



**Affiliated to**  
**swimnorthwest**  
**Competition Rules**

1. All Member Clubs may, subject to the discretion of the Executive Committee, enter any number of teams into the Competition.
2. Each team wishing to take part in the League must register their intent with the Hon Secretary at or before the Annual General Meeting and must have paid their entry fee to the Hon Treasurer before 31st January in the year of competition. The current entry fee is **£20.00 per team** entered.
3. Swimmers may only represent one Club in this League or the Arena inter-Junior league Competition during the year of competition and each Club shall register their teams using the online facility for the method of registration which is provided for that purpose. The completed lists shall be sent to the Hon Registration Secretary no later than the last day in February in the year of competition. The Hon Registration Secretary, providing that confirmation of registration has been received by post or e-mail two days before the next match takes place, will accept additional registrations.
- 3a. A swimmer registered for a Club's B or C team at the commencement of the season can be re registered during the season if required to swim for the Club's A or B team. Swimmers are not allowed to register for the B or C team during that year's competition after being registered as an A or B team swimmer ie swimmers are not allowed to move down a team.
4. A swimmer changing Clubs during the year may swim for their new Club providing that they have not represented their previous Club, or any other Club, in the Arena inter-junior league competition in that year, subject to the agreement of the executive committee of the League.
5. The programme of events will be the same as that for the Arena inter-Junior league Competition, which is currently:

9yrs	4 x 25m Freestyle and Medley Team. Individual 25m races for Freestyle, Backstroke, Breaststroke and Butterfly.
10yrs	4 x 25m Freestyle and Medley Team. Individual 50m races for Freestyle, Backstroke, Breaststroke and individual 25m Butterfly. Individual 50m Butterfly for (A. Division & A. Division Final Only)
11yrs	4 x 25m Freestyle and Medley Team. Individual 50m races for Freestyle, Backstroke, Breaststroke and Butterfly.
12yrs	4 x 25m Freestyle and Medley Team. Individual 50m races for Freestyle, Backstroke, Breaststroke and Butterfly.
	Mixed 8 x 25m Freestyle Cannon (1Girl and 1 Boy from each age group, swum in order - Girl/Boy from youngest to oldest)
- 5a. Age of competition will be determined by the series of events forming part of one competition or whichever is the later of the Arena inter-junior league competition or its equivalent.
6. Points shall be awarded on a reverse winning order basis according to the number of teams allocated to compete in the gala. The winning team will be the one with the most points. No points will be awarded for the non-submission of a swimmer, a disqualification or ineligible swimmer already registered with the Referee.
7. Each competitor is limited to 2 swims in their own age group plus one in an age group above in individual events, except 9 year olds who are limited to 2 individual swims in their own age group. Swimmers aged 10/over may swim in any

number of team races except 9 year olds who shall be restricted to team races for 9 and 10 year olds only. For the purpose of the cannon swimmers must swim in their own age group.

8. Any team swimming an ineligible swimmer according to the above rules whose eligibility has not been registered with the Referee shall have 12 points deducted from the final points for that gala, in addition to any points achieved in the races swum. It will be necessary to re-allocate points to other competing teams.
- 8a. Diving will be from one end only (start end) and swimmers two and four in a relay team **must** start in the water from a push-off. **Only** in the Main Final and Swim off finals, where pool conditions permit, will diving be allowed at both ends of the pool.
9. All galas will be held under A.S.A. Laws.
10. The Home Team will be responsible for the organisation of the gala and should provide the following officials:

Referee (from the district list of officials)  
Starter (not required if the Referee is prepared to do this)  
Announcer  
Recorder(s)

The Home Team will be responsible for the organisation of a Raffle including all Prizes. The Home Team will charge £3.00 entry fee for spectators to include a raffle ticket. Any concessions will be at the discretion of the Home Team.

The Home Team can utilise a spare swim lane during a gala. However, this must be non-competitive ie not form part of the Gala and must not cause any disruption to the competitive lanes.

Each team attending the Gala will supply the following:

Team Manager  
Competition Stewards  
Timekeepers to be delegated lanes by the referee/starter  
Competent Official/Judge (for judging duties as required by the Referee)

11. The format of the Competition will be as follows:
  - 11a The League will be divided into divisions of approximately equal numbers of teams. The number of teams entering the League will determine the actual number of teams in each division. If the division team numbers are not equal then the lower division will contain the lesser number of teams.
  - 11b Division 1 will consist of the previous year's Division 1 teams with the exception of the bottom 2 teams, who will be those 2 teams who finished 1<sup>st</sup> and 2<sup>nd</sup> in the Division 1 and 2 swim off, from the previous year. The swim off will be between the bottom 2 teams from Division 1 and the top 2 teams from Division 2.
  - 11c Division 2 will consist of the previous year's Division 2 teams with the exception of
    - i) The top 2 teams who will be those teams who finished 3<sup>rd</sup> and 4<sup>th</sup> in the Division 1 and 2 swim off
    - ii) the bottom 2 teams who will be those who finished 1<sup>st</sup> and 2<sup>nd</sup> in the Division 2 and 3 swim off, between the bottom 2 teams in Division 2 and the top 2 teams from Division 3
  - 11d Division 3 will consist of the 2 teams who came 3<sup>rd</sup> and 4<sup>th</sup> in the Division 2 & 3 swim off together with all the other remaining teams in the previous year's Division 3 ( subject to rule 11i)
  - 11e within a given year:

Each team within a division must swim at least once against every other team in that division  
Division fixtures must be based upon all the teams having an equal chance of securing points over all their matches
  - 11f All positions within the league tables will be based upon race points achieved during the gala.
  - 11g The teams from Division 1 coming in 1<sup>st</sup> to 4<sup>th</sup> places in the league will then compete in a final to determine the Leagues representative to the Regional Final.
  - 11h The finalists and swim off teams will be placed into lanes according to ASA law using the number of points awarded in the league tables to determine the final positions. Lane Allocation will be as follows. Lane 2. Is the team with the highest

number of points obtained in the A. Division League table. Lane 3, second highest team. Lane 1, third highest team. Lane 4, fourth highest team. Swim off finals. The team that finishes second to bottom of the higher division will be allocated. Lane 2. Bottom team of the higher division will be allocated. Lane 3. Top team of the lower division will be allocated. Lane 1. The runner up of the lower division will be allocated. Lane 4. The Executive committee of the Micro League will arrange the venue and organise this gala.

- 11i All new entrants to the League will commence in Division 3, with the proviso that multiple new entries may require the seeding into divisions to be reviewed by the Executive Committee.
- 11j There will be trophies for the winners of each Division to be returned plus a trophy to retain along with trophies for the winners of the final.
- 12. All competing teams shall give notice at the Fixtures Meeting of the date, time and venue for the fixtures being organised by them. All galas shall start within 15 minutes of the notified time. Any team causing the gala to start late shall be reported to the League Executive by the Referee. The offending team may, at the discretion of the Executive Committee, be subject to a fine not exceeding £10.00
- 13. A team failing to compete at an appointed gala shall forfeit all points for that gala and may, at the discretion of the Executive Committee, be subject to a fine not exceeding £10.00
- 14. The Hon Secretary or Micro League Representative of the home team should send the signed results sheets, team sheets and any other relevant paperwork to the Hon Registration Secretary and update the website within 5 working days. 10 points may be deducted from the home team's points total or be subject to a £10 fine if paperwork is overdue or the website not updated, at the discretion of the Executive Committee.
- 14a. Failure to attach the correct postage will be subject to a fine of £10
- 14b. Failure to download and complete the correct documentation from the League's website for that gala may, at the discretion of the Executive Committee will be subject to a fine of £10 and also to incur a 10 point deduction.
- 14c. Failure to comply with Rule 10 will be subject to a fine of £10.
- 15. All trophies must be returned to the Hon Secretary prior to the date of the swim off galas.
- 16. In the event of a team leaving the Micro League altogether, then numbers of teams and potential movement of teams within divisions will be at the discretion of the Executive Committee.