

# **Norfolk County A.S.A. Junior Swimming League Rules for 2012**

## **1. Affiliation**

*Each Club Affiliated to Norfolk County A.S.A. is invited to join the League at a joining Fee of £15.00 per Team, this is to cover the costs of administration. On receipt of the invitation clubs must reply within 28 days to the League Secretary.*

## **2. Gala Dates and Venues**

*Round 1 – will be of 2 Galas of 6 lanes each, in 25M Pools at Dereham and Thetford on Saturday 17 March 2012.*

*Round 2 – will be of 2 Galas, on Saturday 28 April 2012. When the results of Round 1 are known then it will be decided at which Pool the 2 Trophies will be contested, with one Gala at Thetford, and the other at Wymondham.*

*Selection for the 'Copeman Cup' Gala will be the 6 Teams from the Round 1 Galas with the most Gala Points (or Adjusted Gala Points). The other Teams compete for the Christine Clarke Cup, if there is a tie for 6th position then the Team with the most Firsts will be selected, if equal, then the best 2<sup>nd</sup> places, or if still equal the best 3<sup>rd</sup> places etc. The winners of both Cups will have the most League Points in their Gala, if equal then relate to the number of 1<sup>st</sup> positions, 2<sup>nd</sup>, 3<sup>rd</sup>..., as above.*

## **3. Event Restrictions**

*There will be a maximum of two individual swims plus Relays allowed for each swimmer in each Club. Swimmers having swum for an A/B team in Gala1, that swimmer must remain in that Team for all events in that Gala. Swimmers having swum for an 'A' Team in Round 1 are not allowed to swim in a 'B' Team in Round 2. Clubs entering more than 1 Team can give their Teams Names, but designate which is 'A' & 'B' to the League Secretary. Over-the-top starts are NOT permitted.*

## **4. Events and Distances**

*Each Gala will consist of 41 Events as follows:-*

*Individual Events – All four strokes in each of the ages below:-*

*9 years 1 length*

*10 years 2 lengths*

*11 years 2 lengths*

*12 years 2 lengths*

*Relays:- Two swimmers each age 4 x 1 length Freestyle & Medley*

*9 & 10 years*

*11 & 12 years*

*Cannon 8 x 1 length, one boy and one girl of each age, in ascending age order with boys starting first.*

## **5. Age definition**

*Ages to be as at Midnight on the date of the last scheduled Gala, as per ASA Laws & Technical Rules.*

## **6. Points**

*Gala Points:-*

*Winners = 6, Second = 5, Third = 4, Fourth = 3, Fifth = 2, Sixth = 1.*

*Where any equal placings occur in an event, then the applicable points will be totalled and shared between those Teams. If only 5 Teams participate in a Gala (no 6<sup>th</sup> position) the points will be 6, 5, 4, 3, 2, then the overall points will be reduced by a factor of 7/8 (87.5%), if only 4 Teams compete in a Gala then the overall points will be adjusted by a factor of 3/4 (75%).*

*League Points:-*

*As for Gala points in each Round, with those Teams in the second Round 'Top Placings' Gala receiving an additional 6 League Points. Where equal placings occur in the League Points, the positions shall be determined by the highest number of overall Gala Points, if still equal, then the Team with the highest First Places in Round 2, and then if still equal, the Team with the most First places in Round 1.*

## **7. Home Team**

*Selected Clubs will be invited to host each Gala subject to the draw.*

## **8. Conduct and Disputes**

*The County League will be conducted under A.S.A. Laws & Technical Rules, and any disputes or appeals must be referred to the County Junior League Sub Committee.*

## **9. Team Non-attendance Procedure**

*A PENALTY FINE of £50.00 must be paid within 14 days to the Norfolk County A.S.A. by any Club failing to attend any Gala. Appeals against this fine must be given in writing to the County Junior League Sub Committee at their next meeting, if any appeal is upheld then the fine will be refunded.*

## **10. 'B' Teams**

*Should any of the invited Clubs not enter, then the other Clubs will be invited to enter a 'B' Team – starting with the winners of the League last year, then 2<sup>nd</sup>, 3<sup>rd</sup> etc.*

## **11. Lane Draw**

*Round 1 – Lanes should be drawn in advance and notified to Clubs.*

*Round 2 – Lanes determined by League positions after Round 1, with the most points/adjusted at each Gala in Lane 3, and the others in order in Lanes 4, 2, 5, 1, 6.*

## **12. Seeding for Round 1**

*For the First Round the Host Clubs to be selected into each of the 2 Galas, with the other Clubs drawn in rotation.*

*Changes for 2012 are in italic*