



Swimming League

League Rules & Info

2018-19



Special Olympics





Dear Clubs,

We are excited to introduce the first year of our Special Olympics Leinster Swimming League. This document will offer some information on the league and the rules associated with it. Please make sure that you read this document and are clear on all aspects before entering teams into the league.

League Information

Team Registration Form

- Your fully completed Team registration form should be returned to aoife.reilly@specialolympics.ie on or before **XXXX**.
- You must provide the athlete's name, DOB, ID number, APF Expiry Date and Category.
- New players may be registered throughout the season using the new player registration form. A new athlete must be a registered athlete with an ID number and assigned to the specific club, prior to completion of the new player registration form. Athletes may be added to your team until January 31st 2019.

Protests, Appeal Forms and Timelines

- All Protests must be made on the Official Protest Form which will be to you issued at the start of the season. Any protest submitted on anything other than the Official Protest form will not be given consideration.
- The following are the procedures and timelines around Protests and Appeals in league competition from the Regulations Governing Special Olympics Ireland Sport, Section 7.4 and 7.5, page 17. It is the responsibility of each club to make themselves familiar with this document.
- **7.4. Making a protest for League competition**
 - The Head Coach (or a designated registered coach in the absence of a Head coach) may protest, in writing, on an official protest form, which must be completed in full and submitted to the league secretary within 7 days of the fixture. See Appendix D Protest Form.
 - Any protest involving the judgement of a referee will not be given consideration.
 - The Jury of Sport meets and approves or denies the protest (see 7.7 Jury of Sport).
 - Result will be communicated to the Head Coach by the League Secretary.





League Rules

All league galas will be conducted in accordance with The Special Olympics Aquatics Sports Rules; [click here](#).

Team Size

- A maximum of 30 swimmers may be declared on each team.
- A swimmer can only be registered on one team.
- Clubs may only enter one team in the Leinster Regional Aquatics League 2018-2019.
- Each swimmer must be a registered Special Olympics athlete and assigned to a club.
- All registered athletes must compete in at least one gala throughout the season.

Divisioning

- Divisioning Principles must be applied when selecting events. An athlete's ability is the primary factor in divisioning for Special Olympics competition. Athletes will be divisioned in the following order:

Step 1: Divide Athletes By Gender.

Step 2: Divide Athletes by Age.

- Divide male and female athletes into the following age groups:
 1. 8-11
 2. 12-15
 3. 16-21
 4. 22-29
 5. 30 years and over.
- An athlete's age group shall be determined by the athlete's age on the date of the opening of the competition.

Step 3: Divide Athletes by Ability

- For both genders and all age groups, rank athletes in descending order based upon submitted entry scores or divisioning events.
- Group these ranked athletes so that the highest and lowest scores are as close as possible to the 15% guideline.





Format

- Sports Rules must be followed at all times, including DQ for stroke infringements and Honest Effort. Please refer to the aquatics rules which can be accessed through the link listed above.
- Each team will be asked to provide a stroke judge and a recorder. If one club cannot provide a stroke judge or recorder both teams must agree to have the second stroke judge from one team.
- Each team must provide their own timekeepers.
- Each league meet will host a maximum of 15 events.
- See sample recording sheet when deciding on events for each league meet.
- Clubs in Division 1 must offer at least 1 event in Category 1 and 1 event in Category 3 events during each league meet.
- Clubs in Division 2 will aim to offer two Category 3 events during each league meet.
- Clubs are also encouraged to offer Breast Stroke and Butterfly where possible. Double points will be offered for these events.
- In Division 2, double points will be offered in events $\geq 100\text{m}$
- In Division 1 all events offered must be agreed between both Head Coaches ONE MONTH prior to each meet and forwarded onto the league coordinator. This will allow athletes additional time to prepare for competition. See sample recording sheet.
- In Division 2 all events offered must be agreed between both Head Coaches ONE WEEK prior to each meet and forwarded onto the league coordinator. See sample recording sheet.
- For both divisions athlete names must be shared along with the list of events ONE WEEK prior to each meet and forwarded onto the league coordinator. See sample recording sheet.
- A maximum of 30 athletes per club may compete in each league meet.

Events Offered:

- Where possible one Event from Category 1, 2 and 3 must be offered at each meet
 - **Category 1:** 10m Assisted Swim, 15m Floatation, 15m Unassisted Swim and 15m Walk.
 - **Category 2:** All 25m events, all 50m events
 - **Category 3:** 100m Free, 100m Back, 100m Fly, 100m Breast, 100m IM, 200m freestyle
- Athletes competing in the 15m floatation event must wear an approved floatation device. Arm bands are not permitted.
- In the event a club does not have sufficient number of swimmers for each event each athlete must complete one race before another athlete swims twice. It is





up to the Head Coach of each team to ensure they are given fair opportunity to compete to their own athletes.

Points System:

- The League will be run on a points system per each event:
 - **Division 1**
 - Points awarded 8,6,4,2 for 1st, 2nd, 3rd, 4th in breast stroke and butterfly events.
 - Points awarded 4,3,2,1 for 1st, 2nd, 3rd, 4th in all remaining events.
 - **Division 2**
 - Points awarded 8,6,4,2 for 1st, 2nd, 3rd, 4th in breast stroke, butterfly, and Category 3 events.
 - Points awarded 4,3,2,1 for 1st, 2nd, 3rd, 4th in all remaining events.
 - **For all divisions**
 - No points for disqualification.
 - Only record points for first swimmer per club per event
 - In the event athletes from Club A finish 1st, 2nd, 3rd and athlete from Club B finishes 4th Club A receives 4 points, Club B receives 1.
 - No. of points for all events totalled for each club at end of meet.
 - The club with most points awarded 3 stars.
 - Where points are equal after all events are held; 2 stars awarded per club.
 - Club with least points; 1 star.
 - Once league dates are finalised any team which cannot attend a meet will receive 0 points for that meet and the other team will be awarded the full 3 points.

League Schedule- Fixture List

- The League Fixture List will be shared in the format below and will apply for the season.
- In the event of cancellation and non-fulfilment of a fixture, 3 stars will be awarded to the winning team.
- The winner of the division will be identified as the club having the highest amount of stars after all fixtures have been met.
- If two or more teams have an equal number of stars after all fixtures have been met a count-back of points awarded during each league meet will take place to identify the division winner.





Date	Home Team	Away Team

Results:

- The home team is responsible for sending the results to the league coordinator within 7 days of each meet.
- Results sheets must include the event name, all athletes competing in each event, points awarded per event, and the overall stars awarded to each team.
- Where possible all times recorded are to be included also.
- League Coordinators:
 - **Division 1:** XXXX
 - **Division 2:** XXXX

Finals Day

- As clubs have been divisioned based on the ability of swimmers within the club no finals day will be required between the two teams.
- A trophy will be presented after the last league fixtures to the teams finishing first in each division.
- No individual medals will be presented.
- League trophies must be engraved by the winning club before they are returned to the office each season.

Officials:

- The home team must provide the Event Management Team for each meet.
- Each TEAM must provide a stroke judge and recorder for each league meet.
- Each team must provide their own timekeepers for each league meet.
- The Head Timekeeper will act as the referee during each league meet.
- All volunteers, officials, timekeepers must be fully vetted and registered with SOI.
- Family members registered with SOI but not fully vetted are not covered to volunteer on league days. (Additionally, these members should not be attending any training sessions within your clubs.)

