

SUBPART B – SENIOR COMPETITION

Article 11 – Structure of Senior Diving

111.1 Structure of Senior Diving.

(a) **Program Goals.** USA Diving, Inc. conducts a Senior diving program to provide a competitive diving track for the athletes of the United States that is fully integrated with the Junior diving track within USA Diving.

(b) **Program Structure.** The U.S. Senior diving program is conducted at five levels of competition:

- (1) International,
- (2) National,
- (3) National Preliminary,
- (4) Association, and
- (5) Invitational.

(c) **Governance.** The control of these various levels is vested to the chair of the Senior Diving Committee, Local Diving Associations, committees, associations and other groups as established by the General Assembly of USA Diving, Inc., in its Bylaws.

(d) All events, whether sponsored by the Corporation, the Local Diving Association, any member club or other entity, must be sanctioned by the Corporation and such sanction shall be obtained by following the procedures as outlined in Article 16 of the Bylaws.

(e) **International Competition.** The Committee for Competitive Excellence has been established to have the responsibility of overseeing international competitions and exhibitions for Senior divers.

(f) **National Competition.** The Senior Diving Sub-Committee of the CCE has been established to have the responsibility of overseeing Senior competition within the United States, especially with relationship to the USA Diving National Championships and the USA Diving National Preliminaries.

(g) **National Championships.** The USA Diving National Championships have been established to give Senior divers who have developed their diving skills to a very high competitive level the opportunity to perform their skills in competition against other skilled divers from throughout the country. Direction for this competition has been vested with the Chair of the Senior Diving Sub-Committee.

(h) **USA Diving Zone Championships.** When deemed necessary by the Chair of the Senior Diving Subcommittee, the Zone Championships may be held and be part of the qualifying procedures for the National Championships. Zone Championships have been established to provide competition for highly skilled divers in six large areas of the United States. These competitions are used as a method for progressing to the quarterfinals of the USA Diving National Championships and are under the direction of the Chair of the Senior Diving Subcommittee. The USA Diving Zone Championships are preliminary to and part of the USA Diving National Championships.

(i) **Association Competition.** Each Local Diving Committee is responsible for the conduct and/or supervision of Senior Diving in its Local Diving Association.

(j) **Invitational Meets.** Invitational Meets may be set up by Club Members. Invitational meets may be combined with other meets as long as each controlling organization carries out its responsibilities for the conduct or control of its individual portion of the competition.

Article 12 – Senior Competitions

112.1 International. All international diving competition, including the World Aquatic Championships, Pan American Games, Olympic Games, the FINA/USA Diving Grand Prix, and any other international competition held in the United States, is governed by and conducted under FINA Rules and Regulations (FINA Handbook 2017-2021, as amended).

112.2 USA Diving National Championships. Annually, USA Diving will conduct one or more national diving championships. To compete in any of these events, including the USA Diving Zone Championships, the registered athlete must be a citizen of the United States of America, unless a Spring or Winter National Championship is organized as an international event.

112.3 Competition Format for Individual Springboard Events at the USA Diving National Championships.

(a) Men's 1-Meter Competition:

(1) The men's 1-meter springboard semifinal and final competition shall comprise six dives with a minimum cumulative degree of difficulty of 15.4. One dive shall be selected from each group and an additional dive will be selected from any group.

(2) The top eight divers in the semifinal and when applicable, the top diver from the group A category and the top diver from the group B category in the junior portion of the National Championships shall qualify for the final, in which they may repeat the same six optional dive list or, at the discretion of the divers, different lists that satisfy all the requirements.

(3) The ranking of the finalists shall be determined by the total points scored in the final

competition. The final places of the semifinalists who do not qualify for the final shall be determined by the total points scored in the semifinal.

(b) Men's 3-Meter Competition:

(1) The men's 3-meter quarterfinal, semifinal and final competition shall comprise six dives with a minimum cumulative degree of difficulty of 16.8. One dive shall be selected from each group and an additional dive will be selected from any group.

(2) The top 18 divers in the quarterfinal shall advance to the semifinal.

(3) The top 12 divers in the semifinal and when applicable, the top diver from the group A category and the top diver from the group B category in the junior portion of the National Championships shall advance to the final.

(4) The ranking of the finalists shall be determined by the total points scored in the final competition.

(c) Women's 1-Meter Competition:

(1) The women's 1-meter springboard semifinal competition shall comprise five dives from different groups with a minimum cumulative degree of difficulty of 11.4.

(2) The top eight divers in the semifinal and when applicable, the top diver from the group A category and the top diver from the group B category in the junior portion of the National Championships shall qualify for the final, in which they may repeat the same five optional dive list or, at the discretion of the divers, different lists that satisfy all the requirements.

(3) The ranking of the finalists shall be determined by the total points scored in the final competition. The final places of the semifinalists who do not qualify for the final shall be determined by the total points scored in the semifinal.

(d) Women's 3-Meter Competition:

(1) The women's 3-meter quarterfinal, semifinal and final competition shall comprise five dives from different groups with a minimum cumulative degree of difficulty of 13.2.

(2) The top 18 divers in the quarterfinal shall advance to the semifinal.

(3) The top 12 divers in the semifinal and when applicable, the top diver from the group A category and the top diver from the group B category in the junior portion of the National Championships shall advance to the final.

(4) The ranking of the finalists shall be determined by the total points scored in the final competition.

(e) If the tournament/cup system is used in the Senior National Championships, the Senior Rules Subcommittee shall establish the format for the competition.

112.4 Competition Format for Individual Platform Events at the USA Diving National Championships.

(a) Men's Platform:

(1) The men's platform quarterfinal, semifinal and final competition shall comprise six dives from different groups with minimum cumulative degree of difficulty of 16.3.

(2) The top 18 divers in the quarterfinal shall advance to the semifinal. In the semifinal, the divers shall compete in reverse order of their ranking determined by the total scores at the end of the quarterfinal competition.

(3) The top 12 divers in the semifinal and when applicable, the top diver from the group A category and the top diver from the group B category in the junior portion of the National Championships shall advance to the final. Divers shall compete in reverse order of their ranking determined by the total scores from the semifinal competition.

(4) The ranking of the finalists shall be determined by the total points scored in the final competition.

(b) Women's Platform:

(1) The women's platform quarterfinal, semifinal and final competition shall comprise five dives from different groups with a minimum cumulative degree of difficulty of 13.2.

(2) The top 18 divers in the quarterfinal shall advance to the semifinal.

(3) The top 12 divers in the semifinal and when applicable, the top diver from the group A category and the top diver from the group B category in the junior portion of the National Championships shall advance to the final.

(4) The ranking of the finalists shall be determined by the total points scored in the final competition.

(c) If the tournament/cup system is used in the Senior National Championships, the Senior Rules Subcommittee shall establish the format for the competition.

112.5 Dual Citizenship Divers at the USA Diving National Championships.

(a) If any qualifiers for the quarterfinals, semifinals, or finals are divers with dual citizenship who have declared their "sport nationality" for their other country and have competed for their other country, the number of competitors in the quarterfinals, semifinals, or finals shall be increased by the number of such dual citizenship divers who have qualified for the quarterfinals, semifinals, or finals.

(b) This rule does apply to the synchronized diving events if one or both divers have declared their "sport nationality" and have competed for their other country.

(c) This rule does not apply in meets in which foreign divers are permitted to compete (e.g., a Winter or Spring USA National Championships that has been so defined).

(d) Dual citizenship divers will affect the results in this manner for the time specified in the FINA rules applying to changing their sport nationalities (currently one year after changing declaration).

11.2.6 Conditions for Performance. For USA Diving National Championships only:

(a) The dive shall be executed after a signal given by the referee, preferably by whistle.

(b) After the competition is started, a diver may bounce the springboard after scores of the previous dive have been announced and before the next whistle.

(c) The dive number and position shall be displayed to the diver before the dive is executed in the quarterfinals, semifinals, and finals. If an electronic device is not available, a blackboard or some other visual aid is acceptable.

(d) During the quarterfinals, semifinals, and finals at the USA Diving National Championships, the announcer shall read the diver's name, dive number and degree of difficulty. The announcer also may announce a description of the dive and the judges' awards.

11.2.7 USA Diving Zone Championships for the USA Diving National Championships when run in conjunction with a Junior Zone Championship.

(a) Competition Format for Individual Springboard Events.

(1) **Men's 1-Meter:** The contest shall comprise six dives with a minimum cumulative degree of difficulty of 15.4. One dive shall be selected from each group and an additional dive will be selected from any group. The 12 highest finishers not previously qualified, plus the number of divers previously qualified who have placed in the top 12, plus the top three divers from the Group A category and the top two divers from the Group B category from the junior portion of the Zone Championships shall continue the contest. They may repeat the same six optional dive list or, at the discretion of the diver, perform a different list that meets all requirements. The final places shall be determined by the total scores from the performance of the second list of optional dives.

(2) **Men's 3-Meter:** The contest shall comprise six dives with a minimum cumulative degree of difficulty of 16.8. One dive shall be selected from each group and an additional dive will be selected from any group. The 12 highest finishers not previously qualified, plus the number of divers previously qualified who have placed in the top 12, plus the top three divers from the Group A category and the top two divers from the Group B category from the junior portion of the Zone Championships shall continue the contest. They may repeat the same six optional dive list or, at the discretion of the diver, perform a different list that meets all requirements. The final places shall be determined by the total scores from the performance of the second list of optional dives.

(3) **Women's 1-Meter:** The contest shall comprise five dives from different groups with a minimum cumulative degree of difficulty of 11.4. The 12 highest finishers not previously qualified, plus the number of divers previously qualified who have placed in the top 12, plus the top three divers from the Group A category and the top two divers from the Group B category from the junior portion of the Zone Championships shall continue the contest. They may repeat the same five optional dive list or, at the discretion of the diver, perform a different list that meets all requirements. The final places shall be determined by the total scores from the performance of the second list of optional dives.

(4) **Women's 3-Meter:** The contest shall comprise five dives from different groups with a minimum cumulative degree of difficulty of 13.2. The 12 highest finishers not previously qualified, plus the number of divers previously qualified who have placed in the top 12, plus the top three divers from the Group A category and the top two divers from the Group B category from the junior portion of the Zone Championships shall continue the contest. They may repeat the same five optional dive list or, at the discretion of the diver, perform a different list that meets all requirements. The final places shall be determined by the total scores from the performance of the second list of optional dives.

(b) Competition Format for Individual Platform Events.

(1) **Men's 10-Meter:** The contest shall comprise six dives from different groups with minimum cumulative degree of difficulty of 16.3. If there are 12 or fewer contestants entered into the contest, the contest shall be finals only. If a preliminary is held, the 12 highest finishers not previously qualified, plus the number of divers previously qualified who have placed in the top 12, shall advance to the finals, in which they may repeat the same six optional dive list or, at the discretion of the diver, a different list that meets all requirements. Additionally, the top three divers from the Group A category and the top two divers from the Group B category from the junior portion of the Zone Championships will qualify for the finals. The final places shall be determined by the total scores from the final list of optional dives.

(2) **Women's 10-Meter:** The contest shall comprise five dives from different groups with minimum cumulative degree of difficulty of 13.2. If there are 12 or fewer contestants entered into the contest, the contest shall be finals only. If a preliminary is held, the 12 highest finishers not previously qualified, plus the number of divers previously qualified who have placed in the top 12, shall advance to the finals, in which they may repeat the same five optional dive list or, at the discretion of the diver, a different list that meets all requirements. Additionally, the top three divers from the Group A category and the top two divers from the Group B category from the junior portion of the Zone Championships will qualify for the finals. The final places shall be determined by the total scores from the final list of

optional dives.

112.8 Degree of Difficulty Requirements. Once an event has begun, a diver participating in a USA Diving Zone Championships or USA Diving National Championships who does not meet the minimum degree of difficulty for the optional dives shall be disqualified from the event.

112.9 Bonus Points.

(a) **Calculation.** Bonus points will be added to the score of each diver who performs a qualified dive. The total score for each such dive, including the bonus points, will be calculated by multiplying the standard score, as specified in 106.3, by 1.25. However, the total score, including bonus points, shall not exceed the standard score by more than 15 points. This provision shall apply only during the first three years of the Olympic quadrennium.

(b) **Qualified Dives.** The minimum DD for a qualifying dive will be determined by the CCE.

(c) **Amending List.** Dives may be added to or subtracted from this list at the direction of the Committee for Competitive Excellence. The CCE also may adjust the multiplier and the maximum points to be awarded. Requests to change the list, including elimination of dives that meet or exceed the DDs listed in (b) above, should be submitted to the CCE for consideration and vote. No changes may be made to the bonus point system after the meet information is mailed. Bonus point information shall be included with the meet information.

112.10 Competition Format for Synchronized 3-Meter and Platform Events at the USA Diving National Championships.

(a) (1) Synchronized diving competition involves two divers diving simultaneously from springboards or platforms. The competition is judged on how the two divers individually perform their dives and how the two divers as a team synchronize their performance.

(2) In the synchronized three-meter and platform events, a team is composed of only two divers, with no substitutes allowed.

(b) Synchronized competition format:

(1) Synchronized diving competition for women on 3-meter springboard and platform shall comprise five (5) rounds of dives from five (5) different groups. The team shall perform two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive, regardless of the formula, followed by three (3) rounds of dives that meet at least the minimum degree of difficulty set by the CCE for that event. All forward-facing dives on springboard shall be done with a running approach.

(2) Synchronized diving competition for men on 3-meter springboard and platform shall comprise six (6) rounds of dives from five (5) different groups. The team shall perform two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive, regardless of the formula, followed by four (4) rounds of dives that meet at least the minimum degree of difficulty set by the CCE for that event. All forward-facing dives on springboard shall be done with a running approach.

(3) In each round, the two divers must perform the same dive (same dive number in the same position). No dive number may be repeated from the same height.

(4) At the Winter and Synchro National Championships, the CCE shall set the competition format and requirements.

112.11 Mixed Synchronized Diving Events.

(a) Senior Rules.

(i) At the World Championships, World Cup and other FINA diving events, additional mixed synchronized diving events can be conducted.

(ii) At all FINA events, the teams shall be comprised of two (2) divers (one male and one female) of the same Federation.

(iii) Every competition for mixed synchronized on 3-meter springboard and 10-meter platform shall comprise five (5) rounds from five (5) groups.

(iv) Two (2) rounds of dives with an assigned degree of difficulty of 2.0 regardless of the formula and three (3) rounds of dives without limit of degree of difficulty.

(b) Junior Rules.

(i) FINA Group A and B combined 5/10 meter.

(ii) The team shall be comprised of five (5) dives; two (2) rounds of dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula, and three (3) rounds of dives without degree of difficulty limit. The five (5) dives must be selected from at least four (4) groups.

112.12 Team Diving Events

(a) Senior Rules.

(i) The team event is comprised of two (2) divers, one male and one female.

(ii) At all FINA events, the teams shall be comprised of two competitors of the same Federation.

(iii) Every competition shall comprise six (6) different dives from six (6) different groups, two (2) dives with an assigned degree of difficulty of 2.0 for each dive regardless of the formula, and four (4) dives without limit of degree of difficulty.

(iv) Three (3) dives shall be executed by the female competitor and the other three (3) dives by the male competitor. Three (3) dives shall be executed from the 3-meter springboard and three (3) from the 10-meter platform. Each diver must perform at least one (1) dive from the 3-meter springboard and one (1) from the 10-meter platform.

(v) The two (2) dives with an assigned degree of difficulty of 2.0 regardless of the formula may be executed at any time and from any height by each team member, one (1) by the male and one (1) by the female.

(vi) In the team event, the teams will perform three (3) consecutive rounds starting with any of the two (2) dives.

(b) Junior Rules.

(i) The teams event shall be comprised of two to four divers from both genders and both age groups A and B from the same Federation.

(ii) The event shall comprise five (5) dives without degree of difficulty limit from at least four groups.

(iii) One (1) dive must be performed by the male or female from the 1-meter springboard, the 3-meter springboard and the platform (5-, 7.5- or 10-meter) each.

(iv) The additional two (2) dives must be performed as mixed synchronized dives from 1-meter and 3-meter springboard. The mixed synchronized dive from the 1-meter must be from the twisting group, and the mixed synchronized dive from the 3-meter must be from the back or reverse group. The three individual dives can be from any group.

(v) The two (2) mixed synchronized dives can be performed by two (2) age group A or age group B divers or by a diver from each age group. The three (3) individual dives can be performed by divers from the A or B age group, but both age groups must be used.

(vi) The event is judged by two (2) panels of seven (7) judges. One panel judges the dives in rounds 1, 2 and 5 and the other panel judges rounds 3 and 4.

Article 13 — Eligibility

113.1 Eligibility for Individual Springboard and Platform Events at USA Diving National Championships. Divers who are U.S. citizens and who meet one of the following standards for an event are eligible to compete in that event at the USA Diving National Championships (Summer):

(a) In years when the U.S. Nationals occur after the Olympics, members of the most recent USA Olympic Diving Team shall be qualified directly to the finals in their Olympic events.

(b) A champion in an event at one of the previous four years' USA Diving Championships (Spring, Winter, or Summer).

(c) Members of the most recent USA Olympic Diving Team in their Olympic events.

(d) Divers who finished in places two through twelve in 3-meter or platform events, or places two through eight in 1-meter events in the previous Winter or Spring National Championships or the previous USA Diving National Championships (Summer).

(e) Should there be a Zone Championship, the top five finishers in the 1-meter, 3-meter and platform events from each Zone Championship who are not otherwise eligible are eligible for the USA Diving National Championships that immediately follows that meet in those events only. If one or more of these qualified divers cannot compete in the quarterfinals of the Nationals, the next place finisher, up to the eighth-place finisher (excluding prequalified divers), may compete. No further search for a replacement will be permitted.

(f) Should there not be a Zone Championship, additional qualifying opportunities will be offered to allow up to 30 additional divers in each 1-meter, 3-meter and platform event to qualify or as determined by the CCE.

(g) The top five (5) U.S. citizens in the most recent NCAA Division I National Championships are eligible for that event.

(h) If any of the divers in the top five (5) on the 1-meter springboard, 3-meter springboard, or platform at the USA Diving National Preliminaries are divers with dual citizenship who have declared their "sport nationality" for their other country and have competed for their other country, the next diver in finish order beyond those described above shall receive the eligibility qualification as provided for above.

(i) **Alaska.** One man and one woman who are registered and training in the state of Alaska are eligible to compete in the quarterfinals of each individual event at the Summer USA Diving National Championships without attending a USA Diving Zone Championship. These divers must be designated by the Chair of their state's LDA and must submit their qualifications for approval to the Rules Chair not fewer than 30 days prior to the Summer National Championships.

(j) **Hawaii.** One man and one woman who are registered and training in the state of Hawaii are eligible to compete in the quarterfinals of each individual event at the Summer USA Diving National Championships without attending a USA Diving Zone Championship. These divers must be designated by the Chair of their state's LDA and must submit their qualifications for approval to the Rules Chair not fewer than 30 days prior to the Summer National Championships.

(k) The CCE may name additional individual divers and synchronized diving teams based on published petition procedures.

(l) Military exception rule. If an active duty or reserve military member cannot attend a

qualifying competition because of mandatory military obligations, he/she shall be allowed to compete at the National Championships if one of the following criteria is met:

- (i) Qualified for the Division I NCAA Championships in the past year
- (ii) Qualified for the USA Diving National Championships in the past year

(m) Eligibility requirements for the Spring or Winter USA Diving National Championships will be determined by the CCE.

(n) A diver who, by virtue of his or her performance at a prior National Championship, is pre-qualified to a National Championship and misses that Championship because he or she is representing the United States in international competition during a USA Diving National Championship, or who has competed in an international meet five days prior to the Championship and does not compete in the Championship, does not lose any eligibility for future Championships.

113.2 Eligibility for USA Diving Synchronized National Championships.

(a) The CCE will determine eligibility criteria for the synchronized events at the Winter National Championships and the USA Diving Synchronized National Championships.