

***Dominion Country Club League
Bylaws***

Revised: March 11, 2019

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Revision History

Date	Section	Modification Description
2019-03	15.18.2	<ul style="list-style-type: none"> ▪ <u>Added</u>: Teams in the White Division will enter mixed gender relay teams only (can be any combination of boy/girl). However, if there are four single gender swimmers in an age group with times that are close to breaking a team or league record, the club may request permission from the Board to swim the event at Relay Carnival. The team will swim exhibition so the event will not count for points, but the team may obtain an official time.
2019-03	15.2.9	<ul style="list-style-type: none"> ▪ <u>Added</u>: Swimmers are not permitted to wear technical suits during dual meets. Swimmers may only wear tech suits during All Star Qualifiers, All Star Finals, and Relay Carnival.
2019-03	15.10.3.a	<ul style="list-style-type: none"> ▪ <u>Added</u>: A timer must focus only on the swimmer in the lane s/he is assigned. No personal timing or timing of another swimmer in another lane is permitted.
2019-03	16.1.4	<p><u>Added entire new section:</u></p> <ul style="list-style-type: none"> ▪ Locker Rooms / Rest-rooms <ul style="list-style-type: none"> ▪ Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras increase the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection Policies prohibit the use of such devices in the locker room or other changing area: ▪ <i>Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.</i> ▪ Deck Marshalls <ul style="list-style-type: none"> ▪ No cameras (including cell phone cameras) or other recording devices are allowed behind the blocks at any time. If you see a camera you should: ▪ Inform the camera user of the policy and request that it be put away. ▪ Inform the Meet Director or Facility Manager of the camera use. Do this even if the camera user puts the camera away when asked. Exception: a credentialed, official Meet Photographer identified by the Meet Director, stated in the Meet Announcement and available to all athletes is allowed behind the blocks after the start.

		<ul style="list-style-type: none"> ▪ Timers <ul style="list-style-type: none"> ▪ Do not text or use cell phones during the meet. Ask the Chief Timer for relief if you need to do so. ▪ No cameras, cell phone cameras, or other recording devices are allowed behind the blocks at any time. ▪ If you observe camera use behind the blocks, notify the Chief Timer or the nearest Official, who will then notify the Deck Referee.
2019-03	15.2.4	<ul style="list-style-type: none"> ▪ <u>Modified</u>: In the Mixed Age relay, the swimmer must compete in his or her own age group (added “with the exception being that an 8 and Under swimmer may swim in the 9-10 slot.”)
2018-02	15.10.6	<ul style="list-style-type: none"> ▪ <u>Changed</u> “Officials for the Relay Carnival, All-Star Qualification and All-Star Finals meets shall be determined by league officers and representatives” to “When the All Star Qualifier meet is in a pool with eight lanes, there will be six stroke and turn officials. The number of stroke and turn officials at dual meets and at Relay Carnival and All Star Finals will be at the discretion of the meet referees.”
2018-02	15.18.7	<ul style="list-style-type: none"> ▪ <u>Changed</u>: “Lanes shall be assigned on a rotating basis with each team rotating through all lanes during the course of the meet” to “Lanes shall be assigned via regular timed seeding as per dual meets.”
2014-09	Bylaws	<ul style="list-style-type: none"> ▪ Formalize Bylaws as required for non-profit organization
2014-05	Rules	<ul style="list-style-type: none"> ▪ Board approved waiver for “small” teams to enter a swimmer in multiple age-group relay events during the Relay Carnival (max. 4 total events). Intent to provide flexibility for small teams in pursuit of goal to increase swimmer participation ▪ Add Swimmer Eligibility 15.2.7
2013-03	Rules	<ul style="list-style-type: none"> ▪ Updated the scoring for the Ryan Lopynski Award. ▪ Added procedures for Seeding Committee to determine division breakouts ▪ Added description of Relay Carnival Scoring ▪ Added procedure when erroneous times are recorded for a swimmer’s event even though the recorded times are not outside of the .2 second range. ▪ Updated the All Star Qualification rules. ▪ Removed the “timer” test requirement for Officials.

Article I – Name

1.1 Name

This organization shall be known as Dominion Country Club League, hereafter referred to as the “Corporation”.

Article II –Objective

2.1 Objective

The Dominion Country Club League, DCCL, was formed in 1972 for the purpose of developing, promoting and governing the conduct of all swimming competition between dependents of members of Northern Virginia Country Clubs. The goal of DCCL is to develop competitive skills, good sportsmanship, and the love of the sport among its participants.

DCCL is committed to supporting its member Country Club swim teams by offering a balanced competitive program for all dependents of Country Club members of all ability levels. This philosophy allows member Club swim teams to construct a competitive program that meets their individual needs based upon a firm supportive foundation. A program of friendly competition with the goal of educating players about sportsmanship, teamwork, fellowship, courtesy, discipline, and integrity will be established.

Article III – Location

3.1 Location

The registered office of this Corporation in the State of Virginia shall be in the City of Clifton, County of Fairfax. The Corporation may have such other offices, either within or without the State of Virginia, as the Board of Directors may determine. The registered office of the Corporation shall be maintained in the State of Virginia at all times and shall be changed only upon the action of the Board of Directors.

Article IV – Governing Board, Division and Voting

4.1 Governing Board

The DCCL shall have a Governing Board. “The Board” shall consist of a representative(s) from Country Clubs sponsoring swimming teams in the DCCL. The Board shall be responsible for establishing policy for the general management and conduct of all competitive swimming meets. The Board shall

approve such rules and regulations as it may find necessary from time to time. The Board shall establish swim team annual membership dues and authorize and control the expenses and liabilities of the DCCL.

The Dominion Country Club League is comprised of the following teams:

- Country Club of Fairfax (CCF)
- Evergreen Country Club (ECC)
- Hidden Creek Country Club (HCCC)
- International Town & Country Club (ICC)
- Trump National Golf Club (TN)
- Mt. Vernon Country Club (MVCC)
- Mt. Vernon Yacht Club (MVYC)
- Riverbend Golf & Country Club (RBCC)
- Springfield Golf & Country Club (SGCC)
- Westwood Country Club (WCC)

4.2 Division

The league shall be organized into divisions as determined by the board. A Seeding Committee will be formed to make recommendations on swim team assignments at the Fall Meeting. At the Winter/Spring Meeting prior to each new season, the Board will make assignment of swim teams to divisions based on the Seeding Committee's recommendations. The Board will determine swim team assignments by a majority vote of the Board.

4.3 Executive Committee aka Board of Directors

The Executive Committee of the DCCL consists of the League Officers: The President, Vice President, Secretary and Treasurer and shall take office on the first day of January following their selection. The Executive Committee provides the daily direction, policy-making, funding, and coordination of the DCCL.

4.4 Elections

The Governing Board shall meet in the fall of each odd-numbered year for the purpose of electing, from among its members, a President and Secretary. The President elect shall then, within 30 days, submit his nominations for Chief of Officials and Chief Scorer/Records Keeper.

The Governing Board shall meet in the fall of each even-numbered year for the purpose of electing a Vice President and Treasurer. If the President, Vice President, Secretary, or Treasurer resigns before completing his/her term, then the Board shall meet within 60 days to elect a new league officer to serve the remaining term.

The nominations for Secretary, Treasurer, Chief of Officials and Chief Scorer/Records Keeper may be made either from among the Governing Board members or any member of a Country Club sponsoring a DCCL swimming team. If the Secretary, Treasurer, Chief of Officials or Chief Scorer/Records Keeper are not already members of the Board, then they shall attend all meetings of the Board but shall not be entitled to vote.

4.5 Voting

The administration of the DCCL is by the Governing Board that shall be comprised of members of Country Clubs sponsoring swimming teams in the DCCL. Each sponsoring Country Club shall designate a Swim Team Representative(s) and shall be entitled to one vote on the Governing Board regardless of the number of designated Team Representatives to the Governing Board. If a Team Representative cannot be present at a scheduled meeting, he/she may designate a substitute to represent that Club at the meeting, or may authorize the Team Representative of another Club to act on his or her Club's behalf, either for all matters which arise or for one or more specific matters. All motions shall be passed by a simple majority of those eligible to vote. **A tie vote may be decided by the vote of the President.**

Items decided by the Board include, but are not limited to: assignment of Clubs to divisions; approval of the annual competitive swim meet schedule; the planning and organization of swim league events such as the Relay Carnival and All Star meets; adoption and amendment of DCCL rules; purchase of souvenir items for sale; and any and all matters which involve the functioning of the DCCL.

An officer is not entitled to a vote on the Governing Board of the DCCL unless he/she is also the Team Representative for his/her Country Club. **The only exception to this rule is that the President is entitled to a vote in order to break a tie vote.** The President may not vote to break a tie vote if he/she has voted as the Team Representative for his/her Country Club. At his/her discretion, the President may elect not to vote to break a tie but may decide to defer the decision until the next scheduled meeting.

Meetings will be held at minimum twice a year, in the Fall (October/November) after summer swim season ended and in January/February entering the new season in order to achieve a smooth-running season.

Article V – Board of Directors and Officers

5.1 Officers

A nominating committee shall present nominations for the offices of President and Secretary in each of the odd-numbered years, and Vice President and Treasurer in each of the even-numbered years. These nominations shall be voted

upon at the fall meeting of the Board. The nominating Committee shall consist of the President and one Club Swim Team Representative. The Representative shall be determined by a rotation of Clubs as follows:

- Fall 2014 - International Country Club
- Fall 2015 - Trump National
- Fall 2016 - Mount Vernon Country Club
- Fall 2017 - Mount Vernon Yacht Club
- Fall 2018 - Westwood Country Club
- Fall 2019 - Hidden Creek Country Club
- Fall 2020 - Country Club of Fairfax
- Fall 2021 - Evergreen Country Club

The Officers of this Corporation shall be elected by majority vote. The positions of office shall include: President, Vice President, Secretary, and Treasurer.

5.2 Term

The term of office shall be two (2) years right after the Annual Fall meeting election through the Annual Fall meeting.

5.3 Board Positions

The Board of Directors shall consist of the above-mentioned Officers. It shall be the duty of the elected Officers to appoint qualified people for other positions as necessary for the operation of the Corporation. The duties of the Officers and other board members shall include, but not be limited to, the following:

5.3.1 President

- a. The President shall serve a term of two years, and shall serve no more than two consecutive terms. The term of office shall become effective following the fall election meeting in odd-numbered years.
- b. The President shall preside over the meetings of the Governing Board. He/she shall cast a vote in the event that there is a tie vote on a motion.
- c. Represent the DCCL in any matters that arise in the course of his/her term in office.
- d. Conduct the affairs of the Corporation and execute the policies as established by the Corporation's bylaws.
- e. Investigate complaints, irregularities, and conditions detrimental to the Corporation and report thereon to the Board of Directors as necessary.
- f. Procure team and Corporation insurance.
- g. Secure vendors and order DCCL All Stars trophies and awards per budget allocations.

5.3.2 Vice President

- a. The Vice President shall serve a term of two years, and shall serve no more than two consecutive terms. In the event that the President is unable to serve a complete term, the Vice President shall complete the un-expired term. The Vice President may then serve two full terms as President in addition to the un-expired term. The term of office shall become effective following the fall election in even-numbered years.
- b. Act as an aide to the President.
- c. Shall fulfill the obligations of the President in his/her absence.
- d. He/she shall annually review these DCCL Rules and Regulations and present changes as deemed appropriate to the Governing Board at the fall meeting

5.3.3 Secretary

- a. The Secretary shall serve a term of two years. There is no limit as to the number of consecutive terms that may be served. The term of office shall become effective following the fall election meeting of odd-numbered years.
- b. Act as an aide to the President.
- c. Maintain a running history of the Corporation.
- d. Maintain the Corporation's bylaws and an up-to-date copy of the DCCL Rules and Bylaws on the League website.
- e. Responsible for all publicity-related activities, recording the activities of the Corporation and maintain appropriate files, mailing lists, and necessary records including, but not limited to, an up-to-date list of the Governing Board, Executive Committee and Team Representatives on the League website.
- f. Maintain records of business transacted at each meeting and provide a copy of the minutes to the Board members within one month after the meeting.
- g. Conduct all Corporation correspondences not otherwise specifically delegated and shall be responsible for carrying out all orders, votes, and other resolutions that are not otherwise committed.

5.3.4 Treasurer

- a. The Treasurer shall serve a term of two years. There is no limit as to the number of consecutive terms that may be served. The term of office shall become effective following the fall election meeting of even-numbered years.
- b. The Treasurer shall prepare, maintain the DCCL league budget and present to the board for approval at the fall meeting.
- c. The Treasurer shall present the current status of the DCCL at each meeting and shall perform such other duties as may be requested by the Governing Board related to the DCCL.
- d. Shall create and maintain a budget for all Corporation expenses.
- e. Shall keep financial records.
- f. Shall receive and distribute all funds of the Corporation as authorized by the Board.

- g. Shall be responsible for all fundraising activity including, but not limited to, any and all fundraising programs and sponsorships.
- h. Locate and secure sponsorships and grants from individuals and businesses.
- i. Shall be responsible for prompt payment of Corporation insurance bills.
- j. Shall maintain a running history of the Corporation's financial records.

5.3.5 Chief Official

- a. The Chief of Officials shall be appointed by the President and ratified by the Board.
- b. The Chief of Officials shall be a certified United States Swimming or PVS official and a certified DCCL Referee.
- c. Shall have full control and authority over all officials and shall approve their assignments and instruct them regarding all special features or regulations related to the competition.
- d. He/she shall oversee all DCCL officials; set standards of conduct for the officials; train and test, as appropriate, all DCCL officials; advise the Board on current USA Swimming Rules and Regulations changes and safety issues; plan, organize and conduct the officials' clinic(s); nominate all officials, except Timers, for league meets, and act as the meet Referee for the Relay Carnival, All Star Qualification meets, and All Star Final meet.
- e. The Chief of Officials shall also maintain a list of currently certified officials that will be posted on the league web site.

5.3.6 Chief Scorer

- a. The Chief Scorer/Record Keeper shall be appointed by the President and ratified by the Board and shall serve a term of two years. There is no limit to the number of consecutive terms that may be served, but the Chief Scorer/Record Keeper must be formally nominated each time. The term of office shall become effective following the fall election meeting of even-numbered years.
- b. The Chief Scorer/Record Keeper shall oversee all DCCL team scorers; set standards and procedures; train and assist as needed all team scorers and advise the Board on developments with the Meet and Team Manager programs.
- c. The Chief Scorer/Record Keeper shall plan, organize and conduct the Scorer's training clinic(s) each spring.
- d. The Chief Scorer/Record Keeper shall also act as Chief Scorer for the Relay Carnival, All Star Qualification meets, and All Star Finals meet or shall ensure that a fully qualified Scorer be selected in their stead.
- e. The Chief Scorer/Records Keeper shall also be responsible for maintaining an up-to-date list of all DCCL swimming records in Meet/Team Manager format and shall make certain that records are distributed to League officials on a timely basis.
- f. He/she shall receive and store the entry cards, signed by the Referee, of all swimmers who tie or break records.

- g. The Chief Scorer/Record Keeper shall also act as the League website coordinator and web master and shall work with the provider to ensure the smooth operation and timely upload of league swimming results and records.

5.3.7 Other Positions

Other Board of Director positions can be added at any time if deemed necessary.

5.4 Election of Officers

In October/ November of each year, the President will call a meeting with the members to elect new Officers. New Officers will be determined by a majority vote. Results of the voting will be announced on the Corporation's web site.

5.5 Disciplinary Action

Disciplinary action against a Board Officer or Corporation member will only be considered if a written request is presented to the Board at least one week prior to a scheduled Board meeting. Written notice of impending action, or any action taken by the President, must be given to the charged individual and Board members prior to the Board meeting at which time the action will be discussed. The charged individual will be allowed to speak on his/her behalf at the Board meeting. Final discipline or removal from a position requires a two-thirds vote of the attending Board members.

5.6 Vacancies

Vacancies occurring in elected offices before the expiration of the term shall be appointed by the President with the approval of a two-thirds vote of the remaining Board.

Article VI – Meetings

6.1 Annual Meeting

An Annual Meeting will be held for the purpose of conducting the election of Officers. If any positions are not filled by election, the President may fill these positions by appointment with the approval of the elected Board members.

6.2 Special Meetings

Special meetings may be called by the Board or the President at their discretion. Upon request of at least two (2) members, the President shall call a special meeting to consider a specific request.

6.3 Transaction of Business

Meetings of the Board of Directors shall be held as required for the transaction of business after all Board members have been notified of the time and place. A majority of Board members, one plus half of the current number of Board members, must be present at a meeting to constitute a quorum for the purpose of transacting business. Any member may submit an absentee Proxy Vote in writing. Any matters not specifically addressed in these bylaws will follow the guidelines set forth in *USAA Swimming* procedures.

Article VII – Finances

7.1 Fiscal Year

The fiscal year for the Corporation shall begin on the 1st day of January and end on the 31st day of December in each calendar year.

7.2 Financial Recordkeeping

The Corporation shall keep correct and complete books and records of account and shall also keep minutes of the proceedings of its members, Board of Directors and committees having any of the authority of the Board of Directors, and shall also keep at its registered office a record giving the names and addresses of the members entitled to vote. All such books and records shall be made available for inspection by any member, or his agent or attorney, for any proper purpose at any reasonable time at the registered office of the Corporation. Upon request of any member, the Corporation shall furnish such member with a statement showing the financial results of all operations and transactions affecting income and surplus during its last annual accounting period, and a balance sheet containing a summary of its assets and liabilities as of the closing date of such accounting period.

7.3 Registration Fees

Registration and sponsor fees will be determined by the Board of Directors in a meeting before each season's sign-ups. The fees shall be initiated to defray the operating expenses of the Corporation.

7.4 Equality

The Board of Directors shall decide all matters pertaining to the finances. No individual team shall have an advantage over any other team in regard to expenditures.

7.5 Authorization

Checks will be signed by the Treasurer. All payments will be pre-approved by the President prior to payment. No one person can approve payment and sign a check for any given disbursement. No expenditure or Corporation commitment over one thousand (\$1000.00) dollars will be made without prior Board of Director approval.

7.6 Federal and State Reporting Requirements

The Treasurer shall be responsible for annually filing all required Federal (IRS) and State Information returns. These returns are public information.

7.7 Audit

The Treasurer's books shall be audited after the end of the fiscal year or more often if the Board so desires. The auditor shall be a designee of the Board. The extent of the audit is at the discretion of the Board and the results will be reported to the Board.

7.8 Financial Assistance

Relief from registration fees can be requested via a written request presented to the Board for review.

7.9 Disbursement

No part of the net earnings of the Corporation shall inure to the benefit of, or be distributable to, its members, trustees, officers, or other private persons, except that the Corporation shall be authorized and empowered to pay reasonable compensation for services rendered and to make payments and distributions for Corporation purchased items and for reimbursements to Board members and coaches for expenses incurred on behalf of the Corporation.

7.10 Insurance

A group type accident insurance obtained by and in the name of the Corporation shall cover each participant in tournament play, practice, and travel. Player's parent or guardian shall be required, prior to participating in any league play or practice session, to sign a medical/dental emergency consent form.

Article VIII – Committees

Committees shall be appointed by the President and/or Board of Directors as required to conduct business of the Corporation.

8.1 Standing Committees

8.1.1 Executive Committee

This committee shall be composed of the President, Vice President, Secretary, and Treasurer. The Executive Committee provides the daily direction, policy-making, funding, and coordination of the DCCL This committee shall meet periodically to discuss the current status of the organization and if necessary, make policies or take care of urgent business issues in between regular Board of Director meetings.

8.1.2 Seeding Committee

The Seeding Committee shall include the following: one Team Representative from each Division and a minimum of one Coach.

- a. No Club will have more than one member on the Seeding Committee.
- b. Members on the Seeding Committee will serve a two-year term and will be staggered so there is some continuity in the process.
- c. The members of the Seeding Committee will be named at the Fall Board Meeting.
- d. The Seeding Committee will re-seed all Divisions each year.
- e. The Seeding Committee will determine which Clubs are in each Division and have a recommendation that the full Board will vote on for the Winter/Spring meeting for the upcoming season.
- f. The Seeding Committee will review the results of Dual Meets, All Star's, Relay Carnival, and quality and quantity of returning swimmers, graduating swimmers, year-round swimmers, etc.
- g. There will be no automatic changes to the seeding of Divisions based on the results of the prior season.

8.2 Special Committees

The Board of Directors may form special committees if deemed necessary. The President shall be an ex-officio member of all committees.

Article IX – Indemnification

9.1 Officers, Directors, and Employees

The Corporation shall, to the extent legally permissible, indemnify each person who may serve or who has served at any time as an officer, director, or employee of the Corporation against all expenses and liabilities, including, without limitation, counsel fees, judgments, fines, excise taxes, penalties and settlement payments, reasonably incurred by or imposed upon such person in connection with any threatened, pending or completed action, suit or proceeding in which he

or she may become involved by reason of his or her service in such capacity; provided that no indemnification shall be provided for any such person with respect to any matter as to which he or she shall have been finally adjudicated in any proceeding not to have acted in good faith in the reasonable belief that such action was in the best interests of the Corporation; and further provided that any compromise or settlement payment shall be approved by a majority vote of a quorum of directors who are not at that time parties to the proceeding.

9.2 Assignment

The indemnification provided hereunder shall inure to the benefit of the heirs, executors and administrators of persons entitled to indemnification hereunder. The right of indemnification under this Article shall be in addition to and not exclusive of all other rights to which any person may be entitled.

9.3 Policy Amendments

This Article constitutes a contract between the Corporation and the indemnified officers, directors, and employees. No amendment or repeal of the provisions of this Article which adversely affects the right of an indemnified officer, director, or employee under this Article shall apply to such officer, director, or employee with respect to those acts or omissions which occurred at any time prior to such amendment or repeal.

Article X – Conflict of Interest

10.1 Conflict of Interest

For purposes of this provision, the term "interest" shall include personal interest, interest as director, officer, member, stockholder, shareholder, partner, manager, trustee or beneficiary of any concern and having an immediate family member who holds such an interest in any concern. The term "concern" shall mean any Corporation, trust, partnership, limited liability entity, firm, person or other entity other than the Corporation.

No director or officer of the Corporation shall be disqualified from holding any office in the Corporation by reason of any interest in any concern. A director or officer of the Corporation shall not be disqualified from dealing, either as vendor, purchaser or otherwise, or contracting or entering into any other transaction with the organization or with any entity of which the organization is an affiliate. No transaction of the organization shall be voidable by reason of the fact that any director or officer of the Corporation has an interest in the concern with which such transaction is entered into, provided:

1. The interest of such officer or director is fully disclosed to the board of directors.

2. Such transaction is duly approved by the board of directors not so interested or connected as being in the best interests of the Corporation.
3. Payments to the interested officer or director are reasonable and do not exceed fair market value.
4. No interested officer or director may vote or lobby on the matter or be counted in determining the existence of a quorum at the meeting at which such transaction may be authorized.
5. The minutes of meetings at which such votes are taken shall record such disclosure, abstention, and rationale for approval.

Article XI – Amendments

11. 1 Amendment of Bylaws

These articles of Corporation and bylaws shall be adopted or amended by a majority vote of the Board of Directors of the Corporation at any regular or special meeting. A complete history of the amendments to the bylaws shall be recorded in the files of the Corporation and be maintained by the Secretary.

Article XII – Competitive Swim Programs

12. 1 Competitive Swim Programs

The competitive programs of the Dominion Country Club League are based upon the multi-talents of the swimmers. The Dual Meet program actually consists of several groups based upon age. This program is for all swimmers through 18 years of age as positive reinforcement, along with individual goal setting, to develop a love of swimming as well as to build strong self-esteem for competitive success and mental and physical strength.

The Tri-Meet and “B” Meet programs are designed to allow teams to foster the development of swimmers through additional competition. Tri or “B” Meets provide a non-pressure environment where swimmers participate competitively and develop swimming skills. Tri-meets may be swum between three or more swim teams.

The All Star program is for swimmers selected by each member Club (under DCCL guidelines) to compete for league championship honors.

DCCL emphasis is to provide high caliber meets that will attract dependents of Country Club members to participate in the competitive swim program.

In order to help minimize conflicts and encourage good sportsmanship, each DCCL swimmer and parent is required to sign the league code of conduct provided in Appendix V (to be kept by the swimmer's team representative). **Participation in league events creates a presumption that a swimmer and his/her parents have read and agreed to this code of conduct.**

Article XIII – Awards

13.1 Division Champions

A Division Championship trophy will be awarded to one team in each division. This award will be given to the team with the best win-tie-loss record in all dual meets with teams within the same division. Points will be awarded as follows:

1. Win dual meet—2 points
2. Tie dual meet—1 point
3. Lose dual meet—0 point

In the event of a tie for the Divisional Championship, the winner will be the team that won the dual meet between the two teams that tied. If the two teams tied in the dual meet, a swim-off will be scheduled. In the event of a three-way tie for the Divisional Championship, a swim-off will be scheduled. (See Sect. III.B)

13.2 Relay Carnival Champions

The teams accumulating the highest number of points within each division at the Relay Carnival will be awarded a Relay Carnival Championship trophy. In the event of a tie, duplicate awards will be made.

13.3 Individual Awards

13.3.1 Dual Meets

- a. Ribbons will be awarded to each swimmer placing first through sixth place in individual scoring events. Ties are awarded in accordance with current USA Swimming Rules and Regulations.
- b. First place ribbons will be awarded to each member of the team that wins a relay event.
- c. When more than one heat is schedule for a specific event, only the winner of each non-scoring heat will be awarded an appropriate heat ribbon.

- d. The host team is responsible for providing the first through sixth place ribbons. Each team is responsible for providing Participation Ribbons and/or Personal Best ribbons to its own swimmers as their program desires.

13.3.2 Tri-Meets

Ribbons will be awarded to each swimmer placing first, second, third, fourth, fifth, or sixth in each event. Ribbons will be awarded to each member of a relay team that places first or second.

13.3.3 Relay Carnival

Ribbons will be awarded to each relay team that successfully competes in a Relay Carnival event.

13.3.4 All-Star Finals

Medals will be awarded to each swimmer placing first, second, third, fourth, fifth, or sixth in the All-Star Finals events.

13.3.5 Spotswood Trophy

The Chief Scorer will track results each week from the Girls' 13-14 Age Group. The Spotswood Trophy will be awarded to the 13-14 year old girl swimmer compiling the highest number of individual event points based on best times achieved as follows:

- a. Qualifying times must be from an official or unofficial heat achieved in a Dual, or All-Star Qualification, or All-Star Final meet (current season only).
- b. Times may be achieved while swimming in 13-14 or 15-18 age group events.
- c. To be eligible for the award, each swimmer must compete in each individual event (freestyle, backstroke, breaststroke, butterfly, and individual medley) at least once during the current season.
- d. Times must be submitted weekly, as per league procedure, as part of each team's usual scoring submission.
- e. For purposes of this award, all times will be based on 50-meter short course events. Individual medley will be a 100-meter short course event. Times achieved in a 25-yard short course pool will be converted by multiplying the submitted time by 1.0936. Times achieved in a 50-meter long course pool will be converted by multiplying the submitted time by 0.97.

- f. The Chief Scorer/Records Keeper will determine standings based on “best time” in each stroke. The girls with the ten lowest times in each of their events will be assigned points in the following order: the girl with the lowest time will be awarded ten points, the girl with the next lowest time will be awarded nine points, thence in descending order with the girl in tenth place being awarded one point. The weekly report is an ongoing report of the competition
- g. After the summer’s competition is completed, the points for all events will be totaled for each swimmer. The maximum number of points possible to be earned is fifty points. The girl with the highest number of points will be awarded the Spotswood Trophy.
- h. The Spotswood Trophy will be awarded after the completion of the swim season at either All-Star Finals meet or as arranged by the winner’s Team Representative.

13.3.6 The Ryan Lopynski Memorial Award of Excellence

The DCCL established the Ryan Lopynski Memorial Award of Excellence in 2009 to honor the memory of Ryan Lopynski, a veteran league participant from The Country Club of Fairfax. This trophy will be awarded to a 15-18 year old boy in recognition of his excellence in "sportsmanship, leadership, dedication and team spirit." This honoree will be selected from nominations submitted by the coach of each DCCL team. The recipient's name will be engraved on the trophy annually. The selection process for the award is as follows:

- a. The coach from each team will provide a narrative for the swimmer nominated in accordance with the outline documented in Appendix VI. The four categories included in the narrative are sportsmanship, leadership, dedication, and team spirit.
- b. The coach will submit the nominations to the DCCL Executive Committee (President, Vice President, Secretary, and Treasurer) by Sunday night after the last swim meet of the season.
- c. The Executive committee members will individually review the nominations and rank the submissions from highest to lowest with the following weighted scores (10, 9 8, 7, 6, 5, 4, 3, 2, 1). The Executive Committee members will not communicate with each other about the nominations or the rankings until the process has been completed and the award presented to the swimmer.
- d. Each of the Executive Committee members will submit their ranked lists to ***only*** the Chief Scorer by midnight on the Thursday prior to the All-Star Meet.

- e. The Chief Scorer will tabulate the results for all of the nominations submitted and provide the results *only* to the President by noon on Friday prior to the All-Star meet.
- f. The Lopynski Trophy will be awarded after the completion of the swim season at either the All-Star Finals meet or as arranged by the DCCL President and the winner's Team representative.

Article XIV- Meet Procedures

14.1 Dual Meet Procedures

- 1. Host team representative contacts visiting Team Representative 4 days in advance of the meet.
- 2. Saturday meets will normally start at 9:00 a.m. unless an alternate date, time and location is agreed upon by both Team Representatives.
- 3. Meet pool shall be placed in final readiness at least 40 minutes prior to meet time.
- 4. All officials are to report to the meet manager upon arrival at the pool—at least 40 minutes prior to meet time. Each team must provide at least one currently certified official (as listed on the DCCL web site) and one clerk of course by the start time of the meet or risk forfeiting the meet. Normally, the meet manager is the DCCL Team Representative or alternate of the host pool.
- 5. Prior to the Officials meeting, the Referee shall meet with the team representatives and head coaches to discuss the conduct of the meet and expectations.
- 6. Thirty minutes before meet time, the Referee shall assemble all officials, make assignments and issue instructions. Fifteen minutes before the meet, the Starter assisted by the Chief Timer shall conduct a check of stopwatches and make assignment of Timers.
- 7. Each coach prepares entry cards prior to the meet.
- 8. It is the responsibility of the coach to see that his/her swimmers report to the clerk of the course when their event is called.
- 9. The coach may make substitutions at any time provided that the Clerk of the Course for that event has not seeded the swimmer for whom the substitution is made.
- 10. The clerk of course shall send swimmers to their assigned lanes when the preceding event/heat is being swum.
- 11. Each swimmer will give his/her entry card (which is also the Timer's card) to the Head Lane Timer in the swimmer's lane.

12. At the end of the event, the Head Lane Timer will record all times on the card. The official time is determined by current USA Swimming Rules and Regulations and is normally done by the meet Score Keeper.
13. Runners will carry the time cards to the meet scorekeeper where official times will be recorded in the Hy-Tek Meet manager and points determined.
14. If there is a computer malfunction, the meet may be hand scored with the scores subject to review after times have been entered into Hy-Tek.
15. After the final event is scored, the Meet Scorer will print two copies of the final Meet Point Summary Report from Hy-Tek Meet manager and have the Referee and both Team Reps sign them to officially validate the score. Each Team Rep shall leave the pool with a signed copy. If unable to print the score sheet or if the meet has been hand scored, each Team Rep and the Referee must sign a hand-written record of the agreed score.
16. Protests of any nature must be lodged in writing to the Referee and opposing Team Rep no later than 45 minutes after the conclusion of the final event in the meet or noted on the signed Hy-Tek meet summary whichever comes first. Each protest must state the specific grounds for the protest or the right to protest under those grounds will be waived. Failure to protest within 45 minutes of the conclusion of the meet (or at the time the point summary is signed whichever is first) or failure to notify the Referee or opposing Team Rep will also constitute a waiver. If the meet has been hand-scored, the right to protest mathematical discrepancies is preserved for 5 days after the results have been entered into Hy-Tek and exchanged with the opposing team.
17. If a coach has an issue or concern regarding the officiating or conduct of the meet during the competition, the coach must contact his or her team representative and the coach and team representative will approach and discuss the issue or concern with the Meet Referee. At no time should a coach or parent approach the meet starter, stroke and turn judge, or head timer during the meet.
18. The Meet Scorer is responsible for providing meet results, competing team's score and league records tied or broken to the Chief Scorer/Record Keeper as soon as practical after the completion of the meet and in all cases prior to 6:00 PM on the day of the meet. Entry cards, signed by the Referee, for records tied or broken must be mailed to the Chief Scorer/Record Keeper immediately following the meet.
19. Pre-planning by both teams is essential. The objective is to hold a safe, enjoyable, smooth functioning and fast-moving meet, starting at the appointed time. Teams should make a good faith attempt to end a meet not more than four hours after the start of the first event. Thus, unless otherwise agreed by both teams, in dual meets there shall be allowed an unlimited number of unofficial heats in freestyle and backstroke and a minimum of one unofficial heat in all other events as needed. In the event during planning for the meet, it is determined that the meet may run longer than four hours, team

representatives will discuss and determine which unofficial heats can be removed to complete an official meet within the desired four hour time frame. To conduct a meet with a minimum of bother and harassment, all persons concerned should cooperate to the utmost with the Meet Manager and Referee.

20. Officials, coaches, and competitors participating in a DCCL meet shall neither smoke nor carry nor consume alcoholic beverages nor banned substances within the pool venue. In addition, no alcoholic beverages or banned substances will be allowed in the swim team area. Individual Club rules will dictate the rules for consumption of alcoholic beverages by spectators and is limited to spectator areas. Any competitor who violates this rule will be disqualified for the remainder of the season. The Referee and Team Representative will be responsible for the enforcement of this rule.

14.2 Swim-Off Procedures

In the event that a swim-off is required to determine a division champion, it shall be held on the Monday immediately following the Saturday on which the final regularly scheduled meets are held.

1. In a triangular swim-off, each of the teams may enter no more than two swimmers in each individual event. A swimmer may not swim more than four individual events. The meet will be scored using USA Swimming Scoring guidelines for Triangular meets: Individual Events – 1st – 6 points; 2nd – 4 points; 3rd -3 points; 4th – 2 points; 5th -1 point. Relays: – 1st – 8 points; 2nd -4 points; and 3rd -0 points.
2. In all other respects, DCCL rules for dual meets will govern a swim-off.
3. C. Tri-Meet and “B” Meet Procedures
4. General: Tri or “B” Meet location, date and time will be scheduled and coordinated by Team Representatives.
5. Events: The recommended conduct of the meet is outlined below. However, the Team Representatives may alter the below rules by mutual agreement.
 - a) The events are listed in Appendix IV.
 - b) Each swimmer may enter two individual events and a relay event.
 - c) Each team may enter two swimmers in each heat during individual events. The clerk of course at his or her discretion may fill empty lanes.
 - d) Each team may enter one official team in the relay events.
6. Awards: Ribbons will be awarded for the first six places during individual events, and for the first two places during the relay events. All awards will be based on

best times in the events, taking all of the heats into consideration. In addition, the winner of each heat will be awarded a heat winner ribbon.

7. Meet Schedules: All meets will be scheduled as agreed by the teams participating.
8. Officials: Refer to paragraph 15.10

Article XV - Rules for Swimming Competition

15.1 General

1. These rules are specifically designed for closed meets in privately owned pools and shall govern the conduct of all swimming meets scheduled, sponsored, or sanctioned by the league. Rules and Regulations of United States Swimming pertaining to strokes, events, disqualification, duties of officials, judging, timing, and similar technical matters shall be observed at all league meets unless modified by these rules.
2. In order to assure the safety of swimmers and spectators, the Meet Manager shall ensure that the orderly pre-meet activities take place under his or her control and in a manner that assures the safety of swimmers and spectators. Of particular safety concern, is the warm up session that shall be strictly supervised by the Referee. Since both the Meet Manager and Referee have significant pre-meet supervisory duties, the above duties may be delegated to an appropriate senior official who shall personally supervise the conduct of the warm up period to avoid collisions, jumping, or other dangerous activities. The assigned person shall be responsible for designating sprint lanes, relay take-off lanes, and approving any changes.
3. All swimmers shall report to the host pool not later than 30 minutes before the meet is scheduled to begin and shall proceed immediately to their assigned area. When directed by the announcer, swimmers may take a warm up swim, after which they will return to their assigned places and hold themselves ready to report immediately to the clerk of course when their events are called.
4. Spectators and swimmers shall be strictly controlled and reasonable measures taken to insure those spectators do not converse with, or interfere with officials in the performance of their duties. It is recommended that each host team provide a Meet Marshal(s) responsible for supervising the conduct of spectators and swimmers on deck to help ensure safety and the smooth operation of the meet. Team Representatives, the Marshal, the Chief Timer, or officials on deck may consult the Referee, if necessary, but not while an event is in progress, i.e., from the time that Starter addresses the swimmers until the event has been reported to

- the scoring table. Offending spectators or swimmers may be asked to leave the pool venue at the discretion of the Referee or Meet Manager.
5. Once swimmers have reported to the Clerk of the Course, they shall receive no coaching. Any swimmer so coached or assisted shall be subject to disqualification by the Referee. Actions such as allowing backstroke swimmers to secure a handhold on teammates' ankles (coaches are prohibited from the starting area) for starting or placing towels on pool edge where necessary for starting, shall not be construed as coaching or assistance within the intent of this paragraph.
 6. In the event a meet must be rescheduled, the date and time selected by the host pool for the rescheduled meet must be acceptable to the visiting team. If a meet is postponed due to bad weather, it will be made up the next day, Sunday. If poor weather makes Sunday impossible, the meet will be made up on the following Tuesday. If a team is unable to make up the meet on these days, they will forfeit the meet.

15.2 Swimmer Eligibility

1. Each swimmer shall be a dependent of a bona fide member of the Country Club he or she represents. A Bona fide member is considered to be a head of household who has joined the Country Club with the primary intent of using the facilities as a family for an entire year with unlimited access to the club house facilities and unlimited seasonal access to the swimming pool facilities. Dependents of Country Club members who retain membership on an inactive basis or do not meet the above requirements will not be eligible to compete. Dependents of Country Club members who retain membership on an inactive or summer swim only basis will not be eligible to compete in the DCCL. No swimmer shall compete in more than one local summer swim league during the DCCL season. The Governing Board must approve in-season transfers between DCCL teams. New Country Club members may join the team during the swim season subject to the above rules.
2. Applications for exemption to the above eligibility rules may be submitted by the Team Representative to the President or Vice President for consideration by the full voting board. A decision will be rendered within 72 hours.
3. The eligibility of a competitor to compete in a particular age group shall be determined by his or her age on the first day of June. The Team Representative of each team shall make certain that they keep an up-to-date list of its swimmers, with applicable birth date, for ready reference in case of eligibility disputes.

4. In team meets, competitors may compete in their own or higher age groups. They may enter one heat in up to four (4) total individual events. The four event total does not distinguish between official or unofficial events. They may compete in one age group relay plus the Mixed Age relay. In the Mixed Age relay, the swimmer must compete in his or her own age group, with the exception being that an 8 and Under swimmer may swim in the 9-10 slot.
5. In the DCCL All-Star Qualification and Finals meets, competitors must swim in their own age group. No competitor may enter more than three (3) events.
6. Teams are obligated to notify the league if a swimmer is no longer participating in the league. If a swimmer quits the DCCL and goes to NVSL or another league, that swimmer's name will be removed from the top times list
7. The following shall be considered a violation of the DCCL Code of Conduct and thus result in the athlete being ineligible to swim in any DCCL league meets, or dual meets or team activities: conviction of, imposition of a deferred sentence for, or any plea of guilty or no contest at any time, past or present, or the existence of any pending charges, for (a) any crime involving sexual misconduct, or (b) any criminal offense against a minor.”
8. If a parent formally objects to the disqualification of a swimmer, the Governing Board (less the club of the individual being considered) will conduct a vote within 7 calendar days. If the vote is tied, the Executive Committee aka Board of Directors will conduct a vote within 2 calendar days.
9. Swimmers are not permitted to wear technical suits during dual meets. Swimmers may only wear tech suits during All Star Qualifiers, All Star Finals, and Relay Carnival.

15.3 Limitation of Entries

1. Individual Events: In dual meets, each team is eligible to enter a maximum of three (3) swimmers in each scoring heat of each event. Swimmers swimming in other heats will be assigned by the Clerk of Course to team lanes or fill unused lanes without regard to team assignments.
2. Relay Events: Each team may enter only one official team in each relay event. Each team may enter additional non-scoring teams swimming the same race. The performance of an additional relay team shall not count in the scoring.

15.4 DCCL All-Star Qualification and All-Star Finals Meets

Except as otherwise permitted in 15.4.1b below, teams may enter not more than two (2) primary swimmers and two (2) alternate swimmer per individual event in the All-Star Qualification meet.

1. Swimmers with the top six times of the DCCL for the current season are guaranteed to get into the All-Star Qualification meet in the stroke for which they have a top six time unless they are already swimming in the maximum of three events. If each club enters the maximum of two primary swimmers and the top six swimmers are also entered, this will result in an event being seeded with 26 swimmers.
 - a. The DCCL will seed each event in All-Star Qualifications with a minimum of twenty four (24) swimmers and up to a maximum of thirty (30) swimmers subject to 15.4.1b below. The only circumstances under which a fifth heat (maximum of thirty entries) will be swum in All Star Qualifications is in the event there are twenty five or more primary and top six swimmers entered. In all other cases, the number of heats will be limited to four and the maximum entries will be twenty four.
 - b. If each club enters the maximum of two primary swimmers and the top six swimmers are also entered, this will result in an event being seeded with twenty six (26) swimmers and the top four (4) alternate swimmers as determined by their seed times. If each club enters the maximum of two primary swimmers and four of the top six swimmers are also entered, this will result in an event being seeded with twenty four (24) swimmers. There will be no alternates entered in this event.
 - c. If each club enters the maximum of two primary swimmers and fewer than four of the top six swimmers are also entered, this will result in an event being seeded with twenty four (24) swimmers. Alternate swimmers will be entered as determined by their seed times up to a maximum of twenty four swimmers in the event.
 - d. To the extent teams do not enter the maximum of two primary swimmers and the sum of the entered primary swimmers plus the top six swimmers entered is less than twenty four, alternate swimmers will be entered as determined by their seed times up to a maximum of twenty four swimmers in the event.
2. Clubs may only use entry times from the current season's dual meet performance for each swimmer's event entries. Times from Invitational meets, internal club time trials, or an end of the season division tie breaker swim off meet are not eligible for swimmer rankings or All Star Qualification entries.

3. Normal Club entry cards will be used for primary and alternate swimmers.
4. A swimmer who has been designated as a primary swimmer in three (3) events CANNOT be designated as an alternate swimmer in any event. A swimmer may not be designated in more than three (3) events as a primary and/or alternate swimmer. A swimmer may not be seeded in more than three (3) events as a primary and/or alternate swimmer.
5. Placement of swimmers will be completed by the Chief Scorer in the week prior to All-Star Qualifications. Nominees for each event will be seeded for All Star Qualifications according to their best times from the current season according to league meet records. Alternates will be added to maximize the number of entries within established rules. The Chief Scorer will seed the event heats according to the USA Swimming Rules and Regulations for Preliminary Heats. On the day of the meet, if unseeded alternates have an opportunity to swim the event, the event will not be reseeded for the alternates. The alternate will be added to the event in the open heat/lane. No substitutions or event changes will be made after the official nomination deadline
6. Those competitors who establish the six (6) best performances league-wide, in an event in the All-Star Qualification meet shall be eligible to compete in the same event in the All-Star Finals meet. If one or more of these six competitors notifies the league in advance that he or she will not be able to compete, the next ranking competitor(s) shall be eligible to compete. All events in the Finals session will be seeded for timed finals events according to current USA Swimming Rules and Regulations
7. Times eligible for all-star qualifications must be from a legally swum event in an official or unofficial heat in a DCCL dual meet of the current season. "B" or "tri" meet times are excluded. No Time (i.e., "NT") entries are not allowed.
8. In order to qualify for all stars, swimmers must have legally swum at least one event in at least two DCCL dual meets in the current season. "B" and "tri" meets are excluded. Relay Carnival does not count as a meet for All- Star purposes.
9. Upon completion of the scratch meetings at All-Star qualifications for boys and girls, if there are any empty lanes due to swimmer scratches, the next swimmer on the alternate list shall be eligible to swim that event, unless they are already swimming in the maximum of three events. Alternates will be selected so that each event can be seeded as described in 15.4.5.

15.5 Entry Cards

1. Dual Meets: Entry cards shall be used in dual meets. Each team coach prior to the meet shall complete entry cards. The swimmer's FIRST and LAST name shall be printed on the entry card either by hand or by using printed labels. Each team must ensure that their entry cards coincide with swimmers' names entered in at least one event in the official electronic entry file for the meet prior to the start of the meet. It is also advisable that the swimmer's birth date, gender, and team be printed on the entry card to assist the computer operators. All entry cards for each dual meet during the competitive season shall be retained by the Team Representatives, or their designee, through the current All Stars Finals meet.
2. Relay Carnival: Entry cards shall be used for the Relay Carnival. Each coach prior to the meet shall complete entry cards. The swimmer's FIRST and LAST name shall be printed on the entry card. All entry cards for the Relay Carnival shall be retained by the Team Representatives through the current All Star Finals meet.
3. All-Star Qualification Meets: At a date determined by the Board, a firm entry lists shall be submitted via a Meet Manager entry file to the Chief Scorer to seed the All-Star Qualification meet. No substitutions or event changes will be made after the Chief Scorer posts the All-Star Qualification seeding. After this time, the Chief Scorer will correct only administrative errors. Coaches are responsible for providing pink/blue entry cards after publication of the All-Star Qualification meet entry sheet. Computer-generated labels will be provided by scorer. Entry cards will be returned to the Team Reps and should be retained until December 31 of the current year.
4. All-Star Final Meet: Participants in the All-Star meet shall be those swimmers with the six best performances in the All-Star Qualification meet. Coaches are responsible for preparing entry cards prior to the start of the meet. Entry labels will be provided after the Qualification meet ends. Final meet entry cards with times will be returned to the Team Reps and should be retained until December 31 of the current year.

15.6 Substitutions

1. Substitutions are authorized in the DCCL All-Star meet only as permitted in paragraph 15.5.3.
2. In all other meets, substitutions may be made at any time in individual events or in relays provided that the swimmer for whom the substitution is being made has not yet reported to the clerk of course for the event and further, provided that the substituted swimmer will not exceed the number of allowable events as set forth in paragraph 15.2.4.

3. Events are closed for all purposes, including the substitution of an originally seeded swimmer, at the time the swimmers are released from the clerk of course.

15.7 Determining Places

1. Places will be determined by official time. The Referee shall sweep the finish and in the event of a difference between his/her sweep and the standings from the official times (a tie or other differences) do one of the following:
 2. Allow the times to determine the place or the tie to stand.
 3. Attempt to correlate the Referee's sweep with the times by double checking the watches.
 4. Call the places in accordance with the Referee's sweep only in the event the watches malfunction or times from lane watches are not within 0.2 seconds of each other.
 5. In the event of the watches malfunction or a recording error on the swimmer's time, the Referee's sweep will determine the finishing order of the race. The erroneous swimmer's time will not be entered in the results. The swimmer's entry time will be entered into the database. In the event that swimmer had a "NT" entry time, the swimmer will be given the opportunity to swim the event again at a later time during the meet only to allow a time for recording. This time will not change the finishing race of the event as recorded by the Referee. The Referee will consult with the swimmer's coach to determine such a time.
6. All-Star Qualification Meet. The best six performances will be determined by official time. The Referee has the same authority as specified in paragraph 15.7.5.
7. All-Star Finals Meet. Places will be determined by official time. The Referee has the same authority as in paragraph 15.7.5.
8. Ties. In the event of ties, in any final event, duplicate prizes will be awarded. Any swimmer who disqualifies at All-Star Finals will be awarded a sixth place medal.

15.8 Lanes

1. Swimming lanes should have a minimum width of 3 feet of unobstructed water. All lanes must be cleared of obstructions such as diving boards, ladders, etc.
2. In dual meets, the host team shall use odd numbered lanes, and the visiting team even lanes. In Tri-meets, lanes shall be decided by lot by coaches in the Referee's presence in lane combinations of: 1 and 4, 2 and 5, and 3 and 6. For all individual

meets, lanes shall be assigned in accordance with starting stations of the current USA Swimming Rules and regulations, if all qualifying meets have been held in pools of the same length.

15.9 Events

1. For dual meets, the events listed in Appendix I shall apply and shall be run in the order indicated.
2. For All-star Qualification and All-Star meets, the events listed in Appendix II shall apply and shall be run in the order indicated.
3. For Relay Carnival, the events listed in Appendix III shall apply and be run in the order indicated.

15.10 Officials

1. The following officials represent the minimum meet requirements for all meets:
 - a. Referee-one;
 - b. starter-one;
 - c. clerk of course-one;
 - d. scorer-one;
 - e. stroke & turn judge-two;
 - f. timers-three per lane (see paragraph 15.10.3 below)
2. Certification of DCCL Officials
 - a. All persons who function as Referee, Stroke & Turn Judge, or Starter at any DCCL swim meet must be certified by the DCCL to perform in such capacity. A list of currently certified officials from each club will be maintained by the Chief of Officials and posted on the website. The requirements for certification are as follows:
 - b. Candidates for Referee, Starter, and Stroke & Turn Judge positions must attend the Officials' Clinic sponsored each season by the DCCL or an alternate clinic conducted by PVS officials.
 - c. Candidates for Referee, Starter, and Stroke & Turn Judge must have "on-deck" training or the equivalent thereto, at a minimum of two swim meets. Cards signed by meet Referees verifying that a new official has "shadowed" a currently certified official two or more times must be submitted to the Chief of Officials before their name will be added as a certified official.
 - d. A certification examination normally should be taken and passed by all potential Referees, Starters, and Stroke & Turn Judges. It will be based on

- current USA Swimming Rules and Regulations and DCCL modifications thereto.
- e. Three forms of the test will be available: one for Starter, one for Stroke & Turn Judge, and one for Referee. Referees must pass all three tests: Starters must pass Stroke & Turn Judge and Starter tests; and Stroke and Turn Judges must pass the Stroke & Turn Judge. Failure to pass appropriate test(s) and submit proof of shadowing will preclude a person from officiating at DCCL meets.
 - f. In the event of unforeseen circumstances, the Chief of Officials shall have the authority to recommend modification or waiver the above requirements with the ratification by the full voting Board.
 - g. Any current USA Swimming or Virginia High School League (VHSL) certified official is deemed qualified for the corresponding DCCL position provided the DCCL Rules & Regulations are reviewed by the candidate with the Chief of Officials and the official is provided a copy of the DCCL Rules & Regulations.
 - h. In the event that a person is certified as an official in a different summer swim league (NVSL, Colonial, etc.) the above shadowing requirement may be waived by the Chief of Officials with the exception of the requirement of attendance at the DCCL Officials' Clinic and/or the passing of the DCCL certification exams.
 - i. Once an official becomes certified, he or she will be expected to stay abreast of any and all rule changes that may occur and will be encouraged strongly to attend the DCCL Officials' Clinic, or an approved summer league clinic, at the beginning of the summer season. However, the certification is valid for a period of three years. After the three-year period, the person must be re-certified as above.
 - j. DCCL will provide suitable patches and certification cards to those who fulfill the certification requirements.
3. Three timers per lane are required for all events. Digital watches will be used at all meets. No performance is admissible for record purposes unless it shall have been timed with no less than three watches.
 - a. A timer must focus only on the swimmer in the lane s/he is assigned. No personal timing or timing of another swimmer in another lane is permitted.
 4. The duties of the officials shall be as outlined in the current USA Swimming Rules and Regulations. The power of the Referee, however, is specifically limited to exclude the power to overrule a group of three watches, and thereby change the order of finish, if the watches are within 0.2 seconds of each other.
 5. Approximately 4 days prior to the date of a meet, the representative of the host team shall contact the representative of the visiting team(s) to work out the assignment of officials.

6. When the All Star Qualifier meet is in a pool with eight lanes, there will be six stroke and turn officials. The number of stroke and turn officials at dual meets and at Relay Carnival and All Star Finals will be at the discretion of the meet referees.

15.11 Starting

1. Starts shall be by electronic starting horn in accordance with current USA Swimming Rules and Regulations, except that swimmers shall not be disqualified until after they commit or cause a second false start.
2. The host team shall be responsible for providing means of stopping competitors involved in a false start but not responding to the false start signal.
3. During the backstroke event, a portion of each foot must be in the water at the time of the start.
4. At the start of all strokes other than backstroke, swimmers may stand at the edge of the pool both before and after the “take your mark” command.
5. Starting hearing impaired swimmers will conform to current PVS policy and USA Swimming adaptive swimming rules.

15.12 Disqualification

1. Disqualification shall be governed by the rules contained in the current USA Swimming Rules and Regulations, and shall be strictly enforced at all meets.
2. In case of disqualification, it is the responsibility of the Referee, or his or her designee, to notify the swimmer’s coach before the swimming of the next event, if feasible, as to the reason why the swimmer was disqualified.
3. Photographic equipment, still or motion, shall not be used to determine any stroke or turn violation or the order of finish in any event. Nor shall any such device be used to overturn any official’s decision or decide a protest.
4. Any swimmer who disqualifies at All-Star Finals will be awarded a sixth place medal.

15.13 Protests

1. Protests may be made concerning the judgment decisions of Referees, Starters, Stroke & Turn Judges, and Place and Relay Take-off Judges:

- a. Such protests should be lodged with the Referee as soon as possible but must be lodged in writing in accordance with Section 14.1.16 or the right to protest is lost. Protests occurring at Relay Carnival, the All-Star Qualification meet, or the All-Star Final meet must be submitted to the Meet Referee, Chief of Officials and President within 30 minutes of the conclusion of the meet or the right to protest will be waived.
 - b. The protest must be lodged by the Team Representative or his or her alternate to be considered by the Referee.
 - c. Decisions rendered by the Referee on protests of this nature shall be final and binding on all parties.
2. Protests involving violation of league rules:
- a. When a protest of this type arises during or after any meet, including the All-Star meet, the parties concerned shall make all possible efforts to resolve their differences. If no resolution is attained, the protest shall be referred in writing to the league President. Such protest must be via email (with received receipt) within 48 hours after the date of the meet. A copy of such protest must also be e-mailed with read receipt under the same stipulations to the Team Representative(s) of the team(s) that is alleged to have violated the league rules. If the protest is not filed according to the above requirements, the right to such protest is lost.
 - b. Upon receipt of each protest, and within 48 hours, the league President shall notify the Board of the pending protest and the Governing Board members not involved in the protest shall elect 3 team representatives to a protest committee. The committee shall consist of 3 members of the board that do not represent teams involved in the protest. The committee will include, if possible, one person with officials' training. The member with officials' training shall be the Chief of Officials of the league. If the Chief of Officials must recuse himself/herself, then that position will be filled by the President. In the event that the Chief of Officials and the President must both recuse themselves, then all three members shall be elected by the board. The President shall designate one member of the committee as chairperson. The protest committee shall convene or respond via email within 48 hours of being given the protest. They shall have authority to examine any and all records or other evidence deemed pertinent to the matter under investigation and to require that all parties to the protest submit written statements outlining the facts bearing on the dispute. Any voting member of the Board has the right, upon request, to review the evidence presented to the protest committee.
 - c. The written protest submitted to the League President shall include the date of the meet, the event(s), the individual(s) concerned, the league rule which is thought to be violated, and any other pertinent information. The Team Representative of the protesting team must sign the written protest.
 - d. The protest committee shall review all the evidence and submit a decision, via email, within 48 hour of reviewing the protest, to the league President,

the teams involved, and the full Board. The decision of the protest committee shall be binding to all parties.

- e. Each team shall preserve all meet records for meets that it hosts and shall produce these records without delay upon request of the chairman of the protest committee. Meet records may be disposed of no sooner than 10 days after the day of the last league event of the season.
- f. If any of the designated representatives or board members cannot meet the time requirements to process the protest then they should request the President to have the board elect another representative in their place.

15.14 Scoring

1. Individual events in dual meets shall be scored 5-3-1. Relay events in dual meets shall be scored 7-0. No points will be awarded for any non-scoring heats or non-scoring relay teams.
2. Swim-off—Individual events in a swim-off between three teams shall be scored in accordance with current USA Swimming Rules and Regulations. Relays shall be scored 8-4-0.
3. Relay Carnival scoring shall be scored as follows for three team divisions: 8, 4, 2. Four division teams shall be scored as follows: 10, 6, 4, 2. Five team divisions shall be scored as follows: 12, 8, 6, 4, 2. Six team divisions shall be scored as follows: 14, 10, 8, 6, 4, 2. Seeding for Relay Carnival will be determined by the number of relay teams per event. If there are nine or more teams, two heats will run. The Chief Scorer will keep Division teams in the same heat and have them swim next to each other. If there are eight or fewer teams, one heat will run. The Chief Scorer will keep Division teams next to each other.
4. Points shall not be awarded for an event in a team meet unless the event is actually swum.
5. If all official relay teams in an event in a team meet are disqualified, no points shall be awarded to any team and the event shall not be re-swum.
6. Ties—In the event of a tie between swimmers of competing teams, points will be equally divided between the tying swimmers. For example, in a two-way tie for first place in a dual meet, the points for first and second places will be combined (total of 8 points) and equally divided between the two tying swimmers. In a three-way tie for second place in a dual meet, the points for second and third places will be combined (total of 4 points) and divided equally between the swimmers.
7. Two copies of the final results of a dual meet will be certified and signed by the referee, the two team representatives, and the meet scorer. Each team will retain a copy of the signed meet sheet until the end of the All-Star Meet.

15.15 Location of All-Star Meets

All-Star Qualification and Finals meets shall be held in pools measuring 25 meters. Pools selected for these events shall have no less than six lanes, each approximately six feet in width. Lanes shall be free of obstructions, such as ladders or steps.

15.16 Records

1. The league shall maintain an up-to-date set of records of the best performances established in league competition for all age group events in which the league has established events.
2. No performance shall be accepted as a league record unless it shall have been timed with not less than three stopwatches. Times shall be considered for record purposes only if the fully completed entry card, signed by the Referee, is submitted to the league Records Keeper. League record entry cards will be retained by the Records Keeper until the record is broken.
3. A swimmer who swims up an age group and sets a league record in their own age group is awarded that record. They are, however, not entitled to hold the record in the age group that they swam up in.
4. It shall be the responsibility of the Referee to sign and submit to the host team league representative the forms prescribed for reporting the results of team meets.

15.17 Strokes, Medley Swim, and Relays

1. These shall be defined in the current USA Swimming Rules and Regulations.
2. Each relay team member shall leave the water immediately upon finishing his/her leg, except the last swimmer. In relay races, a team with more than two members in the water at the same time prior to the finish of the race shall be disqualified.
3. Take-off judges for relay events shall not touch or coach swimmers.
4. Backstroke: The turn requires that some part of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flag, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed provided such rotation is accompanied by an initiation of the turning action or continuation into the wall. The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by a downward, underwater movement of the head. After the initiation of the turning action, no

additional arm pulls may be started; however, kicking and gliding actions are permitted. The swimmer shall assume a position on the back before the feet leave the wall.

15.18 Relay Carnival Rules

1. Swimmer Eligibility. Each team or combined club teams (as approved by the Board) may enter one relay team per event. Each swimmer may enter two relays plus the mixed age relay and the boy/girl relay for a maximum of four events per swimmer. Each swimmer may swim in only one age group, e.g., he or she may swim in their own or a higher age group but must stay in the elected age group for all events in the relay carnival—including the mixed age relays unless the Board grants a Waiver prior to the first swim meet of the season.
2. Teams in the White Division will enter mixed gender relay teams only (can be any combination of boy/girl). However, if there are four single gender swimmers in an age group with times that are close to breaking a team or league record, the club may request permission from the Board to swim the event at Relay Carnival. The team will swim exhibition so the event will not count for points, but the team may obtain an official time.
3. A Waiver will permit a team to enter swimmer(s) in more than one age group relay, swim-up only. No change to the total number of events per swimmer as set in paragraph one above.
4. Entry cards. Entry cards will be used. Substitutions may be made as in dual meets.
5. Order of finish. In determining the order of finish, official time shall be used. The Referee has the same authority as specified in paragraph 15.7.5. Team scores shall be tabulated and announced at intervals during the meet.
6. Events and Officials. Events shall be as listed in Appendix III. Officials shall be the same as required for the All-Star meet.
7. Entries. There will be no non-scoring relay teams entered at the Relay Carnival.
8. Lanes. Lanes shall be assigned via regular timed seeding as per dual meets.
9. Scoring. See Section 15.4 above.
10. Boys/Girls Mixed Age 400 Meter Relay (Event No. 21). Each relay team will consist of equal number of boys and girls (4 each) with representation from each age group for each sex: 9-10 years, 11-12 years, 13-14 years, 15-18 years (4 age

groups) for a total of 8 swimmers. The 8 swimmers may swim in any sequence as desired.

Article XVI - United States Swimming Rules and Regulations

When not otherwise specified in the above rules, the current USA Swimming Rules and Regulations will be applicable.

16.1 Safety Policy

Swimmers and Clubs are advised that DCCL accepts no responsibility or liability for injuries resulting from accidents occurring in member pools, and urges that all safety precautions be observed during all DCCL swim meets. This Safety Policy includes the following points but is not limited to them.

16.1.1 Safety Training

- a. All swim coaches (head coach and assistant coaches) employed by DCCL member Clubs are required to provide their Team Representatives with proof of satisfactory completion of the American Red Cross Safety Service course titled “Safety Training for Swim Coaches” prior to the first scheduled league practice of a new swim season, or the first scheduled meet where the coaches are on deck. Since the certificate for completion of this training course is good for three years, all coaches are expected to have a valid certificate throughout the current swim season.
- b. For assistance in locating where and when this course is offered in the local swimming area, prospective coaches should contact the DCCL President or Chief of Officials

16.1.2 Warm-Up Policy

- a. Coaches and Referees will supervise warm-up periods for dual meets. Coaches shall not permit their swimmers to enter the pool until the host Team Representative and Referee declare the pool is open for warm-ups. Host team will provide a qualified lifeguard on-duty during the warm-up period.
- b. During warm-up periods:
 - i. No diving across lane lines is permitted.
 - ii. No diving from the pool sides is permitted.
 - iii. No diving from the non-start end is permitted.
 - iv. All swimmers are expected to enter the water feet first from the start end of the pool.
 - v. The Referee may designate one or more lanes as sprint lanes.

- c. For league meets with assigned warm-up periods and lanes, each team may conduct its own warm-up routine provided that the team's certified coach(es) (or Team Representative) is stationed at the starting end of assigned lanes to supervise the warm-up in the lane.
- d. For dual meets and/or league meets, coaches that desire part of their warm-up to be sprint work must make such request to the Referee. The Referee will designate and clear the sprint lane(s) to become a one-way sprint lane. Swimmers must exit at the opposite end of the pool.
- e. The use of kick boards, hand paddles, or similar training devices is not permitted during warm-up periods without express authorization of the Referee.
- f. Swimmers who act in a manner that is injurious to themselves or others will be disqualified from their first event and may be asked to leave.

16.1.3 Facilities Standards

- a. Starting End Depth. Minimum water depth for competition shall be four feet according to current USA Swimming Rules and Regulations. However, DCCL member pools are primarily recreational and not built solely for competition and may not be built to comply with this standard. When the depth at one end is less than four feet, starting should be at the deep end of the host pool.
- b. To ensure maximum depth, the pool water circulation and overflow system shall be at the highest level possible without creating appreciable current or water turbulence. If in the opinion of the Referee, water movement interferes with competition, the pool circulation system shall be temporarily turned off to complete the scheduled competition.
- c. Deck Equipment and Ladders
 - i. All ladders or steps/stairs within the racecourse shall be removed during competition.
 - ii. All diving boards which overhang the racing course shall be hinged out of the way or removed during competition.
- d. False Start Rope and False Start Recall
 - i. Use of a false start recall rope during DCCL dual meets is strongly discouraged. With functioning Colorado Start System use of a false start rope is not required
 - ii. Diving into a competitive lane to stop a swimmer because of a false start is strictly forbidden. Coaches are expected to instruct their swimmers to stay out of the pool during a false start recall.
 - iii. If a false start occurs and swimmers proceed, the Referee and coaches will decide on the appropriate rest period prior to restarting the race.

16.1.4 Cell Phone Usage

- a. Locker Rooms / Rest-rooms
 - i. Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras increase the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection Policies prohibit the use of such devices in the locker room or other changing area:
 - ii. *Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.*
- b. Deck Marshalls
 - i. No cameras (including cell phone cameras) or other recording devices are allowed behind the blocks at any time. If you see a camera you should:
 - ii. Inform the camera user of the policy and request that it be put away.
 - iii. Inform the Meet Director or Facility Manager of the camera use. Do this even if the camera user puts the camera away when asked. Exception: a credentialed, official Meet Photographer identified by the Meet Director, stated in the Meet Announcement and available to all athletes is allowed behind the blocks **after** the start.
- c. Timers
 - i. Do not text or use cell phones during the meet. Ask the Chief Timer for relief if you need to do so.
 - ii. No cameras, cell phone cameras, or other recording devices are allowed behind the blocks at any time.
 - iii. If you observe camera use behind the blocks, notify the Chief Timer or the nearest Official, who will then notify the Deck Referee.

Appendix I - Events for Duals Meets

8 and under			
Boys		Girls	
1	25 Yard/Meter	Freestyle	2
11	25 yard/Meter	Backstroke	12
21	25 Yard/Meter	Breaststroke	22
31	25 yard/Meter	Butterfly	32
49	100 Yard/Meter	Freestyle Relay	50
9 and 10 years			
3	50 Yard/Meter	Freestyle	4
13	50 yard/Meter	Backstroke	14
	50 Yard/Meter	Breaststroke	24
33	25 Yard/Meter	Butterfly	34
41	100 Yard/Meter	Individual Med	42
51	100 Yard/Meter	Medley Relay	52
11 and 12 years			
5	50 Yard/Meter	Freestyle	6
15	50 yard/Meter	Backstroke	16
25	50 Yard/Meter	Breaststroke	26
35	50 Yard/Meter	Butterfly	36
43	100 Yard/Meter	Individual Med	44
53	200 Yard/Meter	Medley Relay	54
13 and 14 years			
7	50 Yard/Meter	Freestyle	8
17	50 yard/Meter	Backstroke	18
27	50 Yard/Meter	Breaststroke	28
37	50 Yard/Meter	Butterfly	38
45	100 Yard/Meter	Individual Med	46
55	200 Yard/Meter	Medley Relay	56
15-18 years			
9	50 Yard/Meter	Freestyle	10
19	50 yard/Meter	Backstroke	20
29	50 Yard/Meter	Breaststroke	30
39	50 Yard/Meter	Butterfly	40
47	100 Yard/Meter	Individual Med	48
57	200 Yard/Meter	Medley Relay	58
Mixed Age			
59	200 Yard/Meter	Freestyle Relay*	60

*Note: The mixed age freestyle relay consists of four swimmers: one from the 10 and under (either 8U or 9-10 age groups), 11-12, 13-14, and 15-18 age groups, swimming 50 meters each. Swimming order is from youngest to oldest.

Appendix II - Events for All-Star Qualification & Finals

Boys	8 and under	Girls
1 25 Yard/Meter	Freestyle	2
11 25 yard/Meter	Backstroke	12
21 25 Yard/Meter	Breaststroke	22
25 yard/Meter	Butterfly	32
9 and 10 years		
3 50 Yard/Meter	Freestyle	4
13 50 yard/Meter	Backstroke	14
50 Yard/Meter	Breaststroke	24
33 25 yard/Meter	Butterfly	34
41 100 Yard/Meter	Individual Med	42
11 and 12 years		
5 50 Yard/Meter	Freestyle	6
15 50 yard/Meter	Backstroke	16
25 50 Yard/Meter	Breaststroke	26
35 50 yard/Meter	Butterfly	36
43 100 Yard/Meter	Individual Med	44
13 and 14 years		
7 50 Yard/Meter	Freestyle	8
17 50 yard/Meter	Backstroke	18
27 50 Yard/Meter	Breaststroke	28
37 50 yard/Meter	Butterfly	38
45 100 Yard/Meter	Individual Med	46
15-18 years		
9 50 Yard/Meter	Freestyle	10
19 50 yard/Meter	Backstroke	20
29 50 Yard/Meter	Breaststroke	30
39 50 yard/Meter	Butterfly	40
47 100 Yard/Meter	Individual Med	48

Appendix III - Events for Relay Carnival

Event	Description
1.	**Mixed Age Boys 200 Yard/Meter Freestyle Relay
2.	**Mixed Age Girls 200 Yard/Meter Freestyle Relay
3.	8 & under Boys 100 Yards/Meter Medley Relay
4.	8 & under Girls 100 Yards/Meter Medley Relay
5.	9-10 Boys 100 Yards/Meter Medley Relay
6.	9-10 Girls 100 Yards/Meter Medley Relay
7.	11-12 Boys 200 Yards/Meter Medley Relay
8.	11-12 Girls 200 Yards/Meter Medley Relay
9.	13-14 Boys 200 Yards/Meter Medley Relay
10.	13-14 Girls 200 Yards/Meter Medley Relay
11.	15-18 Boys 200 Yards/Meter Medley Relay
12.	15-18 Girls 200 Yards/Meter Medley Relay
13.	8 & under Boys 100 Yards/Meter Freestyle Relay
14.	8 & under Girls 100 Yards/Meter Freestyle Relay
15.	9-10 Boys 200 Yards/Meter Freestyle Relay
16.	9-10 Girls 200 Yards/Meter Freestyle Relay
17.	11-12 Boys 200 Yards/Meter Freestyle Relay
18.	11-12 Girls 200 Yards/Meter Freestyle Relay
19.	13-14 Boys 200 Yards/Meter Freestyle Relay
20.	13-14 Girls 200 Yards/Meter Freestyle Relay
21.	15-18 Boys 200 Yards/Meter Freestyle Relay
22.	15-18 Girls 200 Yards/Meter Freestyle Relay
23.	**Boys & Girls Mixed Age 400 Yard/Meter Freestyle Relay

** Must be pre-seeded in accordance with entry card times

Appendix IV - Events for Tri-Meet

Boys	Age	Freestyle	Girls
1	9-10	50 Yard/Meter	2
3	11-12	50 Yard/Meter	4
5	13-14	50 Yard/Meter	6
7	15-18	50 Yard/Meter	8
9	6 & under	25 Yard/Meter	10
	7-8	25 Yard/Meter	12
Backstroke			
13	9-10	50 Yard/Meter	14
15	11-12	50 Yard/Meter	16
17	13-14	50 Yard/Meter	18
19	15-18	50 Yard/Meter	20
21	6 & under	25 Yard/Meter	22
23	7-8	25 Yard/meter	24
Breaststroke			
	9-10	50 Yard/Meter	26
	11-12	50 Yard/Meter	28
29	13-14	50 Yard/Meter	30
31	15-18	50 Yard/Meter	32
	8 & Under	25 Yard/Meter	34
Butterfly			
35	9-10	25 Yard/Meter	36
37	11-12	50 Yard/Meter	38
39	13-14	50 Yard/Meter	40
41	15-18	50 yard/Meter	42
43	8 & Under	25 Yard/Meter	44
Freestyle Relay			
45	Mixed Age	200 Yard/Meter	46

Appendix V - DCCL Swimmer Code of Conduct

Please review this document before signing. The Code of Conduct is designed to help minimize conflicts between parents, swimmers, coaches and officials.

I, _____, the parent/guardian of the participants who have signed below agree and understand that league rules must be followed by both parents and swimmers in order to facilitate the smooth operation of the Dominion Country Club League. I acknowledge that I have read the DCCL handbook (available online) and have discussed the applicable rules with my child.

I understand that swimmers and parents are expected to follow all league rules and behave in an appropriate manner at all times. This includes showing respect to teammates, parents, officials and opposing teams. The swimmer/participant does not have conviction of, imposition of a deferred sentence for, or any plea of guilty or no contest at any time, past or present, or the existence of any pending charges, for (a) any crime involving sexual misconduct, or (b) any criminal offense against a minor. Unsportsmanlike conduct or inappropriate behavior by swimmers or parents will not be tolerated and may result in a suspension from the DCCL. Our league's focus is to maintain the most positive environment possible, and I understand that it will take the cooperation of all swimmers and parents to accomplish this.

I HAVE CAREFULLY READ THE TERMS OF THIS AGREEMENT AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.

Signed (parent/guardian): _____ Date: _____

Swimmer signature: _____

Swimmer signature: _____

Swimmer signature: _____

Swimmer signature: _____

Appendix VI - The DCCL Ryan Lopynski Trophy

The Dominion Country Club League is proud to announce *The DCCL Ryan Lopynski Trophy*. This trophy will be awarded to a 15-18 year old boy in recognition of his excellence in "sportsmanship, leadership, dedication and team spirit." This honoree will be selected from nominations submitted by the coach of each DCCL team. The recipient's name will be engraved on the trophy annually at the conclusion of the swim season and will be presented at the All Stars Finals Awards Ceremony.

This new Trophy has been created to honor the memory of Ryan Lopynski, a veteran league participant from The Country Club of Fairfax. Ryan, who passed away April 26, 2009 at the age of 18, swam for CCF for ten years until he graduated from Robinson Secondary School and went on to Virginia Tech, where he distinguished himself as a student, friend and young man of promise. CCF Coach Tom Verdin said, "Ryan truly exemplified the qualities that this Trophy seeks to honor in our swimmers. He served as an outstanding role model of sportsmanship and dedication for our team."

Nominee Information

Club: _____

Name & Age: _____

Coach- please write a description with examples as to how your male 15-18 yr. old swimmer exemplifies the qualities listed below. When completed, send it to the DCCL President, Vice President, Secretary, and Treasurer of the DCCL, by noon Sunday after the last swim meet of the season. Thank you.

SPORTSMANSHIP:

LEADERSHIP:

DEDICATION:

TEAM SPIRIT: