



# ASPIRE REGULATIONS 2018 / 2019

# ASPIRE II

## Group E

### Requirements for Group E 1m

Dive Order	Dive #	Prescribed D.D.
1	1 step hurdle 100 A	1.6
2	200 A	1.6
3-6	Choose 4 of:	
	101c	1.6
	401c	1.6
	201c	1.6
	301c	1.6
	102c OR 103c	1.6

\* Hurdle may be performed with or without armswing

\* Back jump must be performed with armswing and arms must be up for entry

- Max 4 ½ for arms down on entry (unsatisfactory dive)

\* Any hurdles must be maximum 1 step, "standard" hurdle (no "hop" hurdle allowed)

- Max 4 ½ for hop hurdle (unsatisfactory dive)

\* In the "choose from" list, divers may choose 102c or 103c, not both

### Requirements for Group E 3m

Dive Order	Dive	DD
1	001b from feet	1.6
2	002a	1.6
3-6	Choose 4 of:	
	101c	1.6
	401c	1.6
	201c	1.6
	301c	1.6

	103c	1.6
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- \* Hurdle may be performed with or without armswing
- \* Any hurdles must be maximum 1 step, "standard" hurdle (no "hop" hurdle allowed)
  - Max 4 ½ for hop hurdle (unsatisfactory dive)
- \* 001b must be performed from feet, not from seated
- \* 001b may be performed with arms in closed/entry position, or open position
- \* 002a may be performed with arms down or arms up

### Requirements for Group E Platform

Dive Order	Platform level	Dive	DD
1	3m or 5m	001c	1.6
2	3m or 5m	002c	1.6
3-4	Choose 2 of:		
	3m or 5m	101c	1.6
	3m or 5m	401c	1.6
	3m or 5m	201c	1.6
	3m or 5m	301c	1.6

### Group D:

#### Requirements for Aspire II Group D 1m

Dive Order	Dive	DD
1	101 c or 101b	1.6
2	201c or 301c	1.6
3	401c or 401b	1.6
4-5	Choose 2 of:	
	201c or 301c (not repeated from above)	1.6
	102c or 103c	1.6
	202c	1.6

	302c	1.6
	402c	1.6

\* Hurdle may be performed with or without armswing

\* Any hurdles must be maximum 4 step, "standard" hurdle (no "hop" hurdle allowed)

- Max 4 ½ for hop hurdle (unsatisfactory dive)

\* In the "choose from" list, divers may choose 102c or 103c, not both.

\* No dive number may be repeated.

### Requirements for Aspire II Group D 3m

Dive Order	Dive	DD
1	101 c or 101b	1.6
2	201c or 301c	1.6
3	401c or 401 b	1.6
4-5	Choose 2 of:	
	201c or 301c (not repeated from above)	1.6
	103c	1.6
	203c	1.6
	303c	1.6
	403c	1.6

\* Hurdle may be performed with or without armswing

\* Any hurdles must be maximum 4 step, "standard" hurdle (no "hop" hurdle allowed)

- Max 4 ½ for hop hurdle (unsatisfactory dive)

\* No dive number may be repeated.

### Requirements for Aspire II Group D Platform

	Platform Level	Dive	DD
1	3m or 5m	001 C or B	1.6
2	3m or 5m	002 C or A	1.6
3	3m or 5m	101 c or b	1.6
4	3m or 5m	401c or b	1.6

5-6	Choose 2 of:		
	3m or 5m	201c	1.6
	3m or 5m	301c	1.6
	3m or 5m	103c	1.6
	5m	403c	1.6
	3m or 5m	600a	1.6
	5m	612c or b	1.6

\* 001B is front fall in pike- to be performed from feet (not seated)

\* In the “choose from” list, divers may choose 600 or 612, not both

## GROUP C

### Aspire II Group C 1m :

Dive order	Dive number	DD
1	101c or 101b or 103c	1.6
2	201c or b Or 301c or b	1.6
3	401 c or b	1.6
4-6	Choose from:	
	103c/b (not repeated from above) or 104c	Fina D.D
	201c/b OR 301c/b (not repeated from above)	Fina D.D
	203c	Fina D.D
	402c of 403c	Fina D.D
	5221d or 5122d	Fina D.D

\* No dive # is to be repeated

\* In the “choose from” list, divers may choose 103 or 104, not both

\* In the “choose from” list, divers may choose 402c or 403c, not both

\* In the “choose from” list, divers may choose 5122d or 5221d, not both

**Aspire II Group C 3m:**

Dive Order	Dive	DD
1	101c or 101b or 103c or 103b	1.6
2	201c or 201b or 301c or 301b	1.6
3	401 c or b, or a	1.6
4-6	Choose from:	
	103c or 103b or 105c	Fina DD
	201c or 201b or 301c or 301b (not repeated from above)	Fina DD
	203c	Fina DD
	303c	Fina DD
	403c or 403b	Fina DD
	5231d or 5132d	Fina DD

\* No dive # may be repeated

\* In the “choose from” list, divers may choose 103 or 105, not both

\* In the “choose from” list, divers may choose 5132d or 5231d, not both

**Aspire II group C platform**

Dive Order	Platform Level	Dive	DD
1.	3m, 5m	001B <b>(invitationals only)</b>	1.2
	<b>3m*</b> , 5m, 7.5m	101c or 101b	1.6
	5m, 7.5m	103c or 103b	1.6
2.	<b>3m*</b> , 5m, 7.5m	401b or b	1.6

3.	<b>3m*</b> , 5m, 7.5m	201c or 301c	1.6
4-6	Choose from:		
	<b>3m*</b> , 5m, 7.5m	103c or 103b (cannot repeat from above)	FINA DD
	5m, 7.5m	105c or 105b	FINA DD
	<b>3m*</b> , 5m, 7.5m	201c or 301c (not repeated from above)	FINA DD
	5m, 7.5m	203c or 203b	FINA DD
	5m, 7.5m	303c	FINA DD
	5m, 7.5m	403c or 403b	FINA DD
	5m, 7.5m	5231d or 5132d	FINA DD
	5m, 7.5m	612c or 612b	FINA DD

\* 3m to be used only in invitational competitions. At Aspire Provincial Championship no 3m is to be used.

\* 001b to be used only in invitational competitions. At Aspire Provincial Championships no 001b is to be used.

\* In the “choose from” list, divers may choose 103 **or** 105, not both

\* In the “choose from” list, divers may choose 5132d **or** 5231d, not both

## GROUP B

### Aspire II Group B 1m :

Dive order	Dive number	DD
1	101c or 101b or 103c or 103b	1.6
2	201c or 201b	1.6
3	301c or 301b	1.6
4	401 c or b	1.6
5-7	Choose from:	
	103c, or 103b (not repeated from above); or 104c or 104b; or 105c	Fina D.D
	202c or 203c	Fina D.D
	302c or 303c	Fina D.D

	402c or 403c	Fina D.D
	5221d or 5122d	Fina D.D

\* No dive # is to be repeated

\* In the “choose from” list, divers may only choose one of: 103; 104; 105

\* In the “choose from” list, divers may choose 202 **or** 203, not both

\* In the “choose from” list, divers may choose 302c **or** 303c, not both

\* In the “choose from” list, divers may choose 402c **or** 403c, not both

\* In the “choose from” list, divers may choose 5122d **or** 5221d, not both

### Aspire II Group B 3m :

Dive order	Dive number	DD
1	101c or 101b or 103c or 103b	1.6
2	201c or b	1.6
3	301c or b	1.6
4	401c or 401b; 403c or 403b	1.6
5-7	Choose from:	
	103c, or 103b (not repeated from above); or 105c or 105b	Fina D.D
	203c or 203b	Fina D.D
	302c or 303c or 303b	Fina D.D
	403c or 403b or 404c or 405c	Fina D.D
	5132d or 5231d or 5233d	Fina D.D

\* No dive # is to be repeated

\* In the “choose from” list, divers may choose 103 or 105, not both

\* In the “choose from” list, divers may choose 302c or 303 not both

\* In the “choose from” list, divers may choose only 1 of 403, 404, or 405

\* In the “choose from” list, divers may choose only 1 of 5132d, 5231d, or 5233d

### Aspire II B Platform:

Dive Order	Platform Level	Dive	DD



1.	5m, 7.5m	101c or 101: or	1.6
	5m, 7.5m	103c or 103b	1.6
2.	5m, 7.5m	201c or 201b; or	1.6
	5m, 7.5m	301c or 301b	1.6
3.	5m, 7.5m	401c or 401 b	1.6
	5m, 7.5m	403c or 403b	1.6
4-6	Choose from:		
	5m, 7.5m	103c or 103b (cannot repeat from above); or 105c or 105b	FINA DD
	5m, 7.5m	201c or 201b (not repeated from above) or 203c or 203b	FINA DD
	5m, 7.5m	301c or 301b (not repeated from above); or 303c	FINA DD
	5m, 7.5m	403c or 403b (not repeated from above) or 404c, or 405c	FINA DD
	5m, 7.5m	5231d or 5132d	FINA DD
	5m, 7.5m	612c or 612b	FINA DD

\* No dive # is to be repeated

\* In the “choose from” list, divers may choose 103 or 105, not both

\* In the “choose from” list, divers may choose 201 or 203, not both

\* In the “choose from” list, divers may choose 301 or 303 not both

\* In the “choose from” list, divers may choose only 1 of 403, 404, or 405

\* In the “choose from” list, divers may choose 5132d, or 5231d, not both

## GROUP A

### Aspire II Group A 1m :

Dive order	Dive number	DD
1	101c or 101b or 103c or 103b	1.6
2	201c or 201b	1.6

3	301c or 301b	1.6
4	401c or 401b	1.6
5	5122D or, 5132D or, 5124D 5221D or, 5231Dor ,5223D	1.6
6-8	Choose from:	
	103c, or 103b (not repeated from above); or 104c or 104b; or 105c	Fina D.D
	202c or 203c	Fina D.D
	302c or 303c	Fina D.D
	402c or 402b or 403c or 403b	Fina D.D
	5122D or, 5132D or, 5124D 5221D or, 5231Dor ,5223D (not repeated from above)	Fina D.D

\* No dive # is to be repeated

\* In the “choose from” list, divers may choose only 1 of 103, 104, 105

\* In the “choose from” list, divers may choose 202 or 203, not both

\* In the “choose from” list, divers may choose 302 or 303 not both

\* In the “choose from” list, divers may choose 402 or 403, not both

\* In the “choose from” list, divers may choose only 1 of: 5122d, 5132d, 5124d, 5221d, 5231d, 5223d

### Aspire II Group A 3m :

Dive order	Dive number	DD
1	101c or 101b or 103c or 103b	1.6
2	201c or 201b	1.6
3	301c or 301b	1.6
4	401c or 401b	1.6
5-7	Choose from:	
	103c, or 103b (not repeated from above);or 105c or 105b	Fina D.D

	203c or 203b or 205c	Fina D.D
	303c or 303b or 305c	Fina D.D
	403c or 403b or 404c, or 405c	Fina D.D
	5132d or 5134 or 5231d or 5233d	Fina D.D

\* No dive # is to be repeated

\* In the “choose from” list, divers may choose 103 or 105, not both

\* In the “choose from” list, divers may choose 203 or 205, not both

\* In the “choose from” list, divers may choose 303 or 305 not both

\* In the “choose from” list, divers may choose only 1 of 403, 404, or 405

\* In the “choose from” list, divers may choose only 1 of 5132d, 5134d, 5231d, 5233d

**Aspire II Group A Platform:**

Dive Order	Platform Level	Dive	DD
1.	5m, 7.5m	101c or 101: or	1.6
	5m, 7.5m	103c or 103b	1.6
2.	5m, 7.5m	201c or 201b; or	1.6
	5m, 7.5m	301c or 301b	1.6
3.	5m, 7.5m	401c or 401 b	1.6
	5m, 7.5m	403c or 403b	1.6
4-6	Choose from:		
	5m, 7.5m	103c or 103b (cannot repeat from above); or 105c or 105b	FINA DD
	5m, 7.5m	201c or 201b (not repeated from above) or 203c or 203b	FINA DD
	5m, 7.5m	301c or 301b (not repeated from above); or 303c	FINA DD
	5m, 7.5m	403c or 403b (not repeated from above) or 404c, or 405c	FINA DD
	5m, 7.5m	5231d or 5132d	FINA DD

	5m, 7.5m	612c or 612b	FINA DD
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\* No dive # is to be repeated

\* In the “choose from” list, divers may choose 103 or 105, not both

\* In the “choose from” list, divers may choose 201 or 203, not both

\* In the “choose from” list, divers may choose 301 or 303 not both

\* In the “choose from” list, divers may choose only 1 of 403, 404, or 405

\* In the “choose from” list, divers may choose 5132d, or 5231d, not both

## ASPIRE I (Formerly Tier III )

### D Aspire I

#### 1m

Dive Order	Dive	DD
1	1 step hurdle 100 A	1.6
2	200 A	1.6
3	101c	1.6
4	401c	1.6
5-6	Choose two From: 201c 301c 102c OR 103c 402c	1.6

\* Hurdle may be performed with or without armswing

\* Any hurdles must be maximum 4 step, “standard” hurdle (no “hop” hurdle allowed)

- Max 4 ½ for hop hurdle (unsatisfactory dive)

\* Back jump must be performed with armswing and arms must be up for entry

- Max 4 ½ for arms down on entry (unsatisfactory dive)

\* In the “choose from” list, divers may choose 102 or 103, not both

### Aspire I Group D 3m

Dive Order	Dive	DD
1	001 B	1.6
2	002 A	1.6

3	101c	1.6
4	401c	1.6
5-6	Choose two from: 201c 301c 103c	1.6

\* Hurdle may be performed with or without armswing

\* Any hurdles must be maximum 4 step, "standard" hurdle (no "hop" hurdle allowed)

- Max 4 ½ for hop hurdle (unsatisfactory dive)

\* 001 B is front fall in pike, to be performed from feet

### Aspire I Platform D & C Combined:

Dive Order	Platform Level	Dive	DD
1	3m or 5m	001 C or B	1.6
2	3m or 5m	002 C or A	1.6
3	3m or 5m	101c	1.6
4	3m or 5m	401c	1.6

\* 001b is front fall in pike- to be performed from feet, not seated.

### Group C Aspire I:

#### Requirements for Aspire I Group C 1m

Dive Order	Dive	DD
1	101 c or b	1.6
2	201c or 301c	1.6
3	401c or b	1.6
4-5	Choose 2 of:	
	201c or 301c (not repeated from above)	1.6
	102c or 103c	1.6

	202c	1.6
	302c	1.6
	402c	1.6

\* No Dive # is to be repeated

\* In the “choose from” list, divers may choose 102 or 103, not both

### Requirements for Aspire I Group C 3m

Dive Order	Dive	DD
1	Hurdle 100 A	1.6
2	002 A	1.6
3	101c or 101b	1.6
4-5	Choose 2 of:	
	201c	1.6
	301c	1.6
	103c	1.6
	401c or 401 b	1.6

\* No Dive # is to be repeated

### Requirements for Aspire III Group C Platform: See “combined C & D” Aspire III Platform

### Group B

#### Aspire I Group B 1m : 6 dives

Dive order	Dive number	DD
1	101c or 101b	1.6
2	201c or 301c	1.6
3	401 c or b	1.6
4-6	Choose from:	
	102c or 102b or 103c, or 103b	1.6

	202c	1.6
	302c	1.6
	402c	1.6
	201c or 301c (not repeated from above)	1.6

\* No dive # is to be repeated

\* In the “choose from” list, divers may choose 102 or 103, not both

**Aspire I Group B 3m : 5 dives**

Dive order	Dive number	DD
1	101c or 101b	1.6
2	201c or 301c	1.6
3	401c or 401 b	1.6
4-5	Choose from:	
	103c, or 103b	1.6
	203c	1.6
	303c	1.6
	403c	1.6
	201c or 301c (not repeated from above)	1.6

\* No dive # is to be repeated

**Aspire I Platform B & A Combined:**

Dive Order	Platform Level	Dive	DD
1	3m or 5m	001 C or 001B	1.6
2	3m or 5m	002 C or 002A	1.6
3	3m or 5m	101c or 101b	1.6
4-6	Choose from:		

	5m	103c	1.6
	3m or 5m	401c	1.6
	5m	403c	1.6
	3m or 5m	201c	1.6
	3m or 5m	301c	1.6
	5m	612c or 612b	1.6

\* 001b is front fall in pike- to be performed from feet, not seated.

\* No dive # is to be repeated

\* In the “choose from” list, divers may choose 401 or 403, not both

### Aspire I Group A 1m :

Dive order	Dive number	DD
1	101c or 101b	1.6
2	201c or 201b or 301c or 301b	1.6
3	401 c or b	1.6
4-6	Choose from:	
	102c, or 102b, or 103c, or 103b	Fina D.D
	201c or 201b or 301c or 301b (not repeated from above)	Fina D.D
	302c or 303c	Fina D.D
	402c or 402b or 403c or 403b	Fina D.D
	5122D or 5221D	Fina D.D

\* No dive # is to be repeated

\* In the “choose from” list, divers may choose 102 or 103, not both

\* In the “choose from” list, divers may choose 302 or 303, not both

\* In the “choose from” list, divers may choose 402 or 403, not both

\* In the “choose from” list, divers may choose 5122d or 5221d, not both

### Aspire I Group A 3m



Dive order	Dive number	DD
1	101c or 101b	1.6
2	201c or 301c	1.6
3	401c or 401b	1.6
4-5	Choose from:	
	103c, or 103b	Fina D.D
	201c or 301c (not repeated from above)	Fina D.D
	203c	Fina D.D
	302c	Fina D.D
	403c	Fina D.D

\* No dive # is to be repeated

\* In the "choose from" list, divers may choose 201 or 203, not both

Aspire I Group A & B Combined Platform- See above in B group section.