



Technical Regulations

ASPIRE

REVISION HISTORY

Version Number	Revision Date dd/mm/yyyy	Summary of Changes	Updated By
1	16/1/2026	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. (same - now sub bullet)

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 E & D
- 7m & 10m skills are not allowed in any age group.
- Skills:
- Jumps
 - 100A
 - 100C
 - 100B
 - 200A
 - 200C
 - 200B
- Line-ups – flexibility to do seated or standing starting posture, open or closed positions. Open positions arms can be down, up, or to the sides.
 - 001A
 - 001C
 - 001B
 - 002A
 - 002C
 - 002B

3 Aspire I

3.1 Aspire I General Rules

- Masters events are not to be gender inclusive events.

- For Aspire competitions, age groups (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. Sub bullet
- For all Age groups: Sub bullets + Added examples
 - If one dive is performed, the first dive may be from any direction (101c)
 - If two dives are performed, two directions must be competed. (101c, 401c)
 - If three dives are performed, three directions must be competed. (101c, 401c, 201c)
 - If a fourth dive is added, one direction may be repeated. (101c, 401c, 201c, 102c)
 - The same goes for the 5th and 6th dive. (minimum 3 directions) (101c, 401c, 201c, 103c, 202c, 402c)
 - 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) (101c, 401c, 201c, 301c, 103c, 202c, 402c)
- Inclusion of dives is optional. (Ex. may compete 100a, 100c, 100b, 200a, 200c, 200b, 001b, 002a as a full list in aspire I A)
- 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.
 - Handstand holding will be judged as normal (3s)
- Half twist dives permitted (5111, 5211, 5311, 5411)
 - Twisting on the board may result as an incomplete dive.

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) 4 rounds = 4 skills 4 rounds = 3 skills and 1 dive from permitted dive list 4 rounds = 2 skills and 2 dives from permitted dives list. (the same rules just specified)	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
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
ASPIRE REGULATIONS				
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 • 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: • 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 . 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

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 or skill
 - 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
- Arms on Feet first entry skills:
 - For jump skills: arms can be up or down on entry
 - Somersault skills: arms must be down on entry (max 4.5 if arms above shoulder level)
- All dives: DD 1.6
- All Skills: DD 1.0
- Lists must cover 3 directions if 3+ dives performed.**
- Platform entries: if two lineups are performed one must be front and one must be back (001 &002). Two front line-ups are not allowed.
 - If one line up is performed it may be front or back

Event	Requirements	Permitted Dives
1m	4 rounds total First 3 rounds from permitted list in order fourth round may be a skill from page 3 or 1 dive 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	Round 1. 100c Round 2. 200a

	<p>OR 2 jumps + 1 entry + 3 dives</p> <p>OR 2 jumps + 4 dives</p> <p>3m and 5m can be used for all 6 rounds.</p> <p>If 2 dives performed 2 directions must be performed.</p> <p>If 3 or 4 dives are performed 3 directions must be performed.</p>	<p>Round 3. Front 001/back entry 002 or dive</p> <p>Round 4. Front/back entry or dive</p> <p>Round 5. dive</p> <p>Round 6. dive</p> <p>Dives must be chosen from: 101c, 201c, 301c, 401c, only one of: 103c, or 402c*3m only, or 403c*5m only</p>
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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.**
 - If lists are composed as 3 compulsories + 3 optionals, a 4th direction must be shown in the optional
 - 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
- **4 directions must be performed on all boards.**
- **A skill only in aspire II D may be considered as a different direction.**
 - 401c, 101c, 201c, 103c, 100a allowed
 - 401c, 101c, 201c, 103c, 402c not allowed

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

Round	Allowed Dives	DD
1st Round	401c or 101c	1.6
2nd Round	101c or 201c	1.6
3rd 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	<p>6 rounds: First 4 rounds, in order, must be selected from:</p> <ol style="list-style-type: none"> 1. 401acb WA DD 2. 101cb or 103cb WA DD 3. 201cb WA DD 4. 301cb WA DD <p>Round 5 & 6 can be any valid dive</p> <p>* Dives 102, 5121, 5111, 5211, 5311, 5411 are not allowed</p>
3m	<p>Rounds 1-3 (Compulsory Dives)</p> <ul style="list-style-type: none"> • Choose from the following dives: 401acb, 101cb, 103cb, 201cb, 301cb. The dives must follow this order of execution: 400→100→200→300 with one dive removed. <p>Rounds 4-6 (Optional Dives)</p> <ul style="list-style-type: none"> • Any valid dive may be performed. See page 8 for more details. <p>Additional Requirements</p> <ul style="list-style-type: none"> • Four dive directions must be presented somewhere in the 6-dive list. <p>* Dives 102, 5121, 5111, 5211, 5311, 5411 are not allowed</p>
Platform	<p>Rounds 1-3 (Compulsory Dives)</p> <ul style="list-style-type: none"> • Choose from the following dives: 401acb, 403cb, 101cb, 103cb, 201cb, 301cb, 610, 611, 612, 621, 622. The dives must follow this order of execution: 400→100→200→300→600 with two dives removed. <p>Rounds 4-6 (Optional Dives)</p> <ul style="list-style-type: none"> • Any valid dive may be performed. See page 8 for more details. <p>Additional Requirements</p> <ul style="list-style-type: none"> • Four dive directions must be presented somewhere in the 6-dive list. <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
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1m	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 * Dives 102, 5121, 5111, 5211, 5311, 5411 are not allowed
3m	Any Valid Dive: First 4 dives DD limit 7.6 Last 3 dives no DD limit * Dives 102, 204, 5121, 5111, 5211, 5311, 5411 are not allowed
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+

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