



ENGLISH SCHOOLS' SWIMMING ASSOCIATION

Patron: H.R.H. The Prince of Wales

Inter-Divisional Swimming Championships

1) **Regulations** (Effective for 2022-23 competition)

The National Inter-Divisional Championships shall take place annually under Swim England Judicial Regulations and Technical Rules of Swimming, with the following conditions.

A Technical Jury of Appeal shall be appointed for all ESSA National Championships.

2) **Eligibility**

- a) Entry is open to all Schools in England.
- b) Competitors must be in full-time education within the Division to be represented at the commencement of the academic year in which the Championships take place, and remain in full-time attendance within the division at the date of the competition.
- c) Division is determined according to the address/location of the school the competitor attends.
- d) Para athletes shall be a Swim England Category 2 member whose membership record shows S1- 14, SB1–SB14 or SM1-SM14 World Para Swimming classification, which is held on the British Swimming or World Para Swimming Classification database at the time of selection.

3) **Transfers**

- a) Pupils that transfer from one division to another between the commencement of the academic year and the Championship are only eligible to swim for the division based on the school of attendance at the time of selection.

4) **Age Groups**

- a) Competitors shall only swim in the appropriate age group.
- b) Ages for these events shall be determined as at midnight August 31st/September 1st at the commencement of the academic year of Championships.
- c) Events shall be organized in six groups for able bodied and two for para athletes:
 - i) Boys aged 11 or 12 years (Normally Yr7/8) – Junior Boys
 - ii) Boys aged 13 or 14 years (Normally Yr9/10) – Intermediate Boys
 - iii) Boys aged 15, 16 or 17 years (Normally Yr11/12/13) – Senior Boys
 - iv) Girls aged 11 or 12 years (Normally Yr7/8) – Junior Girls
 - v) Girls aged 13 or 14 years (Normally Yr9/10) – Intermediate Girls
 - vi) Girls aged 15, 16 or 17 years (Normally Yr11/12/13) – Senior Girls
 - vii) Boys aged 13, 14 or 15 years (Normally Yr9/10/11) – Para Boys
 - viii) Girls aged 13, 14 or 15 years (Normally Yr9/10/11) – Para Girls

5) **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.

6) **Entries**

- a) Entry forms must be returned to the ESSA Championship Co-ordinator not later than the date specified by the organisers.
- b) Each Division shall be allowed to enter ONE competitor in individual events and ONE team in each team event.
- c) A swimmer may compete in both team events in their age group and up to three individual events.
- d) Swimmers may only swim in their own age group (this includes relays) or the open events.
- e) A swimmer may only participate in one combined squad event.
- f) The maximum number of swimmers in a Divisional team is 46.
- g) 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 and Divisional Representative.

h) **Events:**

The Swimming Championships shall consist of:

- i) Able bodied Age Group Events – Each combination of Boy/Girl Junior/Inter./Senior age group will swim the following events:
 - (1) INDIVIDUAL EVENTS
 - (a) 50m in each of the following strokes: Backstroke, Breaststroke, Butterfly, Freestyle.
(Open Age Group only)
 - (b) 100m in each of the following strokes: Backstroke, Breaststroke, Butterfly, Freestyle.
 - (c) 200m in each of the following strokes: Backstroke, Breaststroke, Butterfly, Freestyle
 - (d) 400m Freestyle.
 - (e) 200m and 400m Individual Medley
 - (2) TEAM EVENTS
 - (a) Freestyle 4x100m Team and Medley 4x100m Team (Backstroke, Breaststroke, Butterfly, Freestyle)
- ii) Para Swimmer age group events – Para Male/Para Female with one age group in the following individual events:
 - (1) INDIVIDUAL EVENTS
 - (a) 100m in each of the following strokes and classifications S1-S14 Backstroke, SB1-SB14 Breaststroke, S1-S14 Butterfly, S1-S14 Freestyle.
 - (b) 200m in SM5-SM14 Individual Medley
- iii) COMBINED SQUAD EVENTS (able bodied)

Each Squad will swim the following events

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

A 6x50m team shall 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.

7) **Team Lists**

- a) TEAM SUBMISSION – A full team submission including relay teams', and squad events', order must be submitted by the date specified by the Hon. Championship Co-ordinator.
- b) SUBSTITUTES/CHANGES – will be allowed in events providing the Hon. Championship Co-ordinator is informed before the commencement of each session of the Championships. In the case of substitutes not already shown on the entry form, certified declarations of dates of birth will be required.

8) Conduct of the Championships

a) Pool Length and Facilities

- i) The pool length for competition shall be 50m.
- ii) At the venue for the championships a secondary stroke is possible.
 - (1) 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.

b) Code of Conduct

- i) All participants (swimmers, parents, school/team staff, officials, organisers) are expected to abide by the code of conduct as published on the ESSA website (About Us | Welfare Policy)

9) Awards

- a) Individuals and members of team placed 1st, 2nd and 3rd will receive a commemorative medal. Para events are ran under MC so each para athletes time will be compared to the world record of their classification and points given allowing the swimmers to be fairly compared. The highest 3 para athletes points totals in each 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 4) above4).
- 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.

10) Expenses

- i) Each competing division will be responsible for its own expenses.
- ii) ESSA will reimburse limited expenses in line with its expenses policy and as agreed by Council.

11) Responsibility

- a) Each Division shall 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.
- b) Adults accompanying a team may be required to complete an accreditation process as directed by the organiser.

12) Photography/Video

- a) An official photographer may be used during Championship events; selected photographs will be made available for purchase from a password protected website and may be used for promotional purposes.
- b) Championship events may be videoed; images will be streamed live to the internet and made available for later playback. Access is not password protected.
- c) Schools must make sure that parents of swimmers are made aware and any welfare or privacy issues raised with the organisers and/or the ESSA welfare officer as required on the entry details for each gala.
- d) Any child welfare/protection issues that arise subsequent to the gala should be raised to the attention of the ESSA welfare officer at the earliest opportunity.