

SWIM ENGLAND SUFFOLK - LEAGUE RULES

- 1 The competition shall be known as the Swim England Suffolk County League Competition, this Association being the promoters.
- 2 All events shall be under Swim England Laws & Technical Rules.
- 3 The season of competition shall be from after the County Championships and finish by 30th June each year.
- 4 The competition shall be run as follows (clubs are able to enter only Girls or Boys competition) –
 - A. Girls competition
 - B. Boys competition
 - C. Team competition based on combined totals.

The league format will be one virtual league - two rounds will be held, divided into a minimum of two venues per round with all clubs then competing in a Grand Final to be held at Crown Pools, Ipswich whenever possible.

ROUND ONE

A draw will take place to allocate teams to confirm those competing at relevant venues. Each host club will be allocated to the venue where they are hosting.

ROUND TWO

The second round to be ranked according to the results of the first round – this will be dependent on the number of teams competing, so will be based on multiples of number of galas taking place for the second round. eg. if 15 teams competing –

GALA 1 to be competed by the teams finishing 1st, 4th, 7th, 10th, 13th

GALA 2 to be competed by the teams finishing 2nd, 5th, 8th, 11th, 14th

GALA 3 to be competed by the teams finishing 3rd, 6th, 9th, 12th, 15th

GRAND FINAL

All teams will take place in one competition with each event held over the required number of heats. The heat and lane allocation will be based on each team's league position after the first two rounds.

The gala points for Rounds 1 and 2 will be decided by 'Virtual Gala' points. The times from each gala will be entered into a virtual gala and points awarded accordingly to the number of teams competing eg 15 teams 15 for quickest 14 for next quickest etc down to 1 for slowest swim. Joker points will be doubled. The Grand Final will be scored by points according to the number of teams competing (eg. 15 teams, then 1st place will receive 15 points down to 1 point for 15th place).

Note: on the night the round 1 & 2 gala points will be scored 6 points for 1st etc.

Overall trophies will be as follows -

- A. Girls competition
- B. Boys competition
- C. Combined Team competition

The Overall Trophies will be awarded on TOTAL points from all 3 rounds. In addition, the Robin Deal Trophy will be awarded to the team scoring the most points in the Grand Final.

Host teams will be chosen on a rotational basis. All events will normally be swum in Suffolk but suitable venues outside Suffolk may be used with the agreement of the Secretary.

Should any team withdraw or any new team be accepted then the format shall be revised and amended so that the best interests of the swimmers is served.

- 5 No swimmer may swim for more than one club in any season. Swimmers may compete for 'A' and 'B' teams of the same club within the same season but not in the same round.
- 6 By 28th February each year, each club shall furnish the league secretary with a register of its participating swimmers per team quoting dates of birth and, in subsequent galas, should an unregistered swimmer be used, the club shall mark its team sheet with an asterisk against the name and quote the date of birth.
- 7 Any club experiencing difficulties en route may ask for the starting time to be delayed 15 minutes by contacting the gala referee. This allowance will under no circumstances be extended. Telephone numbers are shown on the gala schedule.

Any club that fails to participate in a league gala shall be fined £30.00 and shall not compete in the following season until such a fine has been paid. The fine shall only be waived in exceptional circumstances

- 8 An entry fee of £30.00 for **each** club team shall be payable to Swim England Suffolk by **28th February** each year. Each club shall be represented at the league AGM and be entitled to one vote. A fine of £20.00 shall be imposed on any club not attending the league AGM, and that club shall not compete in the following season until such a fine has been paid.
- 9 A Hon. Secretary for the league shall be appointed at the AGM of Swim England Suffolk. The League AGM will be held in September each year.
- 10 Competitions shall be divided into the following age groups:
- 11/U, 13/U, 15/U & Open
- The events for each round are shown below.

Each swimmer may compete in a maximum of 5 individual events plus relays.

Swimmers must be within their respective age groups on the **30th June each year**, regardless of the date of the Grand Final.

Each team are permitted to play a '**JOKER**' card for one boys and one girls event per gala. These to be declared to the referee/recorder before the event is announced and by holding up a card provide for the purpose. In these events the team or teams playing the '**JOKER**' will score double points. **In the Grand Final, teams should declare their Joker before the first heat of the event is announced, regardless of which heat that team's swimmer is competing in.**

- 11 The Secretary, with the concurrence of the County Executive, shall have the power to deduct points, fine clubs or suspend clubs from the competition for breach of the rules, swimming ineligible team members or conduct by clubs or club team members bringing the competition into disrepute. A fine, if imposed, should not exceed a maximum of £50.00 per offence. Should a fine be imposed on any club, then that club shall not compete in the following season until such a fine has been paid.
- 12 Each club team shall provide a minimum of two officials. The staging club shall arrange for all other officials required. The referee should be qualified to at least JL2S and whenever possible, there should be a minimum of two referees per gala. All other officials shall, whenever possible, hold appropriate qualifications.
- 13 Clubs will warm up and swim throughout a gala (and with the permission of the referee during the interval) in the lane assigned in the gala schedule which will be determined by a pre-competition draw for rounds 1 & 2 and by individual event seeding for the Grand Final. At the discretion of the host club a ten-minute swim down may be provided.

The league secretary shall provide the clubs with electronic versions of (A) Recorders sheets, (B) Gala officials list, and (C) Team sheets. These shall be the only documentation used by the clubs and the officials at all the galas. Clubs shall return to the secretary by return e-mail indicating they have received a full compliment of documentation for the season. Time slips and place slips shall be provided by the host club. Before each gala commences, all teams shall email a completed team sheet to the league secretary **and to the host club.**

Any discrepancies in the result sheets shall be notified to the league secretary within five days of the gala.

- 14 The referee shall indicate on a disqualification slip the reason for any disqualification and these slips **MUST** be given to the clubs after the gala. Where possible the reason for any disqualification shall be shown on the recorder's sheets.
- 15 The team managers shall remain with the swimmers for whose conduct they shall be responsible.
- 16 The referee shall ensure that the promoter's conditions are observed at all galas.
- 17 Should a gala or round be cancelled by the league secretary for any reason, that gala or round will be swum at a date to the approval of all participating clubs or if that is not possible the following will apply:
Cancellation of the first round: The first round to be swum at the 2nd round dates, the 3rd round finalists selected from those results. The true 2nd round would not be swum.
Cancellation of the second round: The finalists for the third round to be selected from the results of the first round.
Cancellation of the third round: The winners would be declared on the total number of points scored over the 1st and 2nd rounds.
- 18 For the purposes of complying with all aspects of Swim England Laws the host club will act as the promoter for the period of the gala and will be responsible for ensuring that Pool Safety Laws as stated in current Swim England Laws and their Pool Hire Agreement are complied with in full.

Round 1 – April 2023

1. 11/U F 50m Free
2. 11/U M 50m Free
3. 13/U F 50m Back
4. 13/U M 50m Back
5. 15/U F 100m Breast
6. 15/U M 100m Breast
7. Open F 100m Fly
8. Open M 100m Fly
9. 11/u and 13/u F 4x50m Medley Relay
10. 11/u and 13/u M 4-50m Medley Relay
11. 15/u and Open F 4x50m Free Relay
12. 15/u and Open M 4x50m Free Relay
13. 11/U F 50m Back
14. 11/U M 50m Back
15. 13/U F 50m Breast
16. 13/U M 50m Breast
17. 15/U F 100m Fly
18. 15/U M 100m Fly
19. Open F 100m Free
20. Open M 100m Free
21. 11/u and 13/u Mixed 4x50m Free Relay
22. 15/u and Open Mixed 4x50m Medley Relay
23. 11/U F 50m Breast
24. 11/U M 50m Breast
25. 13/U F 50m Fly
26. 13/U M 50m Fly
27. 15/U F 100m Free
28. 15/U M 100m Free
29. Open F 100m Back
30. Open M 100m Back
31. 11/u and 13/u F 4x50m Free Relay
32. 11/u and 13/u M 4x50m Free Relay
33. 15/u and Open F 4x50m Medley Relay
34. 15/u and Open M 4x50m Medley Relay
35. 11/U F 50m Fly
36. 11/U M 50m Fly
37. 13/U F 50m Free
38. 13/U M 50m Free
39. 15/U F 100m Back
40. 15/U M 100m Back
41. Open F 100m Breast
42. Open M 100m Breast
43. 11/u and 13/u Mixed 4x50m Medley Relay
44. 15/u and Open Mixed 4x50m Free Relay

Round 2 – May 2023

1. 11/U F 50m Free
2. 11/U M 50m Free
3. 13/U F 100m Back
4. 13/U M 100m Back
5. 15/U F 50m Breast
6. 15/U M 50m Breast
7. Open F 50m Fly
8. Open M 50m Fly
9. 11/u and 13/u F 4x50m Medley Relay
10. 11/u and 13/u M 4-50m Medley Relay
11. 15/u and Open F 4x50m Free Relay
12. 15/u and Open M 4x50m Free Relay
13. 11/U F 50m Back
14. 11/U M 50m Back
15. 13/U F 100m Breast
16. 13/U M 100m Breast
17. 15/U F 50m Fly
18. 15/U M 50m Fly
19. Open F 50m Free
20. Open M 50m Free
21. 11/u and 13/u Mixed 4x50m Free Relay
22. 15/u and Open Mixed 4x50m Medley Relay
23. 11/U F 50m Breast
24. 11/U M 50m Breast
25. 13/U F 100m Fly
26. 13/U M 100m Fly
27. 15/U F 50m Free
28. 15/U M 50m Free
29. Open F 50m Back
30. Open M 50m Back
31. 11/u and 13/u F 4x50m Free Relay
32. 11/u and 13/u M 4x50m Free Relay
33. 15/u and Open F 4x50m Medley Relay
34. 15/u and Open M 4x50m Medley Relay
35. 11/U F 50m Fly
36. 11/U M 50m Fly
37. 13/U F 100m Free
38. 13/U M 100m Free
39. 15/U F 50m Back
40. 15/U M 50m Back
41. Open F 50m Breast
42. Open M 50m Breast
43. 11/u and 13/u Mixed 4x50m Medley Relay
44. 15/u and Open Mixed 4x50m Free Relay

Round 3 Grand Final – June/July 2023 – Crown Pools, Ipswich

1. 11/U F 100m IM
2. 11/U M 100m IM
3. 13/U F 100m IM
4. 13/U M 100m IM
5. 15/U F 100m IM
6. 15/U M 100m IM
7. Open F 100m IM
8. Open M 100m IM
9. 11/u and 13/u Mixed 4x50m Free Relay
10. 15/U F 50m Free
11. 15/U M 50m Free
12. Open F 50m Back
13. Open M 50m Back
14. 11/U F 50m Breast
15. 11/U M 50m Breast
16. 13/U F 50m Fly
17. 13/U M 50m Fly
18. 15/u and Open Mixed 4x50m Medley Relay
19. 11/U F 50m Fly
20. 11/U M 50m Fly
21. 13/U F 50m Free
22. 13/U M 50m Free
23. 15/U F 50m Back
24. 15/U M 50m Back
25. Open F 50m Breast
26. Open M 50m Breast
27. 11/u and 13/u Mixed 4x50m Medley Relay
28. 15/U F 50m Breast
29. 15/U M 50m Breast
30. Open F 50m Fly
31. Open M 50m Fly
32. 11/U F 50m Free
33. 11/U M 50m Free
34. 13/U F 50m Back
35. 13/U M 50m Back
36. 15/u and Open Mixed 4x50m Free Relay
37. 11/U F 50m Back
38. 11/U M 50m Back
39. 13/U F 50m Breast
40. 13/U M 50m Breast
41. 15/U F 50m Fly
42. 15/U M 50m Fly
43. Open F 50m Free
44. Open M 50m Free
45. Canon Mixed 8x50m Free Relay – one male and female swimmer from each age group in any order