



# Essex Swimming League



Affiliated to London Region ASA



## Rules And Constitution Of The Essex Swimming League

1. The League shall be called The Essex Swimming League. Its object shall be to conduct an annual competition between the months of September and June, on dates nominated by the management committee each year. The league year shall commence in September.
2. The League shall be controlled by a management committee, comprising the Chairperson, Vice-Chair, Hon. Secretary, Hon. Treasurer and up to six elected members. The Chair-person shall serve a maximum of three years without having to seek re-election. All nominees for election as officers or members of the management committee shall be delegates of affiliated clubs and shall be proposed and seconded by other delegates. Nomination papers shall be received by the Hon. Secretary not later than 14 days prior to the A.G.M or they will be considered invalid. The officers and management committee shall be elected at the A.G.M.
3. The A.G.M. shall be held prior to the start of the annual competition. Each affiliated club shall be entitled to two delegates who will be provided with a written authority from the clubs. The Hon. Secretary of the competition shall give at least 30 days notice prior to the A.G.M, to the affiliated club, but non arrival of any notice shall not invalidate the meeting. Any club wishing to add to the A.G.M agenda must do so no later than 4 weeks before the date of the A.G.M. The quorum for a general meeting shall be eleven and for a meeting of the management committee five.
4. Alterations to the rules of the competition shall be made ONLY at the A.G.M. or at a Special General Meeting called for that purpose. The notice convening the meeting shall include details of the proposed changes and shall be sent to each affiliated Club at least 30 days prior to the meeting. A proposal shall be regarded as carried if at least twice as many votes in favour as votes against it, two thirds majority. Notice of any proposal to amend the rules of the competition shall be received by the Hon. Secretary not later than 60 days prior to the A.G.M.
5. A special meeting shall be called by the Hon. Secretary on instruction of the management committee or within 60 days of receipt by him of a requisition signed by at least ten delegates from a minimum of five affiliated clubs and stating the business to be discussed. The business to be discussed shall be stated on the notice convening the meeting and no other business shall be discussed.
6. At each gala:-
  - a) Host clubs will be the promoters of the gala.
  - b) Referee and at least 2 Judges shall be registered officials.
  - c) The league will be responsible for:-
    - Appointing Referee/s
    - Appointing a Starter
    - Providing a pack containing: - a copy of the current rules, gala programmes, recording slips, judging and timekeeping slips
  - d) Host club will be responsible for appointing :-
    - A minimum of 1 judge
    - A minimum of 2 Chief Timekeepers
    - Competitor's Steward
    - Recorders
    - Announcer
    - Timekeeper for own lane
    - 2 Stewards as identified in the pool profile
  - e) Visiting clubs must provide :-
    - Timekeeper for own lane
    - 1 Judge, qualified if possible. (see Rule 20)
  - f) The age groups shall be 11 and under, 13 and under, 15 and under and Open. Age calculated at midnight on the day of the gala. Competitors may complete in their own age group and above.
  - g) All swimmers must be 9 years old by midnight on the day of the last league galas in accordance with the relevant ASA law on minimum ages.
7. Limits on events for competitors:
  - a) For Division 1
    - No swimmer shall compete in more than 4 events. This shall be in their own age group and above.
  - b) For ALL other Divisions.
    - Swimmers shall be allowed to compete in 2 individual events and any number of relay events, this shall be in their own age group and above.

8. Representation:
  - a) No swimmer may represent more than one club or team during the annual competition.
  - b) It is permitted for clubs to enter A and B teams in the competition.
  - c) No club is permitted to swim A and B teams in the same division of the competition.
9. The management committee shall have power to deal with any matter connected with the competition for which provision is not made in the rules.
10. At the A.G.M. an appeals committee may be elected. The appeals committee shall consist of three members who shall be members of a county executive and shall not be members of the current management committee. In addition two members may be appointed at the A.G.M. to deputise when called on by the management committee.
11. Clubs desiring to enter the league may do so only if:-
  - a) The Hon. Secretary of the competition has received a formal application accompanied by the entry fee and an undertaking to conform to the Rules of the League, if elected.
  - b) The application is approved by the management committee.
12. An entry fee will be set each year by the management committee. This fee plus any outstanding fines shall be paid to the league treasurer by the 31st of July prior to the year of the competition. Failure to comply may result in the club being excluded from the competition.
13. Clubs wishing to withdraw from the following season's competition must notify the Hon. Secretary not later than the day of the A.G.M. Withdrawals after this date will result in the club being invoiced the affiliation fee and fined for the galas in which they will not be competing in during the season. Failure to pay these invoices may result in the matter being referred to the ASA.
14. The competition will be held in a minimum of three divisions, the aim being that each division shall consist a maximum of six clubs and to provide a four gala competition, where possible.
15. The programme events shall be numbered odds for girls, evens for boys and will be as follows:

Event No.	Age Group	Event / Stroke	Division One/Two	All Other Divisions
			Lengths	Lengths
1-2	11 & U	Freestyle Relay (4x2/1)	8	4
3-4	Open	Butterfly	4	2
5-6	13 & U	Backstroke	4	2
7-8	15 & U	Breaststroke	4	4
9-10	11 & U	Freestyle	2	2
11-12	Open	Medley Relay (4x2/1)	8	4
13-14	13 & U	Freestyle Relay (4x2)	8	8
15-16	15 & U	Freestyle	4	4
17-18	11 & U	Butterfly	2	1
19-20	Open	Backstroke	4	4
21-22	13 & U	Breaststroke	4	2
23-24	15 & U	Medley Relay (4x2)	8	8
25-26	11 & U	Medley Relay (4x2/1)	8	4
27-28	Open	Breaststroke	4	4
29-30	13 & U	Freestyle	4	2
31-32	15 & U	Butterfly	4	2
33-34	11 & U	Backstroke	2	2
35-36	13 & U	Medley Relay (4x2)	8	8
37-38	15 & U	Freestyle Relay (4x2)	8	8
39-40	Open	Freestyle	4	4
41-42	11 & U	Breaststroke	2	2
43-44	13 & U	Butterfly	4	2
45-46	15 & U	Backstroke	4	4
47-48	Open	Freestyle Relay (4x2)	8	8
49		Squadron Freestyle Relay, one swimmer from each Age Group, alternating Girls then Boys, 8 swimmers, to be swum in ascending age order.	8	8

16. All team managers will be reminded that team sheets for event 49 must be presented to the recorder prior to event 47. This will be done at the same time as the lane draw is made, prior to the commencement of the gala. The referee will be reminded of this by the letter of confirmation that he/she is officiating. The team sheet shall indicate the names and ages in ascending age group order of the swimmers participating in event 49. If this list is not provided the team will swim for 'time only'. The participants in this event could be subject to a 'spot check' by a referee. The format for the information required by the gala referee will be issued to all clubs to enable team managers to fill it in and submit it at the appropriate time.

17. There will be a draw for lanes prior to the commencement of each gala, except for the FINAL round when the lanes will be seeded in accordance with the points clubs have received in the previous rounds.
18. The results of the gala must be phoned, by the host club, to the Hon. Secretary within 24 hours, the results sheet must be sent to arrive within seven days.
19. Points Calculations:
  - a) A first place in any event shall always score six swimming points, second place five points and so on, regardless of how many teams are competing in the gala.
  - b) In events of 5 Clubs or less competing the points will be adjusted in accordance with the following formula:
    - Where 5 teams compete the points scored will be multiplied by 0.95.
    - Where 4 teams compete the points scored will be multiplied by 0.86.
    - Where 3 teams compete the points scored will be multiplied by 0.71.
    - Where 2 teams compete the points scored will be multiplied by 0.52.
  - c) Non starters and disqualified swimmers shall score no points.
  - d) The total swimming points of each gala shall determine the league points awarded. The top club scoring six points, the next five points and so on.
  - e) The final result of each division is determined from the total number of league points gained from each round. Any tie in the final positions shall be resolved by reference to the total number of swimming points scored from each round.
  - f) The top club of each division will be promoted and the bottom club will be relegated, where the format of the league has to change this could be affected, but will be discussed and decided at the A.G.M.
20. Teams not attending a gala will be automatically fined £50.00. Each competing club must supply a competent judge and timekeeper. Any club failing to supply these officials at a gala shall pay the league a fine of £50.00 for each official not reporting to the gala referee. All fines must be paid within four weeks of the date on the fine notification letter. Non payment of fines will be dealt with by the league management committee. Following payment of the fine the club involved may appeal.