



2024 USA Diving Winter National Championships

Qualification Criteria and Team Selections

December 8-15, 2024

Councilman Billingsley Aquatic Center

Bloomington, IN

USA Diving will host the 2024 USA Diving Winter National Championships in Bloomington, IN. This premier competition will see participation from the top athletes in the United States and will potentially contest spots for any Spring 2025 international teams as decided by the High Performance Director.

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. 2025 events as decided by the High Performance Department

Contested events

- a. 3-meter, 10-meter (preliminaries and finals)
- b. 1-meter, 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 Monday, November 25, 2024. Online registration will still be available after 5 p.m. ET on Monday, November 25, 2024, 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 8-10, 2024.
 - 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 2024 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 2024 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 2024 USA Diving Winter National Championship Qualifier, which will take place from December 8-10, 2024.

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 15, 2024 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. 2023 or 2024 NCAA Division I Zone, NCAA National Championships, or approved Conference Championships
 - ii. Home country's National Championships (2023 or 2024)
 - iii. 2023 or 2024 FINA/World Aquatics Event (World Championship, World Cup, World Cup Series, 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 15, 2024 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 2024 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 2024 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 15, 2024 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.

International and Junior (10-meter) Athletes Advancement to Finals

International divers and Junior athletes (who do not meet the DD requirements in the 10-meter event) may progress from the Preliminaries to the Finals; however, the Finals shall be capped at 14 athletes. **1-meter**: No more than two international athletes who place in the top eight will advance from preliminaries to finals. **3-meter**: No more than two international athletes who place in the top 12 will advance from the preliminaries to the finals. **10-meter**: No more than two international or junior divers (not meeting the DD requirements) who place in the top 12 will advance from the preliminaries to the finals.

**Note: International divers will be eligible to receive a place finish but will not displace a U.S. diver from finaling or earning a medal.*

STANDARDS FOR ELIGIBILITY

Table 1: Minimum qualifying score requirements for event eligibility 2024 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)

2023 Junior Standards				
EVENT	Group A Girls	Group A Boys	Group B Girls	Group B Boys
1-meter	235 (47/opt)	318 (53/opt)	188 (47/opt)	212 (53/opt)
3-meter	260 (52/opt)	360 (60/opt)	208 (52/opt)	240 (60/opt)
Platform	250 (50/opt)	330 (55/opt)	150 (50/opt)	220 (55/opt)

2024 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 at which a qualifying score may be achieved

NCAA Division I Zone Championships (2023, 2024)
NCAA Division I Championships (2023, 2024)
NCAA Division I Conference Championships (2023, 2024) *approved by HPD
USA Diving National Championships (2023)
USA Diving National Championships Qualifier (2023)
USA Diving Junior National Championships (2023, 2024) - Group A and B only
USA Diving Winter National Championships (2023)
USA Diving Winter Nationals Qualifier (2023, 2024)
USA Diving Last Chance Olympic Trials Qualifier (2024)
U.S. Olympic Team Trials- Diving (2024)
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)

CONTESTED EVENTS

Women's 1-Meter (Preliminary & Final)

Divers will perform 5 dives in the Preliminary, with a minimum cumulative D.D. of 11.9.

Top 8 athletes will progress to the Final.

The ranking of the finalists shall be determined by the accumulation of total points scored in the Preliminary and Final.

Women's 3-Meter (Preliminary & Final)

Divers will perform 5 dives in the Preliminary, with a minimum cumulative D.D. of 13.7.

Top 12 athletes will progress to the Final.

The ranking of the finalists shall be determined by the accumulation of total points scored in the Preliminary and Final.

Women's 10-Meter (Preliminary & Final)

Divers will perform 5 dives in the Preliminary, with a minimum cumulative D.D. of 13.3.

Top 12 athletes will progress to the Final.

The ranking of the finalists shall be determined by the accumulation of total points scored in the Preliminary and Final.

**Please Note: Junior divers 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.*

Men's 1-Meter (Preliminary & Final)

Divers will perform 6 dives in the Preliminary, with a minimum cumulative D.D. of 15.9.

Top 8 athletes will progress to the Final.

The ranking of the finalists shall be determined by the accumulation of total points scored in the Preliminary and Final.

Men's 3-Meter (Preliminary & Final)

Divers will perform 6 dives in the Preliminary, with a minimum cumulative D.D. of 17.2.

Top 12 athletes will progress to the Final.

The ranking of the finalists shall be determined by the accumulation of total points scored in the Preliminary and Final.

Men's 10-Meter (Preliminary & Final)

Divers will perform 6 dives in the Preliminary, with a minimum cumulative D.D. of 17.1.

Top 12 athletes will progress to the Final.

The ranking of the finalists shall be determined by the accumulation of total points scored in the Preliminary and Final.

**Please Note: Junior divers 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.*

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).

Top 12 teams will progress to the Final.

The ranking of the finalists shall be determined by the accumulation of total points scored in 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).

Top 12 teams will progress to the Final.

The ranking of the finalists shall be determined by the accumulation of total points scored in 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).

Top 12 teams will progress to the Final.

The ranking of the finalists shall be determined by the accumulation of total points scored in 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).

Top 12 teams will progress to the Final.

The ranking of the finalists shall be determined by the accumulation of total points scored in the Prelim and Final.