



The National Arena Swimming League

Conditions

1. General Conditions

- 1.1. The Conditions shall not be considered part of the Constitution and Rules of The National Arena Swimming League, hereinafter known as the League.
- 1.2. The Executive Committee shall have power to make, repeal and amend such Conditions as they may from time to time consider necessary for the wellbeing of the League, which rules, repeals and amendments shall have effect until set aside by the Executive Committee, or at a General Meeting
- 1.3. Any changes, repeals or amendments to the Conditions shall be notified to all the affiliated constituent leagues not later than 1st September in the year of competition and shall take effect from the date of the first competition or at a later date specified by the Executive Committee.

2. Competition Arrangements

- 2.1. The League competition shall consist of three rounds and held in accordance with the ASA calendar, on the second weekend in October, November and December. The national Finals will take place on the fourth weekend in April the following year.
- 2.2. Whilst it is not required that the events should be licensed, the constituent leagues should comply in every respect as if it was a licensed Level 2 event, excepting the registration of the athletes names.
- 2.3. All athletes who qualify for the national Finals must have swum in one of the three rounds in a constituent league during the League year. The only exception to this being, if an athlete was injured for the three months of the rounds (October, November and December) then a medical certificate will be required. There should be no other restriction put upon the athletes except for the clauses in Constitution and Rules 10 and in Conditions 6.
- 2.4. All seven constituent leagues will swim a premier final on the second weekend in December in accordance with the ASA calendar
 - 2.4.1. The gala shall be held in a 50m facility
 - 2.4.2. Automated Officiating Equipment shall be used where possible
 - 2.4.3. The same gala programme shall be swum, comprising of the 50 events, at all seven constituent league galas
 - 2.4.4. Whilst not a requirement to license the event it should comply in every respect as a licensed Level 1 meet, including the registration of the athletes names
- 2.5. Only one team from a club will be invited to take part. Subject only to 2.5.1 and 2.5.2 the top twenty clubs will be invited to participate in the National Finals.
 - 2.5.1. The winning club in each of the seven constituent leagues will be invited to participate in the national Cup Final in April following the rounds
 - 2.5.2. The runners-up in each of the seven constituent leagues will be invited to participate in at least the national B Final in April following the rounds subject to condition 2.5.

- 2.6. If the runners-up are the second team to qualify from a club then the next placed club will be invited to participate as runners-up.
- 2.7. The premier club of each constituent league is to compete in the League Cup Final and the second placed club is to compete in one of the finals day galas. The other top four clubs who swim in the constituent league final, along with the winner and runner-up in each constituent league, will be entered in to a League virtual gala,. The most successful clubs based on the times for all 50 events in the virtual gala, other than the top two clubs in each constituent league, will be invited to the national Finals, to fill the lanes in the Cup Final and B Final.
3. In accordance with ARENA requirements, every constituent league premier gala shall have ARENA backstroke flags across the pool and all advertising and detail on the day shall specify that the league is sponsored by ARENA.
4. All other divisions in each constituent league should comply as closely as possible with the above requirements for the premier division. Only minor differences should be allowed.

Programme of Events

The competition for all three rounds and the national Finals shall be:

Event	Girls/Boys		Event	Girls/Boys		
1/2	Open	4x50m	Ind 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	Open	100m Breaststroke
9/10	Open	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	Open	100m Freestyle
17/18	Open	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	Open	6x50m Freestyle Relay
25/26	Open	100m	Backstroke			

5. The premier division in each of the constituent leagues shall swim the programme of events as listed above in a 25m pool recording times and places for each event in accordance with ASA Laws, Regulations and Technical Rules. (Except as in 2.4 above).
6. Competitors may swim in any number of events, subject to a maximum of three individual events, two in their own age group (this includes three individual events in the open age group).
7. In the case of a dead heat in a race, both teams will receive the same points for the place they achieved. (e.g. if lanes 3 and 5 dead heat for 1st place in a six team gala, both should receive 6 points, and the third place 4 points as usual. The points should not be averaged i.e. both receiving 5½
8. The age groups are as at the 31st December
9. The age groups for the national Finals will be age at day to comply with licensing, but the age groups will be adjusted by the promoter so that they are also 31st December.
10. Each team must supply for the Finals a minimum of 2 x J1 and 1 x J2 qualified and licensed officials.