

Revised Rules for SAS Junior League

There will be four matches in each season, dates to be agreed by September. All matches will be accredited. Each Club will provide a minimum of **8** Officials, three of whom should be other than timekeepers in order to ensure accreditation. Names of officials to be supplied to the organising Club at least one week in advance of the Match.

Clubs will continue to take turns arranging the matches and the organising Club will be responsible for ensuring all necessary equipment is available at the pool, provide marshals and someone to distribute juice, an announcer, starting equipment and stopwatches. Judges report slips must also be provided.

The organising Club will take all requests for 'time only' swims at least one week before the match and collate them according to availability, advising clubs as soon as possible which swims they have been allocated. If there is any priority for 'time only' requests these should be clearly identified. Time only swims will be allocated as evenly as possible between clubs but they should be aware that there is no entitlement to a 'time only' swim in every event.

The League is designed for swimmers aged from 8 – 12 years. Matches are 'age on day' and run in pairs, so if a swimmer is aged 8 on the day of Match 2 he should also swim as 8 for Match 1. The programme for the two matches is complementary however there is no requirement for the same swimmers to take part in both. Swimmers may swim up an age group but if they do so they must swim up in all events over both matches in the pair, including relays. All matches will be swum under SASA rules as this provides a good learning experience for younger swimmers.

Relay teams are split into two age groups, 8/9 & 10 years, and 11 & 12. At least one swimmer from the younger age group must swim in each scoring relay team. . No swimmer may take part in the scoring relays if they have not swum in an individual event as part of the team - not a time only. The non-scoring teams are there to give more swimmers an opportunity to compete and may include anybody, such as swimmers older than 12 who may be present for a 'time only' swim. The Squadron relay in matches 2 & 4 must consist of two 8/9 year olds, two 10 year olds, two 11 year olds and two 12 year olds, but they may swim in any order decided by the coach.

There are three heats of each event except for the relays, and in order to maximise competitive opportunity, coaches should seed their swimmers so that the slowest swims in Heat 1 and the fastest in Heat 3 of each event.

In order to assist with the efficient running of the matches, League organiser should complete the electronic Team sheet sent to them by the organising club and return it at least 4 days before the match so that the complete programme can be made up. Last minute changes will be accepted by the recorders during the warm-up period on the night. All dates of birth must be shown on the teamsheet. One copy of the teamsheet on coloured paper should still be provided to the recorders and the 'time only' timecards, on white paper should be handed in to the Recorders' table for heating & laning at the same time.

Revised December 2006

Clubs should note that if they have any spaces on their team sheet they are welcome to use these for additional 'time only' swims providing these are clearly identified to the recorders or they may invite swimmers from another SAS club to represent them, providing these swimmers have not represented another club during the current pair of matches.

Points will be awarded as follows; the fastest swimmer in each event will receive 10 points, then the fastest swimmer from another club will receive 9 points, the next 8 points, then 7 and 6 points. All other swimmers finishing the event without being disqualified will receive 4 points. Points will be double for distance Freestyle and IM events and also the scoring relays.

Lanes will be drawn on the night for the relays but all other events will rotate lanes ie. Event 1, Lane 2 Banchory, Lane 3 Stonehaven, Lane 4, Upper Deeside , Lane 5 Westhill, followed by Event 2, Lane 2 Westhill, Lane 3 Banchory, Lane 4 Stonehaven, Lane 5 Upper Deeside and so on. Lanes 1 & 6 will be the 'time only' lanes.