

# Inter-Divisional Swimming Championships

## Regulations (Effective from September 2011)

The National Inter-Divisional Swimming Championships shall take place annually under ASA Law and Technical Rules and the following conditions:

### 1 Eligibility

(a) Only pupils from schools which are in affiliation with the English Schools' Swimming Association are eligible to compete.

(b) Competitors must be in full-time attendance at an affiliated school within the Division to be represented at the commencement of the academic year in which the Championships take place

### 2 Age

Competitors may only swim in the appropriate age group. Age limits for these events shall be as at midnight August 31<sup>st</sup>/September 1<sup>st</sup> at the commencement of the academic year of Championships.

Events shall be organized in six groups:

- (a) Boys aged 11 years and under 14 years – Junior
- (b) Boys aged 14 years and under 16 years – Intermediate
- (c) Boys aged 16 years and under 18 years – Senior
- (d) Girls aged 11 years and under 14 years – Junior
- (e) Girls aged 14 years and under 16 years – Intermediate
- (f) Girls aged 16 years and under 18 years – Senior

### 3 Control

(a) The sole control and management of the Championships will be in the hands of the Council.

(b) Arrangements for the selection of Divisional competitors for the Championships shall be in the hands of the Divisions (following their Divisional Championships/Trials) who will ensure that swimmers have the written permission of their Headteacher to compete.

### 4 Entries

(a) Entry forms and details of accommodation requirements must be returned to the Hon. Championship Co-ordinator not later than the date specified on the form.

(b) Each Division shall be allowed to enter ONE competitor in individual events and ONE team in each team event. A competitor may compete in both team events and up to **two** events within their own age group. In addition, that competitor may also compete in the Open 800m or 1500m Freestyle. Alternatively, an Open swimmer may be additional to existing team members and may take part in relays for their own age group.

(c) The maximum number of swimmers in a Divisional team will be 46.

### 5 Conduct of the Championships

(a) The Swimming Championships shall consist of:

#### i) INDIVIDUAL EVENTS

100m in each of the following strokes: Backstroke, Breaststroke, Butterfly, Freestyle.

200m in each of the following strokes: Backstroke, Breaststroke, Butterfly, Freestyle

400m Freestyle.

200m and 400m Individual Medley

800m (Female) and 1500m (Male) Freestyle (Open Age group) (Points for these events to

be awarded to the aggregate point trophy only.)

#### ii) TEAM EVENTS

Freestyle Team and Medley Team (Backstroke, Breaststroke, Butterfly, Freestyle)

Relay Teams shall consist of 4 swimmers, each of whom shall swim 100m.

(b) SUBSTITUTES – will be allowed in events providing the Hon. Championship Co-ordinator is informed before the commencement of each session of the National Championships. In the case of substitutes not already shown on the entry form, certified declarations of dates of birth will be required.

### 6 Awards

(a) Individuals and members of team placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> will receive a commemorative medal.

(b) All competitors, including official reserves, attending the National Championships as members of a Divisional team, will receive a commemorative certificate.

(c) Points will be allocated as follows:

1<sup>st</sup>– 8 points; 2<sup>nd</sup>– 7 points; 3<sup>rd</sup>– 6 points; 4<sup>th</sup>– 5 points; 5<sup>th</sup>– 4 points; 6<sup>th</sup>– 3 points; 7<sup>th</sup>– 2 points; 8<sup>th</sup>– 1 point.

(d) Challenge trophies will be awarded to the Divisions gaining most points in each group named in Rule 2 above.

(e) Challenge trophies will be awarded to the three Divisions gaining the highest aggregate points.

(f) A “Most Improved” Challenge Trophy will be awarded to the Division gaining the greatest increase in points from the previous year, excluding the overall winner of the aggregate points trophy.

### **7 Responsibility**

(a) Divisions must appoint suitable adults as Team Managers/Coaches/Chaperones to take full responsibility for the team. In line with the ESSA Child Protection Policy all of these should be in possession of a current CRB check.

(b) Team Managers/Coaches/Chaperones will be limited to six per Division