

**SCOTTISH AMATEUR SWIMMING ASSOCIATION
NORTH DISTRICT**

REGULATIONS



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SCOTTISH AMATEUR SWIMMING ASSOCIATION NORTH DISTRICT SWIMMING REGULATIONS

GENERAL

SW1 ELIGIBILITY

SW1.1 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.

SW2 QUALIFYING TIMES

SW2.1 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.

SW2.2 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.

SW3 SWIMMING MEETS

SW3.1 All North District Championships shall comply with the Scottish Swimming Constitution C 9.2.1.1 and Scottish Swimming Company Rule R 4.2.

SW3.2 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.

SW4 ENTRIES

SW4.1 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 direct bank transfer or cheque for entry fees must be received no later than three postal days after the closing date. The requirement for and submission of Meet Officials is covered in SW6.

SW4.2 Entry fees shall be those that apply at the time of the publishing of the meet information.

SW4.3 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 unless otherwise indicated in the Meet Information.

SW4.4 Entries from composite teams will not be accepted for any North District Championship/Meet, with the exception of the District Open Championships and Grand Prix.

SW4.5 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.

SW4.6 The fee for entries received which are outwith the consideration times for any of the District Competitions shall not be refunded under any circumstances.

SW4.7 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 Entries person named on the Meet Information within 14 days following the Meet. The letter should be dated not more than 4 weeks before the Meet and not more than 10 days following the last day of the meet.

SW5 WITHDRAWALS

SW5.1 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 marshal 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.

SW5.2 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.

SW5.3 Marshalling procedure shall be as stated in the Meet Information.

SW6 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 Scottish Swimming STO Regulations.

SW6.2 North District Clubs and Teams entering swimmers in any District Meet/Championship, with the exception of clubs entering teams that are wholly 1st claim athletes to a University club, must provide the names of technical officials attending each session of the Meet, to comply with the requirements of SW 6.3. This information must be received by the Meet Officials Convenor no later than 14 days before the first day of the Meet and must be sent by email. Failure to do so will result in a fine. The fine will be as agreed at the AGM.

SW6.3 Total no. of club swimmers at Meet	No. of officials per Session
1 - 5	None
6 - 10	One official
11 - 15	Two officials at least one of which must be Judge 1 or Recorder
16 - 20	Two officials at least one of which must be Judge 1 or Recorder and another must be Judge 2 or above, or an AOE Operator
21 - 30	Three officials at least one of which must be Judge 1 or Recorder and another must be Judge 2 or above, or an AOE Operator
31 - 40	Four officials at least one of which must be Judge 1 or Recorder and one more must be Judge 2 or above, or an AOE Operator
41+	Five officials at least one of which must be Judge 1 or Recorder and another must be Judge 2 or above, or an AOE Operator

Any changes or additions to the submitted Officials form on the day must be clearly indicated to the Session Referees or the Meet Officials Convenor if present.

SW6.4 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.

SW6.5 A North District Club failing to provide Technical Officials for the duration of the meet, for the number of swimmers participating in accordance with the criteria in SW6.3, will be subject to a fine as agreed at the A.G.M. for each session in which the required officials are not present except when minimum complement of officials is present in accordance with SASA meet licensing requirements.

SW6.6 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 SW6.3. Officials carrying out scheduled Final Assessments will count at their existing level.

SW6.7 New Clubs

SW6.7.1 New Clubs will be exempted from any fines for failure to provide Technical Officials until 6 months after the date of their affiliation to North District.

SW6.7.2 New Clubs will further be exempted from any fines for failure to provide judges until 18 months after the date of their affiliation to North District.

SW7 SEEDING OF HEATS AND FINALS

SW7.1 All events with heats and finals will be seeded according to FINA Rule SW3.



SW7.2 Deck seeding will be used for all declared winner events.

SW7.3 Deck seeding will be used for heats being held in more than one venue on the same day.

SW 8 ORGANISATION

SW8.1 The organisation for all North District Championships/Meets will be in accordance with the Bye Laws Section BL2.3.2 (c) and (d).

SW9 RECORDS

SW9.1 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 R4.5.6a) 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.

SW10 DISTRICT OPEN CHAMPIONSHIPS

SW10.1 Eligibility

SW10.1.1 The Championships will be open to all competitors provided they are registered with their relevant governing body.

SW10.2 Events

SW10.2.1 Events and consideration times will be published in accordance with SW3.3

SW10.3 Titles

SW10.3.1 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

SW10.3.2 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.

SW10.3.3 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.

SW10.4 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.

SW10.4.2 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.

SW10.4.3 Points shall be awarded for all finalists according to the number of lanes

SW10.4.4 The winner shall be the North District Club/Team with the most points.

SW10.4.5 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.

SW11 DISTRICT AGE GROUP SPRINT CHAMPIONSHIPS

SW11.1 Eligibility

SW11.1.1 The Championships will be open to all competitors provided they are registered with the SASA and are members of Clubs affiliated to the North District.

SW11.1.2 Competitors may swim only in their own age groups in both individual and relay events.

SW11.2 Events

SW11.2.1 Age groups, events and consideration times will be published in accordance with SW 3.3

SW11.3 Awards

SW11.3.1 Medals shall be awarded to 1st/2nd/3rd in each event.

SW12 DISTRICT AGE GROUP CHAMPIONSHIPS

SW12.1 Eligibility

SW12.1.1 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.

SW12.2 Events

SW12.2.1 Age groups, events and consideration times will be published in accordance with SW3.3

SW12.3 Awards

SW12.3.1 Medals will be awarded to 1st/ 2nd and 3rd in each event.

SW12.3.2 The Grampian Rosebowl will be awarded to the male or female 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.

SW12.3.3 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.

SW12.3.4 The Jean Muir Memorial Trophies shall be awarded to the male and female achieving the highest points total over any 9 events in the second youngest age group based on the points system specified in the Meet Information.

SW12.3.5 The Welsh trophies will be presented to the Male and Female swimmer achieving the highest points total over any 9 events in the age group(s) remaining after the awarding of trophies in SW12.3.2, SW12.3.3 and SW12.3.4 based on the points system specified in the Meet Information.

SW12.3.6 The Roy Wilson Trophy for Best Club shall be awarded to the Club scoring the highest points total based on the points system specified in the Meet information.

SW13 NORTH DISTRICT AGE GROUP MEET and DISTANCE MEET

SW13.1 Eligibility

SW13.1.1 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.

SW13.2 Events

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

SW13.3 Awards

SW13.3.1 Medals will be awarded to 1st, 2nd and 3rd in each event

SW14 DISTRICT DEVELOPMENT MEET

SW14.1 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.

SW14.2 Events

SW14.2.1 Age groups, events and consideration times will be published in accordance with SW3.3

SW14.2.2 All events shall be heat declared winner events.

SW14.3 Awards

SW14.3.1 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.

SW15 ADDITIONAL DISTRICT MEETS & CHAMPIONSHIPS

SW15.1 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.

SW16 LICENSING AND ACCREDITATION

SW16.1 Accreditation

SW16.1.1 In the event that minimum standards for accreditation are not met in a meet licensed by the North District, Scottish Swimming SW7.14 rules shall be applied.

SW16.2 Calendar Planning Process

SW16.2.1 The District Licensing Authority will undertake a Calendar Planning process, either annually or six monthly.

SW16.2.2 Clubs and other organisations will be invited to submit applications to run meets, detailing the proposed dates and venues, the level/age group of swimmers for whom the meet is planned, and the type of events planned (See Section 4 of the licence form).

SW16.2.3 The District Licensing Authority will review applications, resolve clashes and gaps, and publish a Meet calendar for the period under review. The calendar must be published on an appropriate web-site and issued to meet applicants no later than six months prior to the first day of the period under review.

SW16.2.4 Clubs wishing to apply for a L1 Meet should not submit their Licence application to National Swimming Committee until they have received approval in writing or e-mail from the North District Swimming Committee.



SCOTTISH AMATEUR SWIMMING ASSOCIATION NORTH DISTRICT

DIVING REGULATIONS

D1 GENERAL

- D1.1 The composition and duties of the Diving Committee are set out in section BL2.4 of the constitution
D1.2 The Diving committee shall conduct its business in accordance with section BL2.4 of the Bye Laws
D1.3 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. Each year there will be a North District Open Championships and a North District Championships.
D2.1.2 The championships shall be held annually on a date and venue approved by the ND diving convenor in collaboration with the National Diving Convenor. Venue should consist of the full range of diving facilities as under the FINA facility guidelines.
D2.1.3 All championships shall be conducted in accordance with FINA and SASA Rules
D2.1.4 The Championships shall be open to Scottish clubs only.
D2.1.5 Application for a licence will be made to the National Diving Committee in accordance with SASA Company Rule R4.4.2

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 date of competition.

D2.3 ELIGIBILITY

- D2.3.1 All competitors must be SASA registered.
D2.3.2 Age shall be according to SASA Company Rule R4.5.6

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 R11.1

D5 ENTRIES

- D5.1 Entries shall be made in accordance with the published Information Pack.
D5.2 Entries close two (2) weeks prior to the first day of the Championships.
D5.3 Entry fees shall be agreed at AGM.

D6 EVENTS

- D6.1 Categories for ND Open Championships are defined as follows;
- Senior Men's 1 metre springboard
 - Senior Men's 3 metre springboard
 - Senior Men's Platform
 - Junior Men's 1 metre springboard
 - Junior Men's 3 metre springboard
 - Junior Men's Platform
 - Senior Women's 1 metre springboard
 - Senior Women's 3 metre springboard



Senior Women's Platform
Junior Women's 1 metre springboard
Junior Women's 3 metre springboard
Junior Women's Platform
Men's 3 metre Springboard Synchronised
Men's Platform Synchronised
Women's 3 metre Springboard Synchronised
Women's Platform Synchronised

D6.2 Categories for ND Championships are defined as followed;

Senior Men's 1 metre springboard
Senior Men's 3 metre springboard
Senior Men's Platform
Junior Men's 1 metre springboard
Junior Men's 3 metre springboard
Junior Men's Platform
Senior Women's 1 metre springboard
Senior Women's 3 metre springboard
Senior Women's Platform
Junior Women's 1 metre springboard
Junior Women's 3 metre springboard
Junior Women's Platform

D6.3 Categories for ND Novice Championships are defined as followed;

Junior Boys
Junior Girls

D7 AWARDS

D7.1 Medals shall be awarded for competitors in each of the categories listed in D6.1, D6.2 and D6.3 for 1st / 2nd & 3rd places.

D7.2 Trophies shall be awarded to the North District Diving competitors as follows:

- North District Diving Championships Men's 1m Springboard Trophy - Senior Men's 1 metre Springboard Champion
- North District Diving Championships Men's 3m Springboard Trophy - Senior Men's 3 metre Springboard Champion
- North District Diving Championships Men's Platform Trophy – Senior Men's Platform Champion
- North District Diving Championships Ladies 1m Springboard Trophy - Senior Women's 1 metre Springboard Champion
- North District Diving Championships Ladies 3m Springboard Trophy - Senior Women's 3 metre Springboard Champion
- North District Diving Championships Women's Platform Trophy – Senior Women's Platform Champion
- North District Diving Championships Junior Overall Champion Trophy Sponsored by Aberdeen City Council - Novice Junior Boys and Girls Combined Overall Champion

D7.2.1 In accordance with the Constitution Section C9.1.1 these trophies cannot be won outright but remain the property of the North District

D7.2.2 Trophies will be awarded in accordance with the North District Constitution Section C9.1



SCOTTISH AMATEUR SWIMMING ASSOCIATION NORTH DISTRICT MASTERS REGULATIONS

M1.0 NORTH DISTRICT MASTERS OPEN CHAMPIONSHIPS

M1.1 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.

- M1.1.1 All Championships and Meets shall be held in an indoor pool.
- M1.1.2 All Championships and Meets shall be conducted under FINA Masters Rules.
- M1.1.3 The following Championships are open.
- M1.1.4 Entry Fees will be as agreed at the AGM.

M1.2 Organisation

- M1.2.1 The management of Championships shall be by an organising committee consisting of a Meet Convenor, Entry Secretary and a Meet Treasurer.
- M1.2.2 The management of Meets shall be organised by an affiliated club or clubs.
- M1.2.3 Entries shall be made in accordance with the published Information Pack
- M1.2.4 The number of sessions, the programme of events for each session and the closing date for the entries will be determined by the relevant organising committee and published in the Information Pack.
- M1.2.5 Failure to appear, withdrawals or amendments shall be in accordance with the published Information Pack.
- M1.2.6 Technical Officials shall be appointed in accordance with M3.5.

M1.3 Eligibility to Compete

- M1.3.1 Eligibility is defined in Company Rule R4.5
- M1.3.2 Competitions shall be open to any swimmer aged 25 years of age and over on 31st December in the year of competition.
- M1.3.3 Swimmers aged 18 years to 24 years, on the 31st December in the year of competition, may compete in events open only to this age group, if included as part of a Masters competition.

M1.4 Jury of Appeal

- M1.4.1 The Organising Committee shall appoint or arrange for the appointment of a Jury of Appeal in advance of each Championship.
- M1.4.2 The organising committee shall appoint or arrange for the appointment of a Jury of Appeal in advance of each Meet.
- M1.4.3 The procedure and treatment shall be in accordance with Company Rules R11.3 and R11.4.

M2.0 Age Groups and Events

M2.1.0 Age at 31st December, in the year of competition, determines the age group in which a swimmer may compete in both individual and relay events.

M2.1.1 Age groups for individual events are as follows:

<u>Group</u>	<u>Age</u>	<u>Group</u>	<u>Age</u>
X*	18 - 24 years	J	65 - 69 years
A	25 - 29 years	K	70 - 74 years
B	30 - 34 years	L	75 - 79 years
C	35 - 39 years	M	80 - 84 years
D	40 - 44 years	N	85 - 89 years
E	45 - 49 years	O	90 - 94 years
F	50 - 54 years	P	94 - 99 years
G	55 - 59 years	Q	100+ years
H	60 - 64 years		

* See M1.3.3 for clarification.



M2.1.2 Age Groups for relay events, conducted on a total age of team members in whole years are as follows:

- a) Total Age - 72 - 99 years
- b) Total Age - 100 - 119 years
- c) Total Age - 120 - 159 years
- d) Total Age - 160 - 199 years
- e) Total Age - 200 - 239 years
- f) Total Age - 240 - 279 years
- g) Total Age - 280 - 319 years
- h) Total Age - 320 - 359 years
- i) Total Age - 360+ years

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.

M2.2 North District Masters Open Championship Events

M2.2.1 Events will be those detailed in the Information Pack.

M2.2.2 In all events there will be a “declared winner” and all places will be decided by times recorded.

M2.3 North District Masters Open Championship Titles

M2.3.1 North District Open Masters Champion

Fastest swimmer in each event and age group shall be the North District Open Champion.

M2.4 North District Masters Open Championship Awards

M2.4.1 Medals shall be presented as follows:

Medals will be given to the overall winner of each Age Group identified in M2.1.1. These awards will be decided on a cumulative total of points awarded from 1st to 6th place in each age group.

M2.5 Club Championship

M2.5.1 The overall team award will be given to the club which accumulates the highest number of points for all individual swims in all age groups and in all relay events. These points being determined and described in the meet information

M3 General

M3.1.0 Masters competitive events require to be licensed in accordance with Company Rule R4.4.

M3.1.1 All swimmers must be members of the SASA or be registered members of another FINA affiliated country, prior to competing in any licensed event.

M3.1.2 All licensed events must be held under FINA Rules and Scottish Swimming Masters Regulations.

M3.2 Facility Minimum Standards

	Level 1	Level 2
a) Warm up facilities and marshals	*	*
b) Competitor Seating	*	*
c) Separate Seating for spectators, VIP's etc	*	*
d) Electronic Timing or at least 2 T/K per lane	*	
e) Anti turbulence lane ropes	*	
f) Office facilities – photocopying, telephone.	*	
g) Programme and start sheets	*	*
h) Results service	*	*
i) First aid facilities	*	*



M3.3 Timescale for Sessions

M3.3.1 Session lengths must not exceed the following unless discretion is granted when a licence is issued.

- Level 1 Three hours, including medal presentations, with a maximum of three sessions per day.
- Level 2 Two hours, including medal presentations, with a maximum of three sessions per day, or Three hours, including medal presentation, with a maximum of two sessions per day.

M3.4 Meet Management

M3.4.1 The Referee will be responsible, for the proper conduct of a meet as defined by its licence, for all poolside related activities and areas (e.g. to include computer team, commentary team and competitors seating).

M3.4.2 The Referee will assume control at the end of the warm up of each scheduled session until the final event in the session has been ratified.

M3.4.3 A Meet Convenor must be appointed for all licensed meets.

M3.5 Technical Officials

M3.5.1 The minimum number of Officials required shall be:

Official / Lanes	4	6	8	10
Referee	1	1	1	1
Judge 2S	1	1	1	1
Judge	4	6	8	10
Timekeeper (AOE)	4	6	8	10
Timekeeper (no AOE)	8	12	16	20



SCOTTISH AMATEUR SWIMMING ASSOCIATION NORTH DISTRICT 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 five 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 10- 12 years, 13 – 14 years and 15 - 16 years

Event 5: A team event, the format of which will be detailed in the meet information.

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.

Each event shall have two classifications:

- (i) A “North District” classification restricted to members of North District clubs.
- (ii) An “Open” classification for which all entrants are eligible

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 North District classification.

Gold, Silver and Bronze medals will be awarded to the first, second and third place swimmers respectively in the Open classification provided they are not eligible for awards in the North District Classification.

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 ARTISTIC SWIMMING REGULATIONS

AS1 ARTISTIC SWIMMING CHAMPIONSHIPS

AS 1.1 The general rules of the National Artistic 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 Artistic Swimming Committee and any matters not covered by the laid-down conditions shall be decided by the Committee.

AS 1.2

SECTION I

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 Artistic 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 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.