

## NOTTS A.S.A LEAGUE GALA (STAGE 3) SPRING

1. The competition shall be known as the Nottinghamshire A.S.A. League ( Stage 3) and will be swum in the Spring.
2. The Notts A.S.A will provide Trophies for the Finalists of the League.  
Points will be scored **6 5 4 3 2 1** for **30, 24, 18** Teams and **5 4 3 2 1** for **25, 20, 15** Teams.
3. All **Individual Events** will be swum over **100 meters**  
**Relay Events** will be **4 x 50 meters**  
**Mixed Cannon** will be **6 x 50 meters 1 Girl and 1 Boy** with the **youngest Girl swimming first.**
4. **AGE AS AT DATE OF THE FINAL ROUND**  
The Age Groups are: **12/UNDER**  
**14/UNDER**  
**OPEN**  
The Events are as per the printed programme.  
Swimmers may swim a **maximum of 3 individual events with 2** in own age group.  
**OPEN** swimmers may swim **3 Events in own age group.**  
**NO restrictions on the number of relay events a swimmer can swim**
5. Only **TWO TEAM MANAGERS** and **A MAXIMUM OF TWO LANE COACHES** shall be appointed by each Club represented and only these persons shall be allowed on the poolside.
6. The order of swimming and the allocation of lanes shall be the responsibility of the Swimming Leagues Management Board or its delegated officers and all matters relating to the rules of the competition shall be referred to the Committee for decision, subject to ratification by the Notts A.S. A. Management Board.
7. All other matters, including the setting of fees shall be decided by the Notts A.S.A. Management Board acting as promoters and any other matters not covered by these rules shall be interpreted as far as possible by reference to the General Conditions for swimming promoted by the Notts A.S.A. subject to ASA Law and Technical Rules of Swimming.
8. Consideration will be given to Clubs, when in an emergency situation, they need to swim for no points.
9. The League Management reserves the right to decide any matter not covered in these rules.

*Revised March 2013*