

Scottish Student Swimming Leagues 2024/25 – Rules and Regulations

These guidelines will represent the specific rules and regulations that will govern Scottish Student Aquatics, primarily in regards to the SS Swimming Leagues for the upcoming 24/25 season.

All fixtures have been scheduled by the SSS office on the Scottish Student Aquatics community on SSS Playwaze and should not be changed without the agreement of the SSS staff and the opposing team.

Please note that all participating swimmers will be required to register to Playwaze to compete in any SS Swimming League. For more information on how to register and join the SSS Playwaze community, please contact a member of staff at your sports unions.

Who are the member clubs of SS Aquatics?	Any college or university team that has entered the Scottish Student Swimming leagues and/or BUCS leagues for Water Polo operated by SSS will automatically become a member of Scottish Student Aquatics
What leagues operate under SS Aquatics?	All institutions now enter the SS Swimming league structure: <ul style="list-style-type: none"> • SS Swimming Mixed Tier 1 • SS Swimming Mixed Tier 2 All institutions now enter the BUCS Water Polo league structure: <ul style="list-style-type: none"> • BUCS Scottish Female Tier 1 • BUCS Scottish Open Tier 1
How do you become a member of SS Aquatics?	You must have entered one of the leagues listed above and paid the appropriate fee, which has been invoiced to your institution
Do I contact the opposition to arrange a fixture?	All fixtures have been scheduled, in accordance with your published available academic dates, by the SSS Competitions Assistant. If you would like to change the date of any arranged fixture then your respective Sports Union or nominated individual should agree a date suitable to both parties
Who do I speak to if I have a problem with SS Aquatics?	In the first instance you should contact your Sports/Athletic Union who will make contact with the SSS office. The main contact for the SSS office will be the SSS league administrator: Sean Berthelsen – SSS Competitions Assistant sean@scottishstudentsport.com or 07738056620

Scottish Student Aquatics

Rules and Regulations for SS Swimming Leagues – Appendix A

Rules

All events will be swum under FINA and Scottish Swimming rules and regulations except where there are variations discussed below.

League Structure

Divisions	<p>SS Swimming Leagues for 2024/25 will comprise of two divisions:</p> <ol style="list-style-type: none"> 1. Tier 1 will consist of 6 teams in total 2. Tier 2 will not have a team limit and will be populated with all remaining teams entered not assigned into Tier 1 <p>Divisions will be allocated based on league placement from the previous season (2023/24), implementing a “one up and one down” promotion and relegation method</p>
Promotion/Relegation	<p>One Up/One Down promotion/relegation method indicates that the lowest placing team at the conclusion of the season from top division will be relegated to next lowest division. Whereas the winner of the lower division (e.g Tier 2) will be promoted to the next highest division within the SS Swimming league structure where appropriate</p>
Points Per Match	<p>There shall be three points awarded for a win and one point for a draw</p>
Equal points	<p>Should there be 2 teams tied in league points at the conclusion of the season, the rankings will be determined from head-to-head competition between the two teams</p> <p>Should there be more than 2 teams tied on league points:</p> <ol style="list-style-type: none"> 1. Head-to-head results between the teams will be used to rank the teams, with all other matches being ignored 2. Should there still be tie on league points, total match points from the competitions between the teams tied, ignoring all other matches, will be used to break the tie

Match Organisation

Match Events	<p>Each SS Swimming match is required to follow a specific template of events to ensure consistency, dependent on the division of competition</p> <p>Templates, including the recommended event order for both Tier 1 and Tier 2 can be found in Appendix B (enclosed)</p>
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<p>Facility Requirements</p>	<p>It is the responsibility of the named 'home' team to book adequate facilities, in line with the minimum requirements outlined below:</p> <p>Tier 1</p> <ul style="list-style-type: none"> • All events must be swum in a 25-metre pool and be considered as a suitable competition venue* • Starting blocks must be in place • Minimum of 1.5 hours of pool time is required for each fixture. Although 2 hours is recommended where possible. <p>* = In the event that a 25m facility is not available, participating teams can request to hold their match in a 25-yard pool. However, teams must seek approval of SSS before the scheduled fixture for results to be valid</p> <p>Tier 2</p> <ul style="list-style-type: none"> • Whenever possible, it is recommended that matches are held at a 25m pool. However, 25-yard pools are also acceptable for matches within this division** • Minimum of 1.5 hours of pool time is required for each fixture. Although 2 hours is recommended where possible <p>** = In the event that neither a 25m nor a 25-yard pool is available, teams may use a facility with an alternative length. However, events will need to be adjusted to ensure distances remain the equivalent to the required events listed in Appendix B</p>
<p>Appointment of Officials</p>	<p>It is the responsibility of the home team to appoint enough timers and starters to efficiently run the match events</p> <p>Minimum official requirements for each division are as follows:</p> <p>Tier 1</p> <ul style="list-style-type: none"> • 1 Starter • 1 Secretary • 1 timer per lane <p>Tier 2</p> <ul style="list-style-type: none"> • 1 Starter • 1 Secretary • 1 timer per lane (recommended)

Eligibility	
Matriculated students only	Swimmers taking part in any SS Swimming activity must be matriculated students at a SSS member institution
Team Selection	Teams are to select 2 swimmers for each individual event and 1 relay team prior to each match
Multiple Teams from One Institution	<p>If an institution has multiple teams competing in any given season, each team should be selected as though the other teams would be playing in a match of equal importance at the same time. Thus, it would be expected that the first team would always be the strongest team available</p> <p>For example, if the first team is not scheduled to compete during a typical fixture period (i.e. one week) but the second team is, no swimmer who would normally represent the first team is eligible to compete for the second team. In addition, individuals may not swim or be listed as a reserve for multiple teams during the same fixture period</p>
Competing for a Different Institution	<p>Tier 1 – All swimmers must be compete for their institution of study (i.e. where the student is matriculated)</p> <p>Tier 2 – Swimmers from institutions who did not have their own distinct team entered into the SS Swimming leagues can compete for other institution</p> <p>However, students can only compete for one institution per season. Therefore, once a swimmer has competed for an institution, they will not be eligible to transfer to a team at a different institution until the following season</p>
League Play-By Deadline	All SS Swimming fixtures must be completed by: Wednesday 26th March 2025
Rearrangements	<p>If teams are unable to accommodate a league fixture on the week assigned on SSS Playwaze, a league fixture may be rearranged to another suitable date. However, all league matches must be agreed upon in writing before changes be made to SSS Playwaze</p> <p>All rearranged fixtures must be completed by league playing deadline listed above</p>

Match Scoring

<p>Event Scoring</p>	<p>All events must be timed and recorded</p> <p>At the end of each event, point are allocated depending on the finishing position of a swimmer.</p> <p>Individual Events:</p> <ul style="list-style-type: none"> • 1st Place – 4 points • 2nd Place – 3 points • 3rd Place – 2 points • 4th Place – 1 point <p>Relays:</p> <ul style="list-style-type: none"> • 1st Place – 8 points • 2nd Place – 4 points <p>The team with the most points is deemed the overall winners of the match but only events that are swum can gain points</p>
<p>Event Forfeits</p>	<p>Should a team only be able to field either a men’s side or women’s side of an event, the opposing team shall receive 7 points for each individual event and 8 points for each relay team that is not completed</p>
<p>Score Submission</p>	<p>Captains are responsible for submitting the overall match score on SSS Playwaze within 24 hours of a completed fixture</p> <p>If an overall match score is not uploaded to SSS Playwaze within 10 days of the fixture being completed, a £25 will be incurred by both institutions</p>
<p>Squad Lists</p>	<p>Squad lists must be completed by each captain on SSS Playwaze and should be done in advance of the fixture. Where this is not possible, the official SS Aquatics match sheet will suffice for the game but Playwaze should be updated ASAP following the game. ALL players must be registered on SSS Playwaze to be eligible to swim</p>
<p>Match Sheets</p>	<p>Completed match score sheets should be forwarded to the SSS Competitions Assistant within 48 hours of a completed fixture:</p> <p>Sean Berthelsen, sean@scottishstudentsport.com</p> <p>Any match score sheet not returned to the SSS office by the league result submission deadline, 27/03/25, will result in void result and £25 fine</p>

Scottish Student Aquatics

Order of Events for SS Swimming Leagues – Appendix B

- a. Tier 1 teams (mandatory) and Tier 2 teams (recommended)
 - i. Women's 4 x 50m Medley Relay
 - ii. Men's 4 x 50m Medley Relay
 - iii. Women's 100m Freestyle
 - iv. Men's 100m Freestyle
 - v. Women's 100m Butterfly
 - vi. Men's 100m Butterfly
 - vii. Women's 100m Backstroke
 - viii. Men's 100m Backstroke
 - ix. Women's 100m Breaststroke
 - x. Men's 100m Breaststroke
 - xi. Women's 200m Freestyle
 - xii. Men's 200m Freestyle
 - xiii. Women's 50m Butterfly
 - xiv. Men's 50m Butterfly
 - xv. Women's 50m Backstroke
 - xvi. Men's 50m Backstroke
 - xvii. Women's 50m Breaststroke
 - xviii. Men's 50m Breaststroke
 - xix. Women's 50m Freestyle
 - xx. Men's 50m Freestyle
 - xxi. Women's 100m Individual Medley
 - xxii. Men's 100m Individual Medley
 - xxiii. Women's 4 x 50m Freestyle Relay
 - xxiv. Men's 4 x 50m Freestyle Relay

- b. Tier 2 teams (mandatory)
 - i. Women's 4 x 50m Medley Relay
 - ii. Men's 4 x 50m Medley Relay
 - iii. Women's 100m Freestyle
 - iv. Men's 100m Freestyle
 - v. Women's 50m Butterfly
 - vi. Men's 50m Butterfly
 - vii. Women's 50m Backstroke
 - viii. Men's 50m Backstroke
 - ix. Women's 50m Breaststroke
 - x. Men's 50m Breaststroke
 - xi. Women's 50m Freestyle
 - xii. Men's 50m Freestyle
 - xiii. Women's 100m Individual Medley
 - xiv. Men's 100m Individual Medley
 - xv. Women's 4 x 50m Freestyle Relay
 - xvi. Men's 4 x 50m Freestyle Relay