

Cumbria ASA - Diddy League Rules 2025

1) **OBJECTIVES**

To provide a fun and exciting introduction to competitive swimming for 9, 10 and 11 year olds.

2) **JOINING and MEMBERSHIP**

- a) The league will include teams from the following clubs : Cockermouth SC, Barrow ASC, Carlisle Aquatics, Copeland ASC, Kendal ASC, Ulverston ASC, Workington ASC and Penrith SC
- b) A joining fee shall be paid by all teams joining the League for the first time or after a period of absence.

3) **SCOPE**

- a) The competition will comprise a maximum of twelve teams competing in two league rounds usually in March and May.
- b) Where more than 6 teams enter the League, the rounds will be divided into 2 galas with as near as possible an equal number of teams in each gala.
- c) The rounds will be swum in 25 metre pools.
- d) Where two galas are held, the allocation of teams in Round 1 will be on a geographical basis. The Diddy League Secretary will inform clubs of the venues and lane draws before the 1st December for the following year.
- e) Where two galas are held, teams will be allocated to venues in Round 2 based on their league position after Round 1 (see Rule 5 - Scoring). The odd placed clubs will be allocated to one venue and the even placed clubs allocated to the other venue, or as determined by the League Secretary. Lanes will be spearheaded according to league position.
- f) The venues for Round 2 will be allocated by the Diddy League Secretary, taking into account the teams involved in each gala.
- g) The Final will be based upon league rankings after the first two rounds, and lanes will be allocated in a spearhead formation. All 8 teams will compete.

4) **EVENTS**

- a) All events shall be swum under Swim England Rules and Swim England Technical Rules of Swimming.
- b) There will be no diving permitted from the shallow end under any circumstance. Relay takeovers at the shallow end must be performed in the water.
- c) The programme of events and distances to be swum are as follows:

Individual Events	9 years		10 years		11 years	
	Male/Open	Female	Male/Open	Female	Male/Open	Female
Freestyle	50m	50m	50m	50m	50m	50m
Breaststroke	50m	50m	50m	50m	50m	50m
Backstroke	50m	50m	50m	50m	50m	50m
Butterfly	25m	25m	50m	50m	50m	50m
	Start at shallow end of pool					
Relays	9 years		10 years		11 years	
	'A' Team *	'B' Team*	Male/Open	Female	Male/Open	Female
Freestyle Relays	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m
Medley Relays	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m
Free Cannon	Female & Male/Open (separate) 6 x 25 metres - 2 from each Age Group					
Mixed Free Cannon	6 x 25 metres (1 Female Swimmer 1 Male/Open swimmer from each age group in ascending order).					

* For 9 Years 'A' and 'B' Teams – the team shall consist of 4 swimmers of any gender and/or combinations of genders. It is expected that the fastest four 9 year olds will be swum as the 'A' Team.

d) Order of Events

1. Female 6 x 25m Freestyle Relay (2 swimmers each Age Group) can swim in any order	2. Male/Open 6 x 25m Freestyle Relay (2 swimmers each Age Group) can swim in any order
3. Female 10yr 50m Freestyle	4. Male/Open 10yr 50m Freestyle
5. Female 9yr 50m Breaststroke	6. Male/Open 9yr 50m Breaststroke
7. Female 11 4 x 25m Freestyle Relay	8. Male/Open 11 4 x 25m Freestyle Relay
9. Female 10yr 50m Breaststroke	10. Male/Open 10yr 50m Breaststroke
11. 'A' 9yr 4 x 25m Medley Relay	12. 'B' 9yr 4 x 25m Medley Relay
13. Female 11 50m Backstroke	14. Male/Open 11 50m Backstroke
15. Female 10yr 50m Backstroke	16. Male/Open 10yr 50m Backstroke
17. 'A' 9yr 4 x 1L Freestyle Relay	18. 'B' 9yr 4 x 1L Freestyle Relay
19. Female 11yr 50m Breaststroke	20. Male/Open 11 yr. 50m Breaststroke
21. Female 10 4 x 25m Freestyle Relay	22. Male/Open 10 4 x 25m Freestyle Relay
23. Female 9yr 25m Butterfly	24. Male/Open 9yr 25m Butterfly
25. Female 11 50m Butterfly	26. Male/Open 11 50m Butterfly
27. Female 10 4 x 25m Medley Relay	28. Male/Open 10 4 x 25m Medley Relay
29. Female 9yr 50m Backstroke	30. Male/Open 9yr 50m Backstroke
31. Female 11yr 4 x 25m Medley Relay	32. Male/Open 11 yr. 4 x 25m Medley Relay
33. Female 10yr 50m Butterfly	34. Male/Open 10yr 50m Butterfly
35. Female 9yr 50m Freestyle	36. Male/Open 9yr 50m Freestyle
37. Female 11 50m Freestyle	38. Male/Open 11 50m Freestyle
39. Mixed 6 x 25m Freestyle Relay 1 Female & 1 Male/Open each Age Group in ascending order.	

5) SCORING

- a) Individual Galas: Preliminary rounds will be scored to determine the winner of the gala. Where 8 teams compete, gala points will be awarded 8, 7, 6, 5, 4, 3, 2, 1 for each event. If 7 teams compete points will be awarded 7, 6, 5, 4, 3, 2, 1 and so on.
- b) Rounds will be scored by ranking the times achieved across all teams and in all galas competing in the round.
- c) Where 2 or more swims have equal times in an event:
 - At the same gala, the points shall be in accordance with the official placings in that event at that gala.
 - At separate galas in the same round, the points shall be added and divided by the number of teams involved in the tie; with each team being awarded the same number of points notwithstanding the placing's awarded at one of the galas where 2 or more teams have recorded equal times.
 - A "count back" rule will be applied in the event of equally scored teams. The first count back will be on the number of first places achieved, if this cannot separate the teams then the number of 2nd places will be looked at, failing that the number of 3rd places etc.
- e) Points for the final will be awarded the same as the Preliminary rounds.
- f) Trophies will be presented at the Final:
 - The Karen Bowes Cumbria Diddy League Trophy will be awarded to the team scoring most "League" points after rounds 1 and 2.
 - The Hoad Monument Trophy will be presented to the team who win the Final.
 - The Tommy Messenger Trophy will be presented to the team who come 2nd in the Final.
 - The Alex Hannah Memorial Shield will be presented to the team who come 3rd in the Final.

6) TEAM MANAGEMENT / CHAPERONES

- a) A management team up to a maximum of 5 will be allowed on poolside with each team, and must consist of both male and female team managers/chaperones.
- b) A Chaperone may escort competitors to their starting end of the pool, but shall withdraw once competitors come under the Referee's control or the start of an event. Swim England laws will be applied to MC (Multi – Classification) swimmers.
- c) There may be no more than 1 Team Manager/Chaperone at both ends of the pool during the gala.

7) GALA OFFICIALS

- a) The Referee and Starter will be appointed by the League Secretary for each gala.
- b) The League Secretary will allocate duties to participating teams to provide 1 Announcer, 1 Recorder, 1 Check Recorder and 2 Door/Raffle.
- c) Each participating team shall provide at least 3 officials. From each team, 2 officials must be at least J1/T and the other can be a TK.
- d) The Referee may dispense with Timekeepers for the Final if AOE is used.

- e) The competing clubs shall be responsible for the organisation of the warm-up in that club's lane.
- f) A Gala Director may be appointed by the League Secretary to act as the promoter's representative. The person will be responsible for the conduct and management of each gala in association with the referee.

8) AGES AND LIMITATION OF SWIMS

- a) The age groupings shall be 9 years, 10 years, and 11 years and all ages for the whole competition shall be as at the 1st March of each competition year.
- b) 9 and 10-year-old swimmers are restricted to 2 individual events in their own age group and 1 individual in the age group above.
- c) There is no limitation on the number of relay events in which a swimmer may participate in their own age group; each swimmer may swim in 2 relays in an age group higher than their own.
- d) The Single Gender Cannon must consist of 2 swimmers from each of the age groupings.
- e) The Mixed Cannon must consist of 1 Female swimmer and 1 Male/Open swimmer from each of the age groupings and be swum in that order (this is not included in the specified relays in section 8c).
- f) All team submissions will be made on the Cumbria ASA Diddy League Team Portal.
- g) Amendments to the team may be made up until the commencement of Event 1. This will then be locked. Any amendments during the gala will be at the discretion of the referees.
- h) If a team is found to have swum the incorrect swimmers in an event, the team will be disqualified from that event.

9) LEAGUE REGISTRATION OF SWIMMERS

- a) This competition is an open competition within the meaning of Swim England Law.
- b) The term 'competition year' refers to the period from 14 days before the 1st March of each competition year until the conclusion of the Final round; a swimmers age will be at the 1st March of each competition year.
- c) A competing club is not required to register the details of swimmers taking part in the competition with the League Secretary, but competing clubs are reminded that they must comply with the current requirements of Swim England regarding registration of swimmers taking part in an open competition.
- d) A club with more than one team in the League is not permitted to interchange swimmers between its teams during the competition year.
- e) Competing swimmers must be members of the club they represent in the League.
- f) Swimmers may not represent more than one club in the League in any one competition year.
- g) Clubs may only enter more than one team in the League if spaces are available.

10) GALA STARTING TIMES

- a) All galas will start promptly at the times notified by the League Secretary. No points will be awarded for events missed.

- b) Clubs failing to appear at a gala without 14 days' prior notice to the League Secretary shall be fined £100

11) FINANCIAL

- a) Each club shall be responsible for its own expenses in attending galas.
- b) The host club is to provide float for the door money. The host club will also provide a laptop for the recorders.
- c) Cumbria ASA shall reimburse the League Secretary, or representative, necessary expenses incurred in administering the League.
- d) Cumbria ASA is responsible for the cost of pool hire.
- e) The admission charge for spectators attending galas shall be determined annually at the Annual Council Meeting of Cumbria ASA
- f) All monies received by the organising clubs in respect of spectator entrance are the property of Cumbria ASA and must be sent to the County Treasurer together with a statement of account of the gala, within 7 days of the competition.