

# **Inter-Divisional Swimming Championships**

## **Regulations** (Effective from October 2007)

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 age-group of a Divisional Team will be limited to 6 competitors, including reserves, except in the case of a group with an additional 400m swimmer (see below).

(c) Each Division shall be allowed to enter ONE competitor in individual event and ONE team in each team event. A competitor may compete in both team events and one individual event within their own age group. In addition, that competitor may also compete in the Open 400m Freestyle event. Alternatively, an Open 400m Freestyle swimmer may be additional to existing team members and may take part in relays for their own age group.

### **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.

Individual Medley which consisting of equal distances of 4 strokes in the following order:

Butterfly, Backstroke, Breaststroke, Freestyle. (Each swimmer shall swim not less than 50m and not more than  $66\frac{2}{3}$  metres on each stroke.

400m Freestyle (Open Age group) to be decided by heat-declared winners. (Points for this event 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 an equal distance of not less than 50m and not more than  $66\frac{2}{3}$  metres.

(b) **SUBSTITUTES** – will be allowed in heats 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. In team events substitutes are permitted in the Finals provided the swimmers are on the official Divisional entry form, The Hon. Championship Co-ordinator must be informed of all such substitutes prior to the race.

(c) FINALISTS – the swimmers recording the fastest times in the heats, subject to Referees' decisions, shall fill the lanes available for the Final. In the event of a dead-heat swimmers will be offered the opportunity of a "swim-off" whenever practical.

(d) RESERVE FINALISTS – a first and second reserve shall be listed with the finalists to fill any vacancy in the Final which may occur owing to withdrawals. Two, or more, reserves dead-heated, or recording equal times in separate heats, shall be listed as "first reserves". No equal-reserve swimmer shall swim in the Final, unless withdrawals are sufficient as to permit all reserves to swim.

### **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:

i) When an 8-lane pool is used: 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.

ii) When a 6-lane pool is used: 1<sup>st</sup>– 6 points; 2<sup>nd</sup>– 5 points; 3<sup>rd</sup>– 4 points; 4<sup>th</sup>– 3 points; 5<sup>th</sup>– 2 points; 6<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