



The National Arena Swimming League-London

Conditions of competition

1. The league shall be divided into three divisions. Normally, two teams shall be promoted to and relegated from the premier division, and two teams shall be promoted to and relegated from division one. When a team subsequently withdraws from the premier division or division one, the next highest placed team in division one/two shall be promoted.
 - a) **Premier Division** - 16 teams shall swim the league galas as follows:
 - i) **Round 1** The top four teams from the previous year's final position, will be seeded 1,3 / 2,4 and allocated to compete in galas 1 and 2 in lanes 4 and 5 respectively. A draw for the remaining teams will be made at the Annual General Meeting(AGM), to make up the two galas of 8 teams. The order in which each of these teams is drawn will determine the lane number (1 to 3 and 6 to 8).
 - ii) **Round 2** The final positions in the round 1 gala will decide the galas of round 2 in the following manner:
 - a) **Gala 1** - The 1st, 3rd, 5th and 7th placed teams from gala 1 and the 2nd, 4th, 6th and 8th placed teams from gala 2
 - b) **Gala 2** - The 2nd, 4th, 6th and 8th placed teams from gala 1 and the 1st, 3rd, 5th and 7th placed teams from gala 2
 - c) The teams will be spearheaded, based on league position.
 - iii) **Round 3** **Finals**
 - a) **Gala 1** - The 1st and 2nd placed teams from each of the round 2 galas, plus the next four teams based on league position, spearheaded, based on league position
 - b) **Gala 2** - The remaining teams, spearheaded, based on league position
 - b) **Division 1** - 16 teams shall swim the league galas as follows:
 - i) **Round 1** A draw for the teams shall be made at the AGM, to make up the two galas. The order in which each team is drawn will determine the lane number.
 - ii) **Round 2** The final positions in the round 1 gala will decide the galas of round 2 in the following manner:
 - a) **Gala 1** - The 1st, 3rd, 5th and 7th placed teams from gala 1 and the 2nd, 4th, 6th and 8th placed teams from gala 2
 - b) **Gala 2** - The 2nd, 4th, 6th and 8th placed teams from gala 1 and the 1st, 3rd, 5th and 7th placed team from gala 2
 - c) The teams will be spearheaded, based on league position.
 - iii) **Round 3** **Finals**
 - a) **Gala 1** - The 1st and 2nd placed teams from each of the round 2 galas, plus the next four teams based on league position, spearheaded, based on league position
 - b) **Gala 2** - The remaining teams, spearheaded, based on league position
 - c) **Division 2** - If the number of teams is 16 or less, a two-gala format will follow the same rules as Division 1 (b above)
If the number of teams is between 17 and 24, teams shall swim the league galas as follows:
 - i) **Round 1** A draw for the teams shall be made at the AGM, to make up the three galas. The order in which each team is drawn will determine the lane number.
 - ii) **Round 2** The final positions in the round 1 gala will decide the galas of round 2 in the following manner:
 - a) **Gala 1** - The 1st, 4th and 7th placed teams from gala 1, the 2nd, 5th and 8th placed teams from gala 2, plus the 3rd and 6th placed teams from gala 3
 - b) **Gala 2** - The 2nd, 5th and 8th placed teams from gala 1, the 3rd and 6th placed team from gala 2, plus the 1st, 4th and 7th placed teams from gala 3
 - c) **Gala 3** - The 3rd and 6th placed teams from gala 1, the 1st, 4th and 7th placed team from gala 2, plus the 2nd, 5th and 8th placed teams from gala 3
 - d) The teams will be spearheaded, based on league position.
 - iii) **Round 3** **Finals** - all galas spearheaded, based on league position
 - a) **Gala 1** - The 1st placed teams from each of the round 2 galas, plus
 - 1) If the total number of teams in the division due to compete in Round 3 exceeds 21, the next five teams based on league position (8 team gala).
 - 2) If the total number of teams in the division due to compete in Round 3 is 19-21, the next four teams with the highest league position (7 team gala).
 - 3) If the total number of teams in the division due to compete in Round 3 is 17-18, the next three teams with the highest league position (6 team gala)
 - b) **Gala 2** -excluding those teams in Gala 1, the top half of the remaining teams due to compete in Round 3 based on league position
 - c) **Gala 3** - The remaining teams

If the number of teams is between 25 and 32, teams shall swim the league galas as follows:

 - iv) **Round 1** A draw for the teams shall be made at the AGM, to make up the four galas. The order in which each team is drawn will determine the lane number.
 - v) **Round 2** The final positions in the round 1 gala to decide the galas of round 2 in the following manner:
 - a) **Gala 1** - The 1st and 5th placed teams from gala 1, the 2nd and 6th placed teams from gala 2, the 3rd and 7th placed teams from gala 3, plus the 4th and 8th placed teams from gala 4
 - b) **Gala 2** - The 2nd and 6th placed teams from gala 1, the 3rd and 7th placed team from gala 2, the 4th and 8th placed teams from gala 3, plus the 1st and 5th placed teams from gala 4
 - c) **Gala 3** - The 3rd and 7th placed teams from gala 1, the 4th and 8th placed team from gala 2, the 1st and 5th placed teams from gala 3, plus the 2nd and 6th placed teams from gala 4

- d) **Gala 4** - The 4th and 8th placed teams from gala 1, the 1st and 5th placed team from gala 2, the 2nd and 6th placed teams from gala 3, plus the 3rd and 7th placed teams from gala 4
- e) The teams will be spearheaded, based on league position.
- vi) **Round 3 Finals** - all galas spearheaded, based on league position, plus
 - a) **Gala 1** - The 1st placed team from each of the round 2 galas, plus
 - 1) If the total number of teams in the division due to compete in Round 3 exceeds 28, the next four teams based on league position (8 team gala)
 - 2) If the total number of teams in the division due to compete in Round 3 is 25-28, the next three teams with the highest league position (7 team gala)
 - b) **Gala 2** - excluding those teams in Gala 1, the top third of the remaining teams due to compete in Round 3 based on league position
 - c) **Gala 3** - excluding those teams in Galas 1 and 2, the top half of the remaining teams due to compete in Round 3 based on league position
 - d) **Gala 4** - The remaining teams

2. The programme shall be as follows:

Event		Girls/Boys		Event		Girls/Boys	
1/2	16+	200m	Individual Medley	27/28	10-11	50m	Breaststroke
3/4	9-11	4x50m	Freestyle Relay	29/30	13/u	100m	Butterfly
5/6	13/u	4x50m	Medley Relay	31/32	15/u	100m	Freestyle
7/8	15/u	4x50m	Freestyle Relay	33/34	16+	100m	Breaststroke
9/10	16+	4x50m	Medley Relay	35/36	10-11	50m	Freestyle
11/12	10-11	50m	Backstroke	37/38	13/u	100m	Freestyle
13/14	13/u	100m	Breaststroke	39/40	15/u	100m	Breaststroke
15/16	15/u	100m	Backstroke	41/42	16+	100m	Freestyle
17/18	16+	100m	Butterfly	43/44	9-11	4x50m	Medley Relay
19/20	10-11	50m	Butterfly	45/46	13/u	4x50m	Freestyle Relay
21/22	13/u	100m	Backstroke	47/48	15/u	4x50m	Medley Relay
23/24	15/u	100m	Butterfly	49/50	16+	6x50m	Freestyle Relay
25/26	16+	100m	Backstroke				

3. **Gala points:**

- a) All galas will be scored as follows:-
 - i) Where the maximum number of teams in any gala in a division is eight, 8 gala points for 1st place, 7 for 2nd place, through to 8th place receiving 1 point
 - ii) Where the maximum number of teams in any gala in a division is seven, 7 gala points for 1st place, 6 for 2nd place, through to 7th place receiving 1 point
 - iii) Where the maximum number of teams in any gala in a division is six, 6 gala points for 1st place, 5 for 2nd place, through to 6th place receiving 1 point
- b) If the number of teams in each gala in a division varies, it should still be scored as above, but the administration officer will amend the actual total gala points accordingly.
- c) In the case of a dead heat, each swimmer shall receive the same number of points for the place they achieve. (i.e. if there is a tie for 1st place, they both receive 8 points in an 8-team gala and then 3rd place will receive 6 points).
- d) A team receiving a disqualification, or having no swimmer in an event, shall not receive any points for that event.

4. **Gala results:**

To determine placing if teams tie on points in a gala:

- i) The number of first places will be taken into account.
- ii) If there is a tie on the first places in that gala, then second places will be taken into account, and so on until a 'winner' is achieved.

5. **League points:**

For all galas, regardless of the number of teams competing:-

Rounds 1 and 2 - 8 league points 1st place, 7pts 2nd, 6pts 3rd, 5pts 4th, 4pts 5th, 3pts 6th, 2pts 7th, 1pt 8th

- a) Bonus points:
 - i. In divisions with 2 galas, a bonus of 20 league points for the top teams who go forward to the winners' final in round 3
 - ii. In divisions with 3 galas, a bonus of 40 league points for the top teams who go forward to the winners' final in round 3, and 20 bonus points for the teams that go forward into gala 2 in round 3
 - iii. In divisions with 4 galas, a bonus of 60 league points for the top teams who go forward to the winners' final, 40 bonus points for those teams in gala 2, and 20 bonus points for those teams in gala 3 in round 3
- b) Round 3 (all galas) - 16 league points 1st place, 14pts 2nd, 12pts 3rd, 10pts 4th, 8pts 5th, 6pts 6th, 4pts 7th, 2pt 8th

6. **League positions:**

League position is determined primarily by the league points.+

To determine the league position if teams tie on league points:

- i) In round 1, the gala points for that round shall be taken into account.
- ii) In round 2, the total aggregate gala points for round 1 and round 2 will determine the position.
- iii) In round 3, the total aggregate gala points in all three rounds shall determine the final position.
- iv) If there is still a tie at the end of any round, then the number of 1st places in that round will be taken into account, and, if necessary, subsequent placings until there is a resolution.

7. Each team must supply one judge (J2) and one judge (J1) for each gala in which they compete. All judges in the premier division are required to be correctly qualified and licensed. All judges in division one and division two must be correctly qualified. A fine of £100 per official will be imposed if the required officials are not supplied by a team. This shall be paid before the next round, or by 31st December in the case of the last round. Any fine not paid in the required time-scale will result in the exclusion of the team from the competition in the next round, plus the fine for withdrawal from a round, or, in the case of the last round, in the exclusion of the team in the next season.
8. Teams failing to attend a gala commitment shall be liable to be expelled from league by the membership of the AGM, where such teams should be given the opportunity to justify their non-attendance. The start of the gala should be delayed by up to a maximum of 10 minutes to allow for the late arrival of a team.
9. A team shall be deemed 'to have competed' if they start to swim at or before event 16. Teams shall be awarded one point for each race they have missed, prior to the first race that they swim following a late arrival.
10. The number of swims shall be in accordance with the decision of the national League. Competitors may swim in 3 individual events. Swimmers in age-groups other than the 16+ age-group may swim 2 events in their own age-group and 1 in an upper age-group. There is no restriction on the number of swims for relay events.
11. All clubs are expected to host a gala if asked to do so by the secretary.
12. The electronic gala result sheet must be sent, by email, by midnight on the night of the gala, to the administration officer and the treasurer. The secretary is to notify all teams of their venue for the next round at least 14 days before the gala date. All teams are to be informed by the secretary of all the results of every gala, together with a complete league table after each round.
13. The first name, surname and date of birth of all the Swim England registered category two swimmers eligible to compete, shall be sent to the administration officer to arrive, at the latest, by 30th September in the year of competition. This may be sent electronically.
14. Coaches and team managers shall not be able to instruct their teams at either end of the pool, and therefore coaches and team managers must not be within two metres of the starting blocks.
15. **"A" & "B" & "C" teams:**
Where a club has more than one team in the competition, the "A" team shall be comprised of the club's fastest swimmers. The "C" team shall be comprised of swimmers who are not faster than those in the "B" team. Any club in breach of this rule shall be disqualified from that round.
16. **Representation**
 - a) The team with the highest number of league points is the winner of the league and shall represent the London league at the national cup final, held on a date, within the league year, decided by the National League.
 - b) The team with the second highest number of league points, the runners-up of the league, shall represent the London league at the finals' weekend, held on a date, within the league year, decided by the National League.
 - c) Additional teams may also represent the league - see rule 1.