

DUNBAR AMATEUR SWIMMING CLUB

CHAMPIONSHIP RULES AND REGULATIONS

The Championships are normally held annually over four consecutive club evenings in June.

The first three evenings constitute the events outlined below and the fourth evening is for finals and is followed by the trophy presentation.

To be eligible for entry a swimmer must:

1. You must be a member of DASC.
2. Must have swum regularly over the course of the last year (does not apply to new members who have joined for the first time since 01/01/2017)¹
3. Have paid all or part of the club membership fees.

An Entry Form should be posted to all members of the Club at least three weeks prior to the first day of the competition and must be returned to the Club within 14 days. The entry forms are then used by the relevant Gala Sub-Committee members to arrange the heats for the championships.

When points are awarded then they are;

First place	6 points
Second place	5 points
Third place	4 points
Fourth place	3 points
Fifth place	2 points
Sixth place	1 points

CHAMPIONSHIP RULES

¹ Exclusions are permitted for the following: ill health, injury or school examinations, however swimmers may be asked to provide proof of any of the aforementioned.

- Each lane should, if possible, have two timekeepers.
- Stopwatches should be checked prior to the Championship and timekeepers instructed in the use of their watch on each evening.
- A referee and a touch judge should be appointed. The referee should be the overall judge of the fairness of each event. The referee and touch judge should visually watch the finish of each event and declare the placings. Their decision is final. Timekeepers times should be used as a backup to the visual placings of the Referee and Touch Judge at all times.
- The referee may disqualify any swimmer for incorrect stroke, start or finish in any race, also for impeding another swimmer.
- A swimmer has the right to appeal any decision, in this instance the referee and touch judge decision will be final.
- There should be an official starter.
- Records of the placings and times in each event must be recorded in duplicate. There should be two recorders to record the placings and times for each event. One recorder and one official should take the record sheets and decide on the winners and finalists for each event.
- Finalists and Trophy winners should be notified in writing.
- Swimmers may start in the water, with one hand on the wall or block.
- A two handed touch must be used in both breaststroke and butterfly.
- Swimmers must swim in the allocated heat at the time scheduled by the Gala Sub-Committee.

The championships consist of the following events:

1. BRITISH LEGION
Swim Category - Rookie
25m each of backstroke, breaststroke and front crawl.
Swimmers must take part in all three events.
Trophy awarded on overall points, then draws to be decided on overall fastest times.
Competition decided by heats with no final
2. BEGINNERS 25M TROPHY
This event is only open to swimmers in the First Session.
Any swimmer who has swum in this event in previous years may not enter again.
Trophy awarded on fastest time.
Heats followed by a final.
3. BROOKE & BROWN and D.A.S.C. TROPHIES
Swim Category - Rookie
25m each of backstroke and front crawl.
Swimmers must take part in both strokes.
Trophy awarded on overall points, draws to be decided on overall fastest times.
Brooke male
DASC female
Competition done by heats with no final
4. BELHAVEN BREWERY SHIELD
Swim Category – Rookie and Junior
50m Freestyle (any style of swimmer's choosing).
Trophy awarded on fastest time.
Heats followed by a final.
5. D.A.S.C. MILLENNIUM TROPHIES
There are three swim categories:
Rookie
Junior
Senior: Senior subdivided into Senior I, Senior II and Senior III
There is a trophy for each of the four strokes :
BUTTERFLY
Rookie - 25m
Junior - 25m
Senior I – 50m
Senior II – 50m
Senior III - 50m
BACKSTROKE
Rookie - 25m
Junior - 25m
Senior I – 50m
Senior II – 50m
Senior III - 50m
BREASTSTROKE
Rookie - 25m
Junior - 25m
Senior I – 50m
Senior II – 50m
Senior III - 50m
FRONT CRAWL
Rookie - 25m
Junior - 25m

Senior I – 50m

Senior II – 50m

Senior III - 50m

The order of events is all four strokes Rookie and Junior
then all four strokes Senior I, II and III.

6. SALTIRE TROPHY
Open to all competitors.
100 M Individual Medley
Heats followed by a final.
7. FINDLAY TROPHY
Senior I only.
Life saving event swum in pairs over 2 legs of 25m
Extended chin tow first leader 25m
Extended chin tow second leader 25m
Trophy awarded cumulative fastest times.
Competition decided by heats with no final
8. WINGATE & DHU ROCK HANDICAP
DHU (Female)
WINGATE (Male)
Open to all competitors.
A handicap race over 50m front crawl.
Swimmers to swim as fast as possible with the aim of surpassing their reference time by as much as possible.
Use fastest time recorded in previous 12 months for reference time.
Competition decided by heats, there will be no final.
9. CHALLENGE TROPHY
A relay race over 200m freestyle, each team will consist of six swimmers male or female or mixed as follows;
 - Two swimmers from first session
 - Two swimmers from second session
 - Two swimmers from third session
The race will be swam as follows;
 - Each first session swimmer to swim 25m (one length)
 - Each second session swimmer to swim 25m (one length)
 - Each third session swimmer to swim 50m (two lengths)
The order of swim for the relay will be;
 - First session swimmers swim the first 50m leg
 - Second session swimmers swim the second 50m leg
 - Third session swimmers swim the third 100m leg.
A 3rd session swimmer will be captain of each team and will be responsible for approaching the 1st & 2nd session swimmers.
Only swimmers who have participated in the heats are eligible to swim in the final.
The Gala Sub-Committee will take no responsibility for the make-up of the teams.
10. SMITH & SMEED TROPHIES
SMITH (Female)
SMEED (Male)
Open to all competitors.
500 metres of any stroke.
Swimmers must not stop, place feet on the bottom or change stroke.
Trophy awarded on fastest time.
Competition decided by heats with no final

The following trophies are also awarded as follows:

DICKSON AWARD	Overall fastest Beginner (winner of 25m Beginner Trophy) Based on fastest time recorded in finals.
LEIGHTON AWARD FOR MOST PROFICIENT BEGINNER	To be decided by Gala Sub Committee with advice from Club Coaches. A swimmer, who has shown overall proficiency over the year, has regular attendance and whose strokes are good.
CLUB CHAMPIONS	Each swim category, male and female (Rookie and Junior) and mixed (Senior) in the Millennium Trophies has an overall award for the best in that swim category.. These are awarded on overall points, over the four strokes and in the case of a draw, the overall times should be compared and the fastest time overall is the winner.
LEIGHTON TROPHY TO OVERALL SENIOR CLUB CHAMPION	An individual trophy for the best Senior male or female. Comparison should be made of Millennium Trophy points and Smith & Smeed points.
BRITISH ENERGY	To be decided by Gala Sub Committee with advice from Club Coaches This trophy is awarded for stroke technique looking at quality strokes over all the four strokes.
MACMILLAN TROPHY	To be decided by Gala Sub Committee with advice from Club Coaches This trophy is awarded for best Breast Stroke technique.
CONOR BRUCE MEMORIAL FOR SPIRIT	To be decided by Gala Sub Committee with advice from Club Coaches This trophy is awarded for Spirit & Endeavour
ERIC BRADBURY MEMORIAL FOR ENDEAVOUR – BOYS & NADINE WATT TROPHY FOR ENDEAVOUR GIRLS	To be decided by Gala Sub Committee with advice from Club Coaches These trophies are awarded to swimmers who have attended regularly and shown keenness, while not winning trophies.