

NASLS CONSTITUTION Issue 8: 2nd August 2023

1. The name of the League shall be the National Arena Swimming League South (“the League” or “NASLS”)

OBJECTIVES

2. (a) To find the Clubs of the National Arena Swimming League South to compete in the National Arena Swimming League Cup Final and ‘B’ Final.

(b) To arrange galas to give the opportunity for the maximum number of different clubs to compete against each other.

LEAGUE MEMBERSHIP & MANAGEMENT

3. The League shall be managed by a General Committee consisting of one delegate from each team competing. The Officers of the NASLS shall be the elected Hon. Chairman, Hon. Vice-Chairman, Hon. Secretary and Hon. Treasurer. These Officers are ex-officio members of the General Committee and any contingency not covered by the Rules shall be referred to the Officers for interpretation, decision and appropriate action. Decisions and actions taken by the Officers shall be reported to the next AGM for ratification or comment. The elected Hon. Chairman may remain in office for not more than three years.
4. The Officers shall meet as and when required.
5. The Annual General Meeting shall be held either in May or June to:
 - (a) receive reports from the Officers,
 - (b) receive the accounts,
 - (c) approve the next year’s subscriptions,
 - (d) revise the Rules,
 - (e) elect the Officers and the Hon Independent Examiner of the Accounts and
 - (f) carry out any other necessary business.

The Annual General Meeting may be held by Electronic Conference call should the Executive deem this to be desirable.

Constitutional Rules changes may be put forward by two or more Officers acting in the interest of the League or by any member club with a seconder (from another member club) for the proposal. Such proposed changes from member clubs shall be in the hands of the Hon. Secretary by the 31st of January. At a General Meeting, alteration to Rules, to be carried, shall require twice as many votes in favour of the proposal as against.

6. The League shall affiliate to the Swim England South East Region. Clubs not affiliated to the Swim England South East Region may join the League but in so doing they shall be deemed to accept the Swim England South East Region jurisdiction on all matters related to their League membership and competition.

7. The League may offer the position of Honorary Life Vice President to such individuals that are considered to have given exemplary service to the League. The honour may be bestowed by the membership at an AGM on the recommendation of the current-serving Officers. Once offered and accepted the position will be recognised at any time provided the recipient is a member of any club affiliated to Swim England.
8. Membership shall be accepted as defined in the Promoters Conditions.

Teams that represent a combined club shall not be accepted as members. For the purposes of this constitution, a combined club shall be regarded as:

An Swim England affiliated club whose constitution, or membership requirements, stipulate that any member of the club must already be a member of, and retain membership of, one or more named Swim England affiliated clubs (feeder clubs), and where membership of the club is not available to all competitive members of the feeder clubs, whether by reason of ability, achievement. or any other factor. Specifically, but not exclusively, clubs created with the intention of sharing training and pool hire resources, and with the intent to compete at National and Regional competition and higher level open meets, with members retaining individual membership of feeder clubs to compete at County and other sub-regional level competition and lower level open meets, shall be regarded as a combined club.

Notwithstanding the above, it is also required that teams competing in the League shall be comprised exclusively of swimmers all registered with the same Swim England affiliated club that they are representing, in accordance with the eligibility criteria as specified in the League constitution.

Any Club competing in the League will need to be approved by the Executive.

GOVERNANCE

9. League Members acknowledge that they are subject to the laws, rules and constitutions of:
 - (a) The Swim England South East Region
 - (b) Swim England
 - (c) British Swimming (in particular Doping Control Rules & Protocols and Disciplinary Code)
 - (d) World Aquatics, the world governing body for the sport of swimming in all its disciplines.[a to d together known as “the Governing Body Rules”]
10. The business and affairs of the League shall at all times be conducted in accordance with the Governing Body Rules and in particular the Regulations and Technical Rules of Swim England, as the same may be revised from time to time, specifically to include:
 - (a) Swim England Child Protection Procedure.
 - (b) Swim England/Institute Of Swimming Code of Ethics.
 - (c) Swim England “Guidelines for handling Internal Club Disputes”.

FINANCE

11. (a) The Financial Year shall be from 1st March to the last day of February. In the event of dissolution of the League the funds remaining shall be devoted to objectives as determined by the General Committee.
 - (b) Teams shall pay an initial fee, to be fixed at the AGM, on joining the League, or re-joining after resignation. The fee is due for payment by 31st August, being in addition to the competition fee for that year.
 - (c) All teams shall pay a competition fee to enter the Annual League Competition. The fee shall be fixed annually by the AGM and shall be due for payment by 31st August. The Hon. Secretary from that year's competition may expel teams that have not paid by 1st September.
 - (d) A contribution recommended by the Hon. Treasurer and determined at the AGM shall be paid each year towards the expenses of the clubs that represent the League in the National Arena Swimming League Cup Finals.
12. The financing of galas shall be as covered in the Promoters Conditions and fines may be levied as defined in the Promoters Conditions. Failure to pay fees or penalties may bar a club from swimming in any National Arena Swimming League

GALAS

13. Galas shall be arranged and managed in accordance with the Promoter's Conditions. Changes to the Promoter's Conditions may be put forward by any member club with a seconder (from another member club) for the proposal. Such proposed changes shall be agreed by a simple majority of those voting at a General Meeting.

ELIGIBILITY

14. (a) The athlete membership registration with the club for whom they wish to swim needs to be with the Swim England membership department on or before 30th September in the year of the competition.
 - (b) They shall also register with the Swim England as Category 2 members by the deadline for submitting the team sheets ie. 24 hours before warm up of the gala they are participating in.
 - (c) Swimmers shall not have competed in the National League for any other club in any **of the seven National Arena Swimming Leagues** in the year of the competition (starting on the date of the first round).
15. An allegation may be made by any member club to the League Secretary if it is thought that there will be or there has been non compliance with Eligibility rules or the Promoter's Conditions. If after appropriate enquiries the allegation is believed to be true, the League Secretary may adjust results of galas after consultation with the Officers of the League. If an infringement of these rules is considered by the Officers to be serious and deliberate the Officers may have the case considered under Swim England judicial procedure. An allegation shall only be considered when received by the Hon. Sec. NASLS within 14 days of the date of the swim.

The National Arena Swimming League – South [Affiliated to ASA SER]

NASLS PROMOTER'S CONDITIONS Issue 18 : 2nd August (For Licensed Galas supplementary promoters conditions apply.)

AMENDMENTS

1. In order that in any one year the league competition may be completed in the most efficient manner, immediate changes to the Promoter's Conditions may be made by the Executive to cater for unexpected conditions. Any such changes shall apply to that year of the competition only. All changes shall be reported at the next AGM in order that they may be formally commented upon by the full membership. In addition permanent changes to Promoter's Conditions may be proposed by two or more Officers or by any member club with a seconder (from another member club) for the proposal. Such proposed changes from member clubs shall be in the hands of the Hon. Secretary by the 31st of January. At a General Meeting, alteration to Promoter's Conditions shall require a simple majority of those voting

MEMBERSHIP

2. The League Secretary will assume that teams that complete one year of competition will re-join for the following year unless notified to the contrary in writing. Such notification shall be received no later than 31st March. The Hon. Treasurer for late notification may impose a penalty of up to £100.00.
3. Applications for teams to swim in the League must be made in writing to the Hon. Secretary. They will be placed on a waiting list and considered by the Officers in order of receipt. Such teams if declining to enter the League in a particular year may be moved to the bottom of the waiting list. Any teams wishing to re-join the waiting list after previously resigning from the League may not do so for one calendar year after resignation ie. the year of resignation plus the next calendar year shall be missed.
4. Teams failing to attend a gala commitment may be required to make a contribution in lieu of lost gala revenue; this being at the Hon. Treasurer's discretion. Such offending teams shall be liable also to be expelled by the membership at the following AGM, where they shall be given the opportunity to justify their non-attendance. A proposal to expel a team shall be made by the Officers.

FINANCE

5. Membership of the League means acceptance to host galas when asked.
6. Where a club hosting a gala incurs a loss (pool hire and other admissible expenses, less receipts from admission), the loss shall be borne by the League. Where on the same basis a profit is made it shall be shared equally between the League and club.
7. Host clubs may organise a raffle and keep the proceeds for Club funds.
8. Host clubs shall render to the Hon. Treasurer an income/expenditure account within two weeks of the gala. The Hon. Treasurer will inform the Officers of any clubs not producing a satisfactory reconciliation within two weeks and a fine of £100 will be placed on the

defaulting Club, subject to the Officers' discretion. A list of fines imposed, and any discretionary decisions taken, shall be identified at the next AGM

9. The Hon. Treasurer may with the concurrence of the Officers institute a general levy for the purpose of meeting losses on galas.

GALAS

10. The Hon. Secretary shall appoint a member club (the host club) to organise and promote each gala in accordance with Regulations and Technical Rules, of Swim England, the Rules of the League and the Promoters Conditions.
11. All galas shall be licensed.
12. A delegate of the host club of each gala shall be responsible for notifying the points results to the Hon. Secretary by 9.00 am the Sunday immediately after the gala.
13. The start of a gala shall be delayed for a maximum of 20 minutes to allow for the late arrival of a team.
14. The Hon. Secretary may make appropriate arrangements for time trials to be accepted into gala results. Such arrangements shall be sanctioned at the AGM. In addition the Officers may make use of supervised time trials to resolve problems arising from **EXCEPTIONAL** circumstances always subject to the use of declared swimmer selection and resolution in a timely manner.
15. All clubs competing shall be informed by the Hon. Secretary of all the results of every gala and a League Table after each Round. The Hon. Secretary shall notify the clubs of their venues for the next round of the League at least 14 days before the gala date. For all Rounds the Hon. Secretary will allocate the lanes on the spearhead principle in accordance with the league positions. These lanes shall be used for both the warm-up and competition.
16. The League shall swim galas with member teams divided into five Divisions designated as the Premier Division, Division 1 East, Division 1 West, Division 2 East and Division 2 West. Each Division shall comprise normally of 18 teams with any shortfall of teams when planning the League competition to be arranged in Divisions 2. Once plans have been published it will be normal to compete with shortfalls where they occur naturally, at the discretion of the Hon. Secretary. In each Division galas shall be arranged as follows:
 - (a) Round 1: the position of the teams after the Final (Round 3) of the previous year shall be used to decide the teams that shall swim in the galas on the designated Round 1 date in the following manner:

Gala 1: Teams that were 1st, 6th, 7th, 12th, 13th, 18th.

Gala 2: Teams that were 2nd, 5th, 8th, 11th, 14th, 17th.

Gala 3: Teams that were 3rd, 4th, 9th, 10th, 15th, 16th.

Teams that were promoted / relegated shall maintain their relative positions in their new division. Teams promoted to the Premier Division shall be "dovetailed" with the Champions of Division 1 West in position 15, Division 1 East position 16, Runners Up West position 17 and East 18.

- (b) Round 2: the results of Round 1 shall be used to decide the teams that shall swim in the galas on the designated Round 2 date in the following manner:

Gala 1: Teams that were 1st in gala 1, 2nd in gala 2, 3rd in gala 3, 4th in gala 1, 5th in gala 2, 6th in gala 3

Gala 2: Teams that were 1st in gala 2, 2nd in gala 3, 3rd in gala 1, 4th in gala 2, 5th in gala 3, 6th in gala 1

Gala 3: Teams that were 1st in gala 3, 2nd in gala 1, 3rd in gala 2, 4th in gala 3, 5th in gala 1, 6th in gala 2

Where there were are only two galas in a division in Round 1:

Gala 1: Teams 1st, 3rd, and 5th from gala 1 with teams 2nd, 4th, and 6th from gala 2.

Gala 2: Teams 1st, 3rd, and 5th from gala 2 with teams 2nd, 4th and 6th from gala 1.

Any other combination used in Round 1 shall be distributed in Round 2 entirely at the discretion of the League Secretary.

(c) Round 3: the League Points after Round 2 shall be used to decide the teams that shall swim in the galas on the designated Round 3 date in the following manner:

Gala 1: The teams gaining the highest total of League Points after Round 2.

Gala 2: The six teams gaining the next highest total of League Points after Round 2.

Gala 3: The remaining teams participating.

No more than ONE team per Club will be allowed to compete in the Gala 1 of Round 3 of the Premier Division. The Premier Division Final.

If it should arise that two teams from one Club 'qualify' for Gala 1 of Round 3 of the Premier Division, then second team(s) will be demoted to Gala 2 of Round 3 and the next highest placed team(s) shall be promoted to Gala 1 of Round 3.

Note: When a division consists of 18 teams then each round will consist of 3, 6 team galas. If there are fewer than 18 teams then flexibility will permit the Officers to arrange 5, 6, 7 or 8 team galas to enable all teams to take part and to avoid galas with 4 or less teams wherever possible.

17. Each team shall supply two Swim England registered officials. One must be a qualified timekeeper who is actively working towards their J1 qualification. And one who is a qualified J1 or higher.

Senior officials who have been appointed by the league will not be considered part of a team's officials.

Club officials put forward must be wearing official's whites and appropriate footwear.

Each official must report to the referee at the start of the warm up.

A team that reports at a gala without the required officials shall be fined £50.00 per missing official. This fine will be imposed at the discretion of the Hon. Secretary and Treasurer.

POINTS SCORING AT GALAS:

18. (a) Points scoring for each event at a gala: the 1st. placed team shall score points equal to the number of teams competing and each subsequent place will score points reduced by 1, down to 1 point for last position; 0 points to be scored for 'no swimmer' or a disqualification. In the case of a dead heat in a race both teams will receive the same points for the place they achieved. (e.g. 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).

- (b) A team shall be deemed 'to have competed' if they start to swim at or before event 25. Teams shall be awarded one point for each race they have missed, prior to the first race that they swim following a late arrival.
- (c) The total Gala Points for each team in a gala that does not have the same number of teams competing in other galas in the same division shall be adjusted by the League Secretary in accordance with the formula: $\text{accepted points} = \text{recorded points} \times (\text{base team requirement} + 1 / \text{number of teams competing} + 1)$ points will be rounded to the nearest half point.
- (d) The League Points for each team in a gala that does not have the same number of teams competing in other galas in the same division shall be:

5 teams compared with 6 teams, 1st to 5th: 6 pts, 5 pts, 4 pts, 2 pts, 1 pt.

7 teams compared with 8 teams, 1st to 7th: 8 pts, 7pts, 6 pts, 5 pts, 3 pts, 2 pts, 1pt.

6 teams compared with 7 teams, 1st to 6th: 7 pts, 6 pts, 5 pts, 3 pts, 2pts, 1pt.

4 teams compared with 5 teams, 1st to 4th: 5 pts, 4 pts, 2 pts, 1pt.

Other combinations will be resolved in the same manner by the Executive.

LEAGUE TABLE POINTS SYSTEM AND PROMOTION/RELEGATION

19. (a) The League Secretary shall compile League Tables after each round using points scored as follows [calculations are based on Divisions of 18 teams.]:

Round 1: if there is a tie on Gala Points in a gala the number of first places shall be taken into account to resolve gala positions. If there is still a tie then the number of second places, third places etc shall be considered. Then apply 6 league points for the winner of each gala, 5 points for 2nd, 4 points for 3rd, 3 points for 4th, 2 points for 5th, and 1 point for 6th.

Round 2: as Round 1, then if there is a tie on League Points, the combined total Gala Points of Round 1 and 2 shall be taken into account. If there is still a tie, the number of combined total first places in Rounds 1 and 2 shall be taken into account. If there is still a tie then the number of second places, third places etc shall be considered.

Round 3: as Round 1 and 2 basis except double League points. Plus a bonus of 24 points for the six clubs in Gala 1 and a bonus of 12 points for the six clubs that compete in Gala 2. These bonus points shall only be awarded to clubs that compete in the round. The Executive shall consider exceptional circumstances. After Round 3, if there is a tie on League points, the Gala Points of Round 3 then the number of first places in Round 3 shall be taken into account. [If there is still a tie then the number of second places, third places etc shall be considered]

- (b) Two teams will be promoted to the Premier Division from each of Division 1 East and Division 1 West each year. Six teams will be promoted to Divisions 1, 3 from each of Division 2 East and Division 2 West each year. Teams will be relegated to provide vacancies for the promoted teams.

- (c) Immediately following compilation of the results of Round 3, the Officers will consult to confirm any immediate requirement for the adjustment of the balance of teams allocated 'East and West'. The PROVISIONAL composition of the divisions for the following year will then be published. Subsequent changes to this structure will be made by the Officers only if the location of teams that resign and newly joined teams demand an adjustment.

PROGRAMME

20. The Programme of Events for All Divisions shall be as follows for 2023:

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

Event	Female/Open		Event	Female/Open	
1/2	16+	4x50m	Ind Medley	27/28	10/11 50m Breaststroke
3/4	9/10/11	4x50m	Freestyle Relay	29/30	12/13 100m Butterfly
5/6	12/13	4x50m	Medley Relay	31/32	14/15 100m Freestyle
7/8	14/15	4x50m	Freestyle Relay	33/34	16+ 100m Breaststroke
9/10	16+	4x50m	Medley Relay	35/36	10/11 50m Freestyle
11/12	10/11	50m	Backstroke	37/38	12/13 100m Freestyle
13/14	12/13	100m	Breaststroke	39/40	14/15 100m Breaststroke
15/16	14/15	100m	Backstroke	41/42	16+ 100m Freestyle
17/18	16+	100m	Butterfly	43/44	9/10/11 4x50m Medley Relay
19/20	10/11	50m	Butterfly	45/46	12/13 4x50m Freestyle Relay
21/22	12/13	100m	Backstroke	47/48	14/15 4x50m Medley Relay
23/24	14/15	100m	Butterfly	49/50	16+ 4x50m Freestyle Relay
25/26	16+	100m	Backstroke	51 Mixed Squadron freestyle relay 8 x 50m – one from each category of each age group. This race may be swum in any order.	

- (a) **THE PREMIER DIVISION** of the NASLS shall swim a programme consistent with other National Arena Leagues as agreed at the National Arena League ACM

Rounds 1 and 2 of the Premier Division Galas shall be swum in 25 metre pools. The Final Round shall be swum to be consistent with other National Leagues. The use of AOE shall be planned for the Final Round.

- (b) **DIVISIONS 1 and 2** The programme of events for Divisions 1 and 2 shall be identical to the Premier Division.
Galas will normally be swum in 25 metre pools. By exception the programme may be amended to appropriate distances should the need arise to swim a gala in a pool not 25 metres.

ELIGIBILITY AND TEAM MANAGEMENT

21. Clubs shall submit to the Hon. Secretary, by 1st September, a declaration that all swimmers will be registered with Swim England and that they are eligible in accordance with the rules, together with an undertaking that the Club will allow swimmers to dive at League Galas ONLY when they are known to be competent to perform consistently safe racing dives into shallow water. Failure to provide such a declaration to the satisfaction of the Hon. Secretary shall exclude a Club from competing.

22. The Female category is for birth sex females in accordance with Swim England's' Transgender and Non-Binary Competition Policy. By entering the 'Female' category a swimmer confirms that their birth sex is female.
23. For an athlete to represent a Club in the National Finals day they must have swum in at least one round of the heats for that Club. The only exception to this being if the athlete was injured for the three months of the rounds (October, November and December). A medical certificate will be required. The 11/under age group is to be excluded from the requirement to have competed in the rounds.
24. In addition to any coaches each Club shall provide team manager who will take responsibility for the care and supervision of its swimmers at all times when attending a NASLS gala. Please refer to the Swim England Team Manager, Coach and Chaperone Policy dated May 2023 for guidance. The Team managers shall endeavour to ensure that all members of their Club behave responsibly and in accordance with the Promoter's Conditions and the League Rules. All Clubs are required to familiarise themselves with the Health and Safety information regarding the pool they are attending. This information will be on the League website.
25. Each Team at each gala shall provide an electronic copy (in the required format) of their intended team list to the gala recorder on behalf of the referee. This will show a named swimmer (s) for each event, their date of birth and their Swim England number. This will be given no later than 24 hours before the start of the warm up. (Failure to comply shall be referred to the league secretary who may fine persistent offenders £25.00 per offence). Changes made after the deadline shall be made using the official paperwork, and may be made ten minutes before the start of the warm up.

Any subsequent change during the gala needs to be:

- (a) approved by the referee and
- (b) notified immediately to the recorder, in writing and using the official paperwork.

Any swimmer withdrawn shall only be allowed to swim in subsequent events at the discretion of the referee.

The gala recorder is required to maintain confidentiality on the team selection of all clubs.

26. The age groups shall be as at **31st December** within the League's year of competition that is from 1st May to 30th April.

27. Limitation of swims

- (a) **Premier Division.** The restriction of swims in the Premier Division of the NASLS shall be in accord with conditions agreed at the National Arena League ACM.

For Events 1-50

Competitors may swim in 3 individual events. Swimmers in age groups other than the open age group may swim 2 events in their own age group and 1 in an upper age group.

For Event 51

Athletes may only swim in their own age group and defined category. They may not swim up.

(b) Divisions 1 and 2.

For Events 1-50

Swimmers may swim a maximum of two individual events in their own age group, except an Open Age Group swimmer may swim three individual events. In addition, swimmers may swim individual events in older age groups subject to an absolute total of no more than five individual events. A swimmer may swim in any number of relays for which they are eligible.

For Event 51

Athletes may only swim in their own age group and defined category. They may not swim up.

28. Where two or more teams from the same club are competing in the same gala, swimmers may NOT interchange.