



Technical Regulations

ASPIRE

REVISION HISTORY

Version Number	Revision Date dd/mm/yyyy	Summary of Changes	Updated By
1	16/12/2025	Initial Documentation Creation	Andreea Marinescu

1 Aspire Competitions

1.1 Goals & Vision

The purpose of Aspire competitions is to support diver development, provide meaningful competition opportunities, and prepare athletes for progression to higher levels of competition. These events balance inclusivity with fair competition standards while ensuring athletes are placed in the most appropriate performance pathway.

1.2 Eligibility & Exhibition Criteria

- Divers must compete in their own age group, with the exception of Group E divers, who may compete in either Group E or Group D on each board (but not both).
- Aspire competitions are open to all registered competitive divers in H2O.
- National finalists from the immediate prior season in the same age group (Anyone on OHPSI list) are not eligible to compete in aspire events or exhibition.
- Athletes who achieve a National Qualifying Score (NQS) this season may compete as exhibition at Aspire meets, except at Aspire Provincials.
- Provincials must include 1m, 3m, and Platform (3m, 5m, 7.5m where available). 7.5m optional if the facility lacks a platform.
- Aspire Provincials will include both Aspire I, Aspire II, and Masters events.

1.3 Coach & Instructor Requirements

- All coaches must be listed on the registration package submitted to the host club at least 2 weeks prior to the competition, including their NCCP certification level.
- All instructors who are instructor beginner coaches must list their supervisor on the registration form.
- Any coach, regardless of certification level, who is on deck at a competition must be insured as a coach in H2O.
- Any instructor who will be attending competitions must also be registered as a coach in H2O.

1.4 Diver Registration & Attendance

- A diver's first competition may be covered under recreational insurance.
- After that, all divers must be registered as Competitive Divers with Dive Ontario at least 14 days before any Dive Ontario-sanctioned competition.
- Divers must register for competitions at least 2 weeks prior to the competition start date.
- If a diver registers for an Aspire Meet but achieves a National Qualifying Score (NQS) within the 2-week registration period, the diver becomes ineligible for Aspire and may withdraw without penalty.
- No diver may compete unless supervised by a trained coach registered with Dive Ontario, or otherwise eligible under Diving Plongeon Canada (DPC) rules.



1.4.1 Group D

- Divers who achieve a NQS on 1m only may continue to compete at Aspire.
- Divers who achieve a NQS on 3m or Platform are no longer eligible for Aspire for the remainder of the season.
- They may compete as exhibition at all Aspire meets except Aspire Provincials.

1.5 Events

1. Aspire I and Aspire II
2. Age Group E
3. Masters

1.6 Rulebook References

Aspire rules follow the framework of Diving Plongeon Canada (DPC) and World Aquatics (WA), but are simplified slightly to help athletes progress toward Diving Canada and international competition standards.



2 Skills Bank

- The skills listed below apply to all age groups in Aspire 1, and Aspire 2 group D
- 7m & 10m skills are not allowed in any age group.

Dive Code	Description	1m Springboard	3m Springboard and platform	5m platform	Notes
100A	Forward jump, straight	✓	✓	✓	All jumps may be performed standing or with hurdle. Standing posture may be with arms up or to the side, armswing optional. On entry, arms may be positioned either up or down.
100B	Forward jump, pike	✓	✓	✓	
100C	Forward jump, tuck	✓	✓	✓	
200A	Back jump, straight	✓	✓	✓	
200B	Back jump, pike	✓	✓	✓	
200C	Back jump, tuck	✓	✓	✓	
001A	Forward standing entry, straight	✓	✓	✓	No bend at hips.
001B	Forward standing or seated entry, pike	Standing: ✓ Seated: X	Standing: ✓ Seated: ✓	Standing: ✓ Seated: ✓	Can be closed or open position
001C	Forward seated entry, tuck	X	✓	✓	May not be performed on 1m springboard.
002A	Backward standing entry, straight	✓	✓	✓	Starting position may be with arms up, arms down, or to the side.
002B	Backward standing or seated entry, pike	Standing: X Seated: ✓	Standing: ✓ Seated: ✓	Standing: ✓ Seated: ✓	Must be closed position
002C	Backward standing or seated entry, tuck	Standing: X Seated: ✓	Standing: ✓ Seated: ✓	Standing: ✓ Seated: ✓	Must be closed position

3 Aspire I

3.1 Aspire I General Rules

- For Aspire competitions, age groups (Masters, A, B, C, D, E) will be combined as gender-inclusive events. This means all athletes, regardless of gender, will compete together in the same event.
- For all age groups except E, a valid list may include only skills, only dives, or a mix of both.
- Group E divers must perform either an all-skills list or a mixed list of skills and dives. An all-dives list is not permitted.
- If one dive is performed, the first dive may be from any direction,
 - If two dives are performed, two directions must be competed.
 - If three dives are performed, three directions must be competed.
- If a fourth dive is added, one direction may be repeated.
 - The same goes for the 5th and 6th dive. (minimum 3 directions)
 - When a 7th and 8th dive is introduced one direction may not be repeated more than twice. (I.e. if front, back, and inward have already been added to the list twice, a fourth direction must be introduced, or a skill will be performed)
- Inclusion of dives is optional. (Ex. may compete 100a, 100c, 100b, 200a, 200c, 200b, 001b, 002a as a full list)
- Take-offs may be standing or with hurdle
- Arms up or arm swing permitted on take-off
- Somersaults, doubles, and triples not allowed 5m or higher.
 - With the exception of 404c on 5m.
- Handstands somersault, doubles allowed on all platforms.
- Half twist dives permitted (5111, 5211, 5311, 5411)

3.2 Aspire 1 Rules

Age Group / Level	Rounds	Permitted Dives / Notes	List Requirements	DD
E (9 & under)	4	101C, 201C, 401C Only these three dives allowed. Platforms allowed: 3m only (5m allowed if facility hosting has no 3m)	Mix of skills & dives (up to 2 dives)	Skills = 1.0 Dives = 1.6
D I	5	All WA dives +skills allowed Platforms allowed: 3/5m	Minimum 3 directions for 3+ dives performed	Skills = 1.0 Dives = WA DD
C I	6	All WA dives +skills allowed Platforms allowed: 3m/5m	Minimum 3 directions for 3+ dives performed	Skills = 1.0 Dives = WA DD

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B I	7	All WA dives +skills allowed Platforms allowed: 3m, 5m, 7m	Minimum 3 directions for 3+ dives performed. Minimum 4 directions for all 7 dives	Skills = 1.0 Dives = WA DD
A I	8	All WA dives +skills allowed Platforms allowed: 3m, 5m, 7m	Minimum 3 directions for 3+dives performed. Minimum 4 directions for all 8 dives	Skills = 1.0 Dives = WA DD
Women 19-49 1m/3m	6	Any Valid Dive	6 different dives	Skills = 1.0 Dives = WA DD
Women 19-49 Platform	5	Any Valid Dive <ul style="list-style-type: none"> All dives must be from 5m or higher. 	5 different dives	Skills = 1.0 Dives = WA DD
women 50+ 1m/3m	5	Any Valid Dive	5 different dives	Skills = 1.0 Dives = WA DD
Women 50+ platform	5	All dives must be from 5m or higher. 50+ Special Rules: <ul style="list-style-type: none"> 10m dives must be foot-first. 10m dives may not exceed DD 2.0. 	5 different dives	Skills = 1.0 Dives = WA DD
Men 19-49 1m/3m	7	Any Valid Dive	7 different dives	Skills = 1.0 Dives = WA DD
Men 19-49 Platform	6	Any Valid Dive All dives must be from 5m or higher.	6 different dives	Skills = 1.0 Dives = WA DD
Men 50+ 1m/3m	5	Any Valid Dive	5 different dives	Skills = 1.0 Dives = WA DD
Men 50+ platform	5	All dives must be from 5m or higher.	5 different dives	Skills = 1.0 Dives = WA DD



		50+ Special Rules: <ul style="list-style-type: none"> 10m dives must be foot-first. 10m dives may not exceed DD 2.0. 		
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4 Aspire II

4.1 Age Group E (9 & under)

- This is not a gender inclusive category. Females and Males will be 2 separate events.
- 4 rounds = 3 compulseries+1 optional
 - 3 rounds from permitted dives list
 - Last round from permitted dives list, or a skill
- Take-offs may be standing or with hurdle
- Arms up or arm swing permitted on take-off
- For jump skills: arms can be up or down on entry
- Somersault skills: arms must be down on entry
- All dives: DD 1.6
- All Skills: DD 1.0
- Lists must cover 3 directions

Event	Requirements	Permitted Dives
1m	4 rounds total First 3 rounds from permitted list fourth round may be a skill from page 3 or from permitted dive list	401C, 101C, 201C, 301C only one of: 102C, 103C, 202C, 402C
3m	4 rounds: 3+1 Same as above	401C, 101C, 201C, 301C only one of: 103C, 403C
Platform	6 rounds: 2 jumps + 2 entries + 2 dives OR 2 jumps + 1 entry + 3 dives OR 2 jumps + 4 dives 3m and 5m can be used for all 6 rounds.	Round 1. 100c Round 2. 200a Round 3. Front 001/back entry 002 or dive Round 4. Front/back entry or dive Round 5. dive Round 6. dive Dives must be chosen from: 101c, 201c, 301c, 401c, only of: 103c, 402c*3m only, 403c*5m only

4.2 General Rules (Age Groups D, C, B & A)

- This is not a gender inclusive category. Females and Males will be 2 separate events.
- **Arm Position:** For any feet-first entry, arms must follow World Aquatics (WA) rules: arms down on entry. <https://www.worldaquatics.com/rules/competition-regulations>
- **Take-Offs:** May be standing or with a hurdle; arms up or arm swing is permitted on take-off.
- **List Requirements:**
 - Lists must cover 4 directions on 3m and platform for all age groups.
 - 1m springboard direction limits vary by age group:
 - D & C: 4 directions
 - B & A: 5 directions
 - No repeating dives
 - Dives may not exceed DD 2.8
- **Feet-First Entries:** Allowed on 1m springboard.
- **Optionals on 3m Platform Dives (WA DD applied):**
 - Permitted dives: 202CBA, 302C, 103B, 104CB, 203C, 204C, 402c, 403C, 5221D, 5122D, 5223D.
 - DD is the same as 1m springboard, except handstand dives, which use the same DD as 5m handstands.
- **"Any Valid Dive"** refers to any dive (head-first or feet-first) listed in the WA DD table, and follows age group specific rules.
 - **Exceptions:**
 - Feet-first entries not allowed on:
 - 3m springboard or 5m platform, except 404c
 - 7m or 10m platforms (no exceptions)
 - Dives 102, 5121, 5111, 5211, 5311, 5411 are not allowed on any board
 - Note: Dive 204 is prohibited on 3m springboard and 5m+ because Dive Ontario does not want to encourage skipping 203, which is considered an integral step in dive progression. 204 allowed on 1m springboard, and 3m platform

4.3 Aspire II – Group D (10-11) Specific Rules

- 5 rounds = 4 dives + 1 Skill, or 5 dives
- First 4 rounds DD 1.6
- Round 5 World Aquatics DD for dive. 1.0DD for skill
- Platform all 5 rounds may be performed on 3m or 5m

This table is valid for 1m, 3m, and platform

Round	Allowed Dives	DD
1 st Round	401c or 101c	1.6
2 nd Round	101c or 201c	1.6
3 rd round	201c or 301c	1.6



4th round	301c or 103c	1.6
5th round	or any valid dive in WA Table* or any skill from Skill table on page 4	WA DD if valid dive Skill DD 1.0
	* Dives 102, 5121, 5111, 5211, 5311, 5411 are not allowed * 204 not allowed on 3m springboard, 5m+	

4.4 General Rules (Age Groups C, B & A)

- All rounds WA DD
- Platform compulsories not allowed on 3m
 - C&B 5m and 7m only
 - A's 5m, 7m, 10m

4.5 Aspire II – Group C (12-13) Specific Rules

- 6 rounds = 6 dives
 - 1m: 4 compulsories + 2 optionals
 - 3m springboard and platform: 3 compulsories + 3 optionals

Event	Requirements						
1m	6 rounds: First 4 rounds, in order, must be selected from: <ol style="list-style-type: none"> 1. 401acb WA DD 2. 101cb or 103cb WA DD 3. 201cb WA DD 4. 301cb WA DD Round 5 & 6 can be any valid dive * Dives 102, 5121, 5111, 5211, 5311, 5411 are not allowed						
3m	First 3 rounds must follow the listed order; the unperformed fourth-direction dive is removed, and subsequent dives are advanced. <table border="1"> <thead> <tr> <th>Round</th><th>Allowed Dives</th></tr> </thead> <tbody> <tr> <td>1st Round</td><td>401acb or 403cb</td></tr> <tr> <td>1st or 2nd Round</td><td>101cb or 103cb</td></tr> </tbody> </table>	Round	Allowed Dives	1st Round	401acb or 403cb	1st or 2nd Round	101cb or 103cb
Round	Allowed Dives						
1st Round	401acb or 403cb						
1st or 2nd Round	101cb or 103cb						

	2nd or 3rd Round	201cb
	3rd Round	301cb
<p>The last three rounds must include dives from three different directions. Any Valid Dive.</p> <p>* Dives 102, 204, 5121, 5111, 5211, 5311, 5411 are not allowed</p>		
Platform	First 3 rounds, in order, must be selected from:	
	Round	Allowed Dives
	1st Round	401cb or 403cb
	1st or 2nd Round	101cb or 103cb
	1st, 2nd, or 3rd Round	201cb
	2nd or 3rd	301cb
	3rd round	Any 600 dive
	<p>The final three rounds any valid dive</p> <p>* Dives 102, 5121, 5111, 5211, 5311, 5411 are not allowed</p>	

4.6 Aspire II – Group B (14-15) Specific Rules

- 1m - 8 rounds: 5 compulsories + 3 optionals
- 3m springboard and platform - 7 rounds: 4 compulsories + 3 optionals

Event	Requirements
1m	<p>First 5 dives DD limit 9.0 Feet first entries not permitted in first 5 rounds unless it's a twist direction. Last 3 dives no DD limit, any valid dive</p> <p>* Dives 102, 5121, 5111, 5211, 5311, 5411 are not allowed</p>
3m	<p>Any Valid Dive: First 4 dives DD limit 7.6 Last 3 dives no DD limit</p> <p>* Dives 102, 204, 5121, 5111, 5211, 5311, 5411 are not allowed</p>



Platform	First 4 dives DD limit 7.6 Last 3 dives no DD limit * Dives 102, 5121, 5111, 5211, 5311, 5411 are not allowed *204 not allowed on 5m+
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4.7 Aspire II – Group A (16-18) Specific Rules

- 8 rounds
- 1m: 5 compulsories +3 optionals
- Lists must cover 5 directions
- * Dives 102, 5121, 5111, 5211, 5311, 5411 are not allowed
- 204 only allowed on 1m springboard, and 3m platform

	1m	3m	Platform
Event Requirements	Any Valid Dive First 5 dives DD limit 9.0 Feet first entries not permitted in first 5 rounds unless it's a twist direction. Last 3 dives no DD limit	Any valid dive First 4 dives DD limit 7.6 Last 4 dives no DD limit	Any Valid dive First 4 dives DD limit 7.6 Last 4 dives no DD limit