



The National Arena Swimming League

Special Rules and Conditions for Face-to-Face or Virtual Competition of the League 2021/22

1. General conditions

- 1.1. The conditions shall not be considered as part of the rules of The National Arena Swimming League, hereinafter known as the League.
- 1.2. The executive committee shall have the power to make, repeal and amend such conditions as they may consider necessary for the wellbeing of the League. New conditions, repeals and amendments shall have effect until set aside by the executive committee, or at a General Meeting.

2. Competition arrangements

- 2.1. The League competition shall consist of three rounds, and shall be held;

Virtual dates	Face-to-Face dates
Round 1 - between 4 th and 10 th October,	9 th October
Round 2 – between 8 th and 14 th November,	13 th November
Round 3 – between 6 th and 12 th December.	11 th December
	(NW maybe 12 th Dec.)

The club competing virtually may decide on which day or days they wish to run the events, either in one go or piecemeal over a number of days within the period.
- 2.2. Any competitor having swum for one club in the League shall be ineligible to swim for another club in the current year.
- 2.3. Each swimmer participating in the League shall have joined the club he/she represents before 1st October in the year of competition, and have registered their membership of that club with their National Governing Body (NGB) prior to that date.
- 2.4. All competitors must be a competitive member of their NGB (eg. Cat 2 Swim England membership)
- 2.5. All athletes who qualify for the national final/s must have swum in one of the three rounds in the League competition. The only exception to this being if an athlete was injured for the three months of the rounds. In that case, a medical certificate confirming the injury and its timescale will be required.
- 2.6. Requirements to participate in a Virtual Competition in the League
 - 2.6.1. The gala shall be held in a 25m facility.
 - 2.6.2. Automatic Officiating Equipment is not necessary.
 - 2.6.3. The same gala programme, as below, must be completed in each round.
 - 2.6.4. The event must be organised and run in compliance with local Covid regulations; the club being responsible for compliance.
 - 2.6.5. Honesty and fairness is paramount.
 - 2.6.6. The time-recording form supplied by the League must be completed and returned to the individual league secretary, electronically, within 48 hours of the closing date for each round. Failure to comply will mean that any times achieved will not be included in the individual league results.

2.6.7. All those involved on the poolside delivering the event, must be members of their NGB.

2.6.8. Officials must be, at least in accordance with the current requirements of licensed Level 4 meets.

2.7. The Face-to-Face galas will be managed by the individual league secretary

2.8. The top twenty clubs may be invited to participate in the national final/s, subject only to 2.5

2.8.1. Only one team from a club will be invited to take part in the national final/s.

3. Programme of events

The competition for all three rounds shall be:-

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

4. Individual events are odd-numbered for the girls and even-numbered for the boys.

5. Swimmers in the relays:-

- Mixed relays must consist of two girls and two boys from their age-group.
- Medley relays - swimmers of either gender, swimming in any order, but in accordance with the rules for medley relays.
- Freestyle relays – swimmers of either gender, swimming in any order.

6. All teams shall swim the programme of events as listed above, in a 25m pool, recording times for each event, in accordance with Swim England Regulations and Technical Rules.

7. Competitors may swim two individual events in their own age-group, and one in an older age-group, and may swim any number of relays in their own age-group and any older age-group.

8. The age-groups are as at the 31st December 2021. In accordance with Swim England Regulations all swimmers must have achieved their 9th birthday prior to swimming in any round.

These rules and conditions are specific to the 2021 competition and in some respects they differ from the League Rules and Conditions shown on the website.