

FIFE LEAGUES RULES 2009

The Fife Leagues competition will consist of two separate leagues; The Fife League and The Novice League and it will be open to all affiliated Fife Region Clubs. Each league will comprise separate male and female divisions and will be further categorised by age groups.

The rules applying to the leagues are as follows:

FL1 Eligibility:

- **Novice** Any swimmers who have taken part in a District/National competition at any time shall not be eligible to swim in the Novice League. Also any swimmers who have achieved the novice time flash standard in an event included in The Novice League programme will be ineligible to take part in that particular event at any meet following the achievement of that standard.
- **The Fife League** All swimmers in The Fife League must be able to achieve the minimum standard time for each event in which they are entered and be within the upper limit of the time band for each event.
- Minimum standards times will be published, alongside the Meet Rules and issued to Clubs prior to the first meet.

FL2 Leagues & Age Groups:

There shall be the following age groups: -

<ul style="list-style-type: none">• Novice<ul style="list-style-type: none">a) 9 years & underb) 10 - 12 years	<ul style="list-style-type: none">• The Fife League<ul style="list-style-type: none">a) 8 - 10 yearsb) 11 - 12 yearsc) 13 - 14 yearsd) 15 years & over
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FL3 Swimmers:

- Age as at 31 December in the year of the competition.

FL4 Age Groups:

- **Novice** Competitors may only swim in their own age group except at the discretion of the League Convenor. The nominated swimmer for the 50m/100m swim must be chosen from each team swimming on the day of the competition.
- **The Fife League** Competitors may only swim in their own age group. The nominated swimmer for the 200m/100m swim must be chosen from the team swimming on the day of the competition. In addition there will be a choice 50m swim for the remainder of the team (Back, Breast, Fly, Free) - one stroke at each meet.

FL5 Race Distances:

The distances for the Novice League shall be as follows: -

- **9 years & Under**

Meet	Individual Swims	Nominated Swim	Relay
1	25m Back, Breast, Fly, Freestyle	50m Back	4 x 25m Medley
2	25m Back, Breast, Fly, Freestyle	50m Breast	4 x 25m Medley
3	25m Back, Breast, Fly, Freestyle	50m Fly	4 x 25m Medley
4	25m Back, Breast, Fly, Freestyle	50m Freestyle	4 x 25m Medley

- **10 - 12 years**

Meet	Individual Swims	Nominated Swim	Relay
1	50m Back, Breast, Fly, Freestyle	100m Back	4 x 25m Medley
2	50m Back, Breast, Fly, Freestyle	100m Breast	4 x 25m Medley
3	50m Back, Breast, Fly, Freestyle	100m IM	4x 25m Medley
4	50m Back, Breast, Fly, Freestyle	100m Freestyle	4x 25m Medley

FL5 Race Distances continued:

The distances for the Fife League shall be as follows:-

- 8 - 10 years

Meet	Individual Swims	Nominated Swim	Sprint
1	50m Back, Breast, Fly, Freestyle	100m back	50m Back
2	50m Back, Breast, Fly, Freestyle	100m breast	50m Breast
3	50m Back, Breast, Fly, Freestyle	100m IM	50m Fly
4	50m Back, Breast, Fly, Freestyle	100m freestyle	50m Free

- 11/12 years, 13/14 years, 15 years and over

Meet	Individual Swims	Nominated Swim	Sprint
1	100m Back, Breast, Fly, Freestyle	200m back	50m Back
2	100m Back, Breast, Fly, Freestyle	200m breast	50m Breast
3	100m Back, Breast, Fly, Freestyle	200m IM	50m Fly
4	100m Back, Breast, Fly, Freestyle	200m freestyle	50m Free

FL6 Competition Rules:

- The competition shall be run under SASA rules.

FL7 Team Entries:

- Clubs may enter up to two (2) teams for both boys and girls in each age group in both leagues. Clubs may request entry for additional teams in each league, allocation to be made at the discretion of the League Convenor.
- Where a club has entered more than one team in any one age group of the League, swimmers may interchange between teams at any subsequent contest during the year of competition. On the day, clubs do not have to fill team A at the expense of team B when there are no-shows or withdrawals, except in the case where the total number of swimmers is 4 or less then the teams should be amalgamated.
- Each team will consist of 4 named swimmers.
- Entries must be submitted using Team Manager and include all the information requested (i.e. swimmers name, D.O.B., SASA number and entry times for The Fife League for all swims). Entries must be returned on or before the day indicated. **This will be 9 days before the event.**
- Any entries not received in the requisite time will not be included in the programme and therefore will not be eligible to compete in that particular League.
- Time-only swims may be authorized for a club that has a vacant lane due to an incomplete team. Only swimmers already competing in the League will be allowed a time-only swim.

FL8 Meets Frequency:

- There shall be four meets per year incorporating the Novice and The Fife League.

FL9 Programme:

- The Fife Region Committee will agree the content of the league programme each year with individual events being swum off in the order drawn up by the league management sub-committee.
- Administrative duties will be rotated round the clubs in an alphabetical order.
- The number of Technical Officials to be provided by each Club, will be defined proportionately, depending upon the number of swimmers the Club enters.
- The total number of entries will be determined by the League Entry Secretary.

FL10 Team Make-up and Stroke Applicability:

- In the Novice League swimmers may only swim in one individual event and one team event in the same stroke. Additionally one member of each team will be selected for the nominated swim.
- In the Fife League swimmers may swim one individual event, one member of each team will be selected for the nominated swim and the remainder will have the choice of a 50m swim.
- Each club will be allowed up to a maximum of 4 coaches/poolside helpers. All clubs must apply for coaches passes, which should be displayed at all times and returned at the end of each meet.

FL11 Time Standards:

- Where required, time standards will be set by the League Subcommittee and ratified at the Fife Regional Committee by a simple majority.
- Flashes will be awarded to swimmers breaking the time bar for any individual event and these will be presented on the day of the swim.

FL12 Points:

- The numbers of points earned will be based on the total number of teams entered in each age group in each event at the first meet. First place will be awarded the maximum points; second will be this figure less one, etc.
- In the event of a disqualification of an individual or a team zero points will be apportioned.
- Any swimmer found to have been ineligible to compete will incur zero points for any individual swims or team events.
- At the completion of the contest, the team with the most points will be the winner of the League.
- Should clubs tie for first place, they shall share the championship.

FL13 Rule Changes:

- Rules may be changed by a majority vote at a meeting of the Fife Regional Committee.