per calendar week between September 1st of the previous year through to April 30th of the current year. This applies to all age categories.
- b) Has attained National Age Group Standard with DPC within the last two (2) years starting May 1st.
- c) A diver who has attained a Senior National Standard according to DPC rules is ineligible to compete in BCSSA.
- d) 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 September 1st of the previous year to April 30th of the current year and not attained a National Age Group Standard according to DPC Rules.

- e) All exemption requests must be brought to the BCSSA Fall Meeting of the Board of Directors.

5.2.6 All “S” and “O” Divers shall be treated equally.

5.2.7 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.

5.3 REGIONAL CHAMPIONSHIPS

5.3.1 All Regions shall organize and conduct a Regional Championship to qualify the Athletes for the Provincial Championships. It shall be the responsibility of each Regional Director to ensure that the Regional Championship is properly organized and conducted.

5.3.2 All divers must have competed with the full required Diving List in the Provincial Meet Package of dives at a BCSSA Diving Competition or Event prior to being eligible to dive at Regionals.

- a) 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 invite at least one (1) other club and shall offer a full required Diving List of dives for all age divisions.
- b) 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.

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

5.3.4 The Regional Championships shall have the same events as the Provincial Championships. If a diver cannot attend their respective Regional Championships due to unforeseen circumstances, they shall be permitted to participate in Regionals in a different region. The diver must notify the BCSSA Diving Director at least two weeks in advance, providing a valid reason for their inability to attend the original meet and requesting approval to attend an alternate Regional Championships. Approval is subject to the availability of space and the consent of the organizing committee of the alternate Region.

5.4 PROVINCIAL CHAMPIONSHIPS

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

- a) There shall be no changes to the Provincial Championships Rules and Regulations after March 31st of each year.
- b) The Provincial Championship Meet Package shall be circulated to all BCSSA clubs no later than May 1st of each year.
- c) Athletes must be correctly registered with the BCSSA for the current season.
- d) There shall be a Provincial Trophy awarded to the top Region in each of the four aquatic sports.
- e) All entries must be submitted to the BCSSA Office by the date (and time) indicated in the Provincial Meet Package.

- f) All divers must have participated at a Regional Diving Championship Meet in order to be eligible for Provincials.
- g) All BCSSA divers shall compete in their designated categories.
- h) Regional Scoring
Individual Events —
36, 32, 30, 28, 26, 24, 20, 18

5.5 DIVING COMPETITIONS

5.5.1 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) The water temperature should be a minimum of 25° C (79° F).

5.5.2 Competition

- a) 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.

5.5.3 Degree of Difficulty — Championship Meet

- a) The Degree of Difficulty (DD) Sheet will be found in the current year's Official Provincial Championship Meet Package — Diving Section.
- b) Only the listed dives on the DD Sheet will be permitted in competition at the Championship Meet.

5.5.4 Dive Numbers and Descriptions

- a) All dives are designated by the Diving Number Designation system. Dive number and Description sheets will be found in the current year's Official Provincial Championship Meet Package — Diving Section.

5.6 COMPETITION PROCEDURES

5.6.1 Each Club shall host a BCSSA Hosted Meet each season.

5.6.2 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 one (1) other club to the competition.
- c) The meet dates shall be submitted no later than two weeks after the commencement of the season. It should be noted that setting the 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) Each club shall have a minimum of three (3) non-coaches trained to do judging and have a minimum of two (2) of them available for each meet through the season. Training will occur prior to the start of the season.
- f) Submit results within ten (10) days of completion of the event to the BCSSA office.
- g) Invite the judges and table workers prior to the competition.
- h) Hosts clubs shall have the authority to determine the format of their meets. This includes the option to implement abbreviated or varied diving lists, as deemed appropriate by the club (for example, the use of assisted dives or reduced lists). Clubs must ensure that all participants are informed of the meet format and any deviations from standard diving lists at least two weeks prior to the competition.
- i) Any diving list which deviates from a "Complete List" as noted in the BCSSA Diving Rule Book shall be labeled as a "Recreational List".

- j) Participating clubs are to be made aware that lists which deviate from a “Complete List” shall not be deemed eligible to compete at the Regional Championships.
- k) Any “Recreational Lists” Shall not be eligible for the same awards as Competitive lists. They must be awarded in their own category.

5.6.3 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 the Table Workers prior to the competition.

5.6.4 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.
- f) Sign the Dive Sheet.

- g) Initial all corrections and changes made to the Dive Sheet.
- h) Have the option to request a repeat dive for their diver (appeal).
- i) Have the dive re-announced before the signal is given and the diver has begun the dive.
- j) Educate parents and viewing parties of their club to ensure no one communicates with the divers once they are on the diving board prepared to perform their dive.

5.6.5 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 their presence is requested.

5.6.6 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 their ability, according to the rules.

- d) Perform the announced dive after the Referee's signal has been given, within 60 seconds, or receive 0-points.
- 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.

5.6.7 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 they may be dismissed from the competition.

5.6.8 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 Section 5.7.8.b below for a description of Compulsory and Optional Dives.)
- b) The following shall be listed on the Dive Sheet:
 - (i) The description portion of the Dive Sheet must be completed with Required Dives on the lines provided for 8&U, 9/10, 11/12 only 13/14, 15+ written description is optional. Refer to the Provincial Championship Meet Package, published in the current years Official Provincial Championship Meet Package — Diving Section
 - (ii) Indicate the height of the board which the dive is being performed on - 1m or 3m

- (iii) The Required Dives 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
- (iv) The Diving Number Designations written in the space provided. (Refer to Section 5.6.4)
- (v) The Degree of Difficulty (Refer to Section 5.6.3)
- (vi) 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.
- (vii) Current Diving Age Group Dive Requirements S and O, as provided annually by BCSSA.
- (viii) All events for 'S' divers are combined 1m and 3m. Divers can choose to perform their "Optional" Dives on 1m AND/OR 3m.

5.7 GENERAL DIVING RULES

A - COMPETITIONS

- A.1 The order of diving shall be determined by a random draw prior to all competitions. The draw shall be completed at the scoring table by 2 members of the scoring table, preferably from volunteers who do not have divers competing in the event.
- A.2 When two or more divers score the same number of points, a tie shall be declared for that particular place.
- A.3 In the individual events, the diver with the highest total points shall be declared the winner of that event.

The remaining divers shall be ranked by their final points.

- A.4 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.

B - STATEMENT OF DIVES

- B.1 Each diver, or diver's representative, shall deliver to the Referee, or their designated representative, a complete statement of the selected dives on the official form of the event.
- B.2 The diver and the diver's representative are responsible for the accuracy of the statement in the list and the statement of dives shall be signed by the diver and the diver's representative.
- B.4 The statement of dives shall be submitted no later than 30 minutes before the commencement of the competition for each event.
- B. 5 The Referee may accept any changes to the statement of dives submitted after the 30-minute deadline, up to 5 minutes prior to the commencement of the competition, so long as the order of events has not yet been announced. The diver of the diver's representative are not permitted to make any changes to the statement of dives after the order of the event has been announced.

- B.6 If a new statement of dives is not submitted within the prescribed time, the diver shall perform the dives as indicated in the previous submission.

C - COMPOSITION OF THE JUDGES PANELS

- C.1 Whenever possible, 5 (five) judges shall be used for each event. If 5 (five) judges are not available, 3 (three) judges shall be sufficient. No less than 3 (three) judges are to be used for a competition to be deemed valid.
- C.2 The Referee shall place the judges on each side of the springboard. When this is not practical, the judges may be placed together on one side. The judges may be seated in rows, as long as each judge has a clear sight of all aspects of the diver from approach to entry.
- C.3 The numbering of the Judge chairs will be clockwise when facing the springboard. No judge shall be placed behind the front edge of the diving board.
- C.4 Once placed, a judge shall not change position unless at the discretion of the Referee, and then only in exceptional circumstances.
- C.5 After each dive, on a signal given by the Referee, each judge shall immediately and simultaneously, without communicating with one another, put up their award for the dive.

D - JUDGING

- D. 1 A judge shall award from 0 to 10 points for a dive according to his overall impression within the following criteria:
- Excellent 10

- Very Good 8.5 – 9.5
 - Good 7.0 – 8.0
 - Satisfactory 5.0 – 6.5
 - Deficient 2.5 – 4.5
 - Unsatisfactory 0.5 – 2.0
 - Completely failed 0
- D.2 When judging a dive, the judge must not be influenced by any factor other than the technique and execution of the dive. The dive must be considered without regard to the approach to the starting position, the difficulty of the dive, or any movement beneath the surface of the water.
- D.3 The points to be considered in judging the overall impression of a dive are the technique and grace of:
- the starting position and the approach
 - the take-off
 - the flight
 - the entry
- D.4 When a dive is performed clearly in a position other than that announced the dive shall be deemed unsatisfactory. The highest award for such a dive is 2 points.
- D.5 When a dive is performed partially in a position other than that announced, each judge shall deduct according to his opinion.
- D.6 When a dive is not performed in the straight (A), pike (B), tuck (C), or free (D) position as described, the judge shall deduct from $\frac{1}{2}$ to 2 points, according to his opinion.

- D.7 When a judge considers that a dive of a different number has been performed, they may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.
- D. 8 Forward and Reverse take-off dives may be performed either standing or with a hurdle at the option of the diver. Back and Inward take-off dives must be performed standing.

E - THE STARTING POSITION

- E.1 When the signal is given by the Referee, the diver shall take the starting position.
- E.2 In the starting position the body shall be straight, head erect, with the arms straight in any position.
- E. 3 When the body in the starting position is not straight, head erect, with the arms straight in any position, each judge shall deduct $\frac{1}{2}$ to 2 points, according to their opinion.

F - STANDING DIVES

- F. 1 The starting position in standing dives shall be assumed when the diver stands on the front end of the springboard.
- F.2 When executing a standing dive, the feet must stay in contact with the springboard or platform until the take-off.
- F. 3 If the feet leave the springboard or platform before the take-off, the judge shall deduct from $\frac{1}{2}$ to 2 points, according to their opinion.

G - RUNNING DIVES (HEREAFTER REFERRED TO AS A "HURDLE")

- G.1 The starting position in a hurdle shall be assumed when the diver is ready to take the first step of the hurdle.

H - THE APPROACH

- H.1 When executing a hurdle the hurdle shall be smooth, aesthetically pleasing, and in a forward direction to the end of the springboard with the final step (before landing on the end of the board) being from one foot.
- H.2 When the hurdle is not smooth, aesthetically pleasing, or in a forward direction to the end of the springboard, each judge shall deduct $\frac{1}{2}$ to 2 points, according to their opinion.
- H.3 When the final step is not from one foot, the judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.
- H.4 The diver must not double bounce on the end of the springboard before the take-off. When the judge considers that the diver has double bounced, the judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive. NOTE: Double bounce on the springboard: Feet leave the springboard, double arm swing and/or two distinct knee bends before the take-off.

I - THE TAKEOFF

- I.1 The take-off in forward and reverse dives may be performed either standing or with a hurdle at the

option of the diver. The take-off in backward and inward dives must be performed standing.

- I.2 The take-off from the springboard shall be from both feet simultaneously. When the take-off from the springboard is not from both feet, the judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.
- I.3 In hurdles or standing dives, the take-off shall be balanced and high, and shall be from the end of the springboard. When the take-off is not balanced and high, or from the end of the springboard or platform, each judge shall deduct $\frac{1}{2}$ to 2 points, according to their opinion.
- I.4 In dives with twist, the twisting shall not be manifestly done from the springboard. If the twisting is manifestly done from the springboard, each judge shall deduct $\frac{1}{2}$ to 2 points, according to their opinion.

J - THE FLIGHT

- J.1 During the execution of a dive the dive shall be in the direct line of flight. If during the execution of a dive a diver dives to the side of the direct line of flight, each judge shall deduct according to their opinion.
- J.2 If during the execution of a dive, a diver touches the end of the springboard with their feet or hands, each judge shall deduct according to their opinion.
- J.3 If during the execution of a dive, a diver is unsafely close to the springboard or touches the end of the springboard or platform with his head, the judges shall award up to a maximum of 2 points. If the majority of

the judges at least three (3) in a 5 judge panel, award two (2) or less points, all higher scores shall be two (2) points. The judges indicate to the Referee by raising one hand that the two (2) or less points are in relation to the unsafely close execution of the dive. The Referee will then indicate to the scoring table that an “unsafe dive has been performed” and the recorded shall write down a maximum of two (2) points from each judge.

K - DIVES CAN BE EXECUTED IN THE FOLLOWING POSITIONS

Straight

- K.1 In the straight position the body shall not be bent either at the knees or hips. The feet shall be together, and the toes pointed. The position of the arms is at the option of the diver.
- K.2 Should the straight position not be aesthetically pleasing and shown as described, each judge shall deduct from $\frac{1}{2}$ to 2 points, according to their opinion.

Pike

- K.3 In the pike position the body shall be bent at the hips, but the legs must be kept straight at the knees, the feet shall be together, and the toes pointed. The position of the arms is at the option of the diver.



- K.4 Should the pike position not be aesthetically pleasing and shown as described, each judge shall deduct from $\frac{1}{2}$ to 2 points, according to their opinion.

- K.5 In the pike dives with twist, the pike position must be clearly shown. Should this position not be shown, each judge shall deduct $\frac{1}{2}$ to 2 points, according to their opinion.

Tuck

- K.6 In the tuck position the body shall be compact, bent at the knees and hips with the knees and feet close together within the bodyline of the shoulders. The hands shall be on the lower legs and the toes pointed.



- K.7 Should the tuck position not be aesthetically pleasing and shown as described, each judge shall deduct from $\frac{1}{2}$ to 2 points, according to their opinion.
- K.8 In tuck dives with twist, the tuck position must be clearly shown. Should this position not be shown, each judge shall deduct $\frac{1}{2}$ to 2 points, according to their opinion

Free Position

- K.9 In the free position, the body position is optional (A, B or C) but the legs shall be together, and the toes pointed.
- K.10 Should the free position not be shown as described, each judge shall deduct from $\frac{1}{2}$ to 2 points, according to their opinion.
- K.11 In somersault dives with twist, the twist may be performed at any time during the flight

The Entry

- K.12 The entry into the water shall in all cases be vertical, not twisted, with the body straight, the feet together, and the toes pointed.
- K.13 When the entry is short or over, twisted or the body not straight, the feet not together, and the toes not pointed, each judge shall deduct according to their opinion.
- K.14 In head first entries, the arms shall be stretched beyond the head and in line with the body, with the hands close together. If one or both arms are held below the head on entry, the judge may award up to $4\frac{1}{2}$ points, notwithstanding that the Referee has not declared a maximum award of $4\frac{1}{2}$.
- K.15 In feet first entries, the arms shall be close to the body with no bending at the elbows. If one or both arms are held beyond the head on entry, the judge may award up to $4\frac{1}{2}$ points, notwithstanding that the Referee has not declared a maximum award of $4\frac{1}{2}$.
- K.16 Other than as provided in Rules K.14 and K.15, when the arms are not in the correct position in either the head first or feet first entry, each judge shall deduct from $\frac{1}{2}$ to 2 points, according to their opinion.
- K.17 When at the entry a twist is greater or less than that announced by 90 degrees or more, the judge may award zero (0) points, notwithstanding that the Referee has not declared it to be a failed dive.
- K.18 The dive is considered to have been completed when the whole of the body is completely under the surface of the water.

L - SUMMARY OF PENALTIES

Referee to declare an “Incomplete or Failed Dive” – 0 points:

- L.1 If the diver takes more than one minute, after a warning.
- L.2 When a second attempt (a re-start) is unsuccessful.
- L.3 If a diver refuses the execution of a dive
- L.4 If a diver double bounces on the end of the springboard or double jumps on the end of the platform before take-off.
- L.5 If the final step is not from one foot.
- L.6 If the take-off on the springboard is not from both feet simultaneously.
- L.7 If a twist is greater or less than that announced by 90 degrees or more.
- L.8 If a diver has performed a dive of a number other than that announced.
- L.9 If the feet enter the water before the head or hands in a head first dive.
- L.10 If the head or hands enter the water before the feet in a feet first dive.
- L.11 If assistance has been given to the diver after the starting signal.

Referee to declare "2 points deduction":

L.12 If a diver takes a step and stops during a hurdle or stops the movement for a standing take off after the legs have commenced to press. If a diver steps and stops, or stops the movement after the legs have commenced to press, the Referee shall declare a "balk" and 2 points will be deducted at the scoring table

Referee to declare "2 points maximum":

L.13 If a diver performs a dive in a position other than that announced.

Referee to declare "4 ½ points maximum":

L.14 If a diver has one or both arms held above the head in a feet first entry or below the head in a head first entry.

- With exception of all jumps (dive numbers 100 or 200) on both 1m and 3m springboards.

Judges to award "0 points":

L.15 If a dive of a different number has been performed.

L.16 If the final step is not from one foot.

L.17 If a diver double bounces on the end of the springboard or double jumps on the end of the platform before the take-off.

L.18 If the take-off from the springboard is not from both feet simultaneously.

L.19 If a twist is greater or less than that announced by 90° or more.

L.20 If an execution judge considers that a dive of a different number has been performed

Judges to award "2 points":

L.20 If a dive is performed clearly in a position other than that announced.

L. 21 If a diver is unsafely close to the springboard or touches the end of the springboard or platform with his head.

Judges to award "4 ½ points maximum":

L.22 If the arms are held below the head in a head first entry.

L.23 If one or both arms are held above the head in a feet first entry (with the exception of groupings 100 or 200 as described in L.14)

Judges to deduct "from ½ to 2 points":

L.24 If a dive is not performed in a position as described.

L.25 If the starting position is not straight, head erect, with the arms straight in any position.

L.26 If the feet leave the springboard or platform (crow-hop) before the take-off in a standing dive.

L.27 If the hurdle is not smooth, aesthetically pleasing in a forward direction to the end of the springboard or platform.

L.28 If in a twist dive, the twisting is manifestly done from the springboard or platform.

L.29 If the straight position is not shown as described.

- L.30 If the pike position is not shown as described.
- L.31 If in a pike dive with twist, the pike position is not clearly shown.
- L.32 If the tuck position is not shown as described.
- L.33 If in a tuck dive with twist, the tuck position is not clearly shown.
- L.34 If the free position is not shown as described.
- L.35 If the arms are not in the correct position in either the head first or feet first entry (as described in K.14, K.15 and L.14).

Judges to deduct "according to individual opinion":

- L.36 If a dive is performed partially in a position other than that announced.
- L.37 If in a dive, the diver dives to the side of the direct line of flight.
- L.38 If in a dive, a diver touches the end of the springboard or platform with his feet or hands.
- L.39 If the entry into the water is not vertical, or nearly so, or twisted with the body not straight, the feet not together, and the toes not pointed.

5.8 OFFICIALS AND TABLE WORKERS

5.8.1 Dress Code

- a) All officials should wear a white top and black bottoms. 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.)*
- b) The organizing committee may supply distinctive badges or ribbons for all officials.

5.8.2 Minimum requirements to host a sanctioned BCSSA Dive Competition

- a) 1 Meet Manager
- b) 1 Head Judge/Referee- per event
- c) 3-5 Judges per event
- d) 4-5 Table Workers per event
- e) Awards Person
- f) Refreshments Person
- g) Clean-Up Person

5.8.3 Duties and Responsibilities

- a) Meet Manager Shall:
 - (i) Send out the Dive Meet Package to all clubs and the BCSSA office.
 - (ii) Be responsible for delegating responsibility to the Referee.
 - (iii) 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. They should then verify that the entries are all paid for, ensure proper registration, and

inform the clubs of the amount of payment due. All Regions are billed for participants.

- (iv) Be responsible for the administration of the diving competition.
 - (v) Order and pay for the awards.
 - (vi) Be responsible for all of the preparations for the dive meet, before the diving meet.
 - (vii) Ensure the final result be listed and entered in the Official Meet Results' records at the end of the event. All entries must be listed in the final results.
 - (viii) Send the complete results to the BCSSA office and distribute and compile a copy of the results to each participating club within ten days.
 - (ix) Be responsible to keep the records of the diving competition for two (2) full years.
- b) Head Referee Shall:
- (i) Have the overall responsibility during the diving meet.
 - (ii) Be involved in every event or delegate the responsibility to another.
 - (iii) Assign Judges (preferably five) to score all events and assign their judging positions.
 - (iv) Designate assistants to help as necessary and observe the performance of the divers.
 - (v) 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).
 - (vi) Inform the diver or the coach, as soon as possible of any problems.
 - (vii) Initial the verified Dive Sheet upon completion, below the Degree of Difficulty column.
 - (viii) Manage the competition and ensure that the rules are observed and the penalties imposed.
 - (ix) Inform the Judges of all mandatory and potential deductions.

- (x) 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.
 - (xi) Disqualify any diver or coach for causing a disadvantage to another diver during competition.
 - (xii) Take corrective action when a dive is incorrectly announced. If the incorrectly announced dive is performed by the diver, they may cancel the dive and have the correct dive announced and performed at the end of the round.
 - (xiii) 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.)
 - (xiv) Review and sign the Dive Sheets and confirm the final results.
- c) Judges Shall:
- (i) Together with the Referee, make up the Judging panel.
 - (ii) Be five for Regional and Provincial Championships, and a minimum of three for Club competitions (five Judges are recommended).
 - (iii) Be assigned and not permitted to change positions unless they are being replaced.
 - (iv) Be identified by a number according to where they sit.
 - (v) Score the dive presented by the diver. The scores shall be judged independently of the other Judges.

- (vi) Use points or half points from 0 to 10 to score the dive, taking into consideration the deductions and penalties.
 - (vii) 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.
 - (viii) 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.)
 - (ix) Be replaced by another Judge as necessary.
- d) Announcer Shall:
- (i) Keep the pace of the competition.
 - (ii) Introduce the diving competition.
 - (iii) Announce the diving order.
 - (iv) Announce the Round number, then announce the diver's name, club, dive number, position and the dive description.
 - (v) Once the dive is completed, the announcer will request the judges scores by saying "Judges awards", then announce the scores of each judge in the same order each time. Repeat this order until all rounds are complete in each age category.
 - (vi) Announce the final results upon completion, and awards presented (time permitting).
- e) The Table Workers:
- (i) The Striker, where there are five Judges, shall cross off the highest and lowest score.
 - (ii) The Calculator Person shall then add the three remaining scores together. Where there are three Judges, all three shall be totalled. Then multiplying the sum of the 3 scores by the degree of difficulty.
 - (iii) The Adder shall double check the calculations, then add results together and calculate the running total.

1. DEFINITIONS

“Balk” — 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.

“BCSSA Club Hosted Meet” — a swim meet offering events in all Athlete age groups and categories at which BCSSA-registered Athletes representing three or more clubs compete using the Rules of Swimming as defined by BCSSA Rules.

“Calendar Week” — a seven-day period between Sunday to Saturday.

“Club” — 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.

“Crow Hop” — is a short quick jump (as that of a startled crow); in diving, refers to the execution of a standing dive where the diver lifts their feet slightly off the board. The diving score will be deducted at the table from each of the Judge’s scores. (Section 5.9.1.c Standing Dives)

“Degree of Difficulty (DD)” — In diving (Section 5.5.6 Degree of Difficulty) is calculated by adding A+B+C+D+E where A=dive group, B=flying action, C=number of somersaults, D=number of twists, E=dive position

“Dive meet” — a diving competition involving two or more clubs with officials appointed for the express purpose of judging the correctness of each dive and disqualifying

divers who violate infractions observed using the Rules of Diving as defined by BCSSA Rules and Regulations, or in the Meet Package, and the most recent World Aquatics rule book for Diving competition.

“Diving List” — the set list of dives that divers perform according to established requirements. Divers are judged on whether and how well they completed all aspects of the dive. (Section 5.3.2 Regional Championships)

“Diving Number Designation system” — all dives are designated by the Diving Number Designation system of three or four numerals followed by a letter.

“DPC” — Diving Plongeon Canada

“Failed Dive” — a failed dive will be called by the Referee if the diver’s rotation is $\frac{1}{4}$ turn short or past the described amount of rotation, any body part touches the water before the feet in a feet first entry or the hands and head in a head first entry, or the diver balks twice on the same dive. (Section 5.9 Execution of the dive).

“Flying Dive” — a dive in which $\frac{1}{4}$ (90 degrees) of the dive is performed in straight position. (Section 5.5.5.b The second digit)

“May” — an action is optional at the discretion of the person identified as the decision-maker.

“O-Cat or O Athlete” — an “O” Athlete is an individual who may dive for more than two (2) hours per calendar week between September 1st of the previous year through to April 30th of the current year. This applies to all age categories. They have also attained Diving Plongeon Canada (DPC) within the last 2 years starting May 1st. 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 September 1st of the previous year to April 30th of the current year and not attained a National Age Group Standard according to DPC Rules.

“**Official/Judge/Referee**” — a person charged with responsibility to serve in a particular position of responsibility.

“**Pool Area**” — any area of the competition under the jurisdiction of the referee.

“**S Athlete**” — An “S” Diver is an Athlete who dives two (2) hours or less per calendar week between September 1st of the previous year through to April 30th of the current year, and has not attained a Diving Plongeon Canada (DPC) National Age Group Standard according to DPC rules.

“**Shall**” — an action is mandatory, so there is no discretion associated with it.

“**Should**” — an action is preferred under normal circumstances.

“**SC**” — Swimming Canada, the national governing body recognized by World Aquatics.

“**World Aquatics**” — formerly known as FINA — the international aquatic body that regulates and controls competitions in the four aquatic sports world-wide.

8. INDEX

"

"O" Diver.....3, 4, 3

"S" Diver3, 4, 3

A

Accident..... 6

Appeal.....3, 4, 6

Appeals Committee 3, 4, 6, 7

Aquatic Participation 2

Athlete Categories 2

Athlete's Code of Conduct..... 1

C

Coach.....9, 10, 27, 28

Coaches' Code of Conduct 2

Conduct1, 5

D

Disciplinary Action 4

Discipline Committee4, 5

Disqualification5, 1

E

Eligibility 7

Eligibility - Athlete..... 7

G

Gender Equity	4
---------------------	---

H

Harassment Policy	2, 3
-------------------------	------

I

Incident	6
----------------	---

J

Judge	1
-------------	---

Jump.....	1
-----------	---

O

Officials' Code of Conduct	2
----------------------------------	---

P

Parents' Code of Conduct.....	2
-------------------------------	---

Protest.....	7, 6
--------------	------

Provincial Championship	5
-------------------------------	---

Provincial Championships	4
--------------------------------	---

Provincial Meet Package	4, 5
-------------------------------	------

R

Referee.....	1
--------------	---

Regional Championships	4, 5
------------------------------	------

S

Scoring	6
---------------	---

Scratch.....	1
Suspension.....	4