



## 2025 Canada Summer Games Diving Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the Host Society by detailing competition formats and scoring procedures, assist Provincial/Territorial (P/T) Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coach certification by stating minimum requirements, and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "Train to Compete" phase of its Long Term Development (LTD) model, or other suitable phase of LTD as justified by the NSO.

Technical Packages are developed 36 to 24 months prior to the Canada Games primarily by NSOs, following the Canada Games Council's (CGC) Principles that Govern Technical Packages. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO.

Relevant Games stakeholders, specifically Provincial/Territorial Sport Organizations (P/TSOs) and P/T team staff, are encouraged to review the Technical Package in detail to ensure a thorough understanding. If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will submit the requested change or clarification to the CGC for consideration. Timelines for requesting changes to major elements of the Technical Package (i.e. team sizes, age categories, eligibility restrictions, events, competition formats) are outlined in the Principles that Govern Technical Packages. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six [6] months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games stakeholders early

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# 2025 Canada Summer Games

## Diving Technical Package

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### 1. SPORT: DIVING

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### 2. PARTICIPANTS

#### 2.1. Athletes

Women: 4

Men: 4

Provinces/Territories may bring up to 4 divers per gender, provided they participate in the team event. If no team is entered into the team event, then the Province/Territory is restricted to 3 athletes in each gender.

All registered athletes must intend to compete in at least one event.

#### 2.2. Staff

2 coaches

If female-identifying athletes are being sent, one of the coaches must be a woman.  
If male-identifying athletes are being sent, one of the coaches must be a man.

#### 2.3. Additional Team Staff\*

- Apprentice Coach
  - See [Women in Coaching Canada Games Apprenticeship Program](#)
  - See [Aboriginal Apprentice Coach Program](#)
  - Apprentice coaches have the same access as athletes and team staff.
- Venue Pass Holder
  - See Venue Pass Holder Policy
  - Venue Pass Holders do not have access to the field of play
  - Venue Pass Holders' venue access
    - Sport Operational Zone (Zone 2)
    - Back of House Zone (Zone 3)

\* Additional team staff positions are administered by the P/T Team. Positions must be applied for based on each P/T Team's process. For information pertaining to the process in your P/T contact your Chef de Mission.

#### 2.4. Support for Participants

The Canada Games Council recognizes there can be barriers to participation/attendance at the Canada Games. The below policies have been developed to provide support to participants when required:

- Support for Breastfeeding/Chestfeeding Parents Policy
- Participant Assistant Policy

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### 3. CLASSIFICATION

- 12-19 as of December 31, 2025
  - Year of Birth: 2006 - 2013

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### 4. ELIGIBILITY

#### 4.1. Athletes

Excluded from the Canada Games are:

- Senior National Team Members - Defined as: Athletes who have held an SR, SR1, SR2 or C1 card at any time; and/or athletes who are part of (on the roster of) a standing Senior National Team (i.e. recognized as a Senior National Team member regardless of event participation)
- Athletes who have previously competed at the following events:
  - Olympic Games
  - Commonwealth Games
  - Pan Am Games
  - Senior World Championships
  - Senior World Cups
  - FISU Games

No athlete can be rendered ineligible within 90 days of the opening of the Games due to National Team status, carding status or competing in an excluded event (i.e., if an athlete is granted National Team status or carding status for the first time,

or competes in an excluded event on May 11th, 2025 or later, they will still be considered eligible to compete at the 2025 Canada Games).

Athletes who hold a C1 card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective Provincial/Territorial Team Chef de Mission and approved by the Canada Games Council Sport & Games Committee.

All athletes must meet the eligibility regulations outlined in CGC's Eligibility Policy.

#### 4.2. Coaches

Coaches named on the official registration form must be certified under the National Coaching Certification Program (NCCP) Competition Stream, Development Context (certified status) in Diving.

Coaches must be so certified no later than 90 days prior to the opening ceremony (May 11, 2025).

Please note that "NCCP Competition-Development Certified, Not Renewed" does not qualify under the coaching standards for the 2025 Canada Summer Games.

Exemptions from the above requirements may be requested only in provinces/territories with no active (current season membership) qualified coaches per the above and in accordance with the 2025 Principles that Govern Technical Packages.

Please refer to the CGC's Coach Certification Policy for additional information:

For more information on the coach certification pathway, please see Appendix 1.

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## 5. **COMPETITION**

### 5.1. Events

#### **DIVING PLONGEON CANADA (DPC) RULES**

In accordance with DPC Rules, the order of starting shall be decided by lot.

## Individual Events

The Canada Games format will include preliminary and final sessions, with no semi-finals, for the 1 Metre, 3 Metre, and Platform events, and will reflect current DPC rules, except as may be amended herein. Each final session shall comprise the top 12 ranked divers from the preliminary session.

For the Artistic 3M events, only a finals session will be held.

For Womens 1M, 3M and Platform and Men's 1M, 3M and Platform, 4 entries per P/T are permitted in each event. The top 3 divers in each P/T may advance to the final session and are eligible for medals. The 4<sup>th</sup> placed diver from each P/T will not be included in the P/T sport scoring points.

For the Women's and Men's Artistic events, 3 entries per P/T are permitted in each event. The 3rd placed diver from each P/T will not be included in the P/T sport scoring points but are eligible for medals.

In the final sessions, the divers shall compete in the reverse order of their ranking determined by the scores at the end of the preliminary session. The preliminary and the final sessions are separated events, each starting at zero (0) points.

Events	Men	Women
1 Metre	Each session of the men's 1 Metre springboard competition (preliminary and final) shall comprise five (5) dives from different groups without limit of degree of difficulty.	Each session of the women's 1 Metre springboard competition (preliminary and final) shall comprise five (5) dives from different groups without limit of degree of difficulty.
3 Metre	Each session of the men's 3 Metre springboard competition (preliminary and final) shall comprise five (5) dives from different groups without limit of degree of difficulty.	Each session of the women's 3 Metre springboard competition (preliminary and final) shall comprise five (5) dives from different groups without limit of degree of difficulty.
Platform	Each session of the men's platform competition (preliminary and final) shall comprise five (5) dives from different groups without limit of degree of difficulty.	Each session of the women's platform competition (preliminary and final) shall comprise five (5) dives from different groups without limit of degree of difficulty.

Artistic	The men's Artistic competition shall comprise five (5) dives performed from the 3 Metre board from five (5) different groups with a maximum degree of difficulty limit of 9.5.	The women's Artistic competition shall comprise five (5) dives performed from the 3 Metre board from five (5) different groups with a maximum degree of difficulty limit of 9.5.
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## Team Event

### *Entries:*

- The Mixed Team event shall be a final competition. Only the P/T's best placing may count for P/T sport scoring points, however all teams are eligible for medals. Only 2 entries per P/T are eligible for the event.
- The maximum team size is 4 divers from the same P/T. If the P/T has at least 1 man and 1 woman on their entire CSG team, the mixed team must have a minimum of 1 man and 1 woman. A second team from the same P/T must also have both genders.
- A diver can only dive with one mixed team.
- If the P/T does not have both genders represented on their entire CSG team, they may enter one team of any gender. A second team will not be allowed.
- The minimum team size for P/Ts with 3 or less divers on their entire CSG team is 2.

### *Dive List Requirements:*

- The team will submit a list of 10 dives separated into 5 Rounds. Each Round will consist of 2 dives. The first dive in each Round is considered the dive with limit. The 2nd dive in each round is considered the dive without limit.
- The 5 dives with limit must represent 5 dive groups and have a maximum Degree of Difficulty of 9.5.
- The 5 dives without limit must represent 5 dive groups.
- Dive numbers can be repeated but dives of the same number cannot be repeated in the same position. (Example, 101C and 101B can both be in the 10 dive list).
- A minimum of 1 dive with limit and 1 dive without limit must be performed from each height (1M, 3M, 10M).
- The remaining 4 dives in the 10 dive list can be performed from any height.

### *Number of Dives per Team Member:*

- Each diver on a team must perform one dive before a diver from the same team performs a second dive.
- No diver will be permitted to do more than 5 dives.

*Competition Format:*

This is a tournament-style competition.

- Round 1 (2 dives)
  - All teams advance to Round 2
- Round 2 (2 dives)
  - Top 12 teams (plus at least 1 team per P/T) advance to Round 3
- Round 3 (2 dives)
  - Top 8 teams advance to Round 4
- Round 4 (2 dives)
  - Top 6 teams advance to Final Round
- Final Round (2 dives)

*Scoring:*

- This is a straight finals event. The winning team is determined by a cumulative score of the 5 Rounds (10 dives).
- Only the P/T's best placing team may count for P/T sport scoring points, however all teams are eligible for medals.

## **6. TIE BREAKING RULES - COMPETITION**

In case of any ties, the tied divers shall be awarded the same position, and the next position(s) shall be eliminated.

## **7. REGISTRATION & EVENT ENTRIES**

### **7.1. Canada Games Council Registration Deadline**

All participants (athletes, coaches, managers and additional team staff) must be registered in the Canada Games electronic registration system no later than 30 days prior to the Opening Ceremony (July 10th, 2025).

### **7.2. Event Entry Deadline**

Event entries for each participant/team must be confirmed at the Coach/Manager meeting held prior to the first event, according to DPC rules.



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## 8. SPORT SCORING POINTS

Sport scoring points are a tool used to determine the performance of a Provincial/Territorial Team across all events within a sport. At the conclusion of an event, sport scoring points will be awarded using the following criteria:

### 8.1. Individual Events

- The Province/Territory's three (3) best placings will count for sport scoring points for 1M, 3M & Platform and two (2) best placings will count for sport scoring points for Artistic.
- For the finalists, the points scored in the Final session determine the placings 1-12.
- For those divers eliminated in a Preliminary competition, the points scored in the Preliminary competition determine the placings 13th and beyond.
- If an athlete does not finish or is disqualified, the athlete will not receive sport scoring points.
- If there is a tie between two individual divers, points will be shared equally between competitors (i.e. If two athletes are tied for first then each athlete would receive 98.5 points  $[(100+97)/2]$  and 3rd place points would be awarded to the next finisher).
- For 1M, 3M & Platform, the 4th ranked athlete from each P/T and for Artistic, the 3rd ranked athlete from each P/T will not be included in sport scoring. The remaining divers will be re-ranked accordingly (i.e. if the 4th athlete from a P/T finishes in 17th place, the diver having finished 18th will be re-ranked to 17th place and so on).
- Each event will be scored separately.
- Sport scoring points for the 1M, 3M, Platform & Artistic competitions will be awarded based on the chart below:

Pos	PTS	Pos	PTS	Pos	PTS	Pos	PTS	Pos	PTS
1st	100	9th	79	17th	69	25th	61	33rd	53
2nd	97	10th	77	18th	68	26th	60	34th	52
3rd	94	11th	75	19th	67	27th	59	35th	51
4th	91	12th	74	20th	66	28th	58	36th	50
5th	88	13th	73	21st	65	29th	57	37th	49

6th	85	14th	72	22nd	64	30th	56	38th	48
7th	83	15th	71	23rd	63	31st	55	39th	47
8th	81	16th	70	24th	62	32nd	54		

## 8.2. Team Event

- The Province/Territory's best placing will count towards sport scoring points.
- The team who accumulates the highest total points shall be ranked first, the team with the second highest total shall be ranked second, etc.
- The 2nd ranked team from each Province/Territory will not be included in sport scoring. Teams will be re-ranked accordingly (i.e. if the 2nd team from a Province/Territory finishes in 8th place, the team having finished 9th will be re-ranked to 8th place and so on).
- If a team is disqualified, the team will not receive sport scoring points.
- If there is a tie, points will be shared equally between teams (i.e. If two teams are tied for first then each team would receive 98.5 points  $[(100+97)/2]$  and 3rd place points would be awarded to the next finisher).
- Sport scoring points will be awarded based on the chart below:

Placing	Points	Placing	Points	Placing	Points
1st	150	6th	100	11th	50
2nd	140	7th	90	12th	40
3rd	130	8th	80	13th	30
4th	120	9th	70		
5th	110	10th	60		

## 9. FLAG POINTS

Games to Games performance by a P/T Team at the Canada Games is measured by accumulated Flag Points. Every P/T Team is awarded Flag Points for its ranked performance in each sport in which it competes.

In Diving, Flag Points will be awarded together for women’s, men’s and mixed team events based on the total of sport scoring points awarded.

After ranking the P/T Teams from first to last, and after any ties have been resolved as detailed in Section 10 (Tie Breaking Rules - Flag Points), Flag Points will be awarded as follows:

Placing	Points	Placing	Points	Placing	Points
1st	20	6th	10	11th	3
2nd	18	7th	8	12th	2
3rd	16	8th	6	13th	1
4th	14	9th	5		
5th	12	10th	4		

**10. TIE BREAKING RULES - FLAG POINTS**

If a tie exists in the overall Provincial/Territorial Ranking, the higher points will be given to the team with the most event first place finishes, then second place finishes, and so on until the tie is broken.

**11. MEDALS**

11.1. The Canada Games will award medals to athletes only. Gold, silver and bronze medals will be presented for each event.

11.2.

*Individual Events:*

- 1m Springboard (M & F)
- 3m Springboard (M & F)
- Platform (M & F)
- Artistic (M & F)

Gold: 8      Silver: 8      Bronze: 8

*Mixed Team Event:*

Each athlete on the team will receive a medal for their team's placing (2-4 participants per team).

Gold: 2-4      Silver: 2-4      Bronze: 2-4

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## **12. COMPETITION UNIFORM**

Athletes may select their own suits, but are encouraged to wear Provincial/Territorial team colours. Additional information on each Provincial/Territorial team's colours, as well as specifications regarding advertising on uniforms, can be found in CGC's [P/T Team Uniform and Sponsorship Policy](#).

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## **13. EQUIPMENT**

n/a

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## **14. PROTEST & APPEALS**

### **14.1. Canada Games Council Protest Policy & Appeal Policy**

Appeals relating to the Athletics Technical Package or any decisions made by the CGC will be made in accordance with the CGC's Appeal Policy.

Protests relating to disputes between and among Provincial/Territorial Teams as it relates to the Canada Games Council (CGC) Policies, Procedures and Principles that Govern Technical Packages (PTGTP) will be made in accordance with the CGC's Protest Policy.

### **14.2. Competition Protests**

As per DPC Competition Appeals.

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## **15. ANTI-DOPING & MEDICAL**

The CGC adopts the Canadian Anti-Doping Program (CADP) Covenant as a fundamental commitment to engage in a cooperative and collaborative effort to eliminate doping in

sport and to support harmonized, coordinated and effective anti-doping measures in Canada. Any Canada Games participant (athlete, coach, manager, technical support, or other person) found to have committed an anti-doping rule violation at the Canada Games (as determined pursuant to the CADP) will be subject to all of the penalties and consequences, as outlined in the [Canadian Anti-Doping Program](#).

Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athlete's Village and at competition and training venues. The Host Society will ensure that French and English speaking and men and women persons are available, and also ensure that sport specific medical expertise is available. Team staff will not be permitted to administer medical care to athletes.

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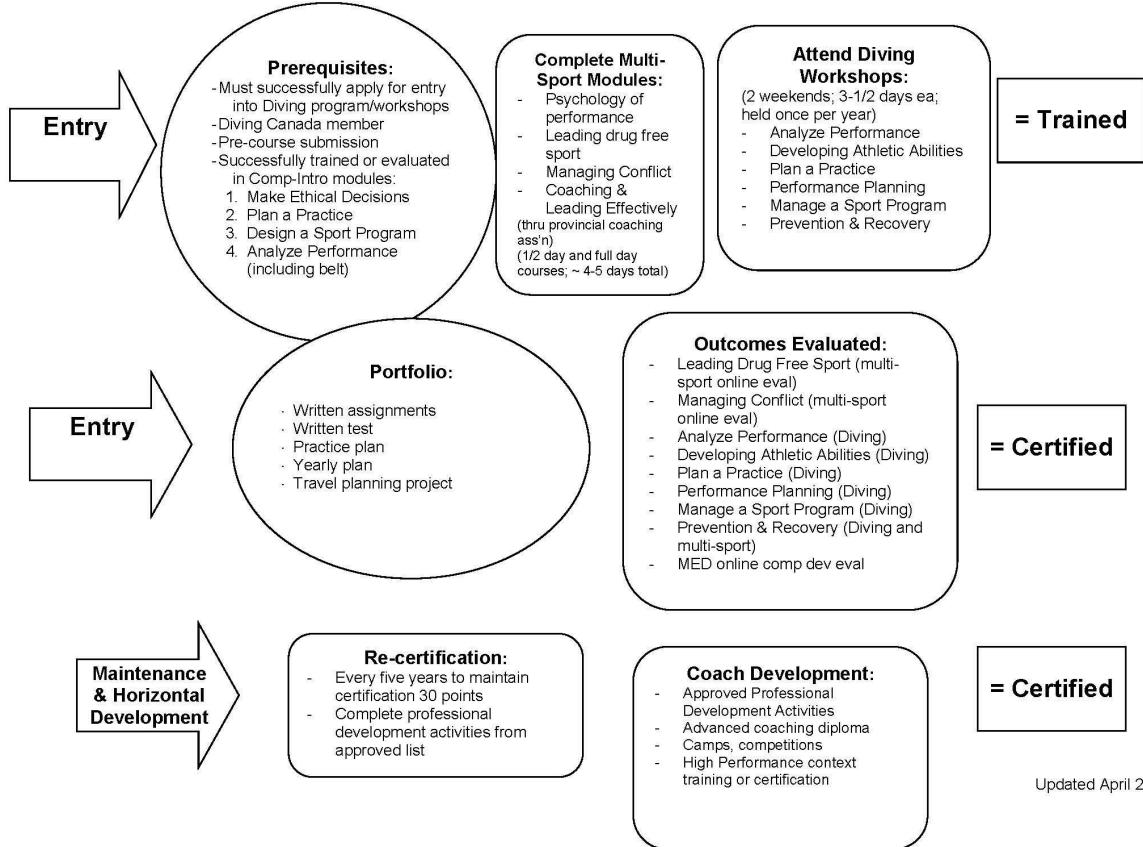
## 16. APPENDICES

Please review the attached appendices as they form an integral part of this technical package.

- APPENDIX 1 - Coach Certification Requirements
- APPENDIX 2 - Performance Guidelines

# APPENDIX 1 - COACH CERTIFICATION REQUIREMENTS

## Diving Competition-Development Coach Pathway



Updated April 2015

## APPENDIX 2 - PERFORMANCE GUIDELINES

*The following Performance Guidelines have been established by the respective NSO, at the request of the CGC and the Federal-Provincial/Territorial Sport Committee (FPTSC), to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of Long Term Development (LTD). These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.*

Diving Canada recognizes regional differences on how athletes are developed and selected for Canada Games. Below are some guidelines for provinces/territories to follow as to the type of athletes accessing the Canada Games.

1. Provincial/Territorial Teams at Canada Games should include the best athletes within the chosen stage of development or age group. In the case of Diving, the Competitive Foundations stage (Train to Compete) has been identified as the ideal stage of development for the Canada Games.
2. All athletes in this stage of development should have the opportunity to try out for the Canada Games Team.
3. Potential athletes are at or near Senior National Qualification.
4. Potential athletes must conform to Senior National Championship dive requirements.
5. Potential athletes must conform to age restriction of 19U.
6. Potential athletes should be training on an annual basis and be actively competing at the highest provincial/territorial level.