

1 OBJECTIVES:

The aims of the League are to help less able swimmers to experience gala competition by excluding those swimmers who have achieved or who do achieve the standard times set by the League. Also to foster competitive spirit in swimmers by finding the winning club in each League and presenting the Endeavour trophy to the winners of the peak section and the Achievers trophy to the winners of the plain League , and if possible to provide a presentation gala in June/July in a pool set to full competition standard.

1. The League shall be affiliated to ASA North West Region, and the Cheshire County Water Polo and Swimming Association and shall adopt and conform to the rules of those Associations, and to such other bodies as the Club may determine from time to time.
2. The League is committed to treat everyone equally within the context of its activity. This shall be, for example, regardless of age, sex, ethnic origin, religion, disability or political persuasion, on any grounds.
3. The League shall implement the A.S.A. Equal Opportunities policy
4. The business and affairs of the League shall at all times be conducted in accordance with the Laws and Technical Rules of the Amateur Swimming Association (“ASA Laws”) and in particular:
5. All competing members shall be eligible competitors as defined in ASA Laws; and the League shall in accordance with ASA Laws adopt the ASA Child Protection Procedures; and shall recognise that the welfare of children is everyone’s responsibility and that all children and young people have a right to have fun, be safe and be protected from harm.
6. Members of the League shall in accordance with ASA Laws comply with the ASA Child Protection Procedures.
7. By virtue of the affiliation of the Club to ASA North West Region, the League and all members of the League acknowledge that they are subject to the laws, rules and constitutions of: the Cheshire County Water Polo and Swimming Association and the ASA North West Region and the Amateur Swimming Association; (to include the ASA / IoS Code of Ethics); and British Swimming (to include in particular its Doping Control Rules and Protocols and Disciplinary Code); and FINA, the world governing body for the sport of swimming in all its disciplines (together “the Governing Body Rules”)
8. In the event that there shall be any conflict between any rule or by-law of the League and any of the Governing Body Rules then the relevant Governing Body Rule shall prevail

2 MANAGEMENT:

The League shall be governed by a committee consisting of:

1. At least one with a maximum of two delegates from each of the competing club.

2. Each club shall have one vote.
3. The committee shall meet as and when required.
4. The League secretary shall give 14 days' notice of any such meeting.
5. A committee, four to form a quorum, which shall be responsible to the member clubs for ensuring that the League, and all matters relating thereto, shall be administered efficiently and in a manner which will enhance the reputation of the League.
6. The executive shall comprise the following: chair person, secretary and treasurer.
7. The committee shall have authority to appoint special sub-committee s to consider report on or expedite any matter concerning the League.
8. The committee shall have the power to co-opt members should the exigencies of the League so require.
9. The members of the committee shall be entitled to an indemnity out of the assets of the League for all expenses and other liabilities properly incurred by them in the management of the affairs of the League. This indemnity may not exceed the assets of the League.
10. No member of the committee may borrow money on behalf of the League.

4 ANNUAL GENERAL MEETING:

1. An Annual General Meeting shall be held not later than 31st December to elect the executive, revise rules and carry out any other necessary business including the election of an auditor.
2. Notice of such meetings shall be given by the League honorary secretary at least fourteen days prior to the date of the meeting.
3. Any proposed changes to the rules and nominations must be received in writing by the League Secretary eight weeks prior to the date of the Annual General Meeting.
4. Any alterations to rules must be made at an Annual General Meeting or at a meeting specially called for that purpose and shall require twice as many votes in favour of the proposals as against if they are to be carried.

5 SPECIAL GENERAL MEETING

1. A Special General Meeting may be called at any time by the Committee.
2. A Special General Meeting shall be called by the Secretary within 28 days of receipt by him of a requisition in writing signed by not less than four members entitled to attend and vote at a General Meeting stating the purposes for which the meeting is required and the resolutions proposed.

3. A Special General Meeting shall be called in response to a resolution to that effect passed at the Annual General Meeting or at any other Special General Meeting.

6 OFFICERS

1. The Officers of the League shall be the Chairperson, the Secretary and the Treasurer, and shall be members of the ASA.
2. The Chairperson shall be in office for a period of not more than one year.
3. The Chairperson shall rotate between member clubs on an annual basis.
4. The Secretary and the Treasurer shall be proposed, seconded and elected (by ballot) at the Annual General Meeting and shall hold office until the next Annual General Meeting when they shall retire.
5. Retiring officers shall be eligible for re-election.
6. Any vacancy occurring by resignation or otherwise may be filled by the Committee.

7 ENTRY:

1. Applications from swimming clubs to enter a team in a League divisional competition shall be forwarded to the League secretary.

8 MONIES AND FEES:

1. All monies payable to the League shall be received by the Treasurer and deposited in a bank account in the name of the League.
2. Any monies not required for immediate use may be invested as the Committee in its discretion think fit.
3. The financial transactions of the Club shall be recorded by the Treasurer in such manner as the Committee thinks fit.
4. All teams shall pay an annual competition fee to enter the League competition, such fee to be decided at the annual general meeting.
5. Fees for all competitions shall become due no later than the date of the annual general meeting.
6. Any club not having paid their fees or other liability may be suspended until all arrears have been paid.
7. The League 's financial year shall end 31st August and all financial reports and accounts shall be made up to that date

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8. In the event of dissolution of the League any funds remaining shall be devoted to objects as determined by the committee
9. Gala Admission charges shall be set by the committee for the benefit of the host club. This should be detailed on the gala programme.
10. The host club must run a raffle for the benefit of the League, raffle monies to be passed to the League Treasurer ASAP.

9 EXPULSION AND OTHER DISCIPLINARY ACTION

1. The League shall comply with the requirements and procedures of ASA Laws and Regulations for handling all League Disputes.

COMPETITION RULES:

1	<p>COMPETITION YEAR:</p> <ol style="list-style-type: none">1. The competition year of the peak and plain League shall be 1st January until 30th June.2. Age groups as at the 30th June within the year of competition.
2	<p>THE LEAGUE:</p> <ol style="list-style-type: none">1. The League will consist of one or more divisions each comprising a number of clubs as determined by the committee.2. Each member club shall hold a home League gala each year.3. The highest aggregate points in each division will decide the winner of the division and ties will be decided by the total first places attained in all of the galas.4. Each year the Leagues will be reformed for the following year.5. The top two scoring teams in each section will form the peak League whilst the lower scoring teams will form the plain League.6. The League will provide the referee wherever possible, this allows for continuity in the series of galas.

3	CELEBRATION GALA:
	<ol style="list-style-type: none"> 1. A Celebration Gala will be held at the end of each season. 2. Swimmers who have achieved the cut off times during the Peak & Plains competition year are eligible to swim those events in the Celebration Gala. 3. Medals will be awarded for first place at the Celebration Gala.
4	RESULTS:
	<ol style="list-style-type: none"> 1. The League Secretary will provide every participating club with the result of every gala in the round and a complete gala points table via the League website.
5	FAILURE TO ATTEND A GALA:
	<ol style="list-style-type: none"> 1. A member team failing to attend a gala will be liable to a suspension or fine at the committee's discretion. 2. A gala may be delayed for a maximum of 20 minutes to allow for the late arrival of a club. 3. A club unable to attend for reasons beyond their control may be awarded up to a maximum of one hundred points at the committee's discretion. 4. A club arriving late at a gala for reasons beyond their control may be awarded last place for each event not swum.
6	WITHDRAWAL:
	<ol style="list-style-type: none"> 1. Any club wishing to resign from the League must give notice in writing to the League secretary prior to the date of the annual general meeting. 2. Any club failing to do so will be treated in accordance with Competition rule failure to attend a gala
7	PROMOTION AND RELEGATION:
	<ol style="list-style-type: none"> 1. Initial entry to the League will be by the lowest numbered division. 2. Promotion and relegation between divisions shall be on a '2 up and 2 down' basis, except when modified by withdrawals.

	<p>3. Vacancies in a higher division created by withdrawals and/or relegation will be filled by teams finishing in first, second and, if necessary, subsequent placing in order of finishing in the final gala points table of the next lowest division. In all instances, promotion.</p>
<p>8</p>	<p>ELIGIBILITY:</p> <ol style="list-style-type: none"> 1. Each club shall deliver a list of their swimmers to the League Secretary prior to the first gala in their division. 2. All swimmers on a club's list shall be bona fide members of that club and must be eligible to compete under ASA laws 3. If a swimmer is a member of more than one club competing in the League he/she must designate the club they will represent before being included on any club's list. 4. A swimmer can be listed for only one club competing in the League in any one season. Each club is responsible to verify any swimmers designation. 5. All swimmers participating in any League gala must be included in their club's list of swimmers 6. The list shall be in the form required by the results secretary and include forename, surname, gender and date of birth. 7. Additional swimmers can be included on a supplementary list provided this is delivered to the results secretary before the next gala for the division and provided these swimmers have not represented any other club competing in the League during the current season. 8. If a swimmer achieves the standard for Regional or National events for any distance or stroke, in the current or previous competition year, that swimmer becomes ineligible for the League 9. Ages will be at the date of the last date of competition for that season. 10. Eight year olds must attain nine years of age before the last date of competition for that season.
<p>9</p>	<p>ELIGIBLE EVENTS</p> <ol style="list-style-type: none"> 1. Eligible swimmers may compete in two individual events in their own age group and one event in a higher age group. 2. Eligible swimmers may swim in any relay events for which they are eligible. 3. Eligible swimmers are restricted to a total of five swims per gala, this inclusive of individual and relay swims.

10	<p>STANDARD TIMES</p> <ol style="list-style-type: none"> 1. Standard times for each age group in each stroke in each pool length will be set by the committee. 2. The standard times for relays shall be the standard times of each individual event. 3. Swimmers who have achieved the standard time in a stroke current or previous competition year must not be registered for that discipline. Standard times can be found on the programme for the gala. 4. Swimmers who achieve the standard time except relay standard times during the course of the League season, whether or not in League galas, will be ineligible to swim that stroke in that age group in individual or any relay events, (this includes both 25m or 50m distances) or in further League galas. However a swimmer achieving the standard time may continue to compete in the gala in which the time has not been achieved. 5. Standard times can only be achieved with short course 25m swims, no conversion will be made from other length swims. 6. It is the duty of the club to notify the League secretary of all achievers outside the League competition.
11	<p>LANE ORDER</p> <ol style="list-style-type: none"> 1. The lane order will follow the fixture list, i.e. the home team will swim in lane 1 at the first gala and rotate thereafter.
12	<p>SCORING SYSTEM:</p> <p>GALA POINTS.</p> <p>In each gala, gala points shall be awarded for the placing achieved by each swimmer or relay team in each race on the basis of:</p> <p>1st - 6 gala points, 2nd - 5 gala points, 3rd - 4 gala points, 4th - 3 gala points. In the case of dead heats full place points shall be awarded. I.e. If two swimmers dead heat for, say, second place, each will receive 5 gala points and the next swimmer will receive 3 gala points. The total number of gala points scored will determine the final position of each team in a gala</p> <p>MODIFICATIONS:</p> <p>The scoring system described in paragraphs 1 and 2 of this rule is based on the use of 4 team galas. For competitions where mixed 8 team galas are involved the following modifications will be adopted. The race points scales will be: 8, 7, 6, 5, 4, 3, 2, 1.</p>

13	<p>BONUS AND PENALTY POINTS</p>
	<p>A bonus of two points will be awarded to a swimmer achieving the standard time in an event entered. A penalty of ten points, for each and every offence, disqualification of the swimmer and redistribution of place points shall be incurred for infringement of rules i.e.</p> <ol style="list-style-type: none"> 1. Swimmer not registered 2. Swimmer in lower age group than registered. (unless declared for nil points) 3. Swimmer in too many eligible events 4. Swimmer having achieved the standard time prior to the gala swims in an event of this discipline, (unless declared for nil points) 5. Swimmer who swim up more than one Individual event 6. 10 points penalty for incorrectly filled in time slips, per slip (relay names etc.)
14	<p>WATER STARTS.</p> <ol style="list-style-type: none"> 1. All starts or takeovers at the shallow end of the pool are to be in the water. 2. There shall be no Diving in the shallow end of the pool
15	<p>GALA RULES.</p> <ol style="list-style-type: none"> 1. Each competing club should provide one Judge, preferably ASA qualified and two timekeepers also ASA qualified if possible, who will be allocated lanes other than those of their own club by the referee or chief timekeeper. 2. Each home club should provide recorders. 3. All other gala officials should be provided by the home club, with help from other clubs where requested. (starter, chief timekeeper) 4. Judges Finishing slips will be provided by the home club.
16	<p>PRIOR TO EACH GALA, EACH CLUB MUST PROVIDE</p> <ol style="list-style-type: none"> 1. At least two days before, an electronic team list to the League Secretary, 2. On the day their own time slips with

	<ol style="list-style-type: none">a. Lane number, event number, club nameb. The full name of each swimmer.c. In relays the club must list the full names of all the swimmers in the order in which they will swim. <ol style="list-style-type: none">3. Eligible swimmers may be substituted during a gala but clubs must ensure time slips are updated.4. After each event the swimmers name must be checked by the timekeepers and the time entered.
17	<p>DURING THE GALA:</p> <ol style="list-style-type: none">1. Teams should have been pre-entered into the computer, so recorders will record times only.2. If using paper recorders will record times only on the score sheets. (results then will be entered into HyTek when practical)3. The referee will mark the time slips with the reasons for any disqualifications.4. At the end of the gala, all slips must be handed or posted to the League Secretary who will scrutinise eligibility, results and scores.
18	<p>INSURANCE:</p> <p>All clubs participating in the League competitions must be covered by ASA insurance or an insurance scheme approved by any other national body to which they may be affiliated.</p>

PROGRAMME OF EVENTS AND STANDARD TIMES:

Event			Age	Time	Event			Age	Time
1	G	1 Length Butterfly	10/U	21.50	26	B	4 x 2 Medley Relay	Open	
2	B	1 Length Butterfly	10/U	21.50	27	G	2 Length Breaststroke	10/U	51.30
3	G	4x1 Ind Medley	Open	1.17.0	28	B	2 Length Breaststroke	10/U	51.30
4	B	4x1 Ind Medley	Open	1.14.0	29	G	2 Length Butterfly	11/U	41.50
5	G	2 Length Backstroke	11/U	42.70	30	B	2 Length Butterfly	11/U	41.50
6	B	2 Length Backstroke	11/U	42.70	31	G	2 Length Freestyle	13/U	33.10
7	G	2 Length Breaststroke	13/U	43.20	32	B	2 Length Freestyle	13/U	33.10
8	B	2 Length Breaststroke	13/U	43.20	33	G	2 Length Breaststroke	Open	39.20
9	G	2 Length Freestyle	Open	30.10	34	B	2 Length Breaststroke	Open	37.20
10	B	2 Length Freestyle	Open	28.10	35	G	4 x 1 Freestyle Relay	10/U	
11	G	4 x 2 Freestyle Relay	13/U		36	B	4 x 1 Freestyle Relay	10/U	
12	B	4 x 2 Freestyle Relay	13/U		37	G	4 x 2 Medley Relay	13/u	
13	G	4 x 2 Medley Relay	11/U		38	B	4 x 2 Medley Relay	13/u	
14	B	4 x 2 Medley Relay	11/U		39	G	2 Length Freestyle	10/U	40.90
15	G	2 Length Backstroke	10/U	46.40	40	B	2 Length Freestyle	10/U	40.90
16	B	2 Length Backstroke	10/U	46.40	41	G	2 Length Freestyle	11/U	37.10
17	G	2 Length Breaststroke	11/U	47.50	42	B	2 Length Freestyle	11/U	37.10
18	B	2 Length Breaststroke	11/U	47.50	43	G	2 Length Backstroke	13/U	38.60
19	G	2 Length Butterfly	13/U	36.70	44	B	2 Length Backstroke	13/U	38.60
20	B	2 Length Butterfly	13/U	36.70	45	G	2 Length Butterfly	Open	33.50
21	G	2 Length Backstroke	Open	35.10	46	B	2 Length Butterfly	Open	31.50
22	B	2 Length Backstroke	Open	33.10	47	G	4 x 2 Freestyle Relay	11/U	
23	G	4 x 1 Medley Relay	10/U		48	B	4 x 2 Freestyle Relay	11/U	
24	B	4 x 1 Medley Relay	10/U		49	G	4 x 2 Freestyle Relay	Open	
25	G	4 x 2 Medley Relay	Open		50	B	4 x 2 Freestyle Relay	Open	