

Inter Area Gala

GLASGOW UNIVERSITY ATHLETIC CLUB CENTENARY TROPHY

(Revised November 2007)

RULES OF COMPETITION

1. Classes will be in accordance with the S.D.S. banding system of 10 classes. Eligible swimmers must have a physical disability or sensory impairment. A maximum of two deaf swimmers (four swimmers) are permitted within each team.
2. So far as there are competitors, events will be held in the 10 classes in both Free Style Front and Free Style Back over the following distances:-
Classes 1 - 4: 50 metres
Classes 5 - 10: 25 metres
3. Each Area is entitled to enter a maximum of 40 competitor events but no swimmer may compete in more than one Free Style Front event and one Free Style Back event plus one relay.
4. Each Area is entitled to enter mixed relay teams of five swimmers in each of the following two relays. In the restricted relay swimmers must swim in the order slowest class to fastest class.

The relay composition will be as follows:

Open Relay: 5 swimmers from Classes 5 – 1 inclusive only
(5 x 25 metres)

Restricted Relay: 1 swimmer only from each of Classes 9 to 6
and one other from Classes 6 to 10 inclusive
(5 x 25 metres).

In the event of an Area not having a swimmer in a particular Class, then a swimmer of a higher numerical Class may swim.

Each team may include a maximum of two sensory impaired swimmers in each relay team, only one of whom may be a deaf swimmer.

Relay team lists will be requested towards the end of the gala and only swimmers who have recorded times within time bands on the day may be included in any relay. Times for free style back and front may be considered.

5. Boys, girls, men and women shall all swim together as necessary to make up races of the same Class and stroke.
6. Points will be awarded to Areas as follows:-
INDIVIDUAL EVENTS (number of competitors)
Place (6) (5) (4) (3) (2)
1st 7 6 5 4 3
2nd 5 4 3 2 1
3RD 4 3 2 1
4TH 3 2 1
5TH 2 1
6TH 1
RELAYS
1ST = 12 POINTS 2ND = 10 POINTS 3RD = 8 POINTS
4TH = 6 POINTS 5TH = 4 POINTS 6TH = 2 POINTS
Fewer than six teams entered the points will be adjusted accordingly.

The team gaining the greatest number of points wins the Glasgow University Athletic Club Centenary Trophy. The team gaining the most points over the two relays will be presented with the B.N.O.C. Cup. Where there is a tie on points, the team with the greatest number of 1st places will be declared the winner. If it is still a tie then second places will be considered etc. The winner of each individual race, and each member of the winning relay team, will be presented with an SDS medal.

7. When a 25 metre swimmer's time exceeds the upper limit of a time band by more than three (3) seconds then he/she will be awarded a medal, if appropriate, but score no team points. The same rule will apply to 50 metre swimmers who exceed the upper limit by more than five (5) seconds. In the event of this rule being enacted points will not be adjusted for other swimmers.
8. In the event of any dispute as to the interpretation of these rules, the matter shall be considered by an adhoc Jury of Appeal consisting of the Gala Convener and one representative of each competing Area. The decision of the Jury shall be final.

Time bands are as follows: 25 metre pool

CLASS DISTANCE FROM TO

1	50 metres	Up to 49.99 secs
2	50 metres	50.00 56.99 secs
3	50 metres	57.00 66.99 secs
4	50 metres	67.00 78.00 secs
5	25 metres	28.00 32.99 secs
6	25 metres	33.00 37.99 secs
7	25 metres	38.00 43.99 secs
8	25 metres	44.00 50.99 secs
9	25 metres	51.00 57.99 secs
10	25 metres	58.00 and up