

MESA WATER POLO

I. Water Polo Philosophy

The water polo 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 meet. 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 water polo 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 water polo and pride in accomplishment.
5. Learn the values of team membership.

III. Registration

No swimmer shall practice until registration form is complete and fee is paid.

IV. Eligibility

1. No league swimmer may participate in any organized competitive swim program other than those approved by the League Director any time after March 31st. If a swimmer participates in an unapproved program after March 31st, they are not eligible for participation in the Mesa City League. Any falsification of this rule will result in suspension from summer competitive leagues. Organized competitive programs will include, but is not limited to MAC water polo.
2. Determination of age for water polo in the league meets shall be the swimmer's age on the first day of the program. Proof of age must be made available upon the request of the League Director.
3. Participants must be at least 10 years old. Must be able to swim two laps across the pool using any stroke, and be comfortable in deep water. Participants who are unable to meet these basic requirements will be asked to move to our lesson program in order to strengthen their skills.
4. Age groups for competition shall be: 9-11 and 12-15.
5. Once a swimmer competes with a City of Mesa League team during that season, he/she may not compete with any other league during the same season without the permission of the League Director.
6. In order to compete in the end of season tournament, athletes must participate in at 3 matches.

V. Risks and Weather

1. A parent or guardian signature is required on the registration form when registering for the water polo program. The form informs the parent of the risks associated with strenuous physical exertion when participating in competitive aquatic activities and injury may result. Mesa Parks, Recreation and Community Facilities and 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 swimmers and spectators are very important. Saturday matches that are cancelled will not be rescheduled. You can call the pool or go to the pool to find out the decision of the match. The tournament will be completed. If bad weather occurs, the tournament will be postponed until the weather clears. IF the tournament 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.

VI. Swim Suit

1. Team suits are chosen for each team however they are not required, and purchase is optional. Participants are encouraged to wear a jammer or speedo for boys, one piece for girls. (String bikinis and shorts below the knee are not considered functional.)
2. Team participants may purchase team suits from any vendor. Vendors in Mesa include East Valley Sports 6306 E. Main St. 480-832-8172 and Ski Pro located at 1924 W. Rio Salado Pkwy at the Riverview shopping area. 480-962-6910.

VII. Awards and Match/Tournament Organization

1. Awards- are given out only at the League Championship Tournament matches. Participants must be present at the tournament to get their award.
 - a. Trophies will be awarded to the overall tournament winning and runner up teams.
 - b. Medals awarded to third place teams.
 - c. Ribbons will be awarded to the 4th – 6th place teams.
2. Meet Organization and Administration
 - a. Water Polo matches will be played with four 6-minute quarters and a running clock. There will be 2 minutes between quarters and a 5-minute half time break. All matches will be played with an impartial referee. He or she will be in charge of the competitive matches and his or her word is final.
 - b. There are a total of 6 teams in the league. All teams will follow the predetermined schedule and play weekly matches in a round robin format.
 - c. Weekly matches will be held on Saturday mornings. A schedule and calendar is posted online.
 - d. All matches will be scored on a win (W) loss (L) system. Points will be used in the event of a tie, to place standings for tournament entry.
3. Disqualification Policy
 - a. Any team not fielding at least 7 players at match start time will forfeit the match. If a team can be filled using overflow players from the opposing team, the match will still be played. The team that forfeits a match will receive a loss (L) for that week.
 - b. To commit an act of brutality (including, but not limited to, kicking or striking or attempting to kick or strike with malicious intent) against an opponent or official, whether during play or the intervals between periods of play will result in the offending player being excluded from the remainder of the game and the following game and they will not be substituted.

VIII. Basic Rules for Competition

1. The basic format and rules of the United States Water Polo Association will be followed. Local rules will prevail where deemed necessary or practical. Player basics and terms are listed on the competitive website.

IX. Parents' Responsibilities

1. Provide transportation for their child to and from practices and matches.
2. Give support to their child's efforts through praise, understanding and attendance at team events.
3. Respect coach's authority by:
 - a. Refrain from interrupting practice. Try to keep communication with a coach to before or after practice.
 - b. Staying out of the water during practices and matches.

4. All competition officials are volunteers. Parents are encouraged to support their athlete(s) by volunteering as needed.
5. Parents must pick up their children as soon as practice or meets are over. Coaches and staff are not responsible for children after their scheduled practice time or meets.

X. Concussion Awareness

1. 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>