

NOTTS A.S.A STAGE 3 GALAS 2026 Rules

1. The competitions shall be known as the Nottinghamshire A.S.A. Stage 3 Gala.
2. The competitions will be licensed at Level 4 for eligibility for entry in the Notts A.S.A. County Championships and other Open Meets accepting Level 4 Times.
3. Points will be scored **6, 5, 4, 3, 2, 1** for **30, 24, 18, 12, 6** Teams, **5, 4, 3, 2, 1** for **25, 20, 15, 10, 5** Teams and **4, 3, 2, 1** for **16, 8, 4** Teams
4. The competition will be part of the Nottinghamshire A.S.A. Gala Series for team points in the competition year.
5. All **Individual Events** will be swum over **100 meters**.
Relay Events will be **4 x 50** meters.
Mixed Cannon will be **12 x 50** meters **2 Female Swimmers and 2 Open/Male Swimmers per age group**, alternating gender groups by swimmer, with the **youngest Female age group swimming first** and then ascending age group order (i.e. **12/U Female, then 12/U Open/Male, 12/U Female, 12/U Open/Male, 14/Under Female and so on**).
6. **AGE AS AGE ON DAY OF COMPETITION**
The Age Groups are: **12/UNDER**
14/UNDER
OPEN
The Events are as per the published programme.
ALL SWIMMERS MUST BE AGED 9 YEARS AND OVER ON THE DAY OF COMPETITION.
Swimmers may swim a **maximum of 3 individual events**
NO restrictions on the number of relay events a swimmer can swim.
7. 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.
8. **A MAXIMUM OF TWO TEAM MANAGERS** and **A MAXIMUM OF TWO LANE COACHES** shall be appointed by each Team represented and only these persons shall be allowed on the poolside along with the swimmers, officials and competition volunteers.
9. The order of swimming and the allocation of lanes shall be the responsibility of the Nottinghamshire A.S.A. Swimming Gala Management Committee 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 Nottinghamshire A.S. A. Management Board.
10. Under Exceptional Circumstances, the Nottinghamshire A.S.A. Gala Management Committee may agree to change the allocation of lanes for a gala if needed for swimmer welfare. This will usually, but not limited to, be granted on medical grounds, and so not to cause confusion, it will be an entire club lane swap, for the entire gala, and not just for an individual race.
11. The Lead Referee is responsible for completing the officials register at the start of the competition and assign the roles to be undertaken for the competition. Officials are not to swap roles throughout the competition.
12. All competing teams are to provide a minimum of **3 suitable qualified officials** for the competition, the recommendation is a minimum of **2 Timekeepers** (at least one qualified as a Timekeeper) and **1 Judge** (Minimum of J1 in Training).
13. It is the responsibility of each host club to provide **1 Chief Timekeeper** (Minimum of J1 in training), and between them any additional judges, asking all competing teams for help if needed. Where there are fewer than 6 competing teams, each host club must provide 1 additional judge.

14. Host Clubs are to follow the host club guide for information on volunteer allocation.
15. The host club are to act as the promoters of the competition on behalf of Nottinghamshire A.S.A. and complete the relevant licensing documents at the end of the competition and submit these to the stage 1 gala manager.
16. The Lead Referee is to complete a report form on completion of the competition and pass to the gala coordinator for submission to the stage 1 gala manager, along with the officials list and the promoters form.
17. It will be the responsibility of the gala manager to check all licensing paperwork and then forward these onto the regional licensing officer.
18. Team sheets should be submitted electronically on the official sheets, available on the Notts A.S.A. website, a minimum of 24 hours before the competition to the "Host A" contact. Any last-minute changes can be made on the night by completing the official forms provided at the competition and passed to the recorders.
19. Recorders are to follow the recorders guide for the completion of the official recorders spreadsheet. This spreadsheet is to be submitted electronically to the stage 1 gala manager and the Nottinghamshire A.S.A. gala licensing coordinator within 48 hours of the completion of the competition for ratification and submission to the national rankings.
20. All clubs competing must have paid the annual fee for level 4 meets in the year of the competition to be able to compete in the competition and have their swimmers' times submitted to the national rankings.
21. A team that fails to turn up at a competition they have entered will be fined an amount of £50 to cover the loss of revenue to Nottinghamshire A.S.A. which would cover the cost of the pool hire and other related costs to the competition.
22. For officials and volunteers helping out with the gala, the County Expenses policy can be obtained from the County Treasurer upon request. All expense claims must be received by the county treasurer within 2 weeks of the date of competition.
23. Consideration will be given to Clubs, when in an emergency situation, they need to swim a swimmer out of age for no points in relays.
24. All other matters, including the setting of fees shall be decided by the Nottinghamshire 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 Nottinghamshire A.S.A. subject to Swim England Regulations and Technical Rules of Swimming.
25. The Competitions Management reserves the right to decide any matter not covered in these rules.

Rules Revised October 2025