



YMCA NATIONAL DIVING CHAMPIONSHIP HANDBOOK

About the Diving Championship

Date: April 9 - 11, 2026

Location: Rosen Aquatic Center, Orlando, Florida

Entry Deadline: April 1, 2026

Hosted by: YMCA of USA

Meet Director: Todd Hill, todd@schroederdiving.com, 414-207-9722

Web Site: [YMCA National Diving Championships](https://www.yymca.org/national-diving-championships)

Web Site: [DiveMeets](https://www.dive-meets.com)





YMCA National Diving Championship April 9 - 11, 2026

LOCATION AND FACILITY

Location: Rosen Aquatic Center
8422 International Drive, Orlando, FL 32819

Emergency Phone Number: (407) 996-3444

Venue Description: The Aquatic Center's diving well has five one-meter and five three-meter springboards as well as a 5, 7½ and 10 meter platform.

Venue Information: [Rosen Aquatic Center](#)

CONTACT INFORMATION

Meet Director:

Todd Hill

todd@schroederdiving.com

414-207-9722

ABOUT THE MEET

RULES: This meet is a closed, inter-association YMCA Diving Championship. This meet and all participants will adhere to the [Rules that Govern YMCA Competitive Sports](#). The 2025 USA Diving (FINA) Junior Rules, as amended, will be followed. The Boys and Girls 16-21 will utilize the 16-18 rules. Please consult USA Diving's website for details: <http://www.usadiving.org>

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible.

ORDER OF EVENTS: See Appendix 2

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full-privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet and must have only represented their YMCA affiliated team (interscholastic competition excepted) in competition for a period of 90 days prior to the first day of the meet.

Competition Category: Athletes will compete according to their biological sex assigned at birth. Parents and Adult (18&O) Athletes will attest to this in the event attestation document.



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Amateur Status: An athlete may not have represented a college, university or other post high school institution in any competition and may not have accepted pay or compensation for competing as a diver.

Unattached Athletes: There is no “unattached” status in YMCA Diving.

Age: An athlete must not be older than twenty-one (21) years of age as of December 31, 2026.

Adult (18 & Over) Athletes: In accordance with the Safe Sport Law and the MAAPP, all athletes age 18 and older are required to have completed Athlete Protection Training since April 10, 2024. Athletes will submit proof of completing Athlete Protection Training.

Degree of Difficulty: The Degree of Difficulty requirements outlined in Appendix 1 must be met by all divers entering the Championships. These minimum DD requirements and minimum scores may be achieved in YMCA, High School, USA Diving, or AAU competition:

COACH

Certification: Each coach must maintain current USA Diving coach certification, including having completed Athlete Protection Training within the past 12 months, as well as having cleared the background screening in the past 24 months. Each coach will show proof of USA Diving coach certification.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. A Coach Authorization Form must be completed and submitted. The Meet Director and Meet Referee must be notified of this situation.

ASSOCIATION

YMCA: In order for an Association to participate in the National Diving Championships, it must be a certified YMCA and be in good standing with the YMCA of USA.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance from the YMCA that they represent in competition, in effect through the last day of the meet, on file with the YMCA of the USA. *The Certificate of Liability Insurance is submitted through the Data Collection Hub by the YMCA’s MOYP administrator or CEO. Do not submit insurance certificate via email, standard mail or at the meet.*

YMCA without Team: If an Association does not sponsor a diving team, an eligible athlete from the Association may participate in the National Meet representing their own YMCA, provided that YMCA approves and submits the required proof of insurance and CEO Declaration form.



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ENTRY INFORMATION

QUALIFICATION PERIOD: Divers must have achieved the DD requirements between **April 13, 2025 and April 1, 2026** or competed in the same age group at the previous YMCA National Diving Championships.

DEGREE OF DIFFICULTY: All divers must show proof of the minimum Degree of Difficulty and the minimum score for the number of optional dives shown in the Appendix 1 tables. Diving sheets are to be brought to the meet and must be checked during registration. These dives are limited to two sheets for each event. The dives **MUST** be circled and each sheet signed by the meet referee. If the diver competed in only one event then they must show proof of performance for the other event. ***There is no minimum Degree of Difficulty required for Platform events.***

AGE-UP DATE: December 31, 2026

ENTRY PROCEDURE: All entries must be made through the www.divemeets.com ONLINE ENTRY system. Online meet entry is **REQUIRED**. **COACHES**...you will need to update your divers to add YMCA in their profile on www.divemeets.com.

ENTRY DEADLINE: Entries are due on April 1, 2026. A \$50 late entry fee will be assessed for entries submitted after April 1. No entries will be accepted after April 7, 2026.

ENTRY FEES: \$40 Facility surcharge per Diver + \$70 per Event entered.

REQUIRED FORMS: The following documents must be read, completed and signed electronically prior to Meet Check-In. There is one link each, specifically for CEOs/Executive Directors, Coaches, Adult Athletes and Parents of Minor Athletes.

- [CEO/Executive Director Declaration Form](#) – completed by the YMCA's CEO or, if the team represents one branch of the YMCA association, by that YMCA's Executive Director.
- [Parent of Minor \(17&U\) Athlete Attestation](#) – includes Competition Category Confirmation, Code of Conduct, Photo/Video Release, Consent & General Liability Release and Waiver of Claims, Concussion Protocol, Code of Conduct.
- [Adult \(18&O\) Athlete Attestation](#) – includes Competition Category Confirmation, Photo/Video Release, Consent & General Liability Release and Waiver of Claims, Code of Conduct, Concussion Protocol.
- [Coach Attestation](#) - includes Photo/Video Release, Code of Conduct, Consent & General Liability Release and Waiver of Claims, Code of Conduct, Concussion Protocol.

Attestations will be posted on event web page at www.ymcaswimminganddiving.org.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Meet check-in will take place at the Rosen Aquatic Center on April 8th from 12:00 pm to 5:00 pm. Athletes arriving to the meet after April 8 will check in at the Meet Operations Table, located on the pool deck.



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COACH CHECKLIST

- Complete ONLINE entry.
- Verify that your YMCA has submitted its certificate of liability insurance to Y-USA through the Data Collection Hub.
- Ensure that each coach attending the meet has a current USA Diving Coach credential and is current with all requisite trainings and certifications.
- Ensure that each athlete, age 18 and older, has completed Athlete Protection Training in the past 12 months.
- Be prepared to submit diving sheets showing scores and degree of difficulty for each diver at Meet Check-In.
- Ensure that each diver entered has been a full privilege member of your YMCA for at least 90 days prior to the start of the meet.
- Ensure that each coach, parent of minor athlete and each adult athlete has completed required legal attestation forms.
- Verify that your YMCA CEO or Executive Director has read, signed and submitted the Declaration Form.

OPERATIONS

PSYCH SHEET: Available on the www.divemeets.com website

FINAL RESULTS: Available on the www.divemeets.com website

CONDUCT AND RESTRICTIONS: The Diving Referee reserves the right to dismiss any diver, coach and/or spectator from the competition due to inappropriate conduct.

- Deck access is limited to only registered and approved coaches, divers, and working officials.
- Except where the venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Athletes will only use the designated athlete locker rooms. Coaches and other adults will only use the designated adult locker rooms and restrooms.
- Glass is not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.

AWARDS AND RECOGNITION

SCORING: Scoring will be as follows:

20 - 17 - 16 - 15 - 14 - 13 - 12 - 11 - 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1.



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AWARDS: Medals will be awarded to the winners of the first through eighth place in each event. Awards will be awarded to the two high point scoring teams for both men and women. A combined point award will be given to the team combining the highest total number of points from both men's and women's events.

PRESENTATION: Diving awards will be presented at the conclusion of each event.

DIVER OF THE MEET AWARD: A Diver of the Meet Award will be awarded to 1 male and 1 female diver at the conclusion of the championship meet. The winners shall be determined by the athlete who has accumulated the highest number of team points. If there are ties in team points, the winner will be chosen by event scoring point differential.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

MAAPP: [The U.S. Center for Safe Sport Minor Athlete Abuse Prevention Policy](#) will be in effect during this competition. All participants, coaches, volunteers and spectators are expected to know the MAAPP and abide by the policy strictly for the protection of all athletes.

EMERGENCIES: the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

EMS will also be on site for situations requiring elevated care and transport.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. In the event that a coach is unable to attend one or more days of the meet, that coach and the CEO of that YMCA must complete a Coach Authorization Form, which officially authorizes a certified coach from another YMCA to be responsible for the athlete(s) while on deck at the meet.

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.



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LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Diving, and YMCA of the USA all recommend or require closing an outdoor/indoor pool during an electrical storm. This policy will be followed at the meet.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

SAFE SPORT TRAINING REQUIREMENTS

For all national events, the YMCA of the USA requires compliance with the U.S. Center for Safe Sport's mandate that all coaches, adult volunteers, and adult athletes take athlete protection training annually. This training must include Sexual Misconduct Awareness and Mandated Reporter training. Volunteers, officials, adult athletes, and coaches must provide proof of completing the required trainings along with a signed acknowledgment of the Code of Conduct and successful completion of a clear background screening.

CHILD/ATHLETE PROTECTION TRAINING PATHWAY

- Option 1: USA Diving Member:
 - If you are a member of USA Diving AND have an active USA Diving credential, you have met the requirement. You may share a screenshot of your Deck Pass page on the USA Diving website that shows dates of successful background screening and completion of athlete protection training.
- Option 2: Non-USA Diving Member:
 - Non-USA Diving coach, official, volunteer, and adult athlete may take the free Praesidium online child protection training at: <https://www.praesidiumacademy.com/redeem>
 - Please use the following registration code to access the training: reg-yusa-610- swimmingdiving.
 - Select **YUSA Competitive Sports learning pathway**.
 - Proof of successful completion will be required. The links to the Praesidium trainings and the Championship Code of Conduct are available on the National Championship web page.



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APPENDIX 1: DD REQUIREMENTS

REQUIREMENTS FOR ONE METER				
EVENT	VOLUNTARIES MAX DD	OPTIONALS	MINIMUM DD	MINIMUM SCORE (Opts)
Boys 16-21	5 vols. 9.0	5	9 (1.8)	135.00
Boys 14-15	5 vols. 9.0	4	7.2 (1.8)	108.00
Boys 12-13	5 vols. 9.0	3	5.4 (1.8)	78.00
Boys 11-Under	4 vols 7.0	2	3.12 (1.56)	45.00
Girls 16-21	5 vols. 9.0	4	7.2 (1.8)	108.00
Girls 14-15	5 vols. 9.0	4	5.4 (1.8)	81.00
Girls 12-13	5 vols. 9.0	2	3.6 (1.8)	52.00
Girls 11-Under	4 vols 7.0	2	3.12 (1.56)	45.00

REQUIREMENTS FOR THREE METER				
EVENT	VOLUNTARIES MAX DD	OPTIONALS	MINIMUM DD	MINIMUM SCORE (Opts)
Boys 16-21	5 vols. 9.5	5	9.25 (1.85)	139
Boys 14-15	5 vols. 9.5	4	7.4 (1.85)	111.00
Boys 12-13	5 vols. 9.5	3	5.5 (1.85)	80.00
Boys 11-Under	4 vols. 7.6	2	3.2 (1.6)	46.00
Girls 16-21	5 vols. 9.5	4	7.4 (1.85)	111.00
Girls 14-15	5 vols. 9.5	3	5.5 (1.85)	83.00
Girls 12-13	5 vols. 9.5	2	3.7 (1.85)	55.00
Girls 11-Under	4 vols. 7.6	2	3.2 (1.6)	46.00



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REQUIREMENTS FOR PLATFORM				
EVENT	VOLUNTARIES MAX DD	OPTIONALS	MINIMUM DD PLATFORM LEVEL	MINIMUM SCORE (Opts)
Boys 16-21	4 vols. 7.6	5	Any	
Boys 14-15	4 vols. 7.6	4	Any	
Boys 12-13	4 vols. 7.6	3	5 or 7	
Boys 11-Under	4 vols. 7.6	2	5	
Girls 16-21	4 vols. 7.6	5	Any	
Girls 14-15	4 vols. 7.6	3	Any	
Girls 12-13	4 vols. 7.6	2	5 or 7	
Girls 11-Under	4 vols. 7.6	2	5	



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APPENDIX 2: ORDER OF EVENTS

2026 YMCA National Event Schedule

Thursday, April 9th

Event Start: 9am

- Event 1 - 11-U Boys & Girls & 12-13 Boys 1M Prelim / 12-13 Girls 3M Prelim
11-U Boys & Girls & 12-13 Boys 1M Final / 12-13 Girls 3M Final
- Event 2 - 14-15 & 16-21 Boys 1M Prelim / 14-15 Girls 3M Prelim /
16-21 Girls Platform
14-15 & 16-21 Boys 1M Final / 14-15 Girls 3M Final
- Event 3 - 13&U & 14-18 Boys & Girls 3M Synchro

Friday, April 10th

Event Start: 9am

- Event 4 - 11-U & 12-13 Girls 1M Prelim / 11-U & 12-13 Boys 3M Prelim
11-U & 12-13 Girls 1M Final / 11-U & 12-13 Boys 3M Final
- Event 5 - 14-15 Girls 1M Prelim / 14-15 & 16-21 Boys Platform
14-15 Girls 1M Final
- Event 6 - 16-21 Girls 3M Prelim
16-21 Girls 3M Final

Saturday, April 11th

Event Start: 9am

- Event 7 - 14-15 & 16-21 Boys 3M Prelim / 11-U & 12-13 Boys & Girls
& 14-15 Girls Platform
14-15 & 16-21 Boys 3M Final
- Event 8 - 16-21 Girls 1M Prelim
16-21 Girls 1M Final