

2026 USA DIVING JUNIOR NATIONAL CHAMPIONSHIP QUALIFICATION CRITERIA AND COMPETITION FORMAT

Morgantown, West Virginia

July 29-August 4, 2026

USA Diving will host the 2026 USA Diving Junior National Championships in Morgantown, West Virginia. This premier junior competition will see participation from the top junior athletes in the United States to crown the 2026 Junior National Champions.

Eligibility for Individual Events at the 2026 USA Diving Junior National Championships:

Athletes will qualify to individual events at the 2026 USA Diving Junior National Championships according to the formulas outlined in the USA Diving Rulebook. A complete list of National Qualifiers will be available on DiveMeets.com after the conclusion of the East, West and Central Championships. Athletes may participate only in the event(s) that they have qualified for. For questions about qualification, please contact riley.mcnichols@usadiving.org.

Synchronized Events at the 2026 USA Diving Junior National Championships:

The following synchronized events will be contested at the 2026 USA Diving Junior National Championships:

- 14-18 Girls Synchronized 3-Meter
- 14-18 Girls Synchronized Platform
- 14-18 Boys Synchronized 3-Meter
- 14-18 Boys Synchronized Platform

To be eligible to participate in these events, athletes must:

- To be eligible to compete in synchronized diving events, at least one diver on a synchro team must be qualified in at least one individual event to the preliminaries of the Junior National Championship.
- Be AQUA Aged 14-18 (**AQUA 19 athletes may compete as long as the athlete does not turn 19 years old by the date of the event. Synchro pairs with an AQUA 19 athlete will not be considered for Junior Pan Am selection.*)
- Meet the minimum degree of difficulty requirements outlined in the chart below :3

	14-18 Synchronized 3-Meter	14-18 Synchronized Platform
Girls	12.3 (8.3 for three optionals)	11.7 (7.7 for three optionals)
Boys	12.6 (8.6 for three optionals)	12.3 (8.3 for three optionals)

Registration for the 2026 USA Diving Junior National Championships:

Athletes and Coaches must have Eligible USA Diving memberships, and they shall register for the event through [DiveMeets.com](https://dive-meets.com). Late fees will go into effect at 5 PM EST on July 16th, 2026. Online registration will still be available after 5 PM EST on July 16th, 2026, with a \$100/diver late fee and \$50/coach late fee.

Contested Events:**INDIVIDUAL EVENTS (1-meter, 3-meter, platform)**PRELIMINARIES

Preliminaries for four Age Groups (11&U, 12-13, 14-15, and 16-18) in both genders will be conducted for a total of 24 Preliminary events.

Athletes placing 1-12 at each Preliminary will advance to the corresponding Final.

FINALS

Finals for four Age Groups (11&U, 12-13, 14-15, and 16-18) in both genders will be conducted for a total of 24 Final events.

All athletes participating in a Final will be recognized in an Awards Ceremony.

SYNCHRONIZED EVENTS

Four synchronized events will be conducted with open registration, given that registered athletes meet the three requirements listed above.

Awarding Team Points:

For Individual Events, Team Points will be awarded according to the USA Diving Rulebook.

For Synchronized Events, Team Points will be awarded to the Top 12 synchronized teams following the guidelines for Individual Team Points identified by the USA Diving Rulebook.

Naming Coach of Record:

All athletes must identify both a "Coach of Record" and a "Coach on Deck" when they register for Junior Nationals on DiveMeets.com. Please note, your "Coach of Record" indicates the coach that would accompany you to international competition were you to qualify.