

Columbia Neighborhood Swim League have been reviewed and approved by the CNSL league supervisors and league officials listed below.

- The rules and regulations have been approved as of the date listed below and are valid until otherwise determined.

CNSL Operations & Coach Supervisors

CNSL League Official

Date Approved May 2024

Appendix A / CNSL Code of Conduct

All swimmers, coaches and families (including non-participating members) are team members and representatives of the Columbia Neighborhood Swim League (CNSL). Proper behavior by all team members has a positive influence on individual and team performance and reflects a strong image of our league.

As a CNSL family, we agree to abide by the standards of conduct outlined below for the summer season we are registered for and are participating with the CNSL:

- Team members will display proper respect and sportsmanship toward fellow team members, competitors, coaches, officials, parents, family of team members, facility staff and the public at all times, including team practice sessions, meets and team social activities.
- Team members will not engage in inappropriate physical contact. Team members will not interact with another team member in a manner that they would not be willing to use with any teammate of either gender.
- Team members will not use obscene, profane or abusive language in the presence of any swimmer, parent, coach or official during or while traveling to and from practices, meets or team activities.
- Team members will not display bullying, harassing or hazing behavior that is aggressive or intended to scare or hurt another person. Such behavior may involve but is not limited to hitting, teasing, taunting, name-calling, rumor spreading or social exclusion.
- Team members will not use social or electronic media to harass, threaten or cause harm to other team members by sending threatening, derogatory, false or misleading email or posting threatening, derogatory, false or misleading information or pictures.

- Team members will respect the personnel at all practice facilities and abide by all rules concerning use of those facilities.
- Team members are prohibited from possession and use of illegal substances and/or use of tobacco and alcohol.
- Team members will not abuse prescription or non-prescription drugs.
- Team members will refrain from all illegal or inappropriate behaviors that would detract from a positive image of the team and/or league or be detrimental to its performance objectives.
- All swimmers will follow the directions of the coaching staff and/or parent volunteers when under team supervision.

Failure to comply with this Code of Conduct may result in, but is not limited to, any of the following actions:

- Team members may be restricted from participating in some or all team activities, including practices, meets and social activities.
- Team members may be sent home from team practice sessions, meets or team social activities.
- Team members may be suspended or dismissed from the team and/or league.

Upon notification of any violation of the Code of Conduct, Columbia Association shall investigate circumstances of the violation and notify the team member and his/her parent(s) of any disciplinary action to be taken as a result of the violation.

All disciplinary decisions are within the sole discretion of Columbia Association and are final and not subject to review. Disciplinary decisions are to be kept private between Columbia Association and the team member and his/her family (unless disclosure is required by law). No refunds will be given as a result of a team member's suspension or dismissal from the league due to a violation of this Code of Conduct.

Appendix B / Weather Protocol

- Cancellations or delays will be communicated via email by the head coach and/or team managers and posted on the CNSL website.
- In the event of light rain, practices and meets will be held as scheduled.
- In the event where lifeguards cannot clearly see to the bottom of the pool, practices and/or meets may be suspended until the matter is resolved.
- In the event of local severe weather, the manager on duty and head coach make any weather-related decisions.

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- In the event of widespread severe weather, the league supervisors make a decision to cancel all practices and, by 6:30am, delay or postpone all meets.
- After first clear, audible thunder boom — clear pool, seek shelter, 30 minute delay.
- After second clear, audible thunder boom — clear the facility and seek shelter.
- Practices and meets may resume 30 minutes after the last thunder.
- After a weather-related delay, meets may not go past 1pm.
- Meet referee, starter, coaches and team managers determine a set amount of time to make lineup changes due to weather delays and families that may not return to the meet.
- Meet referee, starter, coaches and team managers consult with the manager on duty regarding a decision to end a meet early due to weather.
- The manager on duty has the responsibility for safety decisions.
- Teams must have approval of the league supervisors to cancel or end a swim meet early due to weather.
- Weather-related decisions are made with the best interest of the swimmers and not how the decision would affect the outcome of the meet.
- Some swimmers may need the later events in order to qualify for the All-City Championship Meet.
- Scores will stand for meets that end after the backstroke events. All age groups in the next following event(s) must be completed to be scored.
- Due to limited pool availability, canceled practices and meets are not rescheduled.

Appendix C / CNSL Scoring Procedures

Lineup Changes

General Information

- Minimum of one Meet Manager operator from each team.
- Meet Manager operators determine the official swimmer times and event places.
- The home team provides the supplies: computer, printer, paper, award labels, etc.
- By 7:30am, any substitutions are due to the Meet Manager operator.
- During the meet, the score is shared ONLY with coaches, team managers and the meet referee.
- The score is announced after the completion of backstroke events and at the end of the meet.
- If the score gap is 100 or more, announce only the winning team name.
- Meet scores within 20 points are reviewed by the team managers prior to the announcement of the winner. The CNSL Aquatics office will rescore automatically.

Procedures / By Heat

- Receive the timer sheets, the Deck Referee sheet, and the order of finish sheet.

- Enter the watch times into Meet Manager.

Procedures / By Event

- After all times have been entered, record any DQs.
- Score the event.
- The visiting team's Meet Management operator will review results for accuracy.
- Once complete, print award labels.

Procedures / Paperwork

- Keep timer sheets, referee closeout and DQ slips for each event together.

Scoring and Points

- Relay Events
 - First place = 5 points
 - Second place = 2 points
 - Only one relay per team may score points in an event.
 - If one team's relays place first and second, they only receive points for first. No team receives points for second place.
 - Ribbons are awarded based on finish.
- Individual Events
 - First place = 5 points
 - Second place = 3 points
 - Third place = 2 points
 - Fourth place = 1 point
 - Only two individuals per team may only score points in an event.
 - If a team places in more than two of the top four places, then that team receives points only for the top two places. The opposing team does not receive those points either.
 - For example, home team swimmers places first, third and fourth and away team places second and fifth. Home team receives points for first and third place only. Away team receives points for second only. NO team receives points for fourth.
 - Ribbons are awarded based on finish.
- Ties
 - Points of that place and the next lower place are added and divided between the two individuals if two swimmers tied for first place, each would be awarded four points.
 - Swimmers get duplicate ribbons in a tie situation.

Documentation

- The home team must keep all meet documentation including, an official line up, lane timer sheets, DQ slips, etc. until the end of the season.