



2025 USA Diving Winter National Championships

Eligibility Criteria and Team Selections

December 12-16, 2025

O'Shaughnessy Diving Center

Midland, TX

USA Diving will host the 2025 USA Diving Winter National Championships in Midland, TX. This premier competition will see participation from the top athletes in the United States and will also serve as the domestic selection event for certain Spring 2026 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. 2026 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 (prelims and finals)

Please see the [EVENT SCHEDULE](#) on the USA Diving Website Event Page 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 Eligible USA Diving memberships. Late fees will go into effect at 5 p.m. ET on December 1, 2025. Online registration will still be available after 5 p.m. ET on Monday, December 1, 2025, 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 Senior High Performance Squad Members (Tier I, II, and III) in any event
- b. Current High Performance Squad Tier III Junior Members who meet the following:
 - i. On 1-meter and 3-meter springboard events, Junior Tier III Members must meet the minimum degree of difficulty requirements.
 - ii. On platform, Junior Tier III Members (Group A & B) must perform all dives from the 10-meter platform, but do not need to meet the minimum degree of difficulty requirement. 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. *No more than two voluntary dives may be included in the diver's list.
- c. Divers will be eligible to compete in a specific event provided that they have achieved the minimum score listed in Table 1 at one of the competitions listed in Table 2. This includes the Winter Nationals Qualifier occurring December 10-11, 2025.
 - 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 2025 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 2025 Winter Nationals. Note, to be considered for team selection, Group A & B divers MUST meet the degree of difficulty requirements.

Athletes may participate only in the event(s) that they have qualified for. Athletes wishing to qualify for additional events may participate in preliminary events at the 2025 USA Diving Winter National Championship Qualifier, which will take place from December 10-11, 2025.

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 21, 2025 will receive full consideration for approval; any requests received after the deadline will be subject to review at USA Diving's discretion.
- c. Be a current USA Diving member in good standing.

Qualification Criteria:

- a. Divers 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. 2024 or 2025 NCAA Division I Zone, NCAA National Championships, or approved Conference Championships
 - ii. Home country's National Championships (2024 or 2025)
 - iii. 2024 or 2025 World Aquatics Event (World Championship, World Cup Series, AQUA Recognized Event, or Olympic Games)
- b. If the score was achieved at a.) ii/iii above, the diver must submit proof of score by 5 p.m. ET on November 21, 2025 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 2025 Winter Nationals.
- d. Divers at NCAA meets 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 2025 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 21, 2025 will receive full consideration for approval; any requests received after the deadline will be subject to review at USA Diving's discretion
- 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 2025 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 (2024, 2025)
NCAA Division I Championships (2024, 2025)
NCAA Division I Conference Championships (2024, 2025) *approved by HPD
USA Diving National Championships (2025)
USA Diving National Championships Qualifier (2025)
USA Diving Junior National Championships (2024, 2025) - Group A and B only
USA Diving Winter National Championships (2024)
USA Diving Winter Nationals Qualifier (2024, 2025)
USA Diving Last Chance Olympic Trials Qualifier (2024)
U.S. Olympic Team Trials- Diving (2024)
World Aquatics Events (2024, 2025)
Additional Events to be determined by the HPD & CCE

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

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)