

Central Pennsylvania Aquatic League (CPAL) Bylaws
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PURPOSE

The purpose of the Central Pennsylvania Aquatic League (CPAL) is to foster a friendly yet competitive swim environment for swimmers in Central Pennsylvania.

I. Authority

A. Officers

1. The league shall be composed of the following officers, who shall serve a two year term.
 - a) Commissioner
 - (1) Leads league operations.
 - b) Vice Commissioner
 - (1) Assists in operation of the league.
 - c) Treasurer
 - (1) Maintains league accounts and collects dues payments.
 - (2) Orders championship awards.
 - d) Secretary
 - (1) Maintains league contact information, takes minutes, and maintains league rosters.
2. Nominations of officers shall be done by the nominating committee. A Committee is appointed by February and presents names to the membership at the February league meeting.
3. Next seasons officers are voted into office at the March/April meeting

B. Team Membership

1. Each team in the league shall be considered a “member” regardless of current standing.

C. Meetings

1. The league may opt to hold meetings in person or via virtual format with the exception of the November rules meeting which shall be held in person.
2. Quorum
 - a) A quorum to conduct CPAL business shall consist of a simple majority of $\frac{1}{2}$ plus one of league membership present at the meeting
 - b) Any item of business to be considered by CPAL shall be placed on the agenda by the completion of each meeting or up to one week prior to the next meeting.
 - c) All CPAL member teams present and constituting a quorum shall vote in favor of any new business which is introduced and to be passed at the same meeting.
 - d) Teams in bad standing may not vote on league matters.
 - (1) Teams with outstanding debts shall be considered in bad-standing and may not vote on league matters until debts are resolved.

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- (2) If a team is not represented for two meetings within a season (unexcused absences) the team will be considered in bad standing for the remainder of the current season.

3. Attendance

- a) The Scheduling meeting shall be mandatory.
- b) The rules interpretation meeting shall be mandatory attendance for both a coach representative and a team (non-coach) representative.

4. Scheduled Meetings

- a) The league shall have at least five meetings per season outlined as followed
 - (1) *Prior to September Meeting there shall be a division scheduling meeting
 - (2) September – Finalized scheduling
 - (3) October –vote on championship hosts
 - (4) November – Rules interpretation with mandatory coach AND non-coach representative attendance
 - (5) February – Divisional & All Star Information, distribute ribbons, Nominations
 - (6) March/April- season wrap-up, election of officers, Division realignment.
- b) Additional meetings may be scheduled at the discretion of the board as necessary for operation

II. League Structure

A. League Composition

1. Geographic Region

- a) The League Geographic Region shall be defined to the following counties; Adams, Cumberland, Dauphin, Franklin, Lancaster, Lebanon, Perry and York.

2. Divisions

- a) The league shall be made up of divisions labeled as 1A, 2A, etc

3. Admission of New Teams

- a) Teams requesting membership in CPAL require a majority vote of the member clubs to be admitted to membership
- b) The following procedure shall govern the process of admission for new teams:
 - (1) A team requesting membership may formally apply for membership for the next season up to the scheduling meeting for the upcoming season.
 - (2) The prospective new team should be invited to attend the first CPAL meeting held after the general membership is made aware by the League Commissioner or Secretary's receipt of the letter of intent. The requesting team will then have an opportunity to make a presentation and submit to questioning by the membership, after which time the

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current membership shall vote on the requesting team's admission to the league.

(3) If the league rejects the prospective team's request for admission into the league, they may reapply for a future season

c) New teams are placed into divisions according to the discretion of the league board at the time of their application.

B. Rules and Guidelines

1. The NFHS Rule Book (as adopted by PIAA) will be the basis of the CPAL meets, with the exceptions listed in the bylaws (These exceptions are listed as item VI- Additions or Exceptions to NFHS rules.)
2. An Arbitration Committee, consisting of the CPAL executive board shall resolve any issues with guidelines.
3. Rule Changes
 - a) Recommendations for changes in the rules and regulations of the League should be presented to the League Board for consideration.
 - b) All final changes in the rules and regulations of the League can be accomplished through action by the league.

C. League Responsibilities

1. The CPAL is responsible for providing up to date Rules and Regulations as well as maintaining an accurate schedule and contact information for all teams.

III. Eligibility

A. Team Membership

1. A swimmer may represent and be rostered on and only compete for one (1) CPAL team during the season, (September 1 – March 31).

B. Swimmer Membership

1. A swimmer's age as of December 1st determines the age group they swim for the season. Unless the meet is USA observed then age group will be per current USA rules.
2. Swimmers shall be able to complete the minimum distance required by their age group unassisted (this includes the use of any form of flotation devices or other assistive devices) in order to be eligible to participate in dual meets (live or exhibition heats) and championships.

IV. Dual Meet Procedures & Guidelines

A. Scheduling

1. Dual meet schedules will be set up during a September scheduling meeting by each division. Teams must bring their dates and times available for competition.
2. A physical address for each pool shall be given to all clubs in each division at the scheduling meeting.
3. Teams shall swim each team in their division.
4. Teams may also swim crossover meets with other divisions.
5. Scheduling difficulties must be kept to a minimum, whereby teams who participate in leagues other than CPAL must make their main commitment

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to schedule CPAL meets first. If a problem arises after the schedule is made and an alternate date cannot be arrived at, the team that cannot meet or find a rescheduled date will forfeit the meet with board approval for arbitration

6. Dual meets may be scheduled as early as November 1.

a) Any meets scheduled before November 1st will not count towards championship qualification.

B. Canceled or Forfeited Meets

1. A team representative shall make the final decision whether a meet shall be held or canceled due to weather or facility failure. All communication between teams considering a cancellation shall be between the representatives. The decision of the visiting team should be the determining factor when weather is the reason for the cancellation.

2. Cancellations based on weather should be agreed upon no later than two hours prior to the warm-up of the visiting team. If the host representative is able to accommodate a weather concern with a delayed meet start, the representative of the visiting team needs to negotiate that possibility with the host team.

3. A new date and time shall be determined by mutual agreement between the two representatives. The Board shall be notified by the host team of postponement and new date within four (4) days from the originally scheduled date. If the teams involved cannot reach mutual agreement on a new date, the problem will be referred to the Arbitration Committee of the League Officers for a solution. In the event a meet cannot be held due to weather or other approved league emergencies and can't be made up due to the lack of a pool, (the meet) will be decided by scoring at the Divisional meet.

a) This will count as a meet for anyone who needs a meet to qualify for Divisional based upon board approval and original meet lineups as sent to the League.

C. Events

1. Dual meets shall consist of the scheduled eighty-two events. Event order will be per appendix A

2. A distance change must be agreed upon by mutual consent; any additional events must not be scored.

3. Changes to event order and swimmer eligibility (age at meet) to include additional events beyond the eighty-two must be approved by the league board no less than two weeks prior to the meet.

D. Lane Assignments

1. The home team shall have the odd numbered lanes (1, 3 and 5) and the visiting team shall have the even numbered lanes (2, 4 and 6). Unless mutually agreed upon to change.

E. Starts:

1. Flyover starts are permitted if agreed on by both teams and proper timing equipment is present.

F. Timing

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1. The home team shall provide one timer per lane with a hand held stopwatch. The visiting team shall provide one timer per lane with a hand held stopwatch.
2. The home team shall provide a chief (back-up) timer with a back-up watch in the event of a watch malfunction.
3. The home team shall provide cards/lane sheets to each lane. A lane timer will verify the name of the swimmer on the card/lane sheet when the swimmer reports for their event. The lane card/sheet shall be official, even if it differs from the master meet program with regard to lane assignments.
4. Two timers shall record their time independently to the hundredths (0.01)

G. Automatic Timing

1. If automatic timing is used, the automatic readout shall be considered the official time unless the timing system operator observes a discrepancy.
 - a) In this case, the timing operator shall notify the Referee and he/she shall use his/her judgment to determine placements and times based on NFHS rules (as adopted by PIAA).
2. When using automatic timing, both automatic and hand held time results shall be saved without editing.
3. Hy-Tek software shall be used to score dual meets and the league shall officially accept this information.
4. The console operator and/or computer operator may not adjust times unless by mutual consent of representatives of both teams. The referee shall serve as an impartial person. If there is no agreement, the Referee shall serve as a volunteer and an impartial person.
5. The person operating the computer may not be a coach. This person shall be a volunteer and an impartial person.
6. The visiting team shall have the right to be represented where meet timing is performed.

H. Manual Timing

1. In the event of a manual timing system, the Score Table shall receive the lane cards and place/finish cards from the runner and determine the order of finish by:
 - a) First comparing the placement called by the two Place/Finish Judges.
 - b) If the call of the Place/Finish Judges results in a tie or conflict, the modified ballot system (as described in the NFHS rules book) shall be used to resolve the problem.

I. Finish/Place Judges

1. The home team and visiting team shall each provide one Place /Finish Judge to function as across the board Place/Finish Judges.
2. The two Place/Finish Judges shall independently record the placement of each swimmer and relay in the live heats. They shall be recorded on league provided place judge finish cards.

J. Officials

1. Stroke and Turn Judges shall have the minimum of current CPAL level certification.

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2. The home team shall provide a Starter with a starting device. The Starter may also be the Meet Referee.
 3. The Referee is the head official in charge of the conduct of the meet as per NFHS rules (as adopted by PIAA). Each team shall have a Referee/Starter or Referee and Starter who shall have additional training from a CPAL interpreter even if they have current PIAA, USA, YMCA Level II or COSA/NCAA certification.
 4. Each team shall provide one Stroke and Turn Judge.
 - a) If two Stroke and Turn Judges are available per team, the deck may be quartered, with these assignments up to the discretion of the Meet Referee. The visiting team shall provide one Dual Confirmation Official who can also act as the Stroke and Turn Judge or Finish Judge unless the visiting team chooses to relinquish this duty. There shall be dual confirmation with all false starts.
- K. Other Volunteers
1. Runners shall be the responsibility of the home team. The runner shall collect lane and place/finish cards and deliver them to the Score Table.
 2. Each team shall provide a ribbon volunteer to assist with the completion of ribbons.
- L. Supplies
1. Home teams shall provide lane cards/sheets to each lane timer.
 2. Home teams shall provide each finish judge with finish judge cards provided by the league for all live events.
- M. Awards
1. The home team shall provide ribbons to no less than all individuals who receive points in an event.
 2. Teams may supply participation ribbons at home meets, but are not required to do so for the visiting team.
 - a) Teams not supplying participation ribbons shall notify the teams at the start of the season in their division so visiting teams can plan appropriately.
- N. Scoring
1. The combined boys and girls scores decide a dual meet winner.
 2. Scoring for all meets shall be done based on NFHS rules but scored as a six-lane pool regardless of pool size.
 - a) Individual Events: 6,4,3,2,1,0
 - b) Relay events: 8,4,2

(1) No team may sweep a relay event
 3. The host team shall have a copy of the League Rules and Guidelines and the current NFHS Rules Book at the Score Table.
 4. The visiting team shall have the right to be represented where meet scoring is performed,
- O. Conclusion of Meet and Results
1. The home team shall send an electronic Hy-tek meet backup file to the league designee no later than Sunday following the dual meet.

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2. For tri-meets the home team shall also provide a PDF copy of the scores when submitting results.
3. The home team shall supply the visiting team with an electronic data backup of all meet results and a paper copy (if requested) of the meet score and results.

P. Meet Protest

1. All protests must be made first to the referee of the meet in question. If his/her decision is not acceptable to either coach, an appeal must be made to the league board.
2. All appeals must follow the procedure below:
 - a) The protest must be phoned to the League Commissioner within 24 hours after the incident and then be submitted in writing via email.
 - b) The league Commissioner will attempt to settle the matter.
 - c) The league Commissioner may call for a hearing before the rest of the executive board in the event that the matter cannot be settled individually.
3. Error in Meet Results
 - a) Coach and/or team representatives are responsible for viewing and verifying the results of meets within 24 hours of the completion of the meet. After 24 hours, the results are final unless either team files a meet protest as outlined above.

V. Championship Procedures

- A. The CPAL Championship weekend shall consist of a Divisional meet with an All Star meet swum within a reasonable time. This format lends itself to the preliminary and finals format of NFHS. Therefore, the Divisional meet shall be a meet of preliminary heats used to advance to All-Stars (finals). Preliminaries and finals are the same meet and a competitor is permitted to compete in a maximum of three events
- B. Division Awards
 1. A banner award for each dual meet division champion, not including crossover meets, will be presented at the end of the season (preferably at each divisional championship meet). The combined boys and girls scores decide a dual meet winner.
 2. A tie (two or three-way) within a division shall not be broken.
- C. Championship Dates
 1. Divisional meets are to be held on a Saturday with the All-Star meet to be held the next day, (Sunday).
- D. Championship Admission Fees
 1. There will be a cap of five (5) dollars per person for admission to Divisional and All Star Meets. This does not include programs. Program fees to be charged separately at a fee set by the host team.
 2. Volunteers shall not be charged.
- E. Divisional Meets
 1. Championship Committee

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- a) A Championship Committee consisting of the Meet Director or their designee, Referee and other member, to be elected by teams in the division will be selected each year.
2. Pool and Host Requirements
 - a) All Divisional meets shall be run in the same size pool length and under the same format (order of events).
 - b) All Divisional meets shall use electronic timing.
 - c) All Divisionals shall use Hy-Tek Meet Manager computer software to manage the meet.
3. Swimmer Qualification
 - a) To qualify for a Divisional meet, a swimmer must participate in a minimum of three meets during the season;
 - (1) 2 of which must be dual meets must be within their team's league division.
 - (2) The third meet may be a dual meet within the division, a cross-over dual meet, or a CPAL-hosted invitational open for entry to all CPAL teams hosted after November 1st. A CPAL-hosted invitational is one which is announced at the League Scheduling meeting.
 - b) If a dual meet is scored at the Divisional meet per league guidelines, this may count for anyone who needs a meet to qualify for Divisionals.
 - c) Hardships
 - (1) Hardship cases will be reviewed and resolved by the executive board no later than Sunday prior to Divisionals.
 - (2) The accepted procedure for excuses for missing dual meets shall be:
 - (a) if the reason for missing a meet is because of an injury; the swimmer may come to the meet and receive a declared false start or
 - (b) if the swimmer has a hardship case, the Arbitration Committee shall determine acceptance of the excuse.
4. Meet Information
 - a) Divisional meet information shall be distributed no later than February 1st prior to Divisionals.
 - b) Awards
 - (1) First through twelfth place shall receive awards.
5. Meet Entries
 - a) A swimmer may swim in a maximum of three events.
 - b) A swimmer may be listed in three events and as an alternate in relays. Two events may be relays (one free and one medley). A relay shall consist of four listed swimmers, one through four, and alternates five through eight and a B relay.
 - c) If a participant swims three individual events at Divisionals, he/she may not be an alternate in a relay at All-Stars.

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- d) If the individual swims in a B relay at Divisionals which does not qualify for All-Stars he/she may swim in the A relay and is viewed as a relay alternate. If a B relay does not exist, alternates may only swim two events at Divisionals to be eligible as a relay alternate for All-Stars.
 - e) Entries for Divisionals shall be submitted electronically.
6. Entry and Review Deadlines
- a) The deadline for Divisional entries shall be 9 PM the Saturday prior to the Divisional meet.
 - b) An entry file for individual teams shall be sent to each team no later than Sunday at 9 PM following Divisional entries.
 - c) Teams then have 24 hours (Monday at 9 PM) to make any corrections to entries.
 - d) Finalized entries shall be sent back to each team no later than 9 PM on Tuesday.
 - e) Psych sheets shall be shared/posted no later than 9 PM on Wednesday.
 - f) Late entries will not be accepted.
7. Seeding.
- a) Questions concerning seeding or entries at the Divisional meet shall be brought to the attention of the meet referee who will consult the coaches to resolve the problem.
 - b) All reseeding shall take place at the Scratch Meeting (if reseeding is necessary)
8. Meet Protocol
- a) A swimmer is not penalized for missing an event.
 - b) There shall be a scheduled time to make public recognition of the division winner and awarding of banners at each meet by the host team or CPAL Board Representative.
 - c) The Referee and Starter shall have the minimum of current PIAA, USA or CSOA/NCAA Certification or YMCA Certification. In absence of such qualifications they must be approved by the CPAL board.
 - d) The Stroke and Turn Judges shall have the minimum of current CPAL Level Certification, with preference to those with at least three years of experience. Exceptions can be made on a case by case basis at discretion of the board.
 - e) A chief judge system shall be used at championships. Chief Judges will be the one writing up the slips, getting referee signatures, bringing the slip to table, and notifying coaches.
 - f) The standard will be one (1) session, unless unanimously agreed otherwise by all teams in a division. If split in to two sessions, the split shall be one session 8 & U and 10 & U, one session 12 & U, 14 & U and Unlimited.
 - (1) Consideration for a split session will be given if facility limitations require it

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g) Access to the deck at championships shall be restricted to volunteers and coaches only.

h) At the end of each divisional meet session a scratch meeting shall be held to scratch swimmers who will not be attending the All Star Meet regardless of place. Teams will have one hour at the conclusion of the meeting to submit any corrections or changes to All Star Host.

F. All Star Meets

1. Name of Meet

a) The official name of the meet is "Bill Schmidt Memorial All Star Meet"

b) This shall be included on all programs, memorabilia (including tshirts), and meet invitations.

2. Championship Committee

a) The committee for All-Stars will be the Meet Director or his/her designee, Referee and Commissioner.

3. Swimmer Qualification

a) The fastest 16 swimmers in each event, regardless of division, will automatically qualify for All-Stars. The next two fastest times will be alternates.

b) There will be only one heat for relays (six or eight teams based on pool size). A swimmer may not swim the same relay event series twice.

4. Meet Information

a) All-Star information shall be distributed no later than February 1st.

b) Lists of coaches to be on deck at the All-Star meet shall be submitted to the host team as requested.

c) Awards

(1) At All-Stars, all participants shall receive awards.

5. Meet Protocol

a) The order of events for All-Stars, when there is one complete session shall be identical to the order of dual meets.

b) Access to the deck at championships shall be restricted to volunteers and coaches only.

c) The Referee and Starter shall have the minimum of current PIAA, USA or CSOA/NCAA Certification or YMCA Certification. In absence of such qualifications they must be approved by the CPAL board.

d) The Stroke and Turn Judges shall have the minimum of current CPAL Level Certification, with preference to those with at least three years of experience. Exceptions can be made on a case by case basis at discretion of the board.

e) A chief judge system shall be used at championships. Chief Judges will be the one writing up the DQ slips, getting referee signatures, bringing the DQ slip to table, and notifying coaches.

f) Scratch Procedures

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- (1) Scratches should be handled the night before to allow all swimmers ample opportunity to attend.
- (2) A scratch meeting will be held prior to the beginning of each session of the meet led by the meet committee and is to include at least one coach (or representative) from each swim team. Coaches responsible to declare that a swimmer is a scratch for each swim event in order to allow alternates the opportunity to compete and/or reseed an event. This includes the case where a swimmer's availability is not known at the time of the scratch meeting so that the meet host can have ample time to notify the coaches of the alternate swimmers of the potential opportunity to compete in an event.
- (3) The meet host is to notify the coaches of the alternate swimmers and obtain commitment of availability of the meet in the order the alternates were seeded (1st alternate and then 2nd alternate).
- (4) Failure of the meet host to properly execute alternate notifications timely and in the order they were seeded (1st alternate and then 2nd alternate) are the responsibility of the swim team rep that has a grievance to bring forward to the CPAL League board for review.

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VI. Additions and Exceptions to NFHS Rules

The league will follow NFHS Rules (as adopted by PIAA) with the following additions or exceptions:

- A. All individual events in a meet shall be swum in one age group. A swimmer may swim up only two age groups in a relay and one age group in individual events above their true age group. . Exception: Open 200 Free may be swum by anyone who is 11 years of age or older as of December 1st.
- B. All swimmers may swim a maximum of four events, no more than three individual events (including exhibition) and The main event or heat shall be swum before any exhibitions for that event. Exhibitions are limited to one heat per event unless agreed by mutual consent by the team representatives prior to the day of the meet. (Note: If a team doesn't fill their lanes, the opposing team may use those empty lanes as exhibition only.
- C. To participate in Divisionals, a swimmer shall be required to swim in a minimum of three dual meets. Crossover meets do count for such a purpose. Invitational meets hosted by CPAL teams may count as 1 dual meet for divisional qualification purposes.
- D. A swimmer's age as of December 1st determines the age group they swim for the season. unless the meet is USA observed then age group will be per current USA rules.
- E. A physical address for each pool shall be given to all clubs in each division at the scheduling meeting.
- F. The home team representative contacts the visiting team representative at least one week prior to the meet to make final arrangements and set meet time. Time changes shall be with mutual consent.
- G. Each club shall submit a membership roster and the postmarked by November 15th or prior to the teams first league competition (whichever occurs first) along with the league fee for each swimmer.
 1. Rosters shall contain full name and birth date, sex, and age group of each participant as of the CPAL date of December 1st.
 2. Late registrants after December 1st shall swim their first meet as exhibition. A crossover meet may count as a swimmer's exhibition meet.
 3. Prior to swimming, clubs shall submit the appropriate information for late registrants; full name, and birth date, sex and age group of each participant, and the league fee to the League Secretary and Treasurer.
 4. Any swimmer not meeting the roster requirements will be disqualified for that meet.
 5. All team representatives must e-mail PDF format their membership roster to all other clubs within their division by November 15 or their first meet (whichever occurs first).
 6. Any additions shall also be sent to all other teams in the division at the time of their registration.
 7. If there is an infraction of the roster and/or eligibility rules the meet shall be rescored.
- H. Officials Training and Identification

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1. All officials must attend league training. Those holding other certifications may attend an abbreviated rules review training.
 2. First time officials must attend training in person.
 3. All officials must be badged with CPAL, which is obtained by attending a training.
 4. All officials shall be dressed in navy blue bottoms and white collared tops (not t-shirts or tank tops). All officials shall wear their CPAL badge when officiating at CPAL meets.
- I. The teams shall exchange electronic lineups prior to the meet at a mutually agreed upon time or no later than four hours prior to the visiting team warm-up. Changes to the meet line-up shall be submitted as soon as possible. After the meet has started changes must be submitted to the opposing coach and table (The table will notify the meet referee).
- J. To be eligible to compete in league competition, individuals must meet the following:
1. may not have graduated from or completed their senior year of high school education, and
 2. may not have reached their twentieth birthday by December 1 of the current swim season.
 3. Exceptions may be granted by petition to the league board on a case by case basis.
- K. Relay take-offs shall have dual confirmation, consisting of officials from two different teams. The referee will be responsible for designating the individual to watch take-offs from the opposite team.
1. In 8 and Under Relays, the swimmer shall enter the water when teammate has entered at the opposite end, but no later than when the head of the incoming swimmer passes under the backstroke flags nearest where take-off is to occur.
 2. The swimmer shall maintain contact with the end wall with a hand and/or foot by the time the head of the incoming swimmer passes under the backstroke flags nearest the point where take-off is to occur.
- L. The finish for a swimmer shall be at the end of the pool whether that be at the touchpad or the non-touch pad part of the wall.
- M. All false starts must have dual confirmation for all age groups per NFHS rules (and adopted by PIAA). [No age group shall have a recall].
- N. If a swimmer misses an event, they are not disqualified from the rest of the meet.
- O. All correspondence shall be sent to team representatives. Team representatives shall be the responsible party for all league business. The team representative is responsible for all correspondence with the League Secretary.
- P. Prior to the start of the meet, for the safety of the swimmers, it is recommended the coach ask that jewelry that is felt could be a problem (i.e., loose jewelry) is removed. If it is the choice of the parent/child not to remove said jewelry after the request, the league (and team and meet officials) will not be liable and the swimmer shall not be disqualified.
1. If a facility has a specific rule regarding jewelry, it must be communicated to the team with pre-meet emails.

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Q. Excessive Misconduct Violation

1. First offense by any individual affiliated with a CPAL team:
 - a) Individuals ejected from competitive areas and removed from premises as defined by National Federation Rules under Penalties for Conduct Violations in Rule 3, Section 5 and denied participation in further league meets for one year from date of violation. A PIAA conduct report shall be filed and submitted to the League Secretary.
 - b) Individuals cited in excessive misconduct violation shall write a letter of apology to all parties involved in the situation and send a copy to the League Secretary.
 - c) The League Secretary shall notify all teams of individual and team affiliation.
 - d) CPAL team affiliated with the identified individual shall execute a consequential course of action and provide the league with a written document describing the action. This action shall be completed within one month of the violation.
 - e) Failure to comply with the above mentioned procedure shall result in a one year probation of the CPAL team to which that individual has an affiliation.
2. Second offense by any individual affiliated with a CPAL team:
 - a) All the steps listed under the first offense section
 - b) The CPAL team identified shall be fined one-hundred dollars (\$100) and placed on probation with the loss of voting privileges and championship hosting privileges for the following CPAL season.
3. Third offense by an individual affiliated with a CPAL team:
 - a) Steps 1 and 2 under the first offense section.
 - b) The CPAL team identified shall be fined one-hundred (\$100) and based on a review by the CPAL Executive Board is pending ejection from the league for the following year. The CPAL team is required to request reinstatement after the penalty year.

R. Swimmer Misconduct

1. Swimmer misconduct violations may range from a swimmer receiving a DQ in one event to being removed from the current meet. Depending on the severity there may be additional consequences as outlined above.

S. Swimmers may wear kinesio tape (KT) for competition. It requires a note signed by any medical professional and must be presented to the starter/referee before the start of the meet. It does not need to be signed by a D.O. or a M.D.

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Appendix A

The following shall be the prescribed event order for CPAL meets (dual and championship).
Changes in event order must be approved by the CPAL Board no less than two weeks prior to the meet.

BOYS	Age	Event	Age	GIRLS
1	8U	100 Medley Relay	8U	2
3	9-10	200 Medley Relay	9-10	4
5	11-12	200 Medley Relay	11-12	6
7	13-14	200 Medley Relay	13-14	8
9	15&O	200 Medley Relay	15&O	10
11	11&O	200 Free	11&O	12
13	8U	25 Free	8U	14
15	9-10	50 Free	9-10	16
17	11-12	50 Free	11-12	18
19	13-14	50 Free	13-14	20
21	15&O	50 Free	15&O	22
23	8U	25 Breast	8U	24
25	9-10	50 Breast	9-10	26
27	11-12	50 Breast	11-12	28
29	13-14	100 Breast	13-14	30
31	15&O	100 Breast	15&O	32
33	8U	50 Free	8U	34
35	9-10	100 Free	9-10	36
37	11-12	100 Free	11-12	38
39	13-14	100 Free	13-14	40
41	15&O	100 Free	15&O	42
----- Break -----				

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43	8U	25 Back	8U	44
45	9-10	50 Back	9-10	46
47	11-12	50 Back	11-12	48
49	13-14	100 Back	13-14	50
51	15&O	100 Back	15&O	52
53	8U	25 Fly	8U	54
55	9-10	50 Fly	9-10	56
57	11-12	50 Fly	11-12	58
59	13-14	100 Fly	13-14	60
61	15&O	100 Fly	15&O	62
63	8U	100 IM	8U	64
65	9-10	100 IM	9-10	66
67	11-12	100 IM	11-12	68
69	13-14	200 IM	13-14	70
71	15&O	200 IM	15&O	72
73	8U	100 Free Relay	8U	74
75	9-10	200 Free Relay	9-10	76
77	11-12	200 Free Relay	11-12	78
79	13-14	200 Free Relay	13-14	80
81	15&O	200 Free Relay	15&O	82