

City of Mesa Diving Program

I. Diving Philosophy

The diving program is organized to help youth develop important qualities that will carry into their adult life. Through consistent practice, participants will enhance their physical coordination, fitness, and skill development. Gradual improvement in competition encourages stronger self-confidence and personal esteem. Participation in a team environment generates sportsmanship and team spirit. This program encourages family participation as support spectators, members of parent support groups, or volunteer officials at the competitive meets. The Mesa Parks, Recreation, and Community Facilities hopes to make your child's experience fun and rewarding.

II. Objectives

Each child who participates in the program shall:

1. Be taught basic competitive diving skills.
2. Participate in rigorous, organized training sessions.
3. Develop the qualities of self-discipline, sportsmanship and fitness through cooperative and regular participation in the practices and team competitions.
4. Gain knowledge of the life-long benefits to be found in competitive swimming and pride in accomplishment.
5. Learn the values of team membership.

III. Registration

1. No diver shall practice until registration form is completed and fee is paid.
2. **As a member of the dive team, it is expected that divers will compete in at least one meet per season. If a participant does not want to compete at all during the season, it is suggested that they participate in lessons instead of the competitive dive team.**

IV. Risks and Weather

1. A parent or guardian signature is required on the registration card when registering for all diving programs. The card informs the parent of the risks associated with strenuous physical exertion when participating in competitive aquatic activities and injury may results. Mesa Parks, Recreation, and Community Facilities employees are not liable for any injury sustained in participation in the program including transportation to and from the activities. The supervisor, participants, and parents are also held harmless. If you have any questions about this, please contact the League Director.
2. **Bad Weather:** The safety of the divers and spectators is very important. Weekly meets that are cancelled will not be rescheduled. You can call the pool or go to the pool to find out the decision of the meet. Qualifying and Championship Meets must be completed. If bad weather, the meet will be postponed until the weather clears. If the meet cannot be conducted on that day, it will be rescheduled. Participants must call or come down to the pool to determine the scheduled start time.

V. Eligibility

1. No league diver may participate in any USD or any other organized diving program other than those approved by the league director any time after March 31st. If a diver continues to dive in an unapproved program after March 31st, they are not eligible for participation in the Mesa City League. (High school athletes may compete in our league.)
2. **Divers must be 6 years old to participate in the diving program.**
3. Determination of age for diving in the league shall be the diver's age on the first day of practice.
4. Age groups for competition shall be: 8 and under, 9-10, 11-12, 13-14, and 15-17.
5. **The dive coach has complete authority over the decision of eligibility concerning any safety issues and team prerequisites.**
6. **Team Prerequisites: If the diver is unable to demonstrate the required skills at the end of the first week of practice they will not be able to continue participation in the program. Dive lessons are highly recommended before beginners start team.**
 - Divers must be able to demonstrate efficient swimming skills in deep water.
 - Divers ages 6-8 must be able to demonstrate a safe front and back jump and standing front dive. The knowledge of a hurdle is beneficial, but not mandatory.
 - Divers 9 and older must be able to demonstrate a safe back jump, a one-step hurdle with a front dive, and either a back dive, inward dive, or front somersault with the appropriate approach. Knowledge of a three or four step hurdle is beneficial.

The City of Mesa Public Diving Rules are followed during dive practices as well as at meets. Participants are expected to adhere to the following:

1. Divers must be 8 years old, at least 42 inches tall, stand as tall as the top of the line, and know how to swim to dive from the high dive.
2. Divers must be 5 years old and know how to swim to use the low diving board.
3. Climb the diving board ladder one step at a time and use both hands to hold onto the rail.
4. Only one person allowed on the diving board at a time, including the ladder.
5. Don't lean or swing on the safety rails.
6. Running on the diving board is not allowed.
7. Dive from the end of the board only.
8. Only one bounce is allowed.
9. Look and wait for the prior diver to reach the pool ladder before diving.
10. Fulcrum adjustments must be authorized by the coach.
11. Divers must exit the water immediately.
12. Diver's hands must enter water first on head-entry dives.
13. "Inwards or Reverses" are allowed only with coach's discretions and guidance.
14. Coaches have the authority to stop dives with a high degree of difficulty.
15. Use the diving boards at your own risk.
16. Improper use of diving boards and safety rails can result in serious injury or death.

VI. Swim Suits

1. Team suits are chosen for each team; however, they are not required, and purchase is optional. Any swim suit that is appropriate and functional for diving is acceptable. (No two piece swimming suits will be allowed.) **No girls can wear shorts during competition. Boys' shorts must not be below the kneecap when wet. We highly encourage boys to wear jammers or Speedos in meets to enable judges to better see body position.**
2. Team participants may purchase a team suit from any vendor. Vendors in Mesa include East Valley Sports 6306 E. Main St. 480-832-8172 and Ski Pro located at 1924 W. 8th St. 480-962-6910.

VII. Awards and Meet Organization

1. Awards:

- Weekly Dive Meets: Ribbons will be awarded for 1st-8th place in each age group. Participation ribbons are given to all other participants in these meets.
- League Qualifying/Championship Meets: Ribbons will be awarded for 1st-10th place in each age group. Participation ribbons are given to all other participants.
- League Championship Meet: Age group winners will receive a trophy, second place will receive a runner-up trophy, third place a medal, and 4th-10th place will receive league championship ribbons.

2. Meet Organization:

- The schedule of dives has been thoroughly researched. We selected this progression of dives for the diver's safety and advancement. The dives build progressively from one meet to the next and enhance the skill level at a safe speed. The degrees of difficulty sheet (attached or found on the web site) has been revised for a fair judging system.
- **If a diver's birthday is between June 1st and August 1st, they may compete at the next age level. However, once a diver competes in an age group they must remain in that age group for the remainder of the season.**
- Weekly Dive Meets: Divers will compete a specified number of dives each meet. (Please see the attached diving schedule or it can be found on the website.) **The required dive for all age groups will be the first dive performed at each weekly meet.** It is important to attend practice the day of the meet in order to fill out the dive entry sheets correctly and to practice their dives in the correct order.
- Qualifying Meet: Everyone will be eligible to participate in the qualifying meet **if they participated in at least one regular season meet.** The top 10 girls and top 10 boys in each age group will qualify for the League Championship Meet. **If there are less than 10 girls or 10 boys in an age group, then that age group will be automatically finalized and may not have to dive in the qualifying meet.** Five judges will be used during this meet. The high and low scores will be dropped to ensure fairness.
- League Championship Meet: The qualifying 10 girls and 10 boys will compete in this meet. The girls and boys will all compete on the same day and same time for each age group. Five judges will be used during this meet. The high and the low scores will be dropped to ensure fairness.
- **In all qualifying and championship meets once the divers have been seated in their order there will be no changes allowed.**

VII. League Diving Rules

The United States Diving rules will govern all meets with the following exceptions:

1. All diving sheets must be in the hands of the meet host coach prior to that ages' warm ups.
2. Diver entries may be changed up to 15 minutes before the start of their age group. After that time no entries will be changed and the diver must execute the dive written on the entry. The diver can change the position but not the dive. The diver will use the lower of the degree of difficulties if the position is changed. However, it should be emphasized that the intention of this rule is to protect the safety of the diver, it is not to allow a diver to change their list for competitive advantage.
3. No one should do anything that could distract a diver on the board. After one warning, an individual will be declared ineligible to dive for the rest of the meet.
4. **Parents cannot talk to judges during the entire meet. Protests will be heard only from the head coach of the team concerned. Protests must be directed to the head coach who will address parent concerns with the league director.**
5. A balk, less than three steps in the approach, or the absence of a hurdle will incur a two-point deduction from each judge's scorecard. A crow hop may have a 1-3 point deduction.
6. Once a dive is scored, the score cannot change.
7. Divisional Qualifying: Athletes must check in for events that have less than eight divers. Less than eight divers may not dive in the qualifying meet if weather is bad. Divers must participate in the qualifying meet to progress to league championships.

VIII. Parent Responsibilities

1. Provide transportation for their child to and from practice and competitions.
2. Give support to their child's efforts to improve and progress their diving through praise, understanding and attendance at team events.
3. Respect coach's authority by:
 - a. Refrain from interrupting practice. Please keep communication with coach to before or after practice.
 - b. Please do NOT use diving technique at home. For the safety of your child do not let your diver attempt dives learned at practice at home.
 - c. Staying out of the water during practices and meets.
4. Parents must pick their child up as soon as practices or meets are over. Coaches and staff will not be responsible for divers after practices or meets.

IX. Concussions

Concussions can occur in any sport; therefore, all parents/guardians and coaches need to know concussion signs and symptoms and what to do if a concussion occurs. Coaches will notify parents/guardians and league director if a participant had contact with their head whether it seemed severe or not. The following is information for you as parents/guardians, please take a moment to read it over. <http://mesaaz.gov/home/showdocument?id=6148>

X. Schedule

Divers will be let into the pool area 30 minutes prior to the meet start time. Twenty minutes prior to the meet will be warm-ups for the 8 and under age group only. All meets will break for warm-ups between each age group.