

Northern New Jersey
YMCA Swim League
Constitution

Revised: May 2008

Northern New Jersey YMCA Swim League Constitution

Part I

Guiding Principles and Definitions

- A. The Northern New Jersey YMCA Swim League operates in accordance with the “Rules that Govern YMCA Competitive Sports.” (see Appendix I), and **Character Development found in the YMCA of the USA Constitution Mission Statement. Additionally, the League wishes to foster the four Guiding Principles of Respect, Honesty, Responsibility, and Caring.**
- B. Definitions of terms used herein:
1. “Y” refers to both YMCA’s and YWCA’s.
 2. “Swimmers” refers to members of individual YMCA swimming teams.
 3. “Swim Season” refers to the **Swim Calendar year. Additionally, to any other times and places, when member Y’s of the NNJYSL are engaged in open or closed competition, and competitive swimmers and coaches are representing their YMCA.**
 4. “League” refers to the Northern New Jersey YMCA Swim League.
 5. “Division” refers to a subdivision of the League established to provide fair competition for all teams included in that particular grouping of teams (e.g., Girls A, Boys A, etc.).
 6. “Dual Meet Teams” refers to any particular team of a Y that is entered into one of the divisions (e.g., Boys C) and competes within that division among other similar teams from other Y’s.
 7. “Closed Competition” refers to meets that are only open to Y teams, are conducted under Y rules and are officiated by Y certified officials (examples are Y dual meets and Y only invitationals).
 8. “Open Competition” refers to meets that may include Y and other club teams, may be conducted under other rules (e.g., USA Swimming rules) and may be officiated by other certified officials.
 9. “Annual Youth Full Privilege membership” refers to a Y membership that entitles the member to full use of all Y facilities, i.e., gym, pool, weight room, and locker rooms, etc., as defined by the local Y.
 10. “YMCA Professional” refers to a full-time employee of the Y with the responsibilities of a Program Director, as that term is used in the Y hierarchy.
 11. “YMCA Paid Staff Member” refers to any full or part-time paid member on the staff of a particular Y.

Part II

Administrative Organization

A. Executive League Coordinator

1. Will be appointed by the Coordinator of NJ YMCA Competitive Swimming, with the concurrence of the East Field Group Representative, by June 1.
2. Will hold office for a three (3) year term. Appointment may be renewable for one additional term (or a maximum of six years in total).
3. May not hold office in any division.
4. Must be a YMCA Professional.
5. Will appoint at least three (3) league coordinators and one (1) Secretary-Treasurer for the League.
6. Shall have the authority to make all policy decisions affecting the League within the confines of this document.
7. Shall have full power to make any necessary interpretations of this document for the best interest of the League. Such interpretations shall be binding on all members of the League until such time as this document is amended.
8. Shall cast the deciding vote in case of a tie in any matter requiring a vote by the League.

B. League Coordinators

1. Will be appointed by the Executive League Coordinator, with the concurrence of the Coordinator of NJ YMCA Competitive Swimming, for a three (3) year term. Appointment may be renewable for one additional term (or a maximum of six years in total).
2. Appointments for League Coordinators shall be staggered so that all League Coordinators will not leave office at the same time.
3. Must be a YMCA paid staff member of the respective YMCA
4. Must have coached in the League for at least two (2) years.
5. League Coordinators shall be assigned by the Executive League Coordinator to oversee the operation of each of the Divisions of the League.

C. Secretary-Treasurer

1. Will be appointed by the Executive League Coordinator, with the concurrence of the Coordinator of NJ YMCA Competitive Swimming, for a three (3) year term. Appointment may be renewable for one additional term (or a maximum of six years in total).
2. Must be a YMCA paid staff member of the respective YMCA.
3. Must have coached in the League for at least two (2) years.

D. Meetings

1. General Membership
 - a. Fall – to be held early in October to facilitate the start of the dual meet season.
 - b. Spring – to be held in early June to review the immediate past season and prepare for the next season.

- c. Quorum - Representatives of two thirds of the member YMCAs shall constitute a quorum for purposes of conducting business at any scheduled meeting. In the absence of a quorum, such meeting shall be postponed until such time as a quorum is present.
2. Executive Committee
 - a. Fall – to be held three weeks before the Fall General Membership meeting to prepare for the upcoming season.
 - b. Winter – to be held during January for the purpose of reviewing the season to date and preparing for the upcoming championship meets.
 - c. Spring – to be held three weeks before the Spring General Membership meeting to consider amendments to the Constitution and changes for the upcoming year.
 - d. The Executive League Coordinator may call additional ad hoc meetings as required.
 - e. Quorum - Two thirds of the members of the Executive Committee shall constitute a quorum for purposes of conducting business at any scheduled meeting. In the absence of a quorum, such meeting shall be postponed until such time as a quorum is present. It will be allowed that an absent party can attend such meeting via a conference telephone call where the calling party can hear and be heard.

E. Officials' Committee

1. Will be appointed by the Coordinator of NJ YMCA Competitive Swimming, based on recommendations from the Chairperson and other Committee members.
2. Will consist of up to nine members, each appointed for a three-year term. Terms will be renewable, with the approval of the Coordinator of NJ YMCA Competitive Swimming. Terms will be staggered so that all members will not leave the Committee at once.
3. The Coordinator of NJ YMCA Competitive Swimming will appoint a Chairperson from among the Committee members. The chairperson's term will be for three years and will be renewable with the concurrence of the Coordinator of NJ YMCA Competitive Swimming.
4. The Committee will have the following responsibilities, among others:
 - a. Oversee the officiating at all statewide championship meets, including approving or providing the Meet Referee for each such meet.
 - b. Assist the host teams in attracting the best officials to work at the state championship meets.
 - c. Resolve protests concerning the conduct of a meet that are referred to the Committee in accordance with Section VI.
 - d. Be available to individual officials to answer questions on the rules and how they are applied in individual situations.
 - e. Coordinate the recruiting and training of new officials and the re-certification of existing officials.
5. Work with the Officials' Coordinators of the individual YMCAs to insure that all pertinent information is provided to all YMCA officials on a timely basis.

Hold statewide meetings of the Officials' Coordinators and of individual officials, as needed, to bring all officials up to date on matters affecting their responsibilities.

6. Work with the Officials' Coordinators and the individual YMCA teams to maintain a consistently high quality of officiating at all YMCA meets in the State

F. Review Committee

The Committee shall review matters of potential misconduct in regard to competitive swimming, where two or more YMCAs in the NNJYSL are involved, and the review has been requested by the CEO of a least one of the involved YMCAs. The purpose of the committee would be to guide adherence to Part 1 Guiding Principles in this Constitution. This Committee would not overlap the role of any other committee appointed within this constitution, such as the officials committee, protest committee, etc., but as a deliberative committee, may refer matters brought to its attention to another committee.

1. The Committee will be composed of two YMCA professionals, named each year during the League Spring Meeting, and the Executive coordinator of the NJ YMCA, who will act as committee chair. Additionally, two other YMCA professionals will be appointed as alternates.
2. Actions of the Committee are limited to: Arbitration, if requested by all parties, a letter of reprimand, and/or referral to the Chairperson of the New Jersey Alliance.

Part III Organization of the Divisions

A. Divisions, Alignment and Moving Between Divisions

1. There shall be various individual Divisions for the Girls, Boys and Co-Ed teams.
2. These Divisions shall group teams based upon the degrees of proficiency in competitive swimming of such teams.
3. These Divisions shall be designated by a letter (A, B, C, etc.) with the "A" division demonstrating the highest level of proficiency
4. At the annual Spring Meeting the League Coordinators will present a proposed Divisional alignment of the League for the upcoming swim season.
5. Each Division will be overseen by one of the League Coordinators.
6. New teams and those teams whose situations have drastically changed may request a change in placement for the upcoming Swim Season by the third Wednesday in September. Such requests must be in writing, must state the circumstance that led to the changes and must be filed with the Executive League Coordinator.
7. The Coed Division will follow the rules for the Coed Division according to the membership responsibility in Part IV Section B. In the event the Coed Division cannot field four (4) teams, the league coordinator will place the remaining coed teams (up to 3) in a Boys Division, appropriate to their proficiency, for that competing dual meet season. This placement does not

carry over to the next year. When assigned to a Boys Division, all rules of the Boys Division apply to the coed team/s.

B. Voting

1. In all matters whether League or Division each Y has one vote. Exception: Executive League Coordinator shall cast the deciding vote in case of a tie.
2. A Y must have either the YMCA Professional or Coach present at any meeting in which matters come up for a vote in order to cast their vote. Otherwise, the Y forfeits its right to a vote on any issues scheduled to be brought to a vote at that meeting.
3. Quorum - See Section D 1 c of this Constitution for the quorum requirements for meetings at which issues are scheduled to be brought to a vote of the league members.

**Part IV
Team/Swimmer Eligibility**

A. Membership

1. YMCA's shall be designated as Members of the League.
2. All members of the Northern New Jersey Swim League must meet all requirements of team eligibility as set forth by the YMCA of the USA. (Appendix I)
3. YWCA's shall be designated as Associate Members of the League.
 - a. YWCA's shall have the voting privileges of Members.
 - b. YWCA's shall be eligible for all positions within the League as established by this document.
 - c. YWCA's must maintain and uphold all rules and regulations set forth in this document.
 - d. At no time shall Associate Members of the League have more teams registered in the League than Member teams.
 - e. An Associate Member must have either a current YMCA Eligibility Certificate (see Appendix I) or be affiliated with the YMCA National Organization.
4. Each Member and Associate Member must provide a current Certificate of Liability Insurance at or exceeding the requirements set forth by the YMCA of the USA to the League Secretary-Treasurer with their roster, team fees and coach safety certifications.

B. Member Responsibilities

1. Each dual meet team (Girls, Boys, or Co-Ed) must have a minimum of 20 swimmers, dispersed over at least three of the four age groups: 9/10, 11/12, 13/14, and 15/18.
2. Y's with established teams in other Divisions may have a Co-Ed team. Swimmers on the Co-Ed team from a Y with an established team may not have times faster than the NJ YMCA State Championship Meet time standards, as established by the New Jersey YMCA Competitive Swimming

- Championship Committee. Swimmers who have achieved NJ YMCA State Championship Meet time standards may still compete in the Co-ed Division if the YMCA they represent has only one team which is in the Co-ed Division.
3. Y's whose swimming program is too small to field individual boys and/or girls' teams in accordance with the eligibility requirements set forth in Part IV, Paragraph B1 above may establish a Co-Ed team to compete in the League.
 - a. All Co-Ed teams must have minimum of 20 swimmers, with swimmers in at least three of the four age groups (i.e., 9/10, 11/12, 13/14, 15/18), and must have members of both genders.
 - b. All Co-Ed teams will swim within their own division(s).
 - c. Co-Ed teams that expand and meet the eligibility requirements for the establishment of separate boys and/or girls teams must do so no later than the third Wednesday in September for the upcoming Swim Season.
 - d. Co-Ed division meets will swim boys and girls together and scoring is determined by the order of finish without regard to gender.
 4. All coaches must have the following certifications:
 - a. CPR – certification from American Heart Association, American Red Cross, or National Safety Council.
 - b. First Aid – American Red Cross.
 - c. Lifeguard Training or Coaches Safety Training.
 - d. YMCA Swim Coach
 5. Coaches are responsible for keeping all of their certifications current throughout the season.
 6. New teams must apply for inclusion in the League by June 1st. This application must be made to the Executive League Coordinator and must include proof of an operational pool by September 1st. New teams will have one year from entry into the league to get officials certified under the YMCA of the USA Officials' Certification Program. Until such time as a team gets its own certified officials, such team will have to request certified officials from other teams to conduct its home meets. All home meets must be conducted by certified YMCA Swim Officials in accordance with Appendix III to this Constitution.
 7. All teams must have sufficient YMCA certified officials in order to conduct their home meets. Existing teams that do not have the necessary YMCA certified officials must request such certified officials from other teams to conduct their home meets. Such teams will be put on probation and given one year in order to obtain sufficient certified officials. Failing that, such teams will be temporarily suspended from league competition until they obtain sufficient certified officials.
 8. For every one or two teams per Y a home starting time prior to 4:00 PM on Saturday must be given to the Executive League Coordinator. (For one or two dual meet teams, one starting time; for three or four dual meet teams, two starting times; for five or six dual meet teams, 3 starting times; etc.)

9. All teams must have a copy of a licensed Team Manager (TM) (at least release 4.0), and Meet Manager (MM) at least version 2 with timing console interface. For new teams and team where this presents a hardship, they must make an Application of Exception to the Executive League Coordinator no later than September 1st. The accepted applicants will then have one (1) year to plan, learn and try to overcome the hardship. Until a time that such teams can license the TM and MM programs, there will be a league licensed copy available for a one year trial period. Other resources that will be made available to help would include: 1) Application for Assistance under the YMCA New Jersey Membership and Program Network (NJM&O); 2) the Division Coordinator will encourage other teams in the Division to work closely with the new/hardship team in regard to TM and MM entry and result processing. See Appendix VIII "TM and MM Dual Meet Entry and Result Processing Guidelines."

C. Reporting Responsibilities

1. Y's must submit the following to the League Secretary-Treasurer and be postmarked by November 1st:
 - a. One copy of each dual team roster including cover page (see Appendix II for a copy of the cover sheet). The dual team roster must include the name, address, age, and date of birth for each swimmer and be alphabetized within each age group.
 - b. Copies of safety certifications for all coaches as described in Part IV paragraph B.4.
 - c. Team entry fees as established at the Spring General Meeting.
2. Y's must submit one copy of their team roster to each member of their respective Division and the Division League Coordinator and be postmarked no later than November 1st.
3. Swimmers may be added to the roster after November 1st provided that:
 - a. The swimmer must be a Y member in good standing for at least 30 days prior to their first competition.
 - b. Each team in the Division, the Division League Coordinator, and the Executive League Coordinator must be informed of the swimmer to be added and that swimmer may not compete earlier than five days after this notification.
 - c. In the case of a change of residence, prior Y membership will be recognized for purposes of meeting the 30-day requirement.
4. Score sheet or MM Backup file from dual and triangular meets must be sent to the division lead coordinator and all members of the divisions no later than 72 hours after the meet. Proof of compliance will be the postmark on the envelope.

D. Swimmer eligibility

1. Team membership shall be declared after try-outs and prior to swimming under the name of any other club team from September 1st on, (Participation

- on a high school swim team shall not be considered participating on another club team for purposes of this rule.)
2. Swim team members must have bona fide Annual Youth Full Privilege Membership in the Y that they are representing for a minimum of 30 days before representing that Y in competition.
 3. Once a swimmer is registered on a team and in a division, he/she must participate only with that team for that season.
 - a. A swimmer can only represent their Y in closed competition on one team, in one division and in one League.
 - b. Exception: until January 1st, members may move from one dual meet team to another provided they remain within their Y and they may only move once during the season. Swimmers must still meet all eligibility requirements.
 - c. Changes within a Y by a swimmer from one dual meet team to another must be submitted to the League Secretary-Treasurer, to each member Y in the divisions affected by this change and the Division League Coordinators.
 4. All swimmers who represent a Y in the New Jersey YMCA Swim League must agree to represent their Y in all open competition.
 5. Age Groups
 - a. Age groups shall be determined as of December 1st of the current season.
 - b. Age groups shall be: 8&under (unofficial for scoring purposes, but part of meet sheets); 10&under; 11-12; 13-14; and 15-18 (a swimmer may be in college, provided that the college does not have a competitive intercollegiate swimming program and the swimmer is 20 years of age or younger.)
 - c. In the Co-ed divisions, the age groups for scoring purposes will be 9-10; 11-12; and 13&Over (instead of the standard 13-14 and 15-18 age groups).
 6. Changing teams
 - a. A swimmer may not change Y affiliation without waiting 120 days from the date of his/her last Y League competition, before competing for another New Jersey YMCA Swim League team.
 - b. Exceptions:
 - Family change of residence out of service area
 - A new team being formed with swimmers within it's own service area
 - A swimmer, who, after trying out for a team that he/she has represented in a prior season, fails to qualify and is officially cut on the basis of proficiency or local Y membership area policy.

Part V Meet Organization

A. Scheduling

1. All Divisions (Girls, Boys, and Co-Ed) will be scheduled by the League to swim at least six dual or triangular meets per season. All teams have the option of scheduling meets in addition to, but not in conflict with, the League-scheduled dual or triangular meets, under any format they wish.
2. Any conflicts should be brought to the attention of the Division League Coordinator.
3. Schedules for dual or triangular meets determined by the League Coordinator can be rearranged by mutual consent of the Y Professionals/Coaches and notification of the Division League Coordinator must occur 48 hours prior to the scheduled meet. If there is not mutual agreement, the meet must take place as scheduled.
4. Either team, through its Y Professional, may call for postponement of a meet at the last minute due to an Act of God or other emergency by contacting the other team.
5. If dates cannot be met because of unforeseen circumstances, teams may arrange between themselves to reschedule the meet before April 1st.
6. Two meet forfeitures in one season will automatically drop that team from the League. Such team may apply for readmission to the league for the following season.
7. Any teams changing meet schedules (i.e., postponements, times or dates) must set a new date and time for the meet within two weeks and put it in writing with copies to the appropriate League Coordinator, and appropriate Y Professionals/ Coaches of each team within the Division.
8. Rescheduled dual or triangular meets must swim the original scheduled order of events/distances regardless of which half of the season the rescheduled meet is occurring.
9. The number of extra heats allowed in any dual or triangular meet will be limited to a maximum of six (6) heats per team, not to total more than twelve (12) heats per meet. Home teams have the right to limit the number of extra heats further if they have time constraints on their facility. If the competing teams agree that twelve (12) heats are acceptable, and one team is not using their full allotment of six (6) heats, then the opposing team may expand the number of extra heats available to them to bring the total extra heats to the allowed twelve (12) heats. Teams may exceed the limit of twelve (12) heats if, and only if, mutual agreement is reached between both teams no later than two (2) days prior to the date of the meet. If mutual agreement cannot be reached, the home team shall decide the maximum number of extra heats, not to exceed the allowed twelve (12) heats.

B. Conduct of Meets

1. All meets (i.e., dual, triangular, invitational, and championship meets) will be conducted in accordance with the guidelines set forth in Appendix III, Conduct of the Competition.
2. All meets should start on time. Reasonable allowances should be made for travel delays, subject to the availability of the pool. However, extended delays and/or failure to communicate such delays to the opposing team will result in the forfeiture of the meet.
3. Pool Depth – No swimmer will make a headfirst entry from the end of the pool or a starting block into less than five feet of water. If there is less than five feet of water, the swimmer will start from the side of the pool holding onto the end of the pool with one hand.
4. Coaches may not act in an officiating capacity at any meet in which their team(s) is competing.
5. Standard score sheets must be prepared by all participating teams before the start of the meet. Names of individual swimmers can be changed before the swimmers are called to the starting blocks for an event. Coaches and officials must sign the score sheets at the end of the meet.
 - a) The home team shall be responsible for duplicating the final score sheet and sending the original to the League Secretary-Treasurer, with copies to the League Coordinator for the Division and all teams in the division. All results must be postmarked no later than 72 hours after the end of the meet. Results must be legible.
 - b) A penalty of \$25 will be assessed to the home team if the final score sheet is not postmarked within 72 hours of the end of the meet. In the case of forfeiture, it is the responsibility of the home team to inform the League Coordinator responsible for that division and the other teams in the division.

C. Events and Order of Events

1. At the Fall General Meeting each Division will vote to select the event schedule for their Division for the upcoming season.
2. Coaches will have a choice of Schedule I or II as defined in Appendix VI.
3. Voting for the event schedule will be conducted based on the rules for voting set forth in Part III, Paragraph B above.
4. In case of a tie vote, the Executive League Coordinator shall cast the deciding vote.

D. Y State Meet – The statewide championship meet is conducted under the aegis of the East Field Committee and in accordance with their guidelines for such meets.

E. Statewide Championship Meets – The statewide Silver, Bronze, and 8&Under Championship meets are to be conducted in accordance with the guidelines in Appendix III, Conduct of the Competition, and to include events set forth in Appendix VII.

Part VI Protests

A. Methods

1. All protests will be handled by the Executive League Coordinator and referred to the Protest Committee, the NJ YMCA Officials Committee and/or the East Field Swimming and Diving Committee as appropriate.
2. Protests can be made on the following grounds and in the manner indicated:
 - a) Conduct during the meet (sportsmanship) - Must be made to the League Coordinator, the Division Coordinator and the opposing team's coach. The Protest Committee has the power to reprimand a YMCA for unsportsmanlike conduct and may suspend the team from the Division for a second justified complaint.
 - b) Officials' rulings, scoring disagreements, and other similar matters relating to the meet - Must be made at the meet to the referee and indicated on the score sheet signed by the coaches. The fact that the meet is under protest must be clearly indicated at the bottom of the original meet sheet before copies are made and disseminated. (Note that only the Meet Referee may adjudicate protests concerning judgment calls made by officials during the conduct of the meet.)
3. Protest Fees – A fee of \$100 shall accompany all protests, be paid by the protesting team and kept by the League if the protest is not upheld.

B. Protest Committee

1. The Committee shall be composed of the Executive League Coordinator, one at large coach, one member of the Officials' Committee, and one member of League Committee.
2. Protests will be handled at the soonest meeting after the receiving protest, with an emergency meeting called if deemed necessary by the Protest Committee.
3. Those involved in the protest will be informed of the date of such meeting and invited to attend.
4. Results will be made known to the teams involved and the League Coordinator responsible for the division in writing within seven (7) days of the meeting.

Part VII Penalties

- A. If an individual swimmer participating in a meet is found to be ineligible to participate in that meet, that meet will be forfeited.
- B. If an individual swimmer is found in violation for swimming more than the maximum number of events permitted, the team will forfeit all points earned by that swimmer, including all seven (7) relay points if the swimmer was a member of scoring relay team. Places and points will be reassigned and the meet score will be adjusted accordingly.
- C. If a team is found to be ineligible to participate in a given meet, that meet shall be forfeited.
- D. In cases of meet conduct (sportsmanship, etc.) protests where both parties state their cases and points of view, and the Protest Committee cannot come to a decision on behalf of either party, the League may rule “no contest” and letters of reprimand will be sent by the League to the Y Professional of each Y asking for displays of conduct indicative of good YMCA competition, sportsmanship, and fellowship in all succeeding meets.
- E. Appeals for eligibility rulings shall follow the provisions of Part VI paragraph A.
- F. In all eligibility rulings, the Associate Director for Sport of the YMCA of the USA shall have the final authority in regard to New Jersey YMCA Swim League matters.
- G. Flagrant and excessive misconduct at meets by a Y may warrant consideration by the League for forfeiture and recommendation to the Associate Director for Sport of the YMCA of the USA for expulsion of the Y from the League.

Part VIII Awards

- A. A League Secretary-Treasurer will order plaques for First place teams in each Division based upon the dual meet results for the season.
- B. Plaques for the first place team shall be standard in size for all Division winners.
- C. In case of a tie in the Division standings duplicate plaques will be awarded.
- D. The Secretary –Treasurer shall notify the League Coordinator and Executive League Coordinator of the winning team in each Division.
- E. At the pre-season meeting, the League Coordinators will determine the maximum entry fees for all championship meets and the host team will keep any profits from meet.

Part IX Code of Ethics

The Code of Ethics is developed in accordance with the YMCA of the USA Mission Statement of Character Development, the Rules that Govern YMCA Competitive Sports, and the YMCA's Four Guiding Principles of Respect, Honesty, Caring and Responsibility. Due to the total integration of media, particularly electronic (cell phone and internet applications) in our lives, it becomes necessary to regard the use of the media as an extension of the "swim deck" principles we adhere to during practice workouts and swim competition. We believe that athletic endeavor and the supporting of our athletes is a way of developing good character and behavior. Therefore, it is recommended that all parties in a YMCA Swim Team: Swimmers, coaches, parents, and volunteers act in a positive manner.

All Swimmers, Coaches and Parents should read and abide by Part IX.

- A. Coaches- All coaches are expected to read and abide by the Code of Ethics as contained in Appendix IV.

- B. Parents
 - 1. Parents should seek to make their swimmers aware of the code of Ethics
 - 2. Parents must adhere to the New Jersey YMCA Competitive Parent's Code of Ethics. Refer to Appendix V.
 - 3. Parents must stay in the spectator area as designated by the home team.
 - 4. Enforcement of these codes will be the responsibility of the coach/Y Professional initially, then the Meet Referee/Director.
 - 5. Penalties for non-compliance will be: 1st Offense-Parent will be asked to return to the spectator area; 2nd Offense-Parent will be removed from the pool area; 3rd Offense-Parent will be expelled from the meet and disciplinary action as deemed fit by the Executive League Coordinator and League Coordinators. The action taken by the League Executive shall be communicated to the Executive Director(s) of the Y(s) involved.

- C. Swimmers
 - 1. Must show respect for teammates, opponents, coaches and officials
 - 2. MUST respect the integrity and judgement of officials
 - 3. Demonstrate sportsmanship on and off the pool deck
 - 4. Refrain from the use of profanity, vulgarity, and other offensive language and gestures
 - 5. Must seek to develop positive leadership and learn to follow the positive influence of their parents, coaches and teammates
 - 6. Swimmers must be aware of Appendix V paragraph B, particularly items 1 thru 11, and seek to be guided by them.
 - 7. Use of Alcohol, Banned or Illegal Substances, and Performance Enhancing Drugs (PEDs) are strictly prohibited

Part X
Constitutional Amendments

- A. The Executive League Coordinator shall appoint a Constitutional Committee to review the Constitution each spring. The Committee shall draft any amendments to the Constitution it deems necessary.
- B. Proposed amendments to this Constitution from the general league membership must be presented in writing to the Constitutional Committee for review at least two weeks prior to the Spring League meeting.
- C. Amendments to this Constitution will be presented in writing to each team in the League at least one week prior to the Spring League meeting.
- D. All amendments shall be reviewed and voted on at the Spring League meeting for the coming season. See Section II D 1 c of this Constitution for quorum requirements for such meetings.
- E. A simple majority of the total votes cast will approve or disapprove any proposed amendment. See Section III B of this Constitution concerning voting procedures.
- F. Revisions shall follow the same procedure as amendments.
- G. Exception: The Executive League Coordinator may bring up rule changes from the East Field or the YMCA of the USA affecting this Constitution for consideration and acceptance as amendments when necessary.

Part XI
Dissolution

Dissolution shall be according to Robert's Rules of Order.

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Appendices

- Appendix I Rules That Govern YMCA Competitive Sports Programs
- Appendix II Cover Sheet for Dual Meet Team Rosters
- Appendix III Conduct of Competition
- Appendix IV Coaches Code of Conduct
- Appendix V Parents Code of Conduct
- Appendix VI Event Options for Dual/Triangular meets
- Appendix VII Events for 8&Under, Bronze and Silver Championship Meets
- Appendix VIII TM & MM Dual Meet Entry and Result Processing Guidelines