

# **A World Leading Diving Nation**

## **New Junior Development Strategy**

### **Implementation in 2012 – 2013 Competition Season**

#### PREFACE

Canadian divers have enjoyed several years of outstanding results winning an average of 24 international medals per year over the past quadrennial. While we wish to, at the very least, maintain our current record of success, an examination of our junior results over the past several years' reveals that we are not keeping pace with many of the leading diving nations. As such, our senior technical leadership staff: Mitch Geller, Michel Larouche, Nancy Brawley and Scott Cranham have collaborated in developing strategies to reverse this trend. Diving Canada's mission of becoming a world leading diving nation is indeed ambitious and presents many challenges; however, we are a nimble organization capable of implementing new program initiatives that better channel our athletes and clubs to meet the formidable competition they will face in vying for international podium finishes.

The program that follows is a product of discussions between the DPC technical leadership staff and the membership, the rules committee and the DPC Technical Committee. This is a strategy formulated to provide a clear roadmap towards achieving our association-wide performance goals.

#### **Targets of the Junior Development Strategy**

1. Improved Individual Dive Quality – improved overall precision and quality of all divers
2. Degree of Difficulty targets
  - a. Keeping pace with the international trends towards higher DD dives (109C, 407B, 409C, 307C and even 109B for men)
  - b. Earlier focus on speed and power to insure mature and highly developed foundations of technical proficiency
3. Improved Entries – Clean, straight, full body extension with a target of consistent rip entries
4. Performance of armstands
  - a. Increased ability to execute high quality armstands
  - b. Fundamental techniques learned at an early age
5. Performance of Reverse Group Optionals
  - a. Fundamental techniques learned and used at an early age
  - b. Increased use of reverse optional at an early age
6. Improved Spotting & Backward Spinning Kick-out Techniques
  - a. Increased consistency at all stages of development
  - b. Increased ability to learn higher DD dives

Based on the targets above, the following areas were addressed;

## **A. Junior National Championship Structure**

The Junior National Championships will be divided into two distinct championships

1. Junior Development Nationals
  - a. Exclusively for Groups D and C athletes
  - b. Two day event plus two days of practice in advance of championships
  - c. Scheduled in early August
2. Junior Elite Nationals
  - a. Exclusively for Groups B and A athletes
  - b. Three day event with 2 days of practice in advance
  - c. Scheduled in early to mid July

## **B. Junior National Championship Qualification Process System**

### **Automatic Qualifications**

1. Medalists at the World Junior Championships will automatically qualify for the following season's Junior Elite Nationals in all events.
2. Gold medalists at the Pan Am Junior Championships will automatically qualify for the following season's Junior Development or Junior Elite Nationals in all events.
3. Junior divers who meet the qualification point standard for a Grand Prix will automatically qualify for the current Junior Development or Junior Elite Nationals in all events.

### **Qualification Competitions**

1. Provinces may host a maximum of three (3) Junior Qualification competitions each year
2. All sanctioned qualification competitions will be equal
3. Divers must meet or exceed the national qualification standard twice and can do so at any two (2) sanctioned qualifying competitions
4. Dive requirements for Junior Qualification competitions will be the same as the Junior Elite and Junior Development National Championships
5. Only divers using a Junior National diving list may compete in the qualification events

### **Host Requirements for Sanctioned Qualifiers**

1. PSOs will determine which competitions within their province will be eligible for sanctioning as a qualifier.
2. PSO's/Prospective hosts must apply to DPC through the DPC web site for sanctioning as a qualifier.
3. The months of September, October, November and April will be designated as training months. As such, no sanctioned qualifiers will be scheduled during those times.
4. A DPC assigned meet referee must monitor all sanctioned qualifiers.

5. There must be a minimum of two national level judges on each judging panel. In the cases where there are not a sufficient number of available judges residing in the host city, it will be the responsibility of the PSO and /or host club to cover the travel and accommodation costs of visiting national level judges.
6. DPC will provide and fund competition referees for all sanctioned junior qualifying competitions.

### **C. Domestic Competition Scheduling Calendar**

1. A Domestic Calendar identifying the weekends eligible for qualifiers will be posted on the DPC web-site, accessible through the E-Sport login
2. Request for sanctioning of meets will be made on-line through the E-Sport login
3. Confirmation of Sanction will follow from DPC once there is confirmation of the availability of the space

The objective is to develop a 2-year Calendar active on the site

#### **Regulations**

1. Each Province may host 3 Junior Qualification Competitions per year
2. There will be 2 competition periods during the year – December to March and May to August. There will be a 4-week training period in between the two periods. This 4 week period will fall predominantly in the month of April but depending on the competition year, it may begin as early as mid March or as late as mid April but always allowing a 4 week training period
3. Provinces that border each other may not hold a qualification competition on the same weekend.
4. Criteria set out for Qualification Competitions must be guaranteed (agreement to requirements at the online request site) prior to receiving DPC Sanction for the competition and securing the date.
5. Bid for competition date must be in to DPC by September 30<sup>th</sup> of the competition year.
6. For the top junior athletes that compete internationally, there will be an adjusted plan to fit their specific needs.

# Junior National Dive Requirements

## Regulations For all Age Categories

### Compulsories (Dives with limited D.D.)

- All Compulsories Must be head first
  - Exception - Group C and Group D divers will be allowed feet-first entries on twisting compulsory only
- In group C and D, the back and reverse dives will be only performed in tuck and/or pike position

### Forward Spinning Dives

- Refers to somersaulting dives from group 1 and group 4

### Back Spinning Dives

- Refers to somersaulting dives from group 2, group 3, group 62x and group 63x
- All back spinning dives must be performed in a tuck or a pike position
- A minimum of 2 somersaults are required for 62x and 63x to be considered as back spinning

### Twisting Dives

- Group 1 and 4 twisting dives must have a minimum of 1 somersault and 1 twist
  - The amount of twist must be an even number
- Group 2 and 3 twisting dives must have a minimum of 1 somersault and  $\frac{1}{2}$  twist
  - The amount of twist must be an odd number

### Special DDs for Groups C and D

Dive	Position	1 metre	3 metre	5 metre	7.5 metre
201	C and B	1.5	1.7	1.6	1.8
301	C and B	1.6	1.8	1.7	1.9

### Special DD for All Age Groups

Dive	Position	1 metre	3 metre	5 metre	7.5 metre
404	C			2.4	

## Dive Requirements

### Group D Boys and Girls

<b>1 metre</b>	7 dives	MUST cover Group 1 through 4, Group 5 may be used
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>• DD limit 7.0</li> <li>• 201 and 301 mandatory – c or b position only</li> </ul>
	3 optionals	3 groups covered <ul style="list-style-type: none"> <li>• One of the three optionals must be back spinning</li> <li>• Only one of the three options can be foot first</li> </ul>
<b>3 metre</b>	7 dives	MUST cover Group 1 through 4, Group 5 may be used
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>• DD limit 7.6</li> <li>• 201 and 301 mandatory – c or b position only</li> </ul>
	3 optionals	3 groups covered <ul style="list-style-type: none"> <li>• One of the three optionals must be back spinning.</li> <li>• Foot first entry only allowed on 404</li> </ul>
<b>Platform</b> 5m and 7.5m	6 dives	MUST cover 5 groups <ul style="list-style-type: none"> <li>▪ Must perform a dive from Group 6</li> </ul>
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>• DD limit 7.6</li> </ul>
	2 optionals	2 groups covered <ul style="list-style-type: none"> <li>• One of the two optionals must be back spinning</li> <li>• Foot first entries only allowed on 404</li> </ul>

### Group C Boys and Girls

<b>1 metre</b>	8 dives	MUST cover 5 Groups
	5 compulsories	5 groups covered <ul style="list-style-type: none"> <li>• DD limit 9.0</li> <li>• 201 and 301 mandatory – c or b position only</li> </ul>
	3 optionals	3 groups covered <ul style="list-style-type: none"> <li>• One of the three optionals must be forward spinning</li> <li>• One of the three optionals must be back spinning</li> <li>• Feet first entries only allowed on <ul style="list-style-type: none"> <li>○ Forward spinning with a minimum of 2 ss</li> <li>○ Dives from Group 5</li> </ul> </li> </ul>
<b>3 metre</b>	8 dives	MUST cover 5 Groups
	5 compulsories	5 groups covered <ul style="list-style-type: none"> <li>• DD limit 9.5</li> <li>• 201 and 301 mandatory – c or b position only</li> </ul>
	3 optionals	3 groups covered <ul style="list-style-type: none"> <li>• One of the three optionals must be forward spinning</li> <li>• One of the three optionals must be back spinning</li> <li>• Feet first entries only allowed on group 4 spinning dives with a minimum of 2 somersaults</li> </ul>
<b>Platform</b> 5m and 7.5m	7 dives	MUST cover 5 groups <ul style="list-style-type: none"> <li>▪ Must perform a dive from Group 6</li> </ul>
	4 compulsories	4 groups covered <ul style="list-style-type: none"> <li>• DD limit 7.6</li> </ul>
	3 optionals	3 groups covered <ul style="list-style-type: none"> <li>• One of the three optionals must be back spinning</li> <li>• Foot first entries only allowed on 404</li> </ul>

## **Group B Boys**

<b>1 metre</b>	9 dives	No foot first entries
	5 compulsories	5 groups covered • DD limit 9.0
	4 optionals	4 groups covered • Minimum DD 9.2 • One of the four optionals must be from group 3
<b>3 metre</b>	9 dives	No foot first entries
	5 compulsories	5 groups covered • DD limit 9.5
	4 optionals	4 groups covered • Minimum DD 9.9 • One of the four optionals must be back spinning with minimum of 2 ½ ss
<b>Platform</b> 5m, 7.5, and 10m	8 dives	MUST cover 6 groups 2 of 8 dives performed on 10 meters No foot first entries
	4 compulsories	4 groups covered • DD limit 7.6
	4 optionals	4 groups covered • Minimum DD 9.5 • 201 and 301 cannot be used as an optional • Two of the 4 optionals must be back spinning ○ One of the back spinning must be from group 3

## **Group B Girls**

<b>1 metre</b>	9 dives	
	5 compulsories	5 groups covered • DD limit 9.0
	4 optionals	4 groups covered • DD minimum 8.5 • One of the four optionals must be from group 3 • Foot first entries allowed only on ○ dives from Group 1 with minimum of 2 ss ○ dives from Group 5
<b>3 metre</b>	9 dives	No Foot first entries
	5 compulsories	5 groups covered • DD limit 9.5
	4 optionals	4 groups covered • DD minimum 9.4 • One of the four optionals must be from group 3
<b>Platform</b> 5m, 7.5m, and 10m	7 dives	MUST cover 5 groups 2 of 7 dives performed on 10 metre No foot first entries
	4 compulsories	4 groups covered • DD limit 7.6
	3 optionals	3 groups covered • Minimum DD 7.2 • 201 and 301 cannot be used as an optional • One of the three optionals must be back spinning

## **Group A Boys**

<b>1 metre</b>	10 dives	MUST cover 5 Groups No foot first entries
	5 compulsories	5 groups covered • DD limit 9.0
	5 optionals	5 groups covered • Minimum DD 12.2
<b>3 metre</b>	10 dives	MUST cover 5 Groups No foot first entries
	5 compulsories	5 groups covered • DD limit 9.5
	5 optionals	5 groups covered • Minimum DD 13.5 • Group 2, 3 and 4 must be a minimum of 2 ½ ss
<b>Platform</b> 5m, 7.5m, and 10m	9 dives	MUST cover 6 groups 7 of 9 dives performed on 10 metre or 5 optionals performed on 10 metre No foot first entries
	4 compulsories	4 groups covered • DD limit 7.6
	5 optionals	5 groups covered • Minimum DD 12.5 • 201 and 301 cannot be used as an optional • Two of the 5 optionals must be back spinning ○ One must be from 10 metre • One of 5 optionals must be from group 6

## **Group A Girls**

<b>1 metre</b>	10 dives	MUST cover 5 Groups No Foot first entries
	5 compulsories	5 groups covered • DD limit 9.0
	5 optionals	5 groups covered • DD minimum 11.4 • Foot first entries allowed only in Group 5
<b>3 metre</b>	10 dives	MUST cover 5 Groups No foot first entries
	5 compulsories	5 groups covered • DD limit 9.5
	5 optionals	5 groups covered • DD minimum 13.1
<b>Platform</b> 5m, 7.5m, and 10m	8 dives	MUST cover 5 groups 6 of 8 dives performed on 10 metre or 4 optionals performed on 10 metre No foot first entries
	4 compulsories	4 groups covered • DD limit 7.6
	4 optionals	4 groups covered • Minimum DD 9.8 • 201 and 301 cannot be used as an optional • One of the four optionals must be back spinning

## Recommended Tier II / Espoir Dive Requirements

In response to requests for Diving Canada to provide guidance to the provincial sections, we recommend the following Dive Requirements for provincial level competitions (pre-Junior National Qualification level competitions) – we suggest that these meets be named Tier 2 or Espoir. This level of competition falls under the jurisdiction of the provincial sections and as such, our PSOs are not required to adopt these suggestions; however, we recommend that this format be adopted for the following reasons:

- Improved consistency of competition formats across the country
- Provides for the use of proper progressions according to Diving Canada's long term athlete development model (LTAD)
- Provides appropriate preparation of athletes who wish to progress to higher levels of competition

### Group E Boys and Girls

- 1 metre**
- 2 dives with assigned DD of 1.8
    - 2 groups covered
    - Choose from 101c or 101b, 401c or 401b, 201c, 301c
  - 2 dives without DD limit (DD from DD table in rule book)
    - 2 groups covered
    - not to repeat dives in above 2 with limit
    - Choose from 101c or 101b, 401c or 401b, 201c, 301c, 102c or 102b, 103c, 202c, 302c, 402c

- 3 metre**
- 2 dives with assigned DD of 1.9
    - 2 groups covered
    - Choose from 101c or 101b, 401c or 401b, 201c, 301c
  - 2 dives without DD limit (DD from DD table in rule book)
    - 2 groups covered
    - not to repeat dives in above 2 with limit
    - Choose from 101c or 101b, 401c or 401b, 201c, 301c, 103c or 103b, 203c, 403c

### Group D Boys and Girls

- 1 metre**
- 3 dives with assigned DD of 1.8.
    - 3 groups covered
    - Choose from 101c or 101b, 401c or 401b, 201c, 301c
  - 2 dives without DD limit (DD from DD table in rule book)
    - 2 groups covered
    - not to repeat dives in above 3 with limit
    - Choose from 101c or 101b, 401c or 401b, 201c, 301c, 102c or 102b, 103c or 103b, 202c, 302c, 402c, 5221d, 5122d
- 3 metre**
- 3 dives with assigned DD of 1.9
    - 3 groups covered
    - Choose from 101c or 101b, 401c or 401b, 201c, 301c
  - 2 dives without DD limit (DD from DD table in rule book)
    - 2 groups covered
    - not to repeat dives in above 3 with limit
    - Choose from 101c or 101b, 401c or 401b, 201c, 301c, 103c or 103b, 203c, 303c, 403c, 5231d, 5132d



### **Group C Boys and Girls**

**1 metre**            3 dives with DD limit of 5.4

- 3 groups covered

3 dives without DD limit (not to repeat dives in above 3 with limit)

- 3 groups covered

Choose from 101c or 101b, 401c or 401b, 201c, 301c, 102c, 103c or 103b, 104c, 202c or 202b, 203c, 302c, 402c, 403c, 5221d, 5122d

**3 metre**            3 dives with DD limit of 5.7

- 3 groups covered

3 dives without DD limit (not to repeat dives in above 3 with limit)

- 3 groups covered

Choose from 101c or 101b, 401c or 401b, 201c, 301c, 103c or 103b, 105c, 203c, 303c, 403c, 404c, 5231d, 5132d

### **Group B Boys and Girls**

**1 metre**            4 dives with DD limit of 7.2

- 4 groups covered

3 dives without DD limit (not to repeat dives in above 4 with limit)

- 3 groups covered
- no position 'a' to be used
- no 5111, 5211, 5311, 5411 to be used
- no 5121, 5131, 5222, 5322, 5421 to be used
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**3 metre**            4 dives with DD limit of 7.6

- 4 groups covered

3 dives without DD limit (not to repeat dives in above 4 with limit)

- 3 groups covered
- no position 'a' to be used
- no single dive with ½ twist to be used
- no 512x, 5131, 5151, 522x, 532x, 542x to be used

### **Group A Boys and Girls**

**1 metre**            5 dives with DD limit of 9.0

- 5 groups covered

3 dives without DD limit (not to repeat dives in above 5 with limit)

- 3 groups covered
- no position 'a' to be used
- no single dive with ½ twist to be used
- no 5121, 5131, 5222, 5322, 5421

**3 metre**            5 dives with DD limit of 9.5

- 5 groups covered

3 dives without DD limit (not to repeat dives in above 5 with limit)

- 3 groups covered
- no position 'a' to be used
- no single ss to be used including group 5
- no single dive with ½ twist to be used
- no 5131, 5151 to be used