

Dive Team Rules

- All divers are expected to dive with their age group unless alternate arrangements are made prior to practice.
- Safety is number one priority, therefore all rules are enforced consistently and at all times
- No horseplay in the well or on the board
- Each diver is allowed 1 minute on the board per dive. This is a practice rule and an RMAL meet rule.
- No gum, candy, or other food allowed during practice. Choking hazard.
- Parents are welcome to observe all practices, but the entire diving well area is restricted to divers and coaches only.
- Sportsmanlike conduct is expected at all practices and meets. Divers are expected to sit together at the meets for the duration of the meet and show support for teammates competing. While it is ok to go jump or play in the pool in between events, all divers need to return to the team once the competition resumes.
- No foul language at all. Even words that are not necessarily “bad” words are not permitted and found offensive by some families and will not allowed at dive functions either.
- Girls need to wear a one piece suit or tankini to practice. No bikinis. Hair shoulder length or longer needs to be tied back. Boys can wear Speedos, jammers, or trunks provided the length is not at or below the knee.
- Hands must be kept to oneself at all times. If someone pushes in line, go to the coach...do not push back.
- Goggles are not needed or permitted at dive practice.
- Water lines are fine, but divers must keep one hand on the wall at all times. No flipping in the water, splashing, going to the bottom, or jumping in and out. All are distracting to the person on the board and may prove dangerous to both the one in the water and the one on the board if they get too close to the board.
- Let the coach know if you need to use the restroom. The coach should always know where you are during practice at all times. Also, let the coach know if you do not feel well or are on medication.
- Please let the coaches know if you cannot attend a meet so we do not prepare paperwork for an absent diver.
- Please let the coach know at the beginning of practice if you have to leave early so we can pace the practice accordingly.
- If you have any questions, please contact the coaches before or after practice, not during. Kelly is accessible via email (mnkrepko@yahoo.com), home phone (639-4780), and cell phone (928-2502) and glad to be of assistance.
- If the air temperature is below 70, practice may be cancelled. If the water temperature is too chilly, practice may be cancelled. If there is a *steady* rain or storms, practice will most likely be cancelled.

- When in doubt, call the pool.
- Granite divers/families are not permitted to use the Bon Air pool outside of dive practice, meets, or other dive activities.
- In order to compete in the meets, a diver must have all of his or her dives and is allowed 1 scratch or attempt. If a diver has multiple dives that are “iffy” I always err on the side of caution and have the diver wait until the competition experience will be safe and positive. Anyone not diving in a meet is still expected to be a part of the team and attend the meet. If a diver has 4 or more dives, but not all of the dives needed for the meet, they may dive exhibition which means they can just do the dives they know and will not earn team points.
- AAU insurance is mandatory before anyone can participate in practices or meets.
- All dive team communication is done via email. Please make sure I have a valid address for your family.
- Per Bon Air regulations, all private lessons and clinics must be paid for in advance.
- Competitions for fun may take place. These are designed to level the playing field and give every diver a chance to win, not just the *best* divers. Criteria for these may include: effort, attitude, attendance, etc.
- Dive meet warm ups will be divided into groups. 3:00-3:30 11 and under, 3:30-4:00 12 and over for home meets and 4:00-4:30 11 and under. 4:30-5:00 12 and over for away meets. To ensure each diver has a proper warm up, please make sure you report to the assigned time.
- Only 6 divers per age group are allowed at champs. This is boys and girls combined.
- Please try to attend the Wed Pm practice or the Thurs AM practice to sign dive meet sheets. Divers are responsible for knowing their dive list and order of dives.

Detach and return this bottom portion.

I have read, understand, and will follow all of the dive team rules.

Diver Signature

Parent/Guardian Signature

Home #/Cell #

Email