

Dive Ontario

Aspire Technical Regulations

Version: March 2023

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the 2-week registration period, the diver is deemed ineligible to compete at the Aspire level and will therefore be withdrawn from the Aspire Meet without penalty.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

ASPIRE COMPETITIONS

2.1

- 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 any event for the Junior Elite Nationals or the Junior Development Nationals is not eligible to compete at any Aspire invitational meet and the Ontario Aspire Provincials in that Dive year.
- (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 where facilities exist. Aspire Provincials may be held in a facility that does not have a 7. Platform, in which case 7.5 would not be possible. (in accordance with Aspire Rules)
- (iv) For 2021/2022 both Aspire I and 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 - Group E

Aspire E 1m – 6 Skills				Aspire E 3m – 6 Skills				Aspire E Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m or 5m*	DD
1	Hurdle 100C	Hurdle with or without armswing Arms must be up for entry If arms are down for entry, max 4.5	1.0	1	Hurdle 100C	Hurdle with or without armswing Arms must be up for entry If arms are down for entry, max 4.5	1.0	1	100C	Standing, with or without armswing Arms must be up for entry If performed with an approach OR if arms are down for entry OR if performed with an approach and arms are down for entry, max 4.5	1.0
2	200A	Standing, with or without armswing Arms must be up for entry	1.0	2	200A	Standing, with or without armswing Arms must be up for entry	1.0	2	200A	Standing, with or without armswing Arms must be up for entry	1.0
3	001A or 001C or 001B	001A - arms up or to side 001C - seated, grabbing tuck 001B - standing	1.2 1.2 1.2	3	001A or 001C or 001B	001A - arms up or to side 001C - seated, grabbing tuck 001B - standing	1.2 1.2 1.2	3	001A or 001C or 001B	001A - arms up or to side 001C - has to start rotation in tuck position before kick-out 001B - standing 002A - Arms up or down	1.2 1.2 1.2
	002A or 002C	002A – Arms up or down	1.2 1.2		002A or 002C	002A - Arms up or down	1.2 1.2		002A or 002C		1.2 1.2
	101C		1.6		101C		1.6		101C		1.6
	201C		1.6		201C		1.6		201C		1.6
	301C	Diver may choose 102C or 103C, not both	1.6		301C		1.6		301C		1.6
	401C		1.6		401C		1.6		401C		1.6
	102C or 103C	102C arms must be down for entry	1.6 1.6		103C		1.6		103C		1.6
	4		May not repeat dive #3 See dive 3 for divers and rules			4			May not repeat dive #3 See dive 3 for dives and rules		
5		May not repeat dive #3 or #4 See dive 3 for divers and rules		5		May not repeat dive #3 or #4 See dive 3 for dives and rules		5		May not repeat dive # 3 or #4 See dive 3 for dives and rules	
6		May not repeat dive #3, #4, or #5 See dive 3 for divers and rules		6		May not repeat dive #3, #4, or #5 See dive 3 for dives and rules		6		May not repeat dive # 3, #4, or #5 See dive 3 for dives and rules	

Notes:

- Hurdle may be performed with or without armswing
- Any hurdle must be maximum 1 step “standard” hurdle, no “hop” hurdle allowed
 - Max 4 ½ for hop hurdle (unsatisfactory dive)
- 001 A and B may be performed with arms in closed/entry position or open position
- No Dive # may be repeated

Aspire II - Group D

Aspire II D 1m – 5 Skills				Aspire II D 3m – 5 Skills				Aspire II D Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m or 5m*	DD
1	101C 101B		1.6	1	101C 101B		1.6	1	001C/B	001C - has to start rotation in tuck position before kick-out 001B is front fall pike – to be performed from feet	1.6
2	201C 301C		1.6	2	201C 301C		1.6	2	002C/A		1.6
3	401C 401B		1.6	3	401C 401B		1.6	3	101C/B		1.6
4	201C or 301C 102C or 103C 202C 302C 402C	201C or 301C (not repeated from above) Divers may choose 102C or 103C, not both	1.6	4	201C or 301C 103C 203C 303C 403C	201C or 301C (not repeated from above)	1.6	4	401C/B		1.6
5		May not repeat dive #4 See dive 4 for dives and rules	1.6	5		May not repeat dive #4 See dive 4 for dives and rules	1.6	5	201C 301C 103C 402C or 403C 600A or 612C/B	Divers may choose 402C or 403C, not both. 402C may only be performed on the 3m platform Divers may choose 600 or 612, not both	1.6
								6		May not repeat dive #5 See dive 5 for dives and rules	1.6

Notes:

- Hurdle may be performed with or without armswing
- Any hurdle must be maximum 4 step “standard” hurdle, no “hop” hurdle allowed
 - Max 4 ½ for hop hurdle (unsatisfactory dive)

Aspire II - Group C

Aspire II C 1m – 6 Skills				Aspire II C 3m – 6 Skills				Aspire II C Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m (only in invitational) or 5m or 7.5m where facilities allow	DD
1	101C/B 103C		1.6	1	101C/B 103C/B		1.6	1	001B 101C/B 103C/B	3m platform and 001B to be used only in invitational competitions, not permitted at Aspire Provincial Championships	001b only DD 1.2 101/103 DD 1.6
2	201C/B 301C/B		1.6	2	201C/B 301C/B		1.6	2	401C/B		1.6
3	401C/B		1.6	3	401C/B/A		1.6	3	201C or 301C		1.6
4	103C/B or 104C 201C/B 301C/B 203C 402C or 403C 5221D or 5122D	103 not repeated from above. Diver may choose 103 or 104, not both. 201C/B or 301C/B (not repeated from above). Diver may choose 402C or 403C, not both Diver may choose 5122D or 5221D, not both	Fina D.D	4	103C/B or 105C 201C/B or 301C/B 203C 303C 403C/B 5231D or 5132D	103 not repeated from above Diver may choose 103 or 105, not both 201C/B or 301C/B (not repeated from above) Diver may choose 5132D or 5231D, not both	Fina D.D	4	103C/B or 105C/B 201C or 301C 203C/B 303C 403C/B 5231D or 5132D 612C/B	103 not repeated from above Diver may choose 103 or 105, not both 201C or 301C Not repeated from above Diver may choose 5132D or 5231D, not both	Fina D.D
5		May not repeat dive #4 See dive 4 for dives and rules	Fina D.D	5		May not repeat dive #4 See dive 4 for dives and rules	Fina D.D	5		May not repeat dive #4 See dive 4 for dives and rules	Fina D.D
6		May not repeat dive #4 or #5 See dive 4 for dives and rules	Fina D.D	6		May not repeat dive #4 or #5 See dive 4 for dives and rules	Fina D.D	6		May not repeat dive #4 or #5 See dive 4 for dives and rules	Fina D.D

Aspire I Group C

Aspire I C 1m – 5 Skills				Aspire I C 3m – 6 Skills				Aspire I C Platform – 4 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m or 5m*	DD
1	101C/B		1.6	1	001B	001B is front fall in pike, to be performed from feet	1.6	1	001C/B	001C - has to start rotation in tuck position before kick-out 001B is front fall in pike from feet (from standing)	1.6
2	201C or 301C		1.6	2	002A	002A may be performed with arms down or arms up	1.6	2	002C/A		1.6
3	401C/B		1.6	3	101C		1.6	3	101C		1.6
4	201C or 301C 102C or 103C 202C 302C 402C	201C or 301C not repeated from above Divers may choose 102 or 103, not both	1.6	4	401C		1.6	4	401C		1.6
5		May not repeat dive #4 See dive 4 for dives and rules	1.6	5	201C 301C 103C		1.6				
				6		May not repeat dive #5 See dive 5 for dives and rules	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)
 - 002A may be performed with arms down or arms up
- No Dive # is to be repeated

Aspire II Group B

Aspire II B 1m – 7 Skills				Aspire II B 3m – 7 Skills				Aspire II B Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 5m or 7.5m where facilities allow	DD
1	101C/B 103C/B		1.6	1	101C/B 103C/B		1.6	1	101C/B 103C/B		1.6
2	201C/B		1.6	2	201C/B		1.6	2	201C/B 301C/B		1.6
3	301C/B		1.6	3	301C/B		1.6	3	401C/B 403C/B		1.6
4	401C/B		1.6	4	401C/B 403C/B		1.6	4	103C/B or 105C/B	103C/B not repeated from above Diver may choose 103 or 105.	
5	103C/B or 104C/B or 105C 202C or 203C 302C or 303C 402C or 403C 5221D or 5122D	103C/B not repeated from above. Divers may only choose one of: 103,104,105 Divers may choose 202 or 203, not both Divers may choose 302C or 303C, not both Divers may choose 402C or 403C, not both Divers may choose 5122D or 5221D, not both	Fina D.D	5	103C/B or 105C/B 203C/B 302C or 303C/B 403C/B or 404C or 405C 5132D or 5231D or 5233D	103C/B not repeated from above. Divers may choose 103 or 105, not both Divers may choose 302C or 303C, not both Divers may choose only 1 of 403, 404, 405 Divers may choose only 1 of 5132D, 5231D or 5233D	Fina D.D		201C/B 203C/B 301C/B or 303C 403C/B or 404C or 405C or 5231D or 5132D 612C/B	201C/B, not repeated from above Diver may choose 201 or 203. 301C/B not repeated from above Diver may choose 301 or 303. 403C/B not repeated from above Diver may choose 1 of 403, 404, or 405 Diver may choose 5132D or 5231D, not both	
6		May not repeat dive #5 See dive 5 for dives and rules	Fina D.D	6		May not repeat dive #5 See dive 5 for dives and rules	Fina D.D	5		May not repeat dive #4 See dive 4 for dives and rules	
7		May not repeat Dive # 5 or #6 See dive 5 for dives and rules	Fina D.D	7		May not repeat dive #5 or #6 See dive 5 for dives and rules	Fina D.D	6		May not repeat dive #4 or #5 See dive 4 for dives and rules	

Aspire I Group B

Aspire I B 1m – 6 Skills				Aspire I B 3m – 5 Skills				Aspire I B Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m or 5m*	DD
1	101C/B		1.6	1	101C/B		1.6	1	001C/B	001C - has to start rotation in tuck position before kick-out 001B is front fall in pike performed from feet	1.6
2	201C 301C		1.6	2	201C 301C		1.6	2	002C/A		1.6
3	401C/B		1.6	3	401C/B		1.6	3	101C/B		1.6
4	102C/B or 103C/B 202C 302C 402C 201C or 301C	Divers may choose 102 or 103, not both 201C or 301C (not repeated from above)	1.6	4	103C/B 203C 303C 403C 201C or 301C	201C or 301C (not repeated from above)	1.6	4	103C 401C or 403C 201C 301C 612C/B	Divers may choose 401 or 403, not both	1.6
5		May not repeat dive #4 See dive 4 for dives and rules	1.6	5		May not repeat dive #4 See dive 4 for dives and rules	1.6	5		May not repeat dive #4 See dive 4 for dives and rules	1.6
6		May not repeat dive #4 or #5 See dive 4 for dives and rules	1.6					6		May not repeat dive #4 or #5 See dive 4 for dives and rules	1.6

Aspire II Group A

Aspire II A 1m – 8 Skills				Aspire II A 3m – 7 Skills				Aspire II A Platform – 6 Skills				
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 5m or 7.5m	DD	
1	101C/B 103C/B		1.6	1	101C/B 103C/B		1.6	1	101C/B 103C/B		1.6	
2	201C/B		1.6	2	201C/B		1.6	2	201C/B 301C/B		1.6	
3	301C/B		1.6	3	301C/B		1.6	3	401C/B 403C/B		1.6	
4	401C/B		1.6	4	401C/B		1.6	4	103C/B or 105C/B	103C or 103B (not repeated from above). Divers may choose 103 or 105, not both	Fina D.D	
5	5122D 5132D 5124D 5221D 5231D 5223D		1.6	5	103C/B or 105C/B	103C/B (not repeated from above) Divers may choose 103 or 105, not both	Fina D.D		201C/B or 203C/B			201C or 201B (not repeated from above). Divers may choose 201 or 203, not both
	6	103C/B or 104C/B or 105C			103C/B not repeated from above, Choose only 1 of 103, 104, 105	Fina D.D			203C/B or 205C			Divers may choose 203 or 205, not both
	202C 203C	Divers may choose 202 or 203, not both			403C/B or 404C or 405C	Divers may choose only 1 of 403, 404, or 405		403C/B or 404C or 405C	403C or 403B (not repeated from above). Divers may choose only 1 of 403, 404 or 405			
	302C 303C	Divers may choose 302 or 303, not both			5132D or 5134D or 5231D or 5233D	Divers may choose only 1 of 5132D, 5134D, 5231D, or 5233D		5231D or 5132D	Divers may choose 5132D or 5231D, not both			
	402C/B or 403C/B or	Divers may choose 402 or 403, not both						612C/B				
	5122D 5132D 5124D 5221D 5231D 5223D	Divers may choose only 1 twisting dive.										
7		May not repeat dive #6 See dive 6 for dives and rules	Fina D.D	6		May not repeat dive #5 See dive 5 for dives and rules	Fina D.D	5		May not repeat dive #4 See dive 4 for dives and rules	Fina D.D	
8		May not repeat dive #6 or #7 See dive 6 for dives and rules	Fina D.D	7		May not repeat dive #5 or #6 See dive 5 for dives and rules	Fina D.D	6		May not repeat dive #4 or #5 See dive 4 for dives and rules	Fina D.D	

Aspire I Group A

Aspire I A 1m – 6 Skills				Aspire I A 3m – 5 Skills				Aspire I A Platform – 6 Skills			
Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules	DD	Dive Order	Dive #	Special Rules All dives may be performed on 3m or 5m*	DD
1	101C/B		1.6	1	101C/B		1.6	1	001C/B	001C - has to start rotation in tuck position before kick-out 001B is front fall in pike performed from feet	1.6
2	201C/B 301C/B		1.6	2	201C 301C		1.6	2	002C/A		1.6
3	401C/B		1.6	3	401C/B		1.6	3	101C/B		1.6
4	102C/B or 103C/B or 201C/B or 301C/B 302C or 303C 402C/B or 403C/B 5122D or 5221D	Divers may choose 102 or 103, not both 201C/B or 301C/B (not repeated from above). Divers may choose 302 or 303, not both Divers may choose 402 or 403, not both Divers may choose 5122D or 5221D, not both	Fina D.D	4	103C/B 201C or 301C 203C 302C 403C	201C or 301C (not repeated from above). Divers may choose 201 or 203, not both	Fina D.D	4	103C 401C or 403C 201C 301C 612C/B	Divers may choose 401 or 403, not both	1.6
5		May not repeat dive #4 See dive 4 for dives and rules	Fina D.D	5		May not repeat dive #4 See dive 4 for dives and rules	Fina D.D	5		May not repeat dive #4 See dive 4 for dives and rules	1.6
6		May not repeat dive #4 or #5 See dive 4 for dives and rules	Fina D.D					6		May not repeat dive #4 or #5 See dive 4 for dives and rules	1.6

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).
- (iii) 100, 200, 001, 002 are allowed in any position, on any board with a D.D. of 1.0.

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 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