



# Technical Regulations

# ASPIRE

## REVISION HISTORY

Version Number	Revision Date dd/mm/yyyy	Summary of Changes	Updated By
1	06/12/2025	Initial Documentation Creation	Andreea Marinescu
2	06/01/2026	Eligibility requirement updates	Andreea Marinescu
3	16/01/2026	Reconfiguration of Skills table, Aspire 2C List requirements.	Andreea Marinescu
4	07/05/2026	Clarification of terms, layout to remove general rules.	Andreea Marinescu

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# 1 Aspire Competitions

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## 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

- A diver born in 2017 or later (9 years old or younger) must compete in the same age group (either E or D) across all events (1m, 3m, and platform).
  - They may choose to compete in E on all events or D on all events, but they are not permitted to mix categories.
  - For example, a diver cannot compete in D on 1m and 3m, and E on platform, or any other combination that involves both D and E categories.
- Aspire competitions are open to all registered competitive divers in Provincial/National Registration system. With the exception of Dive Ontario High performance athletes listed from september 2025-March 2026:
  - National finalists from the immediate prior season 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, they will not receive any awards.
- Athletes who achieve a NQS may not participate in aspire provincials.
  - With the exception of Group D divers
    - Divers who achieve a NQS on 1m springboard only; may continue to compete at all Aspire meets as exhibition including aspire provincials.
    - Divers who achieve a NQS on 3m or Platform are no longer eligible for Aspire. They may compete as exhibition at all Aspire meets except 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.
- All instructors and coaches, regardless of certification level, who is coaching on deck at a competition must be insured as a coach in Provincial/National Registration system.

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## 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.

## 1.5 Events

1. Aspire I and Aspire II
2. 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

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- 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 – starting positions may vary (standing or hurdle allowed. Option to do armswing). Arms may be up or down on entry with no score penalty.
    - 100 – A, B, and C
    - 200 – A, B, and C
  - Line-ups – option to do seated or standing starting posture, open or closed positions. Open positions arms can be down, up, or to the sides in the starting posture. Arms must be above head on entry or will receive max 4.5 score.
    - 001A, B, and C
    - 002A, B, and C



## 3 Aspire I

### 3.1 Aspire I General Rules

- For Aspire 1 events all 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.
- For all Age groups:
  - 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 must be present) (101c, 401c, 201c, 103c, 202c, 402c)
  - When a 7th and 8th dive is introduced 4 directions must be present in the list. A direction may not be repeated more than twice. If an athlete cannot do a fourth direction, they may perform a skill or a skill. (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
- Feet first entries not permitted unless it's a jump skill or handstand on 5m, 7m, or 10m.
- Handstand holding will be judged as normal (show control)
- 611abc on any height can have an arms up or arms down entry with no score penalty.
- 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
<b>E (9 &amp; under)</b>	4	101C, 201C, 401C Only these three dives allowed. Platforms allowed: 3m (5m allowed if facility hosting has no 3m)	Mix of skills & dives (up to 2 dives only) <b>ALLOWED:</b> 4 rounds = 4 skills	Skills = 1.0 Dives = 1.6



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



<b>Men 19-49 1m/3m</b>	7	Any Valid Dive	7 different dives	Skills = 1.0 Dives = WA DD
<b>Men 19-49 Platform</b>	6	Any Valid Dive All dives must be from <b>5m or higher.</b>	6 different dives	Skills = 1.0 Dives = WA DD
<b>Men 50+ 1m/3m</b>	5	Any Valid Dive	5 different dives	Skills = 1.0 Dives = WA DD
<b>Men 50+ platform</b>	5	All dives must be from <b>5m or higher.</b> <b>50+ Special Rules:</b> <ul style="list-style-type: none"> <li>• 10m dives must be foot-first.</li> <li>• 10m dives may not exceed DD 2.0.</li> </ul>	5 different dives	Skills = 1.0 Dives = WA DD



## 4 Aspire II

### 4.1 Aspire II has no gender inclusive categories

### 4.2 Age Group E (9 & under)

- 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**
  - Divers are required to perform **3 dives in the following order: 401C, 101C, 201C, 301C with one dive being dropped.**
  - Fourth dive can be **401C, 101C, 201C,301c** as long as its not repeated, or 102c (1m only), or 103c(any board), or 202c (1m only), or 402c (1m and 3m tower only) or 403c (3m springboard only). If none of these dives can be done, a skill can be done as the 4<sup>th</sup> round with a DD of 1.0
- Platform entries: if two entries are performed one must be front and one must be back (001 &002). Two front or back entries are not allowed.
  - If one entry is performed it may be front or back

Event	Requirements	Permitted Dives
<b>1m</b>	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	Must be in order: pick 4 total: First 3 dives must be picked from:401C, 101C, 201C, 301C Last dive may be dive listed above that was not already listed or: 102C, 103C, 202C, 402C 4 <sup>th</sup> round a skill may be performed for DD 1.0
<b>3m</b>	4 rounds: 3+1 Same as above	Must be in order: pick 4 total: First 3 dives must be picked from:401C, 101C, 201C, 301C



		<p>Last dive may be dive listed above that was not already listed or: 103C, 403C</p> <p>4<sup>th</sup> round a skill may be performed for DD 1.0</p>
<b>Platform</b>	<p>6 rounds: 2 jumps + 2 entries + 2 dives OR 2 jumps + 1 entry + 3 dives 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>If 2 entries are performed in round 3 &amp; 4 2 directions must be performed</p>	<p>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</p> <p>Dives must be in order listed and chosen from: 401c, 101c, 201c, 301c only one of: 103c, or 402c*3m only, or 403c*5m only</p>

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

- **Feet-First Entries:** Allowed on 1m springboard.

**List of optionals permitted on 3m Platform (WA DD from 5m applied):**

- Permitted dives:
- 202c – 1.5, 202b – 1.6, 202a 1.7
- 203c – 2.0
- 204c – 2.2
- 302c – 1.6
- 103b – 1.7
- 104c – 2.2
- 104b – 2.3
- 402c – 1.6
- 403c – 2.2
- 5122d – 1.9
- 5221d – 1.7
- 5223d – 2.3
- (Arms must be down for feet first entries)

**IMPORTANT: “Any Valid Dive”** refers to any dive (head-first or feet-first) listed in the WA DD table: [WA DD Table](#) Except for:

- **NOT VALID DIVES**



- Feet-first entries not allowed 3m springboard or 5m, 7m, and 10m platform.
- only exception is 404c. 404c is valid on 3m springboard and 5m platform only.
- 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. We see the value as a lead up.

- 5 rounds = 4 dives + 1 Skill, or 5 dives
- No repeating dives
- First 4 rounds DD 1.6
- Round 5 World Aquatics DD for dive. OR 1.0DD for a 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.**

We strongly stress the importance of variability, as it is essential for developing well-rounded, adaptable, and resilient athletes.

If an athlete cannot perform a fourth direction, they will receive a **1.0 DD penalty**, as this is considered a required skill.

- **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.
- **Skills jumps arms up or down on entry with no score penalty.**

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

Round	Allowed Dives	DD
<b>1<sup>st</sup> Round</b>	401c or 101c	1.6
<b>2<sup>nd</sup> Round</b>	101c or 201c	1.6
<b>3<sup>rd</sup> round</b>	201c or 301c	1.6
<b>4<sup>th</sup> round</b>	301c or 103c	1.6
<b>5<sup>th</sup> round</b>	or any valid dive in <a href="#">WA DD Table*</a> or any skill from Skill table on page 4	WA DD if valid dive Skill DD 1.0



	<ul style="list-style-type: none"><li>* Dives 102, 5121, 5111, 5211, 5311, 5411 are not allowed</li><li>* 204 not allowed on 3m springboard, 5m+</li></ul>
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## 4.4 Aspire II – Group C (12-13) Specific Rules

- **Feet-First Entries:** Allowed on 1m springboard.
- **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 1m, 3m, and platform.**
  - 6 rounds = 6 dives
  - 1m: 4 compulsories + 2 optionals
  - 3m springboard and platform: 3 compulsories + 3 optionals
  - No repeating dives
  - WA DD applied to all events, all dives.
  - Platform
    - first 3 rounds must be on 5m, or 7m.
    - rounds 4, 5, and 6 allowed on 3m, 5m, 7m platform.
    - 10m not permitted to use.

### List of optionals permitted on 3m Platform (WA DD from 5m applied):

- Permitted dives:
  - 202c – 1.5, 202b – 1.6, 202a 1.7
  - 203c – 2.0
  - 204c – 2.2
  - 302c – 1.6
  - 103b – 1.7
  - 104c – 2.2
  - 104b – 2.3
  - 402c – 1.6
  - 403c – 2.2
  - 5122d – 1.9
  - 5221d – 1.7
  - 5223d – 2.3
- Arms must be down on feet first entries.

**IMPORTANT: “Any Valid Dive”** refers to any dive (head-first or feet-first) listed in the WA DD table: [WA DD](#) Except for:

- **NOT VALID DIVES**



- Feet-first entries not allowed 3m springboard or 5m, 7m, and 10m platform.
  - only exception is 404c. 404c is valid on 3m springboard and 5m platform.
  - 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. We see the value as a lead up.

Event	Requirements
<b>1m</b>	6 rounds: First 4 rounds, in order, must be selected from: <ol style="list-style-type: none"> <li>1. 401acb WA DD</li> <li>2. 101cb or 103cb WA DD</li> <li>3. 201cb WA DD</li> <li>4. 301cb WA DD</li> </ol> Round 5 & 6 can be any valid dive * Dives 102, 5121, 5111, 5211, 5311, 5411 are not allowed
<b>3m</b>	Rounds 1-3 (Compulsory Dives) <ul style="list-style-type: none"> <li>• Choose from the following dives: 401acb, 403cb, 101cb, 103cb, 201cb, 301cb. The dives must follow this order of execution: 400→100→200→300 with one dive removed.</li> </ul> Rounds 4-6 (Optional Dives) <ul style="list-style-type: none"> <li>• Any valid dive may be performed.</li> </ul> Additional Requirements <ul style="list-style-type: none"> <li>• Four dive directions must be presented somewhere in the 6-dive list.</li> </ul> * Dives 102, 5121, 5111, 5211, 5311, 5411 are not allowed
<b>Platform</b>	Rounds 1-3 (Compulsory Dives) <ul style="list-style-type: none"> <li>• 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.</li> </ul> Rounds 4-6 (Optional Dives) <ul style="list-style-type: none"> <li>• Any valid dive may be performed. See above for more details.</li> </ul>

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

- **Feet-First Entries:** Allowed on 1m springboard.
- **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:**
  - 1m - 8 rounds: 4 compulsories + 4 optionals
    - Must cover 5 groups
  - 3m springboard and platform - 7 rounds: 4 compulsories + 3 optionals
    - Must cover minimum 4 groups
  - No repeating dives
  - WA DD applied to all events all dives.
  - Platform
    - first 4 rounds must be on 5m, or 7m.
    - rounds 5, 6, and 7 allowed on 3m, 5m, 7m platform.
    - 10m not permitted to use.
  - 10m not permitted to use.

### List of optionals permitted on 3m Platform (WA DD from 5m applied):

- Permitted dives:
- 202c – 1.5, 202b – 1.6, 202a 1.7
- 203c – 2.0
- 204c – 2.2
- 302c – 1.6
- 103b – 1.7
- 104c – 2.2, 104b – 2.3
- 402c – 1.6
- 403c – 2.2
- 5122d – 1.9
- 5221d – 1.7
- 5223d – 2.3

**IMPORTANT: “Any Valid Dive”** refers to any dive (head-first or feet-first) listed in the WA DD table: [WA DD](#) Except for:

- **NOT VALID DIVES**
  - Feet-first entries not allowed 3m springboard or 5m, 7m, and 10m platform.
    - only exception is 404c. 404c is valid on 3m springboard and 5m platform.
  - 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. We see the value as a lead up.



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

Event	Requirements
<b>1m</b>	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
<b>3m</b>	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
<b>Platform</b>	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+

## 4.6 Aspire II – Group A (16-18) Specific Rules

- **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:**
  - 1m - 8 rounds: 5 compulsories + 3 optionals
    - Must cover 5 groups
  - 3m springboard - 8 rounds: 4 compulsories + 4 optionals
    - Must cover 5 groups
  - Platform – 8 rounds: 4 compulsories + 4 optionals
    - Must cover minimum 5 groups
    - Platform
      - first 4 rounds must be on 5m, or 7m.
      - rounds 5, 6, 7, and 8 allowed on 3m, 5m, 7m platform.
      - 10m allowed
- No repeating dives
- **WA DD** applied to all events all dives.
- **Feet-First Entries:** Allowed on 1m springboard.
- **List of optionals permitted on 3m Platform (WA DD from 5m applied):**
  - Permitted dives:
    - 202c – 1.5, 202b – 1.6, 202a 1.7
    - 203c – 2.0



- 204c – 2.2
- 302c – 1.6
- 103b – 1.7
- 104c – 2.2, 104b – 2.3
- 402c – 1.6
- 403c – 2.2
- 5122d – 1.9
- 5221d – 1.7
- 5223d – 2.3

**IMPORTANT: “Any Valid Dive”** refers to any dive (head-first or feet-first) listed in the WA DD table: [WA DD](#) Except for:

**NOT VALID DIVES**

- Feet-first entries not allowed 3m springboard or 5m, 7m, and 10m platform.
  - only exception is 404c. 404c is valid on 3m springboard and 5m platform.
- 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. We see the value as a lead up.

	<b>1m</b>	<b>3m</b>	<b>Platform</b>
<b>Event Requirements</b>	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