**Virtual Cumbria ASA Diddy League Rules – 2020**

1) SCOPE

a) All Clubs who competed in 2019 competition will be invited to compete.

b) Clubs may enter more than one team. There will be no cost for entering.

c) The competition will commence on November 1st; all times must be submitted by December 16th

d) There will be no division of clubs into separate leagues.

e) The competition will be swum in 25 metre pools.

f) Teams may comprise Category 1 and/or Category 2 swimmers.

g) The competition will be based upon Swim England Level X Racing concept of registering times during normal club training sessions which are compliant with current pool risk assessments.

See “Returning to the Pool, Guidance for clubs” revision 9, published September 29 2020 for the latest guidance from Swim England. <https://swimming.app.box.com/s/aydu72bn10zwui6mgv34pmi8od8e9ko7/file/722439264480>

2) EVENTS

The programme of events and distances to be swum are as follows:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Individual Events** | 9 years | | 10 years | | 11 years | |
|  | Boys | Girls | Boys | Girls | Boys | Girls |
| 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 |
| **Relays** | 9 years | | 10 years | | 11 years | |
|  | ‘A’ Team \* | ‘B’ Team \* | Boys | Girls | Boys | Girls |
| 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 |
| Freestyle Cannon | Girls & Boys (separate) 6 x 25 metres - 2 from each Age Group | | | | | |
| Mixed Free Cannon | 6 x 25 metres (1 boy + 1 girl 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.

c) Order of Events

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

3) GALA OFFICIALS

a) Clubs are only required to provide a starter, and an official to verify the results. These officials can be qualified at any level.

b) Timekeepers are only required to be Swim England members.

c) If clubs wish to use qualified officials they are free to do so.

4) TIMES

a) Clubs will be provided with an Excel spreadsheet that they should complete when they wish to submit race results for their teams.

b) Clubs should aim to complete a block of 6 events each week as follows:

November 8th – events 1 to 6

November 15th – events 7 to 12

November 22nd – events 13 to 18

November 29th – events 19 to 24

December 6th – events 25 to 30

December 16th – events 31 to 39

c) If it is not possible to complete a block then the uncompleted events should be rolled over to the next week and completed as soon as possible thereafter.

d) Partially completed spreadsheets should be submitted to the Diddy League secretary each Monday during the competition period to allow publication of the current positions of teams in a league table on a weekly basis.

e) Where it is not possible to swim a relay with successive takeovers (Covid restrictions), relay times may be calculated from the times of individual legs added together.

f) Once a time has been recorded for an event the club should submit this. There should be no attempt to improve a time.

5) SCORING

a) The competition will be scored by ranking the times achieved by all teams.

For example: where 12 teams compete the points for each event will be scored 12, 11,10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

Where 11 teams compete the points will be 11, 10, 9, 8, 7, 6,5, 4, 3, 2, 1 and so on.

b) Where 2 or more swims have equal times in an event the points shall be added and divided by

the number of teams involved in the tie.

c) A league table will be published on the Cumbria website showing points accrued as soon as possible after December 16th.

d) There will be no Trophies presented for this trial competition.

6) AGES AND LIMITATION OF SWIMS

a) The age groupings shall be 9 years, 10 years, and 11 years and all ages for the competition shall be as at the 31st December 2020.

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 girl and 1 boy from each of the age groupings and ideally be swum in that order.

f) A team sheet is not required but where clubs have entered more than one team swimmers can only swim for one team.

g) Clubs must accept responsibility for any swimmers who intend to dive into the water, which may be as shallow as 0.9m, and ensure that they have the necessary expertise/qualification to do so.

h) Competing swimmers must be members of the club they represent.