



The Alternative Hertfordshire Major League (2021)

Each club may enter multiple teams

Each swimmer may only swim in 1 team

Each swimmer may only swim for 1 club

Max team size 20 comprising 10 girls 10 boys must have at least one per gender in each of the following age group 9-11 12-13, 14-15, 16& over.

Team members must be declared before the first round of competition

There will be 2 Leagues 50m or 100m

A team may only swim in one League (that is CoStA A may swim in the 50m league OR the 100m League not in both)

A Team Declaration sheet will be circulated to allow clubs to declare their teams, this must be returned to the compliance officer BEFORE Wednesday 23rd December 2020.

Events (Male & Female)

Individual

100 Back, 100 Breast, 100 Fly, 100 Free, 100IM

50 Back, 50 Breast, 50 Fly, 50 Free,

Only 1 individual swim per swimmer

In both leagues the following restrictions apply

Freestyle must be swum by an Under 12

Butterfly must be swum by a 16&Over

Relays

Rounds 1 & 2 Mixed relays (1 swimmer per age group)

4x50 Free

4x50 Medley

Round 3 Mixed relays (1 swimmer per age group)

Add two more relays as follows

4x50 Breaststroke

4x50 Butterfly

Scoring

Top 8 teams score points as follows

Individuals 9, 7,6,5,4,3,2,1

Relays 18, 14,12,10,8,6,4,2

Prior to the third round a team may nominate an Individual event as a "Joker" event. This event will score double points for that team assuming they finish in the top 8.

1 bonus point will be awarded if a swimmer beats their nearest opponent (based on time) by the following margins

Event	Male	Female
100m Backstroke	2.00s	2.20s
100m Breaststroke	2.25s	2.50s
100m Butterfly	2.00s	2.20s
100m Freestyle	1.80s	2.05s
100m Individual Medley	2.05s	2.30s
	Mixed	
4 x 50m Freestyle	4.50s	
4 x 50m Medley	5.00s	
4 x 50m Breaststroke	5.00s	
4 x 50m Butterfly	5.00s	

50m League - 1 bonus point will be awarded if a swimmer beats their nearest opponent by the following margins:

Event	Male	Female
50m Backstroke	0.90s	1.05s
50m Breaststroke	1.05s	1.15s
50m Butterfly	0.90s	1.05s
50m Freestyle	0.85s	0.95s
	Mixed	
4 x 50m Freestyle	3.50s	
4 x 50m Medley	4.50s	
4 x 50m Breaststroke	4.50s	
4 x 50m Butterfly	4.50s	

Individual results may be submitted to Level X Rankings by the individual clubs – the League will NOT be submitting any times.

Dates:

- Round 1** – Swims must take place between 4th – 24th January
- Results must be submitted by 26th January
- Round 2** – Swims must take place between 1st & 21st February
- Results must be submitted by 23rd February
- Round 3** – Swims must take place between 1st & 21st March
- Results must be submitted by 23rd March

General Rules (In line with Swim England Level X Conditions)

1. Racing must be compliant with Swim England Return to Training Guidance. As per Swim England guidance clubs/swimmers/coaches should only be considering this race opportunity if appropriate and sufficient return to training has taken place. The appropriate and sufficient decision will be guided by the club coach. It is essential that all swimmers possess the physical fitness to complete the race distance in a safe manner
2. Racing must comply fully with Government guidance relating to social distancing, in addition to the specific health and safety requirements of the venue.
3. Racing should take place within club training sessions. This is not a gala, but a racing event with a skills focus. Clubs may book additional pool time for the purposes of conducting racing, but the

number and grouping of swimmers present in a single session of racing must remain compliant with Swim England Return to Training guidance.

6. Swimmers must be a Swim England Category 1 member in order to participate.

7. Ages shall be determined as at midnight on 31 December 2021.

8. Two technical officials, qualified at a minimum of British Swimming Judge Level 1 and members of Swim England shall be appointed for the control of the session.

9. These technical officials shall be responsible for starting the race in accordance with Swim England Technical Rules. The minimum requirement for a starting device is a whistle. Assistance shall be provided at the start for hearing-impaired swimmers who request it, in accordance with the Swim England Para Swimming Return to Training Guidance.

10. One Swim England Member of any category shall be appointed per lane to act as timekeeper for that lane.

11. Timekeepers shall record the name, distance, stroke and time recorded for each swimmer on paper. The times must not be collected between races. Timekeepers should inform the technical officials if their watch failed to start when the starting signal was given, and if they did not stop the watch when the swimmer touched at the finish.

12. Additional assistance may be provided for athletes who require it to participate (for example visually impaired swimmers may need a tapper), but all personnel on deck must adhere to social distancing guidelines and must not exceed the maximum number of personnel allowed on poolside according to the venue's risk assessment.

13. Backstroke Starting Devices (Ledges) should not be used.

14. Swimmers should race in accordance with Swim England Technical Rules. Disqualifications for infractions of the technical rules should be made in accordance with the rules.

19. Racing may take place over a number of sessions. At the conclusion of each session the results shall be inputted into relevant spreadsheet for submission to the league.

20. Clubs must submit their results as a zip file within 48 hours of the final date for racing taking place.

22. The results will be placed on Hertfordshire Swimming League website combined into a "Leaders Table" for each competition (50m & 100m)

24. Results may also be submitted to Level X Rankings in accordance with Swim England Level X conditions.