

## USA Diving Membership Review of CCE Recommendations/Rule Proposals for USA Diving – 2025:

1. Group D Boys and Girls Platform: In 2024, USA Diving shifted to the below for Group D Platform diving requirements (these are the same as Pan Am Aquatics dive requirements):

### Group D

- Boys and Girls Group D 3 meter springboard and 5 meter platform

The competition shall comprise six (6) different dives: four dives, voluntarily selected from four different groups with a total degree of difficulty not higher than 7.6 and two dives without degree of difficulty limit from two different groups.

Rationale: Having done so brought USA Diving in line with Pan Am Aquatics dive requirements for Group D (11-under divers) for both boys and girls. In the past, USA Group D dive requirements did not mirror what were UANA and are now Pan Am Aquatics dive requirements.

Based on rule proposals presented to the CCE and CCE discussions on Group D Platform diving in 2024; with the understanding that World Aquatics has no Group D diving requirements and that Pan Am Aquatics diving requirements are not directly in alignment with Group C World Aquatics diving requirements for Boys and Girls – the CCE recommends the following rule changes to USA Diving Group D Boys and Girls Platform (not springboard): **New proposed language in grey highlight below.**

### Group D

- Boys and Girls Group D ~~3 meter springboard and~~ 5 meter platform

The competition shall comprise six (6) different dives: four dives, voluntarily selected from ~~four~~ three different groups with a total degree of difficulty not higher than 7.6 - up to one “voluntary dive” may be a front or back lineup in any position (001, or 002) at degree of difficulty 1.0, and two dives without degree of difficulty limit from two different groups.

Rationale: Doing so allows Group D divers (beginners) to safely develop their basic platform list on 5 meter in a manner that’s more appropriate for their age group/experience level and in a way that will be more inclusive for young divers to participate in the platform event at an earlier age in the USA. There have not been many Group D divers on 5m platform in recent years. Allowing a “line up” to replace a “voluntary dive” in the platform event falls in line with the Future Champions dive progressions/skills bank that has been promoted for young and developing divers in the USA since 2006.

NOTE: Any Group D boy or girl 5-meter platform divers who want to be considered to represent Team USA at the Junior Pan Am Championships must compete a dive list that complies with the exact Pan Am Aquatics Group D Platform dive requirements (**above in green highlight**) at the Junior National Championships/Junior Pan Am Championships qualifying event.

- 2. USA Diving to introduce annual East/West/Central Championships events to replace what has been the USA Diving Preliminary event component of the current Junior National Championships format. Rationale: The USA Diving Junior Nationals requires an excessive amount of up to 3 lists per participant per event, and is an excessively long/expensive event for USA Diving Members/Coaches/Programs. The event is also concentrated with too many divers due to the excessive number of divers participating in the preliminary events. USA Diving would be better served to host ONLY quality and shorter duration championship events – from the start of the competitive season to the end of the competitive season.**

**Please see attached/proposed format/flow chart.**

**Some Details/Characteristics of the proposed USA Diving Junior East/West/Central Championships:**

Initiation of three (3) new annual USA Diving Junior events - East/West/Central Championships - to be hosted between the Zones and the Junior National Championships – knowing that the Junior National Championships often act as the Team USA international qualifier to the Junior Pan Am Championships or Junior World Championships.

Hosting USA Diving Junior East/West/Central Championship events between Junior Zones and Junior Nationals would be a solution to what is currently a large/inefficient Preliminary event experience maintained at Junior Nationals every year (600 plus divers all warming up and/or competing in early days of the Junior Nationals). MAIN OBJECTIVE: to ensure that ALL USA Diving Championship Events – from Regionals to final consolidated championship event of the season – be systematically of preferred event quality regarding athlete volume per competition day as well as warm up day.

The proposal would advance MORE athletes from each Zone than our current system (18 advance compared to 10 in springboard events, 18 advance compared to 7 in platform events), and NO ATHLETES in any event would experience a low quality or overly congested warm up or event from the start to the end of the championship season.

These events would be recognized as "East, West, Central Championships." Each event would name East/West/Central Champions (as opposed to naming "prelim places" in our current system), and qualify ADDITIONAL athletes to the Junior Nationals/International Qualifier (27 plus prequalified divers per event as opposed to 24 plus prequalified divers to what is currently our semifinals). Top 3 in each East/West/Central Championship Events would advance to the Junior Nationals/International Qualifying Event (9 athletes advancing as compared to current system that advances 6 from the preliminary events). The duration/volume of the proposed East/West/Central Championships Events would mirror the duration/volume of current Zone Championship events... recognizing that Junior Zone Championship event format is currently successful and efficient.

Two (2) of the six (6) Zones would converge in qualifying athletes to each of the East/West/Central Championship Events... just as two (2) of the twelve (12) Regionals currently converge in forming each of the six (6) Zone Championships.

First through third (1-3<sup>rd</sup>) place finishers in each of the 6 Zones (who are not already prequalified) would continue to advance per event to the Junior Nationals/International Qualifier (18 per event). Places 4-18 from each Zone would advance to the East/West/Central Championships (that's 8 more athletes advancing per Zone event than our current system regarding springboard events, and 11 more athletes per Zone regarding platform events).

Total of 27 athletes plus prequalified athletes/event would advance to the Junior National Championships/International Qualifier. The Junior National Championships would for the first time in a long time mirror the duration and event quality of the Zones for all individual events.

The Junior National Championships event would potentially include two (2) additional synchro event competition days for those particular international qualifying events that are otherwise not yet hosted at the Regional/Zone, and newly proposed East/West/Central Championship levels of competition.

The Junior National Championships would look like 3-4 competition days for ALL AGES individual events, and 2 additional competition days for all Group A/B synchro events... with potential for Group C/D synchro events to become reintroduced in the USA and hosted on those days.

Recommendation to have 2 warm up days, followed by 3-4 individual event competition days as template/format for East/West/Central Championship Events.

Recommendation would be that as the Regionals advance athletes who hit an average score of "Top 15" from their Region, the Zones advance athletes who hit an average score of "Top 18" from their Zone... this means even more athletes advance from the most highly competitive Zones.

Recommendation would be to have enough neutral judges at "finals only" East/West/Central Championships to make this event a USAD High Performance Squad Target Score qualifying event (should USA Diving High Performance Director endorse). Any athlete who may hit a Target Score in any event would potentially qualify to advance to the Junior Nationals in all events of interest (should USA Diving High Performance Director endorse). Those who would be prequalified to the Junior Nationals would have extra incentive to attend an East/West/Central Championship event in pursuit of HPS Target Score/status for the season, as this event would potentially double all Juniors' opportunity to do so with respect to the Junior calendar of events. In the past, the only Junior event an athlete was able to achieve a HPST3 score had been the Junior National Championships.

Places 1-3 (who are not already prequalified) at each Zone would continue to advance directly to Junior Nationals (18 per event). Recommendation: If athlete(s) declare no interest to advance by determined date, up to 6th place finisher from each Zone would advance to Junior Nationals. This continues to promote a "Top 3" incentive/culture to divers and coaches in the USA.

Places 1-3 (who are not already prequalified) at each East/West/Central Championships event (9 total nationwide) advance to the Junior Nationals (3 more than current system... and with training weeks between events available to them in order to prepare). If athlete(s) declare no interest to advance by determined date, up to 6th place finisher from East/West/Central Championships events would be

invited to advance to Junior Nationals. This continues to promote a “Top 3” incentive/culture to divers and coaches in the USA.

Proposal includes consideration that any East/West/Central “Average Top 3” East/West/Central finisher who does not place in the Top 3 also advance to Junior Nationals event (up to 6<sup>th</sup> place finisher).

Proposal eliminates what were the “Preliminary” events/days at Junior National Championships (that being 42 per springboard event and 24 per platform event) for all events. What were “semifinal” events at Junior Nationals (18 from Zones + 6 from prelims + prequalified divers) become new “preliminary” events at Junior Nationals (18 from Zones + 9 from East/West/Central Championships + prequalified divers).

All divers qualifying to Junior National Championships individual events would perform two (2) lists per event, no divers would be required to perform three (3) lists per event. This allows safer performance and recovery for all ages of Junior divers in all events.

Regionals events to become requirement for age Groups A and B divers ONLY. C and D divers MAY attend Regionals, and event hosts MAY schedule events for C and D divers. Regionals would continue to advance Top 15 + any who hit the average Top 15 score (Groups A & B only).

All Group C and D divers in the USA may advance automatically to any of the 6 Zones in all events of interest... ensuring that no Group C or D divers/families need to attend more than 3 USA Diving Championships events per year with respect to expenses/member costs. 3 events per year is same requirement per Group C and D divers as our current system for those who would commit to performing at the Junior Nationals/international qualifier.

Regional Team Points to be determined by Group A & B springboard divers ONLY... all other events would be exhibition (as platform events at the Regionals currently are).

Proposed Calendar: Regionals: mid April - first weekend in May. Zones: late May - first weekend in June. East/West/Central Championships late June - July 3, Junior Nationals late July - Early August.

Junior National Championships would host same day preliminary and finals for all individual events in all age groups.

Recommendation would eliminate a need for any “super venues” with 3-4 springboard stations to host a Junior Nationals event or East/West/Central Championships event. System would be more inclusive to many more venues in the USA to host major events without having to shut down their community diving well for more than 10 days for exclusive USA Diving championship event.

The Proposal does add another meet onto the USA Diving calendar year. However, attending up to four (4) meets per year would be limited to a very specific population. In this proposal, **up to 9 non-prequalified athletes per event in age Groups A and B** would be required to attend 4 events in order to compete in the individual events of the Junior Nationals. All other athletes in all age groups would

attend up to 3 or fewer events throughout the year (same number of events we have now for all age groups/events). Group C and D divers would have 1-2 required qualifying events to the Junior Nationals. Groups A and B would have 2-3 required qualifying events to the Junior Nationals. Prequalified divers would continue to have no required qualifying events to the Junior Nationals, thus remain available to attend Senior level and International level events as per their interest and training plans throughout the year.

Regarding Club expenses throughout the year: this proposal does not offer significant additional competition days (expenses) in a given year, but does offer clubs ONE additional travel expense/event in a given year. Coaches/programs would not need to split their staff/training days for Group C/D and Group A/B events as current Junior Nationals schedule requires.

Proposal increases the chances that athletes would travel less distance to the East/West/Central Championship event, on average, than they would have needed to travel to the preliminaries at a Junior National Championship event on the East or West coast. On average, there would be no additional hotel expense in a given year; though potentially one additional airline or driving expense (for the 9 per event who may advance from the East/West/Central Championships and choose to participate in the following Junior National Championships).

Questions or comments? Please direct to Sean McCarthy at [dive sean@aol.com](mailto:dive sean@aol.com).

Sincerely,  
Sean McCarthy  
CCE Chairperson