



English Schools' Swimming Association

Patron: HRH The Duke of Cambridge

ESSA Inter-Divisional Swimming Championships

Regulations (Effective from September 2018)

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

1. Eligibility Competitors must be in full-time education within the Division (Division is selected according to the address/location of the school the competitor attends) 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 31st/September 1st at the commencement of the academic year of Championships.
Events shall be organized in six groups:
 - a) Boys aged 11 years and under 13 years (Normally Y7 & 8) – Junior
 - b) Boys aged 13 years and under 15 years (Normally Y9 & 10) – Intermediate
 - c) Boys aged 15 years and under 18 years (Normally Y11, 12 & 13) – Senior
 - d) Girls aged 11 years and under 13 years (Normally Y7 & 8) – Junior
 - e) Girls aged 13 years and under 15 years (Normally Y9 & 10) – Intermediate
 - f) Girls aged 15 years and under 18 years (Normally Y11, 12 & 13) – Senior
3. Control
 - a) The sole control and management of the Championships will be in the hands of the ESSA Championships Co-Ordinator and Council.
 - b) Arrangements for the selection of Divisional competitors for the Championships shall be in the hands of the Divisions.
4. Entries
 - a) Entry forms and details of accommodation requirements must be returned to the ESSA 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 three events. Swimmers may only swim in their own age group (this includes relays) or the open events.
 - c) The maximum number of swimmers in a Divisional team will be 46.
 - d) If a spare lane is available, a swimmer may complete a time trial subject to this being agreed prior to the session start with the ESSA Championships Co-Ordinator, Divisional Representative and Lead Referee.
5. Conduct of the Championships
 - a) The Swimming Championships shall consist of:
 - i) Age Group Events – Each combination of Boy/Girl Junior/Inter./Senior age group will swim the following events:
 - (1) INDIVIDUAL EVENTS
 - 50m in each of the following strokes: Backstroke, Breaststroke, Butterfly, Freestyle. (Open Age Group only)
 - 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

(2) TEAM EVENTS

Freestyle 4x100m Team and Medley 4x100m Team (Backstroke, Breaststroke, Butterfly, Freestyle)

ii) Combined Squad Events

Each Squad will swim the following events:

Freestyle 6x50m Team and Medley 6x50m Team (Backstroke, Breaststroke, Breaststroke, Butterfly, Butterfly, Freestyle)

A 6x50m team will comprise a swimmer from each combination of Boy/Girl Junior/Inter./Senior age groups to swim in any order (Medley event must be swum in the stroke order specified above).

A swimmer may only participate in one combined squad event

- 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.
- c) From 1st Jan 2019 level 1 -3 open meets have to stipulate in their meet conditions whether they have access to a secondary strobe for their meet. At K2, (The venue for the championships) a secondary strobe is possible. If the length of the cable is to come a problem for health and safety or any other reason the swimmer will be asked to move to the outside lanes to allow them to swim safely.

6. Awards

- a) Individuals and members of team placed 1st, 2nd and 3rd will receive a commemorative medal.
- b) Points will be allocated as follows: 1st – 8 points; 2nd – 7 points; 3rd – 6 points; 4th – 5 points; 5th – 4 points; 6th – 3 points; 7th – 2 points; 8th – 1 point. No points are awarded in the case of no swimmer or a disqualification.
- c) Challenge trophies will be awarded to the Divisions gaining most points in each group named in Rule 2 above.
- d) Challenge trophies will be awarded to the three Divisions gaining the highest aggregate points.
- e) 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 DBS check.