

Surf Life Saving Association of Wales

GENERAL STILL WATER COMPETITION CONDITIONS

1. GENERAL CONDITIONS

i. It is the responsibility of the Team Management and competitors to be familiar with the event schedule and the Rules and Regulations governing particular events.

ii. Competitors will report promptly to the designated marshalling area before the start of each event, and will not be permitted to commence in an event if they are late reporting. All entered competitors are allocated a two digit competitor number which is combined with their club code to form their unique competitor number for the particular Championships entered.

iii. The unique number **must** be marked on the competitor's hand so that it is immediately visible to all officials and recorders upon request. This number will be used in the results recording process and it is essential that it is visible. A competitor will be refused entry to an event if the number is not visible to the marshal.

iv. The impersonation or use of unauthorised competitors will result in disqualification of the team.

v. When not actually competing, competitors must leave the designated competition area.

vi. Coaches and Managers will not be permitted in the competition area except when they act as handlers for their team members.

vii. Competitors are required to abide by all Rules. Any breach of the Rules will be reported to the Referee who will conduct a preliminary investigation into the circumstances surrounding the alleged breach.

In making his preliminary decision, the Referee shall take into account the following points:

- Was the breach clearly wilful or premeditated?
- Did any other competitor suffer an immediate disadvantage because of the breach?
- Was the offender's placing in the event clearly enhanced by the breach?

viii. The competitor may be disqualified by the Referee or Area Referee at their discretion.

ix. Wilfully obstructing so as to impede another competitor's/team's progress, or competing unfairly, will result in disqualification of the competitors and/or the team from that event.

x. The Organisers reserve the right to delete, alter or otherwise vary any Rule, competition criteria, timetable or other matter as it deems necessary. However, every effort will be made to ensure that each Team Manager receives adequate notice of such changes. To this end, the Organisers have the option to create an official notice board and any such Bulletins can be duly displayed.

xi. The Organisers **may** use video, photographic or other means, to determine or assist the Judging of competition events and infringement of conditions. Decisions given by 'Judges of Fact' shall be final.

xii. Events, courses and the competition area may change from the descriptions in this Manual if the Referee deems this necessary for safety reasons and providing advice has been given to all teams before the commencement of that event.

xiii. The Referee has the authority to cancel or reschedule an event or event final. If cancellation should happen, even after conducting some heats, etc., then no points from that event will be credited to any team in the overall point score.

xiv. The rules in this manual are made in the best interest of lifesaving, competition and competitors and their purpose is to establish and maintain a safe and fair system in which the competition is conducted.

2. PARTICIPATION BY TEAMS

i. All teams must register prior to competing. The times and location of the registration session(s) will be notified to all teams at least one week prior to the commencement of the competition.

ii. Any action by a team which attempts to disrupt or interfere with another team is a serious offence and will be dealt with as such.

iii. Teams are representatives of their country, their Association, their Club, their sponsors and life saving in general. As such, they shall at all times conduct themselves in a professional manner during the Championships and any other related activities (i.e. social functions, accommodation venues, etc). Unbecoming conduct by a team or any of its supporters is a serious offence and will be dealt accordingly.

iv. If a team commits what could be a rule violation or serious offence, they must immediately contact the Referee and detail the circumstances. The Referee will strive to remedy the situation. Failure to report a possible violation is itself an offence against SLSA Wales rules.

v. The Referee is directed to disqualify any team from the Championships if it is demonstrated to his satisfaction that such a team has committed a serious offence. In the event of a disqualification, the Referee shall make a written report to SLSA Wales who may choose to impose further penalties upon the team and its individual members.

vi. A team which is absent, or an individual of that team who is absent from an event at the time it is scheduled or arrives after marshalling, shall be disqualified from and will not be eligible for any points in that event.

vii. No artificial means of propulsion may be used in competition (i.e. handwebs, wetsuit sleeves, armbands, etc.) unless specifically provided for.

***Note:** For the purpose of applying these general rules, the definition of a 'team' includes actual competitors, coaches, assistants, spectators, etc., travelling with the teams.*

3. NOMINATION & SUBSTITUTION OF COMPETITORS

i. The entry forms for The Surf Life Saving Championships of Wales will make provision for the inclusion of individual names or team members. Accordingly, such information must be given as accurately as possible at the time of the lodgement of the forms. Failure to supply the requested information on an entry form may cause the entire entry form to be rejected.

ii. All entries must be sent to SLSA Wales electronically via E Mail, and copied to the Chair and Secretary of the Sport Commission by the due closing date. Only electronic entries will be accepted. Entry forms for National Championships will be posted on the SLSA Wales Website approximately 4 weeks before the closing date which will normally be approximately 1 week before the competition date. No late entries will be accepted.

iii. All entries must be complete at the time of submission of the form. It is the responsibility of the club to ensure that all competitors nominated are fully paid up members of SLSA Wales by the required date and hold the relevant qualifications for the event at the time the form is received. If the competitor is not a member or does not possess the relevant qualifications, his/her name will be deleted from the entry form and removed from the competition draw. **No entry fees in respect of deleted competitors will be refunded.**

iv. No amendments to the list of named competitors, and the events that they are entered for, will be permitted after the closing date for entries is reached. The only exception to this is that competitors may be withdrawn due to injury or other reason, but they may not be replaced by another person.

v. Clubs are **not** required to nominate the members of teams entered into **pairs** or **team** events on the entry form, **except** where they are required to satisfy age requirements. Such requests will be indicated on the entry form. Teams will be required to indicate to recorders the names/numbers of the pair or team members if they qualify through a heat, quarter or semi-final for a final, or are entered directly into a straight final.

vi. Once a pair or team has participated in the first qualifying heat, quarter or semi-final of an event, it is not possible to change the composition of the pair or team for the rest of that particular event. No changes to the pair or team composition can be made after it has competed in the first qualifying round of an event. It is the responsibility of the club to ensure that all members of a pair or team entered into a pair or team event are qualified to compete in that event. Checks will be made during the results recording process. Any club found to have violated the entry rules for a pair or team event will be disqualified from that event, and may be liable to further disciplinary procedures.

vii. The Organising Committee of the Championships will make a printed random draw for the first round of each event available for checking by clubs prior to the competition. Any errors made during the data entry process by the Organisers will be corrected if notified during the registration period. No other amendments will be permitted after the end of the registration period.

4. PARTICIPATION BY OFFICIALS

i. All Officials shall be appointed by The SLSA Wales Sport Commission.

ii. Officials may not 'coach' or similarly assist a competing team. However, Officials who hold seminars or clinics for groups which include competitors are not deemed to be violating this rule. An Official found to be in violation of this rule shall be declared ineligible to further act as an Official.

iii. All Officials are required to attend the appropriate briefings to review judging and event procedures, etc.

iv. All Officials are bound to the same spirit of behaviour as the competitors.

v. It is imperative that the appearance of the Officials is of a standard befitting such a panel. Appointed Officials are requested to give a high degree of attention to their dress which shall be neat white shorts and white shirt or white sweater if preferred. Ladies may wear white skirts. The Referee, Deputy Referee, Area Referees and their Deputies shall wear red shirts.

vi. Referees and Judges are required to attend the appropriate briefings to review judging sheets and event procedures, etc.

vii. The Referee shall be responsible for all aspects of the Championships for the duration of the competition including Officials Briefings, Team Managers Meetings, compilation of the point score and the announcement of the results.

viii. The Referee may make any changes deemed necessary to ensure that the Championships remain fair and will be completed as scheduled and Teams will be duly informed through official briefings.

5. DRUG POLICY

i. SLSA Wales condemns the practice of doping in sport. Doping is cheating and against the rules and ethics of sport. It is harmful to the image of sport and may be harmful to competitors.

ii. SLSA Wales is committed to contribute towards and support the UK Sports Council policies and procedures aimed at the prevention of doping in sport and the achievement of drug free sport,

iii. A policy of drug free competition with the possibility of drug testing has been formally adopted and endorsed by SLSA Wales at all of its sporting events.

6. SLSA WALES COMPETITOR HEALTH

- i. Competitors and Officials should realise the importance of fitness to undertake their respective activities and should seek expert advice on all aspects of their health.
- ii. Competitors and officials who suffer illness or injury should seek medical advice prior to participating or continuing with their activity.

7. ABUSE & INAPPROPRIATE BEHAVIOUR

- i. Any member of SLSA Wales who abuses an Official, a competitor, SLSA Wales member or member of the public at a SLSA Wales competition, ranking or event may be excluded or disqualified from that competition, ranking or an event at the discretion of the Referee. Additional penalties may also be imposed by the event disciplinary Committee. For the purposes of this rule “abuse” includes making direct or implied threats or behaving in an inappropriate manner as determined by the referee and/or the relevant official(s) in their absolute discretion.

8. COMPETING UNFAIRLY

- i. A competitor or team may be disqualified if a competitor, team or handler is deemed to have competed unfairly.
- ii. For the purpose of this rule “competing unfairly” or whether a competitor or team has “competed unfairly” will be determined by the Referee and/or the relevant officials(s) in their absolute discretion. Examples of “competing unfairly” include:
 - infringing anti-doping regulations
 - impersonating another competitor;
 - attempting to defeat the ballot or draw for events or positions;
 - competing twice in the same individual event;
 - competing twice in the same event in different teams;
 - purposely interfering with a course to gain an advantage.
 - jostling or obstructing another competitor or handler so as to impede his progress; **and/or** receiving physical or material outside assistance (other than verbal or other direction except where specifically excluded by the rules of the event).

CODE OF CONDUCT

FOR OFFICIALS, COMPETITORS, COACHES, CLUB OFFICIALS, SPONSORS, PROMOTERS AND SPECTATORS

The Code of Conduct for Surf Life Saving Sport in Wales

1. SLSA Wales will:

- i. Promote and encourage fair play through all of its members;
- ii. Ensure that its rules are fair and clearly understood by performers, coaches, officials and administrators;
- iii. Ensure that its rules are properly enforced by officials, coaches, administrators and performers;
- iv. Make every effort to ensure that the rules are applied consistently and with absolute impartiality;
- v. Treat all members equally, irrespective of gender, race or physical characteristics;
- vi. Impress upon performers, coaches, officials and administrators the need to maintain the highest standards of Sportsmanship in running and participating within their chosen sport.

2. SLSA Wales Officials will:

- i. Abide by the rules and the spirit of the competition;
- ii. Be fair, considerate and honest with others;
- iii. Be professional in their actions, language, presentation, manner, punctuality and always reflect the high standards of the association;
- iv. Resolve conflicts fairly and promptly through clearly established procedures;
- v. Maintain strict impartiality;
- vi. Maintain a safe environment for others;
- vii. Show caution and concern toward others;
- viii. Be a positive role model to others;
- ix. Show respect to performers;

3. SLSA Wales Performers will:

- i. Abide by the rules and the spirit of the competition;
- ii. Accept the decisions of referees and judges without question or complaint;
- iii. Never consider cheating and in particular, not attempt to improve their individual performance by the use of performance enhancing drugs;
- iv. Exercise reasonable self control at all times;
- v. Learn to accept success, failure, victory and defeat, with good grace and magnanimity without excessive emotional display;
- vi. Treat their opponents and team mates with respect, both in and out of the competition arena.

4. SLSA Wales Coaches will:

- i. Insist that performers understand and abide by the principles of fair play;
- ii. Never countenance the use of performance enhancing drugs by performers;
- iii. Never employ methods or practices that could involve risks, however slight, to the long term health or physical development of their performers;
- iv. Not attempt to manipulate the rules in order to take advantage of their performers, their opponents or the Surf Life Saving association of Wales.

5. SLSA Wales Club Officials will:

- i. Respect the regulations and authority of their governing body and its member organisations and not attempt to avoid or circumvent these regulations;
- ii. Recognise the special role that they have to play in the establishment of standards by setting good examples of Sportsmanship at all times;
- iii. Respect the rights of other clubs and not deliberately act in a manner detrimental to others.
- iv. Respect the rights of performers, coaches, officials and not exploit or deliberately act in a detrimental manner toward them;
- v. Not endeavour to influence the result of a competition by any action not strictly within the rules and regulations, or within the fundamental precepts of fair play.

6. Sponsors and promoters will:

- i. Not seek to influence unduly or improperly the outcome of competitions by financial or other inducements, whilst recognising that the administration and organisation of all sporting competitions and events is the exclusive responsibility of the governing body.

7. Supporters and Spectators at SLSA Wales Competitions will:

- i. Respect the regulations and authority of SLSA Wales and not attempt to avoid or circumvent these regulations
- ii. Accept the authority of the referees and judges to make decisions
- iii. Abide by the spirit of the competitions
- iv. Exercise reasonable self control at all times
- v. Be respectful and considerate in their interactions with others
- vi. Acknowledge the performance of all involved in the competition with grace and magnanimity.

8. General Code of Conduct

- i. It is important for any competition, and especially those of National Championships status, to be conducted in a spirit of goodwill and good sportsmanship. To effect this desirable end result, the following code is published for the guidance of all competitors and Officials.
- ii. The Organising Committee wishes to inform competitors and Officials participating in the Championships that the competition, its ceremonies, etc., could be very high profile public events. Your activity could receive considerable media attention. The Organisers expect that all competitors and Officials will co-operate to maximise a positive public image.
- iii. Any behaviour likely to cause embarrassment will be dealt with severely. The Organising Committee will expel the individuals responsible from the competition and the penalty may extend to the complete team.
- iv. Your behaviour will reflect that of your club and country from the time you leave your home until you return. Please be aware that you are a most important exhibit of life saving.
- v. Activities that result in wilful damage to the venue sites, accommodation sites or the property of others will result in disqualification of the individuals involved from competition.
- vi. Abuse of Officials may result in disqualification of the individual involved for at least one event and possibly from the competition completely.

Note: For the purpose of applying these rules of conduct, the definition of a 'team' includes actual competitors, coaches, assistants, spectators, etc., travelling with the Team. Violations of this Code will result in individual and/or team disqualification from the competition.

PENALTIES & PROTESTS

- i. Penalties specifically identified for a breach of regulations or competition rules will be automatically imposed by the relevant Competition Officials, the Jury of Appeal or where relevant by the Organising Committee.
- ii. Certain Course Officials who are designated as 'Judges of Fact' will be especially briefed upon their duties and upon the item to which they are to judge.
- iii. As soon as practicable, those Officials shall report any infringement to the Area Referee who will then take immediate steps to advise the competitor or team, and the nominated Team Manager of the infringement and of the penalty applied.
- iv. A penalty applied for an infringement which takes place during the progression of the event will be notified as soon as practicable to the competitor or team, and the nominated Team Manager for the competitor or team.
- v. Any protest against the conditions under which an event is to be conducted must be made verbally to the Referee, prior to the commencement of the event, after which the Referee shall inform the Starter and competitors of such protest, and note that the event is being run under protest.
- vi. Any protest against a competitor or team must be lodged verbally with the relevant Area Referee within **five (5)** minutes of the completion of the event and be accompanied by the appropriate protest fee which will be promulgated in the Championships entry information. Clubs will be supplied with a copy of the relevant protest form at the pre-event registration session. The protest may only be made by the nominated Team Manager or his/her nominee, of the competitor or team wishing to make the protest. The Area Referee must note in writing the time that the protest is made and the details of the protest.

Note: No protest shall be accepted which is a direct challenge to judges' agreed order of finish decisions.
- vii. In the event of a protest being lodged against a competitor or team, the medals and trophies shall be withheld until the protest is resolved. If the protest is upheld, the trophies shall be allotted according to the amended result.
- viii. The decision of the Area Referee on a protest, and the time that it is notified shall be noted on the back of the event result card/sheet, and should be advised to the Championships Referee at the earliest practical opportunity in case of appeal against the decision.
- ix. Team managers wishing to protest against the application of a penalty (other than those applied as a result of the decision of a Judge of Fact) by an Official, Referee or the Organising Committee may do so by lodgement of a **Penalty Protest Form** with the Championships Referee within fifteen (15) minutes of the notification by the Area Referee, accompanied by the **appropriate protest fee, the amount of which will be promulgated on the Entry Form.**

- ◆ If the penalty protest is upheld, then the fee will be returned.
- ◆ If the penalty protest is dismissed, then the fee will be forfeited.
- x. A penalty protest must be in writing and must be lodged by the Team Manager and must state the ground for protest against the application of the penalty or penalties.
- xi. **A separate penalty protest and protest fee must be lodged for each penalty.**
- xii. *Note: notwithstanding the above, under the circumstances where multiple penalties stem from the same incident, the Commission may deem such penalties to be held covered by the one penalty protest and one protest fee.*
- xiii. The protest will be adjudicated by the Jury of Appeal, whose decision is final.
- xiv. The assistance of video or other electronic equipment **may** be used to consider a protest or dispute if it will assist the Jury in reaching a decision.

DUTIES OF OFFICIALS

1. Chairman of the Sports Commission

i. The Chairman and members of the Sport Commission are responsible for all aspects of life saving sport events including the interpretation of Rules, amendments and deletions to Rules, introduction of new events, and in conjunction with the Championships Referee responsible for the preparation of Programmes and the selection of Officials at any given Championships.

2. The Championship Referee

i. The Championship Referee is responsible for the total conduct of the Championships and is responsible to the Chairman of the Sport Commission for the day to day running of the Championships. Together with the Chair of the Sports Commission they are further responsible for any matters of which the final settlement is not covered within the SLSA Wales Rule Book.

ii. The Championship Referee shall be responsible for all aspects of the Championships for the duration of the competition including Official Briefing, Team Manager Meetings, Point score and the announcement of the results.

iii. The Championship Referee shall have full control and authority over all referees: he/she shall approve their assignments and instruct them regarding all special features or regulations relating to the competitions. He/she shall enforce all rules and decisions of SLSA Wales relating to the competition.

iv. The Championship Referee shall be qualified and must have the authority to intervene at all moments of the competition to ensure that the SLSA Wales rules are respected and he/she has the right to stop the competition.

v. The Championship Referee is not permitted to take up another function.

- vi. The Championship Referee is responsible for all matters relating to the conduct and running of the competition and matters of which the final settlement is not covered by the rules.
- vii. He/she may make any alteration to the program that is deemed necessary, taking into account environmental and physical conditions, provided that an announcement shall be made of such alteration without delay.
- viii. He/she accepts complaints which may occur during the competition and considers and adjudicates upon protests and reports relating to impersonation, unauthorised competitors, and breaches of competition rules. He/she arbitrates on any complaint or protest against an Area Referee's decision in the last instance with other members of the Jury of Appeal.
- ix. He/she approves the final result by his signature.
- x. He/she shall provide diagrams of the courses of the different events.
- xi. He/she controls the implementation of the rules during the competition.
- xii. He/she may appoint substitutes for any officials who are absent, incapable of acting or found to be inefficient. He may appoint additional officials if considered necessary.
- xiii. He/she will disqualify any competitor for any violation of the rules that he personally observes as well as any that are reported to him/she by other authorised officials.
- xiv. The Championship Referee or his/her Deputy can check the identity of any competitor whose name appears on the participation list/draw.

3. The Deputy Championship Referee.

- i. The Deputy to the Championship Referee will assist the Championship Referee in the conduct of the competition, and in the absence of the Championship Referee assume his/her authority.
- ii. He/she will assist the Championship Referee in all his/her tasks and arbitrate all complaints and protests under the direction of the Championship Referee. The Deputy may be appointed to take control of a particular area of the competition and assume the Championship Referee's authority for that area.

4. Starter

The Starter shall:

- ii. Have sole jurisdiction over the competitors for the start of each event.
- iii. Have the power to recall competitors by whistle signal or other means if in his/her opinion the start is unfair.
- iv. Have the power to disqualify, or eliminate any competitor for false starting more than the permitted number of times in an event, or for wilfully disobeying his/her orders, delaying the start intentionally, or causing an obstruction at the start.

- v. Notify the Area Referee of all infringements and disqualifications.
- vi. Refer all questions about the course or the conduct of the event to the Area Referee.
- vii. If deployed as a "Check Starter" in the Beach area, assist the Starter in observing starting infringements.

5. Marshall

The Marshall shall:

- i. Assemble competitors in the marshalling area in the order as drawn.
- ii. See that all competitors under his control are dressed in regulation caps/costumes.
- iii. Have the power to prevent a competitor from starting if wearing inappropriate dress or arriving late for an event or using unauthorised or hazardous craft. The Marshall shall notify the Area Referee of any such action.
- iv. Where competitors are numbered, i.e. with indelible marker, and the number is missing, or defaced, then the Marshal shall refuse entry to that competitor.

6. Finish Judges

The Finish Judges shall:

- i. Determine the order of finishing for competitors.
- ii. Report any infringement of competition rules to the Championship Referee or deputy.
- iii. Be positioned on either side of the finishing line approx 5 -10m away from the finish with an uninterrupted view of the finishing line and where possible positioned on an elevated stand.
- iv. Be able to refer to judging aids (e.g. videos) if necessary, to determine the finish.
- v. Generally assist with the setting up of courses for events.

7. Lane Judges

The Lane Judges shall:

- i. Check the alignment of all course equipment before the start of each event.
- ii. Observe and report any infringements of the rules to the Referee or Deputy Referee.
- iii. Be particularly observant when competitors approach equipment and make end turns.
- iv. Position themselves in a suitable position to enable them to have a constant view of the course and ensure that they have a constant view of each lane for which they are responsible for judging.

8. Recorders

The Recorders shall:

- i. Act under the direction of the Championship Referee and his/her Deputies.
- ii. Record the time and finishing position in which their competitor or team finishes in each event.
- iii. Refer any queries regarding the placement of a competitor or team to the Championship Referee or his/her deputies.
- iv. Be responsible for sending results to the Announcer and Competition Administrator as soon as they are approved by the finishing judge.

11. Announcer

- i. The Announcer shall keep spectators informed, be responsible for any announcements, regarding events, results, changes of programme, and give any necessary commands and instructions for conduct of events and for calling of competitors.

POINT SCORE INFORMATION

1. POINT SCORE

- i. For all individual or pairs events (i.e. no more than 2 competitors) the points shall be awarded as follows:

1 st	Place 20 points	9 th	Place 8 points
2 nd	Place 18 points	10 th	Place 7 points
3 rd	Place 16 points	11 th	Place 6 points
4 th	Place 14 points	12 th	Place 5 points
5 th	Place 13 points	13 th	Place 4 points
6 th	Place 12 points	14 th	Place 3 points
7 th	Place 11 points	15 th	Place 2 points
8 th	Place 10 points	16 th	Place 1 point

- ii. For all team events (i.e. with 3 or more competitors per team) the points shall be awarded as follows:

1 st	Place 30 points	9 th	Place 12 points
2 nd	Place 27 points	10 th	Place 10.5 points
3 rd	Place 24 points	11 th	Place 9 points
4 th	Place 21 points	12 th	Place 7.5 points
5 th	Place 19.5 points	13 th	Place 6 points
6 th	Place 18 points	14 th	Place 4.5 points
7 th	Place 16.5 points	15 th	Place 3 points
8 th	Place 15 points	16 th	Place 2 points

iii. In events where a limited entry of 8 competitors is permitted in a final (Beach Sprint, Beach Relay, Rescue Tube and Rescue Board Race) the placing for competitors from 9th to 16th place shall be determined on the basis of the semi-final results. There is no requirement to run a B final. Equal points will be awarded for the competitors or teams finishing in 5th place in each semi-final, then in 6th place, 7th place and 8th place. If there are more than 8 competitors in a semi-final, those finishing in 9th place will be awarded no points. In this instance the points to be awarded for 9th to 16th place are as follows:

Individual or Pairs Events

9 th and 10 th	Place 7.5 points determined by gaining 5 th place in the semi-final
11 th and 12 th	Place 5.5 points determined by gaining 6 th place in the semi-final
13 th and 14 th	Place 3.5 points determined by gaining 7 th place in the semi-final
15 th and 16 th	Place 1.5 points determined by gaining 8 th place in the semi-final

Team Events

9 th and 10 th	Place 11.25 points determined by gaining 5 th place in the semi-final
11 th and 12 th	Place 8.25 points determined by gaining 6 th place in the semi-final
13 th and 14 th	Place 5.5 points determined by gaining 7 th place in the semi-final
15 th and 16 th	Place 2.5 points determined by gaining 8 th place in the semi-final

iv. There are no additional “entry” points given for teams entering an event. The only points that may be gained are where a placing in the top 16 of an event is achieved. There is no point score “blocking” system. In events where two or more competitors per team participate, their team is eligible to earn all points for all placings achieved.

2. DISQUALIFICATION

i. Competitors who are disqualified from an event (whether in heats or finals) shall not earn any placing points for a team.

STILLWATER COMPETITION

1. GENERAL CONDITIONS FOR POOL COMPETITION

Team management and competitors are responsible for being familiar with the competition schedule, and with the rules and procedures governing events.

Competitors may not be permitted to start in an event if they are late reporting to the marshalling area. A competitor or team absent from the start of an event shall be disqualified.

Only competitors and officials shall be allowed on the pool deck in the designated competition area. Competitors and officials must leave the designated competition area when not competing or officiating.

Unless specifically provided for in the rules, no artificial means of propulsion may be used in competition (e.g., handwebs, armbands).

The use of sticky, tacky or adhesive substances (liquid, solid or aerosol) on competitors' hands or feet, or applied to the surface of the manikin or rescue tube to improve grip, or to assist the competitor to push off the pool bottom, is not permitted in pool events.

Competitors may not take assistance from the pool bottom except where specifically allowed (e.g., Obstacle Swim, 4 x 25 m Manikin Relay). Taking assistance from any pool fittings (e.g., lane ropes, steps, drains or underwater hockey fittings) is not permitted.

Competitors must wear their club Team swim caps in all events. Ocean event caps or rubber or silicone caps may be worn.

Order of finish decisions, whether by judges or automated timing equipment, are not subject to protest or appeal.

2. STARTS

Prior to the start of each race, designated officials shall:

Check that all officials and judges are in position. Check that competitors, manikin handlers and victims are properly attired and in correct positions. Check that all equipment is in correct position. Notify competitors to remove all clothing except for swimwear and get ready to race. When competitors and officials are ready for a legal start, a designated official shall:

Signal the official start of each event with a long whistle indicating that the competitors should take their position on the starting platform or, for the Manikin Relay event, enter the water. Signal the starter (that the competitors are under the starter's control) with an outstretched arm in the direction of the course.

* Dive start procedure

On the long whistle, competitors step onto the starting platform and remain there. On the starter's "**Take your marks**" command, competitors immediately assume a starting position with at least one foot at the front of the starting platform. When competitors are stationary, the starter gives the acoustic starting signal. Masters competitors may start on the starting platform, or on the pool deck, or in the water with one hand in contact with the starting wall.

* In water start procedure

The Manikin Relay event begins with an in the water start as follows:

On the long whistle, competitors enter the water. At the second long whistle, competitors return without undue delay to the starting position. The competitor starts in the water holding a manikin with one hand (its mouth and nose above the surface) and the pool edge with the other hand. When all competitors have assumed their starting positions, the starter shall give the command "**Take your marks.**" When all competitors are stationary, the starter gives the acoustic starting signal.

* Disqualification

All competitors who **start** (i.e., commence a starting motion) before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the competitor(s) shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining competitors shall be called back and start again. The signal to call back the competitors shall be the same as the starting signal but repeated along with dropping of the false start rope. Alternatively, if the referee or referee's designate decides that the start is not fair, the referee or referees designate shall blow a whistle, to be followed by the starter's signal (repeated). For the 100 m Manikin Carry with Fins event, the call-back signal will be by an underwater acoustic signal. If an error by an official follows a fault by a competitor, the fault of the competitor may be expunged.

3. MANIKINS

* Surfacing the manikin:

Competitors may push off the pool bottom when surfacing with the manikin. Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line (Manikin Carry, Rescue Medley, Super Lifesaver) or 10 m line (Manikin Carry with Fins).

*** Carrying the manikin:**

Competitors must carry (not push) the manikin with at least one hand, and:

Avoid carrying the manikin by the throat, on the mouth or nose. Chin carries are acceptable where the pressure is clearly on the chin.

Maintain the manikin's mouth and nose above the surface. In events where the manikin is carried, the manikin (as victim) is presumed to be breathing. Competitors must carry the manikin while maintaining its mouth and nose above the surface. In judging whether the mouth and nose are above the surface, officials shall disregard the bow wave or wash created by the competitor or the manikin. Surface means the horizontal plane of the surface of a stillwater pool. "Pushing" means the manikin's head is held forward of the competitor's head. "Surfacing the manikin" and "carrying the manikin" judging criteria apply only after top of the manikin's head crosses the relevant 5 m line or 10 m line. In the 5 m start zone or in the changeover zone of the Manikin Relay event, competitors are not judged on "carrying the manikin" criteria.

*** Towing the manikin:**

Before the tow, competitors must secure the manikin correctly. Correctly means the rescue tube is secured around the body and under both arms of the manikin, and clipped to an O-ring. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin with the line of the rescue tube fully extended and maintain the manikin's mouth and nose above the surface. "Towing the manikin" judging criteria apply only after the top of the manikin's head crosses the 5 m line. Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was "secured correctly" originally and the mouth and nose of the manikin are maintained above the surface. In judging whether the mouth and nose are above the surface, officials shall disregard the bow wave or wash created by the competitor or the manikin. "Surface" means the horizontal plane of the surface of a stillwater pool.

*** Manikin handlers:**

A member of the competitor's team assists as manikin handler in the Manikin Tow with Fins and the Super Lifesaver events. With the referee's approval, non-team members may act as handlers, provided they are a member and are registered to participate at the championship in some capacity. Before the start and during the race, the manikin handler positions the manikin – vertically and facing the wall – within the allotted lane. Manikin handlers must wear a team cap. Manikin handlers may not intentionally enter the water during the event.

4. Assignment of lanes

Lanes shall be assigned by placing the fastest competitor or team in lane four of an eight lane pool. (Lane one is on the right side of the pool viewed from the starting end.) The competitor having the next fastest time is placed on the left of the fastest, then alternating other competitors to right and left in accordance with the submitted times. Competitors with identical times shall be assigned lane positions by draw within the aforesaid pattern.

5. TIMEKEEPING AND DETERMINATION OF PLACING

Automatic officiating equipment shall be used for all pool events in National Lifesaving Championships to record the time of each competitor and to determine the place of each competitor in race events.

*** Automatic officiating equipment:**

Any equipment installed must not interfere with competitors' start and turns. The automatic officiating equipment must be activated by the starter and must provide easy digital readings of competitors' times. Times recorded by automatic officiating equipment shall be used to determine the winner and all placings, and the time applicable to each lane. Results shall be recorded to 1/100 of a second.

The placing and times determined by automatic officiating equipment shall have precedence over the decision of judges and timekeepers. If the electronic equipment breaks down or fails, or if a competitor has failed to activate it, the decisions of the human timekeepers shall be official. In addition to the electronic timekeeping, a minimum of two timekeepers per lane are required.

*** Manual timekeeping and officiating:**

In ILS sanctioned lifesaving competitions where automatic officiating equipment is unavailable, the time of each competitor must be recorded by at least three timekeepers. Watches are started when the starting signal is given and stopped when the competitor touches (clearly visible to the timekeeper) the finish wall with any part of the competitor's body. With three timekeepers, where two of them have the same time, this time shall be considered official. If the three timekeepers differ, the middle time shall be official. If one watch fails, the average of the other two times shall constitute the competitor's official time. If the order of finish indicated by the times recorded by manual timekeepers does not coincide with the order of finish determined by the finish judges, the finish judges' placings prevail. The times assigned to the competitors involved shall be identical. For example, if two competitors are involved, the times assigned shall be the sum of their individual times divided by two.

*** JUDGES**

Technique judges ensure that events operate fairly and within ILS rules and procedures. Judges also assess whether competitors' technique complies with specific event rules. Judges must be positioned to ensure they have a clear view of the lane they are judging.

CONTESTED EVENTS

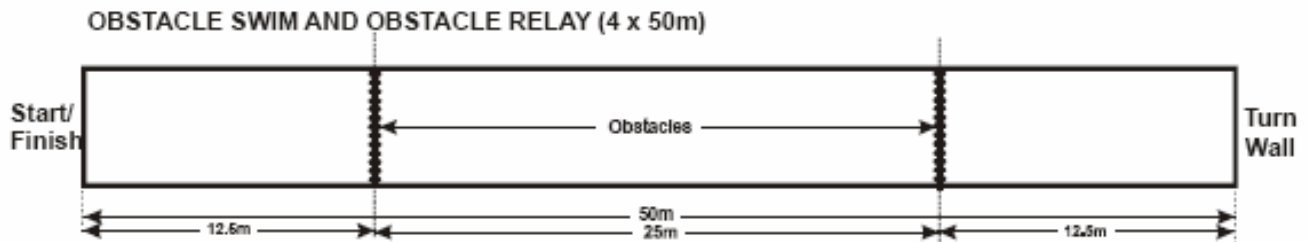
200m & 100m OBSTACLE SWIM

1. Event description – 200 m Obstacle Race

With a dive entry on an acoustic signal, the competitor swims the 200 m course passing eight times under the immersed obstacles to touch the finish edge of the pool. Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle. Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water. Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

2. Event description – 100 m Obstacle Race

With a dive entry on an acoustic signal, the competitor swims the 100 m course passing four times under the immersed obstacles to touch the finish edge of the pool. Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle. Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water. Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.



3. Equipment

Obstacles: Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes. The first obstacle is located 12.5 m from the starting edge, with the second obstacle located 12.5 m from the opposite end. The distance between the two obstacles is 25 m.

4. Disqualification

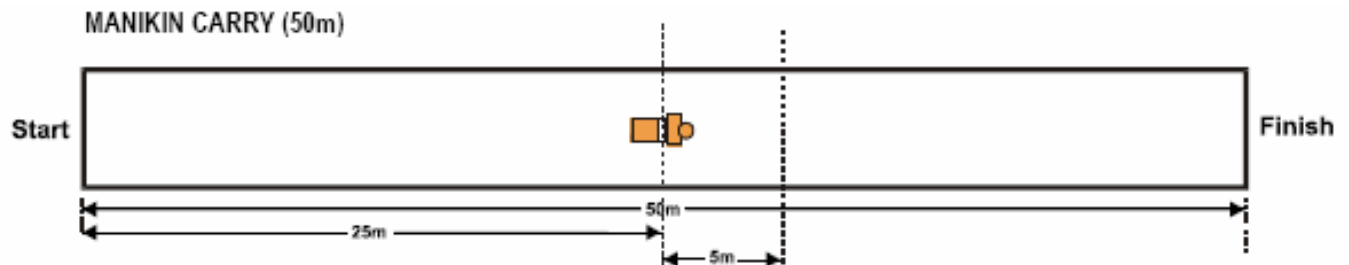
In addition to the *General Rules*, the following behaviour shall result in disqualification:

- Passing *over* an obstacle without immediately returning over *or* under that obstacle and then passing *under* it.
- Failure to surface after the dive entry or after a turn.
- Failure to surface after each obstacle.
- Failure to touch the wall during the turn.
- Failure to touch the finish edge.

50m MANIKIN CARRY

1. Event description

With a dive start on an acoustic signal, the competitor swims 25 m freestyle and then dives to recover a submerged manikin to the surface within 5 m of the pick up line. The competitor then carries the manikin to touch the finish edge of the pool. Competitors may push off the pool bottom when surfacing with the manikin.



2. Equipment

Manikin: The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.

Positioning the manikin:

The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, the manikin shall be placed on a platform (or other support) to position it at the required depth. The manikin is positioned on its back, the head in the direction of the finish, with the transverse line in the middle of the manikin's thorax on the 25 m line.

Surfacing the manikin: Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.

3. Disqualification

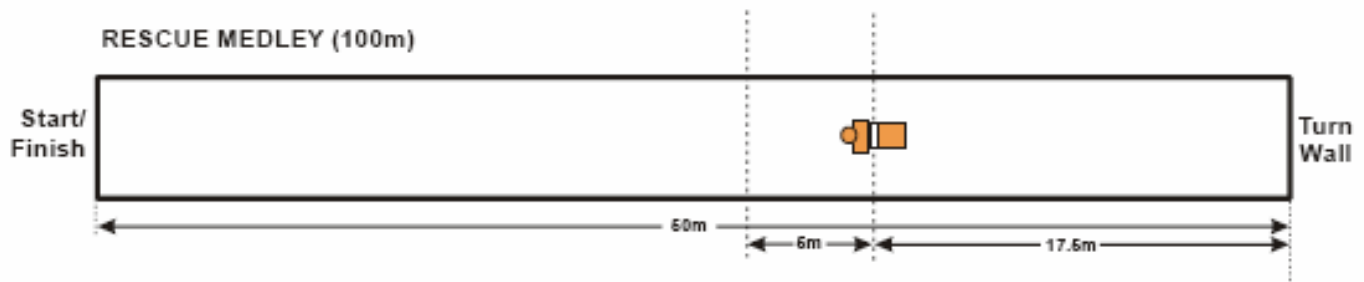
In addition to the *General Rules*, the following behaviour shall result in disqualification:

- Not surfacing before diving to the manikin.
- Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
- Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.
- Using an incorrect carrying technique as described in 8.3 *Manikins*.
- Not maintaining the manikin's mouth and nose above the surface.
- Releasing the manikin before the finish edge has been touched.
- Failure to touch the finish edge.

100m RESCUE MEDLEY

Event description

With a dive start on an acoustic signal, the competitor swims 50 m freestyle to turn, dive, and swim underwater to a submerged manikin located at 17.5 m from the turn wall. The competitor surfaces the manikin within the 5 m pick up line, and then carries it the remaining distance to touch the finish edge. Competitors may breathe during the turn, but not after their feet leave the turning edge until they surface with the manikin. Competitors may push off the bottom when surfacing with the manikin.



2. Equipment

Manikin: The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.

Positioning the manikin: The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, the manikin shall be placed on a platform (or other suitable support) to position it at the required depth. The manikin is positioned on its back, head in the direction of the finish, with the transverse line in the middle of the manikin's thorax located on the 17.5 m line.

Surfacing the manikin: Competitors must have the manikin in the correct carrying position before the manikin's head passes the 5 m line.

3. Disqualification

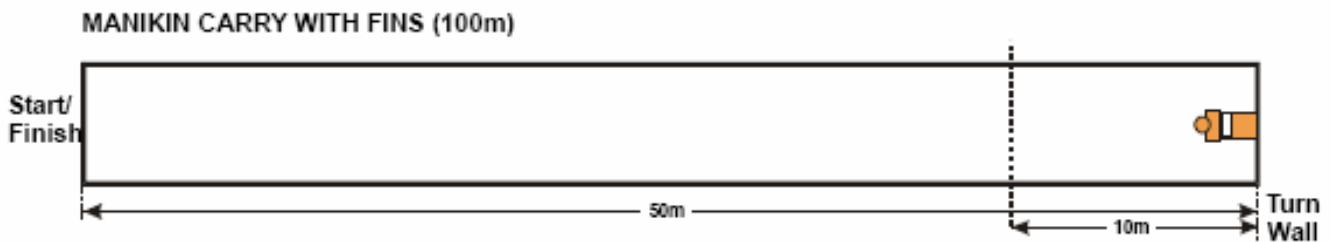
In addition to the *General Rules*, the following behaviour shall result in disqualification:

- Surfacing after turning and before lifting the manikin.
- Breathing after the feet leave the turning edge and before surfacing with the manikin.
- Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
- Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.
- Using an incorrect carrying technique.
- Not maintaining the manikin's mouth and nose above the surface.
- Releasing the manikin before touching the finish edge.
- Failure to touch the finish edge.

100m MANIKIN CARRY WITH FINS

1. Event description

With a dive start on acoustic signal, the competitor swims 50 m freestyle wearing fins and then recovers a submerged manikin to the surface within 10 m of the turning edge. The competitor carries the manikin to touch the finish edge of the pool. Competitors need not touch the turning edge of the pool. Competitors may push off the bottom when surfacing with the manikin.



2. Equipment

Manikins, fins: The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.

Positioning the manikin: The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, the manikin shall be placed on a platform (or other support) to position it at the required depth. The manikin is positioned on its back in contact with the pool bottom and its base touching the pool wall, with its head in the direction of the finish. Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 30 cm from the wall as measured at the water surface.

Surfacing the manikin: Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line.

Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated. Competitors are not permitted to start again in another heat.

3. Disqualification

In addition to the *General Rules*, the following behaviour shall result in disqualification:

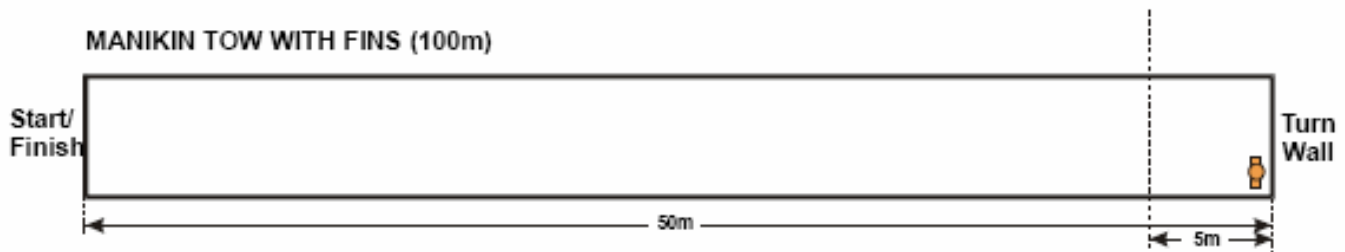
- Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
- Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line.
- Using an incorrect carrying technique.
- Not maintaining the manikin's mouth and nose above the surface.
- Releasing the manikin before touching the finish edge.

- Failure to touch the finish edge.

100m MANIKIN TOW WITH FINS

1. Event description

With a dive start on an acoustic signal, the competitor swims 50 m freestyle with fins and rescue tube. After touching the turning wall, and within the 5 m pick up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish. The event is complete when the competitor touches the finish edge of the pool.



2. Equipment

Manikin, fins, and rescue tube: The manikin is filled with water so that it floats with the top of its transverse line at the surface. Competitors must use the manikins and rescue tubes supplied by organisers.

Positioning the manikin: A member of the competitor's team assists as manikin handler. With the referees' approval, non team members may act as handlers, provided they are a member and are registered to participate at the championship in some capacity. Manikin handlers must wear a team cap.

Before the start and during the race, the manikin handler positions the manikin – vertically and facing the turn wall – within the allotted lane. The handler releases the manikin immediately after the competitor touches the turning edge. The handler may not push the manikin toward the competitor or the finish edge. Manikin handlers may not intentionally enter the water during the event.

Starts with rescue tubes: At the start, the rescue tube and rescue tube line may be positioned at the competitor's discretion, but within the competitor's allotted lane. The rescue tube line must become fully extended immediately after the start.

Wearing rescue tubes: Rescue tubes must be donned correctly with the loop across or over one shoulder. During the competitor's approach to the manikin, the tube must be towed behind the competitor with the line fully extended. Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach to the manikin or during the manikin tow.

Securing the manikin: After first touching the turning wall, the competitor then secures the manikin correctly with the rescue tube around the body and under both arms of the manikin, and clipped to an "O-ring, within the 5 m pick up zone.

Competitors must complete the 50 m freestyle swim by touching the pool edge before touching the manikin or the rescue tube to secure the manikin for towing.

Towing the manikin: Competitors must tow – not carry – the manikin. Beyond the 5 m pick up zone, competitors must tow the correctly secured manikin with the line of the rescue tube fully extended and maintain the manikin’s mouth and nose above the surface. “Towing the manikin” judging criteria apply only after the top of the manikin’s head crosses the 5 m line. Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was “secured correctly” originally, and the mouth and nose of the manikin are maintained above the surface.

Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated. Competitors are not permitted to start again in another heat.

Rescue tube defect: If, in the opinion of the referee, the rescue tube, line and/or harness (belt) present a technical defect during the event, the referee may allow the competitor to repeat the race.

3. Disqualification

In addition to the *General Rules*, the following behaviour shall result in disqualification:

- Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin.
- During the approach to the manikin, not towing the rescue tube with the line fully extended or without the shoulder loop across or over one shoulder.
- Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge.
- Manikin handler pushing the manikin towards the competitor or the finish edge.
- Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
- Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.

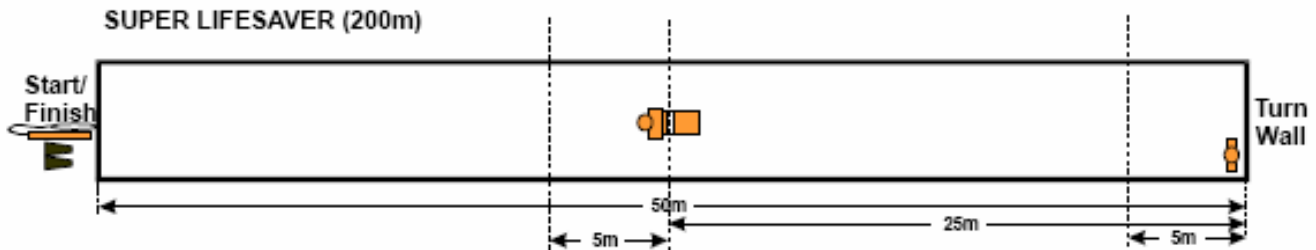
- At 50 m, not touching the pool edge before touching manikin or rescue tube to secure manikin.
- Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring).
- Not securing the rescue tube around the manikin within the 5 m pickup zone, judged at the top of the manikin’s head.
- Pushing or carrying, instead of towing, the manikin.
- Not towing the manikin with the line of the rescue tube fully extended beyond the 5 m pick up zone.
- Not maintaining the manikin’s mouth and nose above the surface.
- The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.

- Touching the finish edge without the rescue tube and manikin in place.
- Failure to touch the finish edge.

200m SUPER LIFESAVER

1. Event description

With a dive start on an acoustic signal, the competitor swims 75 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pick-up zone and carries it to the turning wall. After touching the wall the competitor releases the manikin. In the water, the competitor dons fins and rescue tube and swims 50 m freestyle. After touching the wall, and within the 5 m pick up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish. The event is complete when the competitor touches the finish edge of the pool.



2. Equipment

Manikins, fins, and rescue tubes: Competitors must use the manikins and rescue tubes supplied by organisers.

Placement of fins and rescue tubes: Prior to the start, competitors must place the fins and rescue tube on the pool deck – not the starting block/podium – within the confines of their allotted lane.

Positioning the manikin for the carry: The manikin is completely filled with water and sealed for the event. The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, the manikin shall be placed on a platform (or other support) to position it at the required depth. The manikin is positioned on its back, head in the direction of the finish with the transverse line in the middle of the manikin's thorax on the 25 m line.

Positioning the manikin for the tow: The manikin is filled with water so that it floats with the top of its transverse line at the surface. A member of the competitor's team assists as manikin handler. With the referee's approval, non team members may act as handlers, provided they are a member and are registered to participate at the championship in some capacity. Manikin handlers must wear a team cap. Before the start, the manikin handler positions the manikin – vertically and facing the wall – within the allotted lane. The manikin handler must let go of the manikin immediately after the competitor touches the turning edge. The handler may not push the manikin towards the competitor or the finish edge. Manikin handlers may not intentionally enter the water during the event.

Surfacing the first manikin: Competitors may push off the bottom of the pool when surfacing with the manikin. Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.

Donning tube and fins: After first touching the turning edge, the competitor discards the first manikin. In the water, the competitor dons fins and rescue tube and swims 50 m freestyle.

Wearing rescue tubes: Rescue tubes must be donned correctly with the loop across or over one shoulder. During the competitor's approach to the manikin, the tube must be towed behind the competitor with the line fully extended. Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach to the manikin or during the manikin tow.

Securing the manikin: After first touching the turning edge, the competitor then secures the manikin correctly with the rescue tube around the body and under both arms, and clipped to an O-ring, within the 5 m pick up zone. Competitors must complete the freestyle swim by touching the pool edge before touching the manikin or the rescue tube to secure the manikin for towing.

Towing the manikin: Competitors must tow – not carry – the manikin. Beyond the 5 m pick up zone, competitors must tow the correctly secured manikin with the line of the rescue tube fully extended and maintain the manikin's mouth and nose above the surface. "Towing the manikin" judging criteria apply only after the top of the manikin's head crosses the 5 m line. Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was "secured correctly" originally, and the mouth and nose of the manikin are maintained above the surface.

Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated. Competitors are not permitted to start again in another heat.

Rescue tube defect: If in the opinion of the referee, the rescue tube, line and/or harness (belt) present a technical defect during the event, the referee may allow the competitor to repeat the race.

3. Disqualification

In addition to the *General Rules*, the following behaviour shall result in disqualification:

1

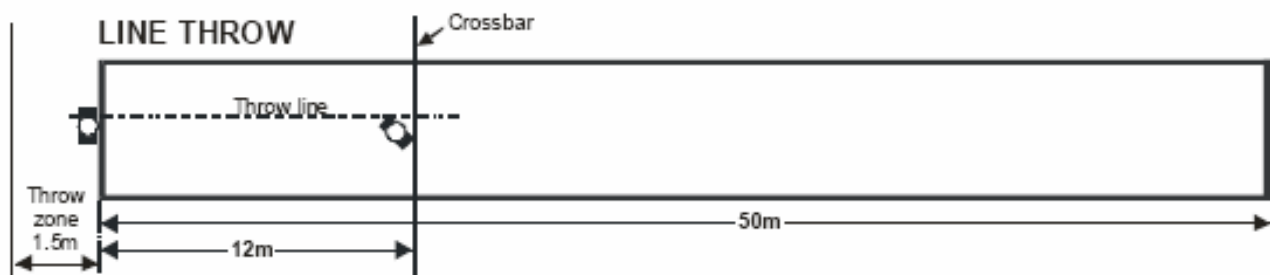
- Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool when surfacing the manikin.
- Surfacing the head of the first manikin beyond the 5 m pick up zone.
- Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m pick up zone.

- Using an incorrect carrying technique.
- Not maintaining the manikin's mouth and nose above the surface.
- During the approach to the manikin, not towing the rescue tube with the line fully extended or without the shoulder loop across or over one shoulder.
- Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge.
- Manikin handler pushing the manikin towards the competitor or the finish edge.
- Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
- Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.
- At 150 m, not touching the pool edge before touching manikin or rescue tube to secure the manikin.
- Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring).
- Not securing the rescue tube around the manikin within the 5 m pickup zone (judged at the top of the manikin's head).
- Not towing the manikin with the line of the rescue tube fully extended beyond the 5 m pick up zone.
- The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
- Touching the finish edge without the rescue tube and manikin in place.
- Failure to touch the finish edge.

LINE THROW

1. Event description

In this timed event, the competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid crossbar located 12 m distant. The competitor pulls this "victim" back to the finish edge of the pool.



On the starters "**Take your marks**" command, the competitor and victim immediately assume the starting position. When competitors are motionless, the starter gives the acoustic starting signal.

Starting position: The competitor stands facing the victim, motionless with legs together and arms straight down and beside the body. The end of the throw line is held in one hand. The victim treads water in the centre of the lane on the near side of the rigid crossbar. The victim holds (with one or two hands) both the throw line and the designated spot on the crossbar.

On an acoustic starting signal: The competitor retrieves the line, throws the line back to the victim and pulls him or her through the water until the victim touches the finish edge. The victim remains in the water and the competitor remains in the throw zone until the referee signals the completion of the event. There is no penalty for pulling on the rigid crossbar while attempting to reach the throw line.

Fair throw: Victims may grasp the throw line only if it falls within their lane and within their reach without releasing their grasp on the designated spot on the crossbar. The lane marker is not “within the lane”. Victims may not submerge to retrieve the throw line.

Pull through the water: While being pulled to the edge, victims must be on their front grasping the throw line with both hands. Victims may not “climb” the throw line hand over hand. For safety reasons, victims may release the line with one hand for the sole purpose of touching the wall. This will not result in disqualification.

Throw zone: Competitors must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5 m from the pool edge. If there is a raised portion of the poolside, the line shall be 1.5 m back from the deck side of the raised portion. Competitors must keep at least one foot wholly within the throw zone. Competitors who exit the throw zone (as judged by both feet) while pulling the victim or prior to the 45th second completion signal, shall be disqualified. On the condition that there is no interference with another competitor, and provided that at least one foot remains wholly within the throw zone, any part of the competitors’ body may touch or cross the throw zone line without penalty. Any part of the competitor’s feet may cross over the front of the “pool edge” of their throw zone without penalty.

Competitors who enter (or fall into) the water shall be disqualified.

Time limit: Competitors must make a fair throw and tow the victim to the finish edge within **45** seconds. If a throw falls short or outside the allocated lane, competitors may recover the line and throw again as often as necessary up to the 45th second limit. Competitors who fail to get the victim to the finish edge before the 45th second completion signal shall be designated as “Did Not Finish” (DNF).

2. Equipment

Throw line: The throw line must be between 16.5 m and 17.5 m in length. Competitors must use the throw lines supplied by organisers. The rigid **crossbar** is positioned on the surface across each lane 12 m from the starting end of the pool. A tolerance of plus 0.10

m and minus 0.00 m in each lane is allowed. A mark located on the crossbar in the centre of the lane clearly designates the spot to be held by the victim.

3. Judging

A judge shall be assigned to each lane and positioned behind the competitor (i.e., the thrower) with a clear view of the lane. A judge shall be positioned on each side of the pool at the 12 m mark.

4. Disqualification

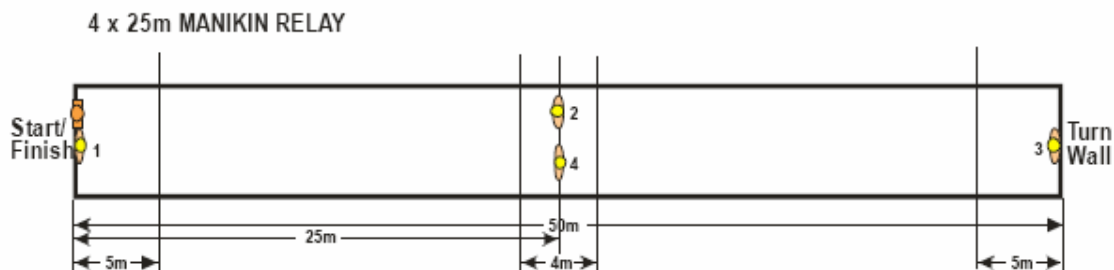
In addition to the *General Rules* the following behaviour shall result in disqualification:

- Victim's hand moving from the designated mark on the crossbar before touching the throw line.
- Victim submerging to retrieve the throw line.
- Victim grasping the throw line when it falls outside the lane.
- Victim not on his or her front while being pulled to the finish edge.
- Victim not holding the throw line with both hands while being pulled to the finish edge (victim may release the line with one hand for the sole purpose of touching the wall).
- Victim "climbing" the throw line hand over hand.
- Victim leaving the water before the 45 second completion signal.
- Thrower exiting the throw zone (as judged by both feet) at any time after the start and before the 45 second completion signal.
- Failure to get the victim to the finish edge before the 45 second completion signal.

MANIKIN RELAY (4 x 25 m)

1. Event description

Four competitors in turn carry a manikin approximately 25 m each.



The first competitor: starts in the water holding a manikin with one hand (its mouth and nose above the surface) and the pool edge with the other. On an acoustic signal, the competitor carries the manikin and passes it to the second competitor within the 4 m changeover zone situated between the 23 m and 27 m mark.

The second competitor: carries the manikin to touch the turning edge and pass the manikin to the third competitor who is in contact with the turning edge with at least one

hand. The third competitor may touch the manikin only after the second competitor has touched the turning edge.

The third competitor: carries the manikin and passes it to the fourth competitor in the changeover zone between the 73 m and 77 m mark.

The fourth competitor: completes the event by carrying the manikin to touch the finish edge with any part of the competitor's body. Competitors may not release the manikin until the next competitor has grasped it (i.e., one hand must always be in contact with the manikin).

The start zone and relay changeover zones shall be indicated by flags:

- a. at the start – 5 m from the pool wall
- b. in the middle of the pool – two lines of flags at 23 m and 27 m from the start, situated at 1.5 m to 2 m above the surface
- c. at the turning wall – 5 m from the pool wall

Competitors may push off the pool bottom in the relay changeover zone. In the 5 m start zone or in the changeover zone, competitors are not judged on "carrying the manikin" criteria defined in 8.3.

2. Equipment

Manikin: The manikin is completely filled with water and sealed. Competitors must use the manikins supplied by organisers.

3. Disqualification

In addition to the *General Rules*, the following behaviour shall result in disqualification:

- Using incorrect manikin carry technique.
- Not maintaining the manikin's mouth and nose above the surface.
- Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool.

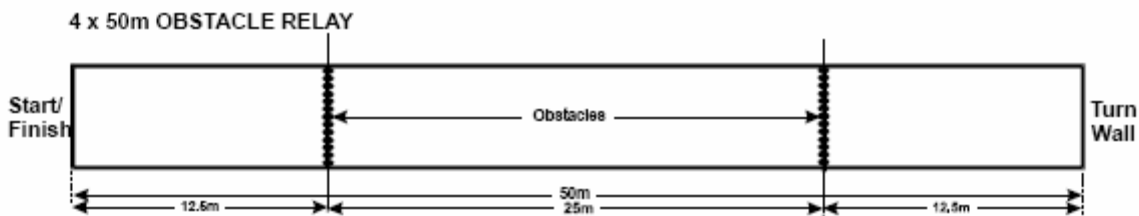
- The manikin changing hands:
 - Before or beyond the designated changeover zone
 - Before the second competitor touches the pool edge
 - Without the third competitor in touch with the pool edge

- Releasing the manikin before the next competitor has contacted the manikin.
- Releasing the manikin before touching the finish edge.
- Failure to touch the finish edge.

OBSTACLE RELAY (4 x 50 m)

1. Event description

With a dive entry on an acoustic signal, the first competitor swims 50 m freestyle passing under two obstacles. After the first competitor touches the turning edge the second, third, and fourth competitors repeat the procedure in turn. Competitors must surface after the dive entry before the first obstacle and after passing under each obstacle. "Surfacing" means the competitor's head breaks the plane of the surface of the water. Competitors may push off the pool bottom when surfacing from under the obstacles. Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.



2. Equipment

Obstacles: Obstacles are fixed at right angles on lane ropes in a straight line across all lanes. The first obstacle is positioned 12.5 m from the starting edge with the second obstacle 12.5 m from the opposite end. The distance between the two obstacles is 25 m.

3. Disqualification

In addition to the *General Rules*, the following behaviour shall result in disqualification:

- Passing *over* an obstacle and not immediately returning over *or* under that obstacle and then passing *under* it.
- Failure to surface after each dive entry.
- Failure to surface after each obstacle.
- One competitor repeating two or more legs of the event.
- Leaving the start before the previous competitor has touched the edge.
- Failure to touch the finish edge.

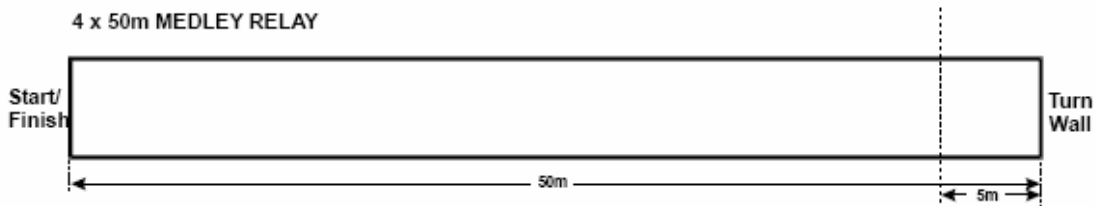
MEDLEY RELAY (4 x 50 m)

1. Event description

With a dive start on an acoustic signal, the first competitor swims 50 m freestyle *without* fins. With a dive start after the first competitor touches the wall, the second competitor swims 50 m freestyle *with* fins. With a dive start after the second competitor touches the

wall, the third competitor swims 50 m freestyle towing a rescue tube. The third competitor touches the turning edge.

The fourth competitor is in the water wearing fins with at least one hand on the turning edge. The fourth competitor takes the harness and the third competitor, playing the role of "victim", holds the rescue tube with both hands while being towed 50 m by the fourth competitor to the finish. Both the fourth and the third competitor (victim) must leave from the turning edge. The victim must be in contact with the rescue tube before passing the 5 m line. The event is complete when the fourth competitor touches the finish edge of the pool with the victim in contact with the tube. The victim may kick while being towed, but no other assistance is permitted. The victim must grip the main body of the rescue tube – not the rope or clip. The victim must hold onto the rescue tube with both hands while being towed, but may reposition his or her hands on the tube during the tow without disqualification. While the fourth competitor must have at least one hand on the turning edge when the third competitor touches the edge, the fourth competitor may push off the edge with hand, arm, or feet.



2. Equipment

Rescue tube, swim fins: Competitors must use the rescue tubes supplied by organisers.

Starts with rescue tubes: At the start, the rescue tube and rescue tube line may be positioned at the competitor's discretion, but within the competitor's allotted lane. The rescue tube line must become fully extended immediately after the start.

Wearing rescue tubes: Rescue tubes must be donned correctly with the loop across or over one shoulder. During the competitor's approach to the manikin, the rescue tube must be towed behind the competitor with the line fully extended. Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach to the manikin or during the manikin tow.

Towing the victim: Competitors must tow the victim with the line of the rescue tube fully extended.

Retrieving lost fins: Competitors may retrieve fins lost after the start and the team may continue in the event. The team will not be permitted to start again in another heat.

Rescue tube defects: If in the referee's opinion, the rescue tube, line or harness (belt) present a technical defect during the event, the referee may allow the team to repeat the race.

3. Disqualification

In addition to the *General Rules*, the following behaviour shall result in disqualification:

- The second and third competitors starting before first and second competitors respectively touch the turning edge.
- The third competitor not towing the rescue tube with the line fully extended or without the shoulder loop across or over one shoulder.
- The fourth competitor taking the harness before the third competitor touches the turning edge.
- The fourth competitor leaving the turning edge before the third competitor touches the wall.
- The victim holding the rescue tube by the rope or clip.
- The victim helping with arm movements, or not holding the rescue tube with both hands.
- The victim losing the rescue tube after crossing the 5 m line.
- The fourth competitor not towing the victim with the line of the rescue tube fully extended or without the shoulder loop across or over one shoulder.
- One competitor completing two or more legs of the event (excludes third competitor acting as victim).
- Failure to touch the finish edge.

FACILITY AND EQUIPMENT STANDARDS

POOL FACILITY STANDARDS

All National Lifesaving Championships shall be conducted in an 8 lane (minimum) 50 metre swimming pool which complies with ILS standards.

1. Length

The pool shall be 50 metres between the automatic officiating equipment touch panels at the starting end and the wall or touch panels at the turning end. A tolerance of plus 0.03 metre and minus 0.00 metre in each lane is allowed.

2. Lanes

There shall be a minimum of 8 lanes that shall be at least 2.5 metres wide, with 2 spaces of at least 0.2 metre outside the first and last lanes. There shall be lane ropes on both sides of each lane that extend the full length of the course. Each lane rope will consist of floats placed end to end having a minimum diameter of 0.05 metre to a maximum of 0.15 metre. The lane ropes shall be firmly stretched.

3. Starting platform

The height of the platform above the water surface shall be from 0.5 metre to 0.75 metre. The surface area shall be at least 0.5 metre x 0.5 metre and covered with non slip material.

4. Automatic officiating equipment

The pool shall be equipped with automatic officiating equipment to record the time of each competitor and to determine the place of each competitor in race events.

5. Water

The pool water shall meet the clarity standards and the bacteriological and chemical standards of the applicable local health regulations in the host nation. The water temperature shall be 25 to 28 degrees Celsius.

6. Depth

For each event conducted, the pool shall comply with ILS event specific depth standards. Except as specified in event specific standards, a minimum depth of 1.0 metre is required. For all dive starts, a minimum depth of 1.35 metres is required, extending from 1.0 metre to at least 6.0 metres from the starting end wall.

7. Dive Start

Minimum depth of 1.35m extending from 1.0m to at least 6.0m from the starting end wall.

8. Obstacle Swim, Obstacle Relay

Minimum depth of 1.8m extending from 2.0m on both sides of any obstacle.

9. Manikin Carry (50m), Super Lifesaver (200m)

Minimum depth of 1.8m extending at least 2.0m from the 24m mark, from the wall.

10. Manikin Carry with Fins (100m), Manikin Tow with Fins (100m), Super Lifesaver 200m)

Minimum depth of 1.8m extending at least 2.0m from the turn wall

11. Rescue Medley (100m)

Minimum depth of 1.8m extending at least 2.0m from both the 14m mark and the 19m mark, from the turn wall.

12. Manikin Relay (4 x 25m)

Minimum depth of 1.8m extending at least 2.0m on both sides of the 25m exchange mark at centre pool. Minimum depth of 1.0m at the starting end wall. Minimum depth of 1.8m extending at least 2.0m from the turn wall.

13. Medley Relay (4 x 50m)

Minimum depth of 1.35m, extending from 1.0m to at least 6.0m from the starting end wall. Minimum depth of 1.8m, extending at *least* 2.0m from the turn wall.

14. Line Throw

Minimum depth of 1.8m extending at least 2.0m from the rigid crossbar.

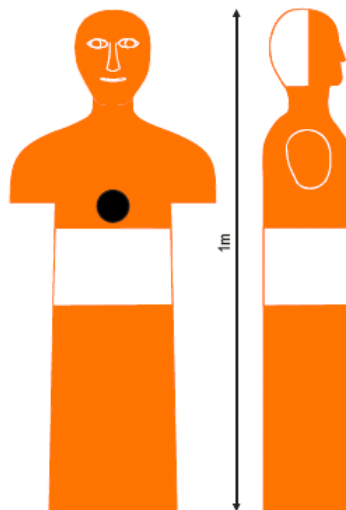
SLSA WALES EQUIPMENT STANDARDS

i.SLSA Wales has adopted the following International Life Saving Federation specifications. Where appropriate, allowable tolerances are recorded as “(± 2cm)” meaning a tolerance of plus 2.0cm and minus 2.0cm are allowed. Where appropriate, dimensions and weights are recorded as “minimum” or “maximum” allowed.

ii. **Scrutineering of equipment:** Championship bulletins/circulars shall detail the procedures for checking equipment. The organizing committee reserves the right to re-inspect competition equipment at any time during the championships. Equipment found to contravene ILS specifications shall be subject to disqualification, which may result in the disqualification of the competitor using the equipment and the possible disqualification of the full team.

iii. Appeals against rulings of equipment ineligibility are permitted.

1. MANIKINS



i. **Construction:** Manikins are to be constructed of PITET type plastic and must be hermetic (i.e., capable of being filled with water and sealed for competition).

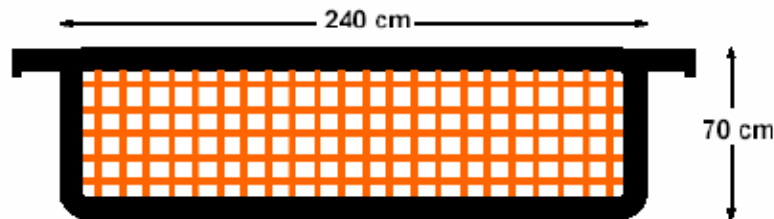
ii. **Height:** The manikin shall be 1m in height.

iii. **Colour:** The back of the manikin’s head must be painted in a colour contrasting with the rest of the manikin and with the water.

iv. **Transverse line:** A transverse line of 15cm is painted in a contrasting colour in the middle of the body (measured 40cm from the bottom of the body to 55cm in the direction of the head).

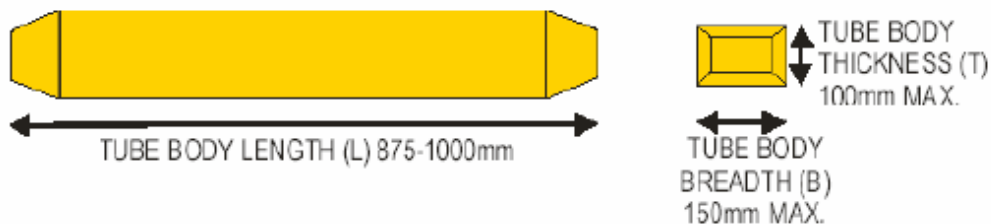
v. Full ILS specifications are available.

2. OBSTACLES



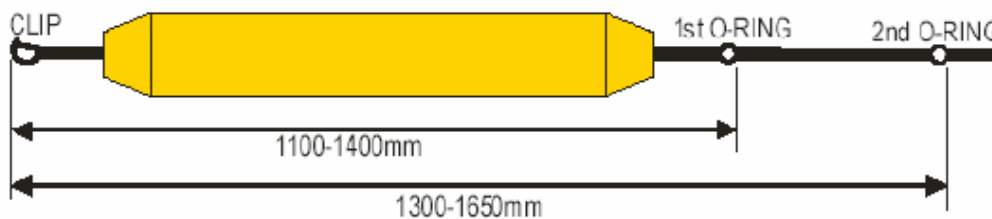
- i. **Dimensions:** Obstacles used in pool events shall be 70cm (\pm 1cm) high and 240cm (\pm 3cm) wide with no dangerous parts.
- ii. **Inner frame:** The inner frame shall consist of a net or other element which does not permit passage by a swimmer, and of a colour which contrasts with the water.
- iii. **Upper line:** The upper line of the obstacle is placed on the water level and shall be clearly visible. Use of an additional floating line across the upper line of the obstacles is recommended.

3. RESCUE TUBES



T – maximum thickness 100mm

- The distance from the extremity of the clip to the extremity of the first O-ring shall be a minimum of 1100mm to a maximum of 1400mm.
- The distance from the extremity of the clip to the extremity of the second O-ring shall be a minimum of 1300mm to a maximum of 1650mm.



- i. **Source of buoyancy:** Material to be as specified in Australian Standard AS2259 or equivalent. The material shall be closed cell plastic foam, and durable and flexible.
- ii. **Buoyancy:** The rescue tube shall have a minimum buoyancy factor of 100 newtons in fresh water.
- iii. **Colour:** The body of the rescue tube shall be a colour – fast red, yellow, or orange (impregnated, painted, or covered).

iv. **Flexibility:** The body of the rescue tube shall be of such a nature as to be able to roll within itself.

v. **Strength:** Webbing, leash, and fittings shall be able to withstand a minimum of 1000 pounds stress in a longitudinal direction without damage.

vi. **Stitching/thread:** Stitching shall be a locked stitched type 301 of BS 3870 as illustrated in Australian Standard AS 2259. The thread is to have similar properties to the materials being sewn.

vii. **Rescue Tube Dimensions:**

- The body of the tube (flotation component):

- L – minimum length 875mm; maximum length 1000mm

- B – maximum breadth 150mm

- T – maximum thickness 100mm

- The distance from the extremity of the clip to the extremity of the first Oring shall be a minimum of 1100mm to a maximum of 1400mm.

- The distance from the extremity of the clip to the extremity of the second O ring shall be a minimum of 1300mm to a maximum of 1650mm.

viii. **Leash:** The length of the leash from the first O ring to the lanyard webbing shall be a minimum of 1900mm to a maximum of 2100mm. The leash shall be a synthetic type rope which is UV treated.

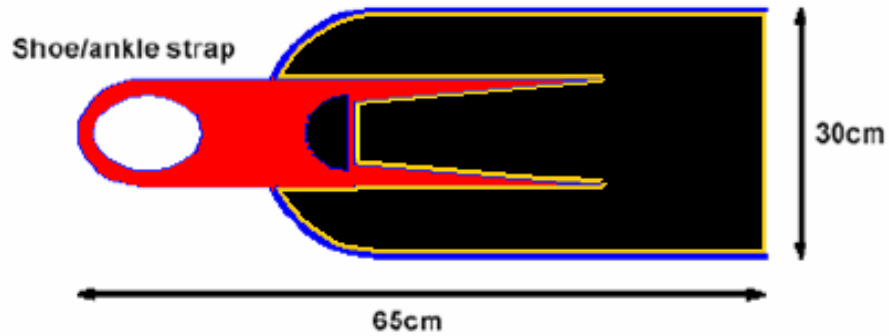
ix. **Webbing connections:** Webbing used for the connection of O rings/clips to the body of the tube shall be 25mm (± 2.5 mm) wide woven nylon.

x. **Lanyard:** Webbing for the lanyard shall be 50mm (± 5.0 mm) wide woven nylon with a minimum length of 1300mm to a maximum of 1600mm. The circumference of the lanyard loop shall be a minimum of 1200mm.

xi. **O-rings:** O rings shall be brass, stainless steel (welded) or nylon. If nylon, the rings shall be UV treated. O rings shall be 38mm (± 4.0 mm) in diameter, having no sharp edges or protrusions that may cut or injure the rescuer or victim.

xii. **Clips:** The clip shall be a brass or stainless steel snap hook KS2470 \square 70 with an overall length of 70mm (± 7.0 mm). It shall have no sharp edges or protrusions that may cut or injure the rescuer or victim.

4. SWIM FINS



i. Fins are measured while not worn. Swim fins used in competitions shall comply with the following specifications:

- ◆ **Length:** maximum overall length 65cm, including 'shoe' or ankle strap (ankle strap extended).
- ◆ **Width:** 30cm maximum at the widest point of the blade

5. THROW LINES

i. For the Line Throw event, throw lines shall be plaited, buoyant polypropylene:

- ◆ **Diameter:** 8mm (\pm 1mm)
- ◆ **Length:** minimum 16.5m; maximum 17.5m

STILLWATER DISQUALIFICATION CODES

GENERAL

1. Not completing the event in accordance with the event description or general rules.
2. A competitor or team may be disqualified if a competitor, team or handler is deemed to have competed unfairly. Examples of “competing unfairly” include:
 - committing a doping or doping related infraction
 - impersonating another competitor
 - attempting to defeat the ballot or draw for events or positions
 - competing twice in the same individual event
 - competing twice in the same event in different teams
 - purposely interfering with a course to gain advantage
 - jostling or obstructing another competitor handler so as to impede his progress
 - receiving physical or material outside assistance (other than verbal or other direction)
3. Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.
4. A competitor or team absent from the start of an event shall be disqualified.
5. Activities that result in wilful damage to the venue sites, accommodation sites or the property of others will result in disqualification of the individuals and or team involved from competition.
6. Abuse of officials may result in disqualification from the competition.
7. Using sticky, tacky or adhesive substances (liquid, solid or aerosol) on hands or feet, or on the manikin or rescue tube to improve grip or push of the bottom of the pool.
8. Competitors may not take assistance from the pool bottom except where specifically allowed (e.g., surfacing from under obstacle, surfacing the manikin).
9. All competitors who start before the starting signal has been given shall be disqualified.

STILLWATER DISQUALIFICATION CODES

INDIVIDUAL EVENTS

10. Passing over an obstacle without immediately returning over *or* under that obstacle and then passing *under* it.
11. Failure to surface after the dive entry or after a turn.
12. Failure to surface after each obstacle.
13. Failure to touch the wall during the turn.
14. Failure to touch the finish edge.
15. Not surfacing before diving to the manikin.
16. Taking assistance from any pool fitting when surfacing with the manikin – not including the bottom of the pool.
17. Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5m line.
18. Using an incorrect carrying technique.
 - pushing, instead of carrying, the manikin
 - carrying the manikin by throat, or on the mouth or nose
19. Not maintaining the manikin's mouth and nose above the surface.
20. Releasing the manikin before the finish edge has been touched.
21. Surfacing after turning and before lifting the manikin.
22. Breathing after the feet leave the turning edge and before surfacing with the manikin.
23. Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10m line.
24. Taking assistance from any pool fitting when fixing the rescue tube around the manikin.
25. Not towing the rescue tube with the line fully extended or with the loop of the rescue tube on or across one shoulder.
26. Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.

27. At 50m/150m, not touching the pool edge before touching manikin, or rescue tube to secure manikin.
28. The handler not releasing the manikin immediately after the competitor has touched the turn edge.
29. The handler pushing the manikin towards the competitor or the finish edge.
30. Manikin handler enters the water.
31. Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms).
32. Not securing the rescue tube around the manikin before the 5m line (judged at the top of the manikin's head).
33. Pushing or carrying, instead of towing, the manikin.
34. Not towing the manikin with the line of the rescue tube fully extended.
35. Touching the finish edge without the rescue tube and manikin in place.
36. Releasing one of the manikin before touching the turn edge or finish wall.

TEAM EVENTS

37. One competitor repeating two or more legs of the event.
38. Leaving the start before the previous competitor has touched the edge.
39. The manikin changing hands:
 - Before or beyond the designated changeover zone
 - Before the second competitor touches the pool edge
 - Without the third competitor in touch with the pool edge
40. Releasing the manikin before the next competitor has contacted the manikin.
41. The second and third competitors starting before first and second competitors respectively touch the turning edge.
42. The fourth competitor touching the harness before the third competitor touches the turning edge.
43. The fourth competitor leaving the turning edge before the third competitor touches the wall.
44. The victim holding the rescue tube by the rope, webbing or clip.

45. The victim helping with arm movements, or not holding the rescue tube with both hands.
46. The victim losing the rescue tube after crossing the 5m line.
47. The fourth competitor not towing the victim with the line of the rescue tube fully extended or with the loop on or across one shoulder.
48. The victim's hand moving from the designated mark on the crossbar before touching the throw line.
49. Leaving the throw zone at any time after the start and before the 30 second completion signal.
50. Victim submerging to retrieve the throw line.
51. Victim grasps the throw line when it falls outside his or her lane.
52. While being pulled, victim not on his or her front or the throw line not in both hands.
53. Competitors stepping outside the throw zone at any time after the start and before the 30 second completion signal.
54. The victim not remaining in the water, or the competitor not remaining in the throw zone until the referee signals completion of the event.
55. Failure to get the victim to the finish edge within the time limit.