

## Summary of Board Approved 2023 New Rules in Effect Now:

1. Spring/Summer Senior Nationals to be designed at the discretion of the HPD in consultation with the CCE.
2. Foreign Junior aged divers who live/train in the USA may now attend the Junior Zones events up to a certain number of divers per event, where they could only attend the Regional events in the past.

## Summary of Board Approved New Rules – Effective Jan 1, 2024:

1. **USA Diving to shift all Group A/B/C/D Junior dive requirements to those of "World Aquatics/PanAm Aquatics"**

**Rationale:** What was FINA/UANA dive requirements (now World Aquatics/Pan American Aquatics after recent re-branding of both organizations) are currently recognized by the CCE/AAC/HPD/CAC as preferred USA Diving requirements per age groups A/B/C/D moving into the 2024 year.

**What are those diving requirements per age group exactly? These are posted on (A = 16-18, B = 14-15, C = 12-13, D = 11-Under):**

### **Group A**

Age: 16, 17, or 18 years on December 31st of the year of the competition.

Competition Format

#### **• Girls' Springboard – 1 meter and 3 meter**

This competition shall comprise nine (9) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 meter events and 9.0 for 1 meter events, and four (4) dives without limit of degree of difficulty, each dive selected from a different group.

#### **• Girls' Platform – 5 meter – 7.5 meter – 10 meter**

This competition shall comprise eight (8) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and four (4) dives without limit of degree of difficulty, each dive selected from a different group. At least five (5) different groups must be used.

#### **• Boys' Springboard – 1 meter and 3 meter**

This competition shall comprise ten (10) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 meter events and 9.0 for 1 meter events, and five (5) dives without limit of degree of difficulty, each dive selected from a different group.

#### **• Boys' Platform – 5 meter – 7.5 meter – 10 meter**

This competition shall comprise nine (9) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and five (5) dives without limit of degree of difficulty, each dive selected from a different group. All six (6) groups must be used.

### **A / B combined**

#### **• Girls' and Boys' Synchronized Diving - 3 meter**

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

#### **• Girls' and Boys' Synchronized Diving – platform (5m, 7.5m, 10m)**

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

### **Group B**

Age: 14 or 15 years on December 31st of the year of the competition.

Competition Format

- **Girls' Springboard – 1 meter and 3 meter**

This competition shall comprise eight (8) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 meter events and 9.0 for 1 meter events, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

- **Girls' Platform – 5 meter – 7.5 meter – 10 meter**

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and three (3) dives without limit of degree of difficulty, each dive selected from a different group. At least five (5) different groups must be used.

- **Boys' Springboard – 1 meter and 3 meter**

This competition shall comprise nine (9) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 meter events and 9.0 for 1 meter events, and four (4) dives without limit of degree of difficulty, each dive selected from a different group.

- **Boys' Platform – 5 meter – 7.5 meter – 10 meter**

This competition shall comprise eight (8) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and four (4) dives without limit of degree of difficulty, each dive selected from a different group. All least five (5) different groups must be used.

### **Group C**

Age: 12 or 13 years on December 31st of the year of the competition.

Competition Format

- **Girls' Springboard – 1 meter and 3 meter**

This competition shall comprise seven (7) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 meter events and 9.0 for 1 meter events, and two (2) dives without limit of degree of difficulty, each dive selected from a different group.

- **Girls' Platform – 5 meter or 7.5 meter**

This competition shall comprise six (6) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and two (2) dives without limit of degree of difficulty, each dive selected from a different group.

- **Boys' Springboard – 1 meter and 3 meter**

This competition shall comprise eight (8) different dives; five (5) dives each selected from a different group, the total degree of difficulty shall not exceed 9.5 for 3 meter events and 9.0 for 1 meter events, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

- **Boys' Platform – 5 meter or 7.5 meter**

This competition shall comprise seven (7) different dives; four (4) dives each selected from a different group, the total degree of difficulty shall not exceed 7.6, and three (3) dives without limit of degree of difficulty, each dive selected from a different group.

### **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.

- **Boys and Girls Group D 1 meter springboard**

The competition shall comprise of six (6) different dives: four dives, voluntarily selected from four different groups with a total degree of difficulty not higher than 7.0 and two dives without degree of difficulty limit from two different groups.

**NOTE:** CCE will be discussing competitive opportunities that would include FINA 19 year olds in Junior competitive events in 2024 (individual/synchro)... details/plans forthcoming.