DIVE ONTARIO

Technical Regulations

ASPIRE

REVISION HISTORY

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1 TERMINOLOGY

DPC refers to Diving Plongeon Canada

WA refers to World Aquatics

DD refers to Degree of Difficulty

NQS refers to National Qualifying Score

2 REGISTRATION & RULES OF GENERAL APPLICATION

2.1 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.

2.2 Eligibility & Exhibition Criteria

2.2.1 Eligibility

- Athletes who did not advance to the finals on any board at Nationals in the previous season and who have not yet qualified for Nationals on any board in the current season.
- All participating athletes must be registered as Competitive Divers in the registration system.

2.2.2 National Qualification

- Once an athlete qualifies for Nationals during the current season on any board, they are no longer eligible to participate in ASPIRE competitions.

2.2.3 Exhibition and Visitors

- Exhibition participation is not permitted at ASPIRE competitions.
- Athletes visiting from another province or country compete under the same conditions as Ontario athletes.
- Visiting athletes do not compete as exhibition. They are eligible to place and receive awards, and their results count toward the official standings.
- Visiting athletes may take a placing or award that would otherwise go to an Ontario athlete. Ontario athletes will receive the placing and award

corresponding to their actual final ranking after all athletes, including visitors, are included.

2.2.4 Invitationals

- Masters events to be spread across different days and combined with ASPIRE I A's
- Inspire events are optional events host clubs can choose to include.
  - As Inspire events are optional, the host club may determine the judging panel in consultation with the Meet Referee. At least one Official must be on deck during the Inspire event to ensure the event runs smoothly; however, the Official is not required to serve as a judge.

2.2.5 Ontario ASPIRE Provincial Championships

- Ontario ASPIRE Provincial Championships will include ASPIRE I & II and masters events.
- Ontario ASPIRE Provincial Championships will not include Inspire Events.
- Dive Ontario will provide medals for presentation to the first, second and third place finishers in each event at the Ontario ASPIRE Provincial Championships.
- Dive Ontario will provide ribbons for presentation to the fourth, fifth and sixth place finishers in each event at the Ontario ASPIRE Provincial Championships.
- Visitors shall be entitled to receive any medals or ribbons which they earn as a result of their placing in the events.

2.3 Coach & Instructor Requirements

- All coaches must be listed on the registration form submitted to the host club. Changes to coaching staff should be communicated to the host club before the competition.
- All instructors who are trained and certified instructor beginner coaches, must list their supervisor on the registration form.
- All instructors and coaches, regardless of certification level, who coach on deck at a competition must be insured as a coach in the registration system.

2.4 Diver Registration & Attendance

- All divers must be registered as Competitive Divers with Dive Ontario at least 14 days before any Dive Ontario–sanctioned competition.
- Clubs must register divers by the registration deadline (2 weeks prior to the competition). Late registrations will be subject to a late fee in accordance with the Dive Ontario Finance Policy.

- A diver that is registered for an ASPIRE Competition, 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 registered and insured coach in the registration system, or otherwise eligible under Diving Plongeon Canada (DPC) rules.

2.5 Invitational Events

1. ASPIRE I and ASPIRE II
2. Masters
3. Inspire (optional – decided by host club)
   - Inspire events are not to be combined with ASPIRE or masters
   - Judges for Inspire events: To be decided by host club and meet Ref.
   - Eligible Judges can be found in section 4.2.

2.6 Rulebook References

The ASPIRE competitions use DPC and WA rules as a framework, with modifications intended to support athlete development and progression.

3 OUTSTANDING ASPIRE AWARDS

3.1 Outstanding ASPIRE Diver – E & D:

- When 3m platforms are unavailable at the Ontario ASPIRE Provincial Championships, the Outstanding Diver will be determined using the athlete's best two event scores.
- When 3m platforms are available at the Ontario ASPIRE Provincial Championships, the Outstanding Diver will be determined using the athlete's three event scores.

3.2 Outstanding ASPIRE Diver – C, B & A:

Divers must compete in all three events at the Ontario ASPIRE Provincial Championships to be eligible for the award, which is determined using cumulative points from all three events

3.3 Outstanding Coach Award

The Outstanding Coach of the Year shall be the coach who accumulates the most points at the Ontario ASPIRE Provincial Championships, where each athlete named as the Outstanding Diver represents one point.

In the event of a tie, more than one coach will receive recognition. This coach(es) will be named “ASPIRE Coach of the Year”.

3.4 ASPIRE Team Ontario Eligibility

1. Must be a registered Ontario Competitive Diver.
2. Does not apply to "E" Age group.
3. Must be registered and compete in all 3 events at the Ontario ASPIRE Provincial Championships.
4. Must achieve a Standard Point Score in 2 events from the Table below.
5. The athletes who meet the criteria above, will be ranked according to their single highest percentage over the Standard Point Score. A maximum of 10 athletes will be named to ASPIRE Team Ontario.

	1m	3m	Platform
Group D	160	160	160
Group C	195	205	205
Group B	240	245	255
Group A	280	290	285

4 COMPETITION MANAGEMENT

4.1 HOST CLUB RESPONSIBILITES

ASPIRE Competition hosts shall use the standardized competition package available through Dive Ontario. This competition package must be submitted to Dive Ontario 8 weeks prior to the competition for approval. Once approved, Dive Ontario will distribute to all member Clubs and Officials and post on the Dive Ontario website 6 weeks prior to the competition.

Both Dive Ontario and the Host Club will adhere to the responsibilities as outline in the Dive Ontario Competition Hosting Agreement.

4.2 DIVE ONTARIO RESPONSIBILITES

The Dive Ontario Board delegates responsibility for hosting the Ontario ASPIRE Provincial Championships according to the set rotation. The respective responsibilities of Dive Ontario and the host club shall be determined by agreement between Dive Ontario and the host club.

Both Dive Ontario and the Host Club will adhere to the responsibilities as outline in the Dive Ontario Competition Hosting Agreement.

5 SKILLS BANK

- The skills listed below apply to all age groups in Inspire and ASPIRE I. Skills are prohibited off 7m and 10m platforms.
- Skills:
    - Jumps – starting positions may vary (standing or hurdle allowed. Option to do armswing). Arms must be up on entry. Arms down will result in a score penalty of Max 4.5.
        - 100 – A, B, and C
        - 200 – A, B, and C
    - Line-ups – option to do seated or standing starting position, 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

6 AGE GROUP REQUIREMENTS

6.1 Common Regulations

The following rules apply to Inspire, ASPIRE I, and ASPIRE II, unless otherwise specified.

6.1.1 Dive Restrictions

The following dives are not permitted in Inspire, ASPIRE I, or ASPIRE II:

- 101A
- 201A
- 5X11

6.1.2 Twisting Dive Restrictions

- Dives beginning with 51XX or 54XX must end in an even number.
- Dives beginning with 52XX or 53XX must end in an odd number.

6.1.3 Entry Requirements

- Jump skills: Arms must be up on entry. A maximum score of 4.5 will be awarded if the arms are not up on entry.

- Optional dives with a feet-first entry: Arms must be down on entry. A maximum score of 4.5 will be awarded if the arms are not down on entry.
- 611 exception: Arms may be up or down on entry with no score penalty.

6.1.4 Degree of Difficulty (DD)

- DPC DDs will be used unless otherwise specified.
- Our rules follow DPC's degree of difficulty (DD) values. Therefore, any changes made by DPC to dive DDs will automatically apply to Dive Ontario's rules and take effect at the same time, throughout the year.
    - All skills have a DD of 1.0, unless otherwise specified.
    - If a 3m platform is used, the 5m DPC DD will be used.

6.1.5 Dive Repetition

- Dives may not be repeated.
- Skills may be repeated in different positions where permitted by the applicable Skills Bank.

6.1.6 Age Group Platform Usage

Age Group	Available Platforms
E	3m & 5m
D	3m & 5m
C	3m, 5m & 7m
B	5m, 7m & 10m
A	5m, 7m & 10m

7 INSPIRE REGULATIONS

The following rules apply to Inspire.

6. Inspire is a gender-inclusive competition.
7. All age groups (A, B, C, D, and E) compete together.
8. Athletes perform skills and compulsory dives.
9. Skills are selected from the Skills Bank. (Section 3)
10. All compulsory dives must end in "01."
11. All compulsories and optionals must comply with section 6.1.

12. Inspire events are optional and may be offered by host clubs.
13. Inspire events must be held separately and may not be combined with ASPIRE I, ASPIRE II, or Masters events.
14. If an additional day/night is required for inclusion of Inspire events, only Inspire events may run on that day (ASPIRE & Masters are to run on Saturday and Sunday only).
15. There must be a P2+ official on deck to supervise.

7.1.1 Inspire Judging

1. Inspire events will be judged by three judges.
2. Judges may be selected from the following groups:
   - National Level A Divers (16+ by end of current diving season)
   - Senior Divers (18+)
   - Coaches
   - Officials if available

8 ASPIRE I REGULATIONS

The following rules apply to ASPIRE I.

1. All age groups (A, B, C, D, and E) compete in separate boys' and girls' categories.
2. Athletes perform skills, compulsory dives, and optional dives.
3. Skills are selected from the Skills Bank.
4. All compulsory dives must end in "01."
5. All compulsories and optionals must comply with section 6.1
6. All compulsory dives must be from different dive groups.
7. All optional dives must be from different dive groups.
8. E dives must be selected from the approved E dive list.
   - Approved E dives have a DD of 1.6.

9 ASPIRE II REGULATIONS

The following rules apply to Apsire I.

1. All age groups (A, B, C, D, and E) compete in separate boys' and girls' categories.
2. ASPIRE II athletes do not perform skills.
3. Compulsory dives may be any dive that meets the applicable maximum DD requirement and complies with section 6.1.
4. All optional dives must be from different dive groups.
5. E dives must be selected from the approved E dive list.
6. Approved E dives have a DD of 1.6.

7. Additional ASPIRE II requirements for compulsory and optional dives are outlined in the ASPIRE II Event Structure and DD Requirements section.

10 SPECIFIC E (INSPIRE & ASPIRE) REGULATIONS

The following rules apply to Group E (Inspire & ASPIRE).

1. All compulsory and optional dives must be selected from the following list on all 3 events:
    - 401C
    - 101C
    - 201C
    - 301C
    - 102C (1m only)
    - 103C

2. Additional rules:
    - All E compulsory and optionals are assigned a DD of 1.6.
    - 102C and 103C may not both appear on the same dive list.

11 INSPIRE & ASPIRE REGULATIONS TABLE

All Rules in above sections apply

Age Group	Inspire	ASPIRE I	ASPIRE II
E	**4 rounds:** Round 1: Skill Round 2: Skill Round 3: Skill Round 4: Skill	**4 rounds:** Round 1: Skill Round 2: Skill Round 3: compulsory (must be X01) Round 4: Optional from section 10	**4 rounds:** Round 1: 401c Round 2: 101c Round 3: compulsory (must be X01 from section 10) Round 4: Optional from section 10
D	**4 rounds:** Round 1: Skill Round 2: Skill Round 3: Skill Round 4: compulsory (must be X01)	**5 rounds:** Round 1: Skill Round 2: Skill Round 3: compulsory (must be X01) Round 4: compulsory (must be X01) Round 5: Optional	**5 rounds:** Round 1-3: any 3 compulsories with a max DD of **5.4** on 1m, 3m, and platform Round 4-5: 2 optionals no max DD
C	**5 rounds:** Round 1: Skill Round 2: Skill Round 3: Skill Round 4: compulsory (must be X01) Round 5: Optional	**5 rounds:** Round 1: Skill Round 2: compulsory (must be X01) Round 3: compulsory (must be X01) Round 4: Optional Round 5: Optional	**6 rounds:** Round 1-4: Any 4 compulsories with a maximum combined DD of **7.0** on 1m springboard, or **7.6** on 3m springboard and platform. Round 5-6: 2 optionals
B	**5 rounds:** Round 1: Skill Round 2: Skill Round 3: compulsory (must be X01) Round 4: compulsory (must be X01) Round 5: Optional	**5 rounds:** Round 1: compulsory (must be X01) Round 2: compulsory (must be X01) Round 3: compulsory (must be X01) Round 4: Optional Round 5: Optional	**7 rounds:** Round 1-4: Any 4 compulsories with a maximum combined DD of **7.0** on 1m springboard, or **7.6** on 3m and Platform. Round 5-7: 3 optionals
A	**5 rounds:** Round 1: Skill Round 2: Skill Round 3: compulsory (must be X01) Round 4: compulsory (must be X01) Round 5: Optional	**6 rounds:** Round 1: compulsory (must be X01) Round 2: compulsory (must be X01) Round 3: compulsory (must be X01) Round 4: Optional Round 5: Optional Round 6: Optional	**8 rounds:** Round 1-4: Any 4 compulsories with a maximum combined DD of **7.0** on 1m springboard, or **7.6** on 3m and Platform. Round 5-8: 4 optionals

12 MASTERS DIVE REGULATIONS

The following rules apply to Masters.

12.1 General Regulations for all Masters age categories:

1. All dives performed must have a different dive number.
2. No minimum number of groups need be represented (a competitive list may consist of all twisting dives).
3. 100, 200, 001, 002 are allowed in any position, on any board with a D.D. of 1.0.
4. Forward facing dives can be performed with or without running approach.

12.2 Springboard/Platform Requirements

1. Dives may be performed in any order but must be in the order as submitted to the meet manager on the dive sheet.
2. All dives must be performed on the 5m tower or above.
    a. Special rules for 50 & over:
        1. Dives performed from 10 meter must be foot-first dives.
        2. Dives performed from 10 meter must not exceed a degree of difficulty of 2.0.

12.2.1 AGE CATEGORY 19-49 YEARS

Board	Men	Women
1m	7	6
3m	7	6
Tower	6	6

12.2.2 AGE CATEGORY 50 YEARS AND OVER

Board	Men	Women
1m	6	5
3m	6	5
Tower	5	5