

SCOTTISH AMATEUR SWIMMING ASSOCIATION

NORTH DISTRICT

SWIMMING REGULATIONS

GENERAL

SW 1 ELIGIBILITY

SW 1.1 To be considered a North District swimmer, a swimmer must be eligible to compete for the North District club in whose name he /she is entered on the closing date for entries.

SW 2 QUALIFYING TIMES

SW 2.1 A swimmer being entered for a North District Championship must submit an entry time within the consideration time which has been achieved in the twelve months prior to the entry date at any accredited meet. For other District meets eligibility information will be included in the meet information pack.

SW 2.2 Any swimmer may be required to produce proof of their entry time as per SW 2.1. Where no satisfactory proof can be provided the competitor shall withdraw, forfeit their entry fee and pay without any excuse such sum as is agreed by the AGM for late withdrawals.

SW 3 SWIMMING MEETS

SW 3.1 All North District Championships/Meets shall comply with the Scottish Swimming Constitution C 9.9.1 and Scottish Swimming Company Rule R 4.4.

SW 3.2 North District Championships/Meets may use Over the Top Starts where practical.

SW 3.3 Age Groups, where appropriate, events and consideration times will be published in the meet information a minimum of 8 weeks prior to the Championship/Meet.

SW 4 ENTRIES

SW 4.1 Entries close four weeks before the first day of the Championships/Meets and must be sent to the Meet Entry Secretary indicated on the Meet Information. Entries will be accepted only in Hy-Tek format by email to the Meet Entry Secretary. The summary sheet and cheque for entry fees must be posted to arrive no later than three days after the closing date.

The Officials sheet should be e-mailed direct to the Meet Officials Convenor to arrive by the date specified in the Meet Information which shall be NO LATER than 14 days before the first day of the meet. Failure to do so will result in a fine. The fine will be as agreed at the AGM.

SW 4.2 Entry fees shall be agreed at the AGM

- SW 4.3 Except in the case of the District Open Championships entries for North District Championships/ Meets will only be accepted from clubs affiliated to S.A.S.A. North District.
- SW 4.4 Entries from composite teams will not be accepted for any North District Championship/Meet, with the exception of the District Open Championships.
- SW 4.5 Relay Teams – Competing clubs or teams must submit team lines on the relevant form to the recorder for the information of the referee, before the commencement of the competition or session. Names must be in swimming order and reserves should be included if appropriate.
- SW 4.6 The fee for entries received which are outwith the consideration times for any of the District Competitions shall not be refunded under any circumstances.
- SW 4.7 Entry fees will be refunded in the event of a swimmer being unable to take part due to illness or injury only in the following circumstances: The swimmer has been withdrawn in time according to the meet Information. The swimmer can provide medical evidence confirming that they are unfit to swim to the District Secretary within 7 days following the Meet. The letter should be dated not more than 4 weeks before the Meet and not more than 2 days following the last day of the meet.

SW 5 WITHDRAWALS

- SW 5.1 a) All withdrawals must be submitted on the relevant form to the recorder within the specified time limits as per the Meet information.
- b) A swimmer who withdraws from heats, semi-finals or finals outwith the times as specified on Meet information shall pay such sum as may be agreed by the AGM except in the case of genuine illness or proven emergency. In the case of genuine illness the swimmer shall take no further part in the competition during that session.
- c) Any swimmer withdrawing from a semi-final or final outwith the times as specified on Meet information -(except in the case of a genuine illness or proven emergency) shall be suspended immediately from all further events at that championships/meet.
- d) Any reserve for a final or semi-final who does not intend to marshall for their event must be withdrawn as specified in the Meet information otherwise they will be fined for a late withdrawal should a place become available in the event.
- SW 5.2 Relay team withdrawals must be made as per Regulation SW5.1(a). Teams failing to comply with this regulation shall pay without excuse a sum agreed at the A.G.M.
- SW 5.3 Marshalling procedure shall be as stated in the Meet Information.

SW 6 SWIMMING TECHNICAL OFFICIALS (S.T.O.)

- SW6.1 All STO's officiating at North District Championships/Meets shall be appointed in accordance with the relevant section of the S.A.S.A. Limited STO Regulations.

SW6.2 North District Clubs/Clubs within composite teams entering swimmers in any District Meet must provide the names of technical officials attending each session of the Meet. This information must be received by the Meet Officials Convenor no later than 14 days before the first day of the Meet, in accordance with the following criteria.

Total number of club swimmers at Meet.	Number of officials per Session
1 - 4 inclusive	None
5 - 8	One official
9 - 12	Two officials at least one of which must be a Judge 1 or above
13 -16	Three officials at least one of which must be a Judge 2 or above
17 -20	Four officials at least one of which must be a Judge 1 or above and one must be a Judge 2 or above
21-24	Five officials at least one of which must be a Judge 1 or above and one must be a Judge 2 or above
25 +	Six officials at least two of which must be a Judge 1 or above and one must be a Judge 2 or above

SW 6.3 For the purpose of determining how many swimmers a Club has entered into a North District Meet or Championships, only swimmers entered into individual events shall be counted.

SW 6.4 A North District Club failing to provide Technical Officials on the day of the meet, in accordance with the criteria in SW6.2, will be subject to a fine as agreed at the A.G.M. for each session in which the required officials are not present.

SW6.5 Where the Referees in charge agree that there were sufficient Swimming Technical Officials present to ensure adequate cover in any session, an official might be mentored at the next level for which they were training without incurring a penalty for that session, even although this may technically leave their Club short of the numbers required to meet SW6.2.

Officials carrying out scheduled Final Assessments will count at their existing level.

SW 7 SEEDING OF HEATS AND FINALS

SW 7.1 All events with heats and finals will be seeded according to FINA Rule SW 3.

SW 7.2 Deck seeding will be used for all declared winner events.

SW 7.3 Deck seeding will be used for heats being held in more than one venue on the same day.

SW 8 ORGANISATION

SW 8.1 The organisation for all North District Championships/Meets will be in accordance with the Constitution Section B12.3.2 (c) and (d).

SW 9 RECORDS

SW 9.1 North District Records

SW 9.1.1 North District Individual Records

- SW 9.1.1.1 North District Records can only be broken by a swimmer who is a Registered member of an affiliated North District Club.
- SW 9.1.1.2 North District Records will be recognised for all events swum at World Championship events swum in both long and short course pools.
- SW 9.1.1.3 North District Records will be recognised for Open and Junior (as defined in Company Rule R13.5.6a) swimmers.
- SW 9.1.1.4 North District Records will be recognised for age groups 11, 12, 13, 14, 15 and 16 based on the swimmers age on the day of the swim for both sexes.

SW 9.1.2 North District Team Records

- SW 9.1.2.1. North District Team Records can only be broken by a Club or Team affiliated to the North District of the SASA.
- SW 9.1.2.2. North District Team Records will be recognised for 4 x 50m Freestyle, 4 x 50m Medley, 4 x 100 Freestyle, 4 x 100m Medley and 4 x 200m Freestyle for both sexes and for mixed teams comprising 2 male and 2 female swimmers.
- SW 9.1.2.3 North District Team Records will be recognised for Open and Junior categories in both long course and short course events.

SW 9.2 North District Championship Records

SW 9.2.1 North District Championship Records will be recognised for all events swum at North District Championships with separate records being maintained for Sprints, Age Group and Open Championships.

SW 10 DISTRICT OPEN CHAMPIONSHIPS.

SW 10.1 Eligibility

SW 10.1.1 The Championships will be open to all competitors provided they are registered with their relevant governing body.

SW 10.2 Events:

SW 10.2.1 Events and consideration times will be published in accordance with SW3.3

SW 10.3 Titles

SW 10.3.1 North District Open Champion - The fastest swimmer in the final of each event will be the NORTH DISTRICT OPEN Champion. In a Heat Declared Winner event, the North District Open Champion will be the fastest swimmer in the event

SW 10.3.2 North District Champion - the fastest North District swimmer in the final of each event shall be the NORTH DISTRICT CHAMPION. If no North District swimmer is in the final the title shall be awarded to the fastest North District swimmer in the heats. In a Heat declared Winner event, the North District Champion will be the fastest North District swimmer in the event.

SW 10.3.3 North District Junior Champion - the fastest North District Junior swimmer in the final of each event shall be the NORTH DISTRICT JUNIOR CHAMPION. If no North District Junior swimmers are in the final the title shall be awarded to the fastest North District junior swimmer in the heats. In a Heat declared Winner event, the North District Junior Champion will be the fastest North District Junior swimmer in the event.

SW 10.4 Awards

- SW 10.4.1 [i] The North District Open Championships: medals for 1st, 2nd, 3rd places.
- [ii] The North District Champion - Trophy.
- [iii] The North District Junior Champion - Trophy.
- [iv] Hugh Campbell Memorial Trophy presented to the top male swimmer based on the Points system specified in the Meet Information for an individual swim.
- [v] The Gordon Council Friendship Trophy presented to the top female swimmer based on the Points system specified in the Meet Information for an individual swim.
- SW 10.4.2 The North District Club/Team Championship Trophy shall be awarded to a North District Club or Team based on results from the District Open Championships.
- SW 10.4.3 Points shall be awarded for all finalists according to the number of lanes
- SW 10.4.4 The winner shall be the North District Club/Team with the most points.

- SW 10.4.5 In the event of two clubs/teams having the same number of points the winner shall be the club/team which has the greater number of first placings followed by 2nd placings and 3rd placings if required to identify a winner.

SW 11 DISTRICT AGE GROUP SPRINT CHAMPIONSHIPS.

SW 11.1 Eligibility

- SW 11.1.1 The Championships will be open to all competitors provided they are registered with the SASA and are members of Clubs affiliated to the District.

- SW 11.1.2 Competitors may swim only in their own age groups in both individual and relay events.

SW 11.2 Events

- SW 11.2.1 Age groups, events and consideration times will be published in accordance with SW 3.3

SW 11.3 Awards

- SW 11.3.1 Medals shall be awarded to 1st/2nd/3rd in each event.

SW 12 DISTRICT AGE GROUP CHAMPIONSHIPS.

SW 12.1 Eligibility

- SW 12.1.1 The Championships will be open to all competitors provided they are registered with the SASA and are members of Clubs affiliated to the District.

- SW 12.1.2 Competitors may only swim in their own age groups in both individual and relay events.

SW 12.2 Events

- SW 12.2.1 Age groups, events and consideration times will be published in accordance with SW3.3

SW 12.3 Awards

- SW 12.3.1 Medals will be awarded to 1st/ 2nd and 3rd in each event.

- SW 12.3.2 The Grampian Rosebowl will be awarded to the boy or girl who achieves the highest points total over any 9 events in the youngest age group based on the points system for an individual swim specified in the Meet Information.

- SW 12.3.3 The Muir Quaich will be awarded to the opposite sex swimmer to the recipient of the Grampian Rosebowl who achieves the highest points total over any 9 events in the youngest age group based on the points system specified in the Meet Information.

SW 12.3.4 The Jean Muir Memorial Trophies shall be awarded to the boy and girl achieving the highest points total over any 9 events in the 13/14 age group based on the points system specified in the Meet Information.

SW 12.3.5 The Welsh trophies will be presented to the Boy and Girl swimmer achieving the highest points total over any 9 events in the 15+ age group based on the points system specified in the Meet Information.

SW13 NORTH DISTRICT AGE GROUP MEET and DISTANCE MEET

SW 13.1 Eligibility

SW 13.1.1 The Meets will be open to all competitors provided they are registered with the SASA and are members of Clubs affiliated to the District

SW13.1.2 Competitors may only swim in their own age groups.

SW 13.2 Events

SW13.2.1 Age groups, events and consideration times will be published in accordance with SW3.3

SW 13.3 Awards

SW 13.3.1 Medals will be awarded to 1st, 2nd and 3rd in each event

SW 14 DISTRICT DEVELOPMENT MEET

SW 14.1 Eligibility

SW14.1.1 The Meet will be open to all competitors provided they are registered with the SASA and are members of Clubs affiliated to the District.

SW14.1.2 A swimmer who has achieved a time faster than the consideration time in the period between submission of entries and the competition must withdraw their entry and receive a refund of the entry fee.

SW 14.2 Events

SW 14.4.1 Age groups, events and consideration times will be published in accordance with SW3.3

SW 14.4.2 All events shall be heat declared winner events.

SW 14.3 Awards

SW 14.3.1 Medals will be presented to 1st, 2nd and 3rd in each event and Speeding Tickets will be presented to swimmers who exceed the cut-off times.

SW 15 ADDITIONAL DISTRICT MEETS & CHAMPIONSHIPS

SW 15.1 When changes are made to the National calendar or to National selection policies within a swimming year, the District Swimming Committee may recommend an additional District Championship or Meet to ensure that the needs of District swimmers are met for that swimming year.

SW 16 LICENSING AND ACCREDITATION

SW 16.1 Accreditation

SW 16.1.1 In the event that accreditation could be withheld for a North District Club Meet due to a failure to comply with Scottish Swimming Regulation SW 7.11.1.b (time criteria not met and a satisfactory explanation has not been provided), by exception, North District Swimming Committee may impose the following sanction rather than withhold accreditation –

- (i) In the first instance of a failure - Impose a fine on the organising Club/Team equivalent to the maximum income generated by the time overrun
- (ii) In a subsequent failure – Refuse a licence for that same meet for the following year and/or a licence for any other meets run by the organising Club/Team for the following year.

Amended April 2013

SCOTTISH AMATEUR SWIMMING ASSOCIATION
NORTH DISTRICT
DIVING REGULATIONS

D1 GENERAL

- D1.1 The responsibilities of the Diving Committee are set out in section C8.2.2 of the constitution
- D1.2 The Diving committee shall conduct its business in accordance with section BL8.2 of the Bye Laws
- D1.1 The host club are responsible for the organisation and running of the North District Diving Championships.

D2 CHAMPIONSHIPS

D2.1 GENERAL

- D2.1.1 The championships shall be held annually at a venue approved by a District Delegate meeting
- D2.1.2 All championships shall be conducted in accordance with FINA and SASA Rules
- D2.1.3 The Championships shall be open to Scottish clubs only.
- D2.1.4 Application for a licence will be made to the National Diving Committee in accordance with SASA Company Rule R13.4

D2.2 CHAMPIONSHIP ORGANISATION

D2.2.1 The management of the championships shall be by an organising committee appointed by and under the jurisdiction of the Diving committee.

D2.2.2 The requirements for the Championships shall be published annually.

D2.2.3 The Meet Information Pack will be sent to clubs at least 8 weeks prior to the closing date.

D2.3 ELIGIBILITY

D2.3.1 All competitors must be registered with SASA.

D2.3.2 Age shall be according to SASA Company Rule R13.5.6

D3 CHILD PROTECTION

D3.1 All rules and regulations regarding child protection will be observed in accordance with SASA requirements and guidance.

D4 PROTESTS

D4.1 The procedure and treatment shall be in accordance with Company Rule R15.1

D5 Entries

D5.1 Entries shall be made in accordance with the published Information Pack.

D5.2 Entries close 4 weeks prior to the first day of the Championships.

D5.3 Entry fees shall be agreed at AGM.

D6 EVENTS

D6.1 Categories are defined as followed;

1 meter springboard event Junior Boys
3 meter springboard event Junior Boys

1 meter springboard event Junior Girls
3 meter springboard event Junior Girls

1 meter springboard event Senior Boys
3 meter springboard event Senior Boys

1 meter springboard event Senior Girls
3 meter springboard event Senior Girls

D7 AWARDS

D7.1 Medals shall be awarded for competitors in each of the above categories as follows:

1 meter springboard event Junior Boys - 1st, 2nd & 3rd
3 meter springboard event Junior Boys - 1st, 2nd & 3rd

1 meter springboard event Junior Girls - 1st, 2nd & 3rd
3 meter springboard event Junior Girls - 1st, 2nd & 3rd

1 meter springboard event Senior Boys - 1st, 2nd & 3rd
3 meter springboard event Senior Boys - 1st, 2nd & 3rd

1 meter springboard event Senior Girls - 1st, 2nd & 3rd
3 meter springboard event Senior Girls - 1st, 2nd & 3rd

D7.2 The CT Mitchell Trophy shall be awarded to the North District Diving Competitor with the highest accumulated 1m and 3m scores.

D7.2.1 In accordance with the Constitution Section C11.0.1 the CT Mitchell Trophy cannot be won outright but remains the property of the North District.

D7.2.2 The Trophy shall be awarded in accordance with North District Bye-Law BL11.2

Amended June 2006

**NORTH DISTRICT
REGULATIONS
MASTERS REGULATIONS**

MS 1 MASTERS OPEN CHAMPIONSHIPS.

MS 1.1 The Championships will be held on a date and at a venue to be decided upon by the Masters Committee. The event need not be held in every year.

MS 1.2 Events :

Events will be decided upon by the Masters Committee, but will include at least one event on each of the four principle strokes and Individual Medley. Freestyle and Medley relays will also be included.

MS 1.3 Medals

Medals will be awarded for first, second and third places in individual events and to all members of winning relay teams.

MS1.4 Individual events for competitors aged 20 to 24
will be held in conjunction with the Championships

SCOTTISH AMATEUR SWIMMING ASSOCIATION

NORTH DISTRICT

REGULATIONS

OPEN WATER REGULATIONS

OW1 OPEN WATER CHAMPIONSHIPS

OW1.1 Venue

The Championships will be held at a venue to be decided upon by the Open Water Swimming Convenor. They will be held on a date to be decided by the Open Water Swimming Convenor in collaboration with the National Open Water Swimming Committee.

OW1.2 Events

The Championships will consist of four events with age categories as follows:

Event 1: Over a distance of between 3 km and 10 km with categories of “Senior” (17+) and “Masters” (25+)

Event 2: Over a distance of between 2 km and 4 km with categories of 13 – 14 years and 15 - 16 years

Event 3: Over a distance of between 1 km and 2 km with categories of “Senior” (17+) and “Masters” (25+)

Event 4: Over a distance of between 500 metres and 1 km with categories of 12 years, 13 – 14 years and 15 - 16 years

Swimmers over the age of 25 are included in both the Senior and Masters categories.

Positions in the “Masters” category would be decided on adjusted times using a method approved by the District Open Water Committee which is based on time multiplication factors dependent on a competitors age.

OW1.3 The Championships will be open to all swimmers irrespective of nationality

OW1.4 Awards

Medals will be awarded to the first, second and third place swimmers in the open competition.

Additionally, medals will be awarded to the first, second and third placed North District swimmers.

OW1.5 Rules for racing and safety arrangements shall be in accordance with the S.A.S.A. regulations.

SCOTTISH AMATEUR SWIMMING ASSOCIATION

NORTH DISTRICT

REGULATIONS

SYNCHRONISED SWIMMING REGULATIONS

SS 1 SYNCHRONISED SWIMMING CHAMPIONSHIPS

SS 1.1 The general rules of the National Synchronised Swimming Regulations apply. The competition is open to all registered clubs in the District and shall be held in November of each year. The management of the championships shall be vested in the North District Synchronised Swimming Committee and any matters not covered by the laid-down conditions shall be decided by the Committee.

SS 1.2

SECTION 1

A maximum of 6 swimmers and 2 reserves from each club shall swim in each grade category of Section 1 of the Championship.

Category 1 for holders of Grade 1

Figures. Each swimmer will perform 4 items from Grade II

Solo 2 mins 30 sec - 3 mins 30 sec

Duet 3 - 4 mins

Category 2 for holders of Grade II

Figures Each swimmer will perform 4 items from Grade III

Solo 2 mins 30 secs - 3 mins 30 secs

Duet 3 - 4 mins

Category 3 for holders of Grade III

Figures Each swimmer will perform 4 items from Grade IV

Solo 3 mins 30 secs

Duet 4 mins

Category 4 for holders of Grade IV/V

Figures Each swimmer will perform 4 figures from FINA

Solo 3 mins 30 secs

Duet 4 mins

SOLO Entries for the solo section will be selected according to individual scores in the figures section. The five highest solo entries shall qualify.

DUET Entries for the duet will be selected according to average score in the figures section. The three highest average scores shall qualify.

SECTION II Each club may enter 2 (two) team routines as follows:

- 1) Grade I & II 1 team entry per club (4-8 swimmers)
- 2) Grade III & Over 1 team entry per club (4-8 swimmers)

Team routine time limits are:-

Grade I & II 3 min 30 secs

Grade III & Over 5 mins

All competitors must take part in the figures section.

There shall be an allowance of 15 seconds plus or minus the times stated for each routine.

Competitors may not take part in the same grade competition in consecutive years without having entered an upgrading examination.

An award shall be made for 1st, 2nd & 3rd in each Grade Category of the Figure, Solo, Duet and Team events.

Items for the figure competition and the order of appearance to be drawn by the Synchronised Swimming Committee or organising persons at the time of the closing date.

All clubs will be advised of the order of draw and the figures no later than 14 days before the date of competition.

SCOTTISH AMATEUR SWIMMING ASSOCIATION

NORTH DISTRICT

REGULATIONS

WATER POLO REGULATIONS

1 STANDARD AQUATIC POLO TROPHY:

- 1.1 The cup shall be called the "STANDARD AQUATIC TROPHY" and shall be for annual competition.
- 1.2 The competition shall be on a knockout basis, but each tie will consist of home and away games, the team with the higher aggregate of goals in both games going forward to the next round. In the event of both teams having the same number of goals at the termination of the second game, extra time to be played, three minutes each half with one minute interval and if still equal, the Water Polo Committee will arrange another game.
- 1.3 **Entries** shall be sent to the District Secretary accompanied by the entry fee, which shall be agreed at the AGM, on or before 28th February.
- 1.4 **Winners** of competition shall be presented with thirteen gold medals.

2 LEAGUE COMPETITION

- 2.1 The competition shall be open to all affiliated clubs.
- 2.2 **Entries** shall be sent to the District Secretary accompanied by entry fee, which shall be agreed at the AGM, on or before 28th February.
- 2.3 The competition will be played at venues on a tournament basis.
- 2.4 There shall be at least one venue presented by participating club.
- 2.5 The tournaments shall be held at reasonable intervals from 1st March to 30th June.
- 2.6 Tournaments shall take place on a Sunday, which failing, a Saturday.
- 2.7 Referees and Table Officials shall be appointed by the NDWP and shall exclude players involved in the competition on the day.
- 2.8 The competition shall be on the league principle with each team playing the others twice. Two points shall be awarded for a win and one for a draw. If, after all the matches have been played, there is a tie, there shall be a play-off as directed by the NDWP Convenor.
- 2.9 All teams shall attend the venue and shall play at least one match and not more than two. There shall be not more than four matches at any one venue.
- 2.10 The NDWP Convenor or person appointed by him shall be responsible for each tournament.

2.11 Any team not completely ready to play when called upon by the referee at any session shall be disqualified from that match and the points for a win will be awarded to their opponents with a score of 5 goals to nil.

2.12 The winners of the league shall be presented with a shield and thirteen bronze medals.

3 JUNIOR LEAGUE COMPETITION

3.1 The competition shall be open to all affiliated clubs.

3.2 Entries shall be sent to the District Secretary accompanied by entry fee which shall be agreed at the AGM, on or before the 28th February.

3.3 Players taking part must be 16 years or younger.

3.4 The rules for the League competition from 2.6 onwards shall apply to this tournament.

3.5 The winners shall be presented with 13 bronze medals.

4 LIVINGSTONE CUP (110 Years Team Tournament)

4.1 The competition shall be open to all affiliated clubs.

4.2 Entries shall be sent to the District Secretary accompanied by entry fee, which shall be agreed at the AGM, on or before the 28th February.

4.3 RULES

4.3.1 The age of the seven players used at any one time must ADD up to not more than 110 years (Penalty for exceeding 110 years - team will lose game 5-0).

4.3.2 Age according to SASA Company rules.

4.3.3 Tournament will be decided on League Rules - 2 points for a win, 1 point for a draw.

4.3.4 If two or more teams are equal on points, the goal difference will count. If still equal, team scoring the most goals will win. If still equal, penalty throws will decide, best of three or more by different players, until decision is reached.

4.3.5 Players must wear the same cap number for every game and all substitutions must be reported to the secretary as they occur.

4.3.6 If more than 5 teams enter, there shall be two sections for the league with the 1st and 2nd in each qualifying for the semi-final.

4.3.7 Teams playing without paying entry fee will forfeit cup and medals should they win tournament.

4.3.8 The winners of the 110 Years Team Tournament shall be presented with thirteen bronze medals.

5 CLARK CUP (150 Years Team Tournament)

- 5.1 The competition shall be open to all affiliated clubs.
- 5.2 Entries shall be sent to the District Secretary accompanied by entry fee of £12.00 on or before 28th February.
- 5.3 Rules per the Livingstone Cup - with exception (a) 150 years.
- 5.4 The tournament shall rotate between affiliated clubs.
- 5.5 The winners shall be presented with 13 bronze medals and trophy