

MIDLAKES DIVE LEAGUE OPERATING PLAN 2006

PURPOSE

The Midlakes Dive League is a novice league designed to introduce young people to and encourage their enjoyment of diving in a safe and positive environment. *Year-round club divers* are welcome and will be provided for in this league.

FEES

\$60 per participating club with 5 or more divers coming from that club which has a diving board useable for competition. (Does diving board meet King County regulations and pass inspection

by King County Authorities. Is pool insured? See General Regulations) Checks should be made payable to Midlakes Swim Association -Dive League, and are due at the Spring Membership Meeting. The fee covers the AAU club affiliation costs for current sustaining membership, insurance and awards for the Championship meets.

TYPES OF MEETS

1. Closed
 - a. Dual or Tri-meets
 - b. Championship meets
2. Open - As arranged with other AAU Diving clubs.

DEFINITIONS

Closed meet inclusive to Midlakes Dive League teams only.
Event competition between divers of one sex in one age group.
Home team the team at whose club the meet is held.
Host team the team for which responsibilities are set out under Dual Meet Standards.

Midlakes "A" Diver Any athlete/diver who is registered as a Junior Olympic diver with U.S. Diving- any diver who has qualified at the high school level for STATE the preceding diving season- or any Midlakes Diver who has finished in first place in 2 age group events in the summer dual season, shall be considered an "A" diver by Midlakes Diving. Year-round Novice Divers can be considered for placement as an "A Diver" with the recommendation of their coach and after consultation with the Midlakes Board of Directors Rep(s). Additionally, all Midlakes Age Group Champions(1st Place) will begin the following year as a Midlakes" A" Diver. *Divers moving up to A will remain at that level unless they age up the following season. Divers aging up are allowed to move back to the B level.* Divers must compete in the round with their own age and sex but will be scored and given awards separately both at weekly meets and champs. Midlakes A divers will compete the required "A Dive List" in all meets.

Junior Olympic Divers shall be defined as per U.S. Diving as any diver who was registered as Junior Olympic for the preceding 12 months. That diver remains a J.O. until they have had one calendar year of non-registration with U.S. Diving. Any Athlete participating in the Midlakes program must have current AAU athlete membership.

Midlakes "B" Diver *Pays current AAU (AMATEUR ATHLETIC UNION)*. Athlete may dive only in events designated for novices (includes all closed Midlakes meets); Midlakes "B" Divers will compete the required "B" Dive List.

Open Meet Divers from more than *one AAU and/or* U.S. Diving team may compete. Midlakes does not host open meets.

SAFETY:

1. Safety awareness is critical to the success of the Midlakes program. It is the coach's responsibility to inform all parents and divers of the items contained in the "Safety Awareness" handout and have each diver and family acknowledge receipt of this information as follows:
2. Safety Awareness is an attitude or condition that promotes reasonable and prudent actions and behaviors relative to safety measures in diving.

COACHES: The coaches' primary responsibilities are 1. EDUCATION 2. SAFETY. Coaching objectives of safety conscious coaches put the Athletes first and winning second.

- Coaches must instruct divers in techniques of appropriate take-off mechanics, skill progressions, body awareness, and performer readiness to minimize the risk of injury.
- A primary safety objective in diving is safe board clearance on every dive.
- Coaches enforce safety rules
- Coaches are responsible for warning divers and parents about the risk of injury before divers are exposed to the risk. Coaches must require that "Risk of Injury" divers and their parents sign forms before they begin practice. These forms must be kept on file.
- Coaches must carry Emergency Information and Consent for Medical Treatment forms with them at all times while coaching. Have readily available name, address, phone number (home & work) of diver's parents, emergency contact number, doctor and or preferred hospital, record of physical limitations and allergies.

DIVERS:

- Divers must know understand the risks involved in the sport.
- Divers are expected to follow the team rules for safety.
- Divers are expected to attend practice to assure proper training.

MEET OFFICIALS: It is the meet officials' responsibility to provide a safe environment. The authority carries responsibility.

- If an official has any reason to believe that a diver is facing unreasonable risk due to skill deficiency, fatigue, trauma or other reason he/she should notify the diver's coach and/ or the referee.
- The meet director or referee has the authority to eliminate any dive if in his opinion circumstances exist which might place the diver in danger. It is recommended that those making the decision take time to consult with the diver and coach.
- The meet referee has the ability to change the dive to another position (making the dive easier) for safety reasons.

PARENTS:

If concerns arise regarding the diver's emotional state, fatigue, illness, injury, the use of certain facilities, or if they identify any other factors that risk the child's well being it is the diver's parents/guardian responsibility to notify the coach and to remove their diver from the situation.

DIVING AT NEW POOLS:

Divers and coaches who are diving at any new pool facility **MUST BE WARNED** about pool limitations. All divers and coaches must familiarize themselves with the dimensions of the new pool. Divers should be instructed to enter the deep-water diving area feet-first in an unfamiliar diving facility.

RISK OF INJURY

All sports involve an element of risk to the participant, and diving is no exception. We feel that is very important that diving participants be made aware of this risk.

Diving, as is the case with all sports, carries a risk of physical injury. No matter how careful the diver and coach are, no matter how many spotters are used, no matter what height is used, or what landing surface exists, the risk cannot be eliminated. Reduced, yes, but never eliminated. The risk of injury includes minor injuries such as bruises, and more serious injuries such as broken bones, dislocations, and muscle pulls. But the risk also includes catastrophic injuries such as permanent paralysis or even death from landings or falls on the back, neck, or head.

At _____ our Diving Team philosophy will be based on the objectives: **ATHLETE SAFETY FIRST and DIVING PERFORMANCE and WINNING SECOND...The importance of **SAFETY** in diving is recognized when the diver is presented with three potentially injurious situations:**

- 1) The chance of hitting the diving board**
- 2) The chance of incorrect landing on the surface of the water**
- 3) The chance of hitting the bottom, another swimmer or diver, or a floating object**

The primary safety objective in competitive diving is safe board clearance on every dive. These situations can be minimized when the diver practices good safety habits, such as body awareness, appropriate take-off mechanics, skill progressions, performer readiness, and following their coach's instruction.

ALL TEAM MEMBERS WILL BE REQUIRED TO FOLLOW THE SAFETY RULES PRESENTED TO THE TEAM

I have read the above safety information and I understand that competitive diving, like any other athletic endeavor, carries with it a risk of bodily injury. I understand that Safe Diving is a product of hard work, skill training, and dedication on the part of the diver.

Diver's Signature _____

Parent's Signature _____

Date _____

GENERAL REGULATIONS:

1. All meets will be conducted in accordance to current *AAU (Amatuer Athletic Union)* regulations except as is noted in the Midlakes Operating Plan for Diving. ***Attention should be paid especially to the registration of all divers and coaches with AAU as Individual Athlete and Coach members respectively.*** Midlakes Swim League will be registered as the "club" and individual teams club facilities will be registered as third party insured sites. (See Responsibilities of Midlakes Board of Director's Dive Rep, below). All Midlakes pools are required to have a certificate of insurance. This certificate now must specifically state that diving is included as a covered activity and name the Midlakes League as an additional insured.
2. Lifeguards must be scheduled at each pool for any diving activity. This includes both practice and meets. Each pool hosting a meet shall be required to have a certified life guard on duty for the duration of the meet. This shall not be the coach. The pool shall be closed during the competition portion of the meet. If swimmers are in the water during the competition portion of the meet, the referee will stop the meet until they exit the pool.
3. Care will be taken to follow the rules of *the AAU (Amatuer Athletic Union)*, of which the Dive League is a part.
4. Midlakes rules shall be followed as to eligibility and other inquiries.
5. Standard colored dive list forms are recommended for all meets but required for the Championships. Standard colors are pink for girls and blue for boys. Position abbreviations shall be as follows for ease of announcing: S=Straight, T=Tuck, P=Pike and F=Free. The dive lists need not be signed by anyone. The forms to be used can be found at the end of this operational plan.
6. The age of each diver is set at the age of that diver on June 15 of the year in which he/she competes. Divers will be allowed to dive in their respective age group ONLY.
7. Divers may compete in one event per meet.
8. Each diver must be covered by *AAU Diving* insurance to participate in the Midlakes program. The only way for this to happen is for each diver to individually register with AAU, as an Athlete Member. One unregistered diver in the program will void all insurance for all of our teams and coaches. **It is the responsibility of your coach and parent dive team rep to verify registration cards for each participant.**

AAU Memberships are valid for one year from beginning September 1 and expiring August 31st of the calendar year. **DIVERS ARE NOT ALLOWED to practice or compete until on-line AAU registration with payment is made on the following website.**

Website:

www.aausports.org

On the website: Click, Join AAU - Click, Athlete Button. Complete the "Athlete Application Form" including e-mail address, name, address, phone, date of birth and gender. You will need the following information to complete the application.

Program = Youth: Membership Fee = Athlete Registration Added Benefit (\$14.00):

Sport = DI-Diving

AAU Club Name = Midlakes Swim & Dive Association

AAU Club Code = **PNDIY4XKB**

(please note this is a new/different registration number)

Divers MUST register for Added Benefit Program (\$14)

MIDLAKES REGISTRATION FEE:

Additionally, all divers must register with the Midlakes League, by paying the Midlakes Certification Fee of \$10. All checks for the Midlakes Certification Fee (\$10) must be made payable to the diver's club. Clubs are to write one check directly to the Midlakes and submit the check to the Midlakes treasurer to cover all of their divers. This payment should be sent with your club's team registration fee.

9. The names and AAU registration #'s of Divers holding current, athlete registration with US Diving must be given to the Midlakes Board of Director's Diving Rep. at least (3) three days prior to his/her first competition. (These divers *must also be registered with a year round dive club in the AAU format*)
10. **The home team coach will report the results of meets to the Midlakes Board of Director's Dive Rep. by telephone the same day they occur. The COACH WILL MAIL a copy of the team score sheet to the Midlakes Board of Director's Dive Rep. the next day by mail.**
11. The home team coach will coordinate meet schedule changes with the Midlakes Board of Director's Dive Rep. before the change is finalized.
12. Coaches will confirm with host coach the time and place of their meets the day before they occur.
13. Safety credentials for coaches:
All coaches are required to be current in First Aid Multi-Media (or equivalent). CPR Certification as approved by the *Midlakes Association*. This course must have been completed during the current year and prior to the Midlakes season. *All Midlakes coaches must register as a Coach with AAU (Amateur Athletic Association) even if they have an athlete membership* (Copies of valid First Aid/CPR cards are required to complete registration with *Midlakes*). *The AAU Coaching Registration expires 8/31 of each year and coaches must re-register each season. This fee for AAU registration and Safety trainings will be paid individually by all Midlakes Coaches.*

14. Each club will be encouraged to have as many parents, as possible, attend the judging clinic held prior to the season. At least two parents from each club must attend. These parents will be considered certified judges and may act as referee.
15. Each club will appoint a Midlakes Dive Team Club Representative who is not the coach. The Dive Team Club Rep will promote and advertise diving at their pool, assist the pool in hiring a dive coach, work with the pool manager to have dive team sign-ups, be responsible for registration and eligibility of all divers with *AAU (Amateur Athletic Union)* in accordance with Midlakes rules, coordinate and host home meets: secure and set up supplies for home meets, procure table workers to help with meets and champs, procure judges for home and away meets, attend Midlakes meetings as required, and most importantly assist the coach with administrative duties. The Dive Team Club rep is not responsible for coaching the divers
16. **Coaches must have dive entry sheets completed upon arriving** with their team at the pool for competition. All dive sheet entry forms must be turned in to the scorer's table at the time warm-ups begin. In the interest of safety, it is expected that during warm-ups our Midlakes Coaches will be available to coach and assist their diver's, giving them 100% of their attention. Failure to complete paperwork prior to warm-ups delays the starting time of the meet.
17. **The coach and the Midlakes Dive Team Parent Representative are both required to attend the mandatory coaches meetings.** The first meeting is held prior to the start of the season (generally at the same time as the judging clinic for parents) and **the second meeting is held 3 days prior to the Championship Meets.**
18. Midlakes Dive Team Club Representatives are encouraged to join *AAU (Amateur Athletic Union)* as an *official for insurance purposes. This can be done individually on-line.*

RESPONSIBILITIES OF THE MIDLAKES BOARD DIRECTOR'S DIVING REPRESENTATIVE

1. Register Midlakes Swim League as a club with AAU (Amateur Athletic Union)
2. Set the schedule for all meets. This will be done with as much input as possible from the participating clubs and no later than the coaches meeting.
3. Host the mandatory coaches meeting before the first meet.
4. Provide a roster of all coaches and Midlakes dive team club dive reps.
5. Arrange for a judging clinic before the first meet.
6. Report meet results to local media via Midlakes Publicity Chairman.
7. Coordinate League participation in open meets, there if are any.
8. Midlakes Board of Directors Rep(s) must register with *AAU* as "Officials" for insurance protection.

Championship Meet Director- the meet so that all divers can participate, taking into account the amount of meet time will help determine number of entries and how to structure available. in most years these responsibilities remain the responsibility of the Midlakes Board of Director's Dive Representative and may be shared jointly with the host club.

1. Secure location of meet.
2. Set and report warm-up schedule one week prior to Champs.
3. Secure awards for:
 - a. Ribbons 4th – 15th , Medals 1st - 3rd Places
 - b. 1st - 3rd Place Team Award
4. Confirm dive lists are correct for DD and order.
5. Appoint referee, officials, and table workers for each event.
6. Confirm each diver's registration with AAU (**Amatuer Athletic Union**)
7. Insure that programs are available to meet attendees and that meet results are received by coaches as soon after the meet as possible. Insure that local clubs and news media have information about meet both before and after.
8. Oversee presentation of all awards.

DUAL MEET STANDARDS

1. Meets will be held during the Midlake's season per the arranged competition calendar, beginning at 5:00p.m. At 4:45 there will be a closed warm-up for first event participants only, and this format will be followed for each event. HOST clubs will provide a 30-minute warm-up for the visiting team prior to the first event (beginning at 4:15)
2. All dive sheet entry forms must be completed and turned into the officials' table prior to the warm-up for the first event.
*Degree of difficulty shall be according to U.S. Diving tables. Diving order shall alternate from club to club in each event as the number of entries warrants.
3. Judges will be provided by both teams. Five judges per event are required, three from the HOST team and two from the visiting team. If this quota cannot be filled, three judges may be used. The meet referee should be flexible to allow for a full judging panel. Judges seating is at the discretion of the meet referee. Judges will be impartial.
4. Host coach will appoint a certified referee for each meet. This person must have attended a Midlakes Judging Clinic in the current year and may not be a coach of the participating team competing in the meet.
5. The referee shall be announced at the beginning of the meet. Duties of the referee are outlined on page 11 of this Operating Plan.

6. Dual and Championship meet guidelines are shown below with the following applications and restrictions:
 - a. any jump or dive in the required category that is not used as such may be performed as an optional
 - b. Optionals from the same group are not allowed. (With the exception of the 8 & Under age group where a jump may be used as skill allowing for dive in the same direction to also be performed)

MIDLAKES DIVE REQUIREMENTS A/B

<u>AGE GROUP</u>	<u>DUAL MEET B</u>	<u>DUAL MEEET A</u>	<u>CHA MPIONSHIP</u>
8 and Under	*Front or Back Jump 1.0 DD	Front Dive 1.0 DD	Same Dive List A/B
4 Dives Total	*Forward Dive (101) 1.0 DD	1 Required 1.0 DD	Add 1 Optional
Both A and B	any position (S,T,P)	2 Optionals True DD	
	*1 Required True DD		
	*1 Optional True DD		

*Back Dive ½ twist in 8 and Under Category will be held to 1.0 DD

8 & Under Divers are allowed to use their second jump as a skill in the optional round. Additionally, they will be allowed to use a dive from the same dive group (direction) with that jump in the optional round.

10 and Under	Front Dive 1.9 DD	Front Dive 1.9 DD	Same Dive List
A =5 Dives Total	1 Required Dive 1.9 DD	2 Required Dive 1.9 DD	Add 1 Optional
B=4 Dives Total	2 Optionals True DD	2 Optionals True DD	

*Back "Dive ½ Twist in 10 and Under Category will be held to 1.0 DD

12 and Under	Front Dive 1.9 DD	Front Dive 1.9 DD	Same Dive List
A=6 Dives Total	2 Required 1.9 DD	2 Required 1.9 DD	Add 1 Optional
B=5 Dives Total	2 Optionals - True DD	3 Optionals True DD	**except 12A**

14 and Under	3 Required 1.9 DD	4 Required 1.9 DD	Same Dive List
A=7 Dives Total	3 Optionals True DD	3 Optionals True DD	Add 1 Optional
B= 6 Dives Total			

17 and Under	3 Required 1.9 DD	4 Required 1.9 DD	Same Dive List
A=7 Total Dives	3 Optionals True DD	3 Optionals True DD	Add 1 Optional
B=6 Total			

As is standard Dive Practice:

- **The Required Dives following the Front Dive (101) must be performed from different dive groups**

- **Divers must use the dives with the lowest Degree of Difficulty from each group as their required dive.**
- **Optional Dives in each age group must all come from different dive groups unless otherwise specified**
- **The Championship Optional Dive MUST come from a Different Dive Group other than those performed in the Optional Round of Diving**

JUDGING:

7. Judging of diving shall be in accordance with AAU (Amateur Athletic Union) rules in all cases except as hereby noted:

Arms-up on any feet first entry dive will be awarded a maximum of 4 ½ points, the exception to this rule is the front jump. See Number 7, item 6

1. Lineups may be used as a dive, for maximum of 2 points.
2. Any forward dive without a hurdle, including the front jump, will receive a maximum score of four (4) points.
3. Divers physically helped by a coach will receive a maximum of two (2) points.
4. Eggrolls will be permitted and will be awarded a maximum score of 2. Judges discretion regarding the amount of rotation will be exercised. This dive may be judged failed just like any other dive. The eggroll, where applicable, will have the same DD as a front 1 somersault tuck. (1.4dd)
5. Front dive 1/2 twist or back dive 1/2 twist will be called failed or not failed by the referee as normal. Referees will be cautioned to give the benefit of the doubt to the diver.
6. All jumps will have a maximum degree of difficulty of 1.0 no matter where they are used in the list. Novice Divers performing front and back jumps are to hold their arms motionless and straight overhead in line with their body. The body line should be straight during flight and no movement should occur. Jumps should be judged accordingly. A diver using a jump in their dive list, as a required dive with a stated DD, MUST change the degree of difficulty to 1.0.
7. A balk occurs after the time that a diver assumes a stationary, stable, and balanced position on the diving board. A dive shall be considered set at this point. Movement after the set point that does not initiate the dive will be considered a balk. This is a judgment call that will be made by the meet referee. Since Midlakes is a novice league leniency should be used before calling a balk. Remembering the importance of the diver's safety, it may be crucial for the diver to regain their balance. If a diver ascends the board and dismounts that shall not be called a balk.
8. Coaches may change individual dives but the degree of difficulty will not go up if the new dive has a greater degree of difficulty. The

degree of difficulty will go down if the new dive has a lesser degree of difficulty.

9. No balks will be called for all 8 & Under and 10 & Under at any Midlakes meet.
10. No failed dives will be called for any 8 & Under at any Midlakes meet

Judges will score the dive as seen at their discretion.

SCORING:

Individual point scoring for dual meets will be as follows:

ALL places must be awarded in each age group, at each meet- provided there are an adequate number of divers. ALL points must be awarded for each event provided there are an adequate number of participants

1st Place	7 points
2nd Place	5 points
3rd Place	3 points
4th Place	1 point

In the event of a tie, the points for the places involved will be totaled, divided by the numbers of divers involved, and the results awarded to each diver. Each event shall total no more than 16 points.

TRI-MEET STANDARDS

Dual meet rules apply with the following exceptions:

1. Warm-up for visiting teams will begin at 4:00 PM and competition will begin at 4:30 PM, with a closed warm-up for 8 & Under competition
2. If any team has already met two times, they will not be scored against that team.

OPEN MEETS

In order to provide Midlakes divers more opportunity to compete during the limited summer season, meets may be arranged with other U.S. Diving clubs.

Dates, times, team scores and other rules for these meets will be arranged by the Midlakes Board of Director's Dive Rep with help from the Midlakes dive coaches.

MIDLAKES DIVE CHAMPIONSHIP MEET

Coaches and Club Dive Reps from each participating club are required to attend the mandatory coaches meeting prior to the Championship events. This meeting will be called by the Midlakes Board of Director's Diving Representative three (3) days prior to Champs.

1. Awards will be given to the top twelve divers in an event and to the top three teams for the meet.

2. Individual points will be awarded as follows:

1st Place	7 points	4th Place	3 points
2nd Place	6 points	5th Place	2 points
3rd Place	4 points	6th Place	1 point

3. Each team may enter all their divers (who are eligible to participate) **in their respective age groups only**. Each club must submit a list of all divers to be entered in the championship meets, by age group. This list must be received by the Midlakes Board of Director's Diving Rep ONE WEEK prior to the Championships. The actual Dive Sheet Entry forms for each diver are due 3 days before - see #5.

4. The registration fee for the championship meet shall be \$3.00 per diver to be submitted with the diving sheets, at the mandatory coaches meeting 3 days before the meet. One check shall be submitted per club as the payment for all participating divers from that club.

4. Each club participating in the Championship meet must provide a minimum of 5 experienced adults for their pre-assigned event to work the scorer's table. Each team's pre-assigned event will be made at the discretion of the Midlakes Board of Director's Diving Representative. The names and phone numbers of parent volunteers must be turned in to the Midlakes Board of Director's Diving Rep 3 days prior to the Championship meet at the mandatory coaches meeting.

5. Completed dive sheet entry forms must be received by the Midlakes Board of Director's Diving Rep at the mandatory coaches meeting three days prior to the Championship meet. **Failure to meet the deadline may result in disqualification.** Dive sheet entry forms must be on the correct color paper. (Pink for Girls and Blue for Boys). Individual dives may be changed before the event begins, but the degree of difficulty will not go up if the new dive has a greater degree of difficulty. The degree of difficulty will go down if the new dive has a lesser degree of difficulty.

If a dive sheet entry form for a listed diver is not received as required it is the duty of the Midlakes Board Rep to notify the diver's coach and make every attempt to communicate with the diver. If the diver(and/or) coach then fail to submit the required paperwork a disqualification will result

6. The Dive numbers and positions (S=Straight, T= Tuck, P= Pike, and F=Free) will be listed on the dive sheet entry form and will take precedence in the case of any conflict over the description and degree of difficulty. It is the coach's responsibility to insure that the dive sheets are correct. The intent of this rule is to provide for a fair resolution of any dive list problem at the Championship meet. To avoid last minute surprises, coaches are encouraged to instruct divers and parents about dive numbers before the Championship meet.

7. All divers must have competed in at least two regular Midlakes dive meets in order to enter the Championship. Any tri-meet counts as only 1 meet. Exception may be granted upon written appeal to the Midlakes Board of Director's Diving Rep no later than one week before the Championship meet.

8. The Midlakes Dive Championships will be held following the completion of the regular season. It will run 8 and Under Girls through 15 - 17. Division of ages will be determined by the number of registered divers. In the case of too few divers, in any one age group, the meet may be structured combining more than one age group i.e. 12 and Under Boys and 14 and Under Boys may compete at the same time with clear distinction and instruction to the judging panel that a new age group is now on the board.
9. Warm-up shall be at the convenience of the host club, preferably the evening before the morning of the Championship. The Host Club coach and the Midlakes Board of Director's Diving Representative will assign times for a period before the day of the meet and make every effort to inform all other clubs of their allotted time period no later than the day of the last regular season meet. All coaches will invite their clubs to participate in the warm-up and attend with their clubs or provide an alternate safety certified coach to accompany the team.
10. Any extremely unusual problem will be resolved by the Midlakes Board of Director's Diving Representative and the coaches of the participating teams. The Midlakes Board of Director's Diving Representative will preside, and if necessary, the decision will be made by majority vote.

MEET PERSONNEL

1. All meets should have the following officials
 - 5 judges
 - 1 certified referee (this person may be one of the judges, but not a coach)
 - 3 scoring table officials (announcer, recorder, calculator)
 - 1 score table math verification official (Required for all meets to check math: high & low, across, multiplier, and addition)
 - 1 awards person

2. The duties of the meet personnel are as follows:

Meet Referee

1. Shall be a certified judge with Midlakes, can be from either team.
2. Shall not be a coach of one of the participating teams.
3. Will take responsibility that all Midlakes Diving Plan procedures are followed.
4. Will verify that all divers are registered with US Diving by comparing dive sheets with registration list provided to each club.
5. Will call the meet off in accordance with the weather on the advice of the certified lifeguard on duty.
6. Will monitor the quality of the judging and may pull a judge who is blatantly biased toward one team or other.

7. Will monitor diver etiquette, in particular that there be no one present behind or to the sides of the diving board while a diver is on the board.
8. Will stop the meet if there are swimmers in the pool during competition portion of the meet. The referee will not allow the meet to continue until all swimmers exit the pool. This rule includes stopping the meet if a water line forms.
9. Will keep the pool clear of water lines during all competition regardless of age group or weather conditions (Coaches are instructed to clarify this issue with all divers. Reminding them to bring extra towels, warm-up suit, sweats, blankets, etc.)

Judge awards scores for each dive during an entire event. No parent may judge an event in which his/her child is entered. If an event has been combined (i.e. 8U Boys and Girls), a judge can judge the girls but not the boys, or vice versa, to avoid conflict.

Announcer reads the order in which the divers are diving; reads the name, club affiliation, the dive, position and degree of difficulty for all first dives, thereafter omitting the affiliation; calls for the judges' awards and **reads the scores, always in the same order. The announcer is responsible for keeping the pace of the meet moving and must remain impartial to all teams remembering that they are the host of the meet and a representative of the Midlakes Swim League**

Recorder records the judges' scores on the dive sheet entry form; cancels the highest and lowest score if there are five judges; and adds to total the scores.

Calculator multiplies the recorder's total scores to the Degree of Difficulty of the dive. This can preferably be done using a diving slide rule or an electronic calculator when available. The calculator adds the result to the running subtotal.

Math Verification Official checks the score sheet, verifying the scores and the calculations for accuracy; passes the sheets back to the Announcer in correct order.

Awards separates the score sheets by event in the case that events were combined, ranks the score sheets by event and notes the rank on the sheet; fills out any ribbons or medals.

MEET MATERIALS

Table and chairs for all scoring personnel; chairs and scoring flash cards for all judges; pencils, pens, calculator, diving slide rule, awards for divers, public address system, current U.S. Diving Rule Book, Current Midlakes Dive League Operating Plan, and a method to agitate water.

MIDLAKES 2006 SUMMER DIVE MEET SCHEDULE

Bold Indicates Home Meet "HOST CLUB"

Revised 4-10-2006 due to construction at Midlakes Pools....

JUNE 28th : Wednesday

Mercer Island Beach Club vs **Mercerwood Shore Club**

Seattle Tennis Club vs Phantom Lake

Mercer Island Country Club vs **Newport Hills**

JULY 5th: Wednesday

Newport Hills vs Mercer Island Beach Club

Mercerwood Shore Club vs Seattle Tennis Club

Phantom Lake vs **Mercer Island Country Club (home at PL)**

JULY 12th : Wednesday

Mercer Island Beach Club vs Phantom Lake

Mercerwood Shore Club vs **Newport Hills**

Seattle Tennis Club vs **Mercer Island Country Club (home at STC)**

JULY 20th : Thursday

Phantom Lake vs Newport Hills

Seattle Tennis Club vs **Mercer Island Beach Club**

Mercer Island Country Club vs **Mercerwood Shore Club**

JULY 24th : Monday **Must Conclude by 8:30pm

Newport Hills vs **Seattle Tennis Club**

Phantom Lake vs Mercerwood Shore Club

Mercer Island Coutry Club vs Mercer Island Beach Club

*******All Dual Meets Start at 5:00 PM (Closed warm-up begins at 4:45)**

Home Team Warm-up 3:45 PM

Visiting Team Warm-up 4:15 PM

MIDLAKES CHAMPIONSHIP DIVE MEETS:

Summer 2006

Updated April 4, 2006

SATURDAY JUNIOR CHAMPIONSHIPS

**JULY 29th GIRLS & BOYS
8 & Under
10 & Under**

@ Mercerwood Shore Club

SUNDAY SENIOR CHAMPIONSHIPS

**JULY 30th GIRLS & BOYS
12 & Under
14 & Under
17 & Under**

@ Newport Hills Swim & Tennis Club

Both Meets will begin at 8:00 am and conclude at 1:00 PM

- **Warm-ups will begin at 7:00 am**
- **Team and Coaches Awards will be presented at the conclusion of the Junior Championship Meet**

This is the event your children work towards all summer. Please don't miss it! Everyone is a champion and Everyone will participate

MIDLAKES DIVING LEAGUE 2006 CALENDAR

Important Dates for All Parent Dive Reps and Coaches

All coaches: new coaches and coaches whose certification has expired are required to have current CPR and First Aid. Please complete this certification before the season begins. CRP expires every year. Coaches must be registered with AAU as a coach. Parent Reps can register on-line with AAU as non-athlete added benefit for \$16.00. Club Code for Registration is Midlakes Swm & Dive Association - Code PNDIY4XKB. This will give you program insurance with AAU, as a volunteer.

Parent Judging Clinic for all area pools - June 24th at 8:30am Mercerwood Shore Club
COACHES MEETING JUNE 20th at 7pm Penny's house 6550 125th Ave SE Bellevue

June 12th - First Day of Official Midlakes Practice

June 28th - First Midlakes Dive Meet

July 5th - Midlakes Dive Meet

July 12th- Midlakes Dive Meet

July 20th Midlakes Dive Meet

July 24th - Final Midlakes Dive Meet *-All rounds of diving must be concluded by 8:30 PM*

July 26th - **Coaches/ Dive Rep MANDATORY Meeting 7 PM @ Penny Yantis' Home**

*Dive List Entry Forms for Divers Participating in Midlakes Championships Due

*Championship Diving Fees (\$3 per Diver) Due

*List of Parent Volunteers/w phone #'s who will be working Champs for each pool

July 29th Junior Championships (8-10)

July 30th Senior Championships (12-14-17)

JUNIOR & SENIOR CHAMPIONSHIPS

CLUB ASSIGNMENTS FOR TABLE WORKERS:

***Dive Team Club Representatives MUST to be present at Champs both days to help your coaches and divers, act as an advocate for the champs format (judging,timing, awards, etc.) with your parents, and to help organize your table volunteers– if you cannot personally accept this responsibility you will need to have a replacement rep to fill in for you. This person must have a full understanding of how champs is structured and be willing to handle your parent contingent. Please include that person's name on your list of volunteers.**

<i>JULY 29th</i> <i>Saturday</i>	8 and Under Boys	Mercerwood Shore Club
	8 and Under Girls	Mercerwood Shore Club
	10 and Under Boys	Phantom Lake
	10 and Under Girls	Phantom Lake
<i>JULY 30th</i> <i>Sunday</i>	12 and Under Girls	Newport Hills Swim & Tennis
	12 and Under Boys	Newport Hills Swim & Tennis
	14 and Under Girls	Seattle Tennis Club & Mercer Island CC
	14 and Under Boys	Seattle Tennis Club & Mercer Island CC
	17 and Under Girls	Mercer Island Beach Club
	17 and Under Boys	Mercer Island Beach Club

*As per the Rule of League Championship Meets: Each Club will be required to have a minimum of 5 volunteers to work at the scorer's table during their pre-assigned event. Please submit names and phone numbers of these individuals to your Midlakes Board of Directors Diving Representatives. Table workers will be asked to report to the score table immediately following the prior round of competition. In the past few years it has been very difficult to locate table workers prior to the round starting. Meet officials do not necessarily know or recognize your parents. Dive Team Club Reps will have the responsibility of making sure these workers are ready and on deck.