

2010 STRONGSVILLE SWIM LEAGUE BY-LAWS

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I. General

- A. This league shall be governed by its By-laws as voted upon yearly.

II. Statement of Purpose

- A. The Strongsville Swim League (hereafter referred to as the "League") is organized to provide a structured program of summer swimming competition among the member teams, promote friendliness and good sportsmanship, and provide a good learning experience for the children involved.

III. League Parent Committee

- A. The League Parent Committee shall be comprised of two voting representatives from each team and its Executive Board (Hereafter referred to as the "Parent Committee"). Officers shall be elected annually from the League Representatives at the general meeting in September (Also known as the Organizational Meeting). If no volunteers are available from the representatives, the chart (Exhibit A) will be used to determine officers. Terms of office may be repeated, but an attempt to involve each team equally should be made. In the event an Executive Board member resigns, the remaining Executive members will select a new Board member to submit for approval by the League at the next meeting. An individual is limited to no more than 4 years in any one or combination of elected position on the SSL Board. All SSL Board members will turn over all records, working papers, computer disks and property of the SSL to the successor of the respective position or the league President within one month of leaving office (by October).
1. The League Representatives of the League Parent Committee are not to exceed 2 representatives per competing "team" (Hereafter referred to as "League Representatives").
 2. The Executive Board of the League Parent Committee are: President, Vice President of Operations, Vice President of Champs, Secretary and Treasurer (hereafter referred to as the "Executive Board"). The Executive Board of the SSL Parent Committee will enforce all rules and By-laws as they are established and set forth in the by-laws. The Executive Board of the SSL Parent Committee will answer and settle all SSL team disputes, as they pertain to the adopted By-laws (Rev. 5/2000). The Executive board holds voting rights during their term in addition to their team's League Representative.
 - a. The Executive Board reserves the right to impose punishment for blatant disregard of the rules.
 - b. The Executive Board can delegate certain Executive Board duties to others or to outside consultants. This requires a majority vote by the SSL Parent Committee (Rev. 5/2000).
- B Duties of Officers are as follows:
1. President
 - a. Call, prepare agenda for, and preside over all League Meetings.
 - b. Maintain a notebook of information to be passed down to successors.
 - c. Appoint and oversee necessary committees.
 - d. Respond to recommendations and concerns of the members and discuss them with all League members at the next meeting, for appropriate action.
 - e. Act as the official liaison between the teams.
 - f. Provide a forum for open and honest discussion on issues that effect the well being of the SSL.
 - g. Is the official SSL spokesperson.
 - h. Organize a review of the league financial books. The review must be completed and report presented at the September General Meeting. The review committee should include an

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- Executive Board member, a representative of the League Parent Committee and the Treasurer of the League (Rev. 3/2009).
2. Vice President—Operations
 - a. Take over in absence of President.
 - b. Assume responsibilities of League Statistician, arrange meet schedule. Oversee scoring of regular season dual meets.
 - c. Arrange for electronic timing for Championship Meet if appropriate.
 - d. Arrange for Officials for all meets as soon as the schedule is finalized.
 - e. Maintain the official SSL Championship long and short course records for the SSL. Records will be updated no later than one month after the SSL Championship meet. Updated records will be distributed at the first league meeting of the new swimming year.
 - f. Provide ribbons, event cards, ink cartridges and appropriate labels for all teams throughout the season (Rev. 3/2009).
 - g. Maintain a notebook of information to be passed on to successors.
 3. Vice President of Championships (Rev. 2/2003)
 - a. Contact the scorer for champs and set up a time table for distributing line up discs to coaches and a deadline to turn in finished line-ups on discs and paper.
 - b. Maintain and distribute current Protected List and notify teams about heat sheet ad deadline for selling the covers (See Exhibit D for details and deadlines) (Rev. 3/2006).
 - c. Assign teams work and job responsibilities for the current year.
 - d. Distribute the Champs Packet at the Champs meeting which includes, among other information: warm-up rotation, Champs job charts and Champs job descriptions.
 - e. Oversee all activities, including scoring and seeding, of the SSL Championship meet.
 - f. Act as Meet Director for the SSL Championship Meet. In the event that the VP of Championships cannot act as the Meet Director, another SSL officer can assume this role if approved by a vote of the teams.
 - g. Maintain a notebook of information to be passed on to successors.
 4. Secretary
 - a. Record all League Meeting Minutes in the Secretary's Book, to be passed down to successors.
 - b. Provide copies of Minutes to each team representative prior to the beginning of the meeting by e-mail or regular mail.
 - c. Notify each team representative of each meeting. Regular meetings should have notices e-mailed one week before the meeting. Any League Representative not having e-mail will have their notice sent by regular mail. Notices of special meetings will be telephoned to League members.
 - d. Keep up-to-date roster of League Representatives, coaches and pool telephone numbers and distribute these to all League members as information changes.
 - e. Responsible for posting all public notifications regarding the League (Rev. 3/2009).
 - f. Up-date the By-laws and distribute to all Executive Board members and League Presidents by the March General Meeting of each year.
 5. Treasurer
 - a. Maintain accurate financial records in the Treasurer's Book, to be passed down to successors.
 - b. Pay League bills.
 - c. Give financial report at each SSL League meeting.
 - d. Submit a proposed budget at Organizational Meeting (Sept).
 - e. Issue a financial statement at the end of each season (Sept).
 - f. Arrange for, maintain and act as the SSL liaison for medical and liability insurance.
 - g. Maintain the official team rosters submitted to the League and update the team rosters during the

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year.

- h. Prepare a schedule of which teams may swim 3 individual events in dual meets based on the final team counts as of 48 hours prior to noon on the day of the 1st meet. This list should be distributed to all team presidents 48 hours prior to noon on the day of the 1st meet (Rev. 3/2009).

IV. General

- A. Rules in the By-laws must be followed by each participating team. If a team is in violation of the By-laws, the Parent Committee will meet to discuss appropriate action.
- B. Each team has two votes plus each league officer shall have a vote in matters to be decided by the League Parent Committee. More than 50% of the voting members shall constitute a quorum with majority ruling (2009 swim year – 11 teams x 2 = 22 + 5 board members = 27 eligible votes which means 14 members need to be present for a quorum) (Rev. 3/2009). Coaches and other interested members may request to attend a meeting and speak, but may not vote. Only designated Team Representatives, Officers or their substitute may vote. Team Representatives, Officers and substitutes must be present at the meeting for their vote to count.
- C. The League Parent Committee shall set equal per-child dues yearly. Dues to be paid by each member team to the League Treasurer by May 15th.
 1. Per-child dues to be arrived at by dividing the league approved new budget by the prior year's League roster enrollment.
 2. Swimmers joining the League after May 15th must submit per-child dues upon entering the first meet.
- D. The League Parent Committee, under the leadership of the Vice President of Operations, shall set up the summer swim meet schedule as soon as the teams in the league are set, no later than September 30. The schedule is to be voted on and approved by the Parent Committee no later than October 31.
 1. The league schedule is determined by the following pattern. The Championship meet is held the 3rd Saturday in July. There is one week of bye for each team prior to the Championship meet. This week can also be used for make up meets. There is one meet during the week of the Fourth of July. Meets are scheduled on all other Tuesdays and Thursdays working backward from the Championship date. Home meets are alternated yearly; attempting to make sure that each team has the same number of home meets overall (Rev. 3/2009).
- E. The League shall provide all awards, event cards, ink cartridges and appropriate labels for all teams for the season (Rev. 3/2009). Championship Meets are League functions and officials for these meets shall be paid for by the SSL.
- F. Notice should be given by the September Organizational Meeting if a team plans to leave the League or if a consolidated team desires to split.
- G. Request to gain entrance into this League will be addressed at the meeting following the receipt of a formal petitioning letter to the League President. The League Secretary will deliver notification of the League's decision in writing within one week of that meeting.
- H. Strongsville Swim League Admittance Policy
 1. The League Secretary shall, in January of each year, release a public notice informing potential

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- swim teams of SSL's admittance policy and who to contact for information to do the same.
2. The calendar year of the Strongsville Swim League is September 1 to August 31.
 3. Each proposed new or proposed team expansion will submit a request to join the SSL, in writing, no later than August 31 of the calendar year before their team desires to swim. If the request is submitted after November 1st, the League may still review and vote on admittance, but such admittance will be for the following calendar year, unless the League has due cause to make provisions for the new team in that same calendar year.
 4. The League shall notify each team having submitted a request for admission, in writing, of its decision no later than October 31 of the calendar year in which the new team desires to swim.
 5. Guidelines for admittance are as follows:
 - a. The team must consist of members of a Strongsville housing development, a defined geographic area in Strongsville as approved by a vote of the SSL teams or recreation program.
 - b. The team must have a pool available, without cost to the league, for practice and swim meets. The pool must be no shorter than 25 yards in length and have a least 4 swimming lanes.
 - c. The new team must be able to represent itself by at least 2 team representatives to the Parent Committee, and provide all necessary personnel, as described by the By-laws, to run a swim meet.
 6. The League has the authority to determine if additional requirements are necessary, or to override any of the above guidelines. Changes will be carefully documented in the Minutes and included in the By-laws at the time of acceptance. Any rejections of the request for admittance shall be noted in the League Minutes only.
 7. Teams may begin practicing no earlier than the first day after Memorial Day (Rev. 2/2003).
- I. Amendments to the By-laws may be presented to the Parent Committee and the Executive Board by the Amendment Review Committee at any general meeting of the Parent Committee. Current year By-laws may not be changed after the February General Meeting of the current year (See Section I.2. for an exception to this rule) (Rev. 3/2008). The League Secretary shall present a final set of By-laws to each team president and each member of the Executive Board no later than the March General Meeting of the current swim season. Team presidents are responsible for distributing the most current By-laws to the coaches prior to the annual coaches meeting (May). A meeting of all League Coaches and at least one member of each team's Board shall be held prior to the first scheduled meet to review and make sure that all coaches understand the rules (Rev. 5/2000).
1. Procedure for amending the SSL By-Laws (Rev. 9/2007 and 3/2008):
 - a. All proposed amendments must be presented by a member of the League Parent Committee (see definition at Section III.A.) at any SSL General Meeting.
 - b. An Amendment Review Committee comprised of SSL representatives will be formed each year. The Amendment Review Committee must include, but is not limited to, one member of the Executive Board, any person(s) who propose an amendment and any person wanting to be a part of the discussion of these proposals. If an Executive Board member does not volunteer for this committee, it shall be the duty of the President to serve in this position. The Executive Board member will be responsible for documenting the activities of the committee and for maintaining a notebook for historical purposes.
 - c. The purpose of the committee is to discuss and review each proposed amendment to ensure it is reasonable, to understand the justification for it, look for conflicts with other parts of the By-laws, solicit suggestions, and finally, prepare the exact wording. Once the committee reviews the proposed amendments, a final draft must be written for each proposal. Each written proposal must then be sent to the SSL Executive Board and the Parent Committee at least 14 days prior to

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the next general meeting and then placed on the agenda for that meeting. Proposals must include a date that the change will become effective. The committee should also present a brief list of the pros, cons and points that were taken into consideration during the writing process.

- d. Proposed amendments will be presented at any general meeting. Printed copies of the proposed changes will be distributed to all members of the Parent Committee and the Executive Board at least 14 days prior. Questions or discussions of each amendment shall be limited to two minutes per team and each Executive Board member. Maximum time will be 32 minutes (11 teams X 2, plus 5 Executive Board members X 2 = 32).
 - e. Voting on proposed amendments may take place at any general meeting, but only after the proposal has gone through the Amendment Review Committee that is described in the By-laws. Voting on a By-law amendment will follow the rules set forth in Section IV.B. of the SSL By-laws. A proposed amendment may be revised and presented more than once.
 - f. The last day to approve a By-law change that affects the current swimming season is the February General Meeting. Any By-law change approved after that date will become effective on or after the September General Meeting. See Section 1.2. for the only exception to this rule. The League Secretary shall present a final set of By-laws to each team president and each member of the Executive Board no later than the March General Meeting of the current swim season.
2. Exception to the By-law Amendment Procedure – An exception can only be made to the above procedure if the SSL Executive Board members determine a matter serious enough to warrant a proposed amendment. In this case, the SSL Executive Board may present a proposed amendment at any SSL general meeting.

J. Each swimmer registering to swim with a SSL team will each year complete a SSL Consent and Release form. This form must be complete with all required information and signed by a parent or guardian before it will be accepted by the League. Each team will submit a copy of file. If a swimmer registers during the year, a copy of the Consent and Release form and a check to the SSL will be attached to the score sheet before the beginning of the dual meet. The official SSL Consent and Release form is attached to these By-laws (Exhibit F); teams have the privilege of adding additional information to the form but may not change the original wording or required information fields (Rev. 2/2003).

K. Teams will, as determined by the League Vice President of Operations, submit to the League Treasurer, an official team roster. The team roster for each swimmer will include the swimmers first and last name, age, sex, street name and address.

L. The Treasurer must be notified of any new swimmers or swimmers who drop out after registration. The \$12.00 registration is not refundable (Rev. 3/2005).

M. In the event of an accident during swim practice or a swim meet, an accident report must be completed. See Exhibits H1 and H2 for the accident report and directions (Rev. 3/2006).

V. Swimmer Eligibility

A. Swimmers must reside (physically live) within the defined areas of their team as approved by the SSL Parent Committee. Spyglass HOA Residents who live in North Royalton are within Spyglass' defined area and can swim for Spyglass only (Rev. 2/2007). This is subject to the Coaches Exception. See Section V. F. (Rev. 5/2000).

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- B. Swimmers must be in good standing of his swim team and abide by its set rules regarding practice.
- C. Swimmer must be no older than 18 on June 1st. If the age of 19 is reached on June 2nd, the swimmer is still eligible to swim.
- D. A person living with a legal resident of the housing development during the swim season may swim on a team and enter dual meets, if approved by a vote of the League Parent Committee. It is the sole responsibility of the team to present the facts to the League Parent Committee for a vote. Participation in the Championship Meet requires that the residency be at least five consecutive weeks long, and that those weeks be immediately prior to the Championship. The League Parent Committee will vote upon exceptions.
 - 1. All considerations for exceptions as to, "swimmer eligibility," must be presented to the Parent Committee for a vote. WRITTEN notice must be given to all Executive Board members and SSL team presidents, by the petitioning team, at least seven (7) days prior to a scheduled SSL meeting. The deadline for team exceptions is the May General Meeting. After this date, no exceptions will be considered for vote. This information should be put in your team information packets when registering swimmers for the season. Approved exceptions are grandfathered from year to year and do not need to be approved again each year unless there is new criteria involved.
- E. It is the responsibility of the teams to insure that their members are living within League-defined areas of their team justification.
- F. A Strongsville resident who coaches a SSL team can swim for any team if he/she meets the age requirement (section V.C.) established in the SSL Bylaws. This exception is limited to no more than two coaches who are between the ages of 15 and 18 and live within the city of Strongsville but outside their teams' jurisdiction (Rev. 5/2000).
- G. A child may continue to swim on a team if they move anytime during that season from one SSL defined team to another – FOR THAT SEASON ONLY (Rev. 5/2000). Exceptions due to team consolidations and grandfathering are determined by the wording of the consolidation.

VI. Competitive Levels

- A. Age as of June 1st, as of 11:59 p.m., will determine age group. A swimmer may compete if not yet 19 on June 1st, at 11:59 p.m. Age groups will be:
 - 1. 6 and Under
 - 2. 7 - 8
 - 3. 9 - 10
 - 4. 11-12
 - 5. 13-14
 - 6. 15-18

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VII. Relay Meet

- A. This League function shall be optional and offered on a rotational basis. The Relay meet will run by a Relay committee appointed by the League President. The Relay Committee shall consist of:
1. Meet Director
 2. Head Timer
 3. Clerk of Course
 4. Awards
 5. Concession Stand Manager
- B. A Relay Meet consists of 28 events with lanes assigned by rotation.
1. Age group medley relays for girls and boys.
 2. Age group free relays for girls and boys.
 3. Crescendo relays for girls, boys and mixed, one each of free, back, breast, fly and a mixed medley relay. Crescendo is defined as one swimmer of each age group.
 - a. 10 and Under
 - b. 11-12
 - c. 13-14
 4. Two heats per event. The "1" team, or flower relay team, will swim first in heat
 5. A swimmer may swim a maximum of 2 regular and 1 crescendo relay. More events will result in the individual's disqualification for those events.
 6. Mixed relays shall consist of 2 boys and 2 girls if possible. In the absence of boys, girls may be substituted.
 7. A scratch and seeding meeting will be held one hour before the start of the meet. The Meet Director shall be in charge.
 8. Relay Meet Events:

GIRLS			BOYS		
#1	8 & Under	100 Medley	#2	8 & Under	100 Medley
#3	9-10	100 Medley	#4	9-10	100 Medley
#5	11-12	200 Medley	#6	11-12	200 Medley
#7	13-14	200 Medley	#8	13-14	200 Medley
#9	15-18	200 Medley	#10	15-18	200 Medley
#11	8 & Under	100 Free	#12	8 & Under	100 Free
#13	9-10	200 Free	#14	9-10	200 Free
#15	11-12	200 Free	#16	11-12	200 Free
#17	13-14	200 Free	#18	13-14	200 Free
#19	15-18	200 Free	#20	15-18	200 Free
#21	200 Free	Crescendo	#22	200 Free	Crescendo
#22	200 Back	Crescendo	#24	200 Back	Crescendo
#24	200 Breast	Crescendo	#26	200 Breast	Crescendo
#26	200 Fly	Crescendo	#28	200 Fly	Crescendo

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VIII. Dual Meets

A. Events

GIRLS			BOYS		
#1	8 & Under	100 Medley Relay	#2	8 & Under	100 Medley Relay
#3	9-10	100 Medley Relay	#4	9-10	100 Medley Relay
#5	11-12	200 Medley Relay	#6	11-12	200 Medley Relay
#7	13-14	200 Medley Relay	#8	13-14	200 Medley Relay
#9	15-18	200 Medley Relay	#10	15-18	200 Medley Relay
#11	6 & Under	25 Free	#12	6 & Under	25 Free
#13	7-8	25 Free	#14	7-8	25 Free
#15	9-10	50 Free	#16	9-10	50 Free
#17	11-12	50 Free	#18	11-12	50 Free
#19	13-14	50 Free	#20	13-14	50 Free
#21	15-18	50 Free	#22	15-18	50 Free
#23	6 & Under	25 Back	#24	6 & Under	25 Back
#25	7-8	25 Back	#26	7-8	25 Back
#27	9-10	50 Back	#28	9-10	50 Back
#29	11-12	50 Back	#30	11-12	50 Back
#31	13-14	50 Back	#32	13-14	50 Back
#33	15-18	50 Back	#34	15-18	50 Back
#35	7-8	25 Breast	#36	7-8	25 Breast
#37	9-10	50 Breast	#38	9-10	50 Breast
#39	11-12	50 Breast	#40	11-12	50 Breast
#41	13-14	50 Breast	#42	13-14	50 Breast
#43	15-18	50 Breast	#44	15-18	50 Breast
#45	7-8	25 Fly	#46	7-8	25 Fly
#47	9-10	25 Fly	#48	9-10	25 Fly
#49	11-12	50 Fly	#50	11-12	50 Fly
#51	13-14	50 Fly	#52	13-14	50 Fly
#53	15-18	50 Fly	#54	15-18	50 Fly
#55	8 & Under	100 Free Relay	#56	8 & Under	100 Free Relay
#57	9-10	200 Free Relay	#58	9-10	200 Free Relay
#59	11-12	200 Free Relay	#60	11-12	200 Free Relay
#61	13-14	200 Free Relay	#62	13-14	200 Free Relay
#63	15-18	200 Free Relay	#64	15-18	200 Free Relay

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- B. Dual meets begin at 6:00 p.m. with warm-ups at 5:25 p.m. for weeknight meets (unless special arrangements to start the meet earlier have been made) (Rev. 2/2005). Saturday meets will begin at 8:30 a.m. with warm-ups at 7:55 a.m. Meet times may change at the discretion of the home Meet Director. A delay of 15 minutes is allowed if both coaches and officials agree to the need. Thereafter, events will begin and will be forfeited by the team not ready to swim on an event-by-event basis. In the event of inclement weather see X -Rain Policy.

Warm-Ups

1. The visiting team will warm-up last for at least 15 minutes and will clear the pool at least 5 minutes before the start of the meet.
2. It is the responsibility of the home team to have warm-ups completed in order to allow the visiting team their 15 minutes of warm-up before the start of the meet.
3. Teams may warm up at the same time in separate lanes if agreed upon by the home team at least one day before the meet.

C. Home Team Responsibilities:

1. Back Stroke flags within 15 feet from the end of the pool.
2. Starting Blocks (optional). Must have 4.5 feet of water at block end to use blocks.
3. Lane lines.
4. Meet Director (usually SSL Representative)
5. Concession Stand.
6. One head timer (for back up) and one timer and stop watch for each lane.
7. Provide at least two Scorers (large teams may require more scorers) appropriate tables, chairs computer, printer, labels, ink cartridges and paper. (Rev. 3/2009).
8. Supply people for Clerk of Course. Supply one Head Clerk.
9. Scoring and Clerk of Course *should* have heat sheets printed out and event cards assembled and in order no later than 1 hour before the start of the meet. (Assembled means event labels are all printed and affixed to the event cards.) (Rev. 3/2009).
10. Provide two runners.
11. Provide enough people for awards per size of team and appropriate table and chairs. At the beginning of the meet, awards persons from both teams will confer with scoring persons to agree upon when scoring will begin printing the award labels.
12. Provide an announcer.
13. In the event one or both officials do not arrive to officiate the meet, it will be the home Meet Director's responsibility to find 1 or 2 team representatives from each team to act as officials. In the event that finishes are needed, one representative from each team will independently do the finishes. If the finishes conflict, the average time should be used to decide finish placement.

D. Visiting Team Responsibilities:

1. Supply a stopwatch and timer for each lane.
2. Supply two people for Clerk of Course.
3. Provide at least 2 scorers (large teams may require more scorers), backup computer, printer, labels, ink cartridges and paper (Rev. 3/2009).
4. Supply two to four awards persons (as dictated by the size of the team) (Rev. 3/2009).

- E. Lane Assignments - (See Exhibit B) All individual heats except free style and back stroke will be labeled "heat 1" or "heat 2" on the event cards. "Heat 2" is the fastest heat. All relay events are labeled in the same manner.

1. 4 or 5 Lane Pools

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- a. Individual events will allow 4 swimmers per team with a two-heat maximum for all strokes except for free style and backstroke. Relay events will allow 2 relay teams per team with a one heat maximum.
 - b. Lane Assignment:
 - 1) Lanes 1 and 3 will be HOME team lanes.
 - 2) Lanes 2 and 4 will be VISITOR team lanes.
 - 3) Lane 5 will be used at the discretion of the Clerk of Course.
2. 6 Lane Pools
- a. Individual events will allow 6 swimmers per team with a two-heat maximum for all strokes except for free style and back stroke. Relay events will allow 3 relay teams per team with a one-heat maximum.
 - b. Lane Assignment:
 - 1) Lanes 1, 3, and 5 will be HOME team lanes.
 - 2) Lanes 2, 4, and 6 will be VISITOR team lanes.
3. 8 Lane Pools
- a. Individual events will allow 8 swimmers per team with a two-heat maximum for all strokes except for free style and backstroke. Relay events will allow 4 relay teams per team with one heat maximum.
 - b. Lane Assignment:
 - 1) Lanes 1, 3, 5, and 7 will be HOME team lanes.
 - 2) Lanes 2, 4, 6, and 8 will be VISITOR team lanes.
- F. Swimmers may swim in two individual and two relay events in their own age group (with the exception noted in VIII F.1. below) and in one additional relay event (per rule VIII. F. 2. Below) during any one Dual meet. Swimming in additional events will result in disqualification in those events. For Dual meets, if a swimmer's name is not on the teams' official roster the night the swimmer competes in a meet, and/or the League dues for that swimmer are not paid to the treasurer, (along with the SSL Consent & Release form), the swimmer will be disqualified in all events. The paper work and dues shall be given to the scorer's table when a swimmer joins after the start of the swim season.
1. For any dual meet if the number of swimmers on the smaller team is less than 50% of the number of swimmers on the larger team, then the smaller team may swim their swimmers in 3 individual events, within their age group (Rev. 3/2009).
 - a. This calculation will be based on the official team count as of 48 hours prior to noon on the day of the first meet. The treasurer will prepare this schedule or chart and distribute to all of the team presidents in that time frame (Rev. 3/2009).
 2. Relay exceptions – In the absence of enough boys to complete a boy's relay team, girls may swim on a boy's relay team. The girls may swim up one or two age groups. Boys may also swim up, one or two age groups, to help complete the boy's relay team. In the absence of enough girls to complete a girl's relay team, girls may swim up one or two age groups. A boy may never swim on a girl's relay team. However, there must always be at least one swimmer on the correct age and gender on the relay team. All available boys (for a boys relay event) and all available girls (for a girls relay event) must be used first before any up or across movement of swimmers can occur. All available swimmers for the event (age and gender) must be put on the same relay team and the up and across swimmers will fill in on the remaining relays (if applicable). This swimming up or across may never occur in individual events. A swimmer boy or girl may swim in their own age group relay, and swim up/or across in a relay (girl to boy, girl to girl, and boy to boy), but may not swim twice in the same

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event number in the same meet. A coach does not have to utilize all boys under 7 years of age before using 8 and under girls on a 7-8 boys relay team. No splitting of available boys or girls, to make more relay teams, is allowed. Refer to the following chart for (girl and boy-up/or across for boy's relay) guidelines (Rev. 5/2000).

Available Boys	Number of Relay Teams	Number of Boys/Girls to Swim up/across
0	0	0
1	1	3
2	1	2
3	1	1
4	1	0
5	2	3
6	2	2
7	2	1
8	2	0

- G. A team may swim a swimmer or swimmers or relay team as, “exhibition,” in a regular heat. To compete as an exhibition event, a swimmer must meet the eligibility requirements specified in Article V of these by-laws. When swimming exhibition swimmers in individual events, there may only be the same number or less of exhibition swimmers as scoring swimmers in each event (Example: 2 scoring swimmers in Girls 13-14 Breaststroke; 2 exhibition swimmers or less.) Special heats will not be held for this purpose. Event cards must be clearly marked, “exhibition,” and the coach must notify officials and the Clerk of Course before the event. This policy is the same for all pools. Exhibition events do not count in the swimmer’s maximum number of events for any one meet, do not score points for any meet, but will be recorded to establish a swimmer’s time for the Championship Meet.
- H. Individual events that have more than two heats should be identified with the Clerk of Course before the start of the Meet. Slowest heats swim first; fastest heats swim last in any event. The line-up should clearly indicate the fastest swimmers in each event. Fastest swimmers are in; “heat 2,” the next fastest swimmers in “heat 1,” etc. Swimmers are to be combined with other events, when possible. A decision to combine events and all heat assignments are the responsibility of the Clerk of Course. These same procedures will be followed for all events whenever appropriate.
1. Splitting swimmers – In determining which heat to place swimmers without times in a 2 to 3 swimmer situation in a 4-lane pool, the team with 3 swimmers (Team A) will place their fastest swimmer with the two swimmers of the opposing team (Team B). The two remaining swimmers from Team A will be Marked, “heat 1,” while the 3 swimmers (1 from Team A and 2 from Team B) will be, “heat 2.”
- I. After the start of the first event of the meet, coaches may submit two changes per Dual Meet to the submitted line-up before the event is seated in the Clerk of Course. Exhibition counts as a change. There is no limit in the number of changes prior to the start of the meet. Changes may not delay the start of the meet or event. Changes must be submitted to BOTH the scorer’s table and the clerk of course by a coach. Any discrepancies are to be settled by the two meet directors.
1. Relays in Dual Meets – Relay team members can be changed at any time until the event is announced to the Clerk of Course. These changes do not count as any of the” two changes permitted after the start of the meet” (The intent here is making sure we don’t punish the other kids on the

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relay if one doesn't show up for the meet or event) (Rev. 2/2003).

- J. If agreeable between Meet Directors before the meet begins, events #55, #56, #57 and #58 maybe held after #3 and #4 at a 50-meter pool (Ledgewood and Meadowood).

K. Timing

1. Stop watches should be checked before each meet.
2. Timers (one from each team at each lane) are to write both times in the spaces provided on the event card.
3. Electronic Timing: Electronic timing is used at all dual meets held at the Strongsville Recreation Complex and at Championships. Touch pads are used with double back-up buttons. One stopwatch is used. There will be two timers at the end of each lane, one holding the clipboard and a back-up button and one holding a back up button and the stopwatch. The electronic system will average the two back-up button times.

L. Scoring

1. Each team will provide two scorers; Any team using an electronic timing system must provide the needed operators for the system. Times generated by the electronic timing system will be used in the computerized scoring programs (Rev. 3/2009).
2. Judge's decision overrides the official time if there is a discrepancy in each individual heat.
3. Scorers from both teams will work together (Rev. 3/2009).
4. The following applies to the scoring of all individual and relay events: A team can only score as many places as the other team has swimmers in an event (Rev 3/2006). Scoring in an individual event is 6, 3, 2 and 1 when there are at least 2 swimmers for each team and 6 and 3 when there are less than 2 swimmers for at least one of the teams (Excluding an unopposed event).
 - a. In scoring an individual event with unopposed swimmer/swimmers the score achieved is 3 for the first place swimmer. If there is more than one no score is achieved for the additional swimmers over one.
5. In individual events and relay events, a team cannot sweep the total number of points available for any one event.
6. Relay events are scored 6 and 3 when there is one relay team for one of the teams and; 6, 3 and 1 when both teams have two "legal," relay teams in an event See VIII. L. 6. a.
 - a. In the case of girls swimming in a boy's relay, only the all boy team will score, if one is present. Teams must swim children of the gender and age group of the event if there are swimmers present of that age and gender.

Example 1: If team A has 5 boys and team B has 12 boys: Team A may swim girls in a second relay, but only the all boy relay may score. From team B only the top finishing team will score. All will receive ribbons based on the actual place achieved.

Example 2: If team A has 2 boys (present at the meet) and will be swimming girls in a boys event and team B has 8 boys, the girls/boys team may score as they are the only relay for their team in that event. Only one relay from team B will score. All will receive ribbon based on the actual place achieved (Rev. 5/2000).
 - b. In scoring a relay team that swims unopposed, the score achieved is 3.
 - c. In a relay event when there are four teams competing (two teams for Team A and two teams for Team B) and one of the teams DQ's, the event will be scored 6, 3 and 1.
7. In the event of a tie in either an individual event or a relay event, each team will get the number of points available when adding the respective points together and dividing by two.
8. Weather and time permitting, a break may be taken after event #34. This should not exceed 15

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Minutes.

9. Team scoring: Each age group is scored individually for team points, with boys and girls events scored separately. At the conclusion of the meet, one point shall be awarded to the winner of the age group (both boys and girls) and .5 points to the loser. The team with the highest cumulative point total will also receive 1 additional point.
 - a. Any incident occurring at a League Meet requiring intervention or clarification by the SSL Board must be submitted in writing **ONLY** to the VP of Operations within 48 hours of said Meet. The VP of Operations will respond to the appropriate Team Presidents and/or Meet Directors.
10. The home team will send an electronic file of the meet results and score to the Vice President of Operations within 48 hours of the end of the meet. It is the responsibility of the visiting team scorers to copy the meet results and score to their flash drive (Rev. 3/2009).
11. All dual meets that have a final score of a 1 or less point difference (Rev. 2/2005) will automatically be rescored by the VP of Operations. The Team Head Coach, Meet Director or the Team President may challenge any final score within 48 hours of the end of the meet. The challenge must be in writing and it is the responsibility of the team challenging the score to provide proof of the new score. Scoring challenges can only be submitted if the change will result in over turning the win or loss of a meet.
12. All dual meets that result in a tie score will remain as such for the record. (Rev. 3/2005)
13. See Exhibits G1 and G2.

M. Awards

1. During Dual meets, first through sixth place in all events will receive a place ribbon. Seventh place and beyond will receive a participation ribbon.
2. During Dual meets, for 10 and under age groups, heat ribbons will be given to each individual heat winner. They will also receive their individual place ribbon (Rev. 4/2005).
3. During Dual and Championship meets, all disqualified and exhibition swimmers will receive a participation ribbon.
4. Team Responsibilities:
 - a. The home team will provide ample seating for both teams awards volunteers.
 - b. The home team sits next to the scoring table.
 - c. Each team provides enough volunteers (2-4) to manage their awards in a timely fashion.
 - d. Scoring should provide awards *with results printouts* so they can verify that all labels have been printed correctly (Rev. 3/2009).
 - e. Awards will need to see event cards for the relays to verify that names printed on those labels are correct (Rev. 3/2009).

N. Rain dates will be scheduled according to the meet schedule.

IX. Disqualification Policy

- A. 6 and Under—(Rev. 3/2006) An individual will not score team points if:
 1. Freestyle:
 - a. Walking or bouncing off the bottom of the pool.
 - b. Not finishing the event.
 - c. Propelling forward off of the lane lines.
 2. Backstroke:
 - a. Not on back at the start.
 - b. Not on back during the swim.

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- c. Missed the wall at the turn.
- d. Only one or two simultaneous arm strokes at the turn – but can have kicking action.

B. 7 and 8—DQ s will be given for the following:

1. Freestyle:
 - a. Walking or bouncing off the bottom of the pool.
 - b. Not finishing the event.
 - c. Propelling forward off of the lane lines.
 2. Backstroke:
 - a. Not on back at the start.
 - b. Not on back during the swim.
 - c. Missed the wall at the turn.
 - d. Only one or two simultaneous arm strokes at the turn – but can have kicking action.
 3. Breaststroke:
 - a. At the beginning of the first stroke and at each turn the body shall be on the breast.
 - b. Arms must be simultaneous and at the same horizontal plane with out alternating movement.
 - c. Elbows shall be under the water at the final arm stroke at the turn and at the finish.
 - d. Stroke is a complete cycle of one arm stroke and one leg kick in that order.
 - e. Only one leg kick while fully submerged.
 - f. A maximum of 3 non-simultaneous leg kicks throughout the race.
 4. Butterfly:
 - a. Walking or bouncing off the bottom of the pool.
 - b. Body shall be kept on the breast.
 - c. The finish shall be on the breast and touch with two hands simultaneously at, above, or below the water surface.
 - d. A maximum of 3 non-simultaneous leg kicks throughout the race.
- C. 9 and 10—For the first two swim meet dates follow the same DQ policies as the 7 and 8 year olds. After that, they will be judged in the same manner as the swimmers in the 11 and older age groups.
- D. 11 through 18
1. DQ is for illegal stroke (according to USA rules and regulations) or double false start called at the discretion of the officials.

X. Rain Policy

- A. Meets canceled or postponed because of weather will be rescheduled by mutual consent of the two teams (Rev. 3/2009).
1. In the event of inclement weather the Home Team is responsible for canceling the meet up until 5pm. A token fee of \$10 should be paid to the officials once they arrive to officiate the meet, but before the meet would have begun. If both teams cannot reach agreement on a date to reschedule then it is the home team that has the final decision (Rev. 3/2009).
 2. Once a meet is underway the *meet directors and* officials determine if it is to continue. If a meet is begun then the officials are entitled to ½ of their fee (Rev. 3/2009).
 - a. If the meet is stopped because of weather before the end of event #38 it must be rescheduled at that time with the same officials on the 1st available date. Officials and both meet directors are responsible for making this determination. The rescheduled meet begins where the last completed event ended. Officials will be paid the remaining 1/2 of their fee at the rescheduled

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meet. After rescheduling a date, new swimmers may be added to the remaining events that will be swum on the new date, if available (Rev. 3/2009).

- b. If a meet is stopped after the end of event # 38 then it is deemed complete and the officials are to be paid in full (Rev. 3/2009).

- B. All swimmers scheduled to swim after event #38 of a weather-shortened meet, will be deemed to have swum, in order to be eligible for the Championship Meet. If a swimmer lacks two official times, due to a weather-shortened meet, he will be entered in the Championship Meet at “No Time” (NT). If both teams agree to finish a weather-shortened meet at a later date, the meet can resume where the original meet left off. Both teams will be responsible for obtaining and paying for officials.

XI. Championship Meet

- A. Events are the same as for a Dual Meet. Championship Meet is held the 3rd Saturday in July.

- B. The annual event is held at The Ehrnfelt Recreation Center. If the Ehrnfelt Recreation Center cannot hold this event or in the event the Ehrnfelt Recreation Center withdraws from this league the Championship meet will be hosted on a rotational basis if at all possible. Determination of the site will be made by the Parent Committee prior to October 31 of the swim season (Rev. 3/2009).

C. Eligibility

1. All swimmers must have swum in two dual meets prior to the Championship Meet, or if a swimmer is rained out of any meet, the League Parent Committee may approve participation by a majority vote at a meeting prior to the Championship Seeding Meeting.

D. Seeding the Championship Meet

1. Coaches must submit a line-up via e-mail by the date determined by Head Scorer. Names and the relay teams need not be specific at this time. (Rev. 2/2011)
2. All Coaches must follow the format set by the SSL previous to the seeding meeting for entering swimmers and times. (Rev. 2/2011)
3. If no available SSL time is recorded, swimmers will be seeded at NT (No Time). (Rev. 2/2011)
4. Each swimmer may enter two individual events and two relay team events. Teams whose registered number of swimmers are less than half (1/2) the size of the largest team may petition the Parent Committee for exception to this rule. This is voted on a yearly basis. (Rev. 2/2011)

E. Scratch Meeting

1. A Scratch Meeting will be held on the Friday evening prior to the championship Meet, with the Meet Director in charge.
2. An individual team Heat Sheet will be e-mailed to the coaches prior to the Scratch Meeting by the Head Scorer. (Rev. 2/2011)
3. The preliminary Heat Sheet will be e-mailed to the team presidents prior to the scratch meeting by the Head Scorer. (Rev. 2/2011)

4. Line Up Changes

a. At that time, each team may make two changes. A “change” is considered to be replacing one swimmer with a new swimmer that is not on the original Champs lineup (Rev. 2/2007). Each team is allowed to make two line-up changes during the Scratch Meeting for legitimate scratches (illness, injury, etc.).

- b. Two swimmers not previously entered at the seeding meeting may fill in for two scratched

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swimmers. These entries to replace scratched swimmers are called “line-up changes”. Additional scratches may be made, but there can be no entries for more than two scratches. No other changes can be made in the line-up of individual events.

c. Relay team members can be changed at any time until the event is announced to the Clerk of Course. Relay team member changes do not count as any of the “two line-up changes” permitted (Rev. 2/2003).

F. Deck Entry - If a swimmer is not entered to swim, deck entries will be allowed if there are places available. These entries will be on a first come, first serve basis. The Head Scorer will determine the time and location of the deck entry with notification at the Scratch Meeting. (Rev. 2/2011)

G. Scoring of the Championship Meet

1. Individual events: 13, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, and 1. (Rev. 2/2011)

2. Relay events: 13, 10, 8, 6, 4, and 2. (Rev. 2/2011)

3. Only the top two finishing swimmers from each team will be in scoring position for individual events. (Rev. 2/2011)

4. Each team may enter up to three relay teams in each relay event. The “C” relay will not score and an extra heat will not be created to accommodate a “C” relay. It will take place only if there is open space in an existing heat. (Rev. 2/2011)

5. Only the top one finishing relay team from each team, in each event, will be in scoring position. (Rev. 2/2011)

6. Touch pads will be used if available. The Head Scorer will use the times recorded by the computer. If the touch pad doesn’t record a time for a lane, the Head scorer will use an average time from the two times provided by the timers. Judge’s decision overrides the official time if there is a discrepancy in each individual heat. (Rev. 2/2011)

7. Disqualification Policy will be the same as during a dual meet. (Rev. 2/2011)

H. Awards

1. During the Championship Meet, any swimmers scoring a point will receive a place ribbon (i.e. 7th through 12th place), and medals 1st through 6th place.

2. Individual swimmer and relay teams will earn awards based on their actual position of finish. (Rev. 2/2011)

I. Championship Meet Committees (Rev. 2/2003)

1. Committees will be appointed by the League Parent Committee and will include:

a. Clerk of Course – WC & CM (Rev. 3/2009).

b. Awards – MW & DL (Rev. 3/2009).

c. Hospitality – WC (Rev. 3/2009)

d. Announcing/Timing (lanes 1-6) – HT (Rev. 2/2011)

e. Timing (lanes 3-8) – WF (Rev. 2/2011)

f. Scoring – Contracted by SSL Board (Rev. 2/2007)

g. Runners/ Timing (lanes 1-2, 7-8) – LP (Rev. 2/2011)

h. Locker/Restroom Patrol & Pool Marshals – BS (Rev. 3/2005) & Parking/1st Floor Marshals-HK (Rev. 2/2011)

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- i. T-shirts & 50-50 raffle – CC (Rev. 3/2005)
- j. Programs – CM (Rev. 3/2005)
- k. Set-up & Clean-up areas – RC (Rev. 3/2009)
- l. Meet Director – Current VP Champs (Rev. 2/2007)
2. Others deemed necessary by the League Parent Committee.

J. General Format on Running Championship Meet

1. To avoid confusion, all rules and procedures on running the Championship Meet shall be set forth annually in the League Bylaws and shall be strictly adhered to. Such items include, but are not limited to, exhibition events, line-up changes, starting blocks, etc.
2. A packet of information regarding Championships and each team's responsibilities will be prepared by the Vice President of Champs and distributed to each team at the May General Meeting. See III. B. 3. For more information on the duties of the V. P. of Champs (Rev. 2/2003).
3. After the Championship Meet events, the Parent Committee can decide if a Parents and/or Coaches Relay Swim Event will take place while the head scorer tallies the meet results. (Rev. 2/2011)
4. If the Championship Meet is held at the Ehrnfelt Recreation Center, all operations of the pool and safety of swimmers will be under the charge of the Aquatic Supervisor. The Aquatic Supervisor has the judgment call to delay, postpone, or cancel the Championship Meet. (Rev. 2/2011)

XII. Forest Park and Ledgewood Team Consolidation

- A. Beginning with the 1996 SSL swim season, Forest Park and Ledgewood will combine to form one team. The team will be named Ledge Park and will have the designation of LP. The combining of the two teams will be based on the following conditions and is agreed upon by a majority vote of the teams.
 1. The team will be scheduled for meets by the SSL as one team.
 2. The team will notify the League, within one month of the League schedule being agreed upon, which pool(s) the team will swim dual meets at.
 3. Each of the combined teams will have the right to separate itself from the combined team. Any separation can only take place between August and September.
 4. The SSL will recognize awards, times and scores of the combined team only.
 5. The combined team (Ledge Park) is subject to the Bylaws and governing body of the SSL as long as they are a member of the SSL.
 6. Forest Park and Ledgewood will each have one representative to the SSL, but the combined team will be subject to the voting criteria in the SSL Bylaws.
 7. The combined team (Ledge Park) can swim their home meets at either Forest Park pool or the Ledgewood pool.
- e. For insurance purposes, the teams will be known by Forest Park and Ledgewood. For championship job purposes the team will be known as LedgePark.

XIII. Bent Tree and Spyglass Hill Consolidation

- A. Beginning with the 1999 SSL swim season, Bent Tree and Spyglass Hill will combine to form one team. The team will be named Bent Tree/Spyglass Hill and will have the designation of BT/SG. Spyglass HOA residents who live in North Royalton, a defined area of the team, can swim for Spyglass only in the SSL (Rev. 2/2007). The combining of the two teams will be based on the following conditions and is agreed upon by a majority vote of the teams.
 1. The team will be scheduled for meets by the SSL as one team.

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2. The team will notify the League, within one month of the League schedule being agreed upon, which pool (s) the team will swim dual meets at.
3. Each of the combined teams will have the right to separate itself from the combined team. Any separation can only take place between August and September.
4. The SSL will recognize awards, times and scores of the combined team only.
5. The combined team (Bent Tree/Spyglass Hill) is subject to the Bylaws and governing body of the SSL as long as they are a member of the SSL.
6. Bent Tree and Spyglass Hill will each have one representative to the SSL, but the combined team will be subject to the voting criteria in the SSL Bylaws. (Two votes per TEAM)
7. The combined team (Bent Tree/Spyglass Hill) can swim their home meets at either the Bent Tree pool or the Spyglass Hill pool. For insurance, the teams will be known by Bent Tree and Spyglass Hill. For Championship job purposes the team will be known as Bent Tree/Spyglass.

XIV. High Point and Deerfield Woods Consolidation

- A. Beginning with the 1997 SSL swim season, Deerfield Woods will combine with High Point to form one team. The team will be named High Point Swim Team. The combining of the two homeowners associations will be based on the following conditions and is agreed upon by a majority vote of the teams.
 1. The team will be scheduled for meets by the SSL as one team.
 2. The team will be responsible for its own pool time and operations.
 3. Each of the developments will have the right to separate itself from the combined team. Any separation can only take place between August and September. The team must issue a written notice each year to its swimmers, member families and Homeowners Associations that the existence of the team is, at will, and that the SSL has no control over decision made by the homeowners concerning the team or the usage of the associations' assets to support the team. In addition, the swimmers and families must also be notified that the existence of the team is subject to the SSL Bylaws and the cooperation of the two Homeowners Associations.
 4. The SSL will recognize awards, times and scores of the consolidated team only.
 5. The consolidated team (High Point) is subject to the Bylaws and governing body of the SSL as long as they are a member of the SSL.

XV. Co-Moor Swim Team Residency Requirements

- A. The Co-Moor Swim Team can allow grandchildren of Co-Moor residents to become members of the Co-Moor team. Children living outside of Co-Moor that have grandparents living in Co-Moor will be allowed to join the team and participate in the Strongsville Swim League.
- B. Swimmers that live in developments within Strongsville that have swim teams may not participate on the Co-Moor Swim Team.
- C. Co-Moor will submit to the Strongsville Swim League, together with their roster, the number of swimmers on the team that have grandparents living in the Co-Moor community.

XVI. Co - Moor and Eastland Estates Consolidation

- A. Beginning with the 2001 swim season, Eastland Park Estates will combine with Co-Moor to form one Team. The team will be named Co-Moor Swim Team. The combining of two homeowners associations

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will be based on the following conditions and is agreed upon by a majority vote of the teams.

1. The team will be scheduled for meets by the SSL as one team.
2. Each of the developments will have the right to separate itself from the combined team. Any Separation can only take place between August and September. The team must issue a written notice each year to its swimmers, member families and Homeowners Associations that the existence of the team is, at will, and that the SSL has no control over the decisions made by the homeowners concerning the team or the usage of the associations' assets to support the team. In addition the swimmers and families must also be notified that the existence of the team is subject to the SSL Bylaws and the cooperation of the two Homeowners Associations.
3. Any child and or family member who resides in Eastland Park and is presently a member of the Strongsville Recreation Team may choose to remain a member of the team as long as they have continued membership on the team. This would include younger siblings of grandfathered members (per SSL Bylaws XVI).
4. The SSL will recognize awards, times and scores of the consolidated team only.
5. The consolidated team (Co-Moor) is subject to the Bylaws and governing body of the SSL as long as they are a member of the SSL.

XVII. Ehrnfelt Recreation Center Swim Team

- A. The Strongsville Recreation Team is admitted to the Strongsville Swim League beginning with the 1998 swimming season under the following conditions. The team will be admitted into the SSL under the SSL By-laws except where noted below.
 1. The team will consist of swimmers that are residents of the City of Strongsville that do not live in a Strongsville development that has an active team. Each swimmer must be a registered member of the team and a resident of the City of Strongsville.
 2. Families of swimmers that are on the Strongsville Recreation Swim Team, as of 10/1/97, regardless of where they live may stay a member of the team as long as they have continued membership on the team. The Strongsville Recreation Swim Team will submit a list of families of remaining members no later than 6/1/98.

XVIII. Westwood Farms Swim Team Expansion

- A. The Westwood Farms Team is admitted to the Strongsville Swim League beginning with the 2003 swimming season and will have the designation of WF. The team will be admitted into the SSL under the SSL By-laws.

XIX. Waterford Crossing Swim Team Expansion

- A. The Waterford Crossing Swim Team is admitted to the Strongsville Swim League beginning with the 2005 swimming season and will have the designation of WC. The team will be admitted into the SSL under the SSL By-laws.

XX. Deerfield Lake Swim Team Expansion

- A. The Deerfield Lake Swim Team is admitted to the Strongsville Swim League beginning with the 2007 swimming season and will have the designation of DL. The team will be admitted into the SSL under the SSL By-laws.

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XXI. Chandler Commons Swim Team Annexation

- A. Beginning with the 2009 swim season, residents of The Trails will be permitted to join the Chandler Commons Swim Team.
 - 1. Chandler Commons HOA will permit residents of The Trails to become members of their swimming team.
 - 2. The Trails residents, as members of Chandler Commons Swim Team, will be subject to the Bylaws and governing body of the SSL.
 - 3. Any child and or family member who resides in The Trails and is presently a member of the Strongsville Recreation Team may choose to remain a member of the team as long as they have continued membership on the team. This would include younger siblings of grandfathered members.

XXII. Forest Park Swim Team Annexation

- A. Beginning with the 2010 swim season, residents of Avery Walden will be permitted to join the Forest Park Swim Team.
 - 1. Forest Park HOA will permit residents of Avery Walden to become members of their swim team.
 - 2. Avery Walden residents, as members of Forest Park Swim Team, will be subject to the By-laws and governing body of the SSL.
 - 3. Any child or family member who resides in Avery Walden and is presently a member of the Strongsville Recreation Team may choose to remain a member of the team as long as they have continued membership on the team. This would include younger siblings of grandfathered members.

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EXHIBIT A.

Strongsville Swim League

Schedule of Officers

Years	President	VP-Champs	VP-Operation	Secretary	Treasurer
2002	RC	MW	BS	HT	LP
2003	RC	MW	HT	CM *	BS
2004	MW	HK	HT	CM *	BS
2005	MW	HK	LP	WF	RC
2006	CC	HT	LP	WF	RC
2007	CC	HT	CM	WC	CC
2008	HK	LP	CM	WC	CC
2009	HK	LP	WF	BS	MW
2010	HT	CM	WF	BS	MW
2011	HT	CM	WC	DL	HK
2012	LP	WF	WC	DL	HK
2013	LP	WF	BS	RC	HT
2014	CM	WC	BS	RC	HT
2015	CM	WC	DL	CC	LP
2016	WF	BS	DL	CC	LP
2017	WF	BS	RC	MW	CM
2018	WC	DL	RC	MW	CM
2019	WC	DL	CC	HK	WF
2020	BS	RC	CC	HK	WF
2021	BS	RC	MW	HT	WC
2022	DL	CC	MW	HT	WC
2023	DL	CC	HK	LP	BS
2024	RC	MW	HK	LP	BS
2025	RC	MW	HT	CM	DL
2026	MW	HK	HT	CM	DL
2027	MW	HK	LP	WF	RC

Cycle is completed in 2027. 2028 will be the same as 2006.

BS	Bent Tree / Spyglass
CC	Chandler Commons
CM	Co-Moor
DL	Deerfield Lake
HT	High Point
HK	Huntington Park
LP	LedgePark
MW	Meadowood
RC	Recreation Complex
WC	Waterford Crossing
WF	Westwood Farms

* Trades: Co-Moor traded with High Point (Rev. 2/2005)

Schedule revised for 2007 season to include the new team, Deerfield Lake

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EXHIBIT B.

TEAM INFORMATION & POOL CHART

Swim Team Team Abbreviation	Lanes	Distance	Address and Phone Number	Deep End	Shallow End
Bent Tree/Spyglass BS	4	25+ M	13989 Walking Stick Way 238-9945	DB	No
Chandler Commons CC	6	25 Y	18852 Stoney Point Drive 238-9625	DB	No
Co-Moor CM	4	25 Y	21111 Idlewood Drive 238-1931	DB	No
Deerfield Lake DL	4	25Y	17148 Goldenstar Drive 268-0645	DB	No
Forest Park/Ledgewood LP	6	25 M	11610 Park Moss Avenue 238-0944	DW	No
High Point HT	6	25 M	17847 Brandywine Drive 572-9822	DB	DW
Huntington Park HK	4	25 Y	15400 Bryn Mawr Blvd. 572-9847	DB	No
Ledgewood/Forest Park LP	6	50 M	17761 Falling Water 238-9967	No	No
Meadowood MW	6	50 M	10901 Gate Post Road 572-0077	No	No
Recreation Complex RC	8	25 Y	18100 Royalton Road 878-6000	DW	DB
Spyglass/Bent Tree BS	4	25 M	13201 Compass Point 238-9815	DB	No
Waterford Crossing WC	6	25M	18881 Waterford Parkway 878-1747	DB	No
Westwood Farms WF	6	25M	21832 Country Way 878-9052	DB (in 6/05)	No

*Home Team in Bold

M = Meters
Y = Yards

DB = Diving Blocks
DW = Diving Wall
No = No Diving

2010 STRONGSVILLE SWIM LEAGUE BY-LAWS

EXHIBIT C.

HOME MEETS TALLY (Rev. 2/2007)

Swim Year	BT	SG	CC	CM	FP	LW	HT	HK	M W	RC	WW F	WC	DL
1995	3	3	3	3	3	3	3	3	3	-			
1996	4	4	4	4	4		4	4	4	-			
1997	4	4	4	4	3		3	4	4	-			
1998	4	3	3	4	4		3	3	4	4			
1999	4		4	3	4		3	3	3	4			
2000	3		3	4	3		4	4	4	3			
2001	4		4	3	4		2	4	3	4			

TOTALS	26/25	25	25	25	22	25	25	15*					
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*Less Years in League

2002	3	3	4	3	5	3	4	3					
2003	4	3	3	3	4	3	4	4	4				
2004	4	4	4	4	4	4	4	4	4	4			

TOTALS	37/36	35	36	35	35	35	37	26	8				
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2005	4	4	4	4	4	4	4	4	4	4	4		
2006	4	4	4	4	4	4	4	4	4	4	4		
2007	4	4	4	4	4	4	5	4	4	4	4	4	
2008	4	4	4	4	4	4	4	4	4	4	5	4	
2009													

2010 STRONGSVILLE SWIM LEAGUE BY-LAWS

EXHIBIT D.

SSL CHAMPIONSHIP MEET

HEAT SHEET ADS

YEAR	INSIDE FRONT COVER	INSIDE BACK COVER	BACK COVER	
	\$150	\$150	\$200	
2002	CM	MW	CC	
2003	RC	LP	BS	
2004	HK	WF	HT	See EXHIBIT A for team abbreviations chart.
2005	MW	WC	CM	
2006	LP	BS	RC	
2007	WF	HT	HK	
2008	DL	CC	MW	
2009	WC	RC	LP	
2010	BS	HK	WF	
2011	HT	CM	DL	
2012	CC	MW	WC	
2013	RC	WF	BS	
2014	HK	LP	CC	
2015	CM	DL	HT	
2016	MW	WC	RC	
2017	WF	BS	HK	
2018	LP	CC	CM	
2019		HT		

Full rotation ends in 2012 with CC and inside front cover. All teams have had each cover one time at this point. A new rotation begins in 2011 with DL and back cover and 2012 with MW and inside back cover. See work papers for detail.

The protected list for a team will consist of those businesses or individuals that purchased champ ads from that team the previous 2 years. Furthermore, the protected list is the responsibility of the VP of Champs since they oversee the coordination of the Champs Ads (Rev. 3/2006). In January or February the V.P of Champs should remind the teams about the deadline to sell the covers of the Champs Heat Sheet Book. By the SSL meeting in May the teams who get to sell the covers for that year should have a commitment by someone to buy them. If they have not sold the cover by that date then it will be given to a team that has no cover for that year. The team will be chosen by placing in a hat the names of the teams who don't have a cover to sell. A name will be drawn and a deadline chosen to sell the cover by. Repeat this process until the cover is sold.

DEADLINES (Set specific dates yearly.)

MAY FOR COVERS
LATE JUNE OR EARLY JULY FOR ALL OTHER ADS

2010 STRONGSVILLE SWIM LEAGUE BY-LAWS

EXHIBIT E.

CONVERSION TABLE

The Championship meet is held at the Strongsville Recreation and Senior Complex. This pool is 25 yards in length and all times will need to be converted to yards for the Championship meet. While coaches are free to use the 3 seconds subtracted from each 30 seconds of meter time, the formula below is more accurate.

1 yard = .9144 meter

1 meter = 1.094 yards

When converting from a 50 meter pool time to a 50 yard pool time, the formula would be:

(Meter time) x .9144 = (yard time)

Example:

If a swimmer had a meter time of 54.3 seconds for 50 meters, the formula would be:

54.3 seconds (for 50 meters) x .9144 = 49.65

1:02.5 for 50 meters (62.5 seconds/50 meters) x .9144 = 57.15

Time conversions can be made on an Excel or Lotus spreadsheet using the following formula:

- Use one cell (A1) to input the swimmers' "meter" times.
- Use another cell (B1) for the formula to calculate the "yard" time (A1*.9144).
- Make sure both cells have been set to the proper time format of 00:00.0.
 - To set the Format for an EXCEL spreadsheet:
 - Highlight the cells that you want to format,
 - Then choose "Format", then "Cells", then "Time", then "30.55.7".
- In cell B1, enter the formula (A1*.9144).
- Enter a swimmer's "meter" time in cell A1.
 - For the example above, you would have to enter it as 0:54.3
 - If you enter it as 54.3 you won't get the correct answer.
- The "yard" time will display in cell (B1) – it will do all of the conversions for you.

If you test the two examples above and you get the same answers, then your spreadsheet is set up correctly.

The SSL Board has a conversion table in their records that could be used in place of the above. (It's like a sales tax table.) Contact them for a copy of it.

2010 STRONGSVILLE SWIM LEAGUE BY-LAWS

EXHIBIT F1.

STRONGSVILLE SWIM LEAGUE
CONSENT AND RELEASE FORM

Swimmers Names:
(First, Last)

Birth Date:

Age as of
June 1, 20__:

Three horizontal lines for entering swimmer names, birth dates, and ages.

Parent Names: (First, Last)

Horizontal line for entering parent names.

Address:

Phone Numbers:

Home: Dad at Work: Mom at Work:

I/We the undersigned, parent(s) and/or guardian(s) of the named youth(s), do hereby give our consent for participation in the training and competitive meets of the Swim Team, member of the Strongsville Swim League (SSL), which will provide a supervised, competitive swim program. I/We, the parent(s) and/or guardian(s) of the above candidate(s), do hereby give my/our approval for participation in all scheduled activities during the 20__ season. I/We, do further release, absolve and hold harmless the SSL and the Swim Team and the Officers and Coaches of both organizations. In case of injury to my/our child, I/we waive all claim against SSL and the Swim Team organizers, the City of Strongsville, the Strongsville Recreation Department, sponsors, or any of the supervisors appointed by them. Any adult supervisor of the Swim Team is hereby given authority to call for, permit and provide medical care for my/our child and to consent to the provision of care to such child by medical practitioners or a hospital. I/We also certify that my/our child is in good health and has no known disabilities which would keep him/her from participating in the Swim Team practices and meets. I/We understand that swim team insurance will be included in the price of the registration fee.

I/We also understand the need for parental involvement as a vital part of our child's/children's learning experience with the Team as well as the obligation to share in the activities of the Team. Therefore, by executing this form, I/we agree to participate in either the identified volunteered activities or ones that shall be assigned by the Swim Team.

I/We also agree to keep within the rules and by-laws of the SSL and guarantee that the we do not live in a neighborhood of another team. These neighborhoods include the following: High Point, Bent Tree, Co-Moor, Meadowood, Huntington Park, Spyglass Hill, Ledgewood, Forest Park, Chandler Commons, Deerfield Lake, and Deerfield Woods, Westwood Farms, Eastland Park Estates, Waterford Crossing. Children living outside one of these areas are members of the Strongsville Recreation Swim Team.

Preferred Hospital:

Preferred Doctor: Phone:

Preferred Dentist: Phone:

Signature: Relationship: Date:

Signature: Relationship: Date:

2010 STRONGSVILLE SWIM LEAGUE BY-LAWS

EXHIBIT F2.

STRONGSVILLE SWIM LEAGUE PARENT AND SPECTATOR CODE OF CONDUCT

Parents/spectators should remember that the goal of the Strongsville Swim League is: to support childhood growth and development through swimming - the fundamental techniques will be emphasized, with focus on sportsmanship, teamwork, and having fun.

Parents/spectators should keep in perspective what Strongsville Swim League is about - through sports, a child can experience attitudes which can help shape a happy, productive, and well-adjusted life. By creating a healthy environment on the team, all children can be winners, regardless of the win-loss record.

Our children learn from what they observe - let your behavior “set the example” for our swimmers.

Parents/spectators should remember that they are present to support the children, not to draw attention to themselves.

Parents/spectators should remember that coaches and officials are trying to help our children and are qualified in swimming. Unless parents are invited to take an active part in coaching, they should not complain/offer advice from the deck/gallery.

The official is in complete charge of the meet, and for the sake of the swimmers, his/her decision must be respected. If there is a complaint, it must be brought to your team President who will then take it to the SSL President, if further action is needed.

Parents/spectators who attend swim meets should promote well-being and cheer for a job well done, regardless for which team the child is swimming.

I have read and understand the above Code of Conduct and agree:

Parent's Name (PRINTED)

Date

Parent's Signature

Participating Child/Children's Names

2010 STRONGSVILLE SWIM LEAGUE BY-LAWS

EXHIBIT G1.

SCORING POINTS SYSTEM

Note: In scoring all events, the following rule applies: A team can only score as many places as the other team has swimmers in the event.

Please refer to Scoring Examples for how points are awarded.

INDIVIDUAL EVENTS

If there are least 2 swimmers for each team:

6 points = 1st place
3 points = 2nd place
2 points = 3rd place
1 point = 4th place

If a team sweeps an event, they can only score the first 3 places and the opposing team gets the 4th place point.

If either team has only 1 swimmer:

6 points = 1st place
3 points = 2nd place

If a swimmer is unopposed:

3 points = 1st place

Disqualifications count as swimmers, but do not score points.

RELAY EVENTS

If there are at least 2 relays for each team:

6 points = 1st place
3 points = 2nd place
1 point = 3rd place

If a team sweeps an event, they can only score the first 2 places and the opposing team gets the 3rd place points.

If either team has only 1 relay:

6 points = 1st place
3 points = 2nd place

If a relay is unopposed:

3 points = 1st place

Disqualifications count as relays, but do not score points.

2010 STRONGSVILLE SWIM LEAGUE BY-LAWS

EXHIBIT G2.

SCORING EXAMPLES

The majority of scoring errors occur when not applying this rule: A TEAM CAN ONLY SCORE AS MANY PLACES AS THE OTHER TEAM HAS SWIMMERS IN THE EVENT. Disqualifications count as swimmers but do not score points.

Below are some scoring examples:

EXAMPLE 1

Swimmer	Actual place	Scoring points
Team 1 A	2	----
B	1	6
C	4	----
Team 2 D	3	3

Since Team 2 had only one swimmer, Team 1 can only score points for 1st place

EXAMPLE 2

Swimmer	Actual place	Scoring points
Team 1 A	2	3
B	3	2
C	4	----
Team 2 D	1	6
E	5	1

Since Team 2 had only two swimmers, Team 1 can only score points for 2nd and 3rd place. The fourth place points are awarded to Team 2.

EXAMPLE 3

Swimmer	Actual place	Scoring points
Team 1 A	1	6
B	2	3
C	3	----
Team 2 D	4	2
E	5	1

Since Team 2 had only two swimmers, Team 1 can only score points for 1st and 2nd place. The 3rd and 4th place points are awarded to Team 2.

EXAMPLE 4

Swimmer	Actual place	Scoring points
Team 1 A	1	6
B	DQ	----
Team 2 D	2	3
E	3	2
F	4	----

Team 1 had two swimmers but the DQ'd swimmer does not score any points. 4th place points not awarded.

2010 STRONGSVILLE SWIM LEAGUE BY-LAWS

EXHIBIT H1.

INSTRUCTION SHEET FOR THE STRONGSVILLE SWIM LEAGUE ACCIDENT REPORT

- ✓ Please complete the accident report with as much information as possible.
- ✓ This is only an accident report
- ✓ This is not an insurance claim form
- ✓ Contact the league Treasurer to file an insurance claim
- ✓ Insurance claims must be filed within 90 days of the accident

TEAM PRESIDENTS

- ❖ You must provide a copy of this instruction sheet and accident report to all of your coaches, pool manager or lifeguards
- ❖ A copy of this instruction sheet and accident report is attached to the Strongsville Swim League Bylaws
- ❖ Please provide the league Treasurer with a copy of all accident reports for your team in a timely manner

2010 STRONGSVILLE SWIM LEAGUE BY-LAWS

EXHIBIT H2.

STRONGSVILLE SWIM LEAGUE ACCIDENT REPORT

Team name _____

Pool name _____

Injured's name _____ Phone Number _____

Parent's name if above is a minor _____

Address _____

Describe accident: Date _____ Approximate Time _____

First Aid given _____

Person who performed first aid _____

Name and phone numbers of any witnesses _____

Please have the team president, a team coach and a lifeguard sign this report to show that they are aware of the accident and provide each of them with a copy of this accident report.

Team President

Team Coach

Lifeguard

THIS IS NOT AN INSURANCE CLAIM FORM. THIS IS ONLY A RECORD OF THE ACCIDENT/INJURY.