



**Scarborough and District
Swimming Association**

2016

Handbook

SaDSA Handbook 2016

This handbook is a guide to the competitive swimming opportunities available within the district for SaDSA clubs and their swimmers during 2016. The structure offers swimmers of all abilities, the opportunity to develop and test themselves at the end of the season championships.

In line with the ASA Swimming Competition Structure the age of a swimmer for all our galas and championships, except for Friendly Galas, is their age on 31st December 2016.

The Structure for 2016

1. **Ridings League** - 9yrs and over; all individual events now 50m. All member clubs **MUST** have a team entered in this competition. Clubs are expected to swim their strongest possible team in every gala.

2. **Border League** - 9yrs and over with a new programme for 2016. This is a development league, designed to bridge the gap between Friendly Galas and Ridings League. Cut-off times will apply; therefore a swimmer going too fast will gain no points for that event. Clubs can decide if, and in how many galas, they wish to compete at the annual dates meeting.

3. **Friendly Galas** - 8yrs to 13yrs, this will use the established programme with cut-off times, **age is as on the day of the gala**. Clubs can decide if, and in how many galas, they wish to compete at the annual dates meeting.

These competitions will culminate in the: **SaDSA Championships**

All eligible swimmers who have taken part in **any of the above** competitions can enter. Until the availability of the new pool at Bridlington is known, the 2016 championships will provisionally be held at **Scarborough Indoor Pool**, 6pm Warm Up for a 6.30pm start. The events will be swum in two sessions as shown below:

Session 1: 12 th November		Session 2: 26 th November	
101	Boys 9 & over 100m Freestyle	201	Girls 9 & over 100m Backstroke
102	Girls 9 & over 100m Butterfly	202	Boys 9 & over 100m Breaststroke
103	Boys 9 & over 50m Backstroke	203	Girls 9 & over 50m Butterfly
104	Girls 9 & over 50m Breaststroke	204	Boys 9 & over 50m Freestyle
105	Boys 9 & over 200m I.M.	205	Girls 9 & over 200m I.M.
106	Girls 9 & over 100m Freestyle	206	Boys 9 & over 100m Backstroke
107	Boys 9 & over 100m Butterfly	207	Girls 9 & over 100m Breaststroke
108	Girls 9 & over 50m Backstroke	208	Boys 9 & over 50m Butterfly
109	Boys 9 & over 50m Breaststroke	209	Girls 9 & over 50m Freestyle
110	Girls 9 & over 100m I.M.	210	Boys 9 & over 100m I.M.

Each swimmer is initially restricted to a maximum of **three** events in each session; this will be opened up if space/time permits. Maximum session length is 2 hours 30 minutes.

Thanks to Scarborough SC for making these dates available.

Competition Rules

1. General

- 1.1 All clubs involved must be full members of the Scarborough and District Swimming Association.
- 1.2 Any club who changes the format of their club in any way must re-apply to join the above Association well before the dates meeting.
- 1.3 Any club wishing to join SaDSA must apply in writing before the A.G.M. Representatives from the new club must attend the A.G.M. and, if successful, they must also attend the dates meeting in November.
- 1.4 The date of the "Dates meeting" will be agreed at the A.G.M of the Association.
- 1.5 All rule changes are made at the Dates meeting and then ratified at the A.G.M.
- 1.6 Affiliation fees will be decided at the A.G.M. of the Association and paid to the Treasurer by **the May meeting** either by cheque, cash or bank transfer.
- 1.7 All events shall be swum under A.S.A. Law.
- 1.8 All galas must be completed by 31st October.
- 1.9 Swimmers can only compete for ONE club in SaDSA competitions during the year.
- 1.10 Clubs should use an electronic system of recording to ease distribution.
- 1.11 A Team Manager from each club **MUST** meet with the Referee at the start of the warm up to be briefed on the running of the gala and to hand in their team sheet.
- 1.12 Team Managers are responsible for the discipline of their team and are expected to lead by example. Unsportsmanlike behaviour at galas is not acceptable and culprits may be barred from poolside by the Referee.
- 1.13 Swimmers must not approach any official at a gala with queries. These should be directed through their Team Manager to the Referee.
- 1.14 In the case of a dispute or protest this must be notified to the Competition Secretary by email within 24 hours of the gala, the outcome will be decided by a panel consisting of the Chairman and Competition Secretary, together with up to three members from non competing clubs.
- 1.15 Each host club is responsible for the hire of the pool and the gala organisation.
- 1.16 All clubs participating in a gala must provide 2 timekeepers and 1 judge. All other officials are to be provided by the host club. **The host club is to be notified well in advance of the gala if there are any problems in providing officials.**
- 1.17 Only two team managers (1 male and 1 female) and two assistants per team will be allowed on poolside.
- 1.18 It is the responsibility of the host club to ensure the results are emailed to the Competition Secretary within 24 hours of the gala. The hard copy of the results sheet, plus all the team sheets for the gala must be brought to the next executive committee meeting.

2. Ridings League

2.1 The league will be divided into an appropriate number of divisions.

2.2 Each division is to have a minimum of 4 teams.

2.3 Gala points to be awarded - 1st 4 points, 2nd 3 points, 3rd 2 points, 4th 1 point, for both individual events and team relays. In the event of a dead heat, points are shared.

2.4 Individual and team relay event categories are: 9 & 10 years, 12 years & under, 14 years & under and Open.

2.5 Open events are not age restricted, therefore they can be swum by anyone 9 years and older.

2.6 The age of all swimmers for Ridings League galas is determined by their age on 31st December of the year of competition. Swimmers must be 9 years old by this date to take part in the League.

2.7 The maximum number of **individual races** that a swimmer can swim at any one league gala is **TWO**.

2.8 Swimmers can only swim in one age group in individual events in any one league gala, but may compete in a higher age group in relay events. Open does not count as an age group.

2.9 League records can only be set in a 25m pool.

2.10 Recording sheets with up to date records will be emailed to clubs prior to their gala.

2.11 League points will be awarded 1st 4 points, 2nd 3 points, 3rd 2 points, 4th 1 point in order of total points scored. If a tie occurs points will be shared.

2.12 If it is later established that a swimmer has competed in a gala illegally then the points gained by the swimmer at that gala will be deducted from the club's total points for that gala. Should the same club commit a second offence of the same nature in the same year then the total points earned by the club for that gala will be removed.

2.13 Should two or more clubs tie on league points, gala points scored will decide the league positions.

2.14 Any new club joining will go into the lowest division.

3. Border League

- 3.1 The league is open to all member clubs.
- 3.2 Swimmers must be 9 years and over on 31st December in the year of competition.
- 3.3 Age groups for League Galas are 9&10 years, 12 yrs and under, 14 yrs and under, along with an Open category.
- 3.4 Swimmers can do a maximum of **TWO** individual swims.
- 3.5 Swimmers can only swim individual races in one age group in any one gala but can swim in a higher age group in the team relays. Open does not count as an age group, so for example a swimmer could swim one individual in the 14 & u and one individual in the Open.
- 3.6 Cut-Off times will operate; swimming faster than the cut-off time will mean no gala points are earned for that event. The fastest legal time will be first. Clubs should select swimmers who are not expected to reach the cut-off time. (And in line with the aim of the League!)
- 3.7 Recording sheets will be emailed to clubs prior to their home gala.
- 3.8 Gala Scoring: Each gala is scored according to the number of teams actually taking part, e.g. 4 teams - 4,3,2,1; 6 teams - 6,5,4,3,2,1.
- 3.9 League positions will be based on the percentage of the average points available for each gala. See Appendix 4.
- 3.10 The best 3 gala scores for a team will determine their league position.

4. Friendly Galas

- 4.1 These are one-off galas therefore a swimmer's age is that on the day of the gala.
- 4.2 Swimmers 8 years and older can take part in individual races.
- 4.3 Swimming faster than the cut off time will mean no points are awarded. The fastest legal time will be first. Clubs should select swimmers who are not expected to reach the cut-off time.
- 4.4 Gala Scoring: Each gala is scored according to the number of teams actually taking part, e.g. 4 teams - 4,3,2,1; 6 teams - 6,5,4,3,2,1.
- 4.5 Cannon Relays are swum young to old with two swimmers from each age group.

5. Scarborough and District Swimming Association Championships

- 5.1 The Championships will take place in late October or November.
- 5.2 All events will be swum on a Heat Declared Winner basis.
- 5.3 The Championships are open to any swimmer who has represented their club in a Ridings League gala, Border League gala or Friendly gala during the year, provided they are of an appropriate qualifying age.
- 5.4 Individual age groups in these championships are 9, 10, 11, 12, 13, 14 and 15+ years.
- 5.5 A swimmers age group for the Championships is determined by their age on 31st December in the year of competition
- 5.6 The format and venue of the Championships will be reviewed annually at the A.G.M.

6. Open Water

SaDSA also provide Open Water Training at Wykeham Lakes near Scarborough from May through to the start of September for all our member clubs. In 2015 we had more than 70 swimmers taking part over the summer. All sessions will be supervised by experienced personnel in power boat(s) and kayaks.

Open Water requires all swimmers to be confident and strong - as a guideline they should be able to comfortably swim 400m in the pool without stopping. All new swimmers are given close supervision in their first few sessions.

Training takes place on Monday evenings. Swimmers are expected to sign in by 6.20pm with briefing following at 6.25pm. Whilst early sessions will be brief, time in the water will increase as temperatures improve as will training in the technical aspects of open water racing!

Cost is £3.00 per session or £30 up front for the season (15+ sessions)

We are hosting our SaDSA Open Water Championships on Saturday 2nd July - events normally start at midday. These are likely to incorporate the Yorkshire Championships as well. Full details are to follow.

Appendices

Appendix 1: Ridings League promotion and relegation

- At the end of the season the winning teams in the 1st and 2nd Division are promoted and the bottom placed teams in the Premier and 1st Divisions are relegated.
- All teams are then grouped together in a rank order list.
- Any teams withdrawing are removed; any teams joining are added to the bottom of the rank order list. Teams are then allocated to Divisions.

Appendix 2: Score Sheet Recording

- It is important that at least TWO adults are involved in this process as this allows checking of scores throughout a gala.
- All clubs are encouraged to use the electronic system running on excel. **Please note that for the spreadsheet to work as designed, times MUST be entered in the same format as the record or cut off time shown.**
- To help with swimmer development it is important that the reason for a disqualification is recorded on the sheet. Please ensure the DQ code is put on the recording sheet.
- **Team sheets must be handed in at the start of warm up;** recorders can then put in the swimmers names for the individual races.

Appendix 3: Ridings League Trophies and Medals

- Each Division Winning Team will be presented with their trophy and 50 medals at the Championships.

Appendix 4: Border League scoring

- There are now 50 events, so for a 4 team gala the average points are 125; therefore a team with 140 points would score 112% for the League, a team with 90 points would score 72%.
- A club's best three percentage scores determines there League placing.
- Average points: 3 Teams - 100; 4 Teams - 125; 5 Teams - 150; 6 Teams - 175; 7 Teams - 200

Appendix 5: Border League Trophies and Medals

- The Winning Team will be presented with their trophy and 50 medals at the Championships.

Appendix 6: ASA Club Codes

BEBE	Beverley Baracudas
BRDE	Bridlington
DEVE	Derwent Valley
DFDE	Drifffield
KINE	Kingfishers
NEAE	New Earswick
PODE	Pocklington Dolphins
RYEE	Ryedale
SCAE	Scarborough
SOHE	South Hunsley
TWHE	Thirsk White Horse
WHTE	Whitby

Fixtures 2016

Date	Host Club	WU	Comp.	Clubs	Notes
23/01/2016	Driffield	3.00pm	F	BRDE, PODE, SOHE	Open Prog; 30spec per club
27/02/2016	Ryedale	4.00pm	BL	1 st DFDE, 2 nd RYEE 3 rd WHITE DNS DEVE	12 spec per club
05/03/2016	South Hunsley	5.30pm	RL2	CANCELLED	
	Scarborough	6.00pm	RLP	1 st SCAE 2 nd BEBE 3 rd TWHE 4 th NEAE	SOHE missing
19/03/2016	Kingfishers	6.00pm	RL1		
	South Hunsley	5.30pm	RLP		BEBE missing
02/04/2016	New Earswick	TBC	BL	SOHE, TWHE, PODE	
16/04/2016	Scarborough	6.00pm	BL	DFDE, RYEE, WHITE, SOHE, NEAE	
23/04/2016	Thirsk	5.30pm	RLP		SCAE
07/05/2016	Pocklington	3.00pm	RL1	at Driffield	30spec per club
14/05/2016	Derwent Valley	3.00pm	RL2		15 spec per club
	Beverley	5.00pm	RLP		NEAE missing
28/05/2016	New Earswick	TBC	F	RYEE, DEVE, PODE	Open Prog
11/06/2016	Beverley	5.00pm	BL	TWHE, PODE, SOHE, DFDE, NEAE	2 spare lanes
25/06/2016	Whitby	5.00pm	BL	DEVE, NEAE, PODE	
	Driffield	3.00pm	F	BRDE, SOHE, KINE	Open Prog
02/07/2016	SaDSA	11.30am	OW	Open Water Championships, Wykeham	
09/07/2016	Driffield	3.00pm	RL1		30spec per club
	Whitby	5.00pm	RL2		
	New Earswick	TBC	RLP		TWHE
16/07/2016	Bridlington	TBC	F	RYEE, PODE, TWHE, SOHE, DFDE	
17/09/2016	Scarborough	6.00pm	F	NEAE, TWHE, DFDE- 2 sp lanes	Open Prog
	Bridlington	TBC	RL2		
24/09/2016	Ryedale	4.00pm	RL1		12 spec per club
01/10/2016	Driffield	3.00pm	BL	PODE, TWHE, BEBE	
08/10/2016	Derwent Valley	3.00pm	BL	RYEE	2 spare lanes
	Bridlington	TBC	F	WHITE, NEAE, KINE, DFDE, PODE	
15/10/2016	Kingfishers	6.00pm	F	DFDE, WHITE, BRDE, PODE, DEVE	
12/11/2016	SaDSA	6.00pm		SaDSA Championships 1, Scarborough (Provisional)	
26/11/2016	SaDSA	6.00pm		SaDSA Championships 2, Scarborough (Provisional)	