



**Southern Schools Swimming League Rules
2023-2024 season**

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1. The League

1.1 Competition arrangements

The League is based on 16 teams, with each round consisting of four gala competitions within the dates outlined, and four school teams competing at each gala.

Points will be awarded to teams dependent on their finishing positions in each of the 34 events held at each gala. The place points and events are as follows:

Place/points	
1	8
2	7
3	6
4	5
5	4
6	3
7	2
8	1

1	Open Girls 100m IM	18	Inter Boys 50m Breaststroke
2	Open Boys 100m IM	19	Open Girls 50m Breaststroke
3	Junior Girls 4x50m Medley	20	Open Boys 50m Breaststroke
4	Junior Boys 4x50m Medley	21	Junior Girls 50m Freestyle
5	Inter Girls 4x50m Medley	22	Junior Boys 50m Freestyle
6	Inter Boys 4x50m Medley	23	Inter Girls 50m Freestyle
7	Open Girls 4x50m Medley	24	Inter Boys 50m Freestyle
8	Open Boys 4x50m Medley	25	Open Girls 100m Freestyle
9	Junior Girls 50m Backstroke	26	Open Boys 100m Freestyle
10	Junior Boys 50m Backstroke	27	Junior Girls 50m Butterfly
11	Inter Girls 50m Backstroke	28	Junior Boys 50m Butterfly
12	Inter Boys 50m Backstroke	29	Inter Girls 50m Butterfly
13	Open Girls 50m Backstroke	30	Inter Boys 50m Butterfly
14	Open Boys 50m Backstroke	31	Open Girls 50m Butterfly
15	Junior Girls 50m Breaststroke	32	Open Boys 50m Butterfly
16	Junior Boys 50m Breaststroke	33	Squadron Girls 6x50m Freestyle
17	Inter Girls 50m Breaststroke	34	Squadron Boys 6x50m Freestyle

In addition to the gala points, teams will also be awarded league points in accordance with their placings in the rounds. Finishing 1st in the round will award the team 4 points, 2nd – 3 points, 3rd – 2 points and 4th – 1 point.

The age groups for the competition will be broken down as follows, in accordance with the year group that applies to the swimmer.

Junior swimmers will be in either Year 7 or Year 8 of school.

Intermediate (Inter) swimmers will be in either Year 9 or Year 10 of school.

Open swimmers will be in Year 11 and above, although a swimmer from the lower age groups may also be used, in accordance with the rules stipulated in the Swimmers section of the rules.

The competition shall consist of four rounds and the final, with each round to be held within the following dates:

Round 1 - between 25th and 29th September 2023

Round 2 – between 16th and 20th October 2023

Round 3 – between 15th and 19th January 2024

Round 4 – between 5th and 9th February 2024

Final – 15th March 2024

All rounds to be completed in a 25m facility with a minimum of 4 lanes. No automatic officiating equipment is required or necessary to run an event. The same gala programme, as illustrated above, must be completed at each round.

The Final will be contested between the top 8 teams in an A final and the lower 8 teams in a B final, over a Long Course pool.

At each round, the League spreadsheet must be used. Team managers are required to complete their respective team sheets prior to each round, amendments can be made but must be informed to the Host prior to the commencement of the gala.

Hosts must use the spreadsheet to confirm swimmers taking part in an event and record times making necessary amendments to record changes ensuring correct records are kept.

1.2 Hosts

A host school will be nominated for each round and teams will be notified which host school they have been allocated for that round.

The host school must advise the League Secretary when they are able to host their gala within the date window. The League Secretary will then communicate this information to the allocated visiting schools. If the scheduled date and time is not acceptable to the visiting schools, in the first instance, they should liaise with the Host school to come to a suitable arrangement with all participants. If a resolution cannot be found, this must be communicated to the League Secretary, who will then mediate a resolution.

The host school is responsible for arranging necessary staffing/officiating of their event, however, visiting schools should be prepared to assist in fulfilling some of these roles, such

as timekeeping for a designated lane. Please refer to Gala Officiating section for recommendations to appropriate numbers of Officials and timekeepers.

Host schools will be expected to complete the official score sheet for the competition, which will be distributed to all participating schools ahead of each round for completion of team sheets.

Instructions on how to complete the score sheet or team sheet will be advised prior to the commencement of the league.

Any amendments to the team sheets should be notified to the Host prior to the commencement of the round, and the Host will be required to amend the appropriate team sheet, to ensure that the score sheet reflects the correct information.

2. Teams

Prior to the commencement of each round, teams will be forwarded a link to the score sheet for the gala they are attending and given their lane allocation.

Teams are required complete their team sheet, by populating the spread sheet document, with the name of the swimmer for each event.

As stated above, it is the responsibility of the team manager to complete the team sheet for the gala they are attending, prior to the round taking place.

Any amendments to swimmers taking part in an event should be resolved prior to the commencement of the round and should be notified to the Host. Failure to do so will result in the disqualification of the swimmer from that event.

2.1 Swimmers eligibility

Each swimmer participating in the League shall have joined the school he/she represents before the first round in the year of competition.

Any competitor having swum for one school in the League shall be ineligible to swim for another school in the current year.

To participate in the Final, a swimmer must have swum in one of the four proceeding rounds in the League competition. The only exception to this being if a swimmer has suffered an injured during the rounds. In that case, a medical certificate confirming the injury and its timescale will be required.

Swimmers must swim within the appropriate age group for their competition, and this is determined by their school year at the start of the academic year.

A swimmer may be swum up an age group but not down an age group. If a swimmer is swum up an age group, they will not be precluded from participating in their own age group race events.

Those swimming in the Junior and Intermediate age groups may swim a maximum of 2 individual race events, plus the relays.

Those swimming in the Open age groups may swim in a maximum of 3 individual events, plus the relays.

2.2 Swimmers in relay events

Medley relay teams shall consist of 4 swimmers to each swim one stroke of either Backstroke, Breaststroke, Butterfly or Freestyle, over the distance of 50m.

Squadron relay teams shall consist of 6 swimmers, 2 from each age group representing the school, to swim one leg of the relay over the distance of 50m. The girls squadron shall consist of 6 girls and the boys squadron shall consist of 6 boys.

3. Disqualifications

In keeping with fairness and best practice, disqualifications may be given if a team or swimmer breaks one or any of the following rules (see list).

Disqualifications should be reported to the recorder via the starter but importantly must be seconded by lane timekeeper or turn judge. The swimmer / team should always be given the benefit of the doubt.

3.1 Disqualification codes and reasons

DQ1	False Start
DQ2	Early Takeover
DQ3	1 Hand Touch
DQ4	Incorrect Stroke
DQ5	Incorrect Finish
DQ6	Swum in wrong age group (Down an age group)
DQ7	Swum twice in relay
DQ8	Exceeded 15m
DQ9	Incorrect Turn

4. Gala Officiating

This section details what we consider would be minimum requirements for numbers of officials to run each gala of the round.

1x Starter – (Whistle or electronic start). The Starter will also act as finish, takeover and start end turn judge as required.

1x Turns/Stroke judge – ideally at the non-starting end.

1x scribe/runner – to record the swim times and relay those to the recorder.

1x recorder/spreadsheet manager – to record the swim times to the spreadsheet, amend teams sheets if required.