

The Peak and Plains Swimming League – Competition Conditions

Rule 1. Competition year:

- 1.1 The competition year of The Peak and Plains League shall be 1st January to 30th June.
- 1.2 Gala dates and venues will be determined at a meeting held immediately after the AGM.

Rule 2. Organisation of galas:

- 2.1 The League Secretary will supply or make available to each team before the start of the season, either electronically or on paper.
 - a) Copy of the programme which clubs can copy to suit their needs
 - b) Copy of the team sheets which clubs can copy to suit their needs
 - c) Copy of 4 to a sheet finishing slips to be copied to suit gala needs
 - d) Copy of both Constitution and Competition Rules
- 2.2 The host club will be responsible for presenting the gala and the scope of this responsibility will include not only all preparatory work but the actual organising and staging of the gala within the swimming pools.
- 2.3 All income accruing from the galas will be the property of the host club. All justifiable expenditure associated with presenting the galas will be met by the host club.
- 2.4 The host club will appoint a gala director - usually a member of the management committee. The gala director will be responsible to the League for the co-ordination and management of the gala including
 - 2.4.1 In association with the referee, ensuring that all appropriate safety requirements are complied with
 - 2.4.2 To adhere to the following appointments
 - a) Host Club (Lane 1) Provide Referee, Starter, Recorder, Announcer, Doorkeepers
 - b) Lane 2 club Provide one finish judge and one stroke judge
 - c) Lane 3 club Provide One turn Judge and one stroke judge
 - d) Lane 4 club Provide one finish judge
 - e) Lane 5 club Provide one Turn judge

NOTE : When only four teams are competing Lane 4 provides one finish judge and one turn judge

 - 2.4.2.1 All clubs to try and use qualified officials where possible,
 - 2.4.3 If the host club find it necessary to try and change a confirmed gala date, then the host club will be responsible in arranging any such alteration which must be agreed by all the clubs concerned.
 - 2.4.4 The host club should inform the League Secretary when all alternations have been confirmed.
 - 2.4.5 At least 14 days before a gala provide each visiting club with details of the venue and time of starting, along with any other information required
 - 2.4.6 An announcer, recorder, check recorder, runners, door stewards, and refreshment organisers
 - 2.4.7 Ensure door stewards and programme sellers supplied by the host club arrive at the gala venue no later than 45 minutes before the warm-up is timed to start.
 - 2.4.8 Ensure each club supervises their own lane during warm-up
 - 2.4.9 Dispatch to the League competitions secretary the results and paperwork of the gala within 7 days.
Failure to do so will incur FIFTY (50) penalty points.

Note: Where as it is understood that qualified Technical Officials are not always available and that league galas are often a chance for parents to "Help out" and "Have a go", Clubs are requested to try and use qualified Technical Officials where ever possible. The League Committee realise that league galas are an ideal opportunity for qualified officials to perform a role other than in which they are qualified and to mentor those helpers and volunteers who have made themselves available to assist in the smooth running of the event.

2.5 Water depth

- 2.5.1 The Water depths, starting block heights and the pools standard operating safety features should be ascertained by the referee before the start of the event.
- 2.5.2 If the water depth is below 900mm.
 1. No diving is permitted and all starts must be in the water.
 2. The water depth is considered insufficient for tumble turns.
- 2.5.3 Water depth between 900mm and 1500mm
 1. Only swimmers who have achieved the standard of the ASA Preliminary Start Award may dive from the side of the pool no higher than 380mm above the water surface.
 2. Only swimmers who have achieved the standard of the ASA Competitive Start Award may dive off the blocks no higher than 750mm above the water surface.
- 2.5.4 Water depth greater than 1500mm
 1. Diving is allowed off the side of the pool or starting block no higher than 750mm above the water surface.

2.6 The many and varied contributory duties essential to the running of each gala will be carried out by persons nominated by each club. These duties will include:

- 2.6.1 Not more than three team officials to control their teams in the dressing rooms and on the poolside.
- 2.6.2 One judge and, optionally, one lane timekeeper to take and record the times of swimmers from his/her own club
- 2.6.3 **If the series of galas are being run using paper :**
- 2.6.3.1 At the first gala the provision of a list containing all swimmers in the format required by the league.
- 2.6.3.2 The provision of a complete team list, signed by the team manager, containing the name(s) of the swimmer(s) for each event. It shall be understood that the signing of this list constitutes an undertaking that:
 - 2.6.3.3 All swimmers listed are nationally registered
 - 2.6.3.4 They are eligible to compete under the League rules.
 - 2.6.3.5 They comply with any age condition
 - 2.6.3.6 Where necessary, they are proficient in the execution of flat entry racing dives in accordance with ASA recommendations and Competitive start award.
- 2.6.3.6 The signing team manager accepts, on behalf of his/her club, the promoter's conditions consisting of the rules of the League.

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- 2.6.3.7 Swimmers names for all events to be PRINTED on the OFFICIAL TEAM SHEET supplied by the league and handed to the recorder before the start of the gala.
- 2.6.4 **If the gala is being run using computerised software :**
- 2.6.4.1 The provision of an electronic team list, containing the Club, name(s) and date of birth of the swimmer(s) for each event. It shall be understood that the supplying of this electronic list constitutes an undertaking that:
- 2.6.4.2 All swimmers listed are nationally registered
- 2.6.4.3 They are eligible to compete under the League rules.
- 2.6.4.4 They comply with any age condition
- 2.6.4.5 Where necessary, they are proficient in the execution of flat entry racing dives in accordance with ASA recommendations and Competitive start award.
- 2.6.4.6 The team manager accepts, on behalf of his/her club, the promoter's conditions consisting of the rules of the League.
- 2.6.4.7 That a suitable computer is available for their home gala and has the appropriate software installed.
- 2.6.4.8 That any electronic data required has been setup prior to the home gala.
- 2.6.4.9 That a competent recorder is available to operate the computer and software during the home gala.
- 2.7 **A Results Manager will be appointed at the AGM.**
- 2.7.1 **If the series of galas are being run using computerised software :**
- 2.7.1.1 The Results Manager will receive the electronic copy of the computerised results after each gala,
- 2.7.1.2 The Results Manager will check registrations against ASA database, number of swims, age groups etc.
- 2.7.2 **If the series of galas are being run using paper :**
- 2.7.2.1 The Results Manager will receive a copy of the clubs registered swimmers for the Division they are overseeing prior to the first gala of the series, and then any additions or amendments as required during the series.
- 2.7.2.2 The Results Manager will collect or arrange for collection on their behalf the paper gala recording sheet and club team sheets after each gala,
- 2.7.2.2 The Results Manager will check registrations against the list of clubs registered swimmers, number of swims, age groups etc.
- 2.7.3 The Results Manager will where necessary adjust the total gala points and inform all clubs in their division of the official score at or before the next gala.
- 2.7.4 Forward finalised total gala points to the League Secretary as soon as possible.
- 2.8 All galas will be run with a zero tolerance approach as covered by the ASA Anti-Bullying policy.
- 3. Results:**
- 3.1 The League Secretary will provide every participating club with the result of every gala in the round and a complete gala points table.
- 4. Failure to attend a gala:**
- 4.1 A club failing to attend a gala commitment or to perform its contributory duties shall be liable to expulsion from the league or such lesser penalty as the management committee may decide.
- 4.2 The start of the Gala shall be delayed by up to a maximum of twenty minutes to allow for the late arrival of a club.
- 4.3 Any team arriving after twenty minutes will be allocated 1 (one) point for each race missed
- 5. Promotion and relegation:**
- 5.1 Initial entry to the league will be by the Plain division
- 5.2 Promotion and relegation between divisions shall be on a two up and two down basis, except when modified by withdrawals.
- 5.3 Vacancies in the Peak 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 Plain division. In all instances, promotion and if appropriate, relegation are mandatory.
- 5.4 These regulations shall not apply to the Plain division, which shall not have a relegation system. In exceptional circumstances clubs already competing in the Peak division may apply for transfer to the lowest division
- 6. Eligibility:**
- 6.1 Competitors in league competitions must have been members of the club entering them from, and including, the 1st January in the year of competition.
- 6.2 The restriction in rule 6.1 does not apply to a swimmer who is not a member of any swimming club from and including 1st January to the date of joining the club represented in the year of competition, providing all other eligibility conditions are complied with.
- 6.3 A swimmer shall represent one club only in the league during the 12 months period 1st January to 31st December
- 6.4 Where a swimmer is a member of more than one club in the league the swimmer shall nominate a club at the start of the season.
- 6.5 All competitors in the League must be nationally registered members of the club represented, in accordance with ASA regulations.
- 7. Age groups:**
- 7.1 Age group shall be those applying at midnight on the last date of competition for that season.
- 7.2 Eight year olds must attain nine years of age before the last date of competition for that season.
- 8. Event restrictions:**
- 8.1. In each gala Competitors are permitted to swim three individual events
- 8.2 Swimmers in age groups other than the open age group may swim a maximum of two events in their own age group and one in an upper age group.

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- 8.3. The open age category is regarded as a separate age group for the purpose of this rule.
- 8.4. Competitors in the open age group may compete in a maximum of three individual events one of which must be the individual medley
- 8.5. 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.
- 8.6. Eligible swimmers are restricted to a total of five swims per gala, this inclusive of individual and relay swims.

9. Penalties:

- 9.1. If it is established that an ineligible swimmer has competed for a team in the league, any points scored by that team in the events in which the swimmer participated - irrespective of whether a relay or an individual event – shall be deducted from the team's total score for the gala and the remaining points reallocated
- 9.2. 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.
- Swimmer not registered
 - Swimmer in lower age group than registered. (unless declared for nil points)
 - Swimmer in too many eligible events
 - Swimmer having achieved the standard time prior to the gala swims in an event of this discipline, (unless declared for nil points)
 - Swimmer who swim up more than one Individual event
 - 10 points penalty for incorrectly filled in time slips, per slip (relay names etc.)
- 9.3. Any infringement in respect of this rule which cannot be resolved by the referee shall be referred to the gala director. If no decision can then be arrived at, the gala director shall report the matter to the League Secretary within 24 hours for a decision by the league management committee
- 9.4. The provisions of this rule can be applied retrospectively up to 30 days following the final gala of the competition concerned and thereafter at the discretion of the management committee or as may be appropriate under ASA laws and regulations

10. Competition structure:

- 10.1. The league shall comprise of the Peak Division and the Plain Division.
- 10.2. Each division shall have a maximum of four teams
- 10.3. Each division shall have at least three rounds of competition
- 10.4. A club may enter a maximum of two teams in the league in which case the following conditions shall apply
- 10.4.1. A club may have two teams in the same division
 - 10.4.2. The club shall register the competitors for each team separately in the required format.
 - 10.4.3. Each Club shall deliver a list of their swimmers to the gala recorders at the first gala in their Division.
 - 10.4.4. Extra swimmers can be added to the list by delivering a new list to the gala recorders at the next gala in their Division.
 - 10.4.5. Swimmers registered for the B or lower placed team may be transferred to the A or higher placed team for a particular gala provided that notice in writing is given to the competition secretary before the start of the gala.
 - 10.4.6. Swimmers once they are promoted to and have competed for the A or higher placed team cannot compete for the B or lower placed team during the period of the competition.
 - 10.4.7. Swimmers registered for the A or higher placed team cannot be transferred to the B or lower placed team during the period of the competition.
- 10.5. Lane order is determined by Gala sequence dates and Home clubs always swim in Lane 1 or Lane 2 (depending on the number of teams taking part)
- 10.6. The final gala in each season of competition will be the Celebration Gala and will be spearheaded based on the cumulative total points for the galas in the previous rounds.
- 10.7. Galas will normally be held on a Saturday evenings with the warm-up commencing at 6.00 pm and the first event at 6.30 pm. For galas held on a Sunday the warm shall commence not later than 4.30 pm and the first event not later than 5.00 pm.
- 10.8. All competitions shall comply with the normal operating safety conditions of the pool provider regarding depth of water and any other safety requirements.
- 10.9. All competitions shall be conducted in accordance with ASA technical rules of swimming and under ASA laws and regulations.
- 10.10. The club finishing in first place in the division shall be presented with trophy for that division.
- 10.11. All starts at the shallow end of the pool shall be in the water.
- 10.12. In the event of swimmers starting their leg in the water, the starting swimmer must maintain hand contact with the starting place until the preceding swimmer touches the wall. (SW 10.10)

11 Standard times

- 11.1. Standard times for each age group in each stroke in each pool length will be set by the committee.
- 11.2. The standard times for relays shall be the standard times of each individual event.
- 11.3. Swimmers who have achieved the standard time for a stroke in the current or previous competition year must not be registered for that

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discipline. Standard times can be found on the programme for the gala

- 11.4 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.
- 11.5 Standard times can only be achieved with short course 25m swims, no conversion will be made from other length swims.
- 11.6 It is the duty of the club to notify the League secretary of all achievers outside the League competition

12. Scoring system:

12.1. **Gala points:** 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:

12.1.1 Individual and relay events

- 1st - 6 gala points
- 2nd - 5 gala points
- 3rd - 4 gala points
- 4th - 3 gala points
- 5th - 2 gala points
- 6th - 1 gala point.

12.1.2 In the case of dead heats full place points shall be awarded to each swimmer.

12.1.3 The total number of gala points scored will determine the final position of each team in a gala

12.2. **Ties:** If two or more teams tie on total gala points in any gala, precedence will be given to the team scoring the greatest number of wins. If the number of wins is also equal then second places will be taken into account and so on until the tie is broken

12.3 A bonus of two points will be awarded to a swimmer achieving the standard time in an event entered

13. Programme of events:

As detailed in appendix "a"

14. Insurance:

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.

Appendix 'a' - programme of events

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

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22	B	Open	2 Length Backstroke	33.10	47	G	11/U	4 x 2 Freestyle Relay	
23	G	10/U	4 x 1 Medley Relay		48	B	11/U	4 x 2 Freestyle Relay	
24	B	10/U	4 x 1 Medley Relay		49	G	Open	4 x 2 Freestyle Relay	
25	G	Open	4 x 2 Medley Relay		50	B	Open	4 x 2 Freestyle Relay	

Notes:

1. Minimum ages: Individual and Team events are 9yrs by the last day of competition.
2. Mixed relay teams: Cannon relays girl / boy, youngest to oldest
3. Fina rule SW10.1 for mixed gender events refers to individual events and does not apply to Mixed relay teams
4. First Warm up Ladies
5. Distance of 100 signifies 100 meters or yards, to accommodate 25 meter o 33 yard pools.
- 6.