



2025 USA DIVING NATIONAL CHAMPIONSHIP **QUALIFICATION CRITERIA AND COMPETITION FORMAT**

May 8-16, 2025

USA Diving will host the 2025 USA Diving National Championships. The top divers in the United States will compete for national titles and spots on teams for the 2025 World Aquatics Diving Championships, FISU World University Games, AQUA Recognized- American Cup, Canada Cup, and Bolzano Meeting, and the Junior Pan American Games as well as any additional international teams as decided by the High Performance Director.

Please note: This USA Diving National Championship meets the criteria of NCAA bylaw [16.8.1.2\(a\)](#).

ELIGIBILITY FOR INDIVIDUAL EVENTS AT THE 2025 USA DIVING NATIONAL CHAMPIONSHIPS:

Divers who are U.S. citizens and meet one of the following standards are eligible to compete in the Preliminaries of the 2025 USA Diving National Championships, as outlined in the event-specific criteria established by USA Diving.

- 2024 Olympic Games Team in their OLY events
- 2021 USA Diving Winter Nationals – Champions
- 2022 USA Diving Winter Nationals – Champions
- 2023 USA Diving Nationals – Champions
- 2023 USA Diving Winter Nationals – Champions
- 2024 USA Diving Winter Nationals – Champions
- 2024 USA Diving Winter Nationals Places 2-12 3M/10M, 2-8 1M
- 2025 NCAA Championships Top 5 U.S. Citizens
- 2025 High Performance Squad (Tier I, Tier II, Tier III Senior/Junior) Members (as approved by the Committee for Competitive Excellence and the USA Diving High Performance Department)

Athletes may participate only in the event(s) that they have qualified for. Athletes wishing to qualify for additional events may participate in the 2025 USA Diving National Championship Qualifier, which will take place from May 8-10, 2025.

The list of Qualified Athletes based on the above Criteria can be found on [Divemeets.com](https://divemeets.com).

**In the event that a non-U.S. Citizen OR a United States Dual Citizen who has declared their sport nationality with another federation sits in a qualification spot from a 2021-2024 Nationals/Winter Nationals (1st place) or from the 2024 Winter Nationals (2-12 3M/PL, 2-8 1M), the next athlete in line will be qualified to the 2025 USA Diving National Championships.*

*****Please Note:*** All Platform dives ***MUST*** be performed from the 10-Meter. To be considered for team selection, divers ***MUST*** meet the degree of difficulty requirements. Junior divers (AQUA 18 and under) must perform all dives from 10-meter, but do not need to meet the minimum DD requirements outlined below. No more than ***TWO*** voluntary dives may be included in the junior diver's list.

******Junior athletes (AQUA 18 and under) who do not meet the DD requirements will not take away a qualifying spot from a diver who does. In the event that a junior athlete (AQUA 18 and under) places in a qualifying spot, the next athlete in line will also advance to the next round of diving.***

SYNCHRONIZED EVENTS AT THE 2025 USA DIVING NATIONAL CHAMPIONSHIPS:

Synchronized and mixed synchronized events will be contested at the 2025 USA Diving National Championships. There is no qualification protocol for these events. However, to participate in a synchronized event, participants must meet the minimum degree of difficulty for that event as outlined in the chart below. Divers may compete with up to two partners in each synchronized event.

REGISTRATION FOR THE 2025 USA DIVING NATIONAL CHAMPIONSHIPS:

All athletes must be U.S. Citizens to participate. Athletes and Coaches must have current USA Diving memberships, and they shall register for the event through [DiveMeets.com](https://divemeets.com). Late fees will go into effect at 5 p.m. Eastern on April 25th, 2025. Online registration will still be available after 5 p.m. Eastern on April 25th, 2025, with a \$100/diver late fee.

DEGREE OF DIFFICULTY REQUIREMENTS:

Athletes participating in the 2025 USA Diving National Championships must meet the degree of difficulty requirements outlined in the chart below.

	1-Meter	3-Meter	10-Meter	Synchronized 3-Meter	Synchronized 10-Meter
Men's	15.4	16.8	16.3	15.7 (11.7 opts)	15.9 (11.9 opts)
Women's	11.4	13.2	13.2	12.3 (8.3 opts)	12.2 (8.2 opts)
Mixed				12.8 (8.8 opts)	13.0 (9.0 opts)

CONTESTED EVENTS:

WOMEN'S 1-METER (Preliminary & Final)

Divers will perform 5 dives in the Preliminary, with a minimum cumulative D.D. of 11.4.

The top 8 athletes will progress to the Final.

The ranking of the finalists shall be determined by cumulative scores from the Preliminary and Final.

WOMEN'S 3-METER (Preliminary, Semifinal & Final)

Divers will perform 5 dives in the Preliminary, with a minimum cumulative D.D. of 13.2.

The top 18 will advance to the Semifinal. Scores will begin at 0 in the Semifinal round.

The top 12 based on scores from the Semifinal will advance to the Final.

The ranking of the finalists shall be determined by cumulative scores from the Semifinal and Final.

WOMEN'S 10-METER (Preliminary, Semifinal & Final)

Divers will perform 5 dives in the Preliminary, with a minimum cumulative D.D. of 13.2.

The top 18 will advance to the Semifinal from the Preliminary. Scores will begin at 0 in the Semifinal round.

The top 12 based on scores from the Semifinal will advance to the Final.

The ranking of the finalists shall be determined by cumulative scores from the Semifinal and Final.

**Please Note: Junior divers (AQUA 18 and under) must perform all dives from 10-meter, but do not need to meet the minimum DD requirements. No more than TWO voluntary dives may be included in the junior diver's list. To be considered for team selection, divers MUST meet the degree of difficulty requirements.*

****Junior athletes (AQUA 18 and under) who do not meet the DD requirements will not take away a qualifying spot from a diver who does. In the event that a junior athlete (AQUA 18 and under) places in a qualifying spot, the next athlete in line will also advance to the next round of diving.*

MEN'S 1-METER (Preliminary & Final)

Divers will perform 6 dives in the Preliminary, with a minimum cumulative D.D. of 15.4.

The top 8 athletes will advance to the Final.

The ranking of the finalists shall be determined by cumulative scores from the Preliminary and Final.

MEN'S 3-METER (Preliminary, Semifinal & Final)

Divers will perform 6 dives in the Preliminary, with a minimum cumulative D.D. of 16.8.

The top 18 will advance to the Semifinal from the Preliminary. Scores will begin at 0 in the Semifinal round.

The top 12 based on scores from the Semifinal will advance to the Final.

The ranking of the finalists shall be determined by cumulative scores from the Semifinal and Final.

MEN'S 10-METER (Preliminary, Semifinal & Final)

Divers will perform 6 dives in the Preliminary, with a minimum cumulative D.D. of 16.3.

The top 18 will progress to the Semifinal from the Preliminary. Scores will begin at 0 in the Semifinal round.

The top 12 based on scores from the Semifinal will advance to the Final.

The ranking of the finalists shall be determined by cumulative scores from the Semifinal and Final.

**Please Note: Junior divers (AQUA 18 and under) must perform all dives from 10-meter, but do not need to meet the minimum DD requirements. No more than TWO voluntary dives may be included in the junior diver's list. To be considered for team selection, divers MUST meet the degree of difficulty requirements.*

****Junior athletes (AQUA 18 and under) who do not meet the DD requirements will not take away a qualifying spot from a diver who does. In the event that a junior athlete (AQUA 18 and under) places in a qualifying spot, the next athlete in line will also advance to the next round of diving.*

WOMEN'S SYNCHRONIZED 3-METER (Preliminary & Final)

Divers will perform 5 dives as a pair, with a minimum cumulative D.D. of 12.3, where the first 2 dives are voluntaries at a fixed Degree of Difficulty (2.0).

The top 8 will progress to the Final.

The ranking of the finalists shall be determined by cumulative scores from the Prelim and Final.

WOMEN'S SYNCHRONIZED 10-METER (Preliminary & Final)

Divers will perform 5 dives as a pair, with a minimum cumulative D.D. of 12.2, where the first 2 dives are voluntaries at a fixed Degree of Difficulty (2.0).

The top 8 will progress to the Final.

The ranking of the finalists shall be determined by cumulative scores from the Prelim and Final.

MEN'S SYNCHRONIZED 3-METER (Preliminary & Final)

Divers will perform 6 dives as a pair, with a minimum cumulative D.D. of 15.7, where the first 2 dives are voluntaries at a fixed Degree of Difficulty (2.0).

The top 8 will progress to the Final.

The ranking of the finalists shall be determined by cumulative scores from the Prelim and Final.

MEN'S SYNCHRONIZED 10 -METER (Preliminary & Final)

Divers will perform 6 dives as a pair, with a minimum cumulative D.D. of 15.9, where the first 2 dives are voluntaries at a fixed Degree of Difficulty (2.0).

The top 8 will progress to the Final.

The ranking of the finalists shall be determined by cumulative scores from the Prelim and Final.

MIXED SYNCHRONIZED 3-METER and 10-METER (Final Only)

Divers will perform 5 dives as a pair, with a minimum cumulative D.D. of 12.8 (3M) & 13.0 (10M), where the first 2 dives are voluntaries at a fixed Degree of Difficulty (2.0).

The ranking of the teams shall be determined from the total points in the Finals.