

Virginia YMCA Swim League
By-Laws

Revised January 2006

Article 1 – Name and Purpose

The Virginia YMCA Swim League is composed of member YMCA teams in the state of Virginia and located within the Upper Southeast region of the YMCA of the USA. The publications that set forth the requirements and standards for our organization are: “Rules that Govern YMCA Competitive Sports”, The NCAA Swimming and Diving Rule Book, The YMCA of the USA Swimming Technical Assistance Paper and the National YMCA Competitive Swimming Committee Newsletters/Website.

The purposes of the league are: 1. To provide organized league competition for the member teams; 2. To provide an incentive program for the YMCAs to develop more and better competitive swimmers with YMCA values; 3. To promote competition that follows the rules and standards of the YMCA of the USA and Upper Southeast Region.

Article 2 – League Membership Requirements

- A. A member team must be a duly recognized YMCA in good standing with the YMCA of the USA.
- B. Member teams in the VYSL are not required to have their athletes join USA Swimming, nor be member teams of USA Swimming.
- C. If a member team is a USA Swimming registered team, that team must be registered under the same name for the YMCA as for USAS. Potential new teams must apply using the VYSL Team Application Form (Appendix “A”). There is no application fee.
Each member team must agree to abide by the VYSL By-Laws before being accepted as a member.
- D. Each league team shall pay a league team fee to the league treasurer by November 15. The amount of the league fee shall be determined by a majority vote of the membership at the annual pre-season meeting of the league.

Article 3 – League Governance and Meetings

- A. Each team will have one vote in all league decisions. Member teams are welcome to have an unlimited number of team personnel at league meetings, but only one vote may be cast per team. Teams may choose their league representatives from among their coaching staff and parents group.
- B. Quorum: Representation from a simple majority of the member teams is necessary to conduct business at any league meetings.
- C. There shall be at least 14 days notice for regularly scheduled league meetings.
- D. The league will have no less than two meetings per year, one prior to the upcoming short course season and one to coincide with the league championship meet. Other meetings may be held for limited business as called by the president or a simple majority of the teams, and in such cases, ten days written notice shall be provided to all teams.

Article 4 – Officers

- A. The officers of President, Vice-President, and Secretary-Treasurer shall be appointed by alphabetical rotation of the teams at the League meeting which coincides with the league championship meet. Teams can select individuals to serve in the respective officer roles as they see fit. In year 1, team A is President, team B is President-Elect, Team C is secretary, Team D is

treasurer. In Year 2, Team B is president, Team C is President-Elect, Team D is secretary, Team E (who may also be Team A depending on the number of teams in the league) is Treasurer. The rotation of officers continues on this schedule, rotating each team through each position.

- B. President: The President of the league will act as commissioner of the league, enforcing the league rules. He/she shall be responsible for acquiring the team and individual awards for the championship meet and for providing a written inventory of all awards after the championship meet is held.
- C. President Elect: The President Elect shall assist the president and fill the duties of the president at such times as the president is unable to act.
- D. Secretary: The secretary shall record and distribute minutes of all league meetings, send out an approved schedule with team pairing in a timely manner after the pre-season meeting, and collect and distribute team rosters.
- E. Treasurer: The Treasurer shall collect league fees and meet proceeds, maintain financial records, pay all duly received bills incurred for the conduct of the league's business and submit a financial report to the league at each league meeting. There shall be an audit of the league's account every two years.

Article 5 – Eligibility and Rosters

- A. Each swimmer of a member team must be a full-privilege annual member of the YMCA he/she represents. Each swimmer must be a member of his/her YMCA for a minimum of seven days before being eligible to participate in league competition.
- B. Each member team will submit a roster of all eligible athletes to every team's head coach, listing names, birthdates, membership expiration dates and the signature of the Executive Director no later than November 15 or 5 business days prior to each team's first dual meet, whichever comes first. Failure to follow the deadline will result in a \$50 fine.
- C. A swimmer who has swum one event for a league team cannot participate as a scorer or non-scorer for another team during the same season except when a new residence has been established or a new team has been formed. A swimmer participating in a league meet must appear on the roster of the team competing in the meet.
- D. An ineligible swimmer and his/her team will forfeit any awards and points earned by the swimmer during his/her period of ineligibility. His or her team shall be fined \$50 per ineligible swimmer to be paid prior to the team entering the championship meet.
- E. New swimmers may be added during the season following the same procedure as outlined in "E" above. A swimmer whose name and membership information has not been provided to the head coach of the opposing team a minimum of 5 days prior to a meet, shall be ineligible to compete in that meet.

Article 6 – Swim Meet Conduct

- A. All meets will be conducted under the current NCAA Swimming rules or the current USA Swimming rules, as mutually agreed in advance by the head coaches.
- B. The host team is required to apply for a meet approval with Virginia Swimming, Inc. or make advance arrangements for observations by USAS officials. The host team must: receive entries via Hy-Tek software by the Tuesday prior to the meet; pre-seed the meet; run timers cards; provide the coaches with heat sheets; coordinate the officials and workers for the meet; provide ribbons for individual events 1st -6th places and relays 1st -3rd places; mail meet results to the league secretary and participating team within 10 days of the meet, and see the appropriate

persons with VSI receive results in the proper form within 10 days. The league will assess a \$25 penalty to a host team for the submission of late results.

- C. Age groups are as follows, with the age as of December 1st of the current season: 8 & under; 9-10; 11-12; 13-14; and 12-21 as long as swimmers have not represented a college team and meet eligibility requirements of Y National swimmers. (amended June 2009)
- D. If a swimmer participates out of his/her age group, his/her team will receive no points for his/her swims, individual or relay events.
- E. The standard meet format will be used unless otherwise agreed by the respective head coaches. A swimmer may enter three individual events and two relays.
- F. Meet scoring: Individual events= 5, 3, 1 for 1st, 2nd and 3rd places. Relay events= 7, 3, 1 for 1st, 2nd and 3rd places. A team may not sweep a race-i.e. 3rd place points will go to the opposing team if they have a swimmer who completes the race without disqualification. The 3rd place ribbons will go to the swimmer who actually finished in 3rd place.
- G. Deck entries of duly registered swimmers on the participating teams shall be accepted if there are empty lanes. The referee and opposing coach must be notified ahead of time.

Article 7 – Championship Meets

- A.) Each swimmer must have been a member of his/her YMCA team no less than 30 days prior to the championship meet and must have represented his/her team in at least one prior league meet during the current season.
- B.) Open to member team of the league only
- C.) Scoring: individual events = 5 teams 6,4,3,2,1
6 teams 7,5,4,3,2,1
7 teams 8,6,5,4,3,2,1
relay events = double the amounts of individual event scores
- D.) Awards
 - 1. Medals for first through third places for all events
 - 2. Ribbons for ... (depends on number of lanes)
 - 3. Certificates for league record holders
 - 4. Team award for meet champion and runner-up
- E.) A swimmer may enter three individual races and 2 relay events in his/her age group.
- F.) There is no penalty for failure to swim a race.
- G.) League swim records may be achieved only at the championship meet.
- H.) Time trials will follow the meet, if circumstances permit.
- I.) Duties of the Host Team:
 - 1. By January 1, apply for the YMCA Championship Meet sanction through the Southeast Field Coordinator and for a meet approval for the meet and time trials from VSI.
 - 2. 60 days prior to the meet, mail a draft of the meet invitation to all members of the league board of directors and the appropriate persons at VSI.
 - 3. Publish the regular season results, season champion and league records in the heat sheets.
 - 4. Follow the normal duties of the meet director in securing the pool, sending meet invitations, coordinating workers from all teams, running the meet, and mailing out the results as proscribed by the YMCA of the USA and USA Swimming.
- J.) Entry fees and time trial fees go to the league. T-shirt sales, heat sheet and concession proceeds to the host team.

Article 8 – League Policies

- A. Swimmers from the league's member YMCA teams who participate in Short-course YMCA Nationals shall qualify their member teams for a per capita reimbursement of direct costs of travel to National, as long as:
1. Each swimmer has represented his/her member YMCA team in a minimum of two YMCA inter-association meets, as well as the league championship meet; in the event there is not a league championship, the swimmer must have participated in a minimum of three inter-association meets. (amended June 2009)
 2. A simple majority of the team representatives agree to an amount prior to the league Championship meet.
 3. Swimmers must participate in an individual event at the short-course YMCA Nationals (a relay event or times trial does not qualify) and such participation is documented.
 4. The swimmer's team must be in good standing with the league and have satisfied all outstanding league fees, penalties, and regulations.
- B. Proceeds from a sanctioned VYSL league meet will be shared with the league.

If Virginia YMCA Swim League By-laws are in conflict with the rules of the YMCA of the USA, the YMCA of the USA rules will prevail. If not otherwise addressed in these by-laws, Robert's Rules of Order will prevail.

Standard Dual Meet Order of Events

Girls		Boys
1	8 & under 100 free relay	2
3	9/10 200 free relay	4
5	11/12 200 free relay	6
7	8 & under 25 fly	8
9	9/10 50 fly	10
11	11/12 50 fly	12
13	13/14 100 fly	14
15	12 & over 100 fly	16
17	8 & under 25 back	18
19	9/10 50 back	20
21	11/12 50 back	22
23	13/14 100 back	24
25	12 & over 100 back	26
27	8 & under 25 breast	28
29	9/10 50 breast	30
31	11/12 50 breast	32
33	13/14 100 breast	34
35	12 & over 100 breast	36
37	8 & under 25 free	38
39	9/10 50 free	40
41	11/12 50 free	42
43	13/14 100 free	44
45	12 & over 100 free	46
47	8 & under 100 IM	48
49	9/10 100 IM	50
51	11/12 100 IM	52
53	13/14 200 IM	54
55	12 & over 200 IM	56
57	13/14 200 free relay	58
59	12 & over 200 free relay	60