

Nelson Mandela Bay Aquatics

‘A’ LEAGUE GALAS 2025

Rules and Entry Procedures

1. RULES:

- Swimmers need to be registered with NMBA and SSA 14 days before the date of the gala.
- World Aquatics rules apply.
- The **one start rule** will apply.
- A Swimmer's age is taken as on the 1st day of the gala
- All events will be swum as timed finals.
- There will be no 100m Fly event for swimmers 10&U.
- Heats will be mixed i.e. male and female compete in the same heat.
- Heats will be seeded according to entry times.
- Heats will be swum slowest to fastest
- Only Team Managers are allowed on pool deck to follow up on queries with the admin office during the event.
- Races will be announced but no swimmer will be called individually.
- Swimmers are to report to the Competitors Steward timeously, only when called.
- **Swimmers must be reminded that the wearing of two costumes, strapping, power bands, watches and bracelets are not allowed without prior approval from the referee.**
- Results will be listed in the following age groups:
10 & Under, 11, 12, 13, 14, 15, 16, 17, 18 & Over

2. Relays

- Age Groups: 10 & Under, 11-12, 13-14, 15 & Over
- Swimmers may swim up in age BUT only swim in one age group per event.
- Relays will be limited to 2 teams per club per event
- Mixed relay teams must comprise of 2 male and 2 female swimmers.
- Relay swimmers names must be submitted with the initial entry.
- Changes to relay teams may be submitted one hour before the start of the session.
- Swimmers must swim in the order as entered.
- Only registered swimmers who have participated in an individual event may compete in relay teams.
- Teams for the Ladder Relay will comprise of 6 swimmers – 3 male swimmers and 3 female swimmers – and will include one swimmer from each of the following age groups: 9 & Under, 10 years, 11-12 years, 13-14 years, 15-16 year and 17 & Over. Swimmers can be entered in any sequence.

3. **Entries:**

ALL entries are to be done on Team Manager and be accompanied by an **Officials List**, meeting the required Officials Quota (see below). *NO entry will be actioned unless accompanied by an officials list, both of which are to be sent to the PDO.* NO faxed or individual entries will be accepted. Gala Secretaries must ensure that all entries reach the PDO, Megan Canter, pdo@nmb-aquatics.co.za, by the Friday, one week prior to the gala.

4. **Fees:**

Gala Secretaries must pay the relevant entry fees into the Nelson Mandela Bay Aquatics bank account on or before the closing date and a copy of the proof of payment **MUST** be e-mailed to the NMBA Administrator. (administrator@nmb-aquatics.co.za)

- **Normal Entry Fees (by the closing date)**
Individual Events: R45.00 per event Relays: no charge
- **Late Entry Fee** Saturday – Tuesday 3x normal entry fee
- **Extra Late Entry Fee** (1 hour prior to the start of the gala and lane dependant) - 10x normal fee.

Banking Details: Nelson Mandela Bay Aquatics; Standard Bank; A/C No. 080410618; code 050017

5. **Scratchings:**

- **Friday evening galas** - scratchings will close at **20:00 on the Thursday evening.**
- **Saturday galas** - scratchings will close at **20:00 on the Friday evening.**
- Final scratchings will be accepted up to 1 hour before the start of the gala in special circumstances or in the event of onset of illness.
- Should a swimmer fall ill or be injured during the gala, a scratching form must be submitted and be accompanied by a note from the paramedic or a doctor.
- Scratchings can be e-mailed to the PDO.
- Only Team Managers/Coaches will be allowed to do the scratchings at the gala.
- Only Team managers are allowed onto pool deck to attend to any queries. No parents or spectators will be allowed on pool deck.
- Should a swimmer miss his/her heat, the swimmer, at the discretion of the referee, may be accommodated in another heat if there is a lane available.
- **No Show: (N/S)** A fine of **R200** per N/S will be imposed on any swimmer who does not report to the competitors' steward timeously and cannot be accommodated in another heat. The swimmer will not compete in any other event until the fine has been paid. (N/S fine is not applicable to relay teams) A cash or Card payment must be made before the athlete will be cleared to swim the next event. No EFT payments will be accepted.

6. **Records:**

Swimmers wishing to claim records must request that their Team Manager do so immediately after the race at the records room. Team Managers and Coaches are urged to notify the Chief Timekeeper and the Referee if they feel that a record time may be swum, as it is the requirement that three registered timekeepers are on the lane in the event of the ETD malfunctioning.

7. Officials:

For all NMBA Competitions, each club will be required to supply the necessary registered and trained Technical Officials for every session, according to the number of swimmers entered.

Minimum number of Technical Officials required per session:

- 0-3 Swimmers - no official required
 - 4-5 Swimmers - 1 official required
 - 6-10 swimmers – Preferred split, 1 judge and 2 timekeeper per session
 - 11- 20 swimmers – Preferred split 2 judges, 3 timekeepers, 1 admin official per session
 - 21- 30 swimmers – Preferred split, 2 judges, 6 timekeepers, 1 admin officials per session
 - 31-40 swimmers – Preferred split, 3 judges, 7 time keepers, 2 admin per sessions
 - 41-50 swimmers – Preferred split, 4 judges, 8 timekeepers, 2 admin officials per session
 - 51 and over swimmers – Preferred split, 5 judges, 9 time keepers, 3 admin officials per session
- Entries will only be accepted by the PDO if accompanied by a list of available technical officials meeting the above criteria.

8. Protests:

Protests must be submitted in writing with a R500,00 deposit to the Meet Referee within 30 minutes of the incident in question. The Referee's decision will be final.