2026 USA Diving Winter National Championships

Eligibility Criteria and Team Selections
December 11-15, 2026
O'Shaughnessy Diving Center
Midland, TX
(Amended October 26, 2026)

USA Diving will host the 2026 USA Diving Winter National Championships in Midland, TX. This competition will also serve as a domestic selection event for select 2027 international competitions. Prior to Winter Nationals, USA Diving will publish preliminary notices identifying which international events are expected to use Winter Nationals as a qualifying meet. Once official information bulletins are released by the respective organizing committees, USA Diving will finalize and publish the event-specific selection procedures. Both preliminary notices and official selection procedures will be posted in the Selection Procedures section of the USA Diving website.

Please note: The USA Diving Winter National Championship is a national team qualifying event, thereby meeting the criteria of NCAA bylaw 16.8.1.2 (a).

Team and Squad selections

a. 2027 events as decided by the High Performance Department

Contested events

a. 1-meter, 3-meter, 10-meter (preliminaries and finals)
b. Synchronized 3-meter, Synchronized 10-meter (preliminaries and finals)

Please see the Event Page on the USA Diving website for the most up to date information.

Entry deadline: Registration will be done through Divemeets.com. All Athletes, Coaches, Staff and other Participants must have current USA Diving memberships. Late fees will go into effect at 5 p.m. ET on November 24, 2026. Online registration will still be available after 5 p.m. ET on November 24, 2026, with a $100/diver late fee.

ELIGIBILITY TO PARTICIPATE

Individual Events (U.S. Citizens)

Diver must:

a. Be a member in good standing of USA Diving
b. Meet the standards for eligibility to compete

Qualification Criteria:

a. Current National Team Members are eligible to compete in any event
b. Current Junior High Performance Squad Members who meet the following:

    i. On 1-meter and 3-meter springboard events, Junior High Performance Squad Members must meet the minimum degree of difficulty requirements.

    ii. On platform, Junior High Performance Squad Members must perform all dives from the 10-meter platform, but do not need to meet the minimum degree of difficulty requirement. However, no more than two voluntary dives may be included in the diver's list. Junior divers registering with voluntaries who do not meet the minimum DD should sign up with an incorrect list and email Mike Retcher at michael.retcher@usadiving.org.

c. Divers who have achieved the minimum score listed in Table 1 at one of the competitions listed in Table 2 will be eligible to compete in that event. This includes the Winter Nationals Qualifier occurring December 9-10, 2026.

    i. Divers do not need to meet the minimum degree of difficulty when obtaining the qualifying score but must meet the DD requirements outlined below to enter the 2026 Winter Nationals.

    ii. Divers at NCAA events or Junior Nationals (Group A and B – optionals only) do not need to perform all dives on 10-meter when obtaining the qualifying score on platform but must compete all dives from the 10-meter at the 2026 Winter Nationals. Note, to be considered for team selection, Group A & B divers MUST meet the degree of difficulty requirements.

d. *(Amendment/added October 26, 2026)* The top placing U.S. citizen in each individual 1-meter and 3-meter event at the 2026 NCAA Division II and Division III Diving Championships is eligible to compete in the corresponding event at the 2026 USA Diving Winter National Championships, provided the athlete achieved the applicable minimum qualifying score on six optional dives (Table 1) during the championship final. To enter the 2026 Winter Nationals, athletes must meet the minimum degree of difficulty requirements in Table 3.

Athletes may participate only in the event(s) that they have qualified for. Athletes wishing to qualify for additional events may participate in those events at the 2026 USA Diving Winter National Championship Qualifier, which will take place December 9-10, 2026.

The list of Qualified Athletes based on the above Criteria can be found on DiveMeets.

Individual Events (Non-U.S. Citizens)

Divers must:

a. Meet qualification criteria and standards of eligibility to compete.

b. Be a member in good standing of their home federation and have permission from their federation to compete. A request from the Federation must be submitted to Mike Retcher (michael.retcher@usadiving.org) for approval. All requests received by 5 p.m. ET on November 16, 2026 will receive full consideration for approval; any requests received after the deadline will be subject to review at USA Diving's discretion.
In cases where a non-U.S. citizen holds lawful permanent residency in the United States and is not currently affiliated with a foreign federation, USA Diving may approve eligibility directly without requiring a federation letter.

c. Be a current USA Diving member in good standing.

Qualification Criteria:

a. Divers, including junior-aged non-U.S. citizens who hold lawful permanent residency in the United States and reside and train in the U.S., will be eligible to compete in a specific event if they have achieved the minimum score in Table 1 at one of the following events:
   i. 2025 or 2026 NCAA Division I Zone Championships, NCAA Division I National Championships, or approved Conference Championships
   ii. Home country's National Championships (2025 or 2026)
   iii. 2025 or 2026 World Aquatics Event (World Championship, World Cup Series, or AQUA Recognized Event)
   iv. USA Diving Junior Nationals (2025 or 2026), USA Diving Winter Nationals Qualifier (2025, 2026), or USA Diving Winter Nationals (2025)
   v. If the score was achieved at a.) ii/iii above, the diver must submit proof of score by 5 p.m. ET on November 16, 2026 to Mike Retcher (michael.retcher@usadiving.org).

c. Divers do not need to meet the minimum degree of difficulty when obtaining the qualifying score but must meet the DD requirements outlined below to enter the 2026 Winter Nationals.

d. Divers at NCAA meets or Junior Nationals (Group A and B- optionals only) do not need to perform all dives on 10-meter when obtaining the qualifying score but must compete all dives from 10-meter at the 2026 Winter Nationals.

Synchronized Events (U.S. Citizens)

Both divers must:

a. Be citizens of the United States

b. Be members of good standing of USA Diving

c. Meet minimum degree of difficulty standards outlined in Table 4 below

**Divers may compete with up to two partners per event*

Synchronized Events (Non-U.S. Citizens)

Both divers must:

a. Be citizens of the same country.

b. Have permission from their home federation to compete in the USA Diving Winter Nationals. A request from the federation must be submitted to Mike Retcher (michael.retcher@usadiving.org) for approval. All requests received by 5 p.m. ET on November 16, 2026 will receive full consideration for approval; any requests received after the deadline will be subject to review at USA Diving's discretion

In cases where a non-U.S. citizen holds a lawful permanent residency in the United States and is not currently affiliated with a foreign federation, USA Diving may approve eligibility directly without requiring a federation letter.

c. Meet minimum degree of difficulty standards outlined in Table 4 below.

d. Be members in good standing of USA Diving.

STANDARDS FOR ELIGIBILITY

Table 1: Minimum qualifying score requirements for event eligibility 2026 Winter Nationals

EVENT	Senior Women (USA Diving Events)	Senior Women (NCAA Events)	Senior Men (USA Diving and NCAA Events)
1-meter	235 (47/opt)	282 (47/opt)	318 (53/opt)
3-meter	260 (52/opt)	312 (52/opt)	360 (60/opt)
Platform	250 (50/opt)	250 (50/opt)	330 (55/opt)

Junior Standards				
EVENT	**Group A Girls**	**Group A Boys**	**Group B Girls**	**Group B Boys**
1-meter	188 (47/opt)	265 (53/opt)	141 (47/opt)	212 (53/opt)
3-meter	208 (52/opt)	300 (60/opt)	156 (52/opt)	240 (60/opt)
Platform	200 (50/opt)	275 (55/opt)	150 (50/opt)	220 (55/opt)

QUALIFICATION EVENTS

For questions about specific eligibility of events, please contact leslie.adams@usadiving.org

Table 2: Competitions where a qualifying score may be achieved

NCAA Division I Zone Championships (2025, 2026)
NCAA Division I Championships (2025, 2026)
NCAA Division I Conference Championships (2025, 2026) *approved by HPD
USA Diving National Championships (2025, 2026)
USA Diving National Championships Qualifier (2025, 2026)
USA Diving Junior National Championships (2025, 2026) - Group A and B only

USA Diving Winter National Championships (2025)
USA Diving Winter Nationals Qualifier (2025, 2026)
World Aquatics Events (2025, 2026)
Additional Events to be determined by the HPD & CCE (amended 10/26) *2026 NCAA Division II and Division III Championships (subject to Individual Event [U.S. Citizens], Qualification Criteria, subsection d)*

DEGREE OF DIFFICULTY

Table 3: Eligibility to compete/minimum degree of difficulty for individual events

Event	Women	Men
1-meter	11.9	15.9
3-meter	13.7	17.2
10-meter	13.3	17.1

Note: Junior divers must perform all dives from 10-meter but are not required to meet the DD minimums. A junior diver's list may include no more than two voluntary dives. However, to be considered for international team selection, junior divers must meet the DD requirements.

Table 4 Eligibility to compete/minimum total degree of difficulty for synchronized events

Event	Women	Men
Synchronized 3-meter	12.3 (8.3 for optionals)	15.7 (11.7 for optionals)
Synchronized 10-meter	12.2 (8.2 for optionals)	15.9 (11.9 for optionals)