

SUFFOLK COUNTY ASA - WINTER LEAGUE RULES

- 1 The competition shall be known as the Suffolk County ASA Winter League Competition, this Association being the promoters.
- 2 All events shall be under ASA Laws & ASA Technical Rules.
- 3 The season of competition shall be from October, to be completed before the commencement of the County Championships for the following year.
- 4 The competition shall be run as follows -
 - 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 completing in a Grand Final.

ROUND ONE

The first round to be ranked on the previous seasons – this will be dependent on the number of teams competing, so will be based on multiples of number of galas taking place for the first round, eg. If 15 teams in previous season -

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

New teams will start as though placed at the bottom of the previous year's results.

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

Teams will be ranked on total points from the first 2 rounds and then allocated a lane in the relevant heat or each race for the final eg. If 12 teams competing, teams ranked 7th to 12th will swim in heat one while teams ranked 1st to 6th will swim in second heat – lane draw will be based on current league position.

The gala points for Rounds 1 and 2 will be decided by 'Virtual Gala' points. The times from each gala will 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

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.

The Grand Final will be held at Crown Pools in Ipswich whenever possible, and will be hosted by Suffolk County ASA with support from competing clubs.

Should any team withdraw or any new team be accepted or it be necessary to amend the number of divisions, 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. All swimmers must be members of the Club for which they are competing and be registered, or being registered with the ASA by 30th September each year. Swimmers may compete for 'A' and 'B' teams of the same club within the same season but not in the same round.
- 6 By 30th August each year, each club shall furnish the league secretary with a register of its participating swimmers per team quoting dates 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 the Suffolk County ASA by 30th September 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 the Suffolk County ASA. 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. The order of events shall be as detailed on a separate chart.

In rounds 1 and 2, there will be mixed Freestyle and Medley Relays – these will be made up of 2 girls and 2 boys within the relevant age group.

The Grand Final will see Junior and Senior Relays - JUNIOR RELAYS will be 2 swimmers from each of 11/U & 13/U age groups and SENIOR RELAYS will be 2 swimmers from each of 15/U & open age groups

There will also be a CANNON RELAY including 1 girl and 1 boy from each age group who can compete in any order.

Swimmers must be within their respective age groups on the **last day of the competition (ie. Date of the Grand Final)**

Individual time only swims are not permitted

Each team are permitted to play a '**JOKER**' card for one boys and one girls event per gala. These to be declared at the start of the relevant event by holding up a card provide for the purpose. In these events the team or teams playing the '**JOKER**' will score double points.

- 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 shall provide a minimum of one timekeeper and one judge at each event at which they participate. The staging club shall arrange for all other officials required. The referee, starter, chief timekeeper and judges shall be on or should have been on a county or a regional list. 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.
- 14 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 hand to the recorder, a completed team sheet, which shall be forwarded to the league secretary together with (A) & (B) as above within **two days**.

Team sheets shall be entered on the Excel spread sheet provided by the League Secretary. Any discrepancies in the result sheets shall be notified to the league secretary within five days of the gala.
- 15 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.
- 16 The team managers shall remain with the swimmers for whose conduct they shall be responsible.
- 17 The referee shall ensure that the promoter's conditions are observed at all galas.
- 18 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 lane allocation will be selected from those results. The true 2nd round would not be swum.
Cancellation of the second round: The lane allocation 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.
- 19 For the purposes of complying with all aspects of ASA 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 ASA Laws and their Pool Hire Agreement are complied with in full.

ORDER OF EVENTS - ROUND ONE

	B/G	AGE	STROKE	DIST.
1.	GIRLS	11/U	FREESTYLE	200
2.	BOYS	11/U	FREESTYLE	200
3.	GIRLS	13/U	BREASTSTROKE	100
4.	BOYS	13/U	BREASTSTROKE	100
5.	GIRLS	15/U	BACKSTROKE	200
6.	BOYS	15/U	BACKSTROKE	200
7.	LADIES	OPEN	IND. MEDLEY	100
8.	MENS	OPEN	IND. MEDLEY	100
9.	GIRLS	11/U	BUTTERFLY	100
10.	BOYS	11/U	BUTTERFLY	100
11.	GIRLS	13/U	FREESTYLE	100
12.	BOYS	13/U	FREESTYLE	100
13.	GIRLS	15/U	BREASTSTROKE	200
14.	BOYS	15/U	BREASTSTROKE	200
15.	LADIES	OPEN	BACKSTROKE	100
16.	MENS	OPEN	BACKSTROKE	100
17.	GIRLS	11/U	IND. MEDLEY	200
18.	BOYS	11/U	IND. MEDLEY	200
19.	GIRLS	13/U	BUTTERFLY	100
20.	BOYS	13/U	BUTTERFLY	100
21.	MIXED	15/U	FREESTYLE RELAY	4x50
22.	MIXED	OPEN	FREESTYLE RELAY	4x50
23.	GIRLS	15/U	FREESTYLE	200
24.	BOYS	15/U	FREESTYLE	200
25.	LADIES	OPEN	BREASTSTROKE	100
26.	MENS	OPEN	BREASTSTROKE	100
27.	GIRLS	11/U	BACKSTROKE	200
28.	BOYS	11/U	BACKSTROKE	200
29.	GIRLS	13/U	IND.MEDLEY	100
30.	BOYS	13/U	IND. MEDLEY	100
31.	GIRLS	15/U	BUTTERFLY	200
32.	BOYS	15/U	BUTTERFLY	200
33.	LADIES	OPEN	FREESTYLE	100
34.	MENS	OPEN	FREESTYLE	100
35.	GIRLS	11/U	BREASTSTROKE	200
36.	BOYS	11/U	BREASTSTROKE	200
37.	GIRLS	13/U	BACKSTROKE	100
38.	BOYS	13/U	BACKSTROKE	100
39.	GIRLS	15/U	IND. MEDLEY	200
40.	BOYS	15/U	IND. MEDLEY	200
41.	LADIES	OPEN	BUTTERFLY	100
42.	MENS	OPEN	BUTTERFLY	100
43.	MIXED	11/U	FREESTYLE RELAY	4x50
44.	MIXED	13/U	FREESTYLE RELAY	4x50

Age as at Date of the Grand Final

MIXED RELAYS – 2 GIRLS AND 2 BOYS

ORDER OF EVENTS - ROUND TWO

	B/G	AGE	STROKE	DIST.
1.	GIRLS	11/U	FREESTYLE	100
2.	BOYS	11/U	FREESTYLE	100
3.	GIRLS	13/U	BREASTSTROKE	200
4.	BOYS	13/U	BREASTSTROKE	200
5.	GIRLS	15/U	BACKSTROKE	100
6.	BOYS	15/U	BACKSTROKE	100
7.	LADIES	OPEN	IND. MEDLEY	200
8.	MENS	OPEN	IND. MEDLEY	200
9.	GIRLS	11/U	BUTTERFLY	100
10.	BOYS	11/U	BUTTERFLY	100
11.	GIRLS	13/U	FREESTYLE	200
12.	BOYS	13/U	FREESTYLE	200
13.	GIRLS	15/U	BREASTSTROKE	100
14.	BOYS	15/U	BREASTSTROKE	100
15.	LADIES	OPEN	BACKSTROKE	200
16.	MENS	OPEN	BACKSTROKE	200
17.	GIRLS	11/U	IND. MEDLEY	100
18.	BOYS	11/U	IND. MEDLEY	100
19.	GIRLS	13/U	BUTTERFLY	200
20.	BOYS	13/U	BUTTERFLY	200
21.	MIXED	15/U	MEDLEY RELAY	4x50
22.	MIXED	OPEN	MEDLEY RELAY	4x50
23.	GIRLS	15/U	FREESTYLE	100
24.	BOYS	15/U	FREESTYLE	100
25.	LADIES	OPEN	BREASTSTROKE	200
26.	MENS	OPEN	BREASTSTROKE	200
27.	GIRLS	11/U	BACKSTROKE	100
28.	BOYS	11/U	BACKSTROKE	100
29.	GIRLS	13/U	IND.MEDLEY	200
30.	BOYS	13/U	IND. MEDLEY	200
31.	GIRLS	15/U	BUTTERFLY	100
32.	BOYS	15/U	BUTTERFLY	100
33.	LADIES	OPEN	FREESTYLE	200
34.	MENS	OPEN	FREESTYLE	200
35.	GIRLS	11/U	BREASTSTROKE	100
36.	BOYS	11/U	BREASTSTROKE	100
37.	GIRLS	13/U	BACKSTROKE	200
38.	BOYS	13/U	BACKSTROKE	200
39.	GIRLS	15/U	IND. MEDLEY	100
40.	BOYS	15/U	IND. MEDLEY	100
41.	LADIES	OPEN	BUTTERFLY	200
42.	MENS	OPEN	BUTTERFLY	200
43.	MIXED	11/U	MEDLEY RELAY	4x50
44.	MIXED	13/U	MEDLEY RELAY	4x50

Age as at Date of the Grand Final

MIXED RELAYS – 2 GIRLS AND 2 BOYS

ORDER OF EVENTS - ROUND THREE

	B/G	AGE	STROKE	DIST.
1.	LADIES	OPEN	IND/MEDLEY	100
2.	MENS	OPEN	IND/MEDLEY	100
3.	GIRLS	11/U	BACKSTROKE	50
4.	BOYS	11/U	BACKSTROKE	50
5.	GIRLS	13/U	BREASTSTROKE	50
6.	BOYS	13/U	BREASTSTROKE	50
7.	GIRLS	15/U	FREESTYLE	50
8.	BOYS	15/U	FREESTYLE	50
9.	LADIES	OPEN	BUTTERFLY	50
10.	MENS	OPEN	BUTTERFLY	50
11.	GIRLS	11/U	FREESTYLE	50
12.	BOYS	11/U	FREESTYLE	50
13.	GIRLS	13/U	BUTTERFLY	50
14.	BOYS	13/U	BUTTERFLY	50
15.	GIRLS	15/U	BACKSTROKE	50
16.	BOYS	15/U	BACKSTROKE	50
17.	LADIES	OPEN	BREASTSTROKE	50
18.	MENS	OPEN	BREASTSTROKE	50
19.	GIRLS	JUNIOR*	FREE. RELAY	4x50
20.	BOYS	JUNIOR*	FREE. RELAY	4x50
21.	GIRLS	SENIOR**	MEDLEY RELAY	4x50
22.	BOYS	SENIOR**	MEDLEY RELAY	4x50
<u>INTERVAL (IF TAKEN)</u>				
23.	GIRLS	11/U	BREASTSTROKE	50
24.	BOYS	11/U	BREASTSTROKE	50
25.	GIRLS	13/U	FREESTYLE	50
26.	BOYS	13/U	FREESTYLE	50
27.	GIRLS	15/U	BUTTERFLY	50
28.	BOYS	15/U	BUTTERFLY	50
29.	LADIES	OPEN	BACKSTROKE	50
30.	MENS	OPEN	BACKSTROKE	50
31.	GIRLS	11/U	BUTTERFLY	50
32.	BOYS	11/U	BUTTERFLY	50
33.	GIRLS	13/U	BACKSTROKE	50
34.	BOYS	13/U	BACKSTROKE	50
35.	GIRLS	15/U	BREASTSTROKE	50
36.	BOYS	15/U	BREASTSTROKE	50
37.	LADIES	OPEN	FREESTYLE	50
38.	MENS	OPEN	FREESTYLE	50
39.	GIRLS	JUNIOR*	MEDLEY RELAY	4x50
40.	BOYS	JUNIOR*	MEDLEY RELAY	4x50
41.	GIRLS	SENIOR**	FREE. RELAY	4x50
42.	BOYS	SENIOR**	FREE.RELAY	4x50
43.	MIXED	1B/1G EACH AGE***	CANNON RELAY	8x50

* JUNIOR RELAYS: 2 swimmers from each of 11/U & 13/U age groups

** SENIOR RELAYS: 2 swimmers from each of 15/U & open age groups

*** CANNON RELAY: Swimmers may compete in any order

Age as at date of Grand Final