



MASTERS TECHNICAL REGULATIONS

DOCUMENT CONTROL

REVISION HISTORY

Version Number	Revision Date dd/mm/yyyy	Summary of Changes	Updated By
1	11/03/2025	Newly developed. Entered into template format.	Robyn Bate



1 TABLE OF CONTENTS

DOCUMENT CONTROL	1
REVISION HISTORY	1
1 TABLE OF CONTENTS	2
2 OBJECTIVES	3
3 RULES	3
4 REGISTRATION	3
5 AGE GROUPS	3
6 ELIGIBILITY	3
7 COACHING	4
8 DIVE REQUIREMENTS	4
8.1 SPRINGBOARD	4
8.1.1 AGE CATEGORY 19-49 YEARS.....	4
8.1.1 AGE CATEGORY 50 YEARS AND OVER	4
8.2 PLATFORM	4
8.2.1 AGE CATEGORY 19-49 YEARS.....	5
8.2.2 AGE CATEGORY 50 YEARS AND OVER	5
8.3 ORDER OF DIVES	5
9 SCHEDULE	5
10 OPEN PRACTICES	5
11 ENTRY FEES	5
12 AWARDS	5
13 COMMUNICATIONS	6
14 OUTSTANDING DIVER AWARD	6



2 OBJECTIVES

Dive Ontario aims to foster lifelong participation in the sport of diving by providing opportunities for individuals **aged 19 and older** to stay involved or get involved in the sport. By including masters categories in competitions, Dive Ontario promotes fitness, friendship, and the joy of competition for divers of all skill levels, ensuring an inclusive and supportive environment for those passionate about diving.

3 RULES

Except as otherwise specifically set out herein, all rules set forth in the Diving Plongeon Canada Rulebook shall apply to Masters competitions in Ontario.

4 REGISTRATION

Masters competition in Ontario is open to athletes **19 years of age and over**. Divers must have a Dive Ontario Competitive membership, or in the case of divers from other provinces or countries, divers must have a registration from their respective Provincial or National Governing Body.

5 AGE GROUPS

Participation in Aspire competitions of those **19 through 24 years** of age are recognized and welcomed by Dive Ontario but are not recognized by FINA International Masters' ages.

- a) Age Category 19-49
- b) Age Category 50 & over

6 ELIGIBILITY

The eligibility of a participant for a particular age group will be determined by their age as of December 31st of the year in which the competition is held. Masters may dive in open competitions if they qualify (minimum DD requirements), and divers may dive in masters competitions in their respective age group. All Ontario Masters divers are to be registered within the Provincial registration system with appropriate membership categories.



7 COACHING

Masters divers can participate in Aspire events with or without a coach present. If attending without a coach, divers may request assistance or orientation from the host club, depending on the availability of coaches and resources.

8 DIVE REQUIREMENTS

The number of dives required for participation in the Masters events are below.

Across both age 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.
- iv. Forward facing dives can be performed with or without running approach

8.1 SPRINGBOARD

8.1.1 AGE CATEGORY 19-49 YEARS

Board	Men	Women
One Meter	7 different dives	6 different dives
Three Meter	7 different dives	6 different dives

8.1.1 AGE CATEGORY 50 YEARS AND OVER

Board	Men	Women
One Meter	6 different dives	5 different dives
Three Meter	6 different dives	5 different dives

8.2 PLATFORM

All dives must be performed on the 5m tower or above.

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.



8.2.1 AGE CATEGORY 19-49 YEARS

Board	Men	Women
Tower	6 different dives	6 different dives

8.2.2 AGE CATEGORY 50 YEARS AND OVER

Board	Men	Women
Tower	5 different dives	5 different dives

8.3 ORDER OF DIVES

Dives may be performed in any order but must be in the order as submitted to the meet manager on the dive sheet.

9 SCHEDULE

All Masters events will generally take place on the same day. The event times may be adjusted to consider the most optimal practice and board time for the divers. A 20-minute closed practice session will be held before each event. The final event schedule will be determined by the meet manager of the host club.

- i. Masters events may run concurrently with youth events or be combined.
- ii. Masters events may be scheduled back-to-back.

10 OPEN PRACTICES

Masters divers may attend the open practice sessions offered by the host club as part of the competition schedule, subject the same conditions as outlined in section 5 Coaching.

11 ENTRY FEES

Entry fees will be set for each event and will include a base registration fee plus an additional fee for each event entered (1m/3m/platform). A late fee will apply to all registrations received after the deadline.

All entry fees are stated in Canadian dollars.

12 AWARDS

Masters divers are eligible for awards in each event they enter.

Medals will be awarded to the top three finishers (1st, 2nd, and 3rd) in each event.

MASTERS TECHNICAL REGULATIONS

Published: MARCH 2025



Ribbons will be awarded to the 4th, 5th, and 6th place finishers in each event.

Divers from outside the province or country will also receive medals and ribbons based on their placement in the events.

13 COMMUNICATIONS

All questions, comments and other correspondence related to Masters diving in Ontario can be sent via email to masters@diveontario.com.

14 OUTSTANDING DIVER AWARD

Outstanding Ontario Master Diver Award will be provided by Dive Ontario and awarded at the Dive Ontario Awards Night each year to the outstanding Ontario master diver with highest international result.