



SECTION 07

GSSSL Bylaws & Operating Plan

GSSSL Bylaws

GSSSL Operating Plan

The GSSSL is the organizing body for the swim team activities of 16 member clubs.

Included on the following pages: GSSSL Bylaws approved March 2025 and the Operating Plan approved March 2026, including its appendices. These are the latest versions listed on the linked league pages as retrieved. Older editions remain available through those links.

By-Laws of the Greater Seattle Summer Swim League (Approved 3/2025)

Article I: Purpose

The purpose of the Greater Seattle Summer Swim League (known here forward as the GSSSL or league) is to provide swimmers of all levels, recreational and competitive, the opportunity, through member clubs, to achieve social and athletic goals in a team and individual environment.

Article II: Mission

The mission of the GSSSL is to foster the athletic development of members through teamwork, cooperation and friendly competition. All parties should take away a positive experience, in and out of the water.

GSSSL supports athletes of all genders, including transgender and non-binary athletes. Member teams must operate in compliance with the league's Gender-Inclusion Athlete Policy and will use the Gender-Inclusion Athlete Procedures as they determine how to best provide gender-inclusive programming for their team.

Article III: Membership

Membership in the GSSSL is based on clubs being in good standing to the organization. Those member clubs shall not be affiliated with U.S. Swimming.

Article IV: Dues and Rights

Dues:

- A. The dues are to be established by the GSSSL Board and presented at the Spring Meeting.
- B. The dues are to be paid to the Treasurer of the GSSSL on or by June 1. Dues paid in full constitute a member club being in good standing.

Rights:

- A. The GSSSL retains the right to exclude any member club from participating in all league sponsored activities based on the financial standing of said club.
- B. Each member club, in good standing, shall have one vote in all league matters.

Article V: Eligibility

- A. All the contestants in league-sponsored activities must be full members of the club they represent and share all of the rights that full membership allows within the member club. This shall include full use of the entire club for the complete summer by the entire family. Membership decisions are exclusively under the control of each individual member club, but inconsistent membership policies will require full disclosure to the GSSSL Board by the clubs and coaches prior to the start of the season.
- B. Children of a member club manager and/or head coach (swim, dive and water polo) are eligible for participation in league sponsored activities. No other employees are eligible for this exception-
- C. Houseguests of club members who wish to participate in any GSSSL competition must stay with that family for a minimum of six (6) consecutive weeks during the GSSSL season. The season will end with the All City meet and be no later than August 7th. The coach of the team wishing to use a houseguest must notify, in writing, the GSSSL by June 15th of each houseguest participant.

- D. Small team provisions are allowed in accordance with Appendix A.
- E. Competitor's age for competition shall be their age as of June 15th of that season.
- F. Competitors may swim in GSSSL meets through the summer following their senior year in high school if he/she is no older than 19 years of age.
- G. All teams, coaches, swimmers and families must complete and provide the mandatory GSSSL Participation Forms (contained in the Appendix to the By-Laws) before taking part in their club's swim team program. The Appendix includes, B: Team Code of Conduct, C: Participation Form (physically in paper form or electronically accessible), D: Participation Form Certification and E: Concussion Information Sheets. Each club will return a letter certifying that all members have a Participation Form (Appendix C) on file with the club. The Certification Form (Appendix D) is to be signed by the Head Coach, Pool Manager and the Team Representative and submitted to the GSSSL by June 15th. These signees will be responsible for making sure that the Participation Forms are complete and up to date. It is recommended that each club use the standard Concussion Awareness Form (Appendix E).
- H. Competitors may only represent one GSSSL member club during a season. If a family has a membership in more than one club, individual swimmers must choose one club to compete with. Once the swimmer begins participation with any of the member clubs in workouts or competitions, they will be ineligible to participate in the same activity with another club during that season. Family members can be split between teams as long as they meet the above-mentioned criteria. The Board has the right to rule on any individual situation.
- I. Any club in violation of the eligibility rules will forfeit the meet in question, individual or club awards won during the time of the violation. The GSSSL Board has the right to request information from the club to determine proof of eligibility of the swimmer or swimmers.
- J. The GSSSL Board has the right to suspend clubs, coaches or individuals for participation violations until a hearing of the clubs, coaches, individuals and the Board of Directors can be heard and ruled upon. Board decisions may include reinstatement, probation or expulsion. Appeals and protests of any suspensions will be heard at a mutually agreed upon time and date and will include members of the Board of Directors as well as members of an Appeal and Protest Committee as assembled by the GSSSL President. All decisions of the Appeal and Protest Committee will be final. Appeals and Protests for violations will be filed in writing to the GSSSL and must be accompanied by a \$50 filing fee. If the appeal or protest is upheld, the \$50 filing fee will be refunded. If the appeal or protest is denied, the \$50 filing fee will go into the GSSSL treasury.
- K. Clubs, coaches or individuals placed on probation or expelled the previous season will petition the GSSSL Board of Directors during the off season for reinstatement. The reinstatement process will include but not be limited to, letters of reference, phone and or face-to-face interviews with all of the parties involved in the previous season's actions.

Article VI: League Meetings

- A. It is recommended that all member clubs endeavor to attend all meetings of the GSSSL in force, including head coach, team representative and manager, in order to guarantee proper administration and organization of the GSSSL. Full attendance will foster ideas from clubs, coaches, team representatives and managers to the GSSSL. It is the right of all to enter into constructive discussions and topics presented at the meetings.
- B. Voting will be done in accordance with Article IV/Dues and Rights/B and allow for one (1) vote per club.
- C. Fall Meeting to be held no later than November 1, Agenda and supporting docs sent out 2 weeks prior.
 - 1. Election of League Officers
 - 2. Presentation and Review of the Operating Plan for the upcoming season by the Board of Directors
 - 3. Update of the League Contact List
 - 4. Suggestion of changes to By-Laws, if necessary
 - 5. Suggestion of changes to the Operating Plan, if necessary

6. Establish Subcommittees, if necessary
7. Review DQ protests and appeals from the previous season, if necessary
8. Review suspended or expelled clubs, coaches or members, if necessary
9. Establish budget for the next season
10. Any other business deemed necessary for the operation of the GSSSL

D. Spring Meeting:

1. Held no later than March 20th
2. Approval of the Operating Plan for the upcoming season
3. Update of the League Contact List
4. Present, review and approve of changes to the By-Laws, if necessary
5. Present, review and approve of changes to the Operating Plan, if necessary
6. Present, review and approve upcoming season Dual and Championship Meets schedules
7. Establish dates for spring computer training
8. Distribute League Time Standards
9. Review and vote on suspended or expelled clubs, coaches or members, if necessary
10. Distribution of By-Laws, Operating Plan and Rule books
11. Confirm the upcoming membership dues and team fees as established in the fall.
12. Any other business deemed necessary for the operation of the GSSSL
13. Present prior year financial report and upcoming season budget

E. Subcommittee Meetings:

1. Will be established when necessary and will include at least one member of the Board of Directors, one team representative from each division and one coach from each division
2. Will gather all information that pertains to the issue or issues presented
3. Will consolidate and condense the information for presentation to the Board of Directors
4. Will suggest direction on the issue or issues presented for the Board of Directors

F. Appeal of Suspension Sub-Committee Meetings:

1. Will include at least three Board members
2. Will only accept appeals or protest in writing, and must receive them within 48 hours of receipt of notice of suspension
3. Will include written copies to all parties involved through the GSSSL Contact List
4. Will be governed by the By-Laws, Operating Plan of the GSSSL, U.S. Swimming, NFHS and WIAA Rule books
5. Will not include any member of a club or coaching staff involved in the appeal or protest
6. Results and rationale will be made public at the next scheduled League meeting
7. All decisions are final

Article VII: Board of Directors

- A. Shall be composed of one (1) President, one (1) Vice President, one (1) Secretary, one (1) Treasurer, one (1) North Division Rep, one (1) South Division Rep and one (1) Coaches Rep, one (1) Officials Rep and (1) at large Rep. Additional board members may be appointed if needed to complete board duties, such as protest committee. All members of the Board are eligible to vote. Club representation on the Board shall not exceed two members from any one club.
- B. Shall appoint replacement Board members to fill vacancies, if necessary
- C. Shall not be held liable in any legal proceedings or judgments against the league. This should extend to any league, club, team or individual activity associated with the GSSSL.

Article VIII: Duties of Officers

1. President:

1. Preside at all League and Board meetings
2. Establish time and place for all League and Board meetings
3. Appoint Sub-Committees
4. Participate in Sub-Committee meetings and discussions, if necessary
5. Provide agendas for Fall and Spring meetings
6. Communicate with all clubs prior to First dual meet and again before B-Champs
7. Promotion and Advancement of the League within the larger community

2. Vice President:

1. Act for President in his/her absence
2. Attend all League and Board meetings
3. Participate in Sub-Committee meetings and discussion, if necessary
4. Be involved in Sub-Committees as necessary
5. Computer training

3. Secretary:

1. Attend all League and Board meetings
2. Participate in Sub-Committee meetings and discussions, if necessary
3. Maintain minutes from all League and Board meetings, including attendance
4. Maintain League documents, including records, and post on website
5. Distribute updates to membership and add to website
6. Collect and distribute Contact List for the GSSSL
7. Notify Board members, clubs, coaches and team representatives of League and Board meetings
8. Collect and manage League Forms

4. Treasurer:

1. Attend all League and Board meetings
2. Participate in Sub-Committee meetings and discussions, if necessary
3. Maintain books of accounts accurately reflecting all receipts and disbursements
4. Receive and deposit all League Fees
5. Receive, hold, return or deposit all Fees involving protests and appeals
6. Provide copies of bank statements to the Board of Directors
7. Notify clubs of outstanding fees, fines and overall financial standings
8. Present financial reports at all League meetings
9. Order trophies and medals in January
10. Pay all league bills
11. Keep current all Licenses & IRS Non-Profit Status

5. Division Reps:

1. Attend all League and Board meetings
2. Participate in Sub-Committee meetings and discussions, if necessary
3. Attend postseason meets for your division (or ensure that a board member will be in attendance)
4. Act on behalf of the league on final rules decisions and applications.

6. Coaches Rep:

1. Attend all League and Board meetings
2. Participate in Sub-Committee meetings and discussions, if necessary
3. Represent the GSSSL at Post Season meets, including B-Champs, Preliminaries, Divisions and All City
4. Act on behalf of the league on final rules decisions and applications.
5. Organize a virtual pre-season coaches meeting to go through any changes and important procedures

for the year.

6. Safesport trainings and resources for teams

7. Officials Chair:

1. Attend all League and Board meetings
2. Order rule books, track and communicate changes with teams
3. Organize officials trainings at beginning of each season
4. Work with hosts to identify and appoint post season Refs
5. Set up meet juries for post season meets
6. Hold a meeting with post season refs to clarify postseason procedures

Article IX: Insurance Requirements for All Clubs

1. All clubs who participate in any GSSSL sponsored activity must provide a Certificate of Insurance with a minimum coverage of \$1,000,000.00 in Liability Coverage for the activities in which they want to participate. This Certificate of Insurance must be submitted to the GSSSL no later than June 15th in the year in which the activities occur.
2. The Certificate of Insurance must list the GSSSL as an Additional Insured entity. The level of insurance should be the same as the Liability Coverage.

Article X: Amendments

1. Amendments to these By-Laws can be made:

a. At any regular or special meeting when:

- i. Proposed amendment is given to all members in good standing at the time and adequate notice, two weeks minimum, of a meeting and proposed change is given
- ii. Fifty percent of the members in good standing are present at the meeting

b. At any regular or special meeting when two-thirds of the members in good standing approve such proposed amendments

Article XI: Closing

- A. It shall be the responsibility of the Board of Directors to act on all matters not specifically covered by the By-Laws and Operating Plan of the GSSSL.
- B. National Federation of State High School Associations (NFHS) and WIAA rules will be followed unless specifically addressed within the GSSSL Operating Plan or By-Laws.

References: 2017 GSSSL Operating Plan; 2016 Midlakes Swim League By-Laws; 2016 Midlakes Swim League Operating Plan

Last Amended: 3/19/2025; Ir

Operating Plan – *Greater Seattle Summer Swim League* (approved 3/2026)

A. Dues and Assessments:

1. Dues for 2026 are \$1000 per club and shall be paid before June 15th.
2. Dues paid after June 15th are subject to a \$200 late fee after a 5 day grace period.
3. Any club that does not pay its annual dues or any outstanding debt will not be eligible to compete in any GSSSL Championship meet.
4. Dues shall be paid by check and made out to the *Greater Seattle Summer Swim League*

B. Club Requirements:

1. Proof of Insurance (see By-Laws/Article IX: Insurance Requirements for All Clubs)
2. Coaching staff must meet state and local requirements for lifeguard or safety training.
3. Proof of Participation Forms from each swimmer, family, managers and coaches (see By-Laws/Article V:Eligibility/H)
4. Submission of Participation Form Certification to the GSSSL on or before June 15 (see By-Laws/Article V:Eligibility/H)
5. Forms listed above 1-4 are due to the League no later than June 15th. If paperwork is not submitted by June 15th, teams will be fined a \$200 fine after a 5 day grace period. If paperwork is still not submitted, teams will not be eligible to compete until paperwork is submitted to the GSSSL.
6. Full understanding of the By-Laws and Operating Plan of the GSSSL
7. Understand that summer team practice shall start no earlier than the 2nd Monday of May. This shall be interpreted as a means of providing equal opportunity for all teams involved in the GSSSL. It shall be the professional responsibility for each club's Board of Directors, Swim Team Committees and Swim Coaches to uphold this concept. The GSSSL strongly encourages any pool that offers off-season swim activities (i.e. lessons, technique classes or workouts) to allow "non summer" member participation as well. Member clubs may NOT be both a member of GSSSL and USA Swimming or any other organized swim league in the same calendar year.
8. It is the responsibility of the coach to know that a swimmer who competes in the Preliminaries for a Division Championship meet will be available to swim in both the Division and All City meet. Exceptions to this rule are noted under D/Meets:/2. Post Season/F.
9. Provide League specified Meet Manager program for meet line-ups.
10. A coach from each club must attend the following coaches meetings. Prior to the start of the season, and prior to submission of postseason entries. The postseason entry meeting will be the Monday evening prior to the entry deadline.

C. Division Alignment:

1. League Division Alignment is in two divisions and determined by geographical area.

Northern Division

Aqua Club	Blue Ridge
Innis Arden	Klahaya
Sand Point	Sheridan Beach
View Ridge	Wedgwood

Southern Division

Arbor Heights	Gregory Seahurst
Kent	Lakeridge
Marine Hills	Normandy Park
Olympic View	Twin Lakes

2. The divisions will be for Dual Meets, Summer Showcase, Preliminaries and the Division Championships.

D. Meets:**Dual Meets**

1. Each Division will schedule its own Dual Meets and have them ready for release at the Spring Meeting. Each team must schedule and compete against all teams in its division in order to be eligible for the postseason meets and awards.
2. Schedule changes must be submitted to the Division Rep prior to the start of the Dual Meet season and approval of both teams is required. If approval of both teams is not there, the offending team will forfeit the meet.
3. Disqualifications at meets will be processed in a timely manner to allow coaches time to contest a disqualification while officials are still available at the pool. DQ slips should be brought immediately to the meet referee and once signed the coach copy should be immediately delivered to the appropriate head coach. A head coach wishing to protest a DQ will approach the head referee. The head referee will question the stroke and turn judge if needed and confirm or overturn the DQ.
4. For the purpose of establishing official times or to give swimmers equal opportunity to participate, additional heats, exhibitions may be added to dual meets with the agreement of both coaches.

Exhibition Limits and Regulations

- A. Limited to 25 per team, unless agreed upon by the competing clubs.
- B. Will not be scored as a part of the dual meets.
- C. Will take place prior to the scored final heat of each event.
- D. Combining exhibition heats of each team will be allowed.
5. Swimmers are limited to a total of four events inclusive of individual events, relays and/or exhibitions. An individual may swim a maximum of three individual and one relay, or two individual and two relays.
6. Any swimmer who missed an individual or relay event shall be excluded for that event only. The swimmer shall be able to participate in all other events in which he/she is entered.
7. Swimmers who are either disqualified as an individual or part of a disqualified relay, in either exhibitions or scored event finals shall have that event counted as an official event towards the maximum number of events allowed.
8. The home team scorekeeper shall enter all results into the Meet Manager scoring system in compliance with the League standards. At the conclusion of the meet, the home team will provide the visiting team with a back-up of the meet, meet results and any other requested Meet Manager files via email.
9. One swimmer from each age group may swim an entire meet in the next age group. If he/she does so, he/she may not swim in an event in his/her own age group in that meet. In addition, for each relay in an age group one swimmer may be moved up. This swimmer may not swim in the same event in his or her own age group. The same swimmer may not move up for both the free and medley relays. No swimmer may move up more than one age group for any reason.

(Example: Mary may be moved up from 8 & under to swim in the 10 & under free relay. This relay might also include Sue who has moved up for the entire meet. However, Mary cannot swim in the 10 & under medley relay. The 10 & under medley relay

D. Meets: Dual Meets (continued)

might include Sue and Jane, who has moved up for this relay only. This can happen for all applicable age groups and genders.)

10. Jewelry may be worn as long as it is not a hazard.

11. Order of Events

<u>Girls</u>	<u>Boys</u>	<u>Event</u>
1	2	14 & under 50 yard Freestyle
3	4	Sr. 50 yard Freestyle
5	6	8 & under 100 yard Medley Relay
7	8	10 & under 100 yard Medley Relay
9	10	12 & under 200 yard Medley Relay
11	12	14 & under 200 yard Medley Relay
13	14	Sr. 200 yard Medley Relay
15	16	8 & under 100 yard Freestyle Relay
17	18	10 & under 100 yard Individual Medley
19	20	12 & under 100 yard Individual Medley
21	22	14 & under 100 yard Individual Medley
23	24	Sr. 100 yard Individual Medley
25	26	8 & under 25 yard Freestyle
27	28	10 & under 50 yard Freestyle
29	30	12 & under 50 yard Freestyle
31	32	14 & under 100 yard Freestyle
33	34	Sr. 100 yard Freestyle
35	36	8 & under 25 yard Backstroke
37	38	10 & under 50 yard Backstroke
39	40	12 & under 50 yard Backstroke
41	42	14 & under 50 yard Backstroke
43	44	Sr. 50 yard Backstroke
45	46	8 & under 25 yard Breaststroke
47	48	10 & under 50 yard Breaststroke
49	50	12 & under 50 yard Breaststroke
51	52	14 & under 50 yard Breaststroke
53	54	Sr. 50 yard Breaststroke
55	56	8 & under 25 yard Butterfly
57	58	10 & under 25 yard Butterfly
59	60	12 & under 50 yard Butterfly
61	62	14 & under 50 yard Butterfly
63	64	Sr. 50 yard Butterfly
65	66	10 & under 200 yard Freestyle Relay
67	68	12 & under 200 yard Freestyle Relay
69	70	14 & under 200 yard Freestyle Relay
71	72	Sr. 200 yard Freestyle Relay

D. Meets: Dual Meets (continued)

12. Stroke and Turn Rules per NFHS rules (*See current NFHS rulebook*).

13. NFHS scoring to be used for dual meets (i.e. individual events: 6-4-3-2-1; relay events 8-4-2) except as specified below.

14. When contests are held at a six lane pool, each event shall allow no more than three individuals or three relays for scoring. When contests are held at a four lane pool, each event shall allow no more than two individuals or two relays for scoring. When scoring four lanes, points in individuals shall be scored 6, 4, 3, 2 and relays scored 8, 4, 2. In odd lane pools the extra lane will be used as exhibition and in an 8 lane pool each team may have up to four individuals or four relays eligible to score, with a maximum of 3 scoring swimmers or relays per team.

15. Total team scores shall be kept to determine meet winners.

16. Officials shall include: (minimum)

(1) Starter-Referee	(1) Announcer	(1) Clerk of Course (optional)	(2) Timers/lane w/3 timing devices
(1) Head Timer	(2) Scorekeepers	(1) Runner	(2) Stroke and Turn Judges

Note: Special care should be given to the selection of officials with careful consideration given to the stroke and turn judges and starter. The host club shall provide all officials, visiting officials are allowed if agreed upon by both teams.

17. "Technical Suits" shall be governed by NFHS rules. So long as the suit complies with NFHS rules and has a FINA approved logo, it shall be accepted.

18.. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Boys shall wear trunks that cover the buttocks. Girls shall wear suits that cover the breasts and buttocks. "Tie-back" suits shall be deemed acceptable if meeting the above criteria.

19. Swimmers are allowed one false start for each individual or lead off relay position. The false start is per swimmer, not per the field. A second false start in that same individual or lead off relay position will result in a disqualification. A false start in one event does not apply to the same swimmer in future events.

20. Starting blocks with adjustable back-plates are allowed for dual meets only.

21. Backstroke ledges may be used at dual meets only as long as both teams' head coaches agree in advance of the meet. In postseason competition, ledges are permitted solely at the All-City Meet when available from the host team, but not required.

22. Host teams must have lane numbers visible from both ends of the pool.

23. The 15-meter mark should be clearly marked as stated in the NFHS rule book.

24. Host teams shall notify teams ahead of time if they plan to play music during the relays. If postseason, this should be addressed in the meet information packet and/or during the coaches meeting.

25. Kinesiology Tape will be allowed during competition at dual meets or during the postseason.

26. All shallow end starts will be from in the water.

27. Video equipment shall not be used to verify decisions made during any meet ***and shall not be submitted with any protest.***

28. There shall be no alcohol in the “zone of competition” which is defined as a distance of at least 10 feet away from the edge of the pool.

29. Meet Referees shall deviate from NFHS cap rules in the following way: No high school or club affiliation swim caps shall be allowed; caps of an obscene nature shall not be allowed; summer club team affiliated caps are recommended. Soul caps, or caps designed to protect natural hair, are permitted in GSSSL meets.

Post Season

General:

1. Same rules as listed in the Dual Meet section plus the following:
2. Post Season Meets include: Summer Showcase, Boys and Girls Prelims, Northern Division and the Mark Prothero Memorial Southern Division Championships and All Cities.
3. All Post Season meets shall be open to all teams provided they meet the league standards as provided at the Spring League Meeting.
4. In order to be eligible to participate in Championship meets, a swimmer must participate in at least two dual meets. Exceptions may be granted upon written request and approval by the GSSSL Board.
5. Two clubs can co-operate any Post Season meet.
6. It is the responsibility of the coach to know that a swimmer that competes in the preliminaries for the Post Season will be available to swim in both the Divisional and All City Championship meets. Swimmers who will be unable to participate in the Divisions or All City meets are prohibited from swimming in the Preliminaries. When a flagrant violation of this rule is reported to the GSSSL Board, the Board will meet prior to the next meet to determine the appropriate action. Violations must be reported in written form.
7. Post Season line-up submissions must be submitted according to the following guidelines:
 - Entries are due 24 hours prior to the start of Summer Showcase. See section D, Summer Showcase for details on entry requirements
 - All prelims entries are due by midnight on the Friday prior to the first preliminary meet. All entries (girls and boys) will be processed Saturday morning and approved by the head coach of each team by at least 48 hours prior to the first preliminary meet. Upon dissemination of a full meet psych sheet by the hosting pool, inside 48 hours, additional submissions are subject to part eight (8) of this section.
8. Inside 48 hours before the first preliminary meet and after dissemination of a full meet psych sheet, coaches must supply lineup changes at the coaches meeting prior to the start of each Post Season meet for discussion and vote prior to each post season meet. A majority vote of the coaches will be required for additions. A majority consists of either five coaches at the Preliminaries and Divisions and nine at All City.
9. Coaches Meetings: Presided over by head referee
 - To be held before each Post Season meet including Summer Showcase, Preliminaries, Divisions and All City
 - Will be attended by at least one coach from each member club in attendance

D. Meets: Post Season (continued)

- Will be adjourned at least a half an hour prior to the start of each meet
- Will discuss and vote as needed: Scratches, meet operation and line-up changes

10. Multiple relays may be submitted per team for each event. Relay qualification for Prelims shall be based on the combined times of the four (4) relay participants; relay splits may be used. So long as the combined times or splits are under the qualifying time, the relay team may be entered. Single relay entries must have substitutes listed; "B" relay members are considered subs for "A" relay and "C" relay members are considered subs for "B" relay, etc. Coaches may make changes in the relay swimmers up until 10 minutes prior to the start of the preliminary meet and said changes are approved as long as all swimmers included in that relay event are in the original meet entry file. This includes any combination of entered athletes, regardless of assigned relay (i.e. C relay swimmer may be moved to A relay). Once locked, relay athletes swimming out of order will not result in disqualification. The addition of a swimmer not previously included in the relay as a swimmer or alternate will need to be presented to vote on at the coaches' meeting. No changes may be made to relay composition following the start of the preliminary meet unless the illness/injury rule applies and change is approved by the meet referee. A doctor's note on letterhead or other obvious proof of injury will constitute evidence of injury/illness to allow substitution of that swimmer.

12. Only those times achieved in the Preliminaries, Divisions or All Cities shall be considered as GSSSL Records. Swimmers cannot establish individual records in relays.

13. "Whistle starts" (use of the whistle to call swimmers to the blocks or to get in the water) will only be enforced for the Post Season meets, starting with the Preliminaries.

14. Lane Assignments shall be assigned starting with the fastest time through the slowest time as follows:

4-Lane Pool	3 – 2 – 4 – 1
5-Lane Pool	3 – 2 – 4 – 1 – 5
6-Lane Pool	3 – 4 – 2 – 5 – 1 – 6
8- Lane Pool	4 – 5 – 3 – 6 – 2 – 7 – 1 – 8

15. Points for the Post Season meets, starting with the Divisions and running through All City will be as follows:

	<u>Relays</u>	<u>Individual Events</u>
1 st	14	7
2 nd	10	5
3 rd	8	4
4 th	6	3
5 th	4	2
6 th	2	1

Note: When Post Season meets are held in pools with 8-lanes all lanes will be eligible for scoring. Scoring will be

D. Meets: Post Season (continued)

as follows: 9 – 7 – 6 – 5 – 4 – 3 – 2 – 1 and the points will be double for relays.

16.. Officials for Post Season meets shall include: (Minimum)

- | | | | |
|---------------------------------|--------------------------------|------------------------|---------------------|
| (1) Starter – Referee | (1) Announcer | (1) Clerk of Course | (3) Timers per lane |
| (2) Head Timers | (2) Score keepers | (1) Runner | |
| (4) Stroke and Turn Judges | (1) North and/or South End Rep | (1) GSSSL Board Member | |
| (1) Deck Referee (if necessary) | (1) Meet Director | | |

17. All officials must report to the scheduled officials meeting prior to the start of all Post Season meets. All officials shall not leave the pool at the end of competition until allowed by the head referee. This is to allow time for clarification related to any DQ.

18. Concessions and heat sheets sales for all Post Season meets shall be the sole responsibility of the host club. All sales, taxes and profits will be the sole responsibility and possession of the host club. Concessions shall be provided on an even basis for the visiting and home team's coaches and shall be at the discretion of the host club.

19. Merchandise for all Post Season meets will be at the discretion of the host club. All sales, taxes and profits will be the sole responsibility and possession of the host club. All merchandise design will include the GSSSL logo, in small detail, 1" x 1" on caps and 2" x 2" on apparel. The GSSSL will provide the logo prior to final design.

20. Year round swim clubs may sponsor individual teams thru heat sheet ads and other signage but manned/staff booths, and giveaways are not permitted.

21. Establish a postseason meet jury to hear protests

22. Post season warm up times will be assigned by geographic distance to host. Teams closest to, and including the host team will have the earliest warm up times.

Meet Official Job Definitions

Meet Referee: A volunteer, approved by the GSSSL, who is familiar with the rules and regulations of high school swimming and the GSSSL Operating Plan deviations. Shall have full authority over all officials and shall assign and instruct them. Shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules. Can overrule any meet official on a point of rule interpretation, or on a judgment decision pertaining to an action which the Referee has personally observed.

Deck Referee: A volunteer assigned by the Meet Referee to act as a back-up to the Meet Referee when required.

D. Meets: Post Season (continued)

Meet Director: In charge of meet logistics and decisions up to the start of the meet. Shall be appointed by the meet host club and in most cases is a volunteer parent. Responsibilities include, but are not limited to: preparing the facility, arranging for volunteer personnel, equipment and supplies necessary for the meet operation.

Division Rep: At League Post Season meets, the Division Rep and/or any other GSSSL Board members, approved by the GSSSL President, will serve as a resource to help the Meet Referee in the interpretation of any GSSSL rule. As necessary, this person will act as a liaison between the Meet Referee and Coaches, Clerk of Course, Computer Data Input and Scoring Table.

Summer Showcase (formerly B Champs)

1. Above rules for both Dual Meets and Post Season General Rules plus the following:
2. Anyone who qualifies in an individual event according to the GSSSL team standards shall not be eligible to swim in the "Summer Showcase" meet with one exception. If an individual makes a qualifying time in one individual event, he/she can swim in the "Summer Showcase". If a swimmer only has one individual event for which they have qualified in postseason, then the swimmer may compete in up to 3 additional events in the *Summer Showcase* in an effort to make additional qualifying times. The swimmer cannot compete in the event for which they have already qualified.
3. An individual who swims on a relay team that makes a GSSSL qualifying time, but does not make one individually, may swim in the "Summer Showcase" meet.
4. There will be no relays during the "Summer Showcase" meets.
5. No score will be kept during the "Summer Showcase" meets.
6. Places in each individual event will be determined by times only.
7. Swimmers who post a qualifying time during the "Summer Showcase" meet will have the opportunity to move to the associated Preliminary.
8. Ribbons will be paid for by the League for the "Summer Showcase" meets. Reimbursement request due by Sept 1.
9. Ribbons will be awarded to each heat winner, 1st – 6th place event finishers and all participants.

Preliminaries

1. Above rules for Dual Meets and Post Season General Rules plus the following:
2. Preliminaries are to be held for both the Northern and Southern Divisions on the same day and at the same time.
3. Qualifying times for the Preliminaries will be provided to each team, as stated in the By-Laws Article VI/League Meetings/D: Spring Meeting/6. In addition, each team may enter one swimmer in each event and one relay team whose time does not meet the published qualifying times in the 8 & under and 10 & under age groups only.
4. Heat sheets for Post Season meets will include seed times.
5. All Preliminary meets are scheduled to start at 4:00 pm, unless a written request is submitted, discussed and approved by the GSSSL Board.
6. No ribbons provided at Preliminaries.

Division Meets

1. Above rules for Dual Meets, Post Season General and Preliminaries plus the following:
2. Division meets are to be held for both the Northern and Southern Divisions on the same day and at the same time and start at 4:00 pm. If there is a stoppage at one meet, that host is to contact the other Division to pause.

D. Meets: Post Season (continued)

3. Participants are to be determined by the official finish times from the Preliminaries for each Division. The top six, official times, for each individual event or relay will be eligible to swim in the Division finals. The seventh and eighth, official times, will be listed as alternates for each individual event or relay.
4. Alternates may swim at the finals in case there are scratches or no-shows.
5. Swim-offs will be held at a place and time determined by the affected swimmers and clubs and approved by the GSSSL Board.
6. Ribbons for 1st thru 6th places will be awarded to the participants in individual events and relays at the Division meets and will be paid for by the League. Reimbursement requests due by Sept 1.
7. Team trophies will be awarded for Divisional meet champions and will be provided by the League.
8. Electronic timing will be used at the Divisional Championship meets and will be paid for by the League. In the event that either of the hosting clubs cannot accommodate electronic touchpads, neither of the Divisions shall use touchpads for official results. If there is a system failure at one of the Divisions, an immediate phone call is to be placed to the other Division and the operating electronic timing system shall be disabled until repairs can be made. At this time, both meets are to be halted until word is passed as to a resolution. If it is determined that the electronic timing system at the affected pool is non-functional, the other meet shall disable their electronic timing system and the meets shall continue. Hand-held watches will be used and the dual meet guidelines will be followed. No place judges will be used.
9. NFHS rules for electronic timing, Rule 6 Sections 3, 4 and 5 including the tables and examples, shall be followed.
10. If no time is registered upon touching the end of the pool, the back-up watches shall be used and there shall be a minimum of three per lane.
11. The order of the official time determination is as follows: 1. Primary – Electronic Timing System, 2. Back-up - Button for Electronic Timing 3. Final – Hand-Held Watches.
12. Results are to be submitted as soon as they are deemed to be official. If a DQ appeal leads to a change in the final results, the revised results will be submitted as soon as possible but no later than 30 minutes following the conclusion of the divisional meet.
13. Official Results and Protest Resolution. Meet results shall be posted or distributed as soon as possible following the conclusion of the meet and shall be clearly marked as preliminary until deemed official. Results of postseason competition will become official 1 hour (60 minutes) after results are distributed or once all protests (including disqualifications and timing disputes) have been resolved—whichever occurs later. During this sixty-minute period, Head Coaches may submit protests in accordance with the Protest Protocol. Once results are declared official, no further changes shall be made.
14. Hosting clubs will not “live stream” meet results and meet results are not to be posted online until 10:00pm the night of the meet.
15. Announcing names. Swimmers lane and name only will be announced behind the block prior to the start for

individuals and team name only for relays. No age, team, extra highlights mentioned.

All Cities

1. Above rules for Dual Meets, Post Season General, Preliminaries and Divisions plus the following:
2. The GSSSL All City Championship meet will be held on the first Tuesday of August
3. The All City Championship meet shall alternate between the North and South Divisions on a year to year basis.
4. The All City meet shall start at 4:00 pm.
5. Medals for 1st thru 6th places will be awarded to the participants in individual events and relays at the All City meet and will be provided by the League.
6. Team trophies will be awarded for All City meet for 1st thru 6th places and will be provided by the League.
7. When All City is to be held in a pool with eight lanes, all lanes shall be used and scored in accordance with the previously stated eight lane pool rule. The participants will be determined as stated above and will include the 7th and 8th fastest swimmers in the final heats. The 9th and 10th fastest times will be listed as alternates.
8. Announcing names Swimmers lane and name only will be announced behind the block prior to the start for individuals and team name only for relays. No age, team, extra highlights mentioned.

References:

2017 GSSSL Operating Plan, 2025 GSSSL Operating Plan

2013 Midlakes Swim League Operating Plan; 2013 Midlakes Swim League By-Laws

*2014 – 2016 National Federation of State High School Associations (NFHS) Swimming/Diving/Water Polo Rules

03/2026 lr

Small Swim Team

Membership Provision

Appendix A

adopted 3/7/94

GSSSL teams falling below the league established minimum team size may supplement their team membership up to the minimum size from their swim lesson program following the league approved guidelines.

Guidelines:

1. The minimum team size shall be 75% of the median team size of the GSSSL. In no case shall the minimum size be established above 100 swimmers. The minimum team size will be established by the GSSSL annually at the spring meeting based on the previous year's team sizes.
2. Supplemental members must have been enrolled in the individual pools swim lesson program during the season in which they begin team membership or the previous season.
3. Supplemental swimmers may enter their individual teams in only the 8 & under and the 9-10 age groups.
4. Teams supplementing their membership are limited to adding no more than three swimmers per gender, per age group, per year up to the minimum team size. If there are more swimmers in the lessons program wishing to join the swim season than slots available, the pool will conduct a lottery supervised by a member of the GSSSL Board of Directors. Younger siblings of supplemental team members will have first priority for open positions.
5. Teams using supplemental team members must submit a list of supplemental members to the GSSSL Board prior to the first dual meet of the season and notify the league president of any additional supplemental members prior to swimming them in an GSSSL meet.
6. Supplemental members may swim for their respective clubs until their eligibility expires providing that they swim each year.

Modified 1998

Siblings of existing non-member swimmers may join the team.

GSSSL Operating Plan

Appendix B

Code of Conduct

As a member of the Greater Seattle Summer Swim League, we agree to:

- Abide by the GSSSL Operating Plan.
- Abide by the Gender-Inclusive Athlete Policy and the Gender-Inclusive Athlete Procedure.
- Consistently display respect, honesty and sportsmanship toward coaches, teammates, officials, volunteers, parents and competitors. Consistently display a positive and supportive attitude toward all teams, coaches, teammates and competitors.

Refrain from inappropriate or unacceptable behavior such as:

- The display or use of aggressive behavior or intentional contact.
- The use of offensive language, including any derogatory reference to any person's race, ethnicity, sex, sexual orientation, gender identity, or other characteristics.
- Any activity which would detract from the positive image of the GSSSL.

All infractions that result in meet expulsion must be reported to the GSSSL board within three (3) days.

***Any infraction of this code may result in, but is not limited to, the following actions by the Greater Seattle Summer Swim League Board:**

- Restriction from future competition for a designated period of time.
- Placement on probation for a designated period of time.
- Restriction from participation in championship competition.

Eligibility

The Operating Rules of the Greater Seattle Summer Swim League state:

***"Any swimmer is eligible to compete in GSSSL competition whose family is a dues paying member meeting the normal financial responsibility of that swim club to include full use of the pool for the entire summer season for the entire family or is a child of the manager or head coach. For inclusion of any other employees' children the team must petition to the league. This is a one time petition unless the employment situation changes. House guests of club members who want to participate in GSSSL competition must stay with that family for a minimum of six (6) weeks during the GSSSL season. House guests must begin by June 15th and the coach must notify by writing to the GSSSL President by this date. Any club in violation of eligibility rules will forfeit the meet in question. The Board has the authority to request information from the club to determine proof of eligibility of the swimmer(s)."**

☐

(The only exception to this rule concerns swimmers who joined under the Small Team provisions adopted in 1994. Only one team has qualified for this exemption. Our family is covered under the Small Team Provision.)

I hereby authorize emergency medical/dental care and treatment for my child as necessary. I have read and agree to the release. Our family has discussed the league's Code of Conduct and understands what is expected of parents and swimmers. We understand the Eligibility rules of the league and certify that our family meets these guidelines of club membership.

Signature

Date

GSSSL Participation Form

Appendix C

This form must be signed and returned to the club's coach before the listed child\children can participate in GSSSL swim team activities.

Club:	Date:
Membership #:	Phone:
Parent's Name(s):	Email:
Emergency Contact: Phone#	Emergency Contact: Phone#
Non-Parent Emergency Contact: Phone#	

Emergency Information and Medical Release

*I hereby consent to participation by my child/children listed below on our club team in the Greater Seattle Summer Swim League.

Swimmer First Name	Last Name	Birthdate

I understand this activity involves an element of risk of bodily injury, including, but not limited to, activities occurring in a pool, on a pool deck, on a starting block, around the facility, and/or while performing a racing start. We will assume all risks associated with and incidental to participating on a swim team. My child/children have no special medical conditions, except those described below, and is fit to participate on a swim team.

Special medical conditions:

In consideration of the right and privilege for my child to participate, we hereby release, waive, and agree to hold harmless the Greater Seattle Summer Swim League, this club, its members, directors, and employees, the club hosting the event, its members, directors, and employees, and coaches, organizers, and parent volunteers for any and all liability, claims, legal actions, and demands of any nature whatsoever which may arise from or in connection with the swim team or related activities.

I understand that events may take place away from our club. I understand that the coaches are not responsible for transportation to swim meets or related swim team activities.

GSSSL Participation Form Certification

Appendix D

Date _____

Club _____

This letter is to certify that all swimmers on our team have completed a Greater Seattle Summer Swim League participation form that reflects each swimmer's understanding of the league's Code of Conduct, liability waiver, and eligibility rules. No swimmer will be allowed to participate in swim team activities until this form is completed. The signers of this letter agree to be responsible for their club's compliance with the GSSSL Operating Plan.

Signature: _____
Head Swim Coach Date

Signature: _____
Pool Manager Date

Signature: _____
Pool Board Representative Date

**A signed copy, agreeing to submit to the GSSSL Team Code of Conduct, must be sent to the GSSSL Secretary by June 15th. Failure to submit a signed form will result in disqualification from GSSSL Team competition.*

GSSSL Coach Certification

Appendix E

In order to promote the health and safety of our athletes, the GSSSL requires all paid or volunteer coaching staff for each member club to 1) obtain by June 15 and 2) maintain throughout the summer league season the following certifications and trainings:

- Lifeguard certification or safety training for swim coaches
- First Aid/CPR certification
- Safesport certification (US Center for Safesport)
- All Coaching staff have reviewed the concussion/brain injury document
https://www.gomotionapp.com/pnws2/UserFiles/File/LystedtLaw/lystedt-coach-information_015674.pdf
- All Coaching staff to have taken the Concussion Training Course
https://www.cdc.gov/heads-up/training/youth-sports.html?CDC_AAref_Val=https://www.cdc.gov/heads-up/youthsports/training/index.html (CDC or NFHS course)
 - All coaching staff must comply with the GSSSL Code of Conduct.
 - All head coaches are required to attend the coaches meeting prior to the start of the season to review league best practices.

In addition, all member clubs must:

- Complete an annual background check (Intellicorp or similar) on all coaching staff.

*A valid USA Swimming coaching membership certification may be substituted for the above certifications, provided it is obtained by June 15 and is maintained throughout the summer summer league season.

- Ensure Coaching Staff is current on Gender Including training. Gender Inclusion EO/Coaches training is mandatory for all new coaching staff. A refresher class is expected every 3 years after that.

Each club is responsible for confirming certification dates and must maintain that information to be available for audit between June 15th and the first dual meet. Clubs that are not in compliance will be fined \$500 and will forfeit participation in all postseason meets*.

By signing below, you are confirming that all coaching staff have completed the above certifications and that an annual background check has been conducted on all coaching staff.

Club Manager: _____ Date: _____

Head Coach: _____ Date: _____

Please list all paid or volunteer coaching staff for the season:

PACIFIC NORTHWEST SWIMMING 2021-2022 Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

● Headaches ● “Pressure in head” ● Nausea or vomiting ● Neck pain ● Balance problems or dizziness ● Blurred, double, or fuzzy vision ● Sensitivity to light or noise ● Feeling sluggish or slowed down ● Feeling foggy or groggy ● Drowsiness ● Change in sleep patterns	● Amnesia ● “Don’t feel right” ● Fatigue or low energy ● Sadness ● Nervousness or anxiety ● Irritability ● More emotional ● Confusion ● Concentration or memory problems (forgetting game plays) ● Repeating the same question/comment
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Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality

- Loses consciousness

Adapted from the CDC and the 3rd International Conference on Concussion in Sport

PACIFIC NORTHWEST SWIMMING 2021-2022 Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion must be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and athletes is the key for athlete safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion must be removed from the meet or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well- established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time" and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one meet or practice than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<https://www.cdc.gov/headsup/youthsports/index.html>

This form must be signed and dated by BOTH athlete and parent or guardian BEFORE the athlete can participate in practice or competition.

Athlete Name Printed

Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Adapted from the CDC and the 3rd International Conference on Concussion in Sport *2022 Membership Year*

GSSSL Gender Inclusion Policy

Appendix F

PREFACE - The Greater Seattle Summer Swim League (GSSSL) bylaws have defaulted to following Washington Interscholastic Activities Association (WIAA) policy since 2016. Any GSSSL swimmers who are also competing in a middle or high school setting are also likely following WIAA policy. The 2023 GSSSL Policy proposed is, in content, the WIAA policy that is already being followed with editing to fit our league setting.

PURPOSE - The purpose of this policy is to offer clarity with respect to the participation of transgender and gender-diverse athletes. This policy encourages a culture in which athletes are able to compete in a safe and supportive environment, free of discrimination.

POLICY: GENDER IDENTITY PARTICIPATION - All athletes have the opportunity to participate in GSSSL athletics and/or activities in a manner that is consistent with their gender identity. Athletes will participate in GSSSL athletics and/or activities consistent with their gender identity or the gender most consistently expressed. Each club shall designate at least one person to act as the Eligibility Officer. The club Eligibility Officer will work collaboratively with athletes and/or their parents/guardians to determine gender category eligibility. Once the athlete has been granted eligibility to participate in GSSSL athletics and/or activities consistent with the athlete's gender identity, the eligibility is granted for the duration of the athlete's participation and does not need to be renewed every year. All discussion and documentation will be confidential, unless the athlete and/or the athlete's parent/guardian provide a written waiver of confidentiality.

*For additional information on the definition of Gender Identity, refer to WIAA Handbook 2022-2023 Appendix Gender Identity (see below for quick reference).

PROCEDURE: APPEAL AND PROTEST

1. **NOTICE OF INELIGIBILITY:** Should an Eligibility Officer determine that an athlete is not bona fide in the chosen gender category, the Eligibility Officer must provide the athlete and/or the parent/guardian with written Notice of Ineligibility and provide a copy of the same to the GSSSL Board. The Notice of Ineligibility must specify the reasons for ineligibility; advise the athlete of the opportunity to appeal the decision and request a hearing; and state that the notice of appeal and request for a hearing must be made in writing to the GSSSL Board within two (2) days of receipt of the Notice of Ineligibility.
2. **PROTEST OF ELIGIBILITY:** Any club, which has reason to believe that an athlete's gender category eligibility is not bona fide, may protest that athlete's eligibility by providing notice in writing to the

athlete's club and to the GSSSL board and must be accompanied by the protest filing fee as stated in the By-Laws of the GSSSL. If the protest is upheld, the filing fee will be refunded. If the protest is denied, the filing fee will go into the GSSSL treasury. A protest must be made within two (2) days of the dual meet involving the protesting club and the athlete, but in all cases no later than 12:00 pm on the day after the last dual meet of the season.

3. **GSSSL FACILITATOR:** Upon receiving a Notice of Ineligibility or a Protest of Eligibility, the GSSSL board will assign a facilitator who will assist the athlete and/or the athlete's parent/guardian in preparation and completion of the GSSSL eligibility appeal or protest process.
4. **APPEAL OR PROTEST:** The athlete will be scheduled for an appeal or protest hearing before an eligibility committee specifically established to hear gender identity eligibility decisions. The GSSSL Eligibility Committee shall conduct a hearing as expeditiously as possible, but no later than five (5) business days after receipt of the Notice of Appeal of Ineligibility or Protest of Eligibility, or within a reasonable time thereafter in cases of emergency, including, but not limited to, any unforeseeable late athlete registration. In all cases, the hearing must be conducted no later than the day before Preliminaries. The Eligibility Committee shall issue a written decision within twenty-four (24) hours of the hearing on the appeal or protest. All hearings shall be closed to the public.
5. **ELIGIBILITY COMMITTEE:** The Eligibility Committee shall be appointed by the GSSSL board and shall be authorized to hear and decide appeals and protests of gender category eligibility. No member of the Eligibility Committee shall hear or decide an appeal relating to an athlete from a club that the member is associated with through employment or membership or a protest from a club that the member is associated with through employment or membership. The Eligibility Committee shall be comprised of at least three people from the following categories, one of whom must be from category A. or B.:
 - A. Physician with experience in gender identity health care and the World Professional Association for Transgender Health (WPATH) Standards of Care.
 - B. Psychiatrist, psychologist or licensed mental health professional familiar with the World Professional Association for Transgender Health (WPATH) Standards of Care.
 - C. GSSSL Coach.
 - D. GSSSL member designated by the GSSSL board.
 - E. Advocate familiar with Gender Identity and Expression issues.
6. **DOCUMENTATION:** The athlete who is the subject of the appeal or protest should provide the Eligibility Committee with the following documentation and information prior to the hearing:
 - A. Current club registration information;
 - B. Documentation of athlete's consistent gender identification (e.g., affirmed written statements from athlete and/or parent/guardian and/or health care provider); and
 - C. Any other pertinent documentation or information.

7. **APPEAL TO GSSSL BOARD:** An athlete or protesting club may appeal a decision of the Eligibility Committee to the GSSSL Board by providing notice in writing to the GSSSL Board within twenty-four (24) hours of receipt of the written decision of the Eligibility Committee. The GSSSL Board shall conduct a hearing no later than two (2) business days of receipt of the Notice of Appeal, but in all cases no later than the day before Divisions. All hearings shall be closed to the public. The GSSSL Board shall issue a written decision within twenty-four (24) hours of the hearing on the appeal, but no later than the day before Divisions.
8. **PARTICIPATION DURING APPEAL OR PROTEST:** Any athlete who has received a Notice of Ineligibility or who is the subject of a Protest of Eligibility may participate in all GSSSL activities and meets during the period of appeal or protest in the chosen gender category.

WIAA APPENDIX 6 – GENDER IDENTITY *For additional information on Gender Identity, refer to WIAA Handbook 2022-2023 Appendix 6: Gender Identity (see below).

Language and terminology are continually evolving, which means that people talk and think about gender in many different ways. However, below are a number of commonly used terms (and key aspects to each of our identities) to use as a starting point for any conversation about gender:

1. Assigned Sex describes the sex a person was given at birth based on their anatomy. Falls within two categories: female and male.
2. Gender Expression describes the external ways in which a person expresses their gender identity to the world, such as through their behavior, emotions, style of dress, hairstyle, makeup, interests, or choice of toys, colors, or activities.
3. Gender Identity refers to a person's innate sense of their own gender. This can include being female, male, both, genderfluid, or other—regardless of their assigned sex at birth. The most commonly used terms to describe gender identity include, but are not limited to, the following:
 - *Cisgender is an adjective that is used to describe a person whose assigned sex aligns with their gender identity, e.g., someone who was assigned female at birth and whose gender identity is female. Most people are cisgender.
 - *Transgender is an adjective used to describe a person whose gender identity differs from their assigned sex, e.g., someone who was assigned female at birth, but whose gender identity is male.
 - *Nonbinary is an adjective that can be used to describe a variety of gender identities that do not fall into one of the two traditional (binary) categories—male or female. It can indicate a person's gender identity that is something other than male or female, that is neither entirely male nor entirely female, or that blends elements of being male or female.
 - *An example of correct usage for these adjectives include: a cisgender person, a transgender person, a nonbinary person.

4. Sexual Orientation is a collection of terms used to describe to whom one is emotionally, physically, and/or romantically attracted. Like cisgender people, transgender and nonbinary people will also use any sexual orientation descriptor including straight, gay, lesbian, bisexual, asexual, queer, etc. *Note: Gender identity terms (e.g. cis, trans, nonbinary) are not sexual orientation labels.*

Additional Terms:*

Gender Binary. An assumption that gender is limited solely to two categories, male and female, rather than a classification of genders that exist along a spectrum.

Transitioning is a verb describing the process through which a person begins to live in congruence with their gender identity. Each person's transition is distinct, but possible steps may include any combination of legal, medical, or social changes (e.g., changing their name and pronouns, identification documents, appearance, etc.).

CORE VALUES: The WIAA Gender Identity policy has been developed based on the following core values.

- Recognizing the value of and maximizing participation in extracurricular athletics for all students
- Emphasizing that participation in extracurricular athletics is not just allowed, but encouraged for all students
- Operating from the presumption that all students will have access to programs and eligibility policies
- Reducing socio-economic barriers to participation
- Acknowledging that this WIAA policy will need to be reviewed and revised each classification cycle or outside of that time-line, when information is available that necessitates a review or in response to a request by member school(s)
- Encouraging inclusive practices amongst member schools
- Encouraging participation for all athletes in a safe and supportive environment, free from discrimination