

# Nepean Ottawa Diving Club Aspire

February 8<sup>th</sup>, & 9<sup>th</sup>, 2025

## Aspire – Group E

### Rules:

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	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 tuck position before kick-out	1.2 1.2
	001B	001B - standing	1.2		001B	001B - standing	1.2		001B	001B - standing	1.2
	002A or	002A - Arms up or down	1.2		002A or	002A - Arms up or down	1.2		002A or	002A - Arms up or down	1.2
	002C		1.2		002C		1.2		002C		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		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
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



# Nepean Ottawa Diving Club Aspire

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## Aspire II - Group D

### Rules:

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	All dives may be performed on 3m or 5m* 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

### 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)



# Nepean Ottawa Diving Club Aspire

February 8<sup>th</sup>, & 9<sup>th</sup>, 2025



## Aspire I - Group D

### Rules:

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	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	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 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 301C 102C or 103C 402C	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				
6		May not repeat dive #5 See dive 5 for dives and rules	1.6								



# Nepean Ottawa Diving Club Aspire

February 8<sup>th</sup>, & 9<sup>th</sup>, 2025



## Aspire II - Group C

### Rules:

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.



# Nepean Ottawa Diving Club Aspire

February 8<sup>th</sup>, & 9<sup>th</sup>, 2025



## Aspire I Group C

### Rules:

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	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 hurdle 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 # may be repeated



# Nepean Ottawa Diving Club Aspire

February 8<sup>th</sup>, & 9<sup>th</sup>, 2025



## Aspire II Group B

### Rules:

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				



# Nepean Ottawa Diving Club Aspire

February 8<sup>th</sup>, & 9<sup>th</sup>, 2025



## Aspire I Group B

### Rules:

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	Divers may choose 102 or 103, not both 201C or 301C (not repeated from above)	1.6	4	103C/B	201C or 301C (not repeated from above)	1.6	4	103C	Divers may choose 401 or 403, not both	1.6
	201C or 301C				201C						
	202C				301C						
	302C				401C or 403C						
	402C				612C/B						
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		



# Nepean Ottawa Diving Club Aspire

February 8<sup>th</sup>, & 9<sup>th</sup>, 2025



## Aspire II Group A

### Rules:

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		301C/B or 303C	301C or 301B (not repeated from above) Divers may choose 301 or 303, not both
		402C/B or 403C/B or 5122D 5132D 5124D 5221D 5231D 5223D			Divers may choose 402 or 403, not both				303C/B or 305C	Divers may choose 303 or 305, not both		403C/B or 404C or 405C	Divers may choose only 1 of: 403, 404, or 405
5	5231D or 5132D	Divers may choose 5132D or 5231D, not both	Fina D.D	6	403C/B or 404C or 405C	Divers may choose only 1 of 5132D, 5134D, 5231D, or 5233D	Fina D.D	5	5231D or 5132D 612C/B	Divers may choose 5132D or 5231D, not both	Fina D.D		
7		May not repeat dive #6 See dive 6 for dives and rules	Fina D.D	7		May not repeat dive #5 See dive 5 for dives and rules	Fina D.D	6		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							May not repeat dive #4 or #5 See dive 4 for dives and rules	Fina D.D		



# Nepean Ottawa Diving Club Aspire

February 8<sup>th</sup>, & 9<sup>th</sup>, 2025

## Aspire I Group A

### Rules:

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		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		6			May not repeat dive #4 or #5 See dive 4 for dives and rules

### 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.