SOUTH AFRICAN DIVING RULES: RSA CUP

1. GENERAL EVENT INFORMATION

1.1 The 2026 RSA Cup, hosted by Central Gauteng Aquatics, will be held at St. Dominic's Catholic School for Girls, Boksburg, from 11 – 14 December 2026.

1.2 Facilities at the St. Dominic's Pool are:

2x1m and 2x3m stands

4xDuraflex Maxiflex B boards

Depth is 4.5m

1.3 The Local Organising Committee contact details are as follows:

1.3.1	LOC Chairman:	Winnie Methula	winnie@maqcare.com
1.3.2	Tournament Director:	Loredana Raccanello	Loredana@raccag.co.za
1.3.3	Competitions Manager:	Justine Heydra	creativecharacters78@gmail.co.za
		Celia Diana	celiadiana80@gmail.com
1.3.4	Secretariat:	Colleen Kelling	colleenkelling@protonmail.com
1.3.5	Judges:	Fiorella Barberini	admin@raccag.co.za
		Nicole Gillis	nicole.gillis.245@gmail.com

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member & Secretariat) colleenkelling@protonmail.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.glidersdiving@gmail.com; Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) agillis3@vols.utk.edu; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.

2. ENTRY PROCEDURES

2.1 All diving clubs with SSA registered members are invited to compete at the event.

2.2 Entries are open to any registered member of a WORLD AQUATICS federation, subject to clearance.

2.3 Divers must be registered with SSA at least 14 days prior to the close of entries.

2.4 Entries must be made on the attached forms. Please peruse instructions carefully. Incomplete forms will not be accepted.

2.5 The closing date for the Preliminary Entries is Thursday, 31 October 2026. Please submit the names of all divers and officials by this date to Loredana Raccanello (Loredana@raccag.co.za) and Daphne Bird at SSA on daphne.bird@swimsa.org

2.6 **ENTRY FEES: RSA Cup: R350.00 per diver**

2.7 Late entries are entries which are submitted after the closing date of 30 November 2026. Late entries will be accepted up to the Technical Meeting. The LOC reserves the right to impose penalties at its discretion, not exceeding 100% of the entry fee.

2.8 The closing date for final entries, with payment, is **Saturday, 30 November 2026**. Entry fees are to be paid by the *CLUB,* and not individual divers, into the Central Gauteng Aquatics bank account:

Bank:	Standard Bank, Braamfontein
Name:	Central Gauteng Aquatics
Number:	002 359 154
Code:	00 48 05
Your Ref:	RSA - Club Name

Proof of payment must be sent to Hilda Rono on hmurgor@gmail.com **AND**
Loredana Raccanello on Loredana@raccag.co.za

2.9 A HARD copy of the proof of payment must be brought to the Technical Meeting by a club representative. If this is not available on request, divers will not be allowed to compete until such time as the proof of payment is presented.

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member & Secretariat) colleenkelling@protonmail.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.glidersdiving@gmail.com; Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) agillis3@vols.utk.edu; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.

3. TECHNICAL OFFICIALS

3.1 Only technical officials registered with SSA or with any international diving federation will be eligible to officiate.

3.2 Each club must supply at least one judge and one secretary for every 6 divers or part thereof for the ***duration of*** the event.

3.3 Technical Officials (both Secretariat and Judges) are to be correctly attired in navy blue bottoms, shoes and white collared tops. Should the weather be inclement, warm weather clothing MUST adhere to these guidelines.

3.4 Technical Officials will not be supplied with sponsored attire, as a matter of course, by SSA. However, should the LOC obtain a sponsor, then officials' attire may be supplied.

4. COMPETITION STRUCTURE

4.1 This is an open tournament for any diver registered with a club affiliated to SSA.

4.2 The competition is a knockout event for men and women held on the **1m &3m boards.** Divers may choose to compete in either or both events.

4.3 The competition runs over TWO (2) days, however it may also run over FOUR (4) HALF days, depending on the programme. Please consult the 2026 programme for further details. Should bad weather prevent the completion of the event, the remaining rounds will be postponed to the following day (s).

4.4 The top eight divers after the preliminary round proceed to the first round of the knockout competition.

4.5 Divers finishing 9th – 16th will compete in the plate competition.

4.6 The plate will run concurrently with the main competition.

4.7 The South African Technical Diving Committee reserves the right to cancel the plate competition.

4.8 In subsequent rounds, the EIGHT (8) divers in both the main and the plate events are seeded, using the Wimbledon tennis system.

4.9 Divers compete in seeded pairs, with male and female pairs competing in the same group, and the winner of each pair moves on to the next round.

4.10 Competitors are permitted to change their dive list after each round; new sheets must be submitted to the Secretariat within THIRTY (30) minutes after the conclusion of their round.

5. DIVE REQUIREMENTS

5.1 **Women's Preliminary and Subsequent Rounds:** FIVE (5) dives from any group with no limit on degree of difficulty. There shall be no repeat of dive number.

5.2 **Men's Preliminary and Subsequent Rounds:** SIX (6) dives from any group with no limit on degree of difficulty.

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member & Secretariat) colleenkelling@protonmail.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.glidersdiving@gmail.com; Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) agillis3@vols.utk.edu; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.

There shall be no repeat of dive number.

6. TECHNICAL MEETING

6.1 The Technical Meeting will take place on Thursday, 10 December 2026 at 15:00 at the St. Dominic's Pool.

6.2 A minimum of one representative from each club is expected to attend.

6.3 Club representatives must have all related documentation available for this meeting.

6.4 Only late entries will be accepted at the Technical Meeting. No dive changes may be made at the Technical Meeting.

7. DIVE SHEET PROCEDURES

7.1 Divers/clubs are to use the internet system – Dive Recorder; instructions for which will be sent out once final entries have been received. Clubs are requested to make use of the DiveSheets, rather than individual diver entries, if possible.

7.2 Dive sheets will be printed and made available to the clubs. Divers AND coaches must check AND sign the dive sheets. These SIGNED dive sheets will take precedence in any dispute arising. Divers who do not sign their dive sheets will be EXCLUDED from the event; it is the diver's responsibility to ensure that dive sheets are signed.

7.3 Changes/corrections must be made on the dive sheet before it is signed. Once the changes have been made, the new dive sheet will be made available to the club. Once again, both diver AND coach must check and sign the dive sheet.

7.4 ALL DIVE CHANGES MUST BE MADE 24 HOURS BEFORE THE START OF AN EVENT. LATE CHANGES WILL BE MADE ON RECEIPT OF R150.00 PER CHANGE UP TO 3 HOURS BEFORE THE START OF THE EVENT.

8. PROGRAMME

8.1 The final programme, which may deviate slightly from the set programme, will be made available to clubs once ALL the preliminary entries have been received.

9. TROPHIES AND AWARDS

9.1 Trophies are awarded in the following categories:

Women:	The Ron Ward Trophy
Men:	The Jackie McGlew Trophy
Plate:	The Plate Trophies: Men & Women
Highest Scoring Dive:	The Ron Fyfe Memorial Trophy

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member & Secretariat) colleenkelling@protonmail.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.glidersdiving@gmail.com; Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) agillis3@vols.utk.edu; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.

10. GENERAL INFORMATION

10.1 Please note that there is minimal shade at the pool; Central Gauteng Aquatics and SSA will provide umbrellas and gazebos for the technical table and the judges. It is suggested that clubs bring extra shade for their divers and supporters.

10.2 Food and beverages will be provided for officials ONLY. Divers, parents who are not officials, and spectators are to provide their own or make use of the tuck shop facilities, if available.

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) Loredana@raccag.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member & Secretariat) colleenkelling@protonmail.com; Debbie Wastie (Acting Convenor Selection Committee) debbie.glidersdiving@gmail.com; Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) agillis3@vols.utk.edu; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.