



ASPIRE

TECHNICAL REGULATIONS

VERSION: JUNE 2019

Dive Ontario
Aspire Technical Regulations

Version: June 2019

ARTICLE 1

REGISTRATION & RULES OF GENERAL APPLICATION

1.1 REGISTRATION AT COMPETITIONS

- a) All divers must be registered as a Competitive Diver with Dive Ontario for at least 2 weeks (14 days) prior to the start of any competition sanctioned by Dive Ontario
- b) Divers must register for competitions 2 weeks prior to the start of a competition.
- c) If any diver registers for a competition less than 2 weeks prior to the start of a competition then, in addition to the registration fees, the diver shall pay a \$25 late filing penalty to the host club
- d) If a diver withdraws from a competition after registering to compete, the diver shall not be relieved of the obligation to pay the competition's registration fee.
- e) If a diver registers for an Aspire Meet but obtains a National Qualifying Score within the 2-week registration period, the diver is deemed ineligible to compete at the Aspire level and will therefore be withdrawn from the Aspire Meet without penalty.

1.2 ATTENDANCE AT COMPETITIONS

No diver may compete at a competition sanctioned by Dive Ontario unless the diver is supervised by a **fully qualified and certified coach in attendance** at the competition who is registered with Dive Ontario in compliance with its administrative policies or who is otherwise eligible to coach at such competition in full compliance with Diving Plongeon Canada's requirements.

For greater certainty, where a coach is registered with Dive Ontario, but is not a "Fully-Qualified Coach" as defined in Dive Ontario's Administrative Policies, a written request from the Club who is not in compliance must be made to the VP Sport Performance two (2) weeks in advance of a competition. VP Sport Performance will have the discretion to authorize such coach to be on deck and be supervised by a Fully Qualified Coach in attendance. VP Sport Performance will notify the attending Meet Referee of such coach.

ARTICLE 2

2.1 ASPIRE COMPETITIONS

- A) Aspire competitions are open to all registered competitive divers. A group D or group C level diver who has achieved a national qualifying score in the 1m event (only) may compete in an Aspire Competition. A group D or group C diver who has achieved a single national qualifying score in the 3m or platform event for that diving season are no longer eligible to compete in an Aspire event. In all other Age Groups, those who have achieved a single national qualifying score in ANY event are no longer eligible to compete in an Aspire event.

- B) At any Ontario Aspire competition, an age group diver may compete only in his or her age group events, save and except age group "E" divers who may compete in either the "E" or the "D" age group on each board, but not both.

C) At any Aspire competition other than the Ontario Aspire Provincials, the host club shall have the discretion to include:

(i) Aspire II and Aspire I

(ii) Age Group E
events

(iii) Masters events

D) Except as otherwise specifically set out herein, all rules set forth in the Diving Plongeon Canada **Rulebook** shall apply to Aspire competitions in Ontario

2.2 INVITATIONAL COMPETITIONS

Dive Ontario sanctioned invitationals must use the Dive Ontario Rules and Meet Package template. Clubs may host unsanctioned invitational competitions; however, they will not be entitled to any monetary or non-monetary support from Dive Ontario (i.e. grants or official costs). Participation at any invitational competition is by invitation of the host club or organization. For unsanctioned invitational **Diving Plongeon Canada Rulebook** & Dive Ontario rules may or may not be applied in whole or in part at the discretion of the host club or organization.

ARTICLE 3

MEET MANAGEMENT

3.1 HOST CLUB RESPONSIBILITIES

Aspire Invitational Meet hosts shall use the standardized meet package available through Dive Ontario, which includes the proposed timetable, Aspire dive requirements and Dive Ontario logo. This package must be submitted to Dive Ontario for approval. Once approved, Dive Ontario will distribute to all member Clubs and Officials and post on the Dive Ontario website.

- Provide a facility in accord (for Aspire Provincials only) with Aspire Rules and pay all facility costs
- Provide volunteers to assist in the setup/tear down process.
- Provide a trained volunteer base for announcing, table workers and award ceremonies
- Provide hospitality and refreshments for Coaches & Judges
- Organize accommodation information
- Contact local media
- Operate concessions
- Submit the competition report (downloadable from the Dive Ontario website) within 15 days of the end of the competition. After 15 days, the Club will be fined \$100 per week for each week that the report is late and will not be eligible for hosting grant of \$650.

3.2 DIVE ONTARIO RESPONSIBILITIES (for Aspire Provincials only)

Dive Ontario Board delegates responsibility for hosting the Ontario Aspire Provincial Championships according to the set rotation. The respective responsibilities of Dive Ontario and the host club shall be determined by agreement between Dive Ontario and the host club. The responsibilities of Dive Ontario will include:

- Select competition dates
- Prepare and distribute meet package to all Clubs, Diving Plongeon Canada and post on Dive Ontario website
- Prepare, post and distribute results
- Manage the meet
- Provide VP Sport Performance with results to calculate the team points for the order of diving clubs. For Aspire Provincials, Tower events are not included in the calculation of Team Points.
- Provide hosting grant
- Provide diver awards – medals (1st – 3rd) and ribbons (4th – 6th)
- Provide VP Sport Performance with results to calculate the Outstanding Diver and Coach of the Year points
- Collect the provincial portion of the event entry fee as established by Dive Ontario (see Administration Policies)
- Establish registration and event fees in accordance with Article 10
- The Meet Manager will provide Dive Ontario and Diving Plongeon Canada with the meet results for posting on both websites, for all Provincial Championships.
- For all Invitational Competitions, the host club must forward the meet results to Dive Ontario within fifteen (15) days.
- If the meet results are not received in the Dive Ontario office within 15 days from the last day of the competition, there will be a weekly penalty of \$100 deducted from the hosting grant until the results are received
- (See also Administrative Policies)

ARTICLE 4

ASPIRE ONTARIO PROVINCIAL CHAMPIONSHIPS

4.1 RULES

- (i) The Dive Ontario Rules set forth shall apply to the Aspire Provincial Championships in Ontario, as well as regulations relating to competition fees, and dive requirements, which shall be governed exclusively by provincial regulation.
- (ii) Any diver who achieves a National qualifying score in the 3m or platform event for the Junior Elite Nationals or the Junior Development Nationals is not eligible to compete at the Ontario Aspire Provincials in that Dive year. Should a Group D or Group C diver achieve a 1m National Qualifying score and no other qualifying score on another event, that diver may compete at the Aspire Provincial Championships.
- (iii) The Ontario Aspire Provincial Championships shall include competitions on the 1 metre and 3 metre springboards along with platforms which include 3m, 5m and 7.5m in each age group (A, B, C, D, & E). **(in accordance with Aspire Rules)**
- (iv) Only Aspire II events will be included in the Aspire Provincial Championships.

4.2 AWARDS

- (i) Dive Ontario will provide medals for presentation to the first, second and third place finishers in each event at the Aspire Provincial Championships
- (ii) Dive Ontario will provide ribbons for presentation to the fourth, fifth and sixth place finishers in each event at the Ontario Aspire Provincial Championships
- (iii) Out-of-province divers shall be entitled to receive any medals or ribbons which they earn as a result of their placing in the events.

4.3 OUTSTANDING DIVER AWARDS

Outstanding Diver awards will be presented to the top diver from each age group at the AGM Awards Night.

The recipient of the Outstanding Diver award in each category shall be the eligible diver who accumulates the highest number of points by adding each diver's total point score from 1m, 3m, and Platform events in the applicable age group at the Aspire Provincial Championships.

4.4 OUTSTANDING COACH AWARDS

The Outstanding Coach of the Year shall be the coach who accumulates the most points at the Aspire Provincials, where each athlete named as the Outstanding Diver represents one point.

In the event of a tie, more than one coach will receive recognition.

This coach(es) will be named "Aspire Coach of the Year".

ARTICLE 5

ASPIRE DIVE REQUIREMENTS

5.1

ASPIRE II

Aspire II - Group E 1m (6 dives)

Dive Order	Dive #	Prescribed D.D.
1	1 step hurdle 100A	1.6
2	200A	1.6
3-6	Choose four from:	
	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 and arms must be up for entry
- * 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

Aspire II - Group E 3m (6 dives)

Dive Order	Dive	DD
1	001B from feet	1.6
2	002A	1.6
3-6	Choose four from:	
	101C	1.6
	401C	1.6
	201C	1.6
	301C	1.6
	103C	1.6

- * 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

Aspire II - Group E Platform (4 dives)

Dive Order	Platform level	Dive	DD
1	3m or 5m	001C	1.6
2	3m or 5m	002C	1.6
3-4	Choose two 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:

Aspire II - Group D 1m (5 dives)

Dive Order	Dive	DD
1	101C or 101B	1.6
2	201C or 301C	1.6
3	401C or 401B	1.6
4-5	Choose two from:	
	201C or 301C (not repeated from above)	1.6
	102C or 103C	1.6
	202C	1.6
	302C	1.6
	402C	.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.

Aspire II Group D 3m (5 dives)

Dive Order	Dive	DD
1	101C or 101B	1.6
2	201C or 301C	1.6
3	401C or 401B	1.6
4-5	Choose two from:	
	201C or 301C (not repeated from above)	1.6
	103C	1.6
	203C	1.6
	303C	1.6
	403C	.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.

Aspire II Group D Platform (6 dives)

	Platform Level	Dive	DD
1	3m or 5m	001C or B	1.6
2	3m or 5m	002C or A	1.6
3	3m or 5m	101C or B	1.6
4	3m or 5m	401C or B	1.6
5-6	Choose two from:		
	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**

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

GROUP C

Aspire II Group C 1m (6 dives)

Dive order	Dive number	DD
1	101C or 101B or 103C	1.6
2	201C or B Or 301C or B	1.6
3	401C or B	1.6
4-6	Choose three 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 (6 dives)

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	401C or B or A	1.6
4-6	Choose three 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 (6 dives)

Dive Order	Platform Level	Dive	DD
1.	3m, 5m	001B (invitationals only)	1.2
	3m* , 5m, 7.5m	101C or 101B	1.6
	5m, 7.5m	103C or 103B	1.6
2.	3m* , 5m, 7.5m	401C or B	1.6
3.	3m* , 5m, 7.5m	201C or 301B	1.6
4-6	Choose from:		
	3m* , 5m, 7.5m	103C or 103B (cannot repeat from above)	FINA DD
	5m, 7.5m	105C or 105B	FINA DD
	3m* , 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 (7 dives)

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 three 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 (7 dives)

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 or 403C or 403B	1.6
5-7	Choose three 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 # may 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 303C; 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 (6 dives)

Dive Order	Platform Level	Dive	DD
1.	5m, 7.5m	101C or 101B 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 401B	1.6
	5m, 7.5m	403C or 403B	1.6
4-6	Choose three from:		
	5m, 7.5m	103C or 103B (not repeated 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 (8 dives)

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 5231D or 5223D	1.6
6-8	Choose three 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 5231D or 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 (7 dives)

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 three 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 5134D 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 or 5233D

Aspire II Group A Platform (6 dives)

Dive Order	Platform Level	Dive	DD
1.	5m, 7.5m	101C or 101B	1.6
	5m, 7.5m	103C or 103B	1.6
2.	5m, 7.5m	201C or 201B	1.6
	5m, 7.5m	301C or 301B	1.6
3.	5m, 7.5m	401C or 401B	1.6
	5m, 7.5m	403C or 403B	1.6
4-6	Choose three from:		
	5m, 7.5m	103C or 103B (not repeated 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

ASPIRE I

Group D Aspire I 1m (6 dives)

Dive Order	Dive	DD
1	1 step hurdle 100A	1.6
2	200A	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 and arms must be up for entry
- * 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 (5 dives)

Dive Order	Dive	DD
1	Hurdle 100A	1.6
2	002A	1.6
3	101C	1.6
4-5	Choose two from:	
	201C	1.6
	301C	1.6
	103C	1.6
	401C	1.6

- * Hurdle may be performed with or without armswing and arms must be up for entry
 - * Any hurdles must be maximum 4 step, "standard" hurdle (no "hop" hurdle allowed)
 - Max 4 ½ for hop hurdle (unsatisfactory dive)
 - * 002A may be performed with arms down or arms up
- No Dive # is to be repeated

Aspire I Platform D & C Combined (4 dives)

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

* 001B is front fall in pike performed from **feet**

This Event will be competed as one age group category.

Group C Aspire I

Aspire I Group C 1m (5 dives)

Dive Order	Dive	DD
1	101C or B	1.6
2	201C or 301C	1.6
3	401C or B	1.6
4-5	Choose two from:	
	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

Aspire I Group C 3m (6 dives)

Dive Order	Dive	DD
1	001B	1.6
2	002A	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)
- * 001B is front fall in pike, to be performed from **feet**
- * 002A may be performed with arms down or arms up

Requirements for Aspire I Group C Platform: See "combined C & D" Aspire I 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	401C or 401B	1.6
4-6	Choose three 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 401B	1.6
4-5	Choose two 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 (6 dives)

Dive Order	Platform Level	Dive	DD
1	3m or 5m	001C or *001B	1.6
2	3m or 5m	002C or 002A	1.6
3	3m or 5m	101C or 101B	1.6
4-6	Choose 3 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 performed from **feet**.

* No dive # is to be repeated

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

This Event will be competed as one age group category.

Aspire I Group A 1m (6 dives)

Dive order	Dive number	DD
1	101C or 101B	1.6
2	201C or 201B or 301C or 301B	1.6
3	401C or 401B	1.6
4-6	Choose three 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 (5 dives)

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 two 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.

5.2

Master Dive Requirements:

The age categories are 25-49, and 50 and over. FINA rulebook may be modified as follows:

Across both categories:

- (i) All dives performed must have a different dive number
- (ii) No minimum number of groups need be represented
(a competitive list may consist of all twisting dives).

Special rules for 50 & over:

- (i) Dives performed from 10 meter must be foot-first dives.
- (ii) Dives performed from 10 meter must not exceed a degree of difficulty of 2.0.

Age Category 25 - 49

	Men	Women
One meter	7 different dives	6 different dives
Three meter	7 different dives	6 different dives
Platform	6 different dives	6 different dives

Age Category 50 & over

	Men	Women
One meter	6 different dives	5 different dives
Three meter	6 different dives	5 different dives
Platform	5 different dives	5 different dives

ARTICLE 6

ASPIRE TEAM ONTARIO 2019 ELIGIBILITY

- 1) Must be a registered Ontario Competitive Diver
- 2) Does not apply to "E" Age group
- 3) Must be registered and compete in **all 3** events at the Ontario Aspire Provincial Championships
- 4) Must achieve a Standard Point Score in **2 events** from the Table below.
- 5) The athletes who meet the criteria above, will be ranked according to their **single highest percentage** over the Standard Point Score. A maximum of 10 athletes will be named to Aspire Team Ontario.

	1m	3m	Platform
Group D	140	140	170
Group C	170	175	175
Group B	205	210	175
Group A	230	215	175