



2026 American Cup

Fort Lauderdale
April 16-19, 2026



Welcome Back to Fort Lauderdale!

For the first time since 2013, USA Diving is excited to bring a major international diving competition back to the **Fort Lauderdale Aquatic Center**.

Following the closure of the original Fort Lauderdale diving facility in 2016, the event returns to the city with the reopening of the new International Swimming Hall of Fame Aquatic Center.

The 2026 American Cup will uniquely feature Olympic diving disciplines alongside 20- and 27-meter high diving. This marks a new era for international competition in the United States.



Event Information

Host: USA Diving

Venue: 501 Seabreeze Blvd, Fort Lauderdale, FL 33316

Practice Days: April 14-15, 2026

Competition Days: April 16-19, 2026

Meet Director: Michael Retcher

Email: michael.retcher@usadiving.org

Phone: (+1) 419 789 0594

Aqua Delegate: Hana Novotna

Facility:

Four 1-meter springboards

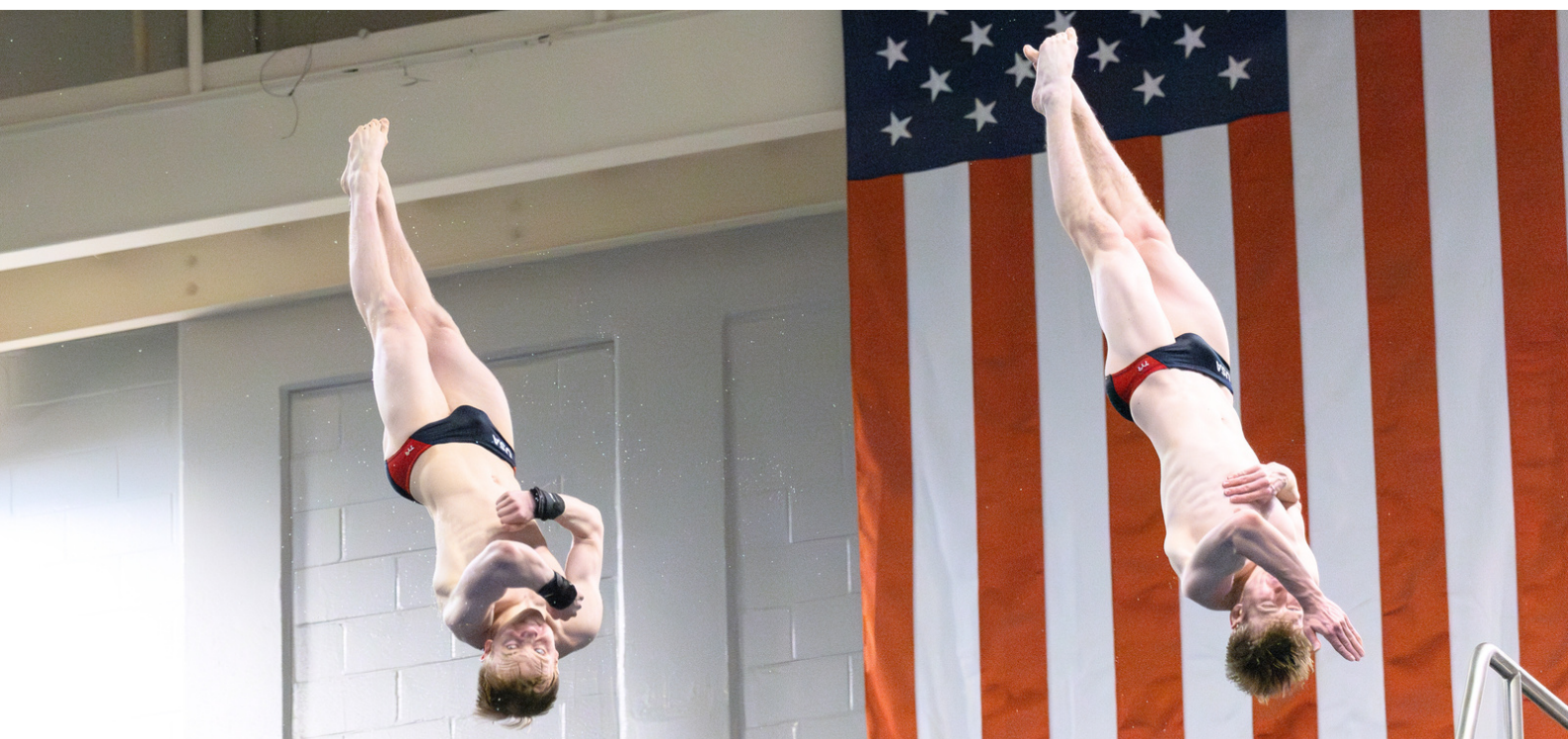
Four 3-meter springboards

Dive platforms: 3-meter, 5-meter, 7.5-meter, 10-meter

High Dive Platforms (for approved athletes only) 15-meter, 20-meter,
24-meter, 27-meter

Flipping mat warm-up area

2x trampolines



Registration

Preliminary Entry forms will be available via the link inside the table below. Please return this form and all additional information by the indicated dates to Michael Retcher.

Form	Due Date
<u>Preliminary Entry Form</u>	February 20, 2026
<u>Final Entry Form</u>	March 17, 2026
Final Travel Information (by email if not submitted through the Final Entry Form)	March 24, 2026

Accreditation

Accreditations will be issued to all registered parties upon team arrival. The list of accredited persons will be based on the Final Entry Form.

Visa Assistance

Citizens of certain countries or territories need visas to enter or travel in the United States. USA Diving will assist in the form of an official Letter of Invitation upon request. Please be aware that due to current circumstances, we expect the visa process to take much longer than in the past, and we encourage you to begin this process as early as possible to avoid issues obtaining visas and resulting travel delays. Please refer to the preliminary entry form for assistance with this process.

For the most up-to-date Visa information for the USA, please follow the link below:

<https://travel.state.gov/content/travel/en/us-visas/tourism-visit/visitor.html>



Travel Information

The closest airport is **Fort Lauderdale-Hollywood International Airport** (FLL). All delegations should plan on arriving at FLL.

Transportation will be provided between FLL and the headquarters hotel. This transportation is provided at no additional charge and is exclusive to athletes, coaches and accompanying individuals who have secured reservations at the designated official event hotel through the Local Organizing Committee (LOC).

The competition venue is located approximately a 3-minute walk from the headquarters hotel. No shuttle transportation will be provided between the hotel and the venue.

Detailed arrival and transportation information will be included in the final information packet.



Accommodation and Meals

Headquarters Hotel:

Courtyard by Marriott,
440 Seabreeze Blvd, Fort Lauderdale, FL, 33316
[Google Maps Location](#)

Full board hospitality will begin with **dinner on April 13, 2025**, and conclude with **breakfast on April 20, 2025**. Three meals per day will be provided.

Prices include hotel accommodations, transportation to and from Fort Lauderdale-Hollywood International Airport (FLL) and all meals during the team's stay.

Hotel accommodations will be provided at the designated official event headquarters hotel in Fort Lauderdale, with the option of double occupancy (two double or queen beds) or single occupancy (one king bed).

Rate- Single Occupancy

\$325 per person/per night

Rate- Double Occupancy

\$280 per person/per night

Participation

This competition is open to **any World Aquatics Member Federation** (except for Suspended Member Federations). The event will operate under the World Aquatics Competition Regulations, with a limit of six athletes per federation. For individual preliminary events, only two athletes may be qualified directly to the final, and one team per synchronized event is allowed.

Team USA (HOST) is permitted to enter two teams for synchro. However, if both teams finish in the top 3, only the top team will receive a spot on the podium.

There will be a Team Event that follows official AQUA rules for a Mixed Team Event. One team per federation may compete. Refer to bullet point 3.7 under the diving tab on the official [Team Event rules](#).

There will also be a High Diving competition from 27/20 meters for men and 20/15 meters for women. Please refer to [page 12](#) for High Diving specific rules.



Individual Events

PRELIMS

Countries will be allowed to enter up to six divers per individual event. The top 8 finishers will qualify for the final (a maximum of two divers per nation can automatically qualify for the final from the prelims). The 9-20 ranked divers will go to the repechage.

Divers finishing 21st place and below will not progress.

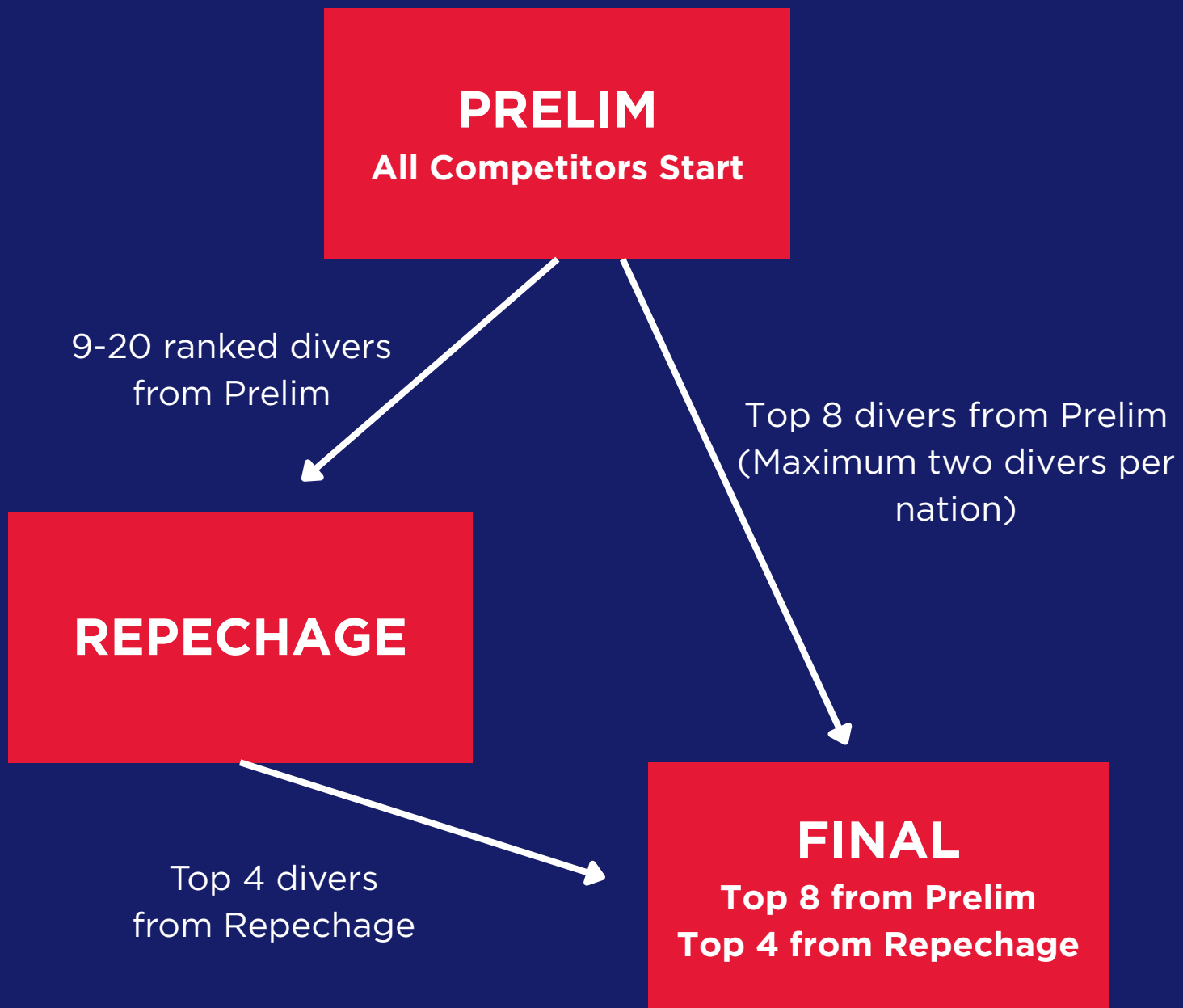
REPECHAGE

From the prelims, divers ranked 9-20 from the prelims, regardless of nationality, will qualify for the repechage session. Athletes displaced from the top 8 in the prelims due to the nationality quota will be part of the 12 divers in the repechage. The top 4 divers from the repechage, regardless of nationality, will earn qualification to the final, resulting in a 12-person final.

FINAL

From the preliminary, the top 8 divers (with a maximum of two per nation), and the top 4 divers from the repechage (regardless of nationality) will be included in the final. Each final will include a total of 12 athletes. Should any qualified athlete withdraw from the final, the next best-ranked diver from the repechage will be given their spot, regardless of nationality. Medals will be awarded to the top 3 divers regardless of nationality.

Competition Route for Individual Events



Synchronized + Team Events

SYNCHRO

3-meter and 10-meter events for both men (two dives with limit + four dives without limit) and women (two dives with limit + three dives without limit) will be contested. These events will be contested as a straight final, and countries are permitted to enter one team per event. As the host, Team USA may enter a second team, with only one of those teams being eligible for a podium appearance if they both finish in the top three.

TEAM EVENT (TBD)

A decision to add a team event will be based on the number of entries to the American Cup after February 20. It is in our best interest to keep the timeline manageable for all of our teams. If the Team Event is contested, it will follow the following rules:

The Mixed Team Event competition consists of at least one female and one male diver, but no more than four divers total. Two dives shall be executed by the female competitor and two dives by the male competitor. Two dives shall be executed by a mixed synchronized team of one male and one female. Three dives shall be executed from the 3-meter springboard, and the other three dives from the 10-meter platform. Six dives from six different groups must be used.



High Diving

The competition will feature **four rounds of high diving** taking place over two days (April 18-19).

Male divers may use platform heights of 27 meters, 20 meters and 15 meters. **Female divers** may use platform heights of 20 meters and 15 meters.

April 18: One voluntary + one optional dive

April 19: One intermediate + one optional dive

Voluntary DD maximums:

27-meter: 2.8

20-meter: 2.6

15-meter: 2.4

Intermediate DD maximums:

27-meter: 3.6

20-meter: 3.4

15-meter: 3.2

The voluntary and intermediate dives must be performed from two different take-off **directions**. The optional dives must be performed from two different take-off **groups**.

Please refer to the **World Aquatics Rulebook** for full high diving rules.

All high divers must be a USA Diving member OR provide proof of insurance to compete. Divers aged 17 and under must email an additional letter of support from their federation. Please email **owenw@usadiving.org** for high diving-specific questions.

Additional Information

TECHNICAL MEETING

The Technical Meeting will take place on Wednesday, April 15, at the Fort Lauderdale Aquatic Center.

DOPING

Doping control procedures will be in place at this event. Athletes should have photo identification (ex. passport) and are responsible for any medication or supplement they are taking.

MEDICAL SUPPORT

Lifeguards will be present during all training and competition sessions to provide immediate response in case of emergencies.

A physician will be available to participants by contacting the medical services coordinator of the organizing committee.

Physiotherapy tables will be accessible to teams from visiting countries at both the competition site and the host hotel. Medical support will be offered on-site to all competitors from April 14 to April 19. In emergencies, emergency medical services (EMS) will determine the most suitable hospital for transfer based on the specific medical needs. Additional details will be shared in upcoming communications.

Judges

Judging panels will consist of international AQUA-certified gold, silver and bronze level judges. Should more judges be required, additional USA-based World Aquatics-certified judges will be utilized. National Federations with more than three athletes must provide a judge. Federations that fail to supply a judge will incur a fine of \$500.00 USD, payable to USA Diving.



Schedule

Date	Schedule
April 14-15	• Open Practice
April 16	• Men's 3-meter Preliminary • Women's 10-meter Preliminary • Men's 3-meter Repechage • Women's 10-meter Repechage
April 17	• Men's 10-meter Preliminary • Women's 3-meter Preliminary • Men's 10-meter Repechage • Women's 3-meter Repechage • Mixed Team Event *(TBD)
April 18	• Women's 3-meter Synchro Final • Men's 10-meter Synchro Final • High Diving Rounds 1+2 • Women's 10-meter Final • Men's 3-meter Final
April 19	• Women's 10-meter Synchro Final • Men's 3-meter Synchro Final • High Diving Rounds 3+4 • Women's 3-meter Final • Men's 10-meter Final

**We look forward to welcoming
you to Fort Lauderdale!**



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