

**Scottish Amateur Swimming Association  
Midland District Discipline Regulations**

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**M.R.1 MIDLAND DISTRICT SWIMMING CHAMPIONSHIPS**

M.R.1.1 MEN OPEN EVENTS			M.R.1.2 WOMEN OPEN EVENTS		
100 metres	backstroke	Architect's Trophy	100 metres	backstroke	Leith-Midland Shield
200 metres	backstroke		200 metres	backstroke	
100 metres	breaststroke		100 metres	breaststroke	
200 metres	breaststroke	Chalmers Trophy	200 metres	breaststroke	R S Smith Cup
100 metres	butterfly	Hughes Trophy	100 metres	butterfly	Architect's Trophy
200 metres	butterfly	George Prescott Trophy	200 metres	butterfly	
100 metres	freestyle	Dundee Corporation Cup	100 metres	freestyle	T Norman Bell Cup
200 metres	freestyle		200 metres	freestyle	
400 metres	freestyle	Andrew G Kidd Cup	400 metres	freestyle	Syme Trophy
800 metres	freestyle		800 metres	freestyle	
1500 metres	freestyle		1500 metres	freestyle	
400 metres	individual medley	George B Aird Cup	400 metres	individual medley	Tensa Cup
4 x 50m	freestyle relay	Balruddery Shield	4 x 50m	freestyle relay	J H Montgomery Cup
4 x 50m	medley relay		4 x 50m	medley relay	
M.R.1.3 JUNIOR MEN			M.R.1.4 JUNIOR WOMEN		
100 metres	backstroke	Etta Cooper Cup	100 metres	backstroke	Etta Cooper Cup
200 metres	backstroke		200 metres	backstroke	
100 metres	breaststroke		100 metres	breaststroke	Edith Thomson Memorial Trophy.
200 metres	breaststroke		200 metres	breaststroke	
100 metres	butterfly	Tensa Cup	100 metres	butterfly	George B Aird Trophy
200 metres	butterfly		200 metres	butterfly	
100 metres	freestyle	Sanderson Memorial Cup	100 metres	freestyle	Sanderson Memorial Cup
200 metres	freestyle		200 metres	freestyle	
400 metres	freestyle		400 metres	freestyle	W F Thomson Rosebowl
800 metres	freestyle	Walter Ewen Trophy	800 metres	freestyle	
1500 metres	freestyle	James Graham Memorial Cup	1500 metres	freestyle	
200 metres	individual medley		200 metres	individual medley	
400 metres	individual medley		400 metres	individual medley	
4 x 50m	freestyle relay		4 x 50m	freestyle relay	Leith Midland Shield
4 x 50m	medley relay		4 x 50m	medley relay	Leith Midland Shield

**M.R.2 MIDLAND DISTRICT SPRINTS****Male**

50 metres freestyle fastest swim of the meet either final or heats

50 m. Backstroke

50 m Butterfly

100m Individual Medley

**Female**

50 metres freestyle fastest swim of the meet either final or heats

100m. Individual Medley

The Lochee Cup

The Brighty Trophy

The Millar Scott Memorial Trophy

The St. Thomas Trophy

The Tayside Trophy

The St. Thomas Trophy

**M.R.3 MIDLAND DISTRICT OPEN CHAMPIONSHIP**

The OPEN CHAMPIONSHIP events are CONFINED to MIDLAND DISTRICT swimmers and the various Championships may be swum for at the District Championships, at the discretion of the District Swimming and Championship Committee. In an OPEN CHAMPIONSHIP event a GOLD medal shall be awarded along with the appropriate Trophy, if applicable, to the fastest swimmer in that event from the heats or final.

M.R.3.1 All Championships, with the exception of Open Water Swims and the Schools Championships, shall be held in conjunction with the SASA Calendar of Events, and shall be swum in units of metres. The dates and venues shall be decided by the Midland District Swimming and Championship Committee each year.

M.R.3.2 All heats shall be seeded according to FINA Rules and Seniors and Juniors may swim together. The fastest swimmers from the heats shall swim in the Final. If the fastest swimmer in an OPEN event is a Junior he or she will be classed as the OPEN and JUNIOR CHAMPION. Further placings shall be as places in the Finals. Neither the Championship Trophy nor Gold Medal shall be awarded to a swimmer not achieving the qualifying time for that event.

**M.R.3.3 ENTRIES**

Entries must be made as per District Entry procedures.

If the OPEN Championships are swum at the same time as the District Championships, only one "Entry Fee" is payable for both events. A swimmer entering the Championships is automatically entered for the Open Championship events where applicable.

Entries must reach the District Championship Convener not less than 14 days or time scale more than that decided by the current Swimming and Championship Committee.

Team lines showing swimmers names, dates of birth and swimming order must be submitted to the recorders before the start of the session in which the event takes place.

**M.R.3.4 ENTRY FEES**

The entry fees each year for the Individual and Team events shall be decided by the Swimming and Championship Committee.

Notification of the fees for the current year's Championships to be notified to the District at the first Delegates meeting of the year.

If SASA levy a charge for such events then this shall be additional.

The Entry Fees, which shall be retained by the District, should be sent to the Swimming and Championship Committee as per the Convener or Entry Secretary's instructions.

**M.R.3.5 AWARDS****Individual Events**

District Championship	GOLD; SILVER; BRONZE
Midland District OPEN CHAMPION	GOLD MEDAL
Midland District JUNIOR CHAMPION	GOLD MEDAL

**Relay Events**

District and OPEN Relays	GOLD; SILVER; BRONZE provided the qualifying time is achieved by each team
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**M.R.4.0 MIDLAND DISTRICT OPEN DIVING CHAMPIONSHIPS**

Suspended at present

**M.R.5.0 MIDLAND DISTRICT "NANCY RIACH" SCHOOLS CHAMPIONSHIPS****M.R.5.1 EVENTS**

100 metres	freestyle BOYS	Milne Trophy
100 metres	freestyle GIRLS	Nancy Riach Trophy
4 x 50 metres	freestyle relay BOYS	Joyce Shield
4 x 50 metres	freestyle relay GIRLS	Etta Cooper Rosebowl

M.R.5.2 The championships shall be organised annually by the District Swimming and Championship Committee

M.R.5.3 The Competition shall take place annually under the entire control of the District.

To be eligible to compete, entrants must be under 16 years of age on 31<sup>st</sup> December in the year of the Competition and come from any school in the District.

**M.R.5.4 ENTRY FEES**

Entry fees shall be as District Championships.

Entry fees shall be sent to the District Championship Convener at least 14 days prior to the Championships, with entries according to District Entry procedures. All Fees shall be retained by the District.

Competitors need not have paid Annual Membership Fees to the SASA

M.R.5.5 Medals won in the Nancy Riach Competition shall be engraved with the name of the Championship and the year.

**M.R.6.0 MIDLAND DISTRICT CHAMPIONSHIPS****M.R.6.1 EVENTS**

The Championships shall be organised by the Swimming and Championship Committee on the dates advised in the Scottish Calendar of Events. There will be a Graded Championship, District Championship, Open Championship, and Sprint Championship. The Open Championship may be held in conjunction with the District Championship.

The programme of events, the age groups for individual and relay events, and the Qualifying/Disqualifying Times for these events will be decided on an annual basis by the District Swimming and Championship Committee.

The Swimming and Championship Committee reserves the right to swim events as "Heat Declared Winner" if thought fit. This information must be clearly stated on the Meet Information issued prior to the Championships.

M.R.6.2 Only two (2) Relay Teams per Club will be permitted in any one event in the Age Group Championships.

M.R.6.3 **AWARDS** In all District Championships, medals GOLD, SILVER and BRONZE shall be awarded for all events.

**M.R.7.0 AGE GROUP LEAGUES**

The District may run Age Group Swim Leagues under SASA Rules throughout the year. League Rules to be set by the participating Clubs in November of each year.

**M.R.8.0 SWIMMING TECHNICAL OFFICIALS**

M.R.8.1 Clubs entering District events must provide, along with their entries, the names and category of officials available for each session as follows:

<u>Total number of club swimmers at event</u>	<u>Number of officials required per session</u>
1-4	1 official for every session of the meet
5-8	2 officials for every session, at least one of whom must be judge 1 or above
9-12	3 officials for every session, at least one of whom must be judge 2 or above
13-16	4 officials for every session, at least one of whom must be judge 1 or above, <b>and</b> at least one must be judge 2 or above
17-20	5 officials for every session, at least one of whom must be judge 1 or above, <b>and</b> at least one must be judge 2 or above
21+	6 officials for every session, at least two of whom must be judge 1 or above, <b>and</b> at least one must be judge 2 or above

Judge 1 or above includes AOE operator

Judge 2 or above includes AOE operator

The list should be e-mailed to the District STO convenor [midlandSTO@aol.com](mailto:midlandSTO@aol.com) at least 14 days in advance unless otherwise notified.

Please note that these are the minimum requirements: extra official are always welcome.

Trainee officials will count at their qualified level. For example, a Judge 1 trainee counts as a timekeeper, Judge 2 trainee counts as Judge 1. Mentoring may be provided depending on numbers of qualified officials and must be requested in advance by e-mail to the STO Convenor, [midlandSTO@aol.com](mailto:midlandSTO@aol.com)

Clubs unable to carry out this rule may request assistance from another club, providing expenses if necessary.

Failure to provide the required number of appropriately qualified officials will result in a fine of £20 per missing official, per session.

**M.R.8.2 STO POOLSIDE UNIFORM**

In accordance with the British Swimming and Scottish Swimming Rules, the poolside uniform for technical officials at Midland District Events is:

**Men**

White open necked short sleeved shirt  
White trousers, white accessories  
White poolside shoes and white socks

**Women**

White dress or white blouse/shirt  
White skirt or trousers, white accessories  
White poolside shoes and white socks

It is not permissible to wear shorts

White skirts must be below knee length when seated.

**M.R.8.3 STO EXPENSES**

Expenses are available for technical officials attending District events.

Travel- second class train, bus or mileage at SASA rate, currently 40p per mile

Car parking at cost

Lunch will be provided for officials attending both the morning and afternoon sessions of the District meet, but must be booked in advance.

Overnight accommodation will be considered in exceptional circumstances and must be approved in advance by the STO Convenor and Meet management.

Expenses claims should be submitted to the STO Convenor or Meet management for approval.

It is expected that expenses will not be claimed if you are accompanying your own child to the meet.

**M.R.9.0 ELECTRONIC TIMING**

Electronic timing shall be used whenever possible at District Championship events.

- M.R.10.0     **OPEN WATER SWIMMING**  
The Championships shall be conducted under SASA and Midland District Rules as applicable (see Convenor for General Rules and Conditions for Open Water Swimming Championships).
- M.R.11.0     **MIDLAND DISTRICT OPEN MASTERS CHAMPIONSHIP**  
M.R.11.1     The Competition shall take place annually under the control of the Masters Swimming Committee.  
M.R.11.2     The format of the Competition will be determined by the Masters Swimming Committee.  
M.R.11.3     The Competition shall be closed to anyone 24 years of age or under.
- M.R.12.0     **COMPETITION DATES**  
M.R.12.1     Competition dates for the forthcoming year shall be fixed at the Annual Calendar Meeting. Priority for dates shall be given to the District Championships and established OPEN meets. If necessary, a ballot may be held to determine all other dates.  
M.R.12.2     Permission to hold competitions shall be subject to satisfying rules laid down by SASA, the District and pool management.
- M.R.13.0     **WATER POLO**  
M.R.13.1     **COMPETITIONS**  
League – First, Second, Third and Fourth Divisions. Water Polo Cup.  
M.R.13.2     Offers for hire of District Water Polo Cup Final shall be sent to the District Water Polo Convener in a sealed envelope bearing on the outside the name of the event, not later than the second Saturday in February. The District is not bound to accept the highest offer.  
M.R.13.3     Entries shall be sent to the District Water Polo Convener not later than the second Saturday in February. Entry Fees and format for all competitions shall be set at the latest meeting of the year prior to the year of the competition. The winners of each competition shall be presented with a maximum of 15 bronze medals. Should there be less than 13 players' names on the team sheets throughout the whole of the competition the total number of medals will be equivalent to the number of players.  
M.R.13.4     The draw for the first round for the Water Polo Cup shall take place at the February meeting of the District.
- M.R.13.5     **RULES FOR DISTRICT LEAGUES**  
M.R.13.5.1    All players taking part in District Competitions must be registered with the SASA. Clubs must notify the District Water Polo Convener in writing, of the player's registration before any player or players can take part in a competition.  
M.R.13.5.2    First Division - open to all registered players  
M.R.13.5.3    Second Division - open to all registered players who are under 21 years of age on 31st December in the year of the competition.  
M.R.13.5.4    Third Division - open to all registered players who are under 18 years of age on 31st December in the year of the competition  
M.R.13.5.5    Fourth Division- Open to all registered players who are under 15 years of age on 31st December in the year of the competition.  
M.R.13.5.6    A player in a lower league can play for his club in a higher competition.  
M.R.13.5.7    Clubs with more than one team in the same Division must state which is their nominated first team, second team etc. Nominations for these teams shall be examined by the Water Polo Committee who shall have power to ask for an explanation with regard to the placing of any player and may withhold permission to play for the team nominated, should such explanation be considered unsatisfactory. In such event, the matter shall be remitted to the next District Meeting for action.
- M.R.13.5.8    **REINSTATEMENT**  
Clubs may submit requests during the season for reinstatement of a player or players to a lower grade. The Water Polo Committee shall consider such requests after examination of the list of players submitted for each team entered by the club.  
M.R.13.5.9    The duration of play for all District League and Cup Competitions shall be in accordance with the SASA rules or may be decided by the District Water Polo Committee at the start of each season.  
M.R.13.5.10   The duty of the Home Club to arrange Table Officials and Goal Judges for all League and Cup Games except the District Cup Final when they will be selected by the SASA Water Polo Director of Technical Officials.
- M.R.14.0     **PERTH AREA; ANGUS AREA; DUNDEE AREA**  
M.R.14.1     The Perth Area of the Midland District shall comprise the Perth and Kinross District Council Areas. Angus shall comprise the Angus Council Area. Dundee shall comprise the Dundee Council Area.

- M.R.14.2 A Convener and six or more Committee members shall be appointed by the Clubs in the Perth Area to supervise and conduct Area Championships.  
The Committee shall have full powers concerning the allocation, finance and organization of these Championships. The District shall not be responsible for expenses or losses occurring from the Area Championships.
- M.R.15.0 **PRESS OFFICER**  
The District may appoint a Press Officer annually to report on the activities of the District to the local and national press.