



# ASPIRE TECHNICAL REGULATIONS

## DOCUMENT CONTROL

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### REVISION HISTORY

Version Number	Revision Date dd/mm/yyyy	Summary of Changes	Updated By
1	11/07/2024	Entered into template format. Updated exhibition and eligibility components.	Robyn Bate



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# **1 REGISTRATION & RULES OF GENERAL APPLICATION**

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## **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 late filing penalty to the host club per the Dive Ontario Financial policy.
- 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the 2-week registration period, the diver is deemed ineligible to compete at the Aspire level and will therefore be withdrawn from the Aspire Meet without penalty.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 Dive Ontario Technical Director two (2) weeks in advance of a competition. Dive Ontario's Technical Director will have the discretion to authorize such coach to be on deck and be supervised by a Fully Qualified Coach in attendance. Dive Ontario's Technical Director will notify the attending Meet Referee of such coach.



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## **2 ASPIRE COMPETITIONS**

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- A. Aspire competitions are open to all registered competitive divers. In all Age Groups, those who have achieved a single national qualifying score in ANY event are not eligible to compete in any Aspire event.
- B. Divers that obtain a National Qualifying Score within the current season are not permitted to dive exhibition at an Aspire Meet.
- C. 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.
- D. 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
- E. Except as otherwise specifically set out herein, all rules set forth in the Diving Plongeon Canada Rulebook shall apply to Aspire competitions in Ontario

### **2.1 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.

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## **3 MEET MANAGEMENT**

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### **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

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approved, Dive Ontario will distribute to all member Clubs and Officials and post on the Dive Ontario website.

The Host Club will adhere to the responsibilities as outline in the Dive Ontario Meet Hosting Agreement.

### **3.2 DIVE ONTARIO RESPONSIBILITES**

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.

Dive Ontario will adhere to the responsibilities as outline in the Dive Ontario Meet Hosting Agreement.

## **4 ASPIRE ONTARIO PROVINCIAL CHAMPIONSHIPS**

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### **4.1 RULES**

- A. 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.
  
- B. 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.
  
- C. 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)

### **4.2 AWARDS**

- A. Dive Ontario will provide medals for presentation to the first, second and third place finishers in each event at the Aspire Provincial Championships.
- B. Dive Ontario will provide ribbons for presentation to the fourth, fifth and sixth place finishers in each event at the Ontario Aspire Provincial Championships.



- C. 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”.

### **4.5 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.

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



## 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 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	001A - arms up or to side 001C - seated, grabbing tuck	1.2 1.2	3	001A or 001C or	001A - arms up or to side 001C - seated, grabbing tuck	1.2 1.2	3	001A or 001C or	001A - arms up or to side 001C - has to start rotation in	1.2 1.2
	001B	001B - standing	1.2		001B	001B - standing	1.2		001B	tuck position before kick-out	1.2
	002A or	002A - Arms up or down	1.2		002A or	002A - Arms up or down	1.2		002A or	001B - standing	1.2
	002C		1.2		002C		1.2		002C	002A - Arms up or down	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	102C arms must be down for entry	1.6	401C		1.6	401C		1.6			
102C or 103C		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		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



## 5.2 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	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)





**5.3 ASPIRE I – GROUP D**

Aspire I D 1m – 6 Skills				Aspire I D 3m – 5 Skills				Aspire I D 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	1 step hurdle 100B	Hurdle may be performed with or without armswing and arms must be up for entry If arms are down for entry, max 4.5	1.6	1	Hurdle 100A	Hurdle may be performed with or without armswing and arms must be up for entry If arms are down for entry, max 4.5	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	200A		1.6	2	002A	002A may be performed with arms up	1.6	2	002C/A		1.6
3	101C/B		1.6	3	101C		1.6	3	101C 201C 301C 401C		1.6
4	401C/B		1.6	4	103C 201C 301C 401C/B		1.6	4	101C 201C 301C 401C		1.6
5	201C	Divers may choose 102 or 103, not both	1.6	5		May not repeat dive #4 1 See dive 4 for dives and rules	1.6				
	301C										
	102C or										
	103C 402C										
6		May not repeat dive #5 See dive 5 for dives and rules	1.6								



## 5.4 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 202 C/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. Divers 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



**5.4.1 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	DD
1	101C/B		1.6	1	001B	001B is front fall in pike, to be performed from feet	1.6	1	001C/B	All dives may be performed on 3m or 5m* 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, C	002A may be performed with arms down or arms up 002C sitting	1.6	2	002C/A		1.6
3	401C/B		1.6	3	101C/B		1.6	3	101C 201C 301C 401C		1.6
4	102C or 201C or 301C 103C 202C 302C 402C	201C or 301C not repeated from above Divers may choose 102 or 103 not both	1.6	4	401C/B		1.6	4	101C 201C 301C 401C		1.6
5		May not repeat dive #4 See dive 4 for dives and rules	1.6	5	103C 201C 301C		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 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



## 5.5 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 201C/B or 203C/B 301C/B or 303C 403C/B or 404C or 405C or 5231D or 5132D 612C/B	103C/B not repeated from above Diver may choose 103 or 105. 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	
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	5		May not repeat dive #4 See dive 4 for dives and rules	
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	6		May not repeat dive #4 or #5 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				



## 5.6 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 201C or 301C 202C 302C 402C	Divers may choose 102 or 103, not both 201C or 301C (not repeated from above)	1.6	4	103C/B 201C or 301C 203C 303C 403C	201C or 301C (not repeated from above)	1.6	4	103C 201C 301C 401C or 403C 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



## 5.7 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		1.6	1	101C/B		1.6	1	101C/B		1.6
	103C/B				103C/B				103C/B		
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		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	
	5132D				203C/B or 205C	Divers may choose 203 or 205, not both					
	5124D				303C/B or 305C	Divers may choose 303 or 305, not both					
	5221D				403C/B or 405C	Divers may choose only 1 of: 403, 404, or 405					
	5231D				5132D or 5134D or 5231D or 5233D	Divers may choose only 1 of 5132D, 5134D, 5231D, or 5233D					
5223D											
6	103C/B or 104C/B or 105C	103C/B not repeated from above Choose only 1 of 103, 104, 105	Fina D.D	6			Fina D.D		404C or 405C	Divers may choose only 1 of: 403, 404, or 405	
	202C	Divers may choose 202 or 203, not both			5132D or 5134D or 5231D or 5233D	Divers may choose only 1 of 5132D, 5134D, 5231D, or 5233D					
	203C	Divers may choose 202 or 203, not both									
	302C	Divers may choose 302 or 303, not both									
	303C	Divers may choose 302 or 303, not both									
	402C/B or 403C/B or	Divers may choose 402 or 403, not both									
	5122D										
5132D											
5124D											
5221D	Divers may choose only 1 twisting dive.										
5231D											
5223D											
7		May not repeat dive #6 See dive 6 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					6		May not repeat dive #4 or #5 See dive 4 for dives and rules	Fina D.D



## 5.8 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 403C 201C 301C 401C or 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	1.6
				6				6		May not repeat dive #4 or #5 See dive 4 for dives and rules	1.6
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								



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## **6 REFERENCED DOCUMENTS**

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1. Dive Ontario Financial Policy
2. Dive Ontario Meet Hosting Agreement
3. Diving Plonegon Canada Rulebook
4. Dive Ontario Administrative Policy
5. Dive Ontario Rules & Meet Package Template