INTERNATIONAL LIFE SAVING FEDERATION

COMPETITION RULE BOOK

Rules, Standards and Procedures for
Lifesaving World Championshipsand ILS-sanctioned Competitions

2015–2019 Edition

Revised 2017

WORLD WATER SAFETY

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ILS COMPETITION RULE BOOK, 2015–2019 EDITION

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Lifesaving World Championshipsand ILS-sanctioned Competitions

Published by the International Life Saving Federation
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LIFESAVING AND SPORT

The International Lifesaving Federation (ILS) is the world authority for drowning prevention, lifesaving and lifesaving sport. ILS is a non-profit, non-political, non-religious, worldwide lifesaving sport and humanitarian organisation. ILS leads, collaborates and partners with national and international organisations to prevent drowning, to promote the provision of lifesaving services and oversee lifesaving sport throughout the world.

ILS promotes and organises lifesaving sport and regularly organises international aquatic lifesaving competitions in order to stimulate the interest of competitors to improve their ability and willingness to save people who are in danger in the aquatic environment. Lifesaving sport helps develop the lifesavers' skills, knowledge and techniques, and plays an important role in providing opportunities to enhance global relationships among ILS Member Organisations.

ILS is member of or has relations with the following International Sport Organisations:

- International Olympic Committee (IOC): ILS is an IOC recognised International Federation.
- Sportaccord (International Federation regrouping all International Sports Federations): ILS is a full and voting member of Sportaccord.
- Association of Recognised International Sport Federations (ARISF): ILS is a full and voting member of ARISF.
- International World Games Association (IWGA): ILS is a full and voting Member of IWGA.
- International Masters Games Federation (IMGF): ILS is a co-opted member of the IMGF.
- Commonwealth Games Federation: Lifesaving sport is a recognised sport by the CGF.
- International Military Sports Council (CISM): Lifesaving is a recognised sport by CISM.

ILS also has official relations with the World Health Organisation (WHO) for drowning prevention activities.

Lifesaving sport engages youth and adults from all nations in the mutual pursuit of excellence in lifesaving. The global focus on cooperation and teamwork to reduce the burden of drowning is a compelling opportunity. Increasing the participation of youth in lifesaving sport is part of the engagement strategy.

Lifesaving sport is an important component of this mission. The ILS Lifesaving World Championships and ILS Lifesaving Regional Championships play an important part in bringing together the world’s lifesavers on a regular basis – helping our members learn from the experience of other countries and to challenge themselves to improve and perform. The public profile and media exposure to lifesaving sport helps profile our vision, mission, values and strategic goals as the world authority in the global effort to prevent drowning.

We thank the members and member organisations of the ILS Sport Commission and Committees for their dedication in composing the *ILS Competition Rule Book*, and for their constant endeavours to promote international lifesaving competitions around the world. We congratulate ILS member organisations on the continuing growth in participation in lifesaving sport and the Lifesaving Regional and World Championships.

PREFACE

In the 2015 update of the *ILS Competition Manual*, the ILS Sport Commission separated content that addresses the Lifesaving World Championships specifically from content that addresses the rules, procedures and standards for lifesaving sport competition generally. This resulted in two new publications: the *Lifesaving World Championships Handbook* and the *ILS Competition Rule Book.*

The 2015-2019 edition of the *ILS Competition Rule Book* governs ILS championships and ILS-sanctioned competitions during this period of time. As necessary before the next edition, changes to or clarifications regarding rules, standards or procedures for ILS competition will be published as bulletins on the ILS website at www.ilsf.org.

For ILS world championships, consult the *Lifesaving World Championships Handbook* (at www.ilsf.org) in conjunction with *ILS Competition Rule Book*.

In this revised edition, the ILS Sport Commission draws your attention to the following significant changes:

Section 2 – General Rules and Procedures

- Video cameras may be mounted on boards, skis, surf boats and IRBs.
- Video cameras may not be worn by competitors during a race (surf boat sweeps and IRB drivers excepted).
- Official start and end of competition defined.

Section 3 – Pool Events

- New “Pool Lifesaver Relay” Mixed Event (included in this 2017 revised edition)
- Body tape used for preventative, medical or therapeutic/kineso purposes is allowed at the discretion of the Chief Referee as long as it does not provide a competitive advantage.
- At the discretion of the Chief Referee, “over the top” starts may be used.
- Rule changes (published April 12, 2016, in Technical Bulletin #2) for manikin tows and carrries, including photographic examples, are incorporated in this edtion.
- Additional time keepers required to conform to FINA standards.
- Changes how rescue tubes lanyard/harnessmay be worn and when rescue tubes may be clipped around the victim.
- In Line Throw, there is no “designated mark” on the crossbar that victims must hold.
- Disqualification codes listed at the end of this section.

Errata

27 October 2017: Section 3.14 j) has been corrected to read:

“In the start and changeover zones, competitors are not judged on “carrying the manikin” criteria (defined in 3.3) however competitors need to maintain contact with the manikin with at least one hand at all times and including during the exchanges**.**

Note: Carrying the manikin criteria **do** apply within the finish zone at the end of the relay.”

Section 4 – Ocean Events

- New "Ocean Lifesaver Relay" Mixed Event (based on the Oceanman/Oceanwoman Relay included in this 2017 revised edition)
- New 2x1km Beach Run Relay event included.
- New Diagrams for Beach Run and 2x1km Beach Run Relay with corresponding changes to the event descriptions.
- Additional guidelines regarding what Beach Flags competitors may do in preparation for the start.
- Disqualification codes listed at the end of this section.
- Alternative Oceanman/Oceanwoman format for conducting the "Eliminator" finals (included in 2017 revised edition).

Section 5 – Simulated Emergency Response Competition

- Each team may bring one additional person into lock-up to provide interpretation/translation of English instructions.
- Sample Score Sheets included at the end of this section.

Section 6 – Surf Boat Event

- Crews must wear helmets unless directed otherwise.

Section 7 – Inflatable Rescue Boat (IRB) Events

- The wearing of helmets is compulsory for patients in all events.
- The wearing of PFDs is compulsory for drivers, crew and patients.
- Several revisions have been made to clarify race procedure.

Section 8 – Facility and Equipment Standards and Scrutineering Procedures

- Changes to manikin and rescue tube specifications.
- Camera mounting specifications now included for craft.
- Various changes in competition attire.

ILS Sports Commission Clarifications - March 2018

2.5 a) The recognised list of ILS World records is the suite of pool events (including age and gender) conducted, or formerly conducted, at ILS Lifesaving World Championships (LWC).

2.5 b) The criteria and processes required for establishment and recognition of a world record in new LWC events.

2.5 d) The addition of the Open and Youth National Teams and Interclub Mixed Pool Lifesaver Relay events to the list of team events eligible for a world record.

2.5 g) An ILS Region (and not a Federation) is responsible for determining which competitions may be classified as their Regional Championships.

2.5 i) Only in Lifesaving World Championships, World Games, and ILS Regional Championships (as declared by a Region) is it permitted to establish an Open or Youth world record without a negative doping test.

Note: To improve clarity some of the Clauses in Section 2.5 have been moved and renumbered.

2.10 b) Unless event organisers otherwise permit protective clothing, competitors in Board paddling events are not permitted to wear sleeved (armed) garments in competition.

2.10.6) Strengthened the wording surrounding the wearing of wetsuits to enhance safety and particularly to address wind chill and other weather factors.

2.12 Added a new Section detailing the eligibility of competitors for National Teams.

2.13 Added a new Section detailing the eligibility of competitors for individual and Club competitions.

Note: The Subsequent Clauses in Section 2 have been renumbered.

4.4 Reworded the processes for ocean competition seeding should competitors or teams withdraw from further rounds or finals of events.

4.10.1 Amended the last paragraph to clarify that the penalty for unreasonably delaying a Beach Flags start shall be elimination from the event.

4.10.11 Reworded the Beach Flags clause to provide for both elimination and disqualification dependent upon circumstances.

8.11 Competitors are permitted to wear neoprene (or other material) toe socks with their fins.

Note: All clarifications have been highlighted in blue shading.

GLOSSARY OF TERMS

LIFESAVING SPORT An athletic activity involving physical effort and skill in which an individual, team or crew competes against others. The activity can be recreational or competitive, is capable of achieving a result, and is governed by a set of rules issued by the International Life Saving Federation.

DISCIPLINE A discipline is a branch of a sport comprising one or more events. Lifesaving Sport is composed of the following disciplines in: Pool, Beach/Ocean, Simulated Emergency Response, Surf Boats, and Inflatable Rescue Boats.

COMPETITION A competition is composed of a programme of events. For example, a surf competition may be made up of 10 events. A championship is a type of competition.

EVENT An event is a series of races with the same prescribed set of rules and conditions (e.g., facility, equipment, distance and style).

In Lifesaving Sport, the pool discipline features swimming and throwing events (e.g., Obstacle Swim). The Beach/Ocean discipline features, running, swimming and craft events (e.g., Beach Flags).

RACE A race is a single contest of speed in which the winner is determined by time or place. For example, a single heat of multiple heats is a race; the A-final is a race.

HEATS Heats are a preliminary set of races which eliminate competitors and in which the winners advance to a next round, quarter final, semifinal or final race.

ROUND A round is a set of heats of the same event. For example, “This round included 8 heats.”

FINAL The final is the final race of the fastest qualifying competitors.

A-FINAL An A-final is a race of the 1st to 8th fastest qualifying competitors to determine the 1st through 8th places.

B-FINAL A B-final is a race of the 9th to 16th fastest qualifying competitors to determine the 8th through 16th places.

TIME-FINALS Time-finals are a set of races of the same event where there are no qualifying heats. Event winners are determined by time.

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Section 1

The International Life Saving Federation

Section 1
THE INTERNATIONAL LIFE SAVING FEDERATION

1.1 HISTORY

Fédération Internationale de Sauvetage

At the end of the nineteenth century, several national lifesaving organisations were working with and learning from each other by exchanging lifesaving techniques and experiences. Organised international lifesaving activities date back to 1878 when an International Congress was hosted in Marseille in the South of France. In the decades since, there have been many independent national lifesaving achievements. A need for an international forum to exchange ideas was soon recognised. The dynamic Frenchman, Raymond Pitet organised a lifesaving congress in 1900 during the Paris World Fair with the purpose of setting up a world federation. He did not succeed in achieving this objective at that time but did not give up the idea.

From 25 to 30 January 1910, Paris had to contend with heavy floods and the lifesavers were ever ready to act. These acts of human solidarity from the neighbouring countries incited Raymond Pitet to organise a new congress, this time in Saint-Ouen, a small town located 7 km from the centre of Paris.

At this congress the Fédération Internationale de Sauvetage (FIS) was founded on 27 March 1910 by federations from Belgium, Denmark, France, Great Britain, Luxembourg and Switzerland. Spain and Italy could not attend the meeting, but signed the deed of incorporation. FIS was incorporated in France and set up its head office after its foundation in Paris, in the home of Raymond Pitet.

In the following years congresses and international championships took place in European countries but the first World War stopped the expansion of the International Federation. Between the two World Wars, attention was not only given to water rescue but also to road and mountain rescue services. After the second World War, FIS became a leading authority in drowning prevention and lifesaving sport.

In 1953, the first Pool Lifesaving World Championships took place. This was the start of the regularly organised world championships.

World Life Saving

World Life Saving (WLS) was founded on 24 March, 1971 in Cronulla, Australia. The final approval of the Constitution came into effect on the 14th June, 1977. The founding members of World Life Saving were: Australia, Great Britain, New Zealand, South Africa and the United States of America.

WLS was founded for the purpose of establishing educational marine safety and aquatic programmes on a people-to-people basis. In 1974, the first World Surf Lifesaving Championships for National Teams took place in Port Elizabeth and Durban (South Africa). In 1981, the first World Surf Lifesaving Championships for Clubs took place in Kuta, Bali (Indonesia). In 1986, the Lifesaving Society Canada hosted WLS and FIS members at an international aquatic exposition in Vancouver which included an international lifesaving competition. Its title was “Rescue ‘86” – the beginning of the “Rescue” series of international meetings and competitions.

International Life Saving Federation

The International Life Saving Federation was created at the jointly organised General Assembly of FIS and WLS on 26 February 1993 in Leuven (Belgium) by the official signing of the merging agreement between the Fédération Internationale de Sauvetage Aquatique (FIS) and World Life Saving (WLS).

On the same date FIS and WLS agreed on a draft ILS Constitution and draft Bye-Laws. The International Life Saving Federation was constituted on Saturday 3 September, 1994 in Cardiff (United Kingdom). The creation date marks the official founding of ILS. The first Lifesaving World Championships under the auspices of ILS also took place in 1994 in Cardiff and Newquay (United Kingdom) and encompassed both pool and ocean competition.

1.2 ORGANISATION

The supreme authority of ILS is the General Assembly in which member organisations are represented. The General Assembly establishes ILS priorities. The Elective General Assembly is organized every four years and elects a Board of Directors. The Board of Directors conducts the business of ILS between meetings of the General Assembly and is chaired by the President. The General Secretariat (Headquarters) is currently located in Leuven (Belgium) and houses the administration.

ILS decentralises its affairs under the management of four Regional Branches. The Branches are established in and for Africa, the Americas, Asia-Pacific and Europe and are responsible for initiating, supervising and coordinating regional activities.

ILS has created Commissions which in turn are composed of Committees responsible for the management, development and technical aspects of each major ILS field of activity. The four Commissions are: Drowning Prevention and Public Education, Rescue, Lifesaving Sport and Business.

ILS also cooperates with partner organisations, governments, non-government organisations (NGOs) and sponsors to promote lifesaving worldwide.

ILS is a unique international federation in that it sponsors and sanctions athletic competition as an important method of furthering its humanitarian lifesaving work. Lifesaving through competition is one of the established goals.

1.3 STRATEGIC GOALS

The Strategic Goals of ILS are to:

1. Build the capacity to reduce drowning within targeted communities.
2. Position ILS as the world authority of drowning prevention, lifesaving and lifesaving sport.
3. Reduce the drowning of children globally through partnership and collaboration.
4. Expand the scope, reach and recognition of lifesaving sport.
5. Create a sustainable business model.
6. Establish and promote global best practice.
7. Engage with every nation.

1.4 SPORT COMMISSION

The Sport Commission oversees all aspects of lifesaving sport in the international sport arena. The Commission's responsibilities include, but are not limited to: sport rules, championships, sport management, anti-doping, athletes, technical officials, sport development and sport research. The Commission supports the Board of Directors in the facilitation of relationships with collaborating sports organisations.

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Section 2

GENERAL RULES AND PROCEDURES

Section 2
GENERAL RULES AND PROCEDURES

The sport of lifesaving contributes to the worldwide drowning prevention mission of the International Life Saving Federation (ILS). As the international federation for lifesaving sport, the International Life Saving Federation establishes rules for the purpose of ensuring a safe and fair system, within which lifesaving competitions may be regulated and conducted.

The International Life Saving Federation alone shall authorise Lifesaving World Championships. The words "ILS", "World" and “RESCUE” may not be used in connection with any lifesaving competition without the consent of the ILS.

2.1 ILS-SANCTIONED COMPETITION

The International Life Saving Federation alone may sanction other lifesaving competitions. All ILS-sanctioned lifesaving competitions must use ILS rules as documented in the current edition of *ILS Competition Rule Book*.

a) ILS sanctions world championships, international championships, ILS regional championships, and national championships. ILS may sanction other international or national competitions.

   The purpose of sanctioning is to ensure that all events run under the auspices of ILS adhere to a consistent standard, and that they do not damage the image of ILS. Such events will be run by ILS Full Members, who have obtained the correct local permissions, and have risk management and insurance processes in place. No record can be broken in events that are not sanctioned by ILS. All ILS member organisations are encouraged to ensure that all of their national events are sanctioned by ILS.

b) The host organisation is responsible for completing the application for sanction and for ensuring the sanctioning requirements are met. Applications for sanction must be received by the ILS Regional Secretary and the ILS headquarters. Host organisations should contact ILS headquarters for applications and application procedures. The ILS Sanctioning Form is available at www.ilsf.org.

c) For all ILS-sanctioned competition, ILS shall appoint the chair of the ILS Sport Commission (or an appointee of the chair) as official liaison to the host organising committee with responsibility for ensuring all terms of the sanction are met.

2.2 COMPETITION ORGANISATION AND ADMINISTRATION

a) All competitions conducted by ILS (including world championships) or sanctioned by ILS and conducted under the authority of ILS member organisations are subject to the *ILS Competition Rule Book*, the constitution of ILS and the relevant member organisation, and regulations made under those constitutions. Special conditions may apply to some competitions, in which case, the organising authority issues clarifying handbooks, bulletins or circulars that are binding on all participants.

   By entering the competition, participants acknowledge their responsibility and duty to know the relevant rules, regulations and procedures that govern that competition.

2.2 COMPETITION ORGANISATION AND ADMINISTRATION (*cont'd*)

b) Competition organisers must make available all necessary information to enable competitors or clubs to determine their eligibility for entry in the competition and the responsibilities imposed by that entry.

Competition communications should provide other information necessary for the proper conduct of the competition, including for example:

- The name and nature of the competition.
- The name and address of the ILS member organising authority.
- The names and addresses of the Organising Committee with specific notation of the Competition Organiser.
- A statement to the effect that the competition is "held under the authority and regulations of ILS and/or ILS member organisation" together with an appropriate waiver and disclosure and advice of any ILS event sanction.
- The venue and date of the competition and the dates, times and other details regarding briefings, reporting for competition marshalling, competition start, closure of competition, etc. The dates for opening and closing of entries, how (and where) they will be made, and respective entry fees.
- A full description of the proposed competitions. In the case of special events or multi-discipline events, it may also be necessary to include the "legs" and total length of course and other appropriate details.
- Any conditions under which entries may be refused and details of age limits.
- Such information regarding insurance as may be required by the organiser and/or is appropriate to the competition in terms of responsibility for private property, public liability and personal accident insurance.
- Details of special specification requirements for equipment (if any), etc., and the time and place of any scrutineering.
- A detailed list of prizes and/or awards allocated and the manner in which results will be determined and prizes awarded.
- Details of any special procedures or fees for appeals.
- Provisions regarding postponement, abandonment and/or cancellation of the competition and/or the capacity to alter any, or all the events.
- Where appropriate, a reminder of the obligations on competitors to secure the written endorsement from their ILS member organisation, club or other relevant authority.
- The maximum number of competitors/teams in a competition or event and how numbers are to be controlled.
- If appropriate, how equipment may be changed or substituted during an event.
- Details of competition sponsors' expectations with regard to decals to be placed on craft, sponsor identified clothing to be worn by competitors and restrictions (if any) on the display of other sponsor logos or messages on competitors' equipment or clothing.
- Whether (and which) facts are to be judged by appointed officials.
- The scale of penalties applicable to the competition.

- Water temperatures: average for the date of competition. Air temperature and humidity: average for the date of competition. Unusual course hazards or requirements of special equipment: e.g. wetsuit, assistance etc. Clear directions to the race venue and check-in site.

2.2.1 Committees and Safety Officer

For each competition, the relevant authority appoints an Organising Committee, a Competition Committee, and appropriate safety and emergency personnel. For smaller competitions, it may be appropriate to combine the functions of the committees into a single oversight body.

a) **Organising Committee**

The Organising Committee shall be responsible for the planning and development of the safety, logistical, and operational organisation of the competition and non-competition aspects of the event. The composition of the Organising Committee depends on the nature of the competition being organised.

The Organising Committee liaises with and is responsible to the lifesaving sport authority.

The Organising Committee determines the composition of the Competition Committee and supports the Committee as required.

Formal records of any meetings of the Organising Committee must be taken and kept.

b) **Competition Committee**

The Competition Committee directs all matters relating to the actual delivery and conduct of the competition. This Committee may, subject to the rules, alter, postpone or cancel events, or alter the competition venue.

The Competition Committee shall seek advice from the Organising Committee, Chief Referee(s), the Safety Officer and relevant emergency personnel, subject matter experts and others as appropriate on any matter relating to the organisation and conduct of the competition.

Formal records of any meetings of the Competition Committee must be taken and kept.

c) **Safety Officer**

A Safety Officer shall be appointed who must consider and advise the Organising and Competition Committees on all matters relating to competition and non-competition safety and emergency services. For larger competitions it may be appropriate to appoint an emergency and safety committee representing the various role responsibilities. The Chair of such a committee shall be appointed to the Organising and Competition Committees.

Formal records of advice provided must be taken and kept.

2.3 COMPETITION SAFETY

The provision of safe competitions is essential and a priority in competition planning. The host organising committee is responsible for the provision of adequate resources to ensure the safety of those involved with the competition.

a) The host organising committee shall appoint a Safety Officer who is responsible for ensuring that all competition facilities and environments are safe for use, and that the appropriate safety plan, equipment, craft, procedures and emergency personnel are in place to ensure the safety of competitors, officials and spectators, etc.

The Safety Officer is a member of the Organising Committee and the Competition Committee.

b) No competition shall be sanctioned by ILS until the ILS Sport Commission is satisfied that the competition facilities are safe, and that the appropriate safety and emergency plan, equipment, procedures and personnel are in place.

c) No ocean event shall be conducted until the Chief Referee has assessed the surf conditions and reported to the Competition Committee. Only the Competition Committee has the authority to cancel, reschedule, or relocate the competition or event.

d) The Chief Referee or the appointed coordinator of emergency services (as named in the safety and emergency plan) shall assume control of emergencies arising during competition.

2.3.1 Safety and emergency plan

a) The host organising committee shall prepare a safety and emergency plan to ensure:

- the venue(s) are fit and proper for the purposes of competition.
- the general safety of competitors, competition personnel and spectators.
- the personnel and procedures are in place in case of minor or major emergencies involving injury to or illness of competitors, technical officials, competition personnel or spectators.

b) The plan shall:

- outline the facilities to be used during the competition by competitors, technical officials, competition personnel, and spectators.
- identify the individuals with authority to initiate the plan and the chain of command and coordination of emergency services.
- identify safety personnel and protocols including land and water patrols and their respective job descriptions.
- identify logistical information necessary for the deployment of emergency services: personnel and their deployment, access to competition venues, equipment, communications protocol and methods, vehicle access, and alternate venue(s).

2.3.1 Safety and emergency plan (*cont'd*)

- identify the emergency care facilities including the number, location and type of first aid sites, the equipment at each site, and the personnel in place or on call to staff these sites. The plan will identify on-site and off-site medical facilities including the location and contact details of the nearest medical centre and hospital.
- identify the protocols for the operation of the emergency vehicle(s) on hand in case of the need to transport patients from or rescue teams to an incident site.
- identify available emergency services and their tasking protocols, and specify how internal and external agencies and services are to be activated.
- specify the decision-making responsibility in the event of death or serious injury to a competitor, technical official, competition personnel or spectator during the competition.

c) The plan shall be shared with the local agencies and services expected to participate in case of emergency and shall be explained at team manager and officials briefings. An outline of the plan including availability and details of emergency medical facilities should also be provided to each team manager and be available and promoted to all competition personnel.

2.3.2 Relocation contingency plan

a) In open water competition, adverse weather can create extremes in heat or cold, storms, dangerous surf or swell and associated dangers for competitors. Man-made disasters such as pollution of the water and beach cannot be discounted. In pool competition, problems such as water quality, power failure or equipment malfunction may occur.

b) The host organising committee shall prepare a contingency plan to ensure the protocols and procedures are in place in the event adverse weather or other conditions threaten to prevent the conduct of part or all the competition.

c) The contingency plan shall:

- identify the decision-making authority and protocol for suspension, cancellation, postponement, or relocation of part or all the competition.
- identify alternative locations where part or all the competition may be safely conducted within the timeframe set down.
- specify the responsibilities and procedures for communicating decisions and directions concerning suspension, cancellation, postponement or relocation.
- outline the logistical plan for relocating competitors, competition personnel and equipment to an alternate location.
- outline the responsibilities for event set-up and re-scheduling at the alternate location(s).

Refer to www.ilsf.org for further information regarding competition safety and contingency plans, sample safety guidelines, etc.

2.4 TECHNICAL OFFICIALS

The Organising Committee shall arrange for the appointment of technical officials including:

- Event Manager(s)
- Chief Referee and Deputy Chief Referees
- Area/Sectional Referees or Event Directors (as required) for Pool Events, Ocean Events and Simulated Emergency Response Competition
- Starter and Check Starters
- Marshalls
- Head Scorer
- All Judges including: Chief, Finish, Lane, Course, and Turn Judges
- Equipment Scrutineer
- Appeals Committee Convener and Appeals Committee members
- Discipline Committee Convener and Discipline Committee members
- Commentators and Announcing Panel
- Competitor Liaison Officers

2.4.1 Technical officials code of conduct

a) All officials must be accredited by their national governing body for lifesaving sport and officials' applications must be endorsed prior to notification of appointment as an official. Note: Other personnel with suitable experience and/or specialist qualifications may be appointed to undertake specialist roles at a competition e.g. timekeeper, recorder, safety, medical, judge in boat, etc. Such personnel will be provided with instructions as to their roles and responsibilities.

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

For additional information, see 2.12 *Code of Conduct*.

c) ***Meetings***: Officials are required to attend the appropriate briefings to review judging sheets and event procedures, etc.

d) ***Dress***: Officials shall wear a white or blue top with white or blue shorts, pants or skirts. Hats should be white. Protective clothing such as raincoats or anoraks may be worn as appropriate.

2.4.2 Local Event Manager

The Local Event Manager (or different name with this responsibility) reports to the Organising Committee and, during competition, to the Competition Committee. The Event Manager is responsible for the organisation of the competition within the parameters established by the *ILS Competition Rule Book* and the Organising Committee. The Local Event Manager deals with any issues and represents the Organising Committee at the venue.

2.4.3 ILS Event Director

At ILS managed events an ILS Event Director will be appointed to support ILS and the ILS Sports Commission in the planning and delivery of Life Saving World Championships and reports to the Competition Committee for the event.

2.4.4 Chief Referee

The Chief Referee shall have the authority to enforce all ILS rules and decisions for the duration of the competition and may intervene at any stage to ensure that ILS regulations are observed.

The Chief Referee shall consult with the Competition Committee on all:

- questions not covered by the rules.
- questions of safety that may lead to the cancellation, rescheduling or relocation of the competition or events.

The Chief Referee shall ensure that teams are duly informed of any changes.

The Chief Referee, at his or her discretion, may delegate authority to Deputy Chief Referees, Area or Sectional Referees, or to Event Directors to assist in the conduct of the competition.

2.4.5 Deputy Chief Referee

The Deputy Chief Referee shall assist in the conduct and organisation of the competition, and in the absence of the Chief Referee, assume his or her authority and responsibility.

The Deputy Chief Referee shall take control of a particular area of the competition with the Chief Referee's authority or be assigned to a specific role or be designated a specific authority.

2.4.6 Area/Sectional Referee (open water) or Event Director (pool)

The Area/Sectional Referee/Event Director shall be responsible to the Chief Referee or Deputy Chief Referee for the control and organisation of a specific area or a group of sections or events of the competition, and implement the rules and regulations governing the competition and events being conducted in the particular area of control.

2.4.7 Starter

The Starter shall have full control of the competitors from the time the Event Director or Chief Referee turns them over to the Starter, until the race has commenced with a fair start. The Starter shall have the power to decide whether the start is fair and to disqualify competitors under the rules of individual events.

The Starter shall report a competitor to the Sectional Referee or Event Director for delaying the start, for wilfully disobeying an order, or for any other misconduct taking place at the start. Only the Sectional Referee or Event Director may disqualify a competitor for such delay, wilful disobedience or misconduct.

2.4.8 Check Starter

The Check Starter shall work in conjunction with the Starter, be appropriately positioned for the event and signal when competitors are in line and ready to start. The Check Starter (and the Starter) will be responsible for recalling competitors by whistle signal or other means if in his or her opinion the start conditions were breached or the start was unfair.

2.4.9 Marshall

The Marshall shall be responsible for assembling the competitors in the appropriate order prior to each event, and for maintaining discipline among competitors before the start.

2.4.10 Head Scorer

The Head Scorer shall be responsible for the overall record keeping, calculation of results and release of official results for all competition events.

2.4.11 Judges

While Judges play many roles, their principle responsibility shall be to ensure competition events operate fairly and within ILS rules and regulations. Judges' order-of-finish decisions are not subject to protest or appeal

2.4.12 Chief Judge

The Chief Judge will be responsible to the Area/Sectional Referee or Event Director, and will supervise or assist in the setting up of courses for the event. The Chief Judge will allocate duties and responsibilities to other Judges in their area or event and locate and position them so as to best carry out their duties as Judges and determine the finishing order and recording of event results.

2.4.13 Finish Judges

Finish Judges shall determine the order of finishing of competitors, and will be positioned on either side of the finish line to ensure the best uninterrupted view of the finish of the event. They shall also report any breach or infringement of the rules to the Chief Judge or Area/Sectional Referee or Event Director.

2.4.14 Lane Judges

Lane Judges shall be a judge of fact in relation to the observation of the conduct of an event for the particular lane to which they are assigned. They shall report any breach or infringement of the rules to the Chief Judge, or Area/Sectional Referee or Event Director.

2.4.15 Course Judges

Course Judges shall be a judge of fact in relation to the observation of the conduct of an event. Where required, they shall be located in an elevated position or in a boat in open water events as the case may be, to obtain a constant view of the event. Course Judges shall report any breach or infringement of the rules to the Chief Judge, or Area/Sectional Referee or Event Director.

2.4.16 Equipment Scrutineer

The Equipment Scrutineer shall be responsible for ensuring that all equipment used by competitors is in compliance with ILS standards and requirements. The Equipment Scrutineer shall arrange a programme and timetable for the inspection of competition gear and equipment prior to its use in events, and, if necessary, during and/or after an event. The Equipment Scrutineer shall liaise with the Chief Referee on infringements and any concerns raised by competitors, team managers or coaches.

2.4.17 Appeals Committee Convenor

The Appeals Committee Convenor shall be responsible for appointing an appeals committee to adjudicate all matters referred to it by the Chief Referee.

2.4.18 Appeals Committee members

Appeals Committee members shall be responsible for adjudicating on all matters referred to the committee by the Referee. The Appeals Committee Convenor selects appropriate members of the appeals committee to adjudicate individual cases.

2.4.19 Disciplinary Committee Convenor

The Disciplinary Committee Convenor shall be responsible for appointing a Disciplinary Committee to adjudicate all matters referred to it by the Competition Committee, Chief Referee or appeals committee (see 2.13 *Misconduct* in the *ILS Competition Rule Book*).

2.4.20 Disciplinary Committee members

The Disciplinary Committee members shall be responsible for adjudicating on all matters referred to the committee by the Competition Committee, Chief Referee or Appeals Committee. The Disciplinary Committee Convenor selects appropriate members of the Disciplinary Committee to adjudicate individual cases.

2.4.21 Commentators and Announcing Panel

Commentators and Announcing Panel members shall be responsible for ensuring that all information announcements are broadcast over the public address system as directed by the Chief Referee to keep competitors, coaches, managers, technical officials and spectators informed as to the progress of the competition. In addition, the announcing panel shall also provide commentary for the events as directed by the Announcing Panel Coordinator, and liaise with the organising committee regarding the presentation of medals and trophies to competitors at appropriate times.

2.4.22 Competitor Liaison Officers

Separate Competitor Liaison Officers shall be appointed for each competition being conducted and, dependent on the size of the event each competition area.

Competition Liaison Officers are responsible for liaising with competitors, coaches, team managers and competition officials to provide assistance related to rules, standards and procedures.

2.4.22 Competitor Liaison Officers (*cont'd*)

They shall advise the Chief Referee, Deputy Chief Referee, Area/Sectional Referee or Event Director of any concerns raised by competitors, coaches or team managers relating to the courses or safety issues. They shall also provide assistance and guidance for competitors, coaches and team managers on protest and appeal procedures and the best method of approach to the Chief Referee involved.

2.5 WORLD RECORDS

a) The recognised list of ILS World Records are the Youth, Open and Masters men's and women's pool events identified in the *ILS Competition Rule Book* ***and*** conducted, or formerly conducted at the ILS Lifesaving World Championships. The ILS will not recognise individual or team world record for age groupings and/or gender categories not conducted at the ILS Lifesaving World Championships. For a world record to be recognised events must be conducted in an ILS compliant 50m swimming pool and using equipment which comply with the ILS standards detailed in Section 8 of the *ILS Competition Rule Book*.

b) The initial World Record for a new event, age category or gender shall only be recognised following the conduct of the first Lifesaving World Championship following introduction of the event. The initial world record shall be declared and awarded at the conclusion of that Lifesaving World Championships based on the fastest time established either in a heat or final of the event.

c) Youth competitors may establish youth or open world records regardless of the category in which they are competing at the time (i.e., youth or open competition). Similarly, Masters may establish Masters or open world records regardless of the category in which they are competing at the time (i.e., Masters or open competition).

d) Record holders must be members of an ILS Full Member organisation.

e) For Line Throw, Manikin Relay, Obstacle Relay, Medley and Pool Lifesaver Relay events, world records shall be recognised for both national teams and club teams.

f) National team relay record holders must meet national team eligibility requirements as defined in the ILS Lifesaving World Championships Handbook. (There are no Masters national team relay records.)

g) Club team relay record holders must meet the relevant interclub or Masters team eligibility requirements as defined in the championships handbook.

h) World records may be established at Lifesaving World Championships, multi-sport games (e.g., World Games), ILS regional championships (as determined by the ILS region), national or federation championships, or pan-national championships (e.g., Commonwealth or European) and at any other championship or competition conducted according to the *ILS Competition Rule Book* and sanctioned by the ILS.

i) World records shall not be recognised without a negative doping test certificate unless the record was achieved at Interclub or National Teams Lifesaving World Championships, World Games, or ILS regional championships as determined by the ILS region (e.g. ILSE Championships) – where there is in place a system of targeted and random tests in accordance with the ILS anti-doping rules.

2.5 WORLD RECORDS (*cont'd*)

j) Any competitor establishing or equalling a world record shall submit to "doping control" following the race. When a relay team breaks or equals a world record, all competitors swimming the relay shall be tested.

k) If no doping control is conducted at the competition, the competitor(s) shall submit to doping control no later than 24 hours after the race.

l) Masters world records shall be recognised without a negative doping test certificate.

m) All records achieved during Interclub or National Teams Lifesaving World Championships, World Games or ILS regional championships shall be automatically approved. Others shall be approved subject to the following conditions:

- The competition must be sanctioned by ILS.
- All records must be achieved in competitions held in public and announced to the public (and to ILS headquarters) by advertisement at least three days before competition.
- The facility (including event-specific) standards and equipment specifications must be certified by a surveyor or other qualified official appointed or approved by the ILS Management Committee (for world championships) or the ILS member organisation for ILS-sanctioned competitions in their jurisdiction.
- ILS will accept world records only when times are recorded by automatic officiating equipment.
- Times which are equal to 1/100 of a second will be recognised as equal records, and competitors achieving these equal times will be called "Joint Holders." Only the time of the winner of a race may be submitted for a world record. In the event of a tie in a record-setting race, each competitor who tied shall be considered a winner.
- Applications for world records must be made by the responsible authority of the organising committee of the competition using the official ILS Record Application Form (see end of this section and also available online at www.ilsf.org) and signed by the ILS-recognised Chief Referee certifying that all regulations have been observed including a negative doping test certification. The application shall be forwarded to the ILS Custodian of Records within 30 days of the conclusion of the competition.
- Upon receipt of the ILS Record Application, and upon satisfaction that the information contained in the application is accurate, the ILS Custodian of Records will recommend that the ILS Secretary General declare and publish the world record, and provide a world record certificate to the competitor signed by the ILS President and ILS Secretary General.
- If the world record application is not accepted, it shall be referred to the ILS Sport Commission.

2.6 OFFICIAL START AND COMPLETION OF COMPETITION

A competition is deemed to begin when a call for entry registration is officially issued by the competition organisers.

2.6 OFFICIAL START AND COMPLETION OF COMPETITION (*cont'd*)

The official conclusion of a competition is 20 minutes following the completion of the last competition event. However, issues under protest, appeal or disciplinary review shall continue to final resolution which shall be deemed to fall within the official competition time.

2.7 LUCK OF PREVAILING CONDITIONS

Competitors acknowledge and accept that open water competitions can be affected by environmental conditions beyond the control of organisers (e.g., water or beach conditions, or inclement weather) and that competitors are subject to luck of the prevailing conditions.

No protest or appeal will be entertained when an incident is caused by the prevailing conditions. The Chief Referee and/or relevant official(s) have absolute discretion in determining whether an incident has been caused by the luck of the prevailing conditions.

2.8 VIDEO RECORDING DEVICES

2.8.1 Mounted on craft

Video cameras may be mounted on boards, surf skis, surf boats and inflatable rescue craft (IRB) as long as such devices conform to the requirements specified in Section 8, *Facility and Equipment Standards and Scrutineering Procedures*

2.8.2 Attached to competitors

With the exception of surf boat sweeps and IRB drivers, video cameras may not be worn or otherwise attached to a competitor from start to finish of a race.

2.9 COMMUNICATION DEVICES IN COMPETITION

Competitors in a race are not permitted to use electronic communication devices from the beginning to the completion of the race.

2.10 COMPETITION ATTIRE

Competitors shall wear costumes, clothing or dress approved by ILS. A competitor shall not be permitted to take part in any competition if, in the opinion of the Chief Referee, the competitor is not properly attired.

For standards related to competition attire, see Section 8.

The Chief Referee has the authority to exclude any competitor whose swimwear does not comply with the following:

a) ***Swimwear***: The swimsuits worn by competitors shall comply with the ILS swimsuit standard defined in Section 8, and:

- be in good moral taste and not carry any symbol which may be considered offensive.
- comply with the commercial identification policy.

Both male and female competitors may wear "modesty" swimwear made of a textile woven fabric under their swimsuit, provided that no competitive advantage is gained. Any modesty swimwear shall be restricted to the short style for men and the two-piece style top and/or bottom for women.

2.10 COMPETITION ATTIRE (*cont'd*)

Upon application for religious and/or cultural reasons, ILS shall consider the wearing of (non-body shaping) textile swimwear that covers a greater part of the body provided that such swimwear does not provide a competitive advantage.

b) Except for swimmers in pool and ocean events, other protective clothing (e.g., shorts, vests, t-shirts, etc.) may be worn by competitors in both individual and team events unless otherwise prescribed by these rules or the event organising authority. Vests, t-shirts and shorts, long leg tights and/or leg stockings are only permitted to be worn in the pool line throw event and in non-swimming ocean events or non-swimming legs of team events.

Note: Unless event organisers otherwise permit protective clothing, competitors in Board paddling events are not permitted to wear sleeved (armed) garments in competition.

c) ***Flotation vests and helmets***: Must be worn in IRB events and may be worn in board, surf ski, surf boat events and in non-swimming legs of the Oceanman/Oceanwoman individual and relay events.

d) ***In surfboat events***: the sweep oarsman may wear apparel (including wetsuit and booties) as conditions warrant. The specifications for wetsuits (8.16) shall not apply.

e) ***In IRB events***: competitors may wear apparel including; wetsuits, booties, gloves and hoods, except in the IRB tube race were rescuers and victims are not permitted to wear gloves. The specifications for wetsuits (8.16) shall not apply.

2.10.1 Swim caps and helmets

a) Competitors shall wear identical club or national team swim caps in each event. The use of such caps assists in identification of competitors and teams and in event judging.

b) In ocean events, caps – securely fastened under the chin – must be worn on the competitors' heads at the start of each event and at the start of each leg in team events.

c) In pool events and in the Simulated Emergency Response Competition, the ocean event caps or rubber or silicone caps must be worn on competitors' heads at the start of each event and at the start of each leg in team events.

d) Competitors may also wear rubber or silicone caps under ocean competition caps.

e) The wearing of aquatic safety helmets is optional in craft events unless specified otherwise:

- ***IRB events***: Approved aquatic helmets must be worn by IRB event patients.
- **Surf boat event**: all rowers and sweeps must wear an approved aquatic safety helmet unless advised otherwise by competition officials.

2.10.1 Swim caps and helmets (*cont'd*)

For helmet standards, see Section 8.

f) In all surf boat, board, surf ski and IRB events, competitors may wear safety helmets on the same conditions as swim caps. Helmets must be presented in team colours and design.

g) A competitor/team shall not be disqualified if the cap or helmet is inadvertently displaced or lost after the start of an event, provided that officials can identify that the competitor correctly completed the course/race.

Note: Competitors should continue to wear their identifying caps (to assist in accurate recording of placings) until the official in charge of the finish advises caps may be removed.

2.10.2 Vests

a) Competitors in pool events are not required to wear distinctive high-visibility vests unless otherwise determined by competition organisers.

b) For safety and identification, competitors and handlers entering open water beyond knee depth shall be required to wear distinctive high-visibility vests as determined by the ILS competition organiser. High-visibility vests are mandatory in events staged in ocean or open water.

c) In ocean events, the vests worn by swimmers must be high-visibility, sleeveless singlets extending from the neck to the midriff region. Competitors who are not swimming (e.g., paddlers, handlers) are permitted to wear different style high-visibility vests (e.g., sleeved rash vests).

d) These vests must be worn over the top of swimwear and, where relevant, personal flotation devices, protective clothing, and/or wet suits. Refer to 2.10.3 b) for IRB events.

(Competitors may also be required to wear distinctive coloured vests or bibs to assist with judging of finishes. Such vests or bibs will be supplied by ILS.)

e) Even when ILS competition organisers supply high-visibility vests, competitors may be permitted to wear their own vests only if:

- the vest colour is the same as that prescribed by the organisers.
- the vests meet the requirements of ILS competition sponsorship requirements.
- the vests are approved by the ILS competition management committee.

f) Should organisers prescribe a different coloured vest to be worn in different events or areas, or by different genders to assist with safety, identification and or/judging, they will be supplied by ILS. In such circumstances, club or team high visibility vests (or caps) do not need to be worn under the prescribed coloured vest (or cap).

2.10.3 Lifejackets and Personal Flotation Devices (PFDs)

a) Personal Flotation Devices may be worn in board, surf ski, and surf boat events, and in non-swimming legs of the Oceanman/Oceanwoman individual and relay events.

2.10.3 Lifejackets and Personal Flotation Devices (PFDs) (*cont'd*)

b) In IRB events, the wearing of approved PFDs is compulsory for drivers, crew and patients in both training and competition. It is not required for high visibility safety vests to be worn over the top of PFDs.

For PFD standards, see Section 8.

2.10.4 Eyewear

a) Swim goggles may be worn except in Simulated Emergency Response Competition.

b) Sunglasses or optical glasses may be worn in all events provided that any eye protection or optical glasses worn must be suitably designed for that event.

2.10.5 Footwear

a) Competitors shall not wear footwear in competition events unless otherwise specified in the event description or at the discretion of the Chief Referee based on conditions.

b) Manikin handlers *may* wear footwear in pool events.

c) Competitors *may* wear footwear in the Beach Run and 2x1km Beach Run Relay.

2.10.6 Wetsuits

a) Wetsuits, or other foam type outer garments, shall be permitted in ocean events only in water temperature of 16 degrees Celsius or less. The Chief Referee and Competition Committee, with or without advice from the Safety Officer, may authorise the wearing of wetsuits or "marine stinger suits" dependent upon weather, water, wind chill factors or other marine conditions.

Competitors may not wear more than one wet suit or marine stinger suit.

b) Wetsuits *must be worn* in water temperatures 13 degrees Celsius or less.

c) Wetsuits may be worn by surf boat sweeps and by IRB competitors in any conditions. See 2.10d) and e) above.

d) Wetsuits shall not be permitted in pool events.

e) Wetsuits must conform to ILS standards outlined in Section 8.

2.11 AGE CATEGORIES

2.11.1 Determining Age Categories

ILS follows the IOC guidelines for determining the age of competitors its events such as the Life Saving World Championships. A competitor's age and eligibility age group (s) is determined by how old he or she is as at December 31 of the year in which they are participating in the competition. Examples are:

Open Competition

Eligible: Competitors who turn 16 years of age on or before December 31 in the year of competition. There is no maximum age.

Not eligible: Competitors who are younger than 15 or turn 15 in the year of competition

Youth Competition

Eligible: Competitors who turn 15,16,17 and 18 years of age on or before December 31 in the year of competition.

Not eligible: Competitors who are younger than 14 or who turn 19 in the year of competition

Masters Competition

Eligible: Competitors who turn 30 years of age on or before December 31 in the year of the competition. There is no maximum age.

Not eligible: Competitors who turn 29 in the year of the competition.

23 Years Surf Boats

Eligible: Competitors who turn 16, 17, 18, 19, 20, 21, 22 or 23 years of age on or before December 31 in the year of the competition.

Not eligible: Competitors who turn 15 or 24 in the year of the competition.

Inflatable Rescue Boats

Crew and Patients:

Eligible: Competitors who turn 16 years of age on or before December 31 in the year of competition. There is no maximum age.

Not eligible: Competitors who are younger than 15 in the year of competition.

Drivers:

Eligible: Competitors who turn 18 years of age on or before December 31 in the year of competition. There is no maximum age.

Not eligible: Competitors who are younger than 17 in the year of competition and those who are not certified by their Federation to operate craft and those who are unlicensed drivers.

Note: In most countries drivers are required to be licensed under statutory arrangements to operate a maritime vessel. The Organising Committee should advise local requirements as part of entry requirements.

2.12 NATIONAL TEAM ELIGIBILITY

ILS follows the principles of the International Olympic Committee in determining the eligibility of competitors to participate in ILS Member Federation National Teams. These principles are:

a) Any competitor in the Lifesaving World Championships must be a national of the full member Federation country which is entering such competitor.

b) A competitor who is a national of two or more countries at the same time may represent either one of them, as they may elect. However, after having represented one country in the Lifesaving World Championships, multi-sport Games (e.g. World Games), ILS Regional, pan-national championships (e.g. Commonwealth or European) or ILS sanctioned international events recognised by the ILS (e.g. International Surf Rescue Challenge), they may not represent another country unless they meet the conditions set out below that apply to persons who have changed their nationality or acquired a new nationality.

c) A competitor who has represented one country in the Lifesaving World Championships, multi-sport Games (e.g. World Games), ILS Regional, pan-national championships (e.g. Commonwealth or European) or ILS sanctioned international events recognised by ILS (e.g. International Surf Rescue Challenge), and who has changed their nationality or acquired a new nationality, may participate in the Lifesaving World Championships to represent their new country provided that at least three years have passed since the competitor last represented his former country. This period may be reduced or even cancelled, with the agreement of the relative countries and the ILS Chancellery, which takes into account the circumstances of each case.

d) If an associated State, province or overseas department, a country or colony acquires independence, if a country becomes incorporated within another country by reason of a change of border, if a country merges with another country, or if a new Full Member Federation (country) is recognised by the ILS, a competitor may continue to represent the country to which they belong or belonged. However, the competitor, if they prefer, may elect to represent their country or be entered in the Lifesaving World Championships by their new ILS Full Member Federation (country) if one exists. This particular choice may be made only once.

e) All matters relating to the determination of the country which a competitor may represent in the Lifesaving World Championships shall be resolved by the ILS Chancellery.

f) Further, in all cases in which a competitor would be eligible to participate in the Lifesaving World Championships, either by representing another country than theirs or by having the choice as to the country which such competitor intends to represent, the ILS Chancellery may take all decisions of a general or individual nature with regard to issues resulting from nationality, citizenship, domicile or residence of any competitor, including the duration of any waiting period.

2.13 INDIVIDUAL AND CLUB ELIGIBILITY

a) Competitors may be entered into the ILS competition as members as an individual or as a member of a club and may participate in individual events and/or team events. The organising Authority may determine the membership and/or club requirements, lifesaving qualifications and ages etc. to be eligible to participate in competition.

b) The definition of a club is "The basic administrative or lifesaving unit of the lifesaving organisation (not an amalgam of such units); such unit having a constitution and having representation to a higher body.

2.14 INTER CLUB NATIONAL AND INTERNATIONAL MEMBER COMPETITION TRANSFERS

a) It is a Federation's responsibility to manage their members' interclub competition transfer arrangements.

b) Competitors must apply to transfer to a foreign club. For the application to succeed, competitors require approval from their home club, region and national organizations:

- Applicants shall seek clearance from their current club and forward this clearance to their regional (if any) and national organization for endorsement.
- The national organization shall advise the applicant of its decision and forward its approval, if granted, to the national organization of the applicant's new club.
- National organizations shall not unreasonably withhold transfer approval.
- The ILS Sport Commission shall resolve disputes over international transfers in consultation with the disputing parties. The Sport Commission's decision shall be final.

Note: The club international transfer rules (above) do not apply to National Teams Championships.

2.15 DOPING CONTROL

2.15.1 Drug policy

a) ILS has a policy of drug-free competition with possible drug testing for all ILS world championships, ILS regional championships and World Games. View or download ILS Anti-Doping Rules at www.ilsf.org.

b) ILS recognises that the host country may have laws or legal requirements in addition to the ILS drug policy. Competitors must be informed of such requirements as part of registration procedures.

c) A violation of the ILS Anti-Doping Rules leads to disqualification of an athlete's individual results including forfeiture of points, medals and prizes in individual events. In a team event, if a member of a team violates the ILS Anti-Doping Rules, the entire team shall be disqualified from that event with the attendant loss of points, medals and prizes.

d) For purposes of doping control, the following definitions shall apply:

- **Individual events:** An individual event shall be contested by a single competitor. An individual may be assisted by handlers (e.g.,

Oceanman/Oceanwoman, Super Lifesaver). There can be no substitution of individuals in an event or between rounds. If a competitor is disqualified for a breach of the rules, doping offence, etc., the competitor loses all standing in the event being contested.

- **Team events:** A team event is contested by more than one competitor from the same National Team, club or lifesaving unit who complete an event or race together as a discrete unit (e.g., SERC) or separately (e.g., relay events). Team members may be substituted between rounds, but there shall be no substitution of competitors while a race is being conducted. If one or more competitors are disqualified for a breach of the rules, doping offence, etc., the entire team loses all standing in the event being contested.

2.15.1 Drug policy (cont'd)

- **Team point score:** The team point score is an amalgam of all the placing points earned by a national or club team in individual or team events. If one or more competitors are disqualified for a breach of the rules in an individual or team event, then no points are awarded for those particular events, but the team may retain standing in the point score unless otherwise determined by ILS.
- **Note:** The definitions above for "individual events" and "team events" are the same as the definitions of "individual sport" and "team sport" used in the ILS Anti-Doping Rules. The term "crew" has the same meaning an effect as "team" in relation to ILS competition.

2.16 CODE OF CONDUCT

2.16.1 Code of conduct for competitors, technical officials and members

a) ILS world championships and ILS-sanctioned competitions are high profile public events. ILS expects all competitors, officials and members to co-operate to ensure a positive public image. Behaviour likely to cause embarrassment or damage to the image of ILS or lifesaving competition will be referred to the Disciplinary Committee. Penalties may include expulsion of individuals or teams from the competition.

b) ILS expects the highest standard of conduct of its competitors, officials and members. These expectations are reflected in the rules for competition in the ILS constitution and this rule book.

c) For the purpose of applying the code 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.

2.16.2 Fair-play code for lifesaving competitions

It is important that competition, especially world championships, be conducted in a spirit of goodwill and sportsmanship.

2.16.2 Fair-play code for lifesaving competitions (*cont'd*)

Competitors are required to abide by and compete within the rules. Any breach of the rules will be reported to the Chief Referee who may initiate action as described in 2.15 *Misconduct*.

Team members represent their country, their organisation, their club, their sponsors and ILS. As such, team members shall at all times conduct themselves in a proper and civil manner during the championships and related activities including social functions.

Unbecoming conduct by a team or its supporters is a serious offence and will be dealt with as such.

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.

The general conduct of all participants will be measured by the following ILS *code of fair play*:

a) ***The ILS will***:

- Promote and encourage fair play through its members.
- Impress upon competitors, coaches, technical officials and administrators the need to maintain the highest standards of sportsmanship and good behaviour in lifesaving sport.
- Ensure that its rules are fair, clearly understood by competitors, coaches, technical officials and administrators, and properly enforced.
- Make every effort to ensure that its rules are applied consistently and impartially.
- Treat all members equally, regardless of gender, race or physical characteristics.
- Make all reasonable provision to accommodate competitors with disabilities provided that there is no competitive disadvantage to other competitors in the event being contested.

b) ***The ILS technical officials will***:

- Abide by the rules and the spirit of the competition.
- Be honest, fair and ethical in dealing with others.
- Be professional in appearance, action and language.
- Resolve conflicts fairly and promptly through established procedures.
- Maintain strict impartiality.
- Maintain a safe environment for others.
- Be respectful and considerate of others.
- Be a positive role model.

c) ***Competitors will***:

- Abide by the rules and the spirit of the competition.
- Accept the decisions of Referees and Judges without question or complaint.

2.16.2 Fair-play code for lifesaving competitions (*cont'd*)

- Never consider cheating and in particular, not attempt to improve their individual performance by the use of drugs.
- Exercise reasonable self-control at all times.
- Accept success and failure, victory and defeat, with grace and magnanimity.
- Treat their fellow competitors and team members with respect, both in and outside the competition arena.

d) ***Team managers and coaches will***:

- Insist that competitors understand and abide by the principles of fair play.
- Never countenance the use of drugs by competitors.
- Never employ methods or practices that could involve risks, however slight, to the long-term health or physical development of their competitors.
- Not attempt to manipulate the rules in order to take advantage of their competitors or their opponents.
- Respect the regulations and authority of ILS and its member organisations and not attempt to avoid or circumvent these regulations.
- Recognise the special role that they have to play in ILS and set a good example of sportsmanship and good behaviour at all times.
- Respect the rights of other teams and never deliberately act in a manner intended to be to the detriment of another team.
- Respect the rights of competitors, coaches, technical officials and not exploit or deliberately act in a manner detrimental to them.
- 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.

e) ***Delegates, media representatives, supporters and spectators will***:

- Respect the authority and regulations of ILS and not attempt to avoid or circumvent them.
- Accept the authority of technical officials.
- Abide by the spirit of the competitions.
- Exercise reasonable self-control and display good behaviour at all times.
- Be respectful and considerate in interactions with others.
- Acknowledge the performance of all involved in the competition with grace and magnanimity.

2.17 MISCONDUCT

2.17.1 Conduct and discipline generally

ILS, either by pre-determined publicised penalties or by adopting the decision of a disciplinary committee, may, at its discretion, issue penalties to individual competitors, clubs or national teams.

2.17.2 Competing unfairly

a) Competitors or teams who are deemed to have competed unfairly may be disqualified from an event or expelled from the championships. The Chief Referee may refer the competitor or team to the disciplinary committee for consideration of further penalty. Examples of competing unfairly include:

- Committing a doping or doping-related infraction.
- Impersonating another competitor
- 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.
- Competing without entry.
- Competing for another club or nation without federation clearance.
- Attempt to defeat the ballot or draw for events or positions.
- Competing using equipment that does not meet ILS specifications.
- Competing contrary to the specific direction of the Chief Referee or designated official
- Jostling or obstructing other competitors or handlers so as to impede their progress.
- Receiving physical or material outside assistance (other than verbal or other direction except where specifically excluded by the rules of the event).

b) The Chief Referee and/or the relevant technical official(s) shall have absolute discretion in determining whether a competitor, team or handler has competed unfairly.

c) ILS may, in its absolute discretion, investigate and take action on any matter of “competing unfairly” prior to, during or following competition. This includes, but is not limited to, the return of medals and referral to the disciplinary committee.

2.17.3 Serious discipline offence

a) If a competitor or team commits what could be a serious discipline offence, they should immediately contact the Organising Committee and detail the circumstances. Failure to report a possible violation is itself an offence against ILS rules.

b) Allegations of a serious discipline offence shall be referred to the Disciplinary Committee.

2.17.3 Serious discipline offence (*cont'd*)

c) If the Chief Referee disqualifies a competitor or team for a serious offence in competition, the Chief Referee may also choose to make a report to the Disciplinary Committee which may decide to apply a further penalty against the competitor or team and its members.

2.17.4 Disciplinary Committee

a) The Organising Committee shall appoint a Disciplinary Committee consisting of no less than three members.

b) The host organising committee shall supply the Disciplinary Committee with the name, contact address and phone number at the competition site of the manager of every participating team.

c) The Disciplinary Committee shall inquire into any written complaint of misconduct or any matter referred to it by the Appeals Committee or Chief Referee.

The committee may also initiate an inquiry to determine if an offence has been committed and make a complaint if appropriate. The committee may then proceed as if another person had made the complaint.

d) The committee may assign appropriate penalties including removal from or disqualification from the championships and forfeiture of titles or trophies.

e) The committee shall report in writing on its inquiries and decisions to the ILS Secretary General.

f) Complaints must be received in writing or the complainant must be prepared to attend a meeting or inquiry of the committee as and when required.

g) The member or members against whom the complaint is made shall be entitled to be present at every hearing accompanied by the team manager.

h) All persons involved in a disciplinary hearing or enquiry or an Appeals Committee hearing, must abide by and strictly observe the ILS Code of Conduct set out in this Section. In particular, but without limitation, all persons involved in such hearings or enquires must:

- Be honest, fair and ethical.
- Be respectful and considerate of others.
- Exercise reasonable self-control at all times.
- Be truthful and treat all persons involved in good faith and with courtesy and respect.

i) ***Inquiry guidelines***:

- Formal rules of evidence will not apply to the hearing or enquiry, but all persons involved must be truthful and act in good faith.
- The complaint or reference to the committee shall be read to the competitor(s) or to the team(s') representative(s).
- The evidence of the complainant shall be presented.

2.17.4 Disciplinary Committee (*cont'd*)

- The evidence of the team member(s) against whom the complaint has been made shall be presented.
- Each witness shall be subject to examination by the party (if any) on whose behalf the witness is called and then to cross-examination by the opposing party or parties. The party calling the witness shall have the right to re-examination, but no other examination shall be allowed except by leave of the committee.
- Hearsay and irrelevant evidence shall not be admitted.
- Witnesses other than the party charged shall remain out of hearing of the inquiry until called upon to give evidence.

j) ***Notification of findings***: The committee shall make its decisions *in camera*. If the complaint is proved, the committee may impose a penalty.

k) Notice of the finding and the penalty shall be given forthwith in writing by the chair of the committee to the team member concerned, to his or her team or club, and to the country to which the team or club is affiliated.

The finding and penalty (if any) shall be effective forthwith.

2.18 DISQUALIFICATIONS AND "DID NOT FINISH" CLASSIFICATIONS

Competitors or teams may be disqualified from an event or from the entire competition. Where a competitor is disqualified for any reason, in a heat or a final, the place he or she would have held shall be awarded to the competitor who finished next and all lower placing competitors shall be advanced one place.

Where a competitor is disqualified for any reason, the final event results shall not include a place or time for the competitor.

Competitors may protest or appeal any disqualification (see 2.17 for details).

a) ***Did not finish (DNF)***: Where a competitor does not finish an event for any reason, in a heat or a final, the place he or she would have held shall be awarded to the competitor who finished next and all lower placing competitors shall be advanced one place.

Where a competitor does not finish an event, the event results shall not include a place or time for the competitor.

b) ***Disqualification from competition***: Examples of behaviour which may result in disqualification of individuals or teams from the competition, include:

- Refusing to fulfil the conditions of entry.
- Breach of the ILS code of conduct or rules.
- The impersonation or use of unauthorised competitors.
- Activities resulting in wilful damage to the venue sites, accommodation sites or the property of others.
- Abuse of technical officials.

c) ***Disqualification from events***: Examples of behaviour, which may result in disqualification of individuals or teams from an event, include:

- Being absent at the start of an event.

2.18 DISQUALIFICATIONS AND "DID NOT FINISH" CLASSIFICATIONS (*cont'd*)

- Infraction of the "General conditions" for events or infraction of event rules.

d) Competitors shall be notified of their disqualification from an event by the Chief Referee or appropriate Judge, at the completion of the race. Competitors shall not leave the designated competition area until dismissed by the Chief Referee or appropriate technical official.

e) If an error by a Technical Official causes a fault by a competitor, the fault by the competitor may be expunged at the Chief Referee's discretion.

Disqualification (DQ) codes are listed at the end of the relevant sections of the *ILS Competition Rule Book*.

2.19 PROTESTS AND APPEALS

The Organising Committee reserves the right to delete, alter or otherwise vary any rule, competition criteria, timetable or other matter as it deems necessary. Every effort will be made to ensure that each team manager receives notice. Protests resulting from such Organising Committee decisions will not be entertained.

In addition, event courses and the competition area may change from the descriptions in this rule book if the Chief Referee deems it necessary and providing teams have been advised of the change before the start of that event.

A competitor or team manager may protest to a Referee, and subsequently dispute a Referee's decision in the manner prescribed below. See Protest/Appeal Form at the end of this section.

2.19.1 Types of protests

Protests, which may lead to the imposition of penalties, fall broadly into the following categories:

- Protests arising from entry procedures or entry eligibility.
- Protests arising from scrutineering or equipment eligibility.
- Protests arising during participation in the competition and/or breaches of rules.

2.19.2 Lodging a protest

The conditions relating to the lodgement of protests shall be as follows:

a) No protest shall be accepted which is a direct challenge to Finish Judges' order-of-finish decisions.

b) A protest against the conditions under which an event or race is to be conducted must be made verbally to the Chief Referee prior to the event or race. Before the start of the event or race, the Chief Referee or appointed technical official shall inform the competitors in that event or race of such a protest.

2.19.2 Lodging a protest (*cont'd*)

c) A protest against a competitor or a team or against a decision of an official must be lodged verbally with the Chief Referee within 15 minutes of the posting of the result of the event or within 15 minutes of being notified verbally by the Chief Referee of the decision, whichever occurs first. Within 15 minutes of the submission of the verbal protest, a protest written in English shall be lodged with the Chief Referee.

d) The official result of an event shall be withheld until any protest is decided.

e) The result of the protest shall be noted on the back of the event result card and also on the protest form.

f) There shall be no protest fee. There is a fee payable whenever a matter is referred to the appeals committee, whether by the Chief Referee directly or by a team appealing a Referee's decision.

2.19.3 Adjudication of protests

The conditions relating to the adjudication of protests shall be:

a) Immediately after the correct lodgement of a protest, the Chief Referee may adjudicate on the matter as provided for herein or refer the matter directly to the appeals committee convenor.

b) If the Chief Referee adjudicates the matter forthwith, the decision may be appealed to the appeals committee. Such appeal must be lodged with the appeals committee convenor within 30 minutes of the decision of the protest being advised to the competitor, accompanied by the appeal fee.

   If the appeal is upheld, the fee is returned: if ruled against, the fee is forfeit.

c) The assistance of video or other electronic equipment may be used to consider protests. However, the onus is on the protester to provide a viewing within 30 minutes of the protest being lodged with the Chief Referee, and to provide proof of its authenticity.

2.19.4 Appeals Committee

The Organising Committee shall appoint a person of suitable experience and practical knowledge to act as the Appeals Committee Convenor.

The Organising Committee shall appoint appeals committee members of sufficient number to enable at least two committees of three persons to sit simultaneously. The Appeals Committee Convenor selects members of the Appeals Committee, based on their backgrounds and experience, to adjudicate individual cases.

While three people should ordinarily sit on an appeals committee, the quorum for an Appeals Committee shall be two persons.

The membership of an Appeals Committee shall not include a person who has previously participated in the making of the decision that is the subject of dispute.

2.19.4 Appeals Committee (*cont'd*)

a) The Appeals Committee shall deal with all protest referred to it by the Chief Referee or Appeals Committee Convenor.

b) The Appeals Committee shall rule on the appeal and advise the competitor and relevant technical officials of its decision and any penalty imposed (including a penalty other than disqualification). Reasons for the decision may be briefly given verbally and on the protest form.

c) The decision of the Appeals Committee shall be final, without the right of further appeal.

d) The Appeals Committee may refer serious breaches of the ILS Code of Conduct to the Disciplinary Committee.

e) There shall be a fee payable whenever a matter is referred to the Appeals Committee, whether by the Chief Referee directly or by a team appealing a Chief Referee's decision.

f) The Appeals Committee shall adjudicate after both sides have had an opportunity to state their case.

g) Guidelines for an Appeals Committee inquiry are similar to the Disciplinary Committee procedure (see 2.13.4).

h) The assistance of video or other electronic equipment may be used to consider appeals. However, the onus is on the appellant to provide a viewing within 30 minutes of the appeal being lodged with the Appeals Committee Convenor, and to provide proof of its authenticity.

i) After hearing all available and relevant evidence, the Appeals Committee shall make its decision *in camera*.

j) The decision to uphold (i.e., agree with) the protest or to dismiss (i.e., rule against) the protest shall be delivered verbally or in writing to the team manager, competitor and/or team member concerned, to the Chief Referee and Appeals Committee Convenor.

Protest/Appeal Form

***Part 1: Protests must be lodged in accordance with the* ILS Competition Rule Book and/or ILS Bulletins.**
Protests may arise from entry procedures or entry eligibility; from scrutineering or equipment eligibility; or during participation in the competition and/or breach of rules.

Competitor(s)/Team lodging protest (please print):_____

Event: _____ **Arena:** _____

Lane/Heat/Lock-up: _____

Date/Time: _____

I/We formally protest against:

Competitor (signature): **Team Manager (signature):**

For Official Use Only

Results of event announced at (determine exact time):_____

Verbal protest received by: _____ Position of Official: _____ Time: _____

Protest form received by: _____ Position of Official: _____ Time: _____

Referee name (print): _____

Decision: ❑ Upheld (agree with protest) ❑ Dismissed (rule against protest)

❑ Referred to Appeals ❑ Referred to Disciplinary

Remarks:

Chief Referee (signature): _____

Time protest decision advised to Competitor or Manager: _____

Protestor signature acknowledges receipt of decision: _____

Appeals Form on other side

Protest/Appeal Form

***Part 2:Appealsmust be lodged in accordance with the* ILS Competition Rule Book.**
Decisions of the Appeals Committee are final.

Basis or explanation for appeal:

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Verbal appeal received by: _____ Position of Official: _____ Time: _____

Appeal form received by: _____ Position of Official: _____ Time: _____

Appeal fee received by: _____ Appeal fee returned (if applicable): _____

Appeal Chair name: _____

Decision: ❑ Upheld (agree with protest) ❑ Dismissed (rule against protest)

Remarks:

Appeal Chair (signature): _____

Time appeal decision advised to Competitor or Manager: _____

Appellant's signature acknowledges receipt of decision: _____

International Life Saving Federation (ILS)
Sport Commission Record Application Form Version 2017

Kind of Record: _____ Record

1. Name of the ILS Sanctioned Competition
   please add the Sanctioning Document
2. Event
3. Gender ☐ male ☐ female
4. Age Group ☐ open ☐ youth ☐ masters group

5. Name of the Competitor Family Name , First Name(s) Date of Birth Year, month, day

Name of the Team

6. Names of the Relay Team Members *(names in order of competing)*
   1. , - Date of Birth Year, month, day
   2. , - Date of Birth Year, month, day
   3. , - Date of Birth Year, month, day
   4. , - Date of Birth Year, month, day
7. Country
8. Member Organisation
9. Record claimed 0'00"00 min
   please add the official result
10. Date and Time of Race January 2016 at 0:00 a.m.
11. City and Venue

12. Chief Referee Approval
    Name

    Signature .....
    Date .....
13. Doping Control
    External Sample Code
    please add the certificate

An interactive version of this form is available online at www.ilsf.org.
The completed form must be sent to the ILS Custodian of Records,
Dr. Detlev Mohr, e-mail: detlev.mohr@dlrg.de or fax +49 331 86 43 35
or to the sport commission of the ILS region in accordance with the record rules

ILS COMPETITION RULE BOOK

2015–2019 Edition

Revised 2017

Section 3

POOL EVENTS

Section 3
POOL EVENTS

The following pool events are described in this section:

Obstacle Swim – 200 m and 100 m
Manikin Carry – 50 m
Rescue Medley – 100 m
Manikin Carry with Fins – 100 m
Manikin Tow with Fins – 100 m
Super Lifesaver – 200 m
Line Throw – 12.5 m
Manikin Relay – 4 x 25 m
Obstacle Relay – 4 x 50 m
Medley Relay – 4 x 50 m
Pool Lifesaver Relay Mixed – 4 x 50 m

3.1 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.

a) Competitors may not be permitted to start in an event if they are late reporting to the marshalling area (DQ3).

b) A competitor or team absent from the start of an event shall be disqualified (DQ4).

c) 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.

d) Unless specifically provided for in the rules, no artificial means of propulsion may be used in competition (e.g., hand webs, arm bands).

e) 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 (DQ7).

   Body tape used for preventative, medical, therapeutic or kinesiology purposes is allowed at the discretion of the Chief Referee as long as it does not provide a competitive advantage.

f) Competitors shall not take assistance from the pool bottom except where specifically allowed (e.g., Obstacle Swim, 4 x 25 m Manikin Relay) (DQ8).

g) Taking assistance from any pool fittings (e.g., lane ropes, steps, drains or underwater hockey fittings) is not permitted (DQ17, 24).

h) A competitor who interferes with another competitor during a race shall be disqualified (DQ2).

3.1 GENERAL CONDITIONS FOR POOL COMPETITION (*cont'd*)

i) In all events, competitors and their equipment must remain in their designated lane for the entire race and, at the conclusion of the race; competitors shall remain in the water in their lane until instructed to leave the pool(DQ9).

Competitors must exit by the sides of the pool, not by the pool end over timing pads.

j) Competitors shall wear their club or national team swim caps in all events. Ocean event caps or rubber or silicone caps may be worn.

k) Order-of-finish decisions, whether by Judges or automated timing equipment, are not subject to protest or appeal.

l) Start decisions by the Event Director, Starter, or Chief Referee (or Chief Referee's designate) are not subject to protest or appeal.

3.2 STARTS

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

a) Check that all technical officials are in position.

b) Check that competitors, manikin handlers and victims are properly attired and in correct positions.

c) Check that all equipment is in a safe and correct position.

d) Notify competitors to remove all clothing except for swim-wear and get ready to race.

When competitors and technical officials are ready for a legal start, a designated official shall:

a) Signal the official start of each race 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.

b) Signal the Starter (that the competitors are under the Starter's control) with an outstretched arm in the direction of the course.

Note: At the discretion of the Chief Referee, "over the top" starts may be used.

Note: See event description for start procedure for Line Throw (3.13).

3.2.1 Dive start procedure

At world championships, the one-start rule shall be used.

a) On the long whistle, competitors step onto the starting platform and remain there.

b) 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.

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.

3.2.2 In-water start procedure

The Manikin Relay and Line Throw events begin with an in-water start as follows:

a) On the whistle, the first competitors in the Manikin Relay and Line Throw victims enter the water and prepare for the start.

b) At the second whistle, competitors take their positions for the start without undue delay.

c) In the Manikin Relay, the competitor starts in the water holding a manikin at the surface with one hand and the pool edge or starting block with the other hand.

d) In Line Throw, the victim treads water on the near side of the rigid crossbar in the allocated lane. The victim holds both the throw line and anywhere on the cross bar with one or two hands.

e) When all competitors have assumed their starting positions, the Starter shall give the command "**Take your marks**."

f) When all competitors are stationary, the Starter gives the acoustic starting signal.

3.2.3 Disqualification

a) All competitors who **start** (i.e., commence a starting motion) before the starting signal has been given, shall be disqualified (DQ10).

b) 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 (DQ10).

c) If the disqualification is declared before the starting signal, the signal shall not be given; the remaining competitors shall be called back and start again (DQ10).

d) 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 Chief Referee or Chief Referee's designate decides that the start is not fair, the Chief Referee or Chief Referee's 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 whenever possible. Competitors will be advised if an alternate call-back signal is to be used.

e) If an error by an official follows a fault by a competitor, the fault of the competitor may be expunged.

3.2.4 Notes

a) The duty of the Event Director, Chief Referee and Starter is to ensure a fair start. If the Event Director, Starter, or Chief Referee decides that a start is not fair, for any reason, including technical or equipment fault, the competitors shall be called back and the race shall be started again.

3.2.4 Notes (*cont'd*)

b) Competitors shall be disqualified if they "commence a forward starting motion" prior to the starting signal. Movement by itself is not a disqualification. Anticipating the starting signal and commencing a starting motion is a disqualification (DQ10).

The Event Director, Starter, and Chief Referee use their discretion in determining whether a competitor – or more than one competitor – has commenced a starting motion. Commonly, the early starting motion of one competitor causes movement by other competitors. Such movements are not a DQ.

c) Start decisions by the Event Director, Starter, or Chief Referee (or Chief Referee's designate) are not subject to protest or appeal.

3.3 MANIKINS

3.3.1 Competitors surfacing the manikin

Competitors may push off the pool bottom when surfacing with the manikin. Competitors must:

- break the surface with the manikin
- have the manikin in a correct carrying position when 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).
- not re-submerge after surfacing

Note: The competitor must break the surface of the water while holding the manikin with at least one hand before the designated 5/10 m line. The competitor cannot swim underwater beyond the designated 5/10 m lines and must remain at the surface with the manikin throughout the race beyond these lines.

Surfacing the manikin judging criteria applies only when the top of the manikin's head passes the relevant 5 m line or 10 m line.

When judging the manikin carry, the competitor and manikin are treated as one unit/entity. The judging focus is on the competitors' actions, their carrying technique, and the position of the manikin. Water flowing over the manikin is not a judging criterion.

Note: "Surface" means the horizontal plane of the surface of a still water pool.

3.3.2 Carrying the manikin

a) In events where the manikin is carried, the manikin (as victim) is presumed to be non-breathing. Competitors must:

b) Carry the manikin face up with at least one hand always in contact with the manikin. The manikin's face may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface or facing at a downward angle towards the bottom of the pool.

3.3.2 Carrying the manikin (*cont'd*)

- Avoid incorrect carrying technique such as: pushing the manikin; gripping the manikin's throat, mouth, nose, or eyes; or carrying the manikin below the surface. "Pushing" means the manikin's head is held forward of the competitor's head.

Note: If the competitor ***and*** manikin are "below the surface", it is a disqualification. The manikin need not break the surface if the competitor or manikin breaks the surface on each stroke. There is no disqualification if a competitor dips below the surface as part of the normal stroke or kick cycle provided that the competitor breaks the surface throughout the race with some part of his or her body such as their head or arm.

The official must be able to observe and judge a proper carrying technique. The manikin may not be covered or carried under the competitor's body.

The term "avoid gripping" means avoid holding or grasping the manikin's throat, mouth, nose or eyes. Disqualification (DQ 19) for "gripping of the manikin's throat, mouth, nose, or eyes" also applies to covering the manikin's mouth, nose, or eyes with the competitors' hand, armpit, body and/or limb.

c) Carrying the manikin judging criteria applies only when the top of the manikin's head passes the relevant 5 m line or 10 m line.

d) 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 however competitors need to maintain contact with at least one hand with the manikin at all times and including during the manikin exchanges.

Note: Water over the face of the manikin is not a judging criterion.

For more information and examples, refer to the Annexure for this section.

3.3.3 Towing the manikin

a) In events where the manikin is towed, the manikin (as victim) is presumed to be breathing.

b) Before the tow, competitors must secure the manikin correctly within the 5 m pick-up zone. "Correctly" means the rescue tube is secured around the body and under both arms of the manikin, and clipped to an O-ring.

c) Competitors may swim on their back, side or front and may use any kick or stroke while towing the manikin.

d) Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin face up at the surface. The manikin may be towed on an angle, but not more than 90 degrees from the horizontal plane of the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10 m line.

Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

3.3.3 Towing the manikin (*cont'd*)

e) 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 manikin is towed face up at the surface.

f) The manikin's face may be on an angle, but not more than 90 degrees from the horizontal plane of the surface, facing at a downward angle towards the bottom of the pool.

Note: A competitor shall be disqualified if the manikin rotates in the rescue tube resulting in the manikin's head being face down at or below the surface (DQ20).

For more information and examples, refer to the Annexure to this section.

3.3.4 Manikin handlers

a) A member of the competitor's team assists as manikin handler in the Manikin Tow with Fins and the Super Lifesaver events. With the Chief Referee's approval, non-team members may act as handlers, provided they are registered in the competition in some capacity.

b) Before the start and during the race, the manikin handler positions the manikin – vertically and facing the wall at its natural buoyancy position anywhere within the allotted lane.

c) Manikin handlers must wear a competition cap.

d) Manikin handlers may not intentionally enter the water during the event.

3.4 SEEDING

a) Seeding shall be used.

b) For pool events, competitors' times are required to be submitted for both individual and team events. Competitors and teams shall be ranked according to the entry times.

c) Competitors for whom no times are submitted shall be considered to have the slowest times.

d) Placement of competitors with identical times and placement of those without times shall be determined by draw.

3.4.1 Seeding in heats

Where events are conducted as heats and finals (according to the entries received), competitors shall be seeded in heats according to submitted times in the following manner:

a) ***If one heat***: it shall be seeded as a final and swum during the final session.

3.4.1 Seeding in heats (*cont'd*)

b) ***If two heats***: the fastest competitor shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, etc.

c) ***If three heats***: the fastest swimmer shall be placed in the third heat, next fastest in the second, next fastest in the first. The fourth fastest shall be placed in the third heat, the fifth in the second heat, and the sixth fastest in the first heat, the seventh fastest in the third heat, etc.

d) ***If four or more heats***: the last three heats of the event shall be seeded in accordance with (c) above. The heat preceding the last three heats shall consist of the next fastest competitors; the heat preceding the last four heats shall consist of the next fastest competitors, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in *Assignment of lanes* below.

e) ***Exception***: When there are two or more heats in an event, there shall be a minimum of three competitors seeded into any one preliminary heat.

3.4.2 Seeding in time-finals

Where events are conducted as time-finals, competitors shall be seeded into heats according to submitted times in the following manner:

a) ***If one heat***: it shall be seeded as a final.

b) ***If two or more heats***: the fastest competitors shall be seeded in the last heat according to assignment of lanes detailed in the next section, the next fastest competitors into the second last heat, and so on until all competitors have been allocated a heat and lane according to submitted times.

3.4.3 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.

3.4.4 Seeding in finals

Starting positions for pool events shall be by seeding as follows:

a) Based on the times established in heats, competitors with the top eight times shall be assigned lanes in the A-final. Competitors with the ninth through sixteenth top times shall be assigned lanes in the B-final.

3.4.4 Seeding in finals (*cont'd*)

b) In the event that competitors from the same or different heats have equal times registered to 1/100 second for either the eighth place or sixteenth place, there shall be a swim-off to determine which swimmer shall advance to the appropriate finals. Such swim-off shall take place not less than one hour after all involved competitors have completed their heat (unless affected competitors agree to a shorter time interval). Another swim-off will take place if equal times are registered again.

c) Competitors or teams who withdraw or do not start (DNS) in an A or B final shall not earn any points to their team's point score (i.e. zero points are scored for a "no show").

d) Where one or more competitors or teams withdraw from an A-final, competitors *shall* be called forward from the B-final, alternate competitors up to a maximum of four competitors shall be called forward from the heats. The B final shall not be reseeded. Should insufficient reserves be on standby the B final shall progress with those who have marshalled. The final shall not be re-seeded.

Note: In pool events, reserves shall be determined based on heat times. In ocean events, reserves will come from the same qualifying race as the withdrawn competitor.

3.5 TIMEKEEPING AND DETERMINATION OF PLACING

Automatic officiating equipment should be used for all pool events to record the time of each competitor and to determine the place of each competitor.

3.5.1 Automatic officiating equipment

a) 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.

b) 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.

c) 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.

d) In addition to the electronic timekeeping, a minimum of two timekeepers per lane are required.

3.5.2 Manual time keeping and officiating

a) In ILS-sanctioned lifesaving competitions where automatic officiating equipment is unavailable, the time of each competitor must be recorded by three timekeepers. There shall be two additional timekeepers designated, either of whom shall be directed to replace a timekeeper

whose watch did not start or stopped during an event, or who for any other reason is not able to record the time.

3.5.2 Manual time keeping and officiating (*cont'd*)

b) 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.

c) 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.

d) 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

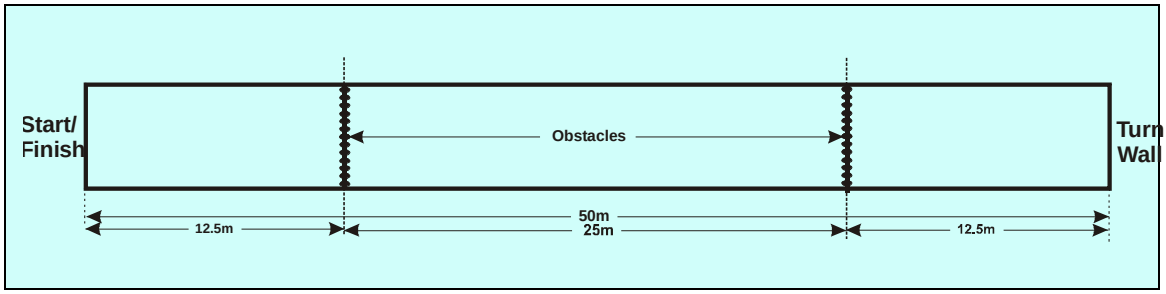
involved shall be identical. For example, if two competitors are involved, the times assigned shall be the sum of their individual times divided by two.

3.6 TECHNICAL OFFICIALS

Technical Officials ensure that events operate fairly and within ILS rules and procedures. Technical Officials also assess whether competitors' technique complies with specific event rules.

Technical Officials must be positioned to ensure they have a clear view of the lane they are judging.

3.7 OBSTACLE SWIM (200 m and 100 m)



3.7.1 Event description – 200 m

With a dive start on an acoustic signal, the competitor swims the 200 m course passing eight times under the immersed obstacles to touch the finish wall of the pool.

a) 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.

b) 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.

c) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

3.7.2 Event description – 100 m

With a dive start on an acoustic signal, the competitor swims the 100 m course passing four times under the immersed obstacles to touch the finish wall of the pool.

a) 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.

b) 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.

c) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

3.7.3 Equipment

Obstacles: See Section 8 –*Facility and Equipment Standards and Scrutineering Procedures*. 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 start wall, with the second obstacle located 12.5 m from the opposite end. The distance between the two obstacles is 25 m.

3.7.4 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3, the following behaviour shall result in disqualification:

a) Passing *over* an obstacle without immediately returning over *or* under that obstacle and then passing *under* it (DQ11).

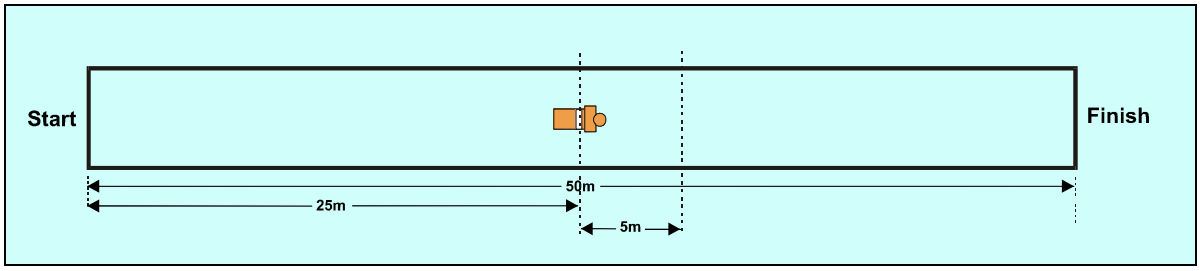
b) Failure to surface after the dive entry or after a turn before passing under an obstacle (DQ12).

c) Failure to surface after each obstacle (DQ13).

d) Failure to touch the wall during the turn (DQ14).

e) Failure to touch the finish wall (DQ15).

3.8 MANIKIN CARRY (50 m)



3.8.1 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 wall of the pool.

Competitors may push off the pool bottom when surfacing with the manikin.

3.8.2 Equipment

a) ***Manikin***: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.

b) ***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.

c) ***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.

3.8.3 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3, the following behaviour shall result in disqualification:

a) Not surfacing before diving to the manikin (DQ16).

b) 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 (DQ17).

c) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line (DQ18).

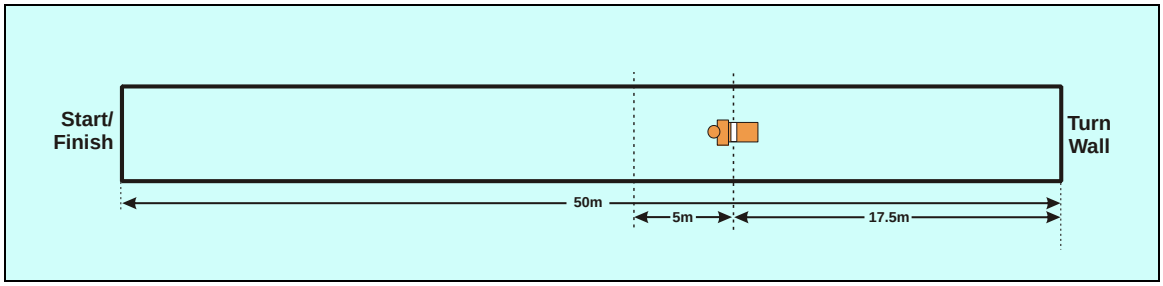
d) Using an incorrect carrying technique as described in 3.3 *Manikins* (DQ19).

e) Carrying the manikin face down (see 3.3 *Manikins*) (DQ20).

f) Releasing the manikin before touching the finish wall (DQ21).

g) Failure to touch the finish wall (DQ15).

3.9 RESCUE MEDLEY (100 m)



3.9.1 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 wall.

Competitors may breathe during the turn, but not after their feet leave the turn wall until they surface with the manikin.

Competitors may push off the bottom when surfacing with the manikin.

3.9.2 Equipment

a) ***Manikin***: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.

b) ***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.

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

3.9.3 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3, the following behaviour shall result in disqualification:

a) Surfacing after turning and before lifting the manikin (DQ22).

b) 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 (DQ17).

c) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line (DQ18).

d) Using an incorrect carrying technique as described in 3.3 *Manikins* (DQ19).

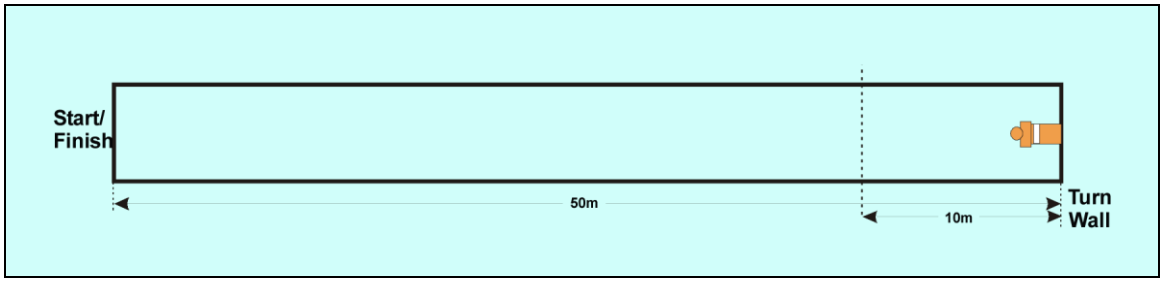
3.9.3 Disqualification (*cont'd*)

e) Carrying the manikin face down (see 3.3 *Manikins*) (DQ20).

f) Releasing the manikin before touching the finish wall (DQ21).

g) Failure to touch the finish wall (DQ15).

3.10 MANIKIN CARRY WITH FINS (100 m)



3.10.1 Event description

With a dive start on an acoustic signal, the competitor swims 50 m freestyle wearing fins and then recovers a submerged manikin to the surface within 10 m of the turn wall. The competitor carries the manikin to touch the finish wall of the pool.

Competitors need not touch the turn wall of the pool.

Competitors may push off the bottom when surfacing with the manikin.

3.10.2 Equipment

a) ***Manikins, fins***: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.

b) ***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 300 mm from the wall as measured at the water surface.

c) ***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.

d) ***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 (see 3.3 *Manikins*). Competitors are not permitted to start again in another heat.

3.10.3 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3, the following behaviour shall result in disqualification:

a) 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 (DQ17).

b) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line (DQ23).

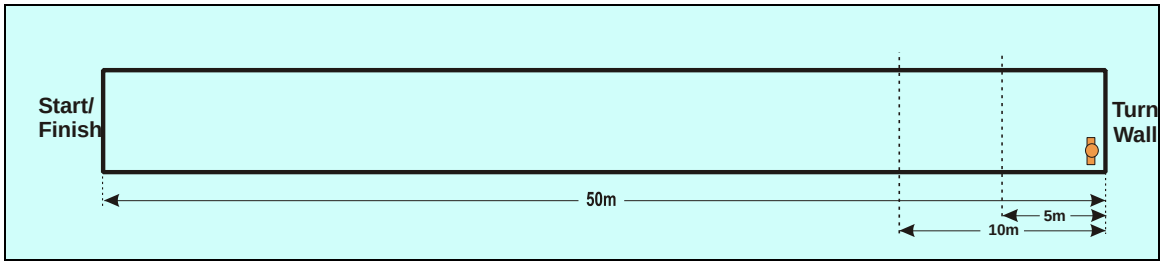
c) Using an incorrect carrying technique as described in 3.3 *Manikins* (DQ19).

d) Carrying the manikin face down (see 3.3 *Manikins*) (DQ20).

e) Releasing the manikin before touching the finish wall (DQ21).

f) Failure to touch the finish wall (DQ15).

3.11 MANIKIN TOW WITH FINS (100 m)



3.11.1 Event description

With a dive start on an acoustic signal, the competitor swims 50 m freestyle with fins and rescue tube. After touching the turn 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 wall of the pool.

3.11.2 Equipment

a) ***Manikin, fins, rescue tube***: See Section 8 –*Facility and Equipment Standards and Scrutineering Procedures*. 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.

b) ***Positioning the manikin***: A member of the competitor's team assists as manikin handler. With the Chief Referee's approval, non-team members may act as handlers, provided they are registered in the competition in some capacity. Manikin handlers must wear their competitor's team cap.

Before the start and during the race, the manikin handler positions the manikin – vertically and facing the turn wall at its natural buoyancy position– anywhere within the allotted lane.

The handler releases the manikin immediately after the competitor touches the turn wall. The handler may not push the manikin toward the competitor or the finish wall.

Manikin handlers may not intentionally enter the water during the event.

c) ***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. Competitors should ensure a safe and correct position of rescue tube and line. The rescue tube remains unclipped until secured around the manikin.

d) ***Wearing rescue tubes***: Rescue tubes must be donned correctly, either with the loop over one shoulder, or over the shoulder and across the chest – at the competitor's discretion. 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.

3.11.2 Equipment (*cont'd*)

Securing the manikin: After first touching the turn 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.

Note 1: Competitors must complete the 50 m freestyle swim by touching the pool edge before touching the manikin.

***Note 2*:** Competitors may not go back into the 5m zone to fix the tube correctly after a DQ.

e) ***Towing the manikin***: Competitors must tow – not carry – the manikin. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin face up at the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10 m line.

Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

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 manikin is towed face up at the surface.

As long as the manikin has not become separated from the rescue tube, and the manikin remains face up at the surface, a competitor may stop to re-secure the rescue tube correctly around the manikin without disqualification. Competitors may not go back into the 5m zone to fix the tube correctly after a DQ.

f) ***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 (see 3.3 *Manikins*). Competitors are not permitted to start again in another heat.

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

3.11.3 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3, the following behaviour shall result in disqualification:

a) Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin (DQ24).

b) Competitor clipping the rescue tube into the ring before touching the turn wall. (DQ30)

c) Manikin handler not releasing the manikin immediately after the competitor has touched the turn wall (DQ27).

3.11.3 Disqualification (*cont'd*)

d) Manikin handler pushing the manikin towards the competitor or the finish wall (DQ28).

e) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall (DQ25).

f) 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 (DQ29).

g) At 50 m, not touching the pool wall before touching the manikin (DQ26).

h) Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring) (DQ31).

i) Not securing the rescue tube around the manikin within the 5 m pick-up zone, judged at the top of the manikin's head (DQ32).

j) The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line (DQ34).

k) Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line (unless the competitor has stopped to re-secure the manikin) (DQ35).

l) Pushing or carrying, instead of towing, the manikin (DQ33).

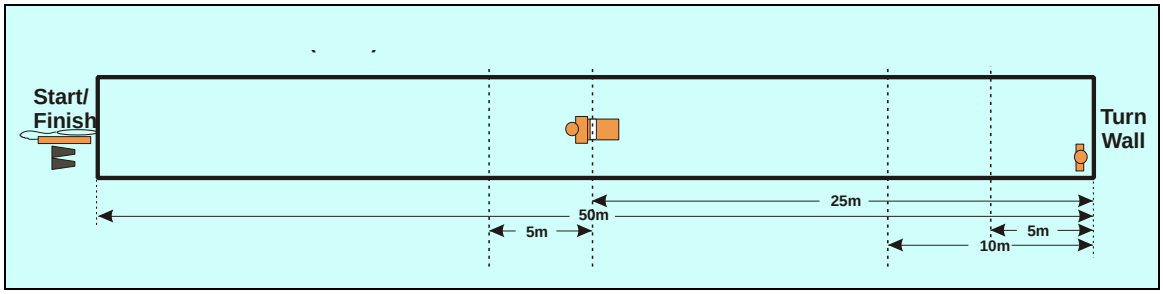
m) Towing the manikin face down (see 3.3 *Manikins*) (DQ20).

n) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin (DQ36).

o) Touching the finish wall without the rescue tube and manikin in place (DQ37).

p) Failure to touch the finish wall (DQ15).

3.12 SUPER LIFESAVER (200 m)



3.12.1 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 turn 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 wall of the pool.

3.12.2 Equipment

a) ***Manikins, fins, rescue tubes***: See Section 8 –*Facility and Equipment Standards and Scrutineering Procedures*. Competitors must use the manikins and rescue tubes supplied by organisers.

b) ***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.

c) ***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.

d) ***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 Chief Referee's approval, non-team members may act as handlers, provided they are registered in the competition in some capacity. Manikin handlers must wear their competitor's team cap.

Before the start, the manikin handler positions the manikin – vertically and facing the wall at its natural buoyancy position anywhere within the allotted lane.

3.12.2 Equipment (*cont'd*)

The manikin handler must let go of the manikin immediately after the competitor touches the turn wall. The handler may not push the manikin towards the competitor or the finish wall.

Manikin handlers may not intentionally enter the water during the event.

e) ***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.

f) ***Donning tube and fins***: After first touching the turn wall, the competitor discards the first manikin. In the water, the competitor dons fins and rescue tube and swims 50 m freestyle.

g) ***Wearing rescue tubes***: Rescue tubes must be donned correctly, either with the loop over one shoulder, or over the shoulder and across the chest – at the competitor's discretion. 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.

The rescue tube remains unclipped until secured around the manikin.

h) ***Securing the manikin***: After first touching the turn 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.

Note 1 Competitors must complete the 50 m freestyle swim by touching the pool edge before touching the manikin.

***Note 2*:** Competitors may not go back into the 5m zone to fix the tube correctly after a DQ.

Competitors must complete the freestyle swim by touching the pool wall before touching the manikin.

i) ***Towing the manikin***: Competitors must tow – not carry – the manikin. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin face up at the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10 m line.

Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

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 manikin is towed face up at the surface.

3.12.2 Equipment (*cont'd*)

As long as the manikin has not become separated from the rescue tube, and the manikin remains face up at the surface, a competitor may stop to re-secure the rescue tube correctly around the manikin without disqualification. Competitors may not go back into the 5m zone to fix the tube correctly after a DQ.

j) ***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 (see 3.3*Manikins*). Competitors are not permitted to start again in another heat.

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

3.12.3 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3, the following behaviour shall result in disqualification:

a) 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 (DQ17).

b) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m pick-up zone (DQ18).

c) Using an incorrect carrying technique as described in 3.3 *Manikins* (DQ19).

d) Carrying the manikin face down (see 3.3 *Manikins*) (DQ20).

e) Releasing the manikin before touching the turn wall.(DQ~~21~~38).

f) Competitor clipping the rescue tube into the ring before touching the turn wall(DQ30).

g) Manikin handler not releasing the manikin immediately after the competitor has touched the turn wall (DQ27).

h) Manikin handler pushing the manikin towards the competitor or the finish wall (DQ28).

i) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall (DQ25).

j) 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 (DQ29).

k) At 150 m, not touching the pool wall before touching the manikin (DQ26).

l) Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring) (DQ31).

m) Not securing the rescue tube around the manikin within the 5 m pick-up zone judged at the top of the manikin's head (DQ32).

3.12.3 Disqualification (*cont'd*)

n) The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line (DQ34).

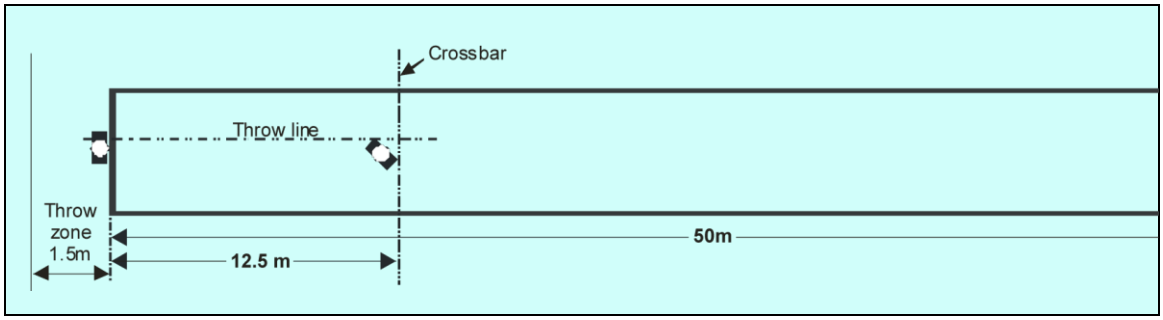
o) Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line (unless the competitor has stopped to re-secure the manikin) (DQ35).

p) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin (DQ36).

q) Touching the finish wall without the rescue tube and manikin in place (DQ37).

r) Failure to touch the finish wall (DQ15).

3.13 LINE THROW– 12.5 m



3.13.1 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 12.5 m distant. The competitor pulls this "victim" back to the finish wall of the pool.

a) ***The start***: On the first whistle, competitors step into the throw zone. The "thrower" holds only one end of the throw line in one hand. The line extends to the "victim" who holds both the line and cross bar with one or two hands at the start. The "victim" takes the line and enters the water. No practice throws are permitted. The surplus line can be on either side, over or under the bar.

At the second whistle, competitors take their positions for the start without undue delay. 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.

b) ***Starting position***: The thrower stands in the throw zone facing the victim, motionless with heels and/or knees together and arms straight down and beside the body. The end of the throw line is held in one hand.

The victim treads water on the near side of the rigid cross bar in allotted lane. The victim holds both the throw line and the crossbar with one or two hands. The victim can slide their hand anywhere along the bar as long as they do not remove or release their hand from the bar.

c) ***On an acoustic starting signal***: The thrower shall retrieve the line, throw it back to the victim (who grasps it), and pull him or her through the water until the victim touches the finish wall. Victims may only grasp the line in their designated lane in front or behind the cross bar.

To avoid any possible interference with other lanes, the victim may not exit the water and remains in his or her lane. The team will be disqualified if he or she attempts to climb out of the water beyond their waist or sit on the pool edge before the Chief Referee's signal.

Similarly, the thrower remains in the throw zone until the Chief Referee signals the completion of the race.

There is no penalty for pulling on the rigid crossbar while attempting to reach the throw line.

3.13.1 Event description(*cont'd*)

d) ***Fair throw***: Victims must grasp the throw line with their hands only within their lane. The lane marker is not "within the lane". Victims may submerge to retrieve the throw line. Victims may not release the crossbar before grasping the throw line with the other hand.

As long as victims remain entirely within their designated lane and do not release their grasp on the crossbar prior to grasping hold of the line, they may use their foot or other part of the body to manoeuvre the throw line within their lane to a position where they can grasp the line with their hand.

e) ***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.

Victims may wear swim goggles.

f) ***Throw zone***: Throwers 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.

Throwers must keep at least one foot wholly within the inside edge of the throw zone. Throwers who exit the throw zone (as judged by both feet) while pulling the victim or prior to the 45-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 inside edge of the throw zone, any part of the thrower's body may touch or cross the throw zone line without penalty. Any part of the thrower's feet may cross over the front of the "pool edge" of the throw zone without penalty.

Throwers may reach to retrieve a line dropped outside the throw zone as long as they maintain at least one foot wholly within the throw zone, and that there is no interference with another competitor. Throwers who enter (or fall into) the water shall be disqualified.

g) ***Time limit***: Throwers must make a fair throw and pull the victim to the finish wall within 45 seconds. If a throw falls short or outside the allocated lane, throwers may recover the line and throw again as often as necessary up to the 45-second limit.

Throwers who fail to get the victim to the finish wall before the 45-second acoustic completion signal shall be designated as "Did Not Finish" (DNF).

3.13.2 Equipment

a) ***Throw line***: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. The throw line must be between 16.5 m and17.5 m in length. Competitors must use the throw lines supplied by organisers.

3.13.2 Equipment (*cont'd*)

b) The rigid ***crossbar*** is positioned on the surface across each lane 12.5m from the starting end of the pool. A tolerance of plus 0.10m and minus 0.00 m in each lane is allowed.

3.13.3 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3, the following behaviour shall result in disqualification:

a) Victim moving his or her hand from the crossbar before grasping the throw line with the other hand (DQ51).

b) Victim grasping the throw line outside the lane (DQ54).

c) Victim not on his or her front while being pulled to the finish wall (DQ55).

d) Victim not holding the throw line with both hands while being pulled to the finish wall (victim may release the line with one hand for the sole purpose of touching the wall) (DQ56).

e) Victim "climbing" the throw line hand-over-hand (DQ57).

f) Line Thrower exiting the throw zone (as judged by both feet) at any time after the start and before the 45-second acoustic completion signal (DQ52).

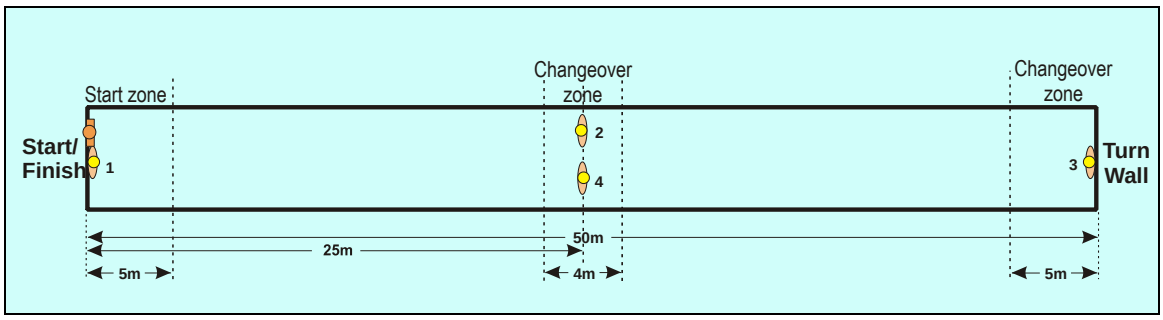
g) Victim exiting the water before the 45-second acoustic completion signal (DQ53).

h) Line Thrower executing practice throw(s) (DQ58).

i) Failure to touch the finish wall (DQ15).

Note: Failure to get the victim to the finish wall within the 45-second time limit shall be designated "Did Not Finish" (DNF). See 2.14.

3.14 MANIKIN RELAY (4 x 25 m)



3.14.1 Event description

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

a) ***The first competitor*** starts in the water holding a manikin at the surface with one hand and the start wall or starting block with the other hand. On an acoustic signal, the competitor carries the manikin and passes it to the second competitor within the 4m changeover zone situated between the
23 m and 27 m mark.

b) ***The second competitor*** carries the manikin to touch the turn wall and passes the manikin to the third competitor who is in contact with the turn wall or starting block with at least one hand. The third competitor may touch the manikin only after the second competitor has touched the turn wall.

c) ***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.

d) ***The fourth competitor*** completes the event by carrying the manikin to touch the finish wall with any part of the competitor's body.

e) Once they have completed their leg of the race, competitors must remain in the water in their lanes and return to their changeover zone after the exchange and remain there until the completion of the event has been signalled. In addition, competitor one and three should remain at the surface when not involved in the changeovers in their zone.

f) Only the incoming and outgoing competitors may participate in the manikin exchange within their changeover zones. The incoming competitors may assist outgoing competitors, but only as long as the manikin's head remains within the changeover zones.

g) Competitors may not release the manikin until the next competitor has ***grasped*** it (i.e., one hand of each competitor must be in contact with the manikin at all times).

h) The start zone and relay changeover zones shall be indicated by flags:
- at the start – 5 m from the pool wall
- 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
- at the turn wall – 5 m from the pool wall

i) Competitors may push off the pool bottom in the relay changeover zone.

3.14.1 Event description (*cont'd*)

j) In the start and changeover zones, competitors are not judged on "carrying the manikin" criteria (defined in 3.3) however competitors need to maintain contact with the manikin with at least one hand at all times and including during the exchanges**.**

Note: Carrying the manikin criteria **do** apply within the finish zone at the end of the relay.

3.14.2 Equipment

Manikin: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. The manikin is completely filled with water and sealed. Competitors must use the manikins supplied by organisers.

3.14.3 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3, the following behaviour shall result in disqualification:

a) Using incorrect manikin carry technique as described in 3.3 *Manikins* (DQ19).

b) Carrying the manikin face down (see 3.3*Manikins*) (DQ20).

c) Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool (DQ17).

d) The manikin changing hands (DQ42):
- before or beyond the designated changeover zone
- before the second competitor touches the pool wall

e) Assistance from a third competitor during the exchange between the incoming and outgoing competitors (DQ39).

f) Releasing the manikin before the next competitor has grasped it (i.e. one hand of each competitor must be in contact with the manikin) (DQ43).

g) Releasing the manikin before touching the turn wall or finish wall (DQ38).

h) Failure to touch the finish wall (DQ15).

i) One competitor completing two or more legs of the event (DQ40).

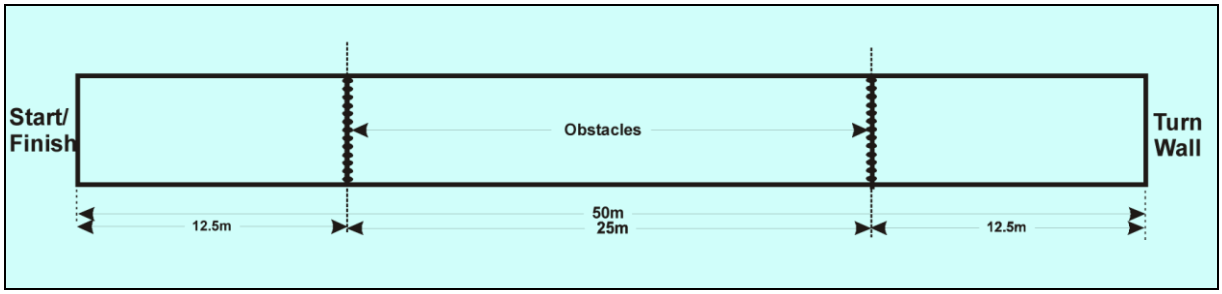
j) Leaving the start before the previous competitor has touched the wall (DQ41).

Note: Once the top of the manikin's head has entered the changeover zone, competitors are not judged on "carrying the manikin" criteria. Once the top of the manikin's head has left the changeover zone, "carrying the manikin" criteria apply.

The manikin exchange between competitors 1 & 2 and 3 & 4 may take place at any time after the top of the manikin's head has entered the changeover zone, but the exchange must occur within the changeover zone. Outgoing competitors must have the manikin in the correct carrying position when the top of the manikin's head passes the outgoing changeover line.

After the second competitor has touched the turn wall, he or she may assist in the exchange with the third competitor anywhere within the 5 m changeover zone. The third competitor must have the manikin in the correct carrying position when the top of the manikin's head passes the 5 m line.

3.15 OBSTACLE RELAY (4 x 50 m)



3.15.1 Event description

With a dive start on an acoustic signal, the first competitor swims 50 m freestyle passing under two obstacles. After the first competitor touches the turn wall the second, third, and fourth competitors repeat the procedure in turn.

a) 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.

b) Competitors may push off the pool bottom when surfacing from under the obstacles.

c) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

d) The first, second and third competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first, second and third competitors may not re-enter the water.

3.15.2 Equipment

Obstacles: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. 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 start wall with the second obstacle 12.5 m from the opposite end. The distance between the two obstacles is 25 m.

3.15.3 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3, the following behaviour shall result in disqualification:

a) Passing *over* an obstacle and not immediately returning over *or* under that obstacle and then passing *under* it (DQ11).

b) Failure to surface after each dive entry (DQ12).

c) Failure to surface after each obstacle (DQ13).

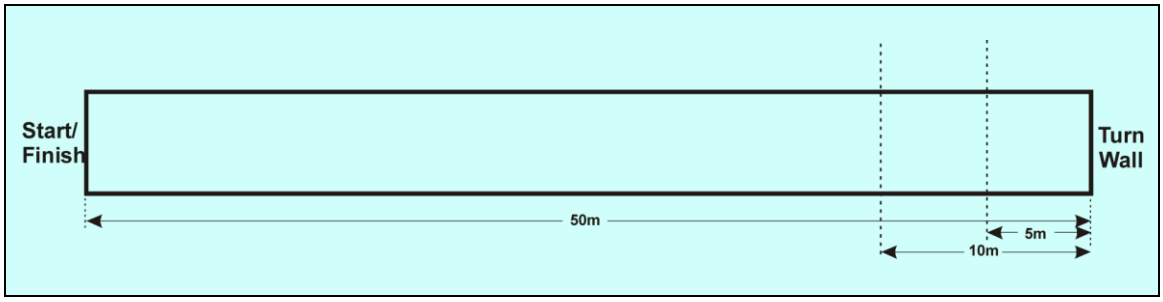
d) Leaving the start before the previous competitor has touched the wall (DQ41).

e) Failure to touch the finish wall (DQ15).

f) A competitor re-entering the water after completing his or her leg of the relay (DQ50).

g) One competitor repeating two or more legs of the event (DQ40).

3.16 MEDLEY RELAY (4 x 50 m)



3.16.1 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 turn wall.

The fourth competitor, in the water wearing fins with at least one hand on the turn wall, dons the harness. The fourth competitor is not permitted to touch any part of the rescue tube, including the harness loop until the third competitor has touched the turning wall. 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.

a) Both the fourth and the third competitor (victim) must leave from the turn wall. The victim must be in contact with the rescue tube before passing the
5 m line. The line of the rescue tube must be fully extended beyond the 10 m line when the top of the “victim’s” head crosses the 5m/10m line.

   Note: Should the line of the rescue tube not be fully extended because of the power of the victim’s kick the team shall not be disqualified.

b) The event is complete when the fourth competitor touches the finish wall of the pool with the victim in contact with the tube.

c) The victim may kick while being towed, but no other assistance is permitted.

d) The victim must grip the main body of the rescue tube – not the rope or clip.

e) 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.

f) While the fourth competitor must have at least one hand on the turn wall or starting block when the third competitor touches the edge, the fourth competitor may push off the wall with hand, arm, or feet. The fourth competitor may not touch any part of the rescue tube, its harness or line, until after the third competitor has touched the turn wall.

3.16.1 Event description (cont'd)

g) The first and second competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first and second competitors may not re-enter the water.

3.16.2 Equipment

a) ***Rescue tube, swim fins***: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. Competitors must use the rescue tubes supplied by organisers.

b) ***Starts with rescue tubes***: For the third competitor's start, the rescue tube and rescue tube line may be positioned at the competitor's discretion, but within the competitor's allotted lane. Competitors should ensure a safe and correct position of rescue tube and line. The rescue tube remains unclipped throughout.

c) ***Wearing rescue tubes***: Rescue tubes must be donned correctly, either with the loop over one shoulder, or over the shoulder and across the chest – at the competitor's discretion. 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 or tow.

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

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

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

3.16.3 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3, the following behaviour shall result in disqualification:

a) Leaving the start before the previous competitor has touched the wall (DQ41).

b) The fourth competitor touching the rescue tube harness, line or any part of the rescue tube before the third competitor touches the turn wall (DQ44).

c) The competitor clipping the rescue tube into the ring(DQ45).

d) The victim holding the rescue tube by the rope or clip (DQ46).

e) The victim helping with arm movements, or not holding the rescue tube with both hands (DQ47).

f) The victim losing the rescue tube after passing the 5 m line (DQ48).

g) The fourth competitor towing the victim without the line of the rescue tube fully extended beyond the 10 m line (DQ49).

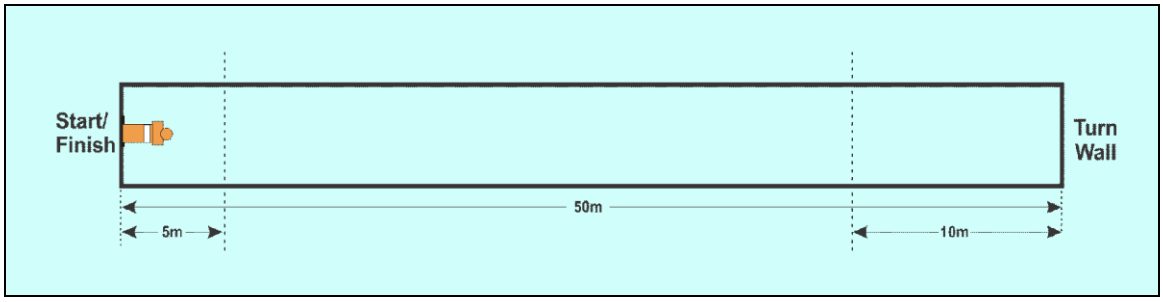
3.16.3 Disqualification (*cont'd*)

h) One competitor completing two or more legs of the event (excludes third competitor acting as victim) (DQ40).

i) Failure to touch the finish wall (DQ15).

j) A competitor re-entering the water after completing his or her leg of the relay (DQ50).

3.17 POOL LIFESAVER RELAY (4 x 50 m)



3.17.1 Event description

The first competitor: With a dive start on an acoustic signal, the first competitor swims 50 m freestyle *without* fins.

The second competitor: With a dive start after the first competitor touches the wall, the second competitor swims 50 m with fins and dives to retrieve a submerged manikin. The second competitor does not need to touch the turning edge before passing the manikin to the third competitor.

Note: The Second swimmer is permitted to swim the whole lap underwater before surfacing with manikin or may surface one or more times after the start and before diving to retrieve the manikin.

The third competitor: The third competitor is waiting in the water (without fins) in contact with the turn wall or starting block with at least one hand. The third competitor takes the manikin from the second competitor after the manikin breaks the surface of the water. The third competitor then carries the manikin 50 metres and touches the wall before passing the manikin to the fourth competitor.

Note: Manikins are to be placed on the pool bottom to a maximum depth of 3.0 metres. In pools deeper than 3.0 m, “platforms” may be used to hold manikins at the 3.0 metre depth (see Section 8.1.11 d)).

The fourth competitor: The fourth competitor (with fins) is holding the turning edge with at least one hand until taking the manikin. The fourth competitor then carries the manikin to touch the finish wall with any part of the competitor’s body.

The incoming second and third competitors may assist their outgoing competitors, but only as long as the manikin’s head remains within the changeover zones.

Flags shall indicate the changeover zones for the manikin carry legs:

- At the 2nd to 3rd competitor changeover - 5 m from the pool wall.
- At the 3nd to 4th competitor changeover – 10 m from the pool wall.

Competitors may not release the manikin until the next competitor has ***grasped*** it (i.e., one hand of each competitor must be in contact with the manikin).

3.17.1 Event description (cont'd)

The third and fourth competitors are not judged on "carrying the manikin" criteria (defined in 3.3) within the changeover zones. Carrying the manikin criteria do apply within the finish zone at the end of the relay.

Retrieving ***lost fins***: The second and fourth competitors may retrieve fins lost after the start and the team may continue in the race. The team will not be permitted to start again in another heat.

The third and fourth competitors may push off the wall with hand, arm, or feet after taking the manikin for their respective legs.

The event is complete when the fourth competitor touches the finish wall of the pool while still correctly carrying the manikin.

The first, second and third competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. These competitors may not re-enter the water.

Note: For Life Saving World Championships the Pool Lifesaver Relay will be conducted as a mixed gender event. There shall be two males and two females in each team. The Event Management Committee shall undertake a draw to determine the male and female legs of the race.

3.17.2 Equipment

Manikin: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. The manikin is completely filled with water and sealed. Competitors must use the manikins supplied by organisers.

Swim fins: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*.

3.17.3 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 3.1 through 3.3, the following behaviour shall result in disqualification:

a) Using incorrect manikin carry technique as described in 3.3 *Manikins* (DQ19).

b) Carrying the manikin face down (see 3.3 *Manikins*) (DQ20).

c) Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool (DQ17).

d) The third competitor releasing contact with the pool wall before touching the manikin (DQ59).

e) The manikin changing hands (DQ60):

- before the second competitor has surfaced the manikin
- before the third competitor touches the pool wall

3.17.3 Disqualification (cont'd)

f) Assistance from a third competitor during the exchange between the incoming and outgoing competitors (DQ39).

g) Releasing the manikin before the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin) (DQ43).

h) Failure to touch the finish wall (DQ15).

i) One competitor completing two or more legs of the event (DQ40).

j) Not competing in the correct drawn male and female legs of the race (DQ61)

k) Leaving the start before the previous competitor has touched the wall (DQ41).

l) A competitor re-entering the water after completing his or her leg of the relay (DQ50).

Note: Once the top of the manikin's head has entered the changeover zone, competitors are not judged on "carrying the manikin" criteria. Once the top of the manikin's head has left the changeover zone, "carrying the manikin" criteria applies.

After the second competitor has surfaced with the manikin, he or she may assist in the exchange with the third competitor anywhere within the 5 m changeover zone. The third competitor must have the manikin in the correct carrying position when the top of the manikin's head passes the 5 m line.

After the third competitor has touched the turn wall, he or she may assist in the exchange with the fourth competitor anywhere within the 10 m changeover zone. The third competitor must have the manikin in the correct carrying position when the top of the manikin's head passes the 10 m line.

DISQUALIFICATION CODES FOR POOL EVENTS

GENERAL

Code and Disqualification	Events
1. Not completing the event in accordance with the event description or general rules.	All events
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 or her progress • receiving physical or material outside assistance (other than verbal or other direction)	All events
3. Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.	All events
4. A competitor or team absent from the start of an event shall be disqualified except for the A- or B-final.	All events
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 involved from competition.	All events
6. Abuse of officials may result in disqualification from the competition.	All events
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.	All events
8. Taking assistance from the pool bottom except where specifically allowed (e.g., Obstacle Swim, 4 x 25 m Manikin Relay).	All events
9. Leaving the water after an event before permission is given by the official.	All events
10. Commencing a starting motion before the starting signal has been given.	All events

DISQUALIFICATION CODES FOR POOL EVENTS*(cont'd)*

POOL EVENTS

Code and Disqualification	Events
11. Passing over an obstacle without immediately returning over or under that obstacle and then passing under it.	Obstacle Swim, Obstacle Relay
12. Failure to surface after the dive entry or after a turn before passing under an obstacle.	Obstacle Swim, Obstacle Relay
13. Failure to surface after each obstacle.	Obstacle Swim, Obstacle Relay
14. Failure to touch the wall during the turn.	Obstacle Swim
15. Failure to touch the finish wall.	All events
16. Not surfacing before diving to the manikin.	Manikin Carry
17. 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.	Manikin Carry, Manikin Carry with Fins, Manikin Relay Rescue Medley, Super Lifesaver, Pool Lifesaver Relay
18. Not having the manikin in a correct carrying position before the top of the manikin's head passes the 5 m line.	Manikin Carry, Rescue Medley, Super Lifesaver
19. Using an incorrect carrying technique (as described in 3.3 *Manikins*).	Manikin Carry, Manikin Carry with Fins, Manikin Relay Rescue Medley, Super Lifesaver, Pool Lifesaver Relay
20. Carrying or towing the manikin face down (3.3 *Manikins*).	Manikin Carry, Manikin Carry with Fins, Manikin Tow with Fins, Manikin Relay Rescue Medley, Super Lifesaver, Pool Lifesaver Relay
21. Releasing the manikin before touching the finish wall or the turn wall	Manikin Carry, Manikin Carry with Fins, Rescue Medley, Super Lifesaver
22. Surfacing after turning and before lifting the manikin.	Rescue Medley
23. Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line.	Manikin Carry with Fins

DISQUALIFICATION CODES FOR POOL EVENTS (*cont'd*)

Code and Disqualification	Events
24. Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin.	Manikin Tow with Fins, Super Lifesaver
25. Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall.	Manikin Tow with Fins, Super Lifesaver
26. At 50 m / 150 m, not touching the pool wall before touching manikin.	Manikin Tow with Fins, Super Lifesaver
27. Manikin handler not releasing the manikin immediately after the competitor has touched the turn wall.	Manikin Tow with Fins, Super Lifesaver
28. Manikin handler pushing the manikin towards the competitor or the finish wall.	Manikin Tow with Fins, Super Lifesaver
29. 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.	Manikin Tow with Fins, Super Lifesaver
30. Competitor clipping the rescue tube into the ring before touching the turn wall.	Manikin Tow with Fins, Super Lifesaver
31. Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring).	Manikin Tow with Fins, Super Lifesaver
32. Not securing the rescue tube around the manikin within the 5 m pick-up zone (judged at the top of the manikin's head).	Manikin Tow with Fins, Super Lifesaver
33. Pushing or carrying, instead of towing the manikin.	Manikin Tow with Fins, Super Lifesaver
34. The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line.	Manikin Tow with Fins, Super Lifesaver
35. Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line (unless the competitor has stopped to re-secure the manikin).	Manikin Tow with Fins, Super Lifesaver

DISQUALIFICATION CODES FOR POOL EVENTS (*cont'd*)

Code and Disqualification	Events
36. The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.	Manikin Tow with Fins, Super Lifesaver
37. Touching the finish wall without the rescue tube and manikin in place.	Manikin Tow with Fins, Super Lifesaver
~~38. Releasing the manikin before touching the turn wall or finish wall.~~ This DQ point no longer applies.	~~Manikin Relay, Manikin Carry with Fins Super Lifesaver~~
39. Assistance from a third competitor during the exchange between the incoming and outgoing competitors.	Manikin Relay, Pool Lifesaver Relay
40. One competitor repeating two or more legs of the event.	Obstacle Relay, Manikin Relay, Medley Relay, Pool Lifesaver Relay
41. Leaving the start before the previous competitor has touched the wall.	Obstacle Relay, Manikin Relay, Medley Relay, Pool Lifesaver Relay
42. The manikin changing hands: • before or beyond the designated changeover zone • before the second competitor touches the pool wall	Manikin Relay
43. Releasing the manikin before the next competitor has grasped it (i.e., one had of each competitor must be in contact with the manikin).	Manikin Relay, Pool Lifesaver Relay
44. The fourth competitor touching the rescue tube harness, line or any part of the rescue tube before the third competitor touches the turn wall.	Medley Relay
45. The competitor clipping the rescue tube into the ring.	Medley Relay
46. The victim holding the rescue tube by the rope or clip.	Medley Relay
47. The victim helping with arm movements, or not holding the rescue tube with both hands.	Medley Relay
48. The victim losing the rescue tube after crossing the 5 m line.	Medley Relay
49. The fourth competitor towing the victim without the line of the rescue tube fully extended beyond the 10 m line.	Medley Relay

DISQUALIFICATION CODES FOR POOL EVENTS (*cont'd*)

Code and Disqualification	Events
50. A competitor re-entering the water after completing his or her leg of the relay.	Obstacle Relay, Medley Relay, Manikin Relay, Pool Lifesaver Relay
51. The victim moving his or her hand from the crossbar before touching the throw line.	Line Throw
52. Line thrower exiting the throw zone (as judged by both feet) at any time after the start and before the 45-second acoustic completion signal.	Line Throw
53. Victim exiting the water before the 45-second acoustic completion signal.	Line Throw
54. Victim grasping the throw line outside his or her lane.	Line Throw
55. Victim not on his or her front while being pulled to the finish wall.	Line Throw
56. Victim not holding the throw line with both hands while being pulled to the finish wall (victim may release the line with one hand for the sole purpose of touching the wall).	Line Throw
57. Victim "climbing" the throw line hand-over-hand.	Line Throw
58. Line thrower executing practice throws.	Line Throw
59. The third competitor releasing contact with the pool wall before touching the manikin.	Pool Lifesaver Relay
60. The manikin changing hands (DQ60): • before the second competitor has surfaced the manikin • before the third competitor touches the pool wall	Pool Lifesaver Relay
61. Not competing in the correct drawn male and female legs of the race	Pool Lifesaver Relay
Note: Failure to get the victim to the finish wall before the45-second acoustic completion signal shall be designated DNF, not a DQ.	

ANNEXURE: MANIKIN CARRY AND TOW CLARIFICATIONS

This Annexure is designed to further assist competitors, coaches and technical officials with understanding the rule and disqualification changes and clarifications relating to Manikin Carry and Tows (Section 3.3).

Generally, it is expected that carrying and towing techniques will be similar to those used in competition under the previous editions of the ILS Competition Rule Book.

Correct carrying techniques with a short explanation

Illustration 1: Both competitor and manikin are at or above the surface and the manikin is face-up.

Illustration 2: Competitor is at or above the surface with water over the manikin's face.

Illustration 3: Manikin is face-up at or above the surface; the competitor whose elbow breaks the surface is deemed to be "at or above the surface".

ANNEXURE: MANIKIN CARRY AND TOW CLARIFICATIONS (*Cont'd)*

Incorrect carrying techniques that would result in a disqualification

Illustration 4: Both competitor and manikin are at or above the surface, but the manikin is face-down. [DQ 20]

Illustration 5: Both competitor and manikin are below the surface. [DQ19]

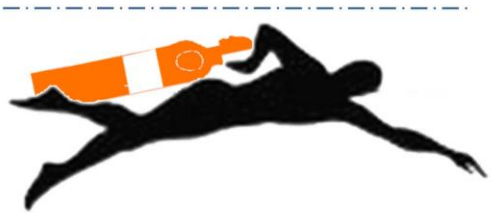


Illustration 6: Competitor is at or above the surface but the manikin is underneath the competitor. [DQ19].

The following provides some examples of the different types of carries. Carries that do not meet the requirements of the rule have a red line through them:

Cross-chest carry

- Competitors swim on their backs and may use any kick or stroke.
- Competitors grip the manikin with one hand and arm around the torso, maintaining the manikin at the water surface.
- The manikin must be carried face-up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.

Note: The manikin may not be pushed, gripped by the throat, mouth, nose or eyes.

ANNEXURE: MANIKIN CARRY AND TOW CLARIFICATIONS - Photos 1-3

Photo 1: Both competitor and manikin are at or above the surface but the manikin is face-up.

Photo 2: Competitor is at or above the surface but the manikin angled more than 90 degrees from the horizontal plane of the surface. [DQ20]

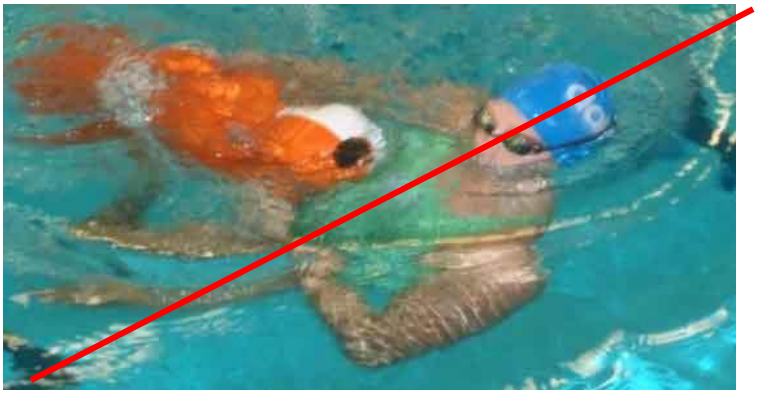
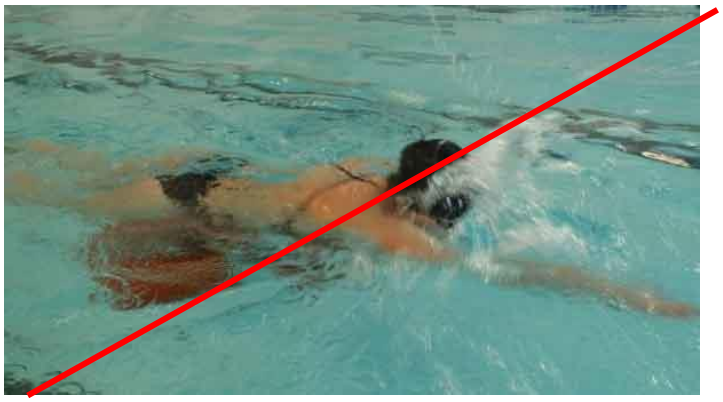


Photo 3: Competitor is at or above the surface but the manikin is underneath the competitor. [DQ19]



ANNEXURE: MANIKIN CARRY AND TOW CLARIFICATIONS – Photos 4-5

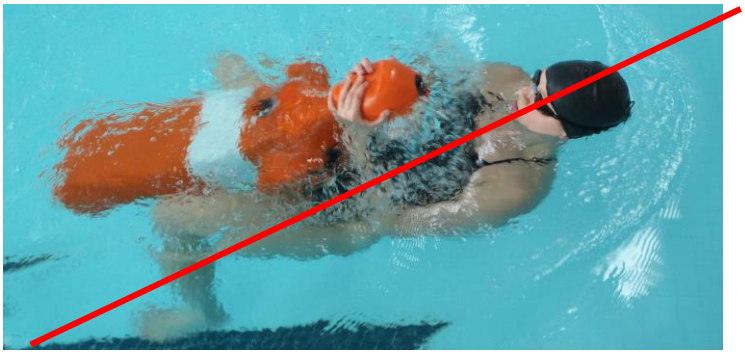
Double-hand head or chin carry

- Competitors swim on their backs and may use any kick or stroke.
- Competitors grip the manikin with two hands on either side of the head, maintaining the manikin at the surface.
- The manikin must be carried face-up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.

Note: The manikin may not be pushed, gripped by the throat, mouth, nose or eyes.

Photo 4: Both competitor and manikin are at or above the surface and the manikin is face-up.

Photo 5: Gripping the manikin's throat, mouth, nose or eyes. [DQ19].



Single-hand chin carry

- Competitors swim on their back or side and may use any kick or stroke.
- Competitors grip the manikin with one hand using the fingers to grasp the chin maintaining the manikin at the surface.
- The manikin must be carried face-up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.

Note: The manikin may not be pushed, gripped by the throat, mouth, nose or eyes.

ANNEXURE: MANIKIN CARRY AND TOW CLARIFICATIONS – Photos 6-8

Photo 6: Both competitor and manikin are at or above the surface and the manikin is face-up.

Photo 7: Gripping the manikin's throat, mouth, nose or eyes. [DQ19]

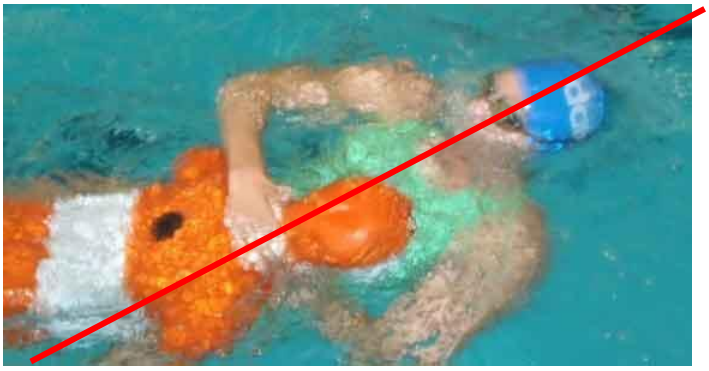
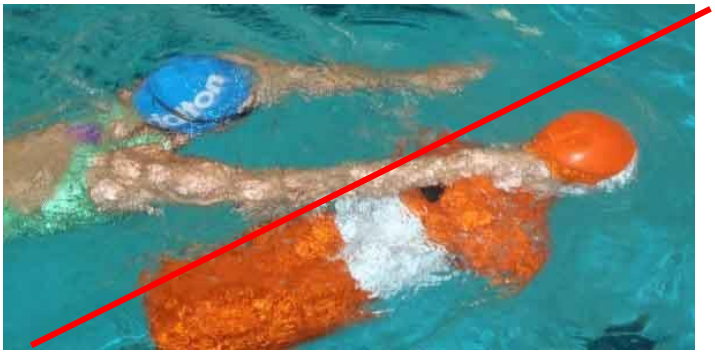


Photo 8: Pushing the manikin. [DQ19]



Double-hand underarm carry

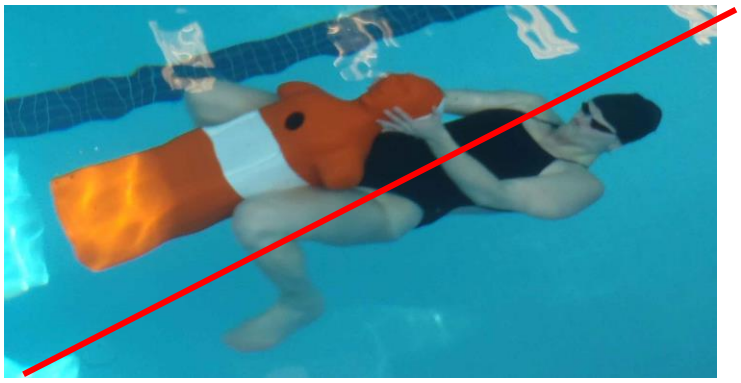
- Competitors swim on their backs and may use any kick or stroke.
- Competitors grip the manikin with two hands on either side of the torso beneath the arm buds, maintaining the manikin at the surface.
- The manikin must be carried face-up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.

Note: The manikin may not be pushed, gripped by the throat, mouth, nose or eyes, or carried below the surface.

ANNEXURE: MANIKIN CARRY AND TOW CLARIFICATIONS – Photos 9-11

Photo 9: Both competitor and manikin are at or above the surface and the manikin is face-up.

Photo 10: Both the manikin and the competitor are below the surface beyond the designated 5/10m line. [DQ19]



Back-of-head/neck carry

- Competitors swim on their back, side or front and may use any kick or stroke.
- Competitors grip the manikin at the back of the neck, maintaining the manikin at the surface.
- The manikin must be carried face-up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.

Note: The manikin may not be pushed, gripped by the throat, mouth, nose or eyes.

Photo 11: Both competitor and manikin are at or above the surface and the manikin is face-up.

ANNEXURE: MANIKIN CARRY AND TOW CLARIFICATIONS – Photos 12-15*)*

Photo 12: Both competitor and manikin are at or above the surface and the manikin is face-up.

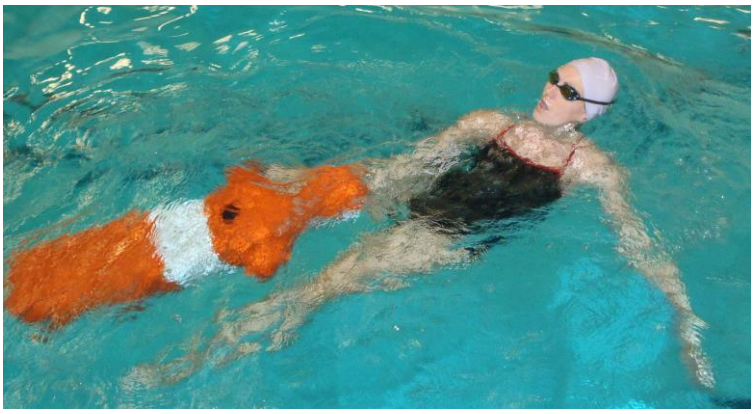


Photo 13: Both competitor and manikin are at or above the surface and the manikin is face-up.

Photo 14: Both competitor and manikin are at or above the surface and the manikin is face-up.

Photo 15: Both competitor and manikin are at or above the surface and the manikin is face-up.

ANNEXURE: MANIKIN CARRY AND TOW CLARIFICATIONS – Photos 16-18

Photo 16: Competitor and manikin are both above the surface; the manikin is face-down. [DQ20]

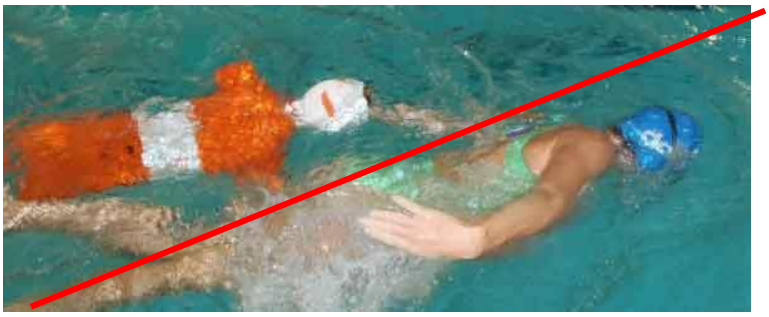


Photo 17: Both competitor and manikin are at or above the surface and the manikin is being carried face down. [DQ20]

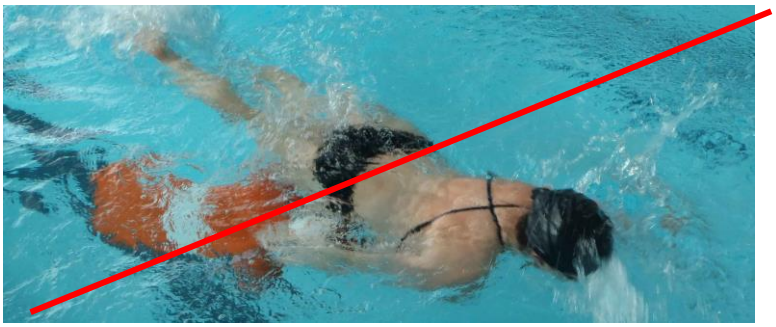


Photo 18: The rescue tube is secure around the body and under both arms of the manikin which is positioned face-up.

ANNEXURE: MANIKIN CARRY AND TOW CLARIFICATIONS – Photos 19-21

Photo 19: The manikin's face is angled more than 90 degrees from the horizontal plane of the surface and towing the manikin face down. [DQ20]

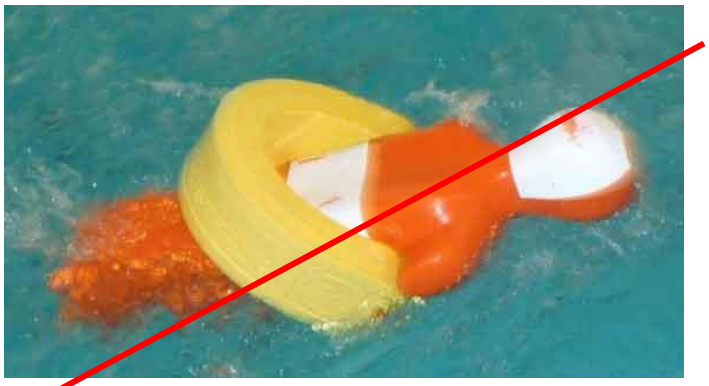
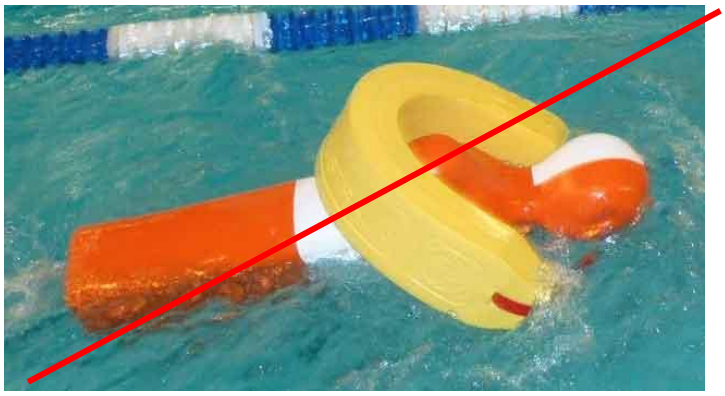


Photo 20: The manikin is face up, not more than 90 degrees, and the rescue tube was correctly secured under both arms of the manikin at the 5m line. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only one arm, provide that the rescue tube was "secured correctly" originally, and the manikin is towed face-up at the surface.

Photo 21: The manikin's face is angled more than 90 degrees from the horizontal plane of the surface and both arms are not "secured correctly". [DQ20 & DQ31]



ILS COMPETITION RULE BOOK

2015–2019 Edition

Revised 2017

Section 4

OCEAN EVENTS

Section 4
OCEAN EVENTS

The following ocean events are described in this section:

Surf Race
Surf Teams Race
Rescue Tube Rescue
Rescue Tube Race
Run-Swim-Run
Beach Flags
Beach Sprint
Beach Run – 2 km and 1 km
2x1km Beach Run Relay
Beach Relay
Surf Ski Race
Surf Ski Relay
Board Race
Board Relay
Board Rescue
Oceanman/Oceanwoman (and Eliminator format variation)
Oceanman/Oceanwoman Relay
Ocean Lifesaver Relay Mixed (Oceanman/Oceanwoman Relay Variation)

4.1 GENERAL CONDITIONS FOR OCEAN COMPETITION

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

a) Competitors may not be permitted to commence in an event if they are late reporting to the Marshalling area. To assist the organisers in determining how many heats may be required, events may be marshalled the day before or at the start of the day the event is scheduled.

b) A competitor or team absent from the start of an event shall be disqualified.

c) Unless specifically provided for, no artificial enhancements to propulsion may be used in competition (e.g., hand webs, arm bands).

d) The use of wax or similar substances to assist the competitor in maintaining the grip on or contact with boards or surf skis or paddles is permitted in ocean events.

e) Body tape used for preventative, medical, therapeutic or kinesiology purposes is allowed at the discretion of the Chief Referee as long as it does not provide a competitive advantage.

f) Video cameras may be mounted on boards and surf skis as long as such devices conform to the requirements specified in Section 8,*Facility and Equipment Standards and Scrutineering Procedures*. Video cameras may not be worn by or otherwise attached to a competitor from start to finish of a race.

4.1 GENERAL CONDITIONS FOR OCEAN COMPETITION (*cont'd*)

g) Competitors must wear their club or national team swim caps in all events. Ocean event caps, securely fastened under the chin, must be worn on competitors' heads at the start of each race.

A competitor shall not be disqualified if the cap is lost after the start of a race provided that officials can identify that the competitor correctly completed the event.

h) ***Competition courses***: Protests against the course will only be accepted prior to the start of each event or race.

All courses shall be measured, set, and aligned to the Chief Referee's satisfaction ensuring as far as possible that all lanes have fair and equal conditions.

The ILS Event Management Committee and Chief Referee may authorise adjustments to course set-ups to ensure the safety, fair judging and efficient running of the event (e.g., distances, number of lanes or buoys, number of competitors per race). Any course changes must be communicated to competitors prior to the start of the race (e.g., at the team managers briefing, in the marshalling area, or at the start).

The use of colour-coded buoys and flags is recommended to guide competitors accurately through the required courses.

Buoy distances shall be measured from the end of knee-depth water at low tide mark. However, distances may vary depending upon beach conditions and safety factors. Adjustment of the buoys may be necessary during the competition if they move out of alignment.

Competitors in craft events may pass through the swimming buoys on their craft on the understanding that they are solely responsible if the buoys offer an impediment to their progress.

i) Competitors and officials must leave the designated competition area when not competing or officiating. The competition area may be defined as the section of the beach encompassed by a line or fence, or a direct line to the water from the extreme ends of a line or fence or other designated areas as specified by the Chief Referee.

j) Finish Judges'' order-of-finish decisions are not subject to protest or appeal.

k) Start decisions by the Starter or Chief Referee (or Chief Referee's designate) are not subject to protest or appeal.

l) Luck of prevailing conditions: No protest or appeal will be entertained when an incident is caused by the prevailing conditions (see 2.7*Luck of Prevailing Conditions*).

4.2 THE START

4.2.1 Prior to the start

A Marshall shall:

a) Place competitors in the order as drawn for all heats and or finals.

4.2.1 Prior to the start (*cont'd*)

b) Accompany competitors and their required equipment to the starting area and ensure that competitors are positioned in proper order.

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

a) Check that all officials are in position.

b) Check that competitors have proper attire and caps for a legal start.

c) Check that equipment and course markers are in position.

A designated official e.g. Sectional Referee shall signal the Starter that the competitors are under the Starter's control.

4.2.2 The Starter

The Starter shall:

a) Have sole jurisdiction over the competitors from the time of the signal until the race has started.

b) Position himself or herself so as to have full visual control over all competitors during the start.

c) Ensure that the start for all races is consistent and fair.

d) Disqualify competitors for false starts (or in Beach Flags, eliminate competitors).

4.2.3 Start procedures

The process of starting events commences with a signal or command that indicates "Take your Marks", "Set and Go". These signals may be given by a combination of whistle, voice, flag, starting gun, and/or acoustic sound. See individual event descriptions for the start procedures for Beach Flags, Surf Boat and IRB events.

a) The following three-step start shall be used in all other ocean events listed in Section 4.
   - On the Starter's signal or sound that indicates the "**Take your marks**" command, competitors assume a position in their marshalled order at the start line.
   - On the Starter's signal or sound that indicates the "**Set**" command, competitors immediately assume their steady starting stance.
   - When all competitors are assumed a steady starting position, the Starter gives the signal or sound that indicates "**Go**"

b) If, for any reason, the Starter is not satisfied that all is ready for the start to proceed after competitors are on their marks, the Starter shall order all competitors to withdraw from their marks, and recommence the start.

c) While the Starter makes every attempt to effect a fair start, the decision to "go" on the start signal rests with the competitor or team. If there is no recall by the Starter, Check Starter or Chief Referee, no protest or appeal shall be allowed on the start.

4.2.3 Start procedures (*cont'd*)

d) After the start, competitors in swim, board, surf ski, and multi-discipline events may enter the water at their own discretion, providing there is no interference to other competitors.

e) In relay or multi-discipline events, after completion of the first leg, the competitor *entering* the water in second or subsequent legs shall be deemed to be at fault if the progress of a competitor *coming from* the water is impeded.

4.2.4 Start lines

a) Start lines may be designated by:

- a cord between two poles.
- a line drawn on the sand between two poles.
- a line of sight between two poles or otherwise as determined by the Starter.

b) At the start, competitors' toes may be on or behind the start line (whether a cord, drawn on the sand or line of sight) but parts of the body may overhang the line.

c) ***In beach events***: where a line is drawn, toes and fingers shall be on or behind the line except where an upright starting position is adopted. In such circumstances, competitors' toes shall be on or behind the line, but parts of the body may overhang the line.

d) ***In board events***: where a cord designates the start line, a part of the board held by competitors may be over the start line but it must be at right angles to the line or at an angle to accommodate prevailing conditions. Where a board is placed on the beach, it shall be placed at 90 degrees to, and on the shoreward side of, the start or changeover line.

e) ***In surf boat and surf ski events***: where a line of sight is used, the bow of the craft shall be on or behind the line and at 90 degrees to the line or at an angle to accommodate the prevailing conditions.

4.2.5 Disqualification

a) The one-start rule shall be used in all events.

b) The first competitor or team that commences a forward starting motion after assuming a final set position and before the starting signal shall be disqualified, except for Beach Flags in which the competitor shall be eliminated (DQ7).

c) If the starting signal sounds before the disqualification is declared, the competitors shall be called back and start again.

d) The signal to call back the competitors shall be the same as the starting signal but repeated.

e) Any competitor who is disqualified for a false start shall not be permitted to continue in the race and must withdraw from the start line.

4.2.5 Disqualification (*cont'd*)

f) All competitors who fail to comply with the Starter's commands within a reasonable time shall be disqualified (DQ8).

g) Any competitor who, after the Starter's first command, disturbs others in the race through sound or otherwise, may be disqualified or eliminated (in the case of Beach Flags) (DQ9).

4.2.6 Notes

a) The duty of the Starter and Check Starter is to ensure a fair start. If the Starter or Check Starter decides that a start is not fair, for any reason, including technical or equipment fault, the competitors shall be called back and the start process shall recommence.

b) Competitors shall be disqualified if they "commence a forward starting motion" prior to the starting signal. Involuntary movement by itself e.g. a muscle twitch is not a disqualification. Anticipating the starting signal and commencing a starting motion *is* a disqualification.

The Starter and Check Starter use their discretion in determining whether a competitor – or more than one competitor – has commenced a starting motion. Commonly, the early starting motion of one competitor causes movement by other competitors. Such movements by the other competitors are not a DQ.

c) The Starter's or Check Starter's decisions on starts are not subject to protest or appeal.

4.2.7 Changeovers and tagging in relays

a) Exchanges or changeovers in relay events shall be effected by a competitor "tagging" the next team member unless otherwise provided (see Beach Relay).

In tagging, one competitor uses either hand to visibly touch the other competitor on the hand or other part of the body. All tags must be performed above the water surface so that they are visible.

b) The outgoing competitor shall be positioned with feet on, or on the shoreward side of, the changeover line.

c) Competitors in relay events must start their leg of the race from the position or lane allotted by the Marshall. If competitors do not start from their designated lane or position, the team risks being disqualified.

4.3 THE FINISH

a) In events where competitors run across a finish line, they must cross the line on their feet and in an upright position (i.e., not fall across the line). The finish is judged on the chest of the competitor when crossing the finish line.

b) In events with in-water finishes such as surf skis and surf boats, competitors or teams or crews are deemed to have finished when any part of the craft crosses the finish line.

4.3 THE FINISH (*cont'd*)

c) In events where competitors are required to cross a finish line, and fail to do so correctly, competitors may recover and correctly re-cross the finish line to record their placing.

d) Once a competitor has been judged to have correctly crossed the finish line, he or she is deemed to have completed the race. The competitor may not re-enter the course to correct any previous race errors.

e) The Chief Referee may authorise the wearing of electronic finish tags to aid the judging and recording of races. Competitors must place tags as directed (e.g., around a specified ankle or wrist or placed on a designated part of their craft/surf boat). The result of such races shall then be determined by the order of the finish of the tags across the finish line. In the event of failure of the electronic tags, all placings in a race shall be visually judged using normal methods.

4.3.1 Judging

a) All events shall be judged visually. Placing shall be decided by finish Judges. Ties (dead heats) shall be declared as such.

b) Judges shall be positioned to ensure a clear view of the finish line. Where appropriate Judges shall be placed in elevated positions.

c) Judge 1 selects finishers 1 and 2; Judge 2 selects finishers 2 and 3 and so on, (that is, Judge 1 is primarily responsible for finisher 1, as well as noting who finished second).

d) At the Chief Judge's signal, placing decals shall be issued and/or names recorded.

e) Where available, Judges may use video/electronic equipment to assist them. The Chief Referee may allow competitors or team managers to view video playback, or other electronic judging aids under controlled circumstances

Note: Should video or other electronic judging aids be deemed necessary to properly determine the result of a race, the initial judging result shall not be declared as final and the Chief Referee/Sectional Referee and Chief Judge shall determine the final finish result of the event.

4.3.2 Time limits

a) A time limit may be imposed on the duration of an event at the Chief Referee's discretion. Competitors shall be advised of any time limits prior to the commencement of a round of the event.

4.3.2 Time limits (*cont'd*)

b) The Chief Referee may instruct competitors to withdraw from the event prior to finishing when the time limit has been reached or when the number of competitors required for subsequent rounds have qualified by completing the race without disqualification.

4.4 SEEDING

Seeding shall be used.

4.4.1 Seeding in heats

Seeding shall be used. For the first heat or round of an event, entries from the same club or nation will be seeded in different heats if possible.

4.4.2 Seeding in semi-finals and finals

Further seeding is required for all rounds after the heats. Seeding for further rounds, quarter-finals, semi-finals and finals shall be based on the result of the immediate preceding heat or round. There is to be an even spread of place getters in each race of the subsequent round based on the immediate preceding round of the event, i.e. if there are four heats going into a semi-final there should be two 1st places allocated to each semi-final, two 2nd places, two 3rd etc randomly distributed across the two semi-finals.

The number of competitors participating in heats, further rounds, semi finals and finals shall be as detailed in this Section 4.4.5.

Where required (for point score purposes, etc.) A- and B-finals shall be conducted in the following events: Rescue Tube Race, Rescue Tube Rescue, Beach Sprint, Beach Relay, Beach Flags and Board Rescue. Based on the results of heats or semi-finals, the top eight competitors shall be assigned places in the A-final. The ninth through sixteenth top competitors shall be assigned places in the B-final.

When one or more competitors withdraw from an A-final, competitors shall be called forward from the B-final. The final shall not be re-seeded.

Competitors or teams who withdraw or do not start (DNS) in an A- or B-final shall not earn any points to their team's point score (i.e. zero points are scored for a "no show").

Where one or more competitors or teams withdraw from an A-final, competitors shall be called forward from the B-final, alternate competitors up to a maximum of four competitors shall be called forward from the heats. The A-final shall not be reseeded. Should insufficient reserves be on standby the B final shall progress with those who have marshalled. The B-final shall not be re-seeded.

Note: In all ocean event rounds, reserves shall only come from the same qualifying race as the withdrawn competitor.

Ties: When a tie occurs that qualifies for a final, if possible (in terms of the number of competitors) the tied competitors shall advance to the appropriate final. If there are insufficient places available in the final, a *repêchage* heat shall be conducted between the tied competitors to determine the finalists.

4.4.3 Draws for position

The initial draw for heats and beach positions may be conducted by competition management and supplied to teams. Draws for positions in subsequent rounds (e.g., quarter-finals, semi-finals, and finals) shall be made by competition officials.

The method used for the draws, including draws for initial heats and seeding of competitors, shall be approved by the Chief Referee.

4.4.4 Beach positions

For swimming, surf ski, board, multi-discipline and surf boat events, starting positions and lanes shall be consecutively numbered from the left (facing the water) starting with the number 1. For beach events, the number 1 position shall be nearest the water.

4.4.5 Competitor limits

The Chief Referee shall decide whether events shall be conducted in heats, quarter finals, semi-finals, or finals. The recommended maximum number of competitors in a heat or final race shall not exceed the numbers in the following chart. Only the competition committee and Chief Referee may authorise changes to these maximum numbers with due consideration for effective judging, environmental conditions, safety considerations and fairness for all competitors.

Event	Max. no. of competitors/race
Surf Race	32 competitors
Rescue Tube Race	9 competitors
Run-Swim-Run	32 competitors
Beach Flags	16 competitors (8 in a Final)
Beach Sprint	10 competitors
Beach Run – 2 km and 1 km	40 competitors
2x1km Beach Run Relay – 1 km	40 Teams of 2 competitors
Surf Ski	16 competitors
Board Race	16 competitors
Oceanman/Oceanwoman	16 competitors (18 for the Eliminator)
Surf Teams Race	10 teams of 3 competitors
Rescue Tube Rescue	9 teams of 4 competitors
Beach Relay	10 teams of 4 competitors
Surf Ski Relay	16 teams of 3 competitors
Board Relay	16 teams of 3 competitors
Board Rescue	9 teams of 2 competitors
Oceanman/Oceanwoman Relay	16 teams of 4 competitors
Ocean Lifesaver Relay	16 teams of 4 competitors

4.5 SURF RACE

4.5.1 Event description

With a running start into the water from the start line on the beach, competitors swim around the 400 m (280 m for Masters) course designated by buoys, returning to shore to finish between the finish flags on the beach.

To facilitate the recording of placing after the finish, competitors may be positioned either:

- On a straight line drawn at approximately a 30-degree angle from the finishing line and up the beach.
- On a series of lines 10 m behind and at right angles to the finishing line and 5 m apart.

4.5.2 The course

As shown in the following diagram, the U-shaped course shall be approximately 400 m from start to finish. To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the Chief Referee, depending on the prevailing sea conditions.

The start line – a brightly coloured cord stretched between two poles approximately 40 m apart – shall be situated 5 m from the water's edge, centred on buoy number 1.

The finish line – between two flags positioned 5 m apart – shall be situated approximately 15 m from the water's edge, centred on buoy number 9.

The swimming course shall be marked by buoys (as indicated on the diagram) the furthest situated approximately 170 m beyond knee-deep water. Water distances may vary depending upon conditions.

4.5.3 Judging

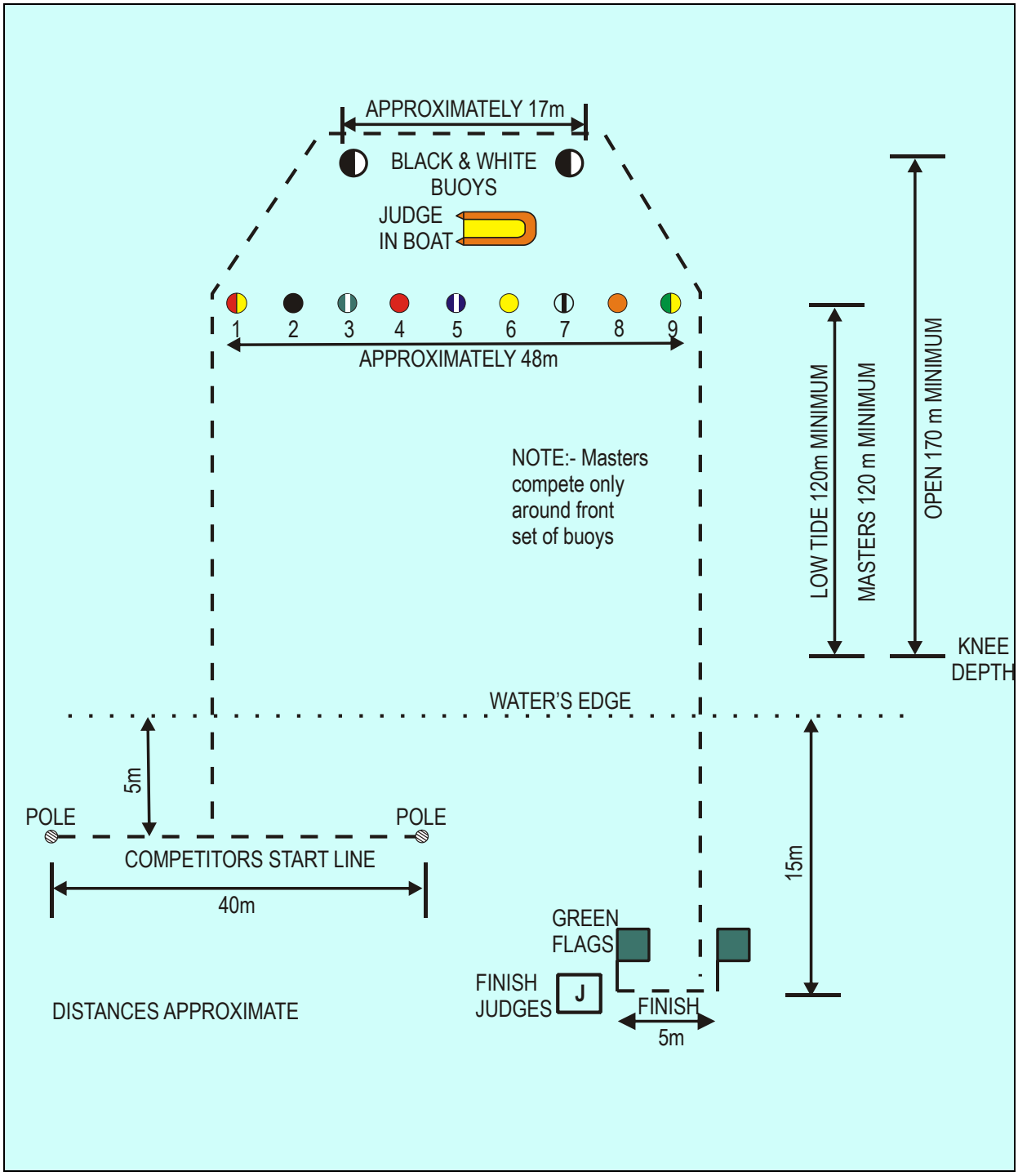
Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

4.5.4 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

a) Failure to complete the course as defined and described (DQ12).



SURF RACE

AGE GROUP	APPROXIMATE DISTANCE
Open	170 m to furthest buoy
Masters	120 m to furthest buoy

4.6 SURF TEAMS RACE

4.6.1 Event description

With a running start into the water from the start line on the beach, all three members of each team swim around the 400 m (280 m for Masters) course designated by buoys, returning to shore to finish between the finish flags on the beach.

Marshalling: The three members of each team shall be marshalled behind each other facing the water's edge in their drawn positions. The next team shall be lined up beside the first team and so on.

When all teams are assembled, a direction shall be given to face the competition area. On the direction of an official the line nearest the water's edge shall file onto the competition area, followed by the second, third and fourth lines. (This procedure spreads competitors from each team over the starting line.)

Points: Points are allotted as follows: one for first, two for second, three for third, four for fourth, etc. The team scoring the least number of points will be declared the winner. Should two or more teams be allotted equal points, the team whose full complement of members first completes the course shall be awarded the higher placing.

All competitors who finish shall be recorded as they are placed and the points will be calculated. If any teams are disqualified, places shall be reallocated and points then calculated.

If Surf and Surf Teams races are combined, swimmers not in teams shall be eliminated from the points allotment for the purpose of determining the teams race result.

4.6.2 The course

The Surf Teams Race is conducted over the course provided for the Surf Race as shown in the following diagram. To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the Chief Referee, depending on the prevailing sea conditions.

4.6.3 Judging

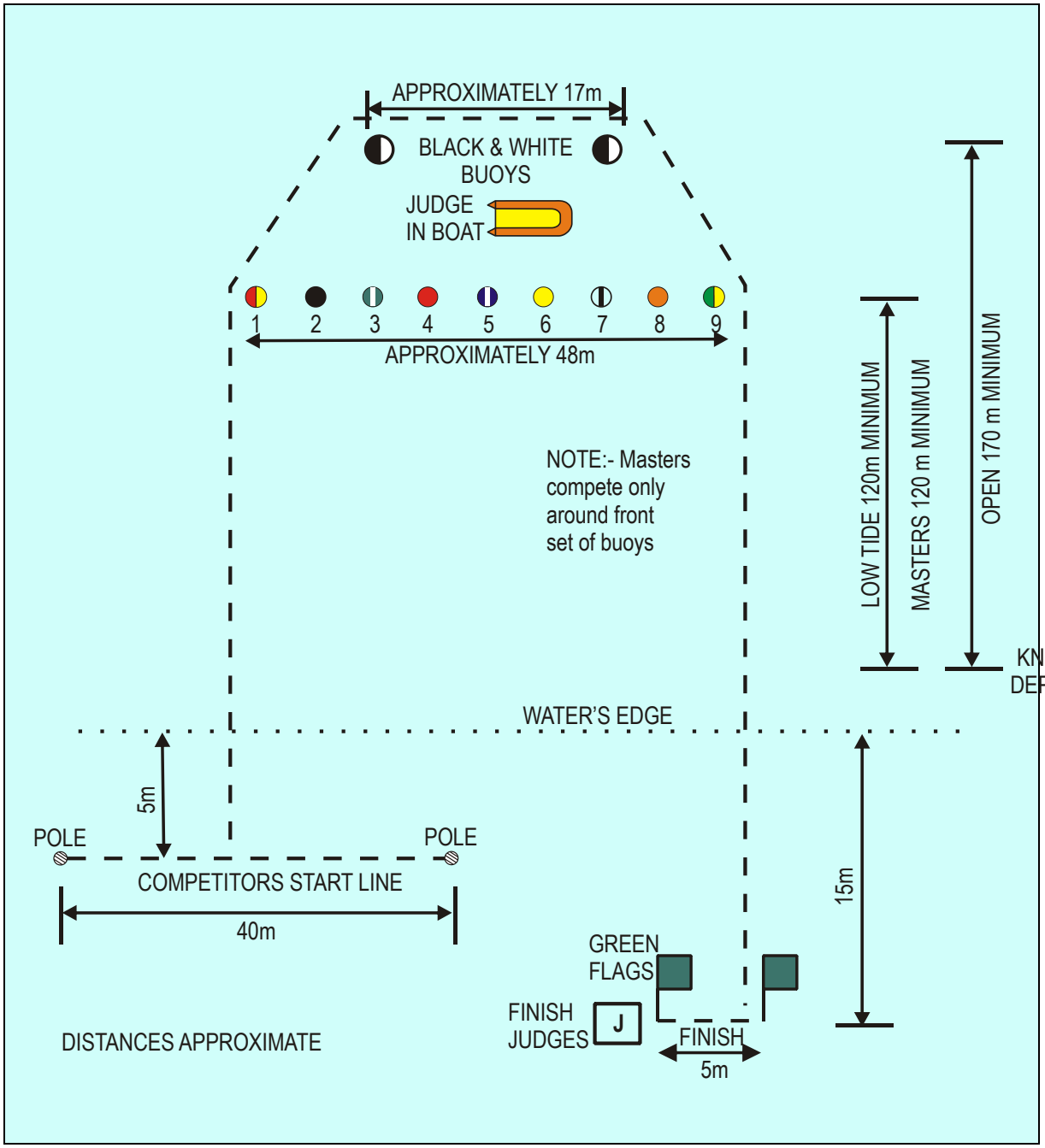
Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

4.6.4 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

a) Failure to complete the course as defined and described (DQ12).



SURF TEAMS RACE

AGE GROUP	APPROXIMATE DISTANCE
Open	170 m to furthest buoy
Masters	120 m to furthest buoy

4.7 RESCUE TUBE RESCUE

4.7.1 Event description

Four competitors from each team participate in this event: a "victim," one rescue tube swimmer, and two rescuers. The victim swims approximately 120 m to a designated buoy, signals, and waits to be rescued by the rescue tube swimmer. As they return to shore, the remaining two rescuers enter the water to assist. The event finishes when the first competitor in a team crosses the finish line while in contact with the victim.

a) ***The start***: All four competitors assemble at their team's allotted position at the start line. Prior to the start signal, the rescue tube swimmer and equipment must be on the shoreward side of the start/finish line. The rescue tube swimmer may hold or don the rescue tube, and may hold the swim fins in his or her hands. Fins may not be worn prior to crossing the start line.

   On the starting signal, the victim enters the water, swims to touch the allotted buoy, signalling arrival by raising the other arm to a vertical position while in contact with the buoy. The victim then waits in the water on the seaward side of the buoy.

   Note: The buoy is defined as the buoy only and does not include any attaching ropes and/or straps. Competitors must visibly touch the buoy above the water line before signalling their arrival at the buoy.

   The Chief Referee may determine an acceptable alternative method of clearly signalling the victim has touched the buoy.

   Competitors must start from the correct allotted position. Competitors swimming to and signalling from the wrong buoy shall be disqualified.

b) ***Rescue tube swimmer***: On the victim's arrival signal, and from the correct allotted position, the rescue tube swimmer crosses the start line, dons the equipment at his or her discretion, and swims past the left side (viewed from the beach) of the designated buoy to the victim waiting on the seaward side of the buoy. The rescuer secures the rescue tube correctly around the victim's body and under both arms and clipped to an O-ring. The victim may assist with the securing and clipping of the rescue tube. With the victim clipped into the rescue tube, competitors continue (clockwise) around the buoy towing the victim to the beach.

c) ***Rescuers***: After the rescue tube swimmer has started to tow the victim to the beach, the two rescuers, at their discretion, may cross the start line to enter the water and assist the rescue tube swimmer to bring the victim to the beach.

   The victim must be dragged or carried to the finish.

d) ***The finish*** is judged on the chest of the first team member crossing the finish line on his or her feet in an upright position while still in contact with the victim (the rescue tube need not be attached).

4.7.2 Notes

a) All team members must start from their allotted positions at the start line

b) Rescue tube swimmers and the two rescuers, who have previously crossed over the start line (for whatever reason), will not be disqualified provided they return to the shoreward side of the start line prior to beginning their leg of the event.

c) At the start, rescue tube swimmers may place the rescue tubes and fins on the shoreward side of the start/finish line or may hold their fins and rescue tubes in their hands. The rescue tube lanyard may be donned.

d) Rescue tubes must be donned correctly, either with the loop over one shoulder, or over the shoulder and across the chest – at the competitor's discretion.

e) The victim may assist the rescue tube swimmer in securing the rescue tube. Either may clip-in the rescue tube, but the victim must be clipped into the tube behind the buoy line.

f) Rescuer tube swimmers must tow the victim with the tube secured around the body and under both arms and clipped in an O-ring.

g) The victim must not be towed on the stomach.

h) The victim may assist by kicking and sculling with the arms under the surface, but must not swim with an out-of-water arm recovery.

i) At no time, may the victim assist by walking or running, but the victim may assist by lifting the legs during the carry.

j) Only the rescue tube swimmer may use the swim fins. Rescuers shall not use any equipment or swim fins.

4.7.3 The course

As shown in the following diagram, the course shall be approximately 240 m. To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the Chief Referee, depending on the prevailing sea conditions.

a) ***The start/finish line***: a brightly coloured cord stretched between two poles carrying flags, approximately 48 m apart shall be located at the water's edge. Alignment of the start line to the buoys may be altered at the discretion of the Chief Referee, depending on prevailing sea conditions. The start line will also be the finish line. This line will be removed once competitors are in line and prior to the start to ensure the tube cannot catch it.

b) ***The swimming buoys*** shall be placed as for the Surf Race, so that all competitors have an equal chance with regard to sandbanks and rips, etc.

4.7.4 Equipment

Rescue tube, swim fins: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. Competitors must use rescue tubes provided by organisers.

4.7.5 Judging

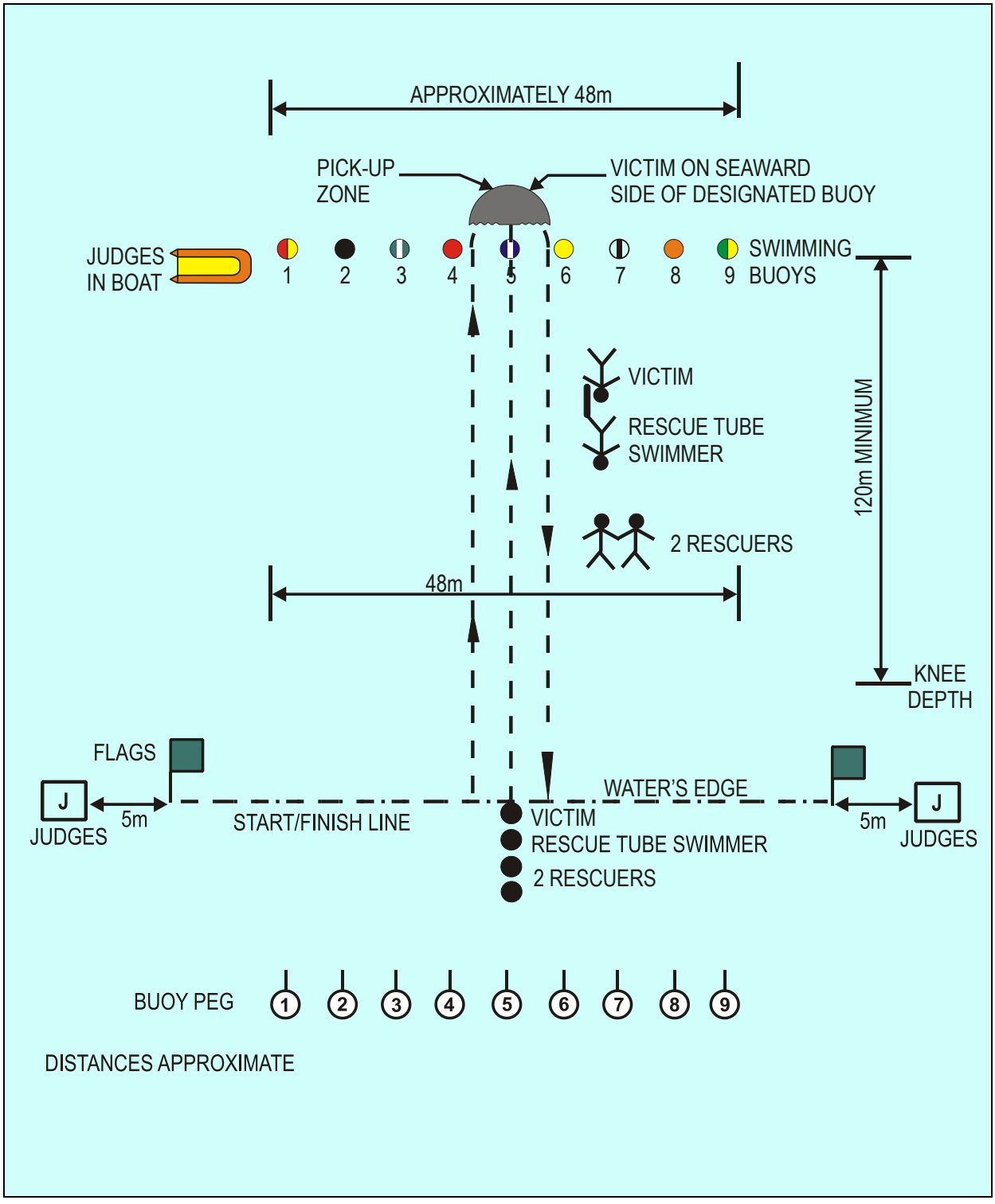
Finish Judges shall be positioned at each end of the finishing line at least 5 m from the flagpole and in line with each flagpole. An in-boat Course Judge shall be positioned in line with the buoys as shown in the diagram.

Infringements recorded during the event observed by any of the Judges shall be reported to the Chief Referee who shall adjudicate on the infringement with the Judges concerned. An in-boat Judge observing an infringement shall report to the Chief Referee as soon as practical and prior to the race result being declared.

4.7.6 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

a) Failure to complete the course as defined and described (DQ12).



RESCUE TUBE RESCUE

4.8 RESCUE TUBE RACE

4.8.1 Event description

Rescue tubes and fins are placed on the beach, approximately 15 m from the water's edge in line with the competitor's designated buoy peg.

Competitors take their positions on the starting line approximately 5 m from the water's edge. On the starting signal, competitors race up the beach to obtain their rescue tubes and fins, and donning the equipment at their discretion, enter the water and swim toward and around (the left side, viewed from the beach) their designated buoy to return to the beach and cross the finish line.

The finish is judged on the chest of the competitor crossing the finish line in an upright position in possession of both fins and with the rescue tube strap over the shoulder.

Notes:

- At the start, the rescue tube and fins must be positioned at competitors' discretion at and on the seaward side of the competitors' designated buoy peg.
- Rescue tubes must be worn with the shoulder loop across or over one shoulder.

4.8.2 The course

The Rescue Tube Race shall be conducted under the general rules of the Rescue Tube Rescue. The course shall be the same as the Rescue Tube Rescue as shown in the following diagram.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the Chief Referee, depending on the prevailing sea conditions.

4.8.3 Judging

An in-boat Judge shall be positioned in line with the buoys as shown in the diagram. Finish Judges shall be positioned at each end of the finish line at least5 m from the flag pole and in line with each flag pole.

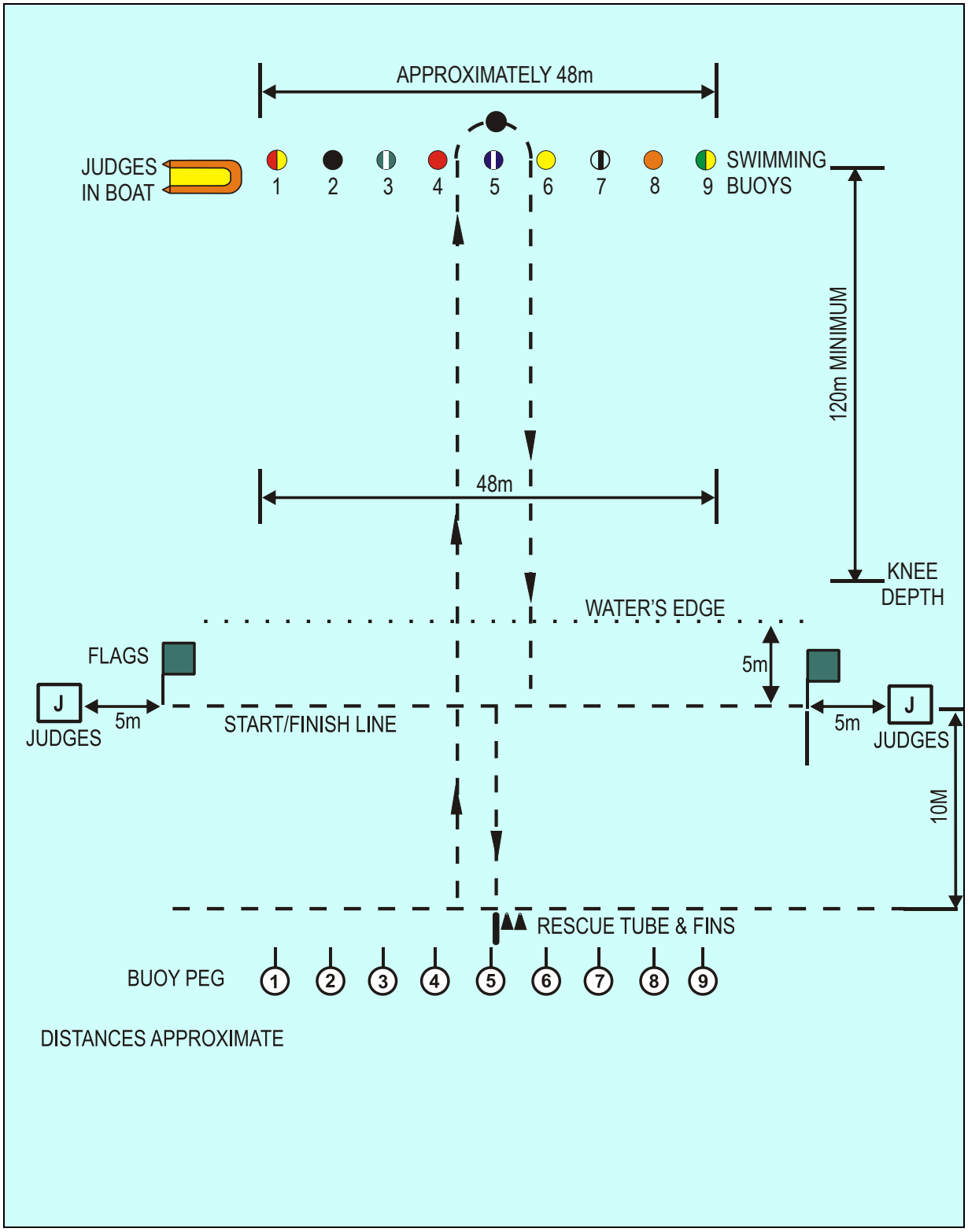
4.8.4 Equipment

Rescue tube: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. Competitors must use rescue tubes supplied by organisers.

4.8.5 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

a) Failure to complete the course as defined and described (DQ12).



RESCUE TUBE RACE

4.9 RUN – SWIM – RUN

4.9.1 Event description

From the start line, competitors run to pass around the turning flag and enter the water to swim out to and around the buoys. Competitors swim back to the beach to again run around the turning flag before running to the finish line.

4.9.2 The course

As shown in the following diagram, the course shall be laid out so that competitors run approximately 200 m, swim approximately 300 m, and run approximately 200 m to finish.

4.9.3 Judging

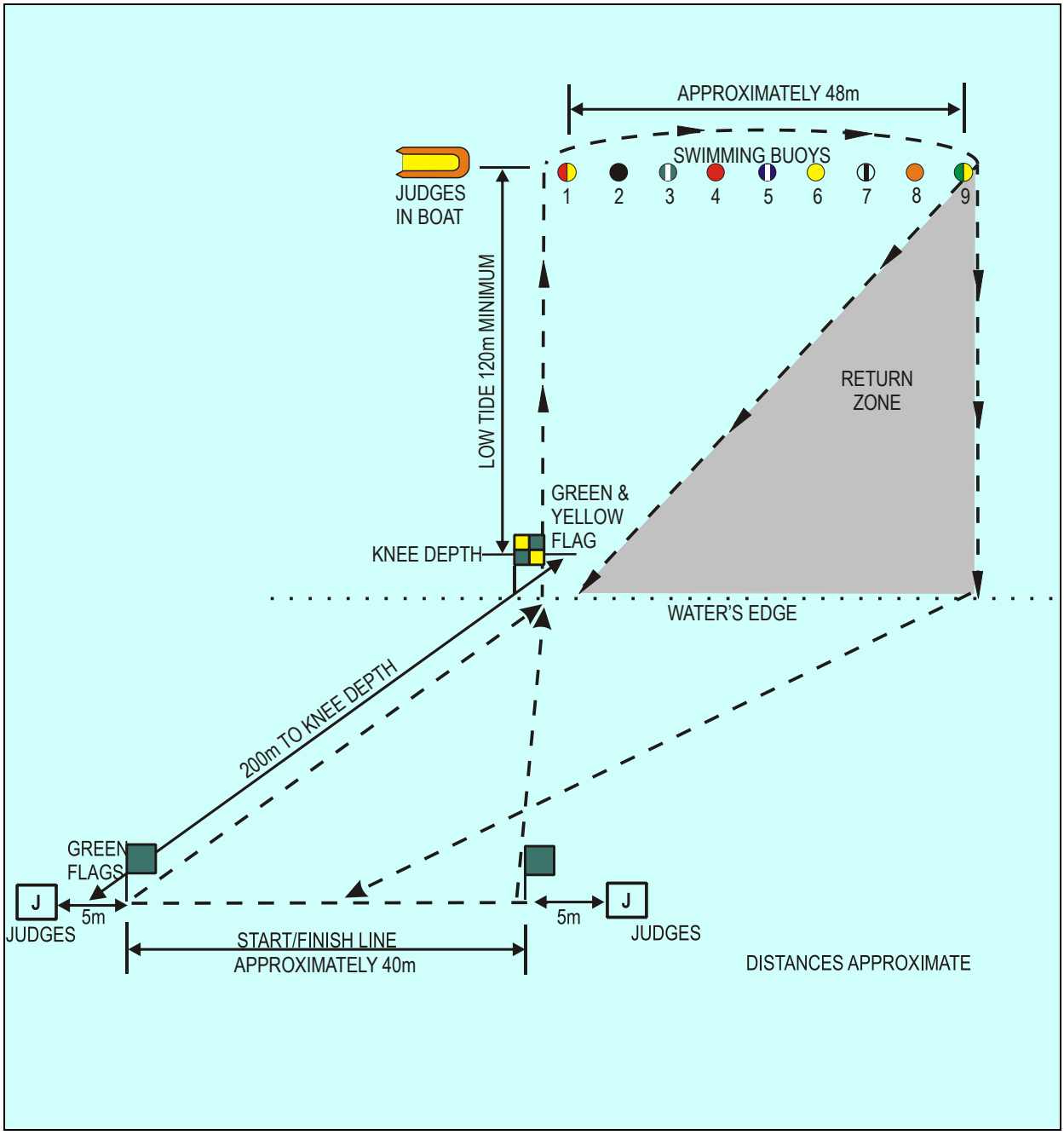
Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

4.9.4 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

a) Failure to complete the course as defined and described (DQ12).


APPROXIMATELY 48m
SWIMMING BUOYS
1
2
3
4
5
6
7
8
9
JUDGES
IN BOAT
LOW TIDE 120m MINIMUM
RETURN
ZONE
GREEN &
YELLOW
FLAG
KNEE DEPTH
WATER'S EDGE
200m TO KNEE DEPTH
GREEN
FLAGS
J
5m
JUDGES
START/FINISH LINE
APPROXIMATELY 40m
5m
J
JUDGES
DISTANCES APPROXIMATE

RUN – SWIM – RUN

4.10 BEACH FLAGS

4.10.1 Event description

From a prone starting position on the beach, competitors rise, turn and race approximately 20 m to obtain a baton (beach flag) seated upright in the sand with about two-thirds showing. Since there are always fewer batons than competitors, those who fail to obtain a baton are eliminated.

Competitors take their allotted positions, a minimum of 1.5 m apart at the start line.

Competitors lie face down with their toes on the start line with heels or any part of the feet together, hands on top of each other with fingertips to wrists and with the head up. Elbows should be extended 90 degrees to the body's midline and hips and stomach must be in contact with the sand. The body's midline should be 90 degrees to the start line.

Note: Competitors may level, flatten, and compress their starting area. Competitors are not permitted to create mounds or unreasonably alter the incline of the sand to assist the start.

Competitors may dig their toes into the sand at the start line by digging with their hands or feet before lying on the sand, or with their feet after lying on the sand.

Competitors must comply with the direction of officials. A competitor who causes unreasonable delay to the start of the event may be eliminated.

4.10.2 Start procedure

Beach Flags start procedure is different from the procedure described in4.2 *The Start*. For Beach Flags, the start is as follows:

Prior to the start, a Marshall shall:

a) Place competitors in the order as drawn for the run-through.

b) Accompany competitors to the starting area to ensure they are positioned in proper order.

The Chief/Sectional Referee shall:

a) Check that all technical officials and equipment are in position.

b) Signal the official start of each race with a long whistle indicating that the competitors should take their positions on the start line.

c) Signal the Starter that the competitors are under the Starter's control.

The Starter shall be positioned out of view of the competitors.

4.10.3 The start

On the Starter's "Competitors **Ready**" command, competitors shall assume the starting position as described. On the Starter's "Heads **Down**" command, competitors – at once and without delay – shall place their chins on their hands.

a) After a deliberate pause and when all competitors are stationary, the Starter shall signal the start with a whistle blast.

b) At the start signal, competitors shall rise to their feet and race to obtain a baton.

4.10.4 Starting infringements

The following behaviours are starting infringements in Beach Flags:

a) Failure to comply with the Starter's commands within a reasonable time.

b) Lifting any part of the body from the sand, or commencing any starting motion after the Starter's "Heads down" command and prior to the start signal.

If a competitor is disqualified or eliminated, the remaining competitors and batons shall be realigned with no re-draw of positions. The run-through shall continue with the current starting infringement in force until a fair start is effected.

4.10.5 Draw for positions

There shall be a preliminary draw for positions and further draws after each round. In semi-finals and finals when contestants have been reduced to eight, there shall be a draw for positions after each run-through.

4.10.6 Number of competitors eliminated

In heats, the Chief Referee shall determine whether one or two competitors are to be eliminated in each run-through. In semi-finals and finals, no more than one competitor can be eliminated in any run-through.

4.10.7 Run-offs

A run-off between the competitors involved shall be called if two or more competitors hold the same baton, and Judges cannot determine which competitor's hand grasped the baton first – regardless of the hand position on the baton. Likewise, a run-off between the competitors involved shall be called if a baton is "lost" in the sand. If it is apparent that a baton has been "lost" to competitors in the sand, the finish judge shall signal (by whistle or verbally) that the baton is "lost" and that the run-through is finished.

4.10.8 The course

As shown in the following diagram, the course shall be approximately 20 m from the start line to the batons, and wide enough to provide for a minimum spacing of 1.5 m between each of 16 competitors.

The start line shall be designated at each end by poles, 2 m high.

Batons shall be positioned in line parallel to the start line, and so that a "perpendicular line" between any two adjacent competitors shall pass approximately through the base of the baton. In other words, batons are aligned on the baton line equidistant between adjacent competitors.

The Beach Flags arena should be free of debris, and if the sand surface is hard, it should be raked to make it safer before and throughout the competition.

4.10.9 Equipment and apparel

Beach flags (batons): See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures.* Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion.

4.10.10 Judging

The Chief Referee/Sectional Referee or their appointee shall be positioned to maintain overall supervision.

The Starter and Check Starters shall be placed at either end of the starting line to observe any starting infringements. Course Judges shall be placed on either side of the course to observe run-throughs and participation infringements.

Finish Judges shall be positioned a few metres behind the line of batons, to reclaim the baton from successful competitors and to set up the batons for the next run-through.

4.10.11 Elimination and disqualification

Each run-through or run-off shall be judged as a separate segment of this event. An infringement in one segment shall not be carried over and counted against a competitor in a subsequent segment.

A competitor who commits a starting infringement or who impedes the progress of another competitor shall be eliminated (not disqualified).

A competitor *eliminated* from the event shall retain the point score and/or placing as at the time in the event. However, a competitor *disqualified* from the event shall lose all standing from the event.

Impedance: Impedance is defined as "the use of hands, arms, feet or legs to impede another competitor's progress".

A competitor may otherwise use his or her body to improve his or her position in obtaining a baton. A competitor may negotiate the shoulder and or body in front of an opponent, but may not use hands, arms, feet or legs to obtain or remain in this position.

If a competitor legally obtains this front position and maintains normal running action, the competitor behind is obliged to go around the competitor in front.

A competitor may cross over in front of a slower competitor.

If two or more competitors are guilty of impedance, the competitor who first used hands, arms, feet or legs may be eliminated.

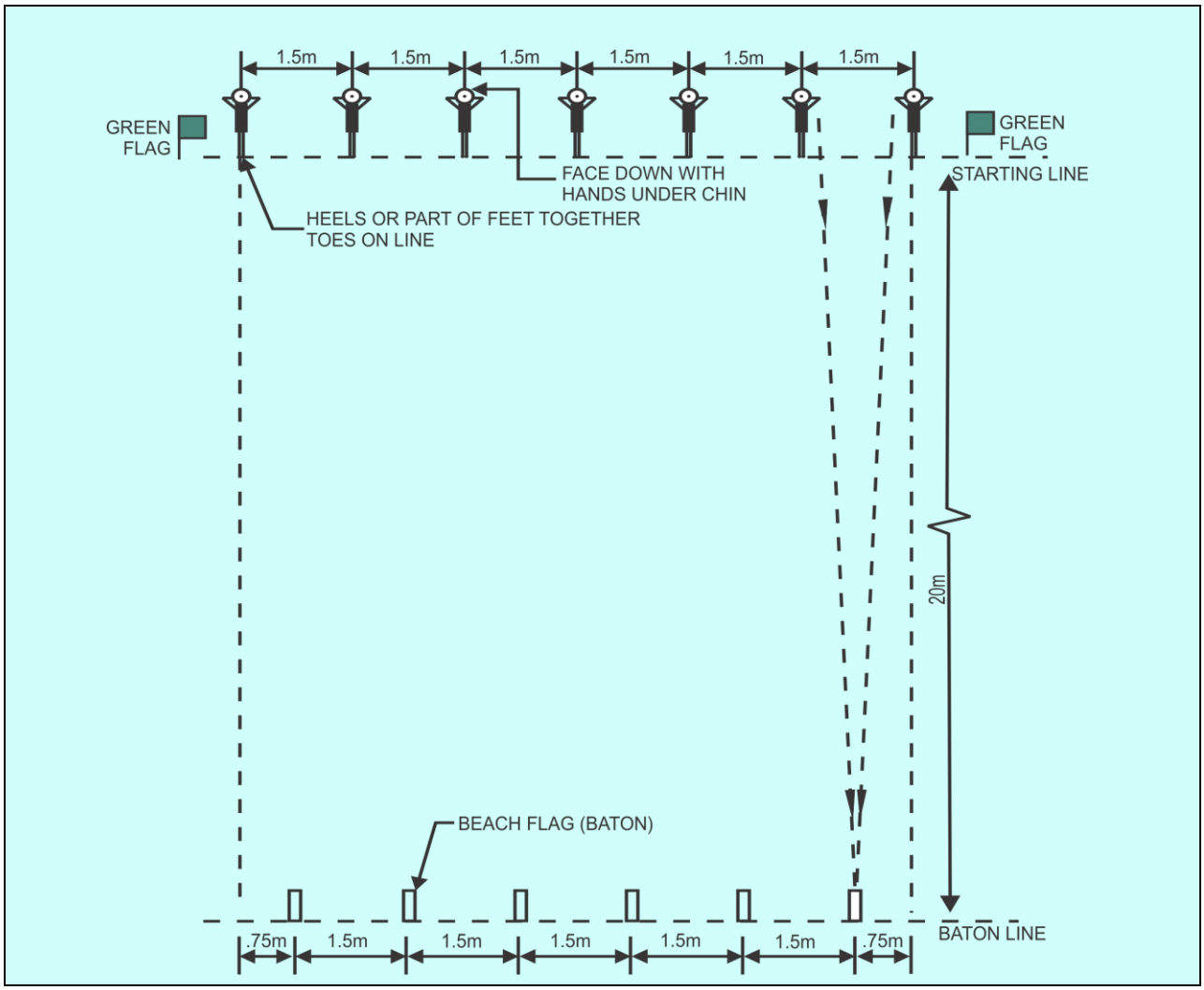
Notwithstanding the impedance clauses, if it is deemed that the competitor has breached the ILS Code of Conduct and/or competed unfairly (see 2.13*Misconduct*), the competitors involved may be disqualified.

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification or elimination dependent on the circumstances and the rules of this event:

a) Failure to complete the event as described and defined (DQ12).

Further, the following behaviour shall result in disqualification:

b) Picking up or blocking more than one baton– e.g., lying on a baton or covering a baton from sight (DQ11).



BEACH FLAGS

AGE GROUP	DISTANCE
Open	20 m
Masters	15 m

4.11 BEACH SPRINT

4.11.1 Event description

Competitors take their positions in their allotted lanes. At the starting signal, competitors race the 90 m (70 m for Masters) course to the finish line. The finish is judged on the competitor's chest (only) crossing the finish line. Competitors must finish the event on their feet in an upright position.

4.11.2 The start

No artificial starting blocks are permitted, but competitors may create holes and/or hillocks in and of sand to aid their start. Competitors are not permitted to use any material other than sand to aid the start. Competitors are permitted to flatten or level the sand in their lanes.

4.11.3 The course

As shown in the following diagram, the beach sprint course shall be 90 m (70 m for Masters) from the start line to the finish line. A run-off area of at least 20 m is provided at each end.

The course shall be rectangular and "squared" to ensure that all competitors run the same distance, and it shall be designated by four distinctly coloured poles, 2 m high.

Running lanes separated by coloured ropes shall be laid on the beach to assist runners in keeping a straight course. The lanes shall be laid 1.8 m in width where possible with a minimum width of 1.5 m.

Ten lanes are desirable, but a minimum of 8 lanes is required for this event.

Competitors must remain in their own lane throughout the course.

Numbered pegs identifying running lanes shall be placed before the starting mark and beyond the finishing line.

A marshalling line shall be made 5 m to the rear and parallel to the starting mark and designated by poles 2 m high.

4.11.4 Equipment and apparel

See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures.* Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion.

Competitors may be required to wear coloured bibs to assist in judging.

4.11.5 Judging

The Chief Referee/Sectional Referee shall be positioned to maintain overall supervision.

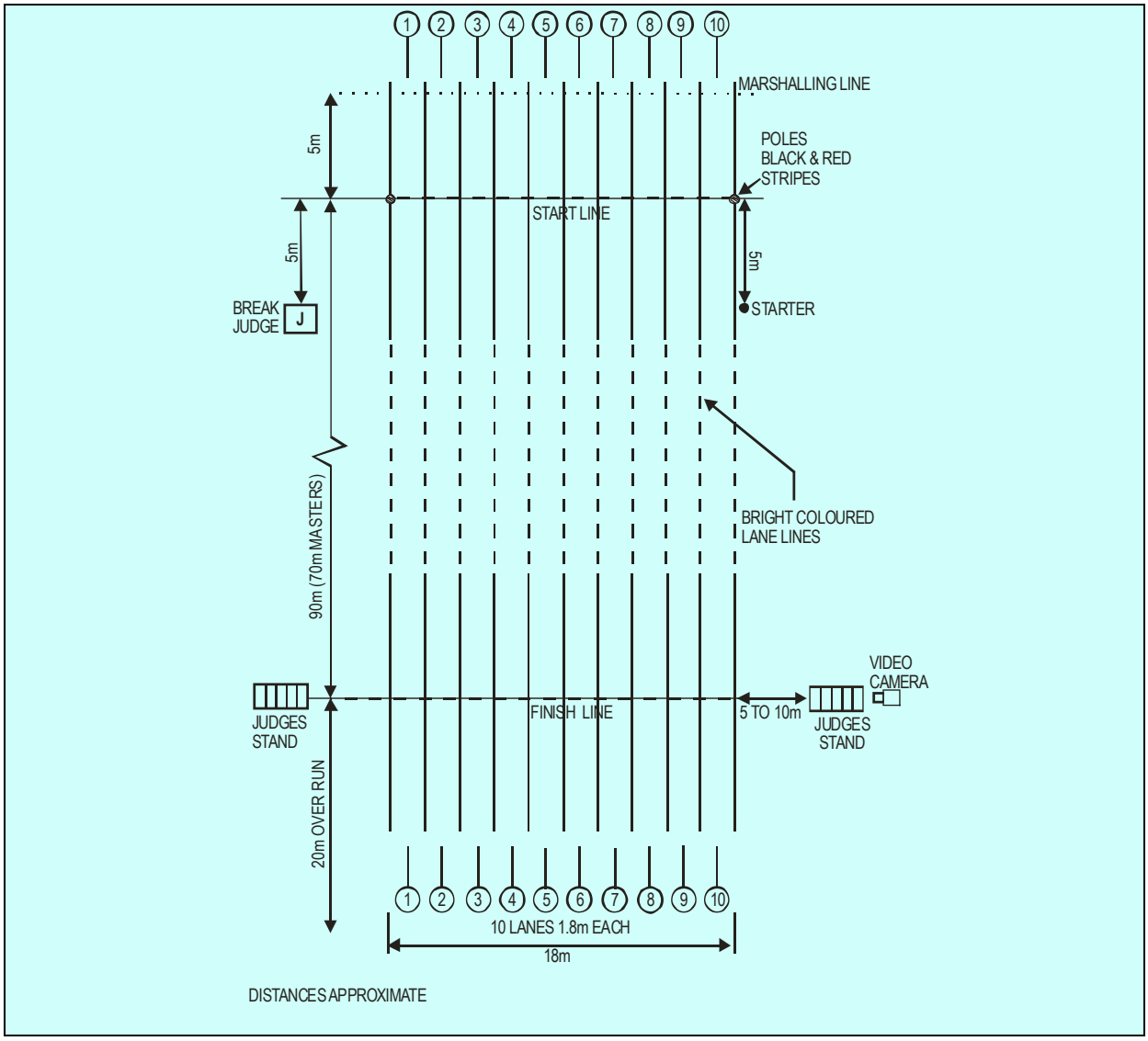
Two Course Judges shall be appointed to ensure the competitors run the course as described.

Finish Judges shall select placings. The competitors shall be placed in the order in which any part of their chest crosses the finish line. Competitors must cross the line on their feet in an upright position.

4.11.6 Disqualification

In addition to the *General Rules* in Section 2 and *General conditions for ocean competition* in 4.1, the following behaviour shall result in disqualification:

a) Failure to complete the course as defined and described (DQ12).



BEACH SPRINT

AGE GROUP	DISTANCE
Open	90 m
Masters	70 m

4.12 BEACH RUN – 2km and 1km

4.12.1 Event description – 2 km

Competitors race 2 km on the beach in four 500 m legs as follows:

On the starting signal, competitors race along the left side of the lane to round (clockwise or right hand in) the turning poles 500 m distant, and return 500 m toward the start/turn poles.

Competitors round these poles (clockwise or right hand in), proceed back down the beach to round the turning poles as before, and then race back to cross the finish line.

Deliberately jostling or obstructing another competitor so as to impede his or her progress is not permitted.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

4.12.2 Event description – 1 km

Competitors race 1 km on the beach in two 500 m legs on the course described above.

4.12.3 The course

The course (see diagram p. 112) shall be laid out on the beach (on soft sand where practical) parallel to the water's edge in two 500 m lanes. The Chief Referee may set an alternate course on beaches with restricted room.

The start line shall be designated by a line in the sand or a brightly coloured synthetic cord stretched between two poles. The ***finish line*** shall be marked by two poles. The Chief Referee shall determine the length of the start and finish lines.

Running lanes: The course shall be divided into two clearly marked lanes parallel to the waterline. The lanes may be divided by coloured cones, witches hats, tape, bunting, or other appropriate material.

Turning poles situated 500 m from the start at the end of the lane divider shall designate the turning point.

4.12.4 Equipment and apparel

See Section 8 *–Facility and Equipment Standards and Scrutineering Procedures.* Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion. Footwear is optional.

4.12.5 Judging

The Chief Referee/Sectional Referee shall be positioned at one side of the course to maintain overall supervision.

Course Judges may be appointed to ensure the competitors run the course without interference to other competitors.

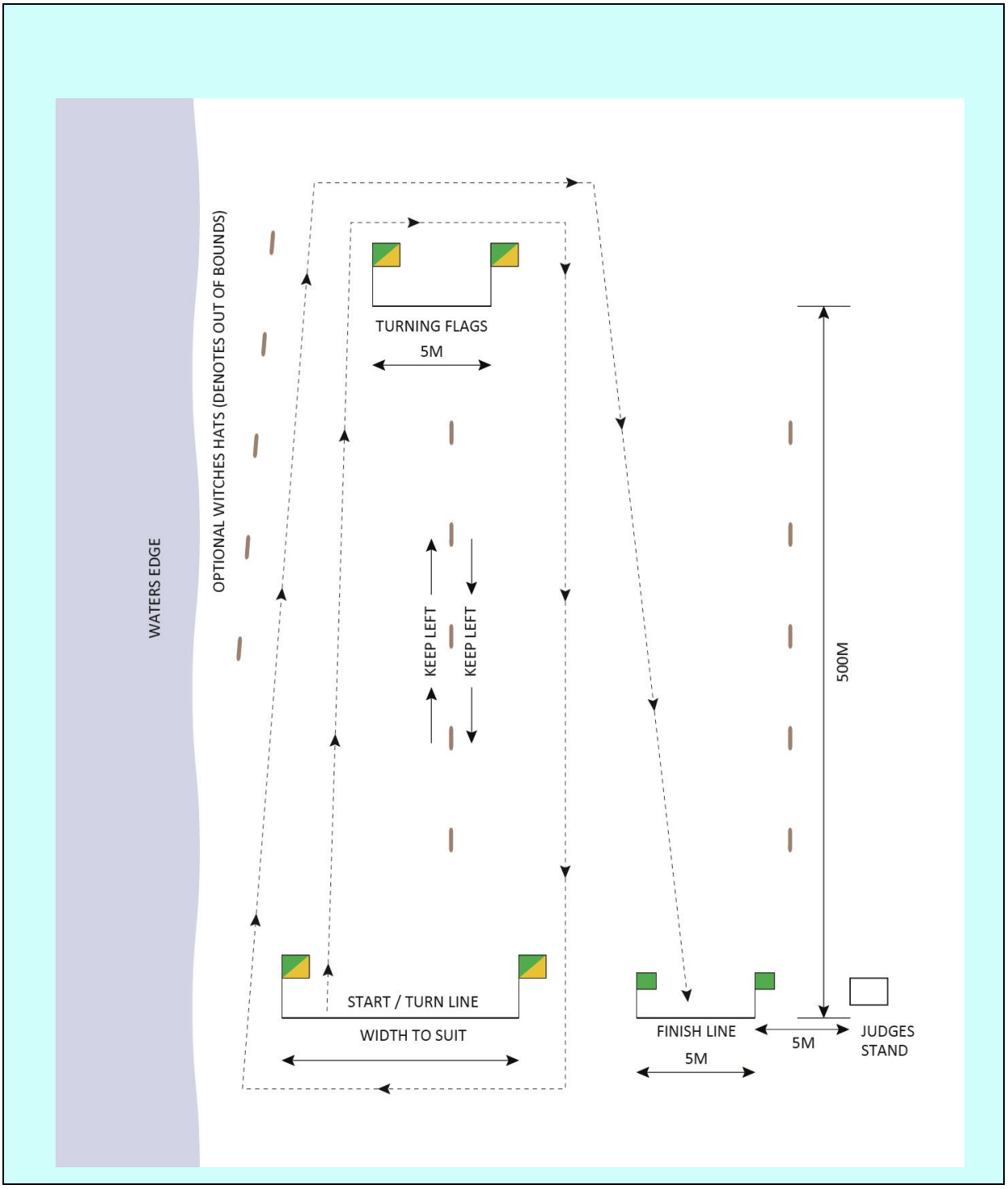
A Judge shall be positioned at the turning poles to ensure no unnecessary jostling or interference occurs.

Finish Judges shall select placings.

4.12.6 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

a) Failure to complete the course as defined and described (DQ12).



BEACH RUN

DISTANCE	COURSE
1 km	Two 500 m legs
2 km	Four 500 m legs

4.13 2x1KM BEACH RUN RELAY

4.13.1 Event description – 2 x 1 km

Two competitors race 1 km each on the beach in 500 m legs as follows:

On the starting signal, competitors race along the left side of the lane to round the turning poles (clockwise or right hand in) and return 500 m to the turning flags. The first competitor rounds the first turning flag (clockwise or right hand in) and tags with the second competitor who is waiting in the changeover zone between the first and second turning flags in a position as directed by the relevant official. The tag must take place after the first turning flag and before the second competitor rounds the second the turning flags.

The second competitor completes the same course before crossing the finish line.

Deliberately jostling or obstructing another competitor so as to impede his or her progress is not permitted.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

4.13.2 The course

The course (see diagram p. 115) shall be laid out on the beach (on soft sand where practical) parallel to the water's edge in two 500 m lanes. The Chief Referee may set an alternate course on beaches with restricted room.

The start line shall be designated by a line in the sand or a brightly coloured synthetic cord stretched between two poles. The ***finish line*** shall be marked by two poles. The Chief Referee shall determine the length of the start and finish lines.

Running lanes: The course shall be divided into two lanes parallel to the waterline. The lanes may be divided by coloured cones/witches hats, tape, bunting, or other appropriate material.

Turning poles situated 500 m from the start at the end of the lane divider shall designate the turning point.

4.13.3 Equipment and apparel

See Section 8 *–Facility and Equipment Standards and Scrutineering Procedures.* Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion. Footwear is optional.

4.13.4 Judging

The Chief Referee/Sectional Referee shall be positioned at one side of the course to maintain overall supervision.

Course Judges may be appointed to ensure the competitors run the course without interference to other competitors.

4.13.4 Judging (*cont'd*)

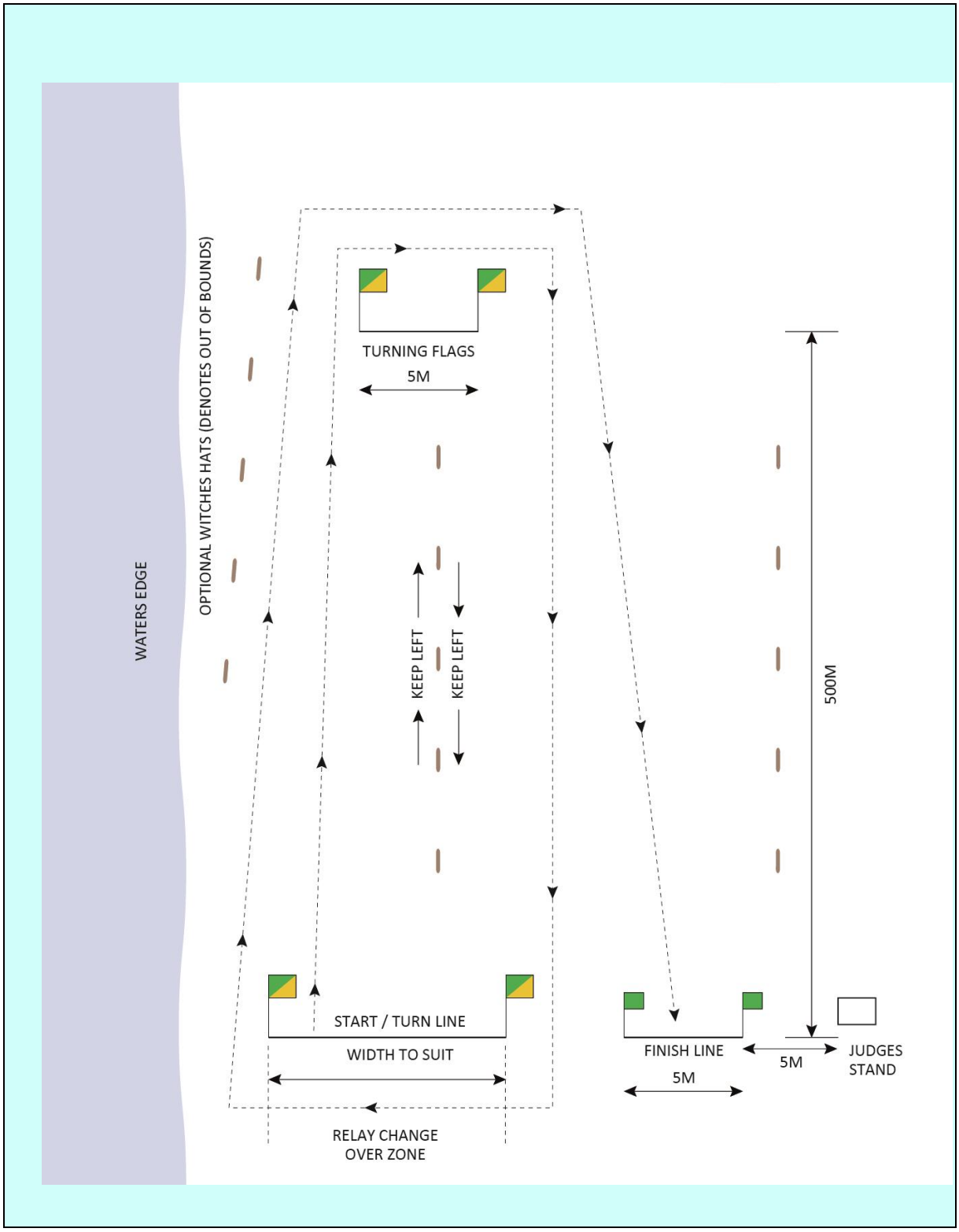
A Judge shall be positioned at the turning poles to ensure no unnecessary jostling or interference occurs.

Finish Judges shall select placings.

4.13.5 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in4.1 through 4.3, the following behaviour shall result in disqualification:

a) Failure to complete the course as defined and described (DQ12).



2 x 1 Km BEACH RUN RELAY

4.14 BEACH RELAY

4.14.1 Event description

Teams of four individuals (three in Masters) compete in baton relay fashion over a 90 m (70 m for Masters) course. To start, two (one and two members in Masters) competitors take positions in their allotted lane at each end of the course.

After the start each competitor completes a leg of the course with a baton held in either hand and passes the baton at the conclusion of the first, second, and third legs to the next runner. All competitors shall finish their leg of the event on their feet and in an upright position.

Competitors are not permitted to interfere with the progress of other competitors.

4.14.2 The start

The start shall be as for the beach sprint with the first competitor taking the mark.

4.14.3 Baton changeovers

The baton shall be exchanged in the following manner:

a) The competitor coming in to exchange the baton must carry the baton to the front line. (The baton may not be thrown to the next competitor.)

b) Competitors receiving the baton on the first, second, and third exchange can be moving while taking the baton, but will be disqualified if any part of the body or hands cross the front line before taking possession of the baton.

c) If a baton is dropped during the exchange, the receiver may recover the baton (ensuring that there is no interference to other competitors) and continue the race.

d) If a baton is dropped at any other stage, the competitor may recover the baton (providing that there is no interference to other competitors) and continue the race.

4.14.4 The course

The course shall be as for the Beach Sprint shown in the following diagram.

4.14.5 Equipment and apparel

Batons and apparel: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures.* Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion.

Competitors may be required to wear coloured bibs to assist in judging.

4.14.6 Judging/changeovers

In general, judging shall be as for the beach sprint with the Chief Referee, Course Judge, and the Finish Judges assuming similar duties in regards to the start and finish.

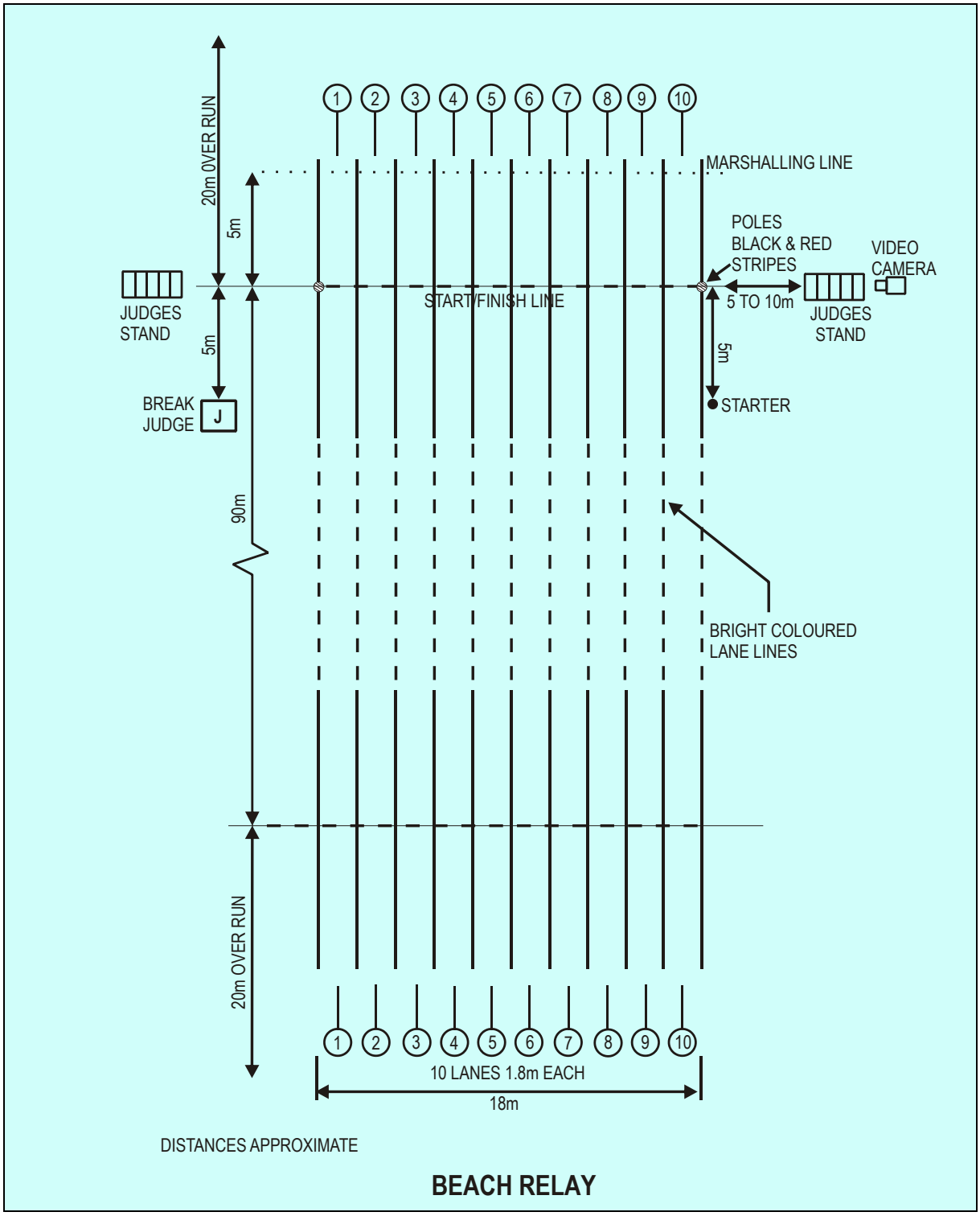
Course Judges shall be appointed to check the changeover lines for infringements at each end during the changeovers.

Any infringements observed by the Course Judges shall be reported to the Chief Referee/Sectional Referee in the case of the changeovers.

4.14.7 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

a) Failure to complete the course as defined and described (DQ12).



BEACH RELAY

AGE GROUP	DISTANCE
Open	90 m
Masters	70 m

4.15 SURF SKI RACE

4.15.1 Event description

Competitors steady their surf skis in line in approximately knee-deep water about 1.5 m apart. Competitors must obey directions from the Starter or Check Starter concerning surf ski alignment at the start.

On the starting signal, competitors paddle their surf skis around the course marked by buoys and return to finish when any part of the surf ski crosses the in-water finish line – ridden, gripped, or carried by the competitor.

a) Competitors may lose contact with or control of their surf ski without necessarily being disqualified. To complete the race, competitors must have (or have regained) their surf ski and paddle and cross the in-water finish line from the seaward side while maintaining contact with the surf ski and paddle.

b) Competitors are not permitted to hold or otherwise interfere with other competitors' surf skis or deliberately impede their progress.

Dry start and finish: If conditions are such that the Starter cannot provide a fair start, a dry start and/or dry finish shall be used. See below.

4.15.2 The course

The course layout shall be as detailed in the following diagram.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the Chief Referee, depending on the prevailing water conditions.

Buoys: Three buoys equal in size to a 50 litre drum shall be used: two "turning buoys" shall be placed approximately 75 m apart, and a minimum of 300 m 250 m for Masters) paddling distance from knee depth water at low tide mark. The third "apex" buoy shall be placed midway and approximately 16 m seaward of the turning buoys thus forming an arc with them.

The start line need not necessarily be identified, but if required it shall be marked by two poles and positioned so that the centre of the start line is aligned with the first turning buoy.

The finish line shall be between two flags mounted on stands or poles or other suitable markers in a position where the craft will finish afloat. The centre of the finish line is aligned with the third turning buoy (allowing for prevailing surf conditions).

4.15.3 Dry Start and Dry finish

For a dry start, competitors, with their skis and paddles line up in their drawn positions between two start 2m Poles approximately 5m from the water's edge and 35m apart.

At the Starters signal the competitors at their own discretion carry their craft to the water and paddle the surf ski course as per the diagram.

4.15.3 Dry Start and Dry finish (*cont'd*)

The dry finish line shall be situated on the beach approximately 15 m from the water's edge. It shall be 20 m in length and marked at each end by a flag on a 4 m pole. Finish flags shall be the same colour(s) as the course buoys.

a) Competitors must paddle their surf skis around the last course buoy and shall not be disqualified if they lose contact with or control of their craft or paddle after the last course buoy on the return.

b) Competitors need not finish with craft or paddle.

c) The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

~~d)~~ A member of the competitor's team assists with the removal of the competitor's craft and paddle from the course. With the Chief Referee's approval, non-team members may act as handlers, provided they are registered in the competition in some capacity.

e) Handlers shall:

- wear a competition cap.
- wear a distinctive high visibility vest as required by the organisers if entering water beyond knee depth.
- make every effort to ensure that they and the equipment they are handling do not impede other competitors (otherwise disqualification may result).
- comply with all instructions of the officials.

4.15.4 Equipment

Surf skis: See Section 8 *–Facility and Equipment Standards and Scrutineering Procedures*. Replacement surf skis or paddles for a competitor are permitted and may be brought to the water's edge by other club members providing such replacement does not cause any interference to other competitors in the race and further provided that the competitor shall recommence the race from the original starting area.

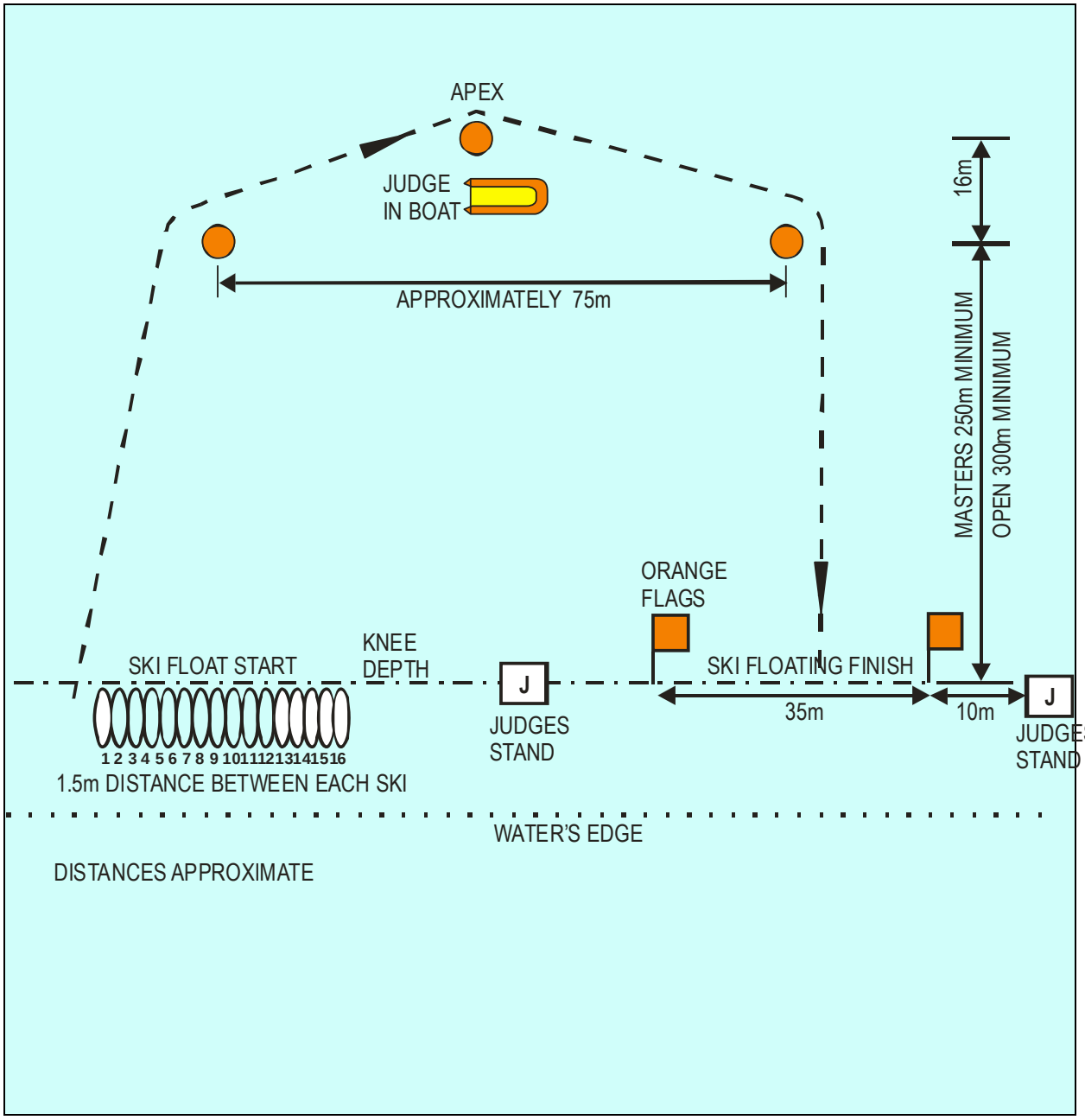
4.15.5 Judging

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

4.15.6 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

a) Failure to complete the course as defined and described (DQ12).



SURF SKI RACE

4.16 SURF SKI RELAY

4.16.1 Event description

The surf ski relay race shall be conducted under the general rules of the surf ski race. Teams shall consist of three competitors, who may use the same craft.

Competitors must obey the Starter's or Check Starter's directions concerning surf ski alignment at the start.

First competitor: Competitors for the first leg of the relay shall be started as in the surf ski race and paddle around the buoys. Having completed the course, the first competitor may leave his or her craft (and paddle), round the two turning flags and tags with the second competitor on the designated surf ski changeover line.

Second competitor: The second competitor completes the same course, rounds the two turning flags, and tags with the third competitor on the designated surf ski changeover line.

Third competitor: The third competitor completes the same course, rounds one turning flag, passes the other flag on the shoreward side, and finishes between the two finish flags.

Competitors in the surf ski relay events must commence their leg of the event from the correct allotted position.

The first and third competitor in each team commence from the team's drawn starting position. However, the drawn starting position is reversed for the second competitor in each team. For example, in a 16-competitor race in which a team has drawn position 1: the first competitor commences from position 1; the second competitor commences from position 16; the third competitor commences from position 1.

1st&3rd competitor's starting position	1	2	3	4	5	6	7	8	...16
2nd competitor's starting position	16	15	14	13	12	11	10	9	…1

Competitors are not permitted to hold or otherwise interfere with other competitors' surf skis or deliberately impede their progress.

4.16.2 The course

The course layout shall be as detailed in the following diagram.

In the surf ski relay, the start/changeover line is located in the water. To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the Chief Referee, depending on the prevailing water conditions.

4.16.3 Equipment and apparel

Surf skis, paddles: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*.

a) Members of the team or other members authorised by the Chief Referee shall ensure that any craft used by any of the other team members does not cause any interference to another team or competitor in the race. The craft shall be removed as soon as possible from the water's edge to avoid congestion and possible damage.

b) If a club enters more than one team in an event, each team shall be required to wear distinguishing numbers or letters marked on their arm, leg, or caps.

4.16.4 Judging

Judges shall be placed to observe the conduct of the event and determine competitors' place at the finish.

a) Competitors must cross the finish line on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

4.16.5 Control of craft

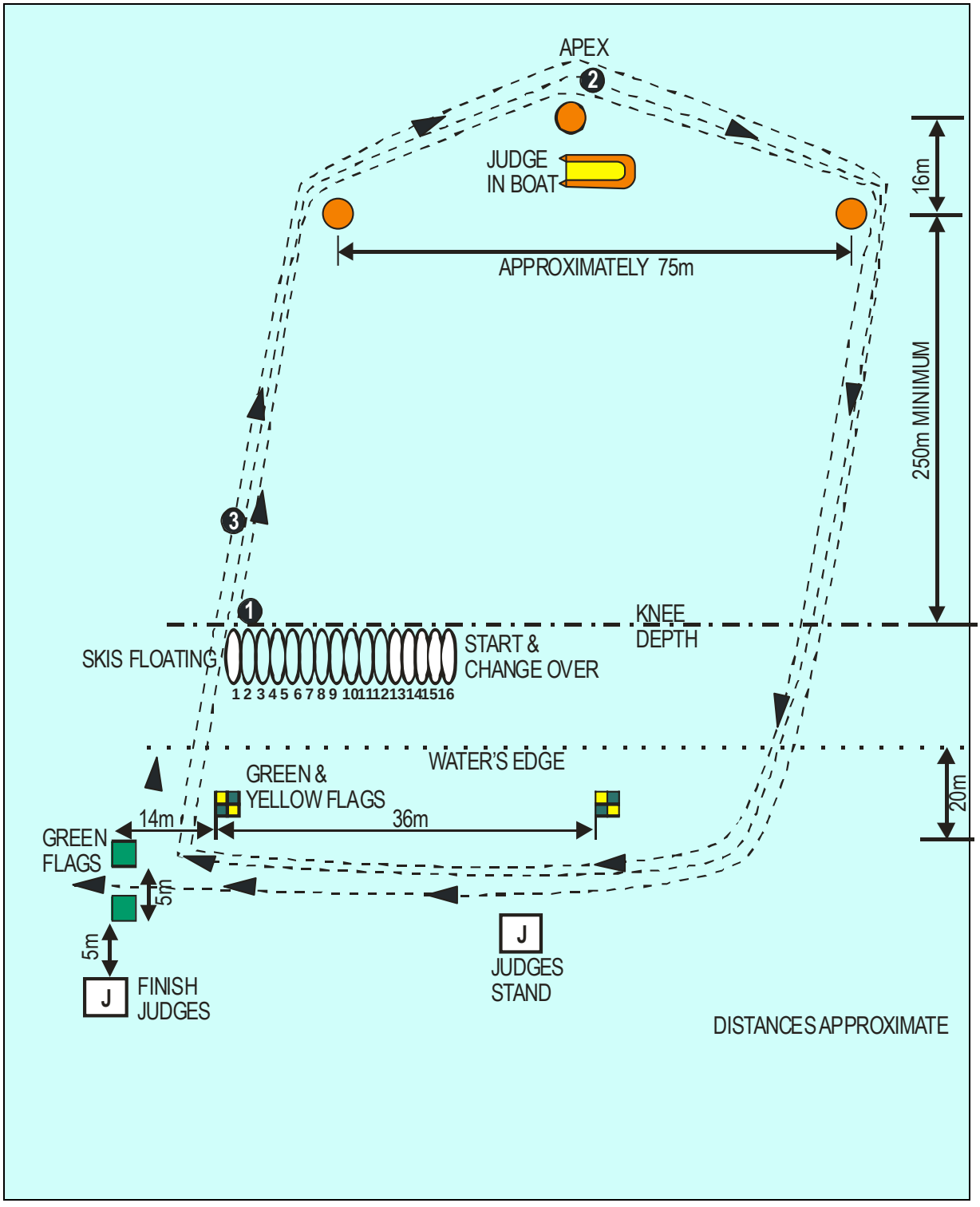
a) Competitors may lose control of or contact with the surf ski or paddle on the way out, provided they regain the surf ski (and paddle) and round the last course buoy in contact with the craft and complete the course.

b) Competitors must paddle their surf skis around the last course buoy and shall not be disqualified if they lose control of or contact with their craft (or paddle) after the last course buoy on the return.

4.16.6 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

a) Failure to complete the course as defined and described (DQ12).



SURF SKI RELAY

4.17 BOARD RACE

4.17.1 Event description

Competitors stand on or behind the start line on the beach with their boards 1.5 m apart.

At the start signal, competitors enter the water, launch their boards, and paddle the course marked by buoys, return to the beach, and run to cross the finish line.

Competitors are not permitted to hold or otherwise interfere with other competitors' boards or deliberately impede their progress.

4.17.2 The course

The course layout shall be as detailed in the following Board Race diagram.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the Chief Referee, depending on the prevailing sea conditions.

Buoys: Three buoys of the same colour(s) and equal in size to a 50-litre drum shall be used: two "turning buoys" shall be placed approximately 75 m apart, and a minimum 250 m distance (same for Masters) from knee-depth water at low tide mark. The third "apex" buoy shall be placed midway and approximately 16 m seaward from the turning buoys thus forming an arc with them.

The start line, depicted by a bright coloured cord, shall be situated on the beach approximately 5 m from the water's edge. It shall be 30 m in length and marked by two poles at either end. The middle of the start line should be aligned with the first turning buoy, but may be altered at the discretion of the Chief Referee depending on the prevailing conditions to allow all competitors a fair passage around the first buoy.

The finish line shall be situated on the beach approximately 15 m from the water's edge. It shall be 20 m in length and marked at each end by a flag on a 4 m pole. Finish flags shall be the same colour(s) as the course buoys.

The middle of the finish line should be aligned with the third turning buoy, but this may be altered by the Chief Referee depending on the prevailing sea conditions.

4.17.3 Equipment

Boards: See Section 8 –*Facility and Equipment Standards and Scrutineering Procedures*. The use of a replacement board is permitted provided that the competitor recommences the race from the start line. Replacement boards may be brought to the start line by fellow team members providing they do not cause any interference to other competitors.

4.16.4 Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position while in control of the board.

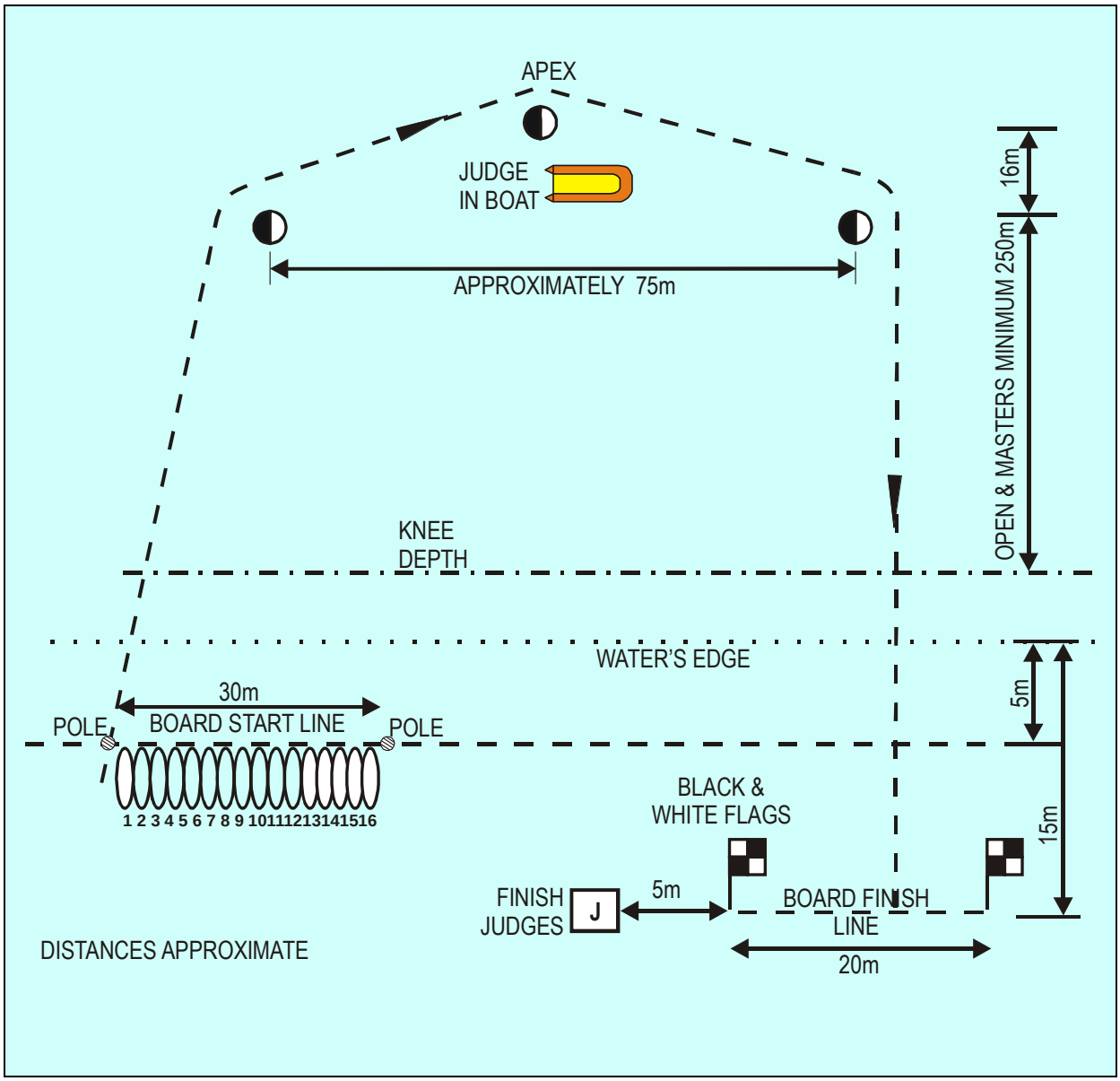
4.17.5 Control of craft

Competitors may lose contact with or control of their board without necessarily being disqualified. To complete the race, competitors must have (or have regained) their board and cross the finish line from the seaward side while maintaining contact with their craft.

4.17.6 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

a) Failure to complete the course as defined and described (DQ12).



BOARD RACE

4.18 BOARD RELAY

4.18.1 Event description

The Board Relay event shall be conducted under the general rules of the Board Race event. Teams shall consist of three competitors, who may use the same craft.

First competitor: The first competitors shall be started as in the Board Race and complete the course marked by the buoys. Competitors may then leave their board (anywhere after rounding the buoys), round the two flags, and tags with the second competitor on the designated board changeover line.

The second competitor: The second competitor completes the same course, rounds the two turning flags, and tags with the third competitor on the designated board changeover line.

The third competitor: The third competitor completes the same course, rounds one turning flag, passes the other on the shoreward side, to finish between the two finish flags.

The second and third competitors in the board relay event shall be positioned with their feet on, or shoreward of, the changeover line. The second and third competitors do not need to cross the board start line to enter the water after being tagged.

Competitors in the board relay events must commence their leg of the event from the correct allotted position.

The first and third competitor in each team commence from the team's drawn starting position. However, the drawn starting position is reversed for the second competitor in each team. For example, in a 16-team race in which a team has drawn position 1: the first competitor commences from position 1; the second competitor commences from position 16; the third competitor commences from position 1.

1st and 3rd competitor's starting position	1	2	3	4	5	6	7	8	...16
2nd competitor's starting position	16	15	14	13	12	11	10	9	…1

Competitors are not permitted hold or otherwise interfere with other competitors' boards or deliberately impede their progress.

4.18.2 The course

The course layout shall be as detailed for the Board Relay Race and shown in the following diagram.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the Chief Referee, depending on the prevailing sea conditions.

4.18.3 Equipment

Boards: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*.

a) The use of a replacement board is permitted provided that the competitor recommences the race from the start line. Replacement boards may be brought to the start line by fellow team members providing they do not cause any interference to other competitors.

b) Members of the team or other members authorised by the Chief Referee shall ensure that any craft used by any of the other team members does not cause any interference to another team or competitor in the race. Boards shall be removed as soon as possible from the water's edge to avoid congestion and possible damage.

c) If a club enters more than one team in an event, each team shall be required to wear distinguishing numbers or letters marked on their arm, leg, or caps.

4.18.4 Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

4.18.5 Control of craft

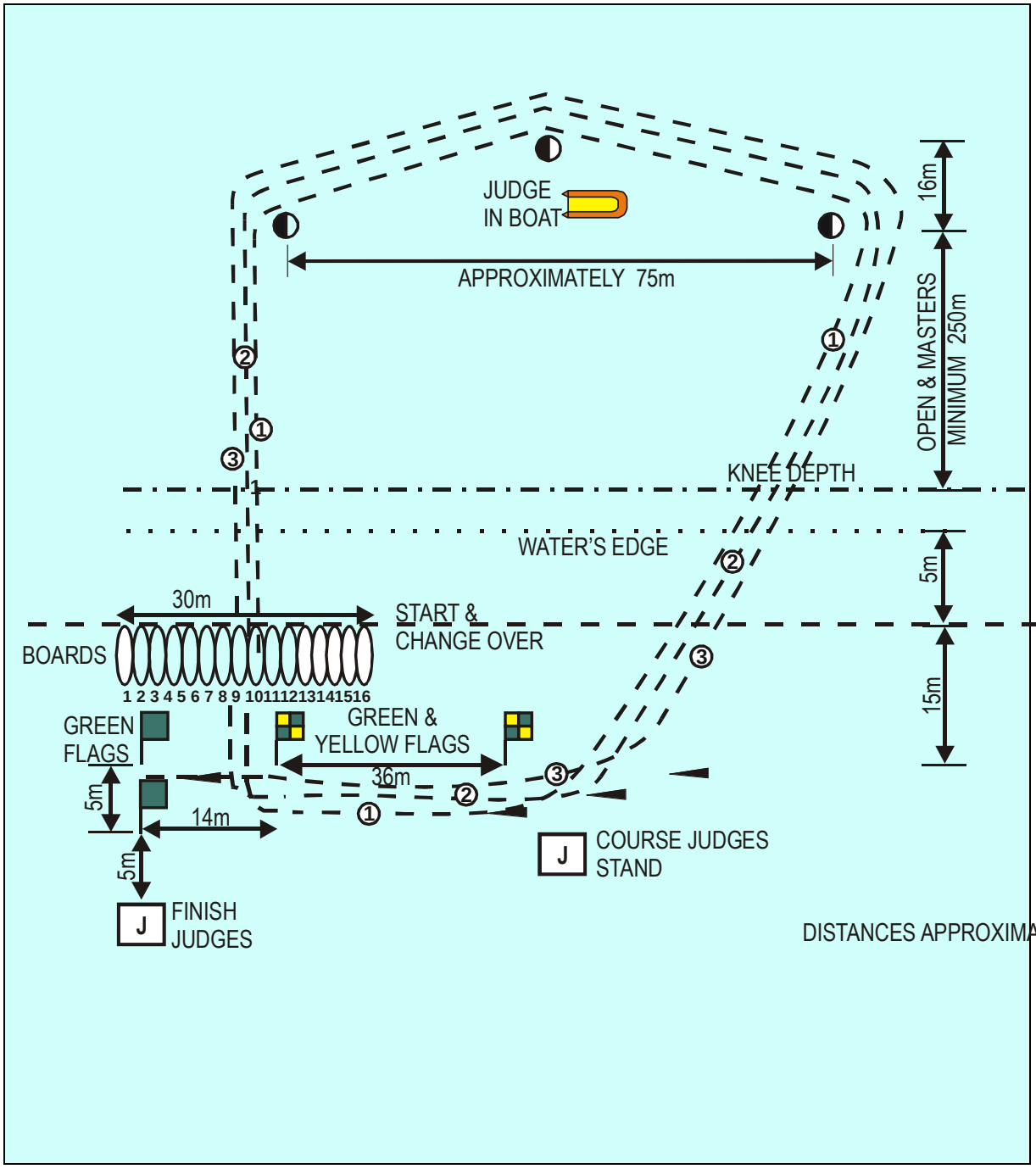
Competitors may lose contact with or control of the board on the way out, provided they regain the board and round the last course buoy in contact with the board and complete the course.

Competitors must paddle their board around the last course buoy and shall not be disqualified if they lose contact with or control of their board after the last course buoy on the return.

4.18.6 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

a) Failure to complete the course as defined and described (DQ12).



BOARD RELAY RACE

4.19 BOARD RESCUE

4.19.1 Event description

In this event, one member of the team swims approximately 120 m to a designated buoy, signals, and waits to be picked up by the second member of the team on a board. They both paddle to shore and cross the finish line on the beach in contact with the board.

a) Both competitors must start from the correct allotted position i.e. the start/finish line. Competitors swimming to and signalling from the wrong buoy shall be disqualified.

b) ***First competitor***: From the allotted position on the start line on the beach, and on the start signal, the victim enters the water, swims to touch the allotted swimming buoy, signalling arrival by raising the other arm to a vertical position while in contact with the buoy. The victim then waits in the water on the seaward side of the buoy.

Note: The buoy is defined as the buoy only and does not include any attaching ropes and/or straps. Competitors must visibly touch the buoy above the water line before signalling their arrival at the buoy.

c) The Chief Referee may determine an acceptable alternative method of clearly signalling the victim has touched the buoy.

d) ***Second competitor***: On the victim's arrival signal, and from the allotted position, the board rescuer crosses the start line, enters the water and paddles to the victim on the seaward side of the allotted buoy. The victim must make contact with the board on the seaward side of the buoy. The board must round the buoy clockwise (right hand in) before proceeding to shore with the victim. The board may extend into the shoreward side of the buoy during victim pick-up.

e) Victims may place themselves on the front or rear of the board. Victims may assist by paddling the board on the return to shore.

f) The finish is judged on the chest of the first competitor of each team to cross the finish line on his or her feet in an upright position, with both rescuer and victim in contact with the board.

g) The board rescuer may not start before the victim signals arrival. The board rescuer may cross the start/finish line for any reason and will not be disqualified provided he or she then resumes the correct start position to await the victim's arrival signal.

h) Competitors are not permitted to hold or otherwise interfere with other competitors' boards or deliberately impede their progress.

4.19.2 The course

The course layout shall be as detailed in the following diagram.

The boards must be paddled around the allotted buoys clockwise (right side in) unless otherwise advised by the Chief Referee prior to the event.

4.19.3 Equipment

***Boards**:* See Section 8– *Facility and Equipment Standards and Scrutineering Procedures*.

4.19.4 Judging

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

4.19.5 Control of victim or board

Rescuers and victims may lose contact with the board on the return journey, but both must be in contact with the board when crossing the finish line.

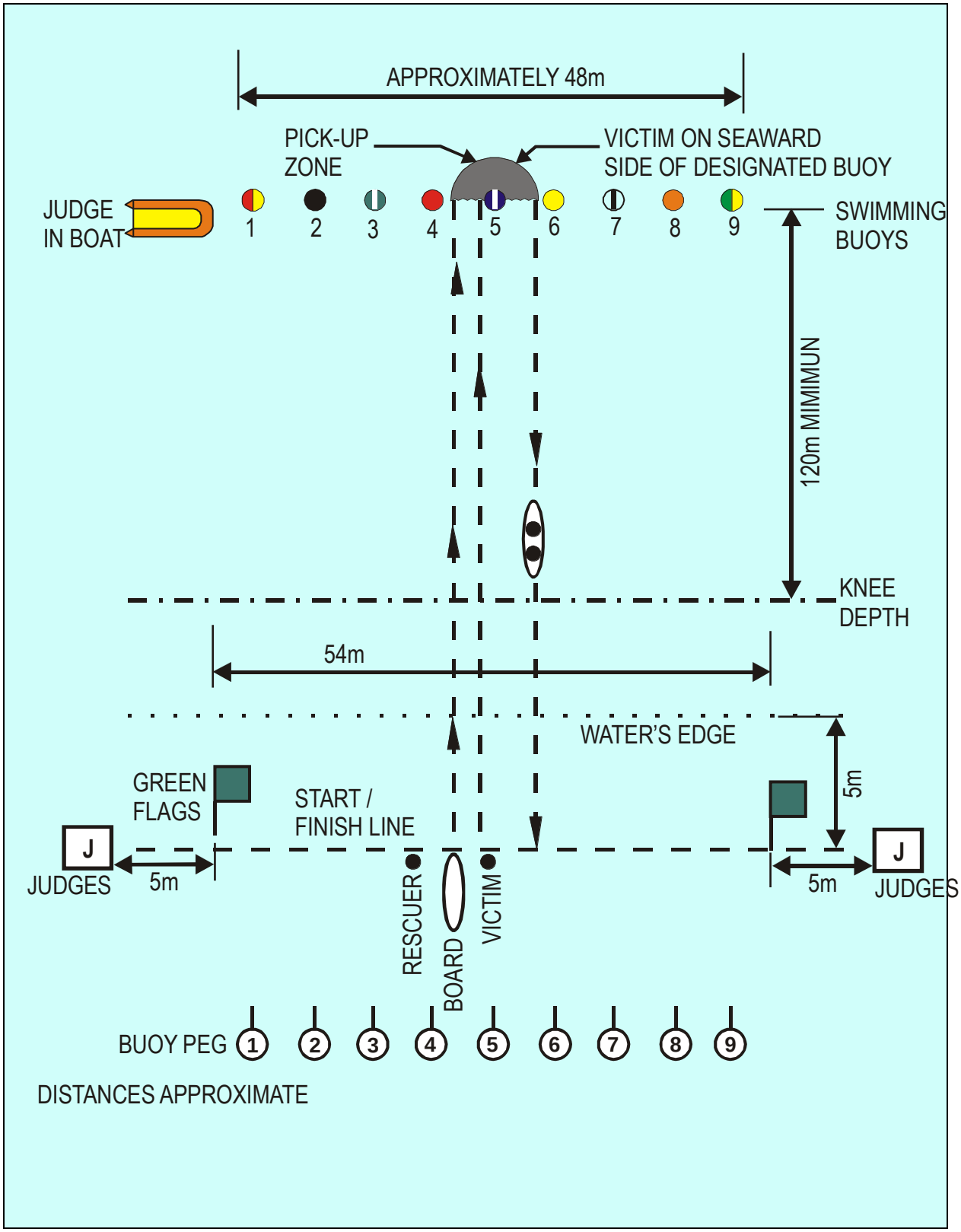
4.19.6 Victim pick-up

While it is not required that the entire board be on the seaward side of the allotted buoy, the victim must make contact with the board on the seaward side.

4.19.7 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

a) Failure to complete the course as defined and described (DQ12).



BOARD RESCUE

4.20 OCEANMAN/OCEANWOMAN

4.20.1 Event description

Competitors cover a 1.4 km (approx.) course that includes a swim leg, a board leg, a surf ski leg, and a beach sprint finish.

Except for the differences noted in this section, the conditions of racing of each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines.

The sequence of legs shall be determined by draw at the commencement of each competition. The same ballot shall determine the order of legs for the Oceanman/Oceanwoman Relay.

If the surf ski leg is first, competitors will start with a typical in-water start.

Starting positions: Competitors must commence craft legs from the correct allotted beach positions. The starting positions are reversed for the board and surf ski legs. For example, in a 16-competitor race in which a competitor has drawn position 1: the competitor commences the initial craft leg from position 1 but commences the other craft leg from position 16.

Competitor's 1st craft leg starting position	1	2	3	4	5	6	7	8	...16
Competitor's 2nd craft leg starting position	16	15	14	13	12	11	10	9	…1

Handler: A member of the competitor's team assists the competitor. With the Chief Referee's approval, non-team members may act as handlers, provided they are registered in the competition in some capacity.

Handlers shall:

- wear a competition cap.
- wear a distinctive high-visibility vest as required by competition organizers if entering the water beyond knee depth.
- hold the surf ski in a floating position as per the diagram or as directed by officials.
- make every effort to ensure that they and the equipment they are handling do not impede other competitors (otherwise disqualification of the competitor may result).
- comply with all instructions of the officials.

4.20.2 The course

Buoys shall be laid out for the swim, board, and surf ski legs as indicated in the following diagram.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the Chief Referee, depending on the prevailing sea conditions.

Buoy distances: Swimming buoys shall be positioned at a minimum of 120 m from knee-depth water at low tide mark.

4.20.2 The course (*cont'd*)

The board leg buoys and surf ski leg buoys shall be positioned approximately 50 m and 100 m respectively behind the swimming buoys. The board leg buoys should be approximately 17 m apart and the surf ski buoys approximately 50 m apart, with the surf ski "apex" buoy a further 10 m to seaward.

Flag layout: Two flags located approximately 20 m from the water's edge designate beach turning marks. One shall be positioned in line with swim buoy number 2, the other in line with the swim buoy number 8.

Two flags 5 m apart mark the finish line. They are positioned at right angles to the water's edge and approximately 50 m from the first turning flag.

Start and changeover line: The start and changeover line shall be approximately 30 m in length, centred on the swimming buoy number 1 approximately 5 m from the water's edge, and marked by a 2 m high pole at either end.

The start and changeover line serves as a start line if the board or swim leg is first. It serves as a board placement line for the board leg. Competitors are not required to cross the start and changeover line after the race has commenced.

Board course: The board leg is conducted from the start and changeover line to pass swim buoy 1 on the outside; round the two board course buoys; return to the beach passing swim buoy 9 on the outside; and round the two turning flags.

Surf ski course: The surf ski leg is conducted with the skis starting from the surf ski floating position as per the diagram, around three surf ski course buoys, return to the beach and around the two turning flags. Competitors must pass on the outside of all buoys. Competitors shall not cut through the swim course or board course buoys.

Swim course: The swim leg is conducted from the start and changeover line, around the swimming buoys, return to the beach and around the two turning flags.

Beach sprint course and finish: The race shall be concluded when a competitor completes all legs. To finish, a competitor rounds one turning flag, passes the other flag on the shoreward side, and finishes between the two finish flags.

Note: Competitors round the turning flags in the same direction as the buoys for each leg of the course.

Masters: If the Masters Oceanman/Oceanwoman swim course would exceed 120 m because of prevailing surf conditions, two single buoys, laid a minimum of 10 m apart at the 120 m mark may be used. In such circumstances, the standard swim course will be used for the board leg and for the first and third turning buoys of the surf ski leg. An apex buoy placed 10 m beyond the swim buoys will complete the surf ski course.

4.20.3 Equipment

Surf skis, paddles, boards: See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures.*

a) ***Changing of damaged craft***: A board or surf ski shall not be changed during a section of the race unless it is damaged or becomes unseaworthy. Team members/handler shall be permitted to assist in replacing the damaged craft, but only to the extent of placing other craft at the start and changeover line.

b) ***Paddles***: A lost or damaged paddle may be replaced only after the competitor returns to the start and changeover line.

c) ***Equipment removal***: To assist with the safe conduct of the event, team members and/or handlers may remove damaged or abandoned equipment from the course during the race provided the progress of other competitors is not obstructed.

4.20.4 Judging

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

4.20.5 Contact with craft

Competitors must be in contact with the surf ski or board up to and including the last course buoy. Competitors shall not be disqualified if they lose contact with the craft on the return journey from the buoys. Competitors may lose contact on the way out without penalty provided they regain the craft and round the last turning buoy of each leg in contact with the craft and complete the course.

4.20.6 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

a) Failure to complete the course as defined and described (DQ12).

4.20.7 Oceanman/Oceanwoman Eliminator Event Variation

The Eliminator format is an alternate format to conduct the traditional Oceanman and Oceanwoman events.

Qualification for the Elimination Event final is determined by traditional heats and further rounds (where applicable) to arrive at a final of 18 competitors.

The final is conducted over three Eliminator races as follows:

- Race 1 eliminating the last 6 athletes
- Race 2 eliminating the last 6 athletes
- Race 3 (FINAL) 6 remaining athletes

Note: In some circumstances it may be possible to have greater or less than 18 competitors in the first race of an Eliminator final. However, the second elimination race is to start with 12 competitors.

4.20.7 Oceanman/Oceanwoman Eliminator Event Variation (*cont'd*)

Note: Should there be less than 13 competitors starting the Referee shall advise the number of competitors to be eliminated in the first two races.

An initial draw will determine the order of the first race with the winner of each round selecting the order and their starting position on the line for the next race.

There will be 5 minutes rest between each race with the time commencing from the race winner crossing the finish line. This time can be subject to the organiser's discretion based on conditions and advised prior to the Eliminator final commencing.

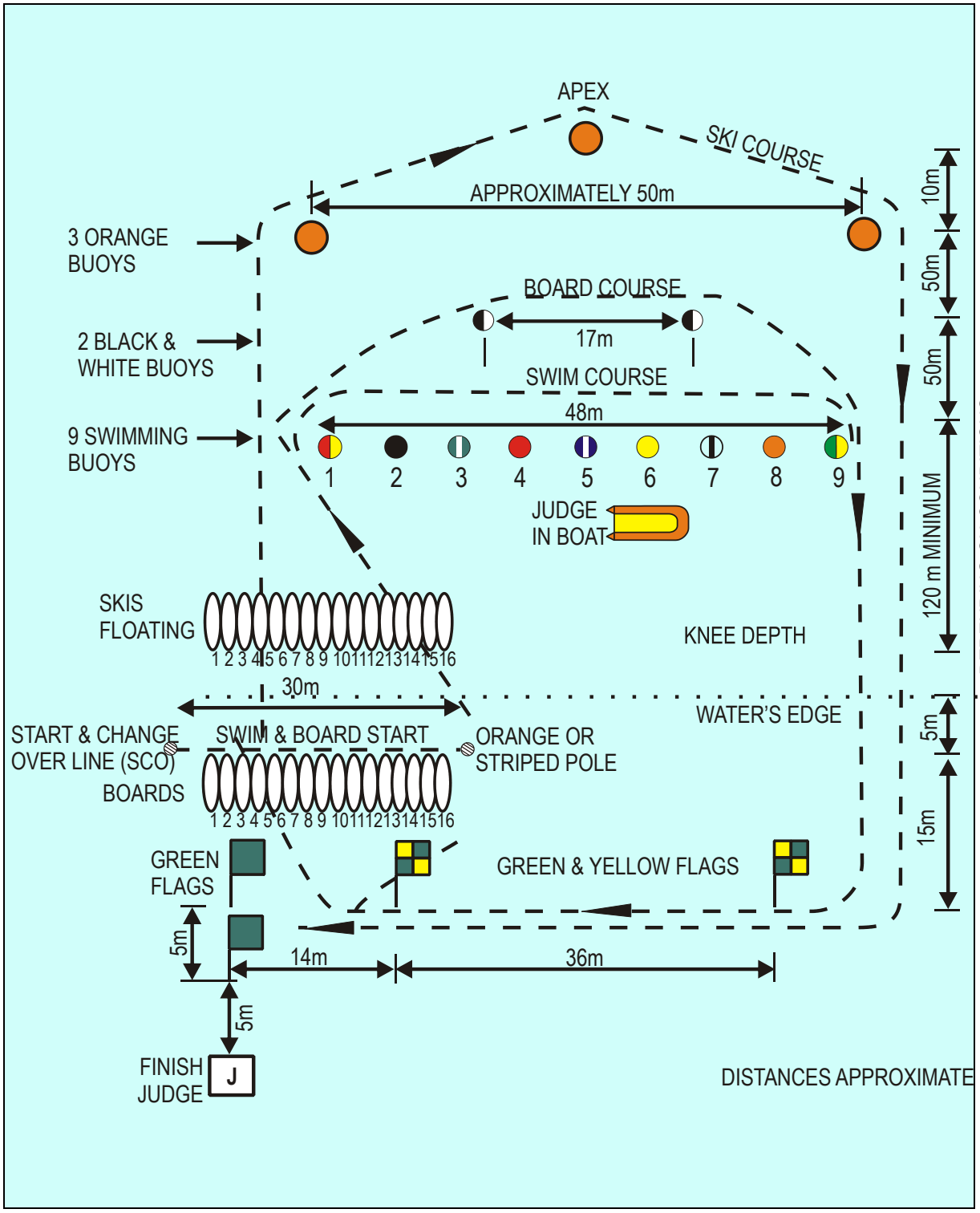
Rules for the Oceanman/Oceanwoman Eliminator finals format shall be as per the traditional Oceanman/Oceanwoman except where varied below:

- Competitors shall start in a line with an approximate 25 m straight run (beach conditions permitting) to the water's edge. Boards and skis placed on a line on the sand about 5 m from the water's edge for each leg by handlers who shall also remove used craft from the arena.
- Final placing and point score points shall be dependent on point where a competitor is eliminated.
- To encourage spectator, public, media and sponsor interest special audio and visuals may also be employed including changeover and finish Arches, large in-water turning buoys, special on-beach turning markers/flags and on-beach grandstands. Dependent on the beach this may result in slightly longer or shorter run legs.

Note: When racing occurs at relatively "flat-water" venues an alternate "M" shape course may be considered particularly when the events are conducted at standalone competitions. In such circumstances the course shall be advised by way of entry circular and should include a course diagram and the approximate distances for each leg. Competitors who fail to complete the course correctly (including missing a turning buoy or mark) shall be subject to the following:

- If an error occurs in the first race of the eliminator round then the competitor would be disqualified and allocated last place and any relevant points.
- If the error occurs in the second or third race of the eliminator then the competitor would be disqualified and allocated last place in that round. This is because the competitor has already qualified above those who have already been eliminated.

The event winner is the competitor who correctly finishes first in the third (final) elimination race irrespective of what qualifying place they achieved in the first two eliminator races.



OCEANMAN/OCEANWOMAN

4.21 OCEANMAN/OCEANWOMAN RELAY

4.21.1 Event description

Teams of four competitors (one swimmer, one board paddler, one surf ski paddler, and one runner) cover the course in a sequence of legs determined by draw at the start of each competition.

The run leg is always the final leg. If the surf ski leg is first, competitors shall start with a typical in-water start.

(***Masters***: Teams of three competitors – one swimmer, one board paddler, one surf ski paddler. There is no running leg in Masters Oceanman/Oceanwoman Relay.)

Except for the differences noted in this section, the conditions of racing of each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines.

To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the Chief Referee, depending on the prevailing sea conditions.

Competitors must commence their leg of the event from the correct allotted beach position.

Note: The second and third competitors do not need to cross the start/changeover line to enter the water after being tagged.

The starting positions are reversed for the board and surf ski legs. For example, in a 16-team race in which a team has drawn position 1: the initial craft leg is commenced from position 1 but the other craft leg is commenced from position 16.

1st craft leg starting position	1	2	3	4	5	6	7	8	...16
2nd craft leg starting position	16	15	14	13	12	11	10	9	…1

The following event description assumes the order to be: swim – board – surf ski – run. The course direction is clockwise.

Swim leg: From a beach start, swimmers enter the water, swim around the swimming course buoys, return to the beach, run around the two turning flags to tag with the board paddlers who are waiting with their boards, feet on, or on the shoreward side of, the start/changeover line.

Board leg: Board paddlers enter the water with their boards; pass swim buoy 1 on the outside; round the two board course buoys; return to the beach passing swim buoy 9 on the outside; round the two turning flags, and through the start/changeover line to tag with the surf ski paddlers, who are waiting with their surf skis and paddles in approximately knee depth water.

On their return, board paddlers may leave their boards at the water's edge.

Surf ski leg: Surf ski paddlers paddle around the surf ski course buoys and return to shore to tag the runners waiting at the water's edge or in the water.

Paddlers must pass on the outside of all buoys. Paddlers shall not cut through the swim course or board course buoys.

4.21.1 Event description (*cont'd*)

The location of the tag is at the discretion of the team provided it occurs after the last swim course buoy and before the first turning flag.

Run leg: Runners then round one turning flag, pass the other flag on the shoreward side, and continue to the finish between the two finish flags.

Note: It is permitted to tag the competitor anywhere from the shoreward side of the last turning buoy to the first turning flag on the beach. All tags must be performed above the water surface so that they are visible.

In addition, runners are permitted to enter the water to tag the incoming competitor and may wade, porpoise off the bottom, catch waves and or run to the turning flag but are not permitted to swim at any time (this includes taking any over arm action to either catch or stay on a wave).

4.21.2 Equipment

Surf ski, paddle, board: See Section 8 –*Facility and Equipment Standards Scrutineering Procedures*. Each team shall provide at least one board and one surf ski.

Team members shall place gear adjacent to the respective starting areas for the various craft.

Equipment removal: To assist with the safe conduct of the event, team members and/or handlers may remove damaged or abandoned equipment from the course during the race provided the progress of other competitors is not obstructed.

Handlers shall:

- wear a competition cap.
- wear a distinctive high-visibility vest as required by competition organizers if entering the water beyond knee depth.
- make every effort to ensure that they and the equipment they are handling do not impede other competitors (otherwise disqualification of the competitor may result).
- comply with all instructions of the officials.

Apparel: In the beach sprint course, shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion.

4.21.3 Judging

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

4.21.4 Contact with craft

Competitors must be in contact with the surf ski or board up to and including the last course buoy. Competitors shall not be disqualified if they lose contact with the craft on the return journey from the buoys. Competitors may lose contact on the way out without penalty provided they regain the craft and round the last turning buoy of each leg in contact with the craft and complete the course.

4.21.5 Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

a) Failure to complete the course as defined and described (DQ12).

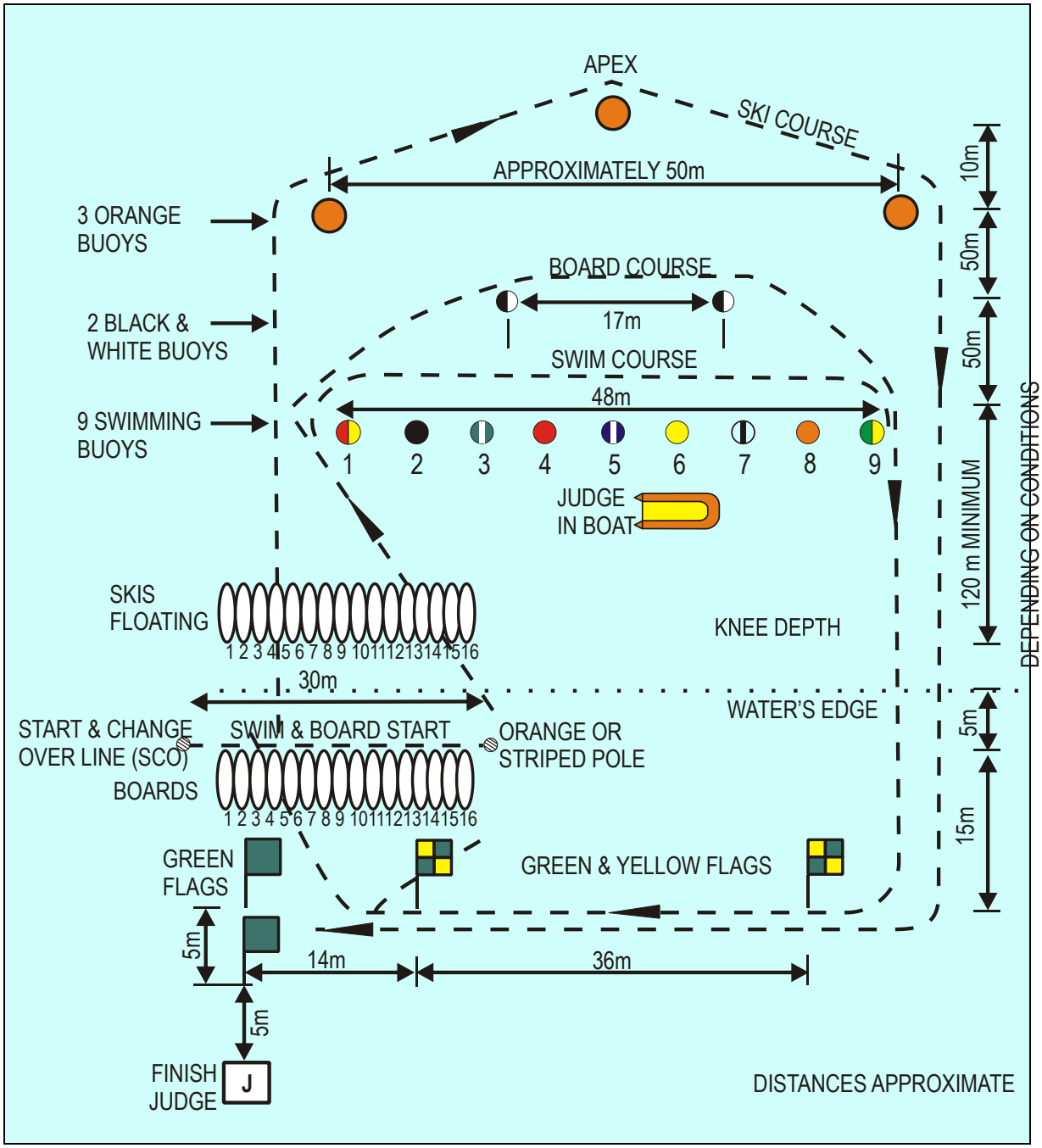
4.22. OCEAN LIFESAVER RELAY

4.22.1 Event description

The Ocean Lifesaver Relay is a variation of the Oceanman/Ocean Woman Relay event. All conditions and rules are as per the Oceanman/Oceanwoman Relay event but the event is conducted in the set order of Swim, Board, Ski and Run.

Note: When racing occurs at relatively "flat-water" venues an alternate "M" shape course may be considered particularly when the Relay event is conducted at standalone competitions with Oceanman and Oceanwoman events. In such circumstances the course shall be advised by way of entry circular and should include a course diagram and the approximate distances for each leg.

For Life Saving World Championships the Ocean Lifesaver Relay will be conducted as a mixed gender event. There shall be two males and two females in each team. The Event Management Committee shall undertake a draw to determine the male and female legs of the race.



OCEANMAN/OCEANWOMAN RELAY

DISQUALIFICATION CODES FOR OCEAN EVENTS

GENERAL

Code and Disqualification	Events
1. Not competing in accordance with the general rules.	All events
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 or her progress • receiving physical or material outside assistance (other than verbal or other direction)	All events
3. Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.	All events
4. A competitor or team absent from the start of an event shall be disqualified except for the A- or B-final.	All events
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 involved from competition.	All events
6. Abuse of officials may result in disqualification from the competition.	All events
7. All competitors who start (i.e., commence a starting motion) before the starting signal has been given shall be disqualified – except for Beach Flags in which the competitor(s) shall be eliminated.	All events
8. Failing to comply with the starter's commands within a reasonable time.	All events
9. A competitor who, after the starter's first command, disturbing others in the race through sound or otherwise may be disqualified (or eliminated in Beach Flags).	All events

DISQUALIFICATION CODES FOR OCEAN EVENTS (*cont'd*)

Code and Disqualification	Events
10. Starting from a position other than the allotted position or lane.	All events
11. Picking up or blocking more than one baton – e.g., lying on a baton or covering a baton from sight.	Beach Flags
12. Failure to complete the event and/or course as defined and described.	All events

ILS COMPETITION RULE BOOK

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Section 5

SIMULATED EMERGENCYRESPONSE COMPETITION

Section 5
SIMULATED EMERGENCY RESPONSE COMPETITION

The Simulated Emergency Response Competition (SERC) tests the initiative, judgement, knowledge, and abilities of four lifesavers who, acting as a team – under the direction of a team leader – apply lifesaving skills in a simulated emergency situation unknown to them prior to the start. This competition is judged within a two-minute time limit.

All teams respond to the same scenario and are evaluated by the same Judges. Every effort will be made to ensure that the scenario is executed in the same manner for every team.

The Simulated Emergency Response Competition shall be conducted without male and female categories. Teams may consist of any combination of males or females.

5.1 GENERAL CONDITIONS FOR SIMULATED EMERGENCY RESPONSE COMPETITION

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

b) Teams may not be permitted to commence in the SERC event if they are late reporting to the marshalling area. To assist the organisers in determining how many heats may be required, events may be marshalled the day before or at the start of the day the event is scheduled.

c) The Chief Referee shall decide whether the competition shall be conducted in heats, quarter-finals, semi-finals, or finals.

d) The order of teams shall be determined by draw in a method approved by the Chief Referee.

e) Any written instructions provided in lock-up, which are required for the management of the simulated emergency, shall be provided in English. Each team may bring one additional person into lock-up to provide interpretation/translation of the English instructions. This person remains in lock-up with the team.

Note: Organisers should allow sufficient time for translation of verbal or written instructions.

f) Competitors shall report promptly to the lock-up area at the designated time before the start of the competition. A team that is absent from lock-up at the start of the competition shall be disqualified (DQ3).

g) Competitors shall treat and handle victims with care: verbal and physical abuse is unnecessary and inappropriate and may result in penalty or disqualification (DQ10).

h) Competitors may wear corrective eyewear such as glasses and contact lens. Loss of such eyewear shall not be grounds for protest or appeal. Corrective goggles or masks are not permitted.

i) Body tape used for preventative, medical, therapeutic or kinesiology purposes is allowed at the discretion of the Chief Referee as long as it does not provide a competitive advantage.

5.1 GENERAL CONDITIONS FOR SERC (*cont'd*)

j) Team members must wear their national team or club cap. A competitor shall not be disqualified if the cap is lost after the start of an event provided that officials can identify that the competitor correctly completed the event.

k) No other personal belongings or equipment are permitted in the competition arena (e.g., watches, phones or any other communication device, goggles, masks, fins). Competitors may be required to remove jewellery which might cause harm to the rescuer or victim.

l) Judges' scores are not subject to protest.

5.1.1 Security and lock-up

Before the start and throughout the competition, teams are isolated in a secure "lock-up" area out of sight and sound of the competition arena. The scenario, actors, and any equipment shall be secret until competitors are locked up.

After competing, a team may observe subsequent teams compete.

Teams in lock-up are not permitted to see or communicate with anyone who is not also in lock-up. Any device that would allow such communication is prohibited.

5.1.2 Competition start

One at a time, teams are escorted from lock-up to the pool where, following an acoustic signal, they are confronted with "victims" in various locations who need various types of assistance.

Actors will begin their victim simulations immediately prior to the acoustic starting signal, and as the team enters the competition area. At the acoustic signal competitors respond to the victims in any manner they wish within the time limit.

5.1.3 Competition arena

The Simulated Emergency Response Competition may be held in a variety of indoor and outdoor aquatic environments.

The competition arena shall be clearly defined to all teams in advance. There shall be a clear indication of the location of both entry and exit points from the scenario area (e.g., which pool sides can be used).

Competitors shall be advised in advance if there are pool steps in the entry or exit area which may be removed or used.

Unless otherwise advised, competitors shall assume that the conditions in the competition arena are "as found."

When electronic timing is available, it must be used as a countdown clock for competitors and spectators.

5.1.4 Situation scenarios

Simulated emergency scenarios, secret until the start of the competition, shall be designed using one or more of the following approaches:

- An amalgam of single or multiple-person situations which are related.
- a group of people involved in a number of situations which relate to a common theme, such as a pool party or an upturned crowded boat.
- A number of groups of people in a number of multiple themes.

Simulated emergencies shall be staged as realistically (and as safely) as possible, and not test the competitors' imagination. For example, a situation in which an actor complains of burned hands should be staged with *simulated* evidence of a fire, or electrical wire, or chemicals. (Real fire, live wires, or actual chemicals shall *not* be used.)

5.1.5 Victims, manikins and bystanders

Victims shall be role-played by actors who present different problems necessitating different types of aid. Victim types may include *simulated* non-swimmers, weak swimmers, injured swimmers, and unconscious victims. In addition, competitors may be confronted by resuscitation manikins in the role of "victim" as well as by bystanders and swimmers.

The role-playing may evolve (e.g., a conscious victim becomes unconscious) during the course of the scenario providing that marks reflect the change, that there is consistent timing in the change, and that the change is consistent for every competitor throughout the competition.

Competitors shall be notified before the start if victim type is to be signified by a symbol (e.g., a red/black cross on forehead indicating unconsciousness). Competitors shall treat manikins as non-breathing, pulseless victims.

5.1.6 Equipment

Competitors may use all material and equipment available within the competition arena. Competitors may not bring their own equipment into the competition arena.

5.1.7 Start and timekeeping

An acoustic signal will indicate the start and finish of each team's emergency response.

5.2 PRINCIPLES OF RESCUE

5.2.1. Lifesaver versus lifeguard response

SERC competitors are expected to respond as a group of four individual lifesavers acting in a coordinated team under the direction of a team leader.

Unlike lifeguards who often work as part of well-trained teams in controlled aquatic environments, lifesavers must be prepared to respond appropriately in unexpected emergencies without benefit of specialised equipment, back-up, or established procedures and communications systems. In such circumstances, the

5.2.1. Lifesaver versus lifeguard response (*cont'd*)

personal safety of the lifesaver is paramount at all times and this shall be reflected in the marking sheets.

Competitors apply the following basic rescue steps:

- *Recognition* of a problem
- *Assessment* of the situation
- *Plan* a course of action to overcome the problem
- *Action* to effect the rescue
- *Care* of the victim

When assessing the situation, competitors consider:

- *Capabilities* of the rescuer
- *Number* of victims
- *Position* of the victims
- *Condition* of the victims (e.g., non-swimmer, weak swimmer)
- *Rescue aids* (equipment) available
- *Conditions*prevailing (e.g., water depth, entry and landing points)

On the basis of their assessment, competitors plan a course of action which may involve:

- *Seeking* assistance
- *Organising* assistance
- *Informing* an available helper
- *Gathering* any appropriate aids or equipment
- *Performing* the rescue as necessary

The plan should establish control of the situation and *aim to preserve as many lives as possible*. The management of a rescue of multiple victims presents rescuers with choices.

In brief, rescuers should manage the situation as follows:

- *Mobilise* the mobile
- *Secure* the safety of those in imminent danger
- *Recover* and resuscitate those in need of continuous care

The mobile may include those capable of assisting themselves to safety. Those in imminent danger may include non-swimmers and injured swimmers. Those in need of continuous care include unconscious, non-breathing, or suspected spinal-injured victims.

When a suitable plan has been devised it should be put into action promptly. Competitors should be alert to changes in the situation and adapt their plan of action to respond to such changes.

5.2.1. Lifesaver versus lifeguard response (*cont'd*)

When carrying out rescue competitors must remember:

- Rescue from a position offering greatest safety to oneself
- The management of rescue principles
- Approach victims with extreme caution
- Avoid direct personal contact with conscious victims

If entering the water is inevitable, competitors select the most effective techniques for the situation without endangering their own life in any way.

It is important that competitors clearly show their intentions and actions to the Judges.

5.3 JUDGING AND MARKING

The marking sheets shall be prepared with one Judge marking the entire scenario while the others judge the handling of the individual victims. One Judge per victim is recommended.

Before the competition start, Judges shall be briefed on the situation scenarios, scoring procedure and marking priorities.

A Judge shall be assigned to a victim or group of victims, and assess all teams in that part of the scenario for the entire competition.

5.3.1 Marking system

The marking system used in this competition allows Judges to use their skill in assigning marks, and provides for a competitor offering an appropriate but unanticipated rescue response. In allocating marks, Judge(s) consider the following:

- victim type
- victim'sdistance from safety
- equipmentavailable and used
- speed of assessment
- priority given
- quality of action/task
- victim care

Early and accurate recognition of the victim's problem(s) is the essential first step to success in this competition. Successful recognition is closely related to the quality of the victim simulation and staging of the incidents.

Scoring shall reward the competitors' accurate assessment of which victims take priority. The competitors' assessment of which victims take priority will depend on the nature of the emergency. For in-water victims, competitors should follow these victim priorities in determining whom to help first:

5.3.1 Marking system (*cont'd*)

- Weak swimmers and others who are mobile
- Victims in imminent danger: non-swimmers and injured swimmers
- Victims requiring continuous care: unconscious, non-breathing, suspected spinal-injured victims.

Specific aspects of the scenario may be weighted to provide higher scores for a rescue performance requiring a greater degree of skill and judgement.

See sample score sheets at the end of this section. These score sheets are *samples only*. Unique and competition-specific score sheets are designed for each world championships. Scenarios, marks and weighting will vary.

In addition, consult the updated SERC guide for coaches, competitors, judges and officials which will be posted at www.ilsf.org.

5.3.2 Disqualification

In addition to the *General Rules* in Section 2 and the *General conditions for Simulated Emergency Response Competition* in 5.2, the following behaviour may result in disqualification:

a) Receiving outside assistance, direction, or advice (DQ7).

b) Taking any telecommunication device into the security area (DQ8).

c) Using any equipment not provided as part of the competition (DQ9).

d) Competitors who verbally or physically abuse a victim may be assigned a penalty or disqualified (DQ10).

DISQUALIFICATION CODES FOR SERC

Code and Disqualification	Events
1. Not completing the event in accordance with the event description or general rules.	All events
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 or her progress • receiving physical or material outside assistance (other than verbal or other direction)	All events
3. Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.	All events
4. A competitor or team absent from the start of an event shall be disqualified except for the A- or B-final.	All events
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 involved from competition.	All events
6. Abuse of officials may result in disqualification from the competition.	All events
7. Receiving outside assistance, direction, or advice.	SERC
8. Taking any telecommunication device into the security area.	SERC
9. Using any equipment not provided as part of the competition.	SERC
10. Competitors who verbally or physically abuse a victim may be assigned a penalty or disqualified.	SERC

SERC: SAMPLE CHIEF JUDGE SCORING SHEET – OVERALL

Draw No: _____ **Team Name**: _____ **Judge Name**: _____

Scenario description: You have all come to the local swimming pool to relax for the morning and you notice that there are some people in trouble in the water. The lifeguards have not turned up for their shifts and there is no other staff around that you can see. There is only one designated access or exit point for the scenario. If you secure or land a victim it **must** be done within this entry area. If you use any other area you **will not** score any marks.

Judges notes: You have the overview of the SERC and assess overall efficiency of the team. In particular you mark the Team Leader's control of the team – assessment of priorities and dispatch/direction of team members to deal with the casualties. You will also mark communication between the Leader and the team and between team members and this may include information about the condition of the victims and what help is needed.

Your marks **MUST** take into account:

- Any loss of control by the Leader becoming committed or involved to such an extent that overall control is lost. **Do not mark any rescues the leader carries out**. They will be marked by another judge allocated to that victim.
- Whether assistance was sought. Note: any person sent for help will not be allowed to return during the scenario.

Areas of marking	Marks out of 10
Assessment Assessment of the emergency Did the leader coordinate the team and direct to the correct priorities of rescue? On-going assessment / re-assessment	
Control Control and safety over the scenario area Leader retains control throughout the scenario On-going assessment / re-assessment	
Communication Communication and feedback from Leader to team, and between team members and victims Effective questioning / clear instructions given to victims and team	
Search Effective search of scenario area Identification and location of victims	
Teamwork Teamwork, summon assistance (emergency services called) with appropriate information provided Identification and securing of all victims Effective use of bystanders / victims	
Rough handling of victims – **Deduct points**	
Total	

Marking notes (in increments of 0.5 allotted by the Judge):

Perfect 10	Very Good 7.5 – 9.5	Satisfactory 5.0 – 7.0	Weak 2.5 – 4.5	Poor 0 – 2.0
Specific aspects of the scenario may be weighted to provide higher scores for a rescue performance requiring a greater degree of skill and judgement.				

SERC: SAMPLE JUDGE SCORING SHEET – Non-swimmer

Draw No: _____ **Team Name**: _____ **Judge Name**: _____

Victim: non-swimmer trying to get to the edge

The victim is struggling to stay above the water and is starting to panic as he cannot get to the edge. He will take a rescue aid if pushed into his reach. However if a contact rescue is attempted, he will struggle and try to grab hold of the rescuer (he will not turn on his back). He needs assistance to get out of the water and when out will be exhausted from the experience. He is on his own at the pool.

Judges notes

Non-swimmer is in imminent danger and is a high priority for rescue. He will attempt to grab any rescuer who approaches him directly without an aid. If a contact rescue is used, **no marks** should be recorded for the rescue component. He should be made safe with an effective and efficient return to the edge. Landing should be done with care. He will answer questions put to him but will not volunteer the information. He **will not** leave the area to call for emergency services as he is frightened.

Areas of marking	Marks out of 10
Victim recognition/approach Recognition of non-swimmer (high priority), speed of reaching victim Safe approach by rescuer	
Rescue Rescue with extreme caution Effective rescue, non-contact (if contact rescue, **no marks** for this section)	
Control of victim Clear effective questioning and reassurance Reassurance during rescue until returned to the edge	
Landing Care of the victim; protection of the head Appropriate landing for size and strength of rescuer	
Care and aftercare of victim Safe position away from the edge; warmth and protection where possible; monitor safety; ongoing reassurance	
Rough handling of victims – **Deduct points**	
Total	

Marking notes (in increments of 0.5 allotted by the Judge):

Perfect 10	Very Good 7.5 – 9.5	Satisfactory 5.0 – 7.0	Weak 2.5 – 4.5	Poor 0 – 2.0
Specific aspects of the scenario may be weighted to provide higher scores for a rescue performance requiring a greater degree of skill and judgement.				

SERC: SAMPLE JUDGE SCORING SHEET – Weak Swimmer

Draw No: _____ **Team Name**: _____ **Judge Name**: _____

Victim: uncooperative weak swimmer who was playing with friends

The victim is a weak swimmer struggling to get back to the edge after playing with friends. He is shouting at his other friends to follow him but he is not sure where they are. He can take an aid but can get to the edge without one. If a contact carry is performed he will struggle and resist. He is concerned about getting the message to his other friends to swim to the edge. He can land himself unaided. He will provide assistance or contact emergency services and remains cooperative throughout.

Judges notes

Weak swimmer needs to be made safe very quickly. He can be talked at or given signs to return to the edge; he will need to be kept under observation. He will struggle if a contact rescue is used and low marks should be awarded for the rescue.

Areas of marking	Marks out of 10
Victim recognition/approach Recognition that he is a weak swimmer and high priority to mobilize Safe approach by rescuer	
Rescue Encourage return to the edge with clear directions; perform a non-contact rescue (low marks for contact rescue – **maximum 5 marks** for this section) Monitor while still in water; may require further directions/instructions	
Control and use of victim Effective communication / instruction; use for keeping another victim warm / safe (especially his friends)	
Landing Make secure and land Appropriate landing for size and strength of rescuer	
Care and aftercare of victim Safe position away from the edge; warmth and protection where possible; monitor safety; ongoing monitoring and care	
Rough handling of victims – **Deduct points**	
Total	

Marking notes (in increments of 0.5 allotted by the Judge):

Perfect 10	Very Good 7.5 – 9.5	Satisfactory 5.0 – 7.0	Weak 2.5 – 4.5	Poor 0 – 2.0
Specific aspects of the scenario may be weighted to provide higher scores for a rescue performance requiring a greater degree of skill and judgement.				

SERC: SAMPLE JUDGE SCORING SHEET– Unconscious / non-breathing Victim

Draw No: _____ **Team Name**: _____ **Judge Name**: _____

Victim: Child (manikin) unconscious, not breathing

This child is on the bottom of the pool. He was playing with his friends.

Judges notes

This victim is a low-order rescue priority and rescuers should deal with the high priority casualties as quickly as possible in order to get to this casualty who requires continuous care.

CPR should be commenced as soon as possible and your marks should reflect the efficiency and effectiveness of the CPR simulation (and not measured against your own country's teaching / standards).

Areas of Marking	Marks out of 10
Victim Recognition/Approach Identification of casualty	
Rescue Speed of rescue (considering priority of rescue) Speed in getting back to the edge	
Control of victim Effective and efficient carry	
Landing Careful handling/landing of the casualty	
Care and aftercare of victim Effective and efficient CPR likely to assist recovery Safe position away from the edge; monitor safety; ongoing monitoring and care	
Rough handling of victim – **Deduct points**	
Total	

Marking notes (in increments of 0.5 allotted by the Judge):

Perfect 10	Very Good 7.5 – 9.5	Satisfactory 5.0 – 7.0	Weak 2.5 – 4.5	Poor 0 – 2.0
Specific aspects of the scenario may be weighted to provide higher scores for a rescue performance requiring a greater degree of skill and judgement.				

SERC: SAMPLE JUDGE SCORING SHEET – Injured Victim

Draw No: _____ **Team Name**: _____ **Judge Name**: _____

Victim: conscious victim with injured shoulder

Fell into water, injured shoulder. Victim is calm.

Judges notes

This is a medium priority victim requiring assistance. Rescuer should use an aid. Victim **can** hold aid and needs assistance to climb out of the pool. The victim should be removed carefully from the water with attention to the injured shoulder. He is uncooperative and **will not** go for assistance or contact emergency services.

Areas of Marking	Marks out of 10
Casualty recognition/approach Recognition that he is an injured swimmer and medium priority to mobilize Safe approach by rescuer	
Rescue Encourage to return to the edge with clear directions Perform non-contact rescue (low marks for contact rescue – **maximum 5 marks** for this section) Monitor while still in water; may require further directions/instructions	
Control of victim Effective communication / instruction Reassurance throughout rescue	
Landing Careful removal from water with attention to injured shoulder Make secure and land (monitor while still in water; may require further directions/instructions) Appropriate landing for size and strength of rescuer	
Care and aftercare of victim Safe position away from the edge; warmth and protection where possible; monitor safety; ongoing monitoring and care	
Rough handling of victim – **Deduct points**	
Total	

Marking notes (in increments of 0.5 allotted by the Judge):

Perfect 10	Very Good 7.5 – 9.5	Satisfactory 5.0 – 7.0	Weak 2.5 – 4.5	Poor 0 – 2.0
Specific aspects of the scenario may be weighted to provide higher scores for a rescue performance requiring a greater degree of skill and judgement.				

ILS COMPETITION RULE BOOK

2015–2019 Edition

Revised 2017

Section 6

SURF BOAT EVENT

Section 6
SURF BOAT EVENT

6.1 GENERAL CONDITIONS FOR SURF BOAT COMPETITION

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

a) A boat crew shall consist of five competitors, four of whom shall be rowers. The fifth shall control the boat by a sweep oar and shall be known as the sweep. A crew must commence each race with all five competitors.

The sweep: With the approval of the Organising Committee, proficient sweeps who are non-team members may act as sweeps for clubs from national lifesaving organisations which are developing surf boat racing, provided the sweeps are members of a current ILS Full Member organisation, and are registered in the competition in some capacity.

Crews are permitted to compete in more than one category, with the following exceptions:

- No crew or individual may compete in *both* Open *and* Reserve Grade categories.
- 19 Years or 23 Years crews or individuals may compete in their age category and *either* Open *or* Reserve Grade but not both.
- Sweeps may participate in any category as a sweep including Male and Female categories irrespective of their gender. However, with the exception of the note in “The sweep” (above), sweeps may only compete in a category once, irrespective of whether they are sweeping or rowing.
- Sweeps may compete in multiple Masters total-age groups, but shall only compete in a particular category once, irrespective of whether they are sweeping or rowing.
- In Master’s competition, sweeps do not need to be Masters competitors.
- Masters competitors are permitted to compete as a rower in one Masters age-group and in *either* Open *or* Reserve grade *categories*.
- Should a member of any crew become indisposed, he or she may be replaced subject to approval of the Chief Referee, provided the competitor complies with the requirements for team substitution as detailed in the championships handbook.
- If 19 Years or 23 Years competitors are rowing in an older age category made up of mixed age-groups, they can continue to row in that older age category event if their own individual age division is suspended or cancelled. However, a crew made up entirely of rowers from suspended or cancelled age or gender group(s) shall not be permitted to compete.

b) Crews may not be permitted to start in an event if they are late reporting to the marshalling area.

c) A crew absent from the start of an event shall be disqualified.

6.1 GENERAL CONDITIONS FOR SURF BOAT COMPETITION (*cont'd*)

d) Crew and officials must leave the designated competition area when not competing or officiating.

e) Unless specifically provided for, no artificial means of propulsion may be used in competition.

f) Video cameras may be mounted on Surf Boats as long as such devices conform to the requirements specified in Section 8, *Facility and Equipment Standards and Scrutineering Procedures*. With the exception of the sweep, video cameras may not be worn by competitors or otherwise attached to a competitor from start to finish of a race.

The sweep may wear a video camera on his or her helmet, provided that the camera is installed on a mounting device and toggle strap supplied or recommended by the manufacturer of the device.

g) Boat crews shall be dressed in accordance with 2.10*Competition attire*. However, the sweep may wear different style apparel as warranted by the conditions. Crews may wear flotation vests.

All boat rowers and sweeps must wear an approved aquatic helmet (e.g., EN1385 certified or equivalent) during competition unless the Competition Committee or the Chief Referee has issued a dispensation because of favourable conditions.

Should conditions alter during the course of an event, the Chief Referee may reverse the initial decision for the optional wearing of an approved aquatic helmet and mandate that all boat rowers and sweeps must wear an approved aquatic helmet in competition.

A decision to make wearing of an approved aquatic helmet optional is subject to a documented risk assessment that determines an acceptably low risk level.

A nominal wave height of 1 m is considered the maximum threshold where wearing of an approved aquatic helmet may be considered optional. Wave height is only one consideration in assessing surf zone hazards (examples of others could include: a heavy shore break, littoral drift, shorter wave periods, wind strength and direction).

Helmets should be presented in team colours and design.

Helmets (or club swim caps if wearing of an approved aquatic helmet is not required) securely fastened under the chin, must be worn on competitors' heads at the start. A team shall not be disqualified if the helmet or cap is lost after the start of an event provided that officials can identify that the crew correctly completed the course.

A Boat Rowers Panel of at least three qualified and experienced surf boat representatives shall be appointed to discuss boat rowing conditions with competition officials and to represent competitors. The Organising Committee shall endorse the members of the Boat Rowers Panel for the competition. The Boat Rowers Panel shall act as a communication link between competitors and officials and act under the following guidelines:

6.1 GENERAL CONDITIONS FOR SURF BOAT COMPETITION (*cont'd*)

- The representatives of the Boat Rowers Panel shall liaise directly with the Chief Referee on all matters pertaining to the conduct of the competition.
- The Boat Rowers Panel will assist in assessing hazards and provide advice to the Chief Referee regarding event-specific safety considerations including recommendations that wearing of an approved aquatic helmet be optional for a competition in the event of acceptably low risk levels (see (g) above).

  Note: Should conditions alter during the course of an event the Chief Referee may reverse the initial decision for the optional wearing of approved aquatic helmets and mandate that all boat rowers and sweeps must wear an approved aquatic helmet in competition.
- The Boat Rowers Panel may assist the Referee in setting competition courses prior to the commencement of competition.
- Protests regarding surf boat competition shall be dealt with in accordance with the *ILS Competition Rule Book* and any subsequent bulletins and entry conditions.
- The Boat Rowers Panel representatives shall abide by any decision of the Organising Committee, Chief Referee and/or Appeals Committee.

6.1.1 Luck of prevailing conditions

No protest or appeal will be entertained when an incident is caused by the prevailing conditions (see 2.7*Luck of Prevailing Conditions*).

6.1.2 Competition area

The competition area may be defined as the section of the beach encompassed by a line or fence, or a direct line to the water from the extreme ends of a line or fence or other designated areas as specified by the Chief Referee.

6.2 THE COURSE

The course shall be as detailed in the diagram.

The boat turning buoys and the gate buoys should be of distinctive colours.

The turning buoys should be set at a minimum of 400 m rowing distance from the end of knee depth water at the low tide mark depending on prevailing surf conditions and should be set in such a position to allow the boats to clear other course buoys by taking a straight course to and from their respective turning buoys.

The turning buoys should be set so as to provide a course which is as fair as possible and which will give all crews the same distance to row, regardless of which position they are allocated.

The gate buoys, which are optional at the Chief Referee's discretion for usage on the return journey, should be:

- Set in line with the turning buoys on the seaward side of the break area and inshore from the turning buoys.
- Negotiated as directed by the Chief Referee or Sectional Referee.

6.2 THE COURSE (*cont'd*)

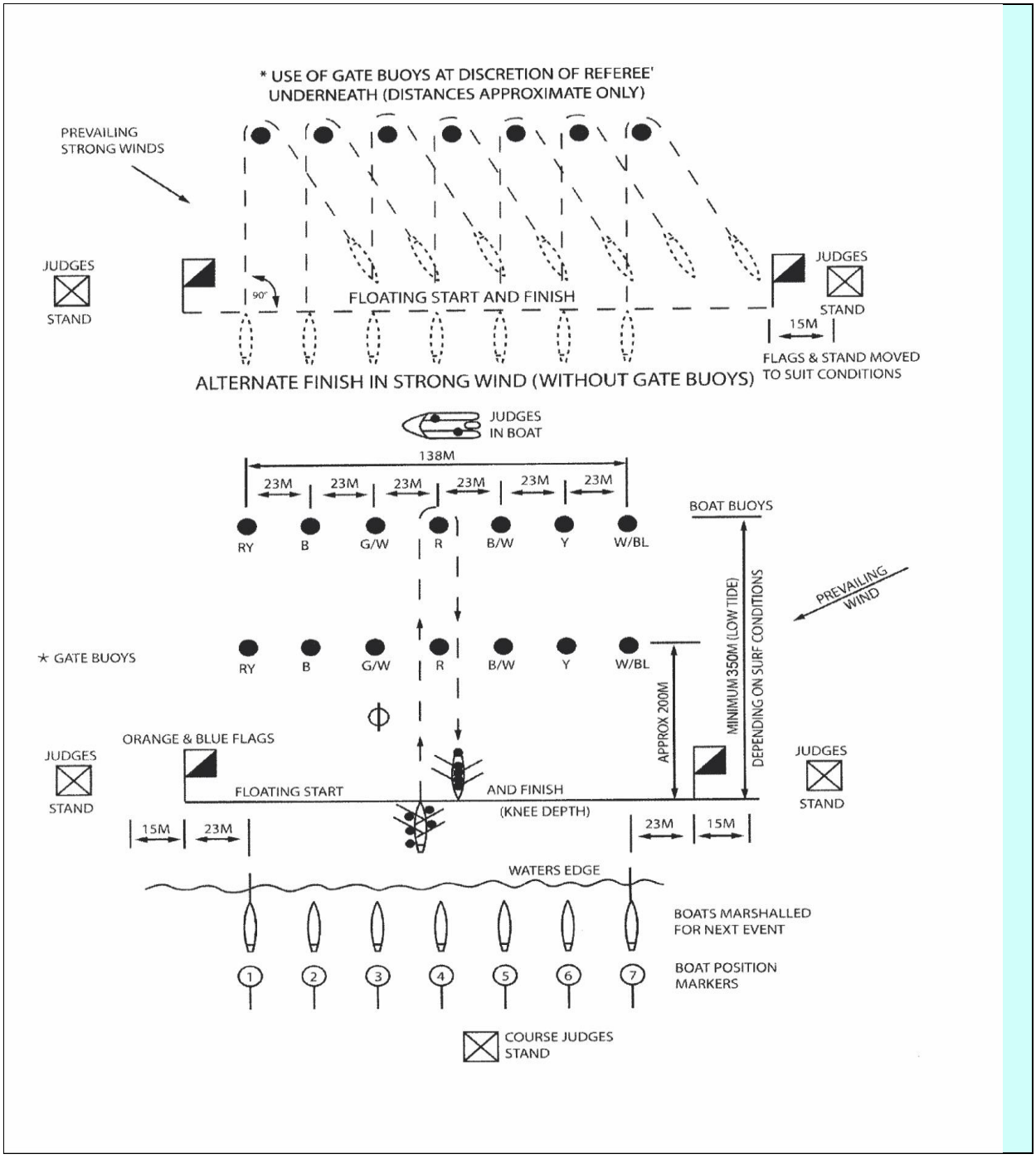
The finishing line shall be a line of sight drawn between two orange and blue diagonal flags (or other colour(s) as determined by the Chief Referee) on poles positioned far enough apart to correspond with the number of buoys laid (see diagram) and to allow all boats to finish afloat.

As an alternative to the above, there is also an option for dry starts and finishes in any combination with wet starts and wet finishes.

Large elevated boat position markers, in the corresponding boat buoy colours, may be positioned on the beach behind each start position to assist sweeps returning to the beach to determine their position relative to their start position.

When it is not possible to provide a fair course over the full number of positions, the Chief Referee, at his or her discretion, may reduce the number of crews in each race, including the finals to improve the fairness of racing.

If it is clearly evident that the turning buoys are not parallel to the beach and therefore not fair for all crews, the buoys may be adjusted immediately at the discretion of the Chief Referee.



SURF BOAT RACE

Distances approximate only. The beach set-up relative to the positioning of the buoys may be adjusted depending on surf conditions.

6.3 PRE-START

a) For each race the boat crews shall be marshalled to their allocated positions on the beach near the water's edge.

b) At the appropriate time for a wet start, the Check Starter shall direct the crews to float and hold their boats in their allocated positions approximately 23 m apart in readiness for a race start.

c) Starts may be wet or dry and will be decided by the Chief Referee. When a dry start is used, coloured markers corresponding with the buoy colours will be placed in line on the beach, approximately 10 m from the water's edge. A crew member from each crew shall line up behind the allocated marker in readiness for a race start. The remaining four crew members plus a handler (if required) shall hold the boat either floating in the water or at the water's edge.

d) ***Handlers***: Handlers shall not be considered to be a competitor but shall be required to:

- Be a member of the same club as the crew and be registered in the competition. With the Chief Referee's approval, non-team members may act as handlers, provided they are registered in the competition in some capacity.
- Wear a competition cap.
- Wear a distinctive high visibility vest as required by competition organizers if entering the water beyond knee depth.
- Comply with all instructions of the officials.
- Make every effort to ensure that they, or the equipment that they are handling, do not impede another competitor (otherwise both crew and handler may be subject to disqualification).
- Handle the boat and/or oar as directed by the relevant official.

e) The Check Starter shall hold a flag aloft when the crews are in line and ready to race. At the discretion of the sweep, a crew may draw their boat back from the line if they so wish, provided the boat is stationary at the time of the start. If crews disregard the directions of the Check Starter or Starter they may be disqualified.

f) The Check Starter raises a flag to signal the Starter that the crews are ready to race. The Starter should be in an elevated position approximately mid-field on the beach.

g) If a crew has a problem prior to the start, the sweep may raise an arm to indicate that the crew is not ready to race, whereupon, the Check Starter may lower his or her flag and the Starter may lower the gun. Once the problem has been rectified, the start process may recommence. A crew that disregards the further directions of the Check Starter may be disqualified.

6.4 THE START

The Starter shall make every effort to ensure that all crews are given a fair and even start. However, the decision for the crew to "in and away" is ultimately the responsibility of the sweep. Crews may not protest the start.

6.4 THE START (*cont'd*)

If the Chief Referee, Starter or Check Starter is not satisfied that the start has been fair for all crews, the race shall be recalled by way of a second shot from the gun or a whistle blast.

In a dry start, the crew member runs to the boat when the start signal is given. When the crew member visibly touches the body of the boat (not the oars), the crew may board the boat and commence rowing. Failure by the runner to visibly make contact with the boat before the crew boards may result in disqualification.

6.5 THE SEAWARD JOURNEY

a) On the starting signal, the boats shall be rowed to sea. Crews should endeavour to steer a straight course to their allocated turning buoy. Failure to steer a straight course to their allocated turning buoy may result in a penalty or disqualification if another crew is impeded or disadvantaged by such action.

b) During the seaward journey, if a boat is swamped and overturns, the crew may right and empty the boat and continue the race. To achieve this, it may be necessary for the crew to return the boat to shore. If a time limit has been advised and it is clearly evident that a restarting crew will not complete the course in the allowed time, the Chief Referee should withdraw the crew from the race to prevent delays to the programme.

c) During the seaward journey, lost or damaged boats and/or gear (e.g., oars, rowlocks, etc.) may be replaced by other club members. Club members may place replacement boats and gear for collection at the water's edge by the crew and remove damaged or lost equipment to ensure that interference is not caused to other competing crews.

d) Any member of any club or official authorised to be in the competition area may assist in the removal of damaged or lost boats and/or gear from the competition area to assist in maintaining safe competition.

e) Non-crew members may not recover lost boats and/or gear and place same on the start line for reuse by a crew during a race.

f) Replacement gear may be brought into the competition arena and placed adjacent to the starting line as directed by the Chief Referee or relevant official.

g) If a crew runs aground while steering a straight line to their allotted turning buoy, the Chief Referee may halt the race and re-run that particular heat of the race or place the crew in another heat or round of the race.

6.6 THE TURN

Turns are usually made from left to right (i.e., anti-clockwise or right hand in). However, this may change at the discretion of the Chief Referee after giving due consideration to the sea conditions applicable at the time of that round. All crews must be informed of a decision to change from "left to right" to "right to left". Failure to make the turn in the correct direction shall result in disqualification.

6.6 THE TURN*(cont'd)*

a) The turn shall be effected giving due consideration to other competing crews. The turn should be kept as tight as is required to avoid impeding other crews. This applies when approaching and departing the turning buoys (see diagram). Impeding another crew may result in penalty or disqualification.

b) If a crew overturns its boat after completing the turn and before crossing the finishing line (or in the case of a dry finish, the runner completing the course), the crew may continue the race after ensuring the safety of all crew members who rounded the buoys in the boat.

- This is to be demonstrated by all crew members who rounded the buoys regaining physical contact with their boat before the crew crosses the finish line (or in the case of a dry finish, the runner completing the course). Once this contact has been completed the crew may proceed to complete the race as described in 6.8*The Finish*.
- Only those crew members who rounded the buoy in the boat are eligible to assist in finishing the race.

Should a boat in a race cause another boat to overturn, the Chief Referee shall decide whether the affected crew may progress to the next round. However, there shall not normally be a re-run of the final in such circumstances.

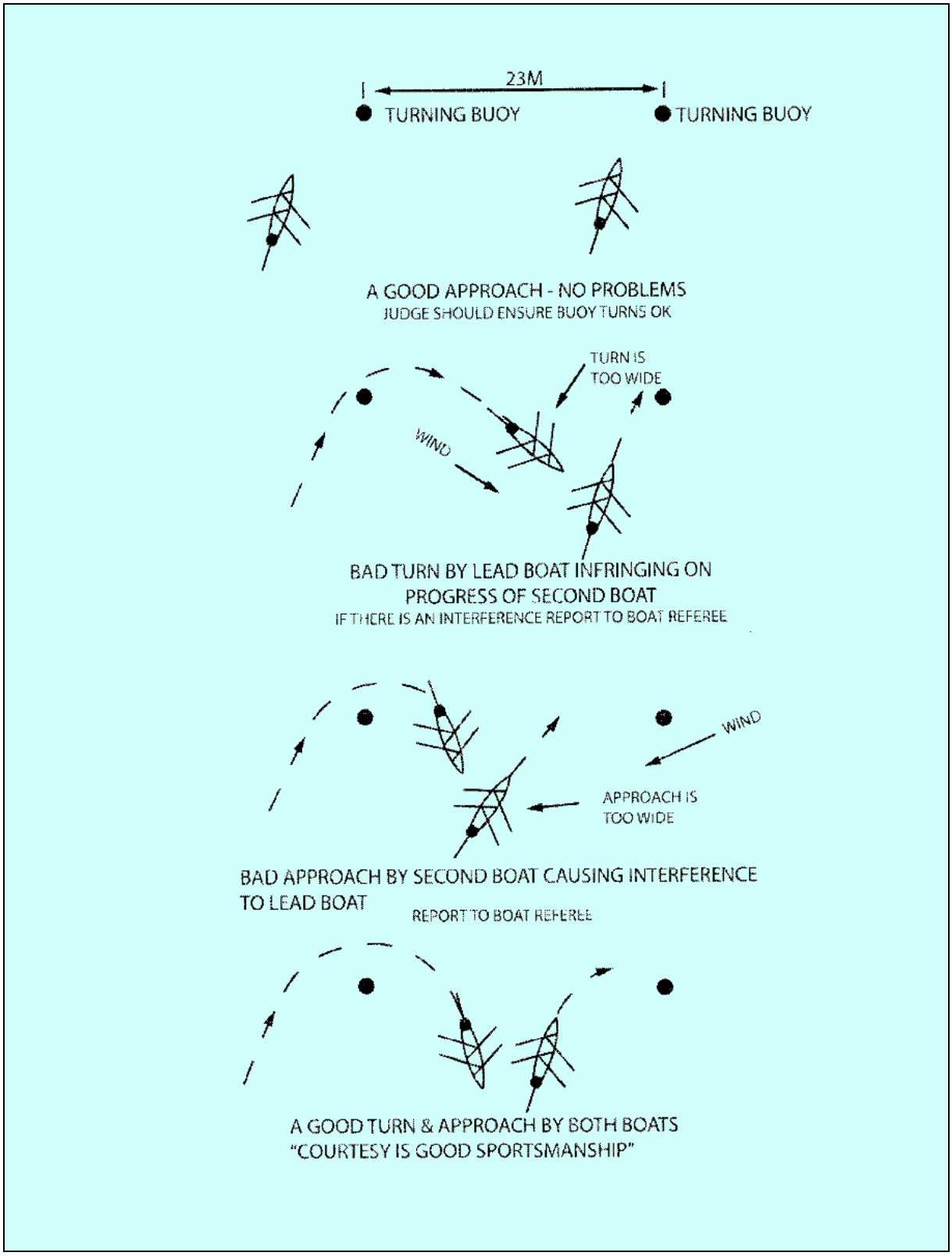
6.7 THE RETURN JOURNEY

a) After completing the turn, crews should make every effort to steer a straight course to the finish line. Failure to do so may result in penalty or disqualification if another competing crew is impeded or disadvantaged by such action.

b) Boats taking a wave must keep clear of boats in front of them and may pass other boats on either side. Failure to comply may result in a penalty or disqualification if another crew is impeded by such action.

c) When gate buoys are in use, crews must pass through their allocated gate as decided by the Chief Referee. The Chief Referee shall advise crews of the boat buoy usage. Any changes made during competition shall also be advised to crews. Failure to negotiate the correct gate shall result in disqualification. If another crew cannot pass through their gate buoy as a result of failure by another crew to correctly negotiate their correct gate, the matter shall be adjudicated upon by the Chief Referee.

d) Should a boat on the return journey, when close to the finish line be stopped by grounding, this boat shall be deemed to have finished the race. This boat may be allocated a placing as decided by the finish judges provided that the boat is not full of water and is heading towards the finish line.



SURF BOAT TURNS AT BUOYS

Some typical situations

6.8 THE FINISH

A wet finish placing shall be determined when any part of the hull of the boat crosses the finish line under the control of the crew and properly equipped from the seaward side between the finishing flags or when a boat runs aground. The crew may recover a boat that has crossed the finish line not under the control and/or properly equipped and then again cross the finish line correctly to record a finish placing result.

"***Under control***" is defined as a boat being in an upright position with a crew of at least three members in contact with the boat and the boat moving in a direction towards the finish line.

"***Properly equipped***" is defined as a boat equipped with a rescue tube, a minimum of three rowing oars or two rowing oars and a sweep oar which shall be in the boat or in the rowlocks.

A dry finish is determined when a crew member leaves the boat and runs to his or her allocated position marker and crosses the line. The crew member may leave the boat at any time after the turn has been completed and must cross the line while remaining in an upright position on his or her feet.

An alternate to crossing the line to finish may be prescribed by the Chief Referee. In such circumstances, the crew member leaves the boat as described and then is required to touch the crew's finish marker while remaining on his or her feet.

Any boat that dislodges a judging stand so as to impede judging shall be disqualified. If one boat causes another boat to dislodge a judging stand, the matter shall be adjudicated by the Chief Referee.

Note: Where video cameras are used to assist with the judging process the judging at the finish line may be modified to accommodate the optimum use of such technology e.g. rigid poles without flags may be used. The standard finish flags may then be placed on the shoreward side of the rigid judging line poles and as close as practical to the ridged judging line poles. Boats are expected to proceed past the judging line and through the finish flags to complete the race.

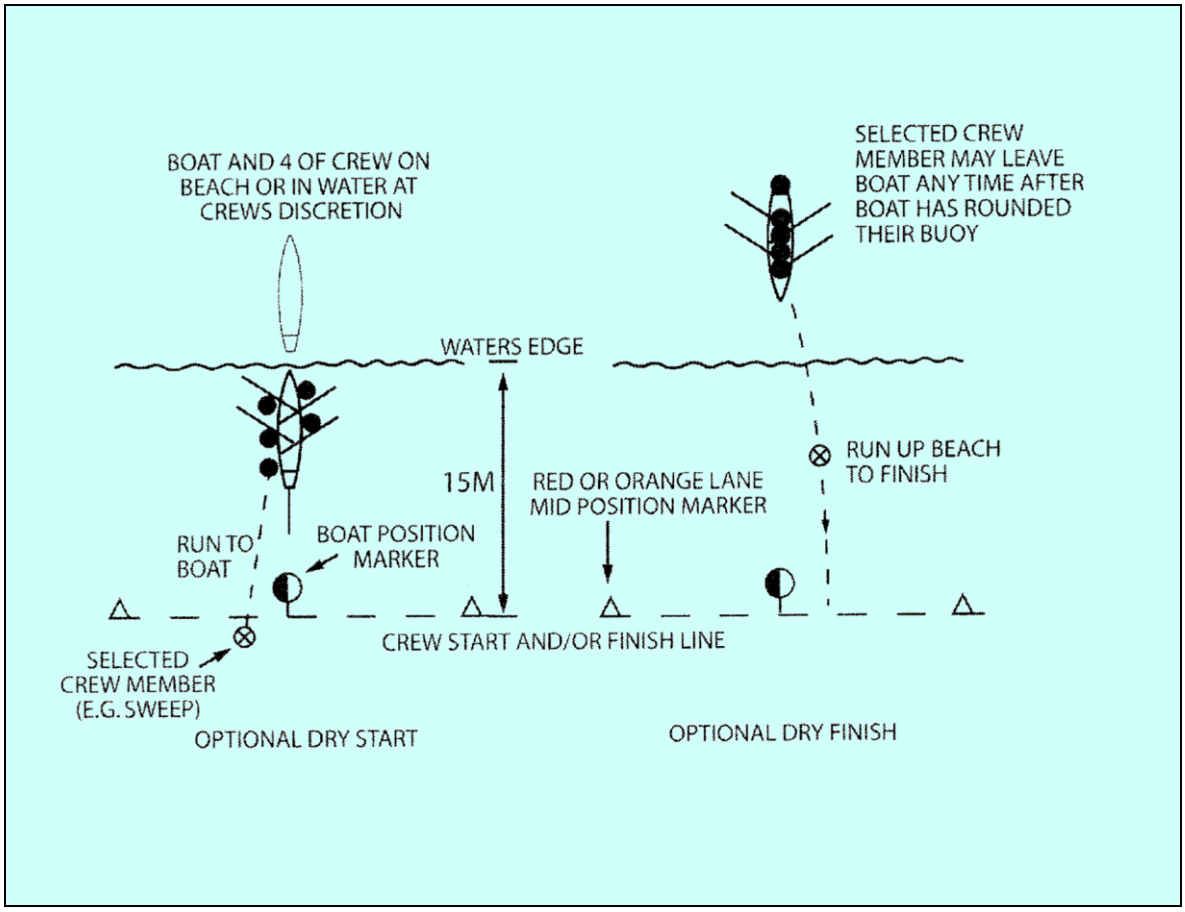
6.9 RACING FORMAT

a) ILS may conduct surf boat events in either "Elimination", "Round Robin", "Other", or a combination of racing formats.

b) In consultation with the Surf Boat Panel, the Organising Committee or Chief Referee shall decide the racing format and advise competitors accordingly prior to the commencement of the competition, or prior to the first round of each boat race.

   If conditions dictate, and in consultation with the Surf Boat Panel, the Organising Committee or Chief Referee may vary the racing format during the competition.

c) The standard format for the conduct of round robin racing is described in 6.10 below.



SURF BOAT RACE OPTIONAL START AND/OR FINISH

6.10 ROUND ROBIN RACING

Surf, beach, weather and time constraint issues conditions permitting, “round robin” racing may be conducted over three rounds to determine qualifiers to further rounds of competition in boat events. Progression into further rounds and finals shall then be by elimination. The conditions detailed are not subject to protest.

Qualifiers to further rounds of the competition will be determined based on total points gained in the rounds of the round robin (unless otherwise disqualified from the event). The points available in each of the rounds of the round robin are as follows:

- 1st place: 10 points
- 2nd place: 9 points
- 3rd place: 8 points
- 4th place: 7 points
- 5th place: 6 points
- 6th place: 5 points

In the event of a dead heat (tie) in an individual round of the round robin, equal points shall be allocated for the placing achieved. For example, two crews that tie for first place in a race shall be awarded 10 points each with the crew finishing third being awarded 8 points.

6.10 ROUND ROBIN RACING (*cont'd*)

If a count back is required to determine the crews to progress to the elimination rounds of the competition, then all the results from the round robin will be compared between the crews involved in the count back. The highest placing points achieved in any of the individual round robin races shall be, in the first instance, the determining factor. The second highest placing points achieved by the crews shall then be compared. If crews cannot be separated after comparing all placing points in all three rounds, then all the crews achieving the dead heat will be allowed to progress in the competition.

Prior to the first round of an event commencing the Chief Referee shall advise the number of qualifiers the elimination rounds of competition or finals (as appropriate).

If a crew is disqualified from an event, they may not compete in further rounds of that category of boat competition from which they are disqualified and lose all standing in that event.

If a penalty is applied, a crew may continue in an event or be allocated placings or points (in the round robin) or be eliminated from a round or event as determined.

A "penalty" is defined as a punishment or consequence as a result of an infringement or breach of the competition rules. Penalties may include but are not limited to:

a) Allocation or reallocation of placing(s) (and therefore points in the round robin). In such circumstances, the aggrieved crew may be allocated or reallocated placings and therefore points.

b) Elimination from a round in round robin racing (but allowed to continue) in the event. In such circumstances, zero points will be allocated to the crew in that particular round of the round robin.

c) Total disqualification from the event.

d) Crew being permitted to continue through to the following round.

6.11 PENALTIES AND DISQUALIFICATION

a) In the event of a rule infringement, the Chief Referee or Sectional Referee may either penalise or disqualify a crew.

b) If a penalty is applied in an elimination round, a crew may be allocated a placing and could continue in the event or be eliminated, based on the placing allocated.

c) If a penalty is applied in a round robin, the crew may be allocated a placing (and/or placing points) and shall be permitted to continue in the round robin to determine progression to the next round of the event.

d) If a crew is disqualified in elimination round, they cannot compete in further rounds of that category of competition from which they are disqualified and lose all standing in that event.

e) If a crew is disqualified in a round robin race for a matter other than "Abuse/Inappropriate Behaviour" or "Competing Unfairly" (see Section 2), they will lose all standing in that race (i.e., placing/points) but may continue in the "round robin".

6.12 MASTERS SURF BOAT RACE

The Masters Surf Boat Race shall be conducted in both male and female categories.

The Masters Surf Boat Race is conducted in eight total-age groups: 120 years or more; 140 years or more; 160 years or more; 180 years or more; 200 years or more; 220 years or more; 240 years or more; and 260 years or more. The age group is calculated using the total of the ages of the four rowers in the crew and does not include the sweep.

The sweep need not be a Masters competitor but must be proficient as a sweep. The sweep is considered to be gender neutral with respect to participation in male and female events. Therefore a female could act as sweep with a male crew and vice versa.

A Masters competitor may only compete in one Masters age group as a rower, but may also compete in multiple Masters age groups as the sweep.

The course shall be as for the Surf Boat Race (see diagram).

ILS COMPETITION RULE BOOK

2015–2019 EDITION

Revised 2017

Section 7

INFLATABLE RESCUE BOATCOMPETITION

Section 7
INFLATABLE RESCUE BOAT (IRB) COMPETITION

The aims of IRB competition are to:

- Improve the prowess of IRB drivers and crewpersons (collectively referred to as 'crew').
- Encourage crews to correctly equip and maintain their IRB and motors for optimum safe performance and reliability for both lifesaving patrol duties and competition.
- Allow crews to demonstrate their techniques and their abilities to perform a rescue.
- Bring crews together to discuss and improve IRB techniques and operations.
- Promote safety awareness techniques for the crew and patients in simulated rescue scenarios.

7.1 INDEMNITY

All IRB competition participants acknowledge and agree that:

a) They each release and will release ILS and/or their ILS Member organisation from all claims that they have or may have had but for this release arising from or in connection with their membership of ILS and/or their ILS Member organisation and/or participation in any ILS and/or their ILS Member organisation authorised or recognised competition or activity whether conducted under this rule book or otherwise.

b) They each indemnify and will keep indemnified ILS and/or their ILS Member organisation to the extent permitted by law in respect of any claims arising as a result of or in connection with their membership of ILS and/or their ILS Member organisation and/or participation in any ILS and/or their ILS Member organisation authorised or recognised competition or activity (whether conducted under this rule book or otherwise).

c) In paragraphs (a) and (b) above the word "claims" means and includes any action, suit, proceeding, claim, demand, damage, penalty, cost or expense however arising but does not include a claim in respect of any action, suit, etc., made by any person entitled to make a claim under a relevant ILS and/or their ILS Member organisation insurance policy or under the ILS and/or their ILS Member organisation constitution or regulations.

d) The rules contained in this rule book are made for the purpose of ensuring a safe and fair system or framework within which lifesaving competitions are to be regulated and conducted.

7.2 GENERAL CONDITIONS

In addition to the specific rules and procedures governing events, team management and competitors are responsible for being familiar with the general conditions outlined below as well as those outlined for Ocean Competition in 4.1 of Section 4 – specifically a), b), and e) through j).

7.2.1 Safety essentials

a) ***Warning***: IRB competition can be inherently dangerous. IRB competition participants acknowledge that they are exposed to certain risks during IRB competition including but not limited to leg, spinal and neck injuries, physical exertion, contact with the IRB, temperature, weather and water conditions and even drowning. IRB competition participants acknowledge that accidents can and often do happen which may result in IRB competition participants being injured or even killed. All members through their participation in IRB events agree with, acknowledge and understand this warning and accept and assume the inherent risks in IRB competition.

b) The Chief Referee must be satisfied that the surf and other relevant conditions are satisfactory before competition proceeds and at all times during the conduct of competition. The ILS event safety guide may be used to assist in the process. The Chief Referee shall confirm details at safety briefings (see 7.2.2).

c) ***Safety procedures***: Course Judges will monitor and observe all driving, operating, safety practices and techniques. Should such practices and techniques be considered to be unsafe, dangerous or contrary to the rules or procedures of the event the Course Judges have the authority to immediately disqualify the offending competitor(s) from the event and/or issue a safety infringement. Recommendation for further penalties and/or referral to the disciplinary committee may also be considered.

d) ***Equipment safety***: Scrutineers and Referees will monitor the safety of all equipment used in the competition and are empowered to request repair and/or substitution of unsafe or dangerous equipment at any stage of competition.

e) ***Helmets***: The wearing of approved (EN1385 or equivalent) aquatic helmets is compulsory for drivers, crew, and patients in all events. IRB patients are to wear helmets in both training and in competition. It is not required to wear caps under helmets. See also 2.10.1 *Swim Caps and helmets* and Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*.

f) ***Personal Flotation Devices (PFDs)***: The wearing of approved PFDs (ISO 12402.5 PFD – Level 50 or equivalent) is compulsory for drivers, crew and patients in both training and competition. It is not required to wear high visibility vests under PFDs. See also 2.10.3 *Lifejackets and personal flotation devices* and Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*.

g) Signs or banners shall be displayed to provide a 50m buffer zone on either side of the competition area. These may be the same signs used to indicate IRB training and shall be a minimum of 1 m x 1 m. The text of the banners shall be in English and in the official language of the host organisers. For example:

7.2.1 Safety essentials (*cont'd*)

'CAUTION - KEEP CLEAR - POWER RESCUE BOAT TRAINING'

or

'CAUTION - KEEP CLEAR'

or

'INFLATABLE RESCUE BOAT - RESCUE EVENTS'

h) Competitors in IRB events are reminded of the ILS drug policy and doping controls. IRB drivers must be mindful of local country/state/province, etc. laws respecting alcohol and certain drugs. Drivers shall be subject to testing by local authorities and/or ILS to ensure they do not exceed local laws. All competitors may be subject to other drug testing.

7.2.2 Pre-competition safety briefing

A safety briefing may be conducted in conjunction with the officials, coaches and team managers briefing before the commencement of IRB competition. The following items may be included:

a) An explanation of all safety procedures that shall be observed by all competitors.

b) Patient care and indicative water temperature.

c) Identification of the location of emergency and first aid areas during the competition.

d) Forecast of surf and weather conditions for the competition period and any inherent dangers.

e) Safety and rescue plan and contingency relocation plan.

f) Attention shall be drawn to 2.3*Competition Safety*.

7.2.3 Safety and technical infringements

A strong emphasis will be placed on safe driving, crewing and patient practices. All competitors must complete each event in a safe and controlled speed and manner or face immediate disqualification from the event, and/or issue of a safety infringement and consideration for further penalties.

a) The Chief Referee or his or her deputy shall issue a safety infringement to any competitor deemed to have committed an unsafe practice. This will result in immediate disqualification of the competitor and his or her entire team (i.e., crew and patient/s) from the event in which the infringement occurred. The Chief Referee may (not compulsory) also issue a yellow card to indicate a first safety infringement and disqualification from the event.

b) A competitor who receives more than one safety infringement in any one competition, shall be disqualified from the entire competition. The Chief Referee may also (not compulsory) issue a red card to indicate a second safety infringement and disqualification of the competitor from the entire competition.

7.2.3 Safety and technical infringements (*cont'd*)

c) A team that incurs a safety infringement shall earn zero points in that event to any point score being conducted.

d) A technical infringement is one where a team is disqualified from an event for a breach of rules not related to safety or for non-completion of an event. Such disqualifications may not affect a team's participation in further events in the competition.

e) If a technical infringement occurs in a final, a team shall be allocated points towards any point score as detailed in the championships handbook.

Safety and technical disqualifications for IRB competition are detailed at the end of this Section.

The Chief Referee or his or her deputy, shall advise team managers of any disqualification immediately after each heat, round or final.

7.2.4 Competitor prerequisites

To compete in ILS IRB competition competitors must be a minimum of 16 years of age in the year of the competition, or an older age if required by their ILS Member organisation, and be endorsed by their lifesaving organisation to compete. In addition:

a) ***Drivers*** must be a minimum of 18 years of age in the year of the competition, or older if required by their ILS Member organisation. Drivers are required to hold their ILS Member organisation's IRB driver award (or equivalent); any other requisite awards including statutory driving licences, and be currently proficient as required by their lifesaving organisation.

b) ***Crewpersons*** are required to hold their ILS Member organisation's IRB crewperson award (or equivalent) and any other requisite awards and be currently proficient.

c) ***Patients*** are required to hold their ILS Member organisation's lifesaving award and any other requisite awards and be currently proficient.

d) ***Handlers***, at the date of competition, are required to:

- Hold their ILS Member organisation's lifesaving award and any other requisite awards and be currently proficient.
- Be a member of the same club or team as the crews and be entered at the competition. With the Chief Referee's approval, non-team members may act as handlers, provided they are registered in the competition in some capacity.
- Wear a competition cap while acting as a Handler.
- Wear a distinctive high visibility vest (or an approved lifejacket) as determined by competition organizers if entering the water beyond knee depth.
- Comply with all instructions of the officials.

7.2.4 Competitor prerequisites (*cont'd*)

- Make every effort to ensure that they, or the equipment that they are handling, does not impede another crew, otherwise both their competitor and the Handler may be subject to disqualification.

7.2.5 Entry limitations and substitutions

a) Competitors may only compete in a particular event once, e.g., a driver cannot compete in the same event on a different team as a crewperson or patient. However, eligible competitors may change their role within a team in different heats of the same event. Team substitutions are permitted only if a team member is entered for the competition and has not already competed in the same event as a member of another team.

b) Unless event specific conditions dictate otherwise (e.g. IRB National Teams Life Saving World Championships), IRB patients are considered gender neutral with respect to their participation in male and female IRB events.

7.2.6 Equipment requirements, scrutineering and compliance

a) At ILS World Championships the host organising committee will provide fully equipped IRBs on a pooled basis. In other competitions, organisers will advise whether IRB competition equipment may be provided on a pooled basis or whether competitors may use their own equipment.

b) All IRBs and equipment shall comply with the specifications of ILS and may be subject to scrutineering to ensure compliance with specifications and for safety.

c) Video cameras may be mounted on IRBs as long as such devices conform to the requirements specified in Section 8, *Facility and Equipment Standards and Scrutineering Procedures*. With the exception of the IRB driver, video cameras may not be worn by or otherwise attached to a competitor from start to finish of a race.

The IRB driver may wear a video camera on his or her helmet, provided that the camera is installed on a mounting device and toggle strap supplied or recommended by the manufacturer of the device.

7.2.7 The course

a) The course for IRB competition shall be as detailed in the diagram and set at the discretion of the Chief Referee.

b) A 'lane' is defined as an area centred on a line of sight from the 'beach position marker', located on the 'start/finish line', and the relative 'turning buoy'.

c) Lanes are bounded by 'lane marker' poles (typically red or orange in colour) that are placed in a line parallel to the start/finish line and approximately 10 meters from the water's edge. These poles form the "changeover line" used for the tag in the teams and relay events. The beach position markers are placed in the centre of the lane and approximately 5 meters behind the changeover line.

7.2.7 The course (*cont'd*)

d) The turning buoys shall normally be set at a minimum measured distance of 120 m from the end of knee-depth water at the low tide mark and taking into account varying conditions such as sandbars, exclusion of holes and rips, surf conditions, prevailing winds and safety factors.

e) The 'patient pick-up buoy' for the rescue, mass rescue and teams rescue events is positioned approximately 10m directly behind the turning buoy.

f) The 'rescue tube patient buoy' for the rescue tube event is positioned approximately 25 m directly behind the turning buoy.

7.2.8 Course variations

a) ***Water start***: If the Referee decides that the start shall be in the water, the start/finish line shall be located 10 m from the water's edge. The beach position turn markers shall be placed 5 m shoreward from the start/finish line.

b) ***Curved beach start***: Crews are positioned to take into account the curved nature of the beach.

c) ***Water finish***: Normally (as per the diagram), the finish is dry and within the crews' allotted lane markers unless the Referee decides on a water finish. In a water finish, the team is deemed to have finished once any part of the hull of the IRB crosses the finish line from the seaward side between the two finishing flags/poles or finish gates.

d) ***Curved beach finish***: Drivers shall be required to run up to the start/finish line and raise the team's beach position flag above their head while remaining on their feet.

e) ***Electronic finish***: Drivers shall activate an electronic device at the start/finish line to register the finish and be on their feet when the device is activated.

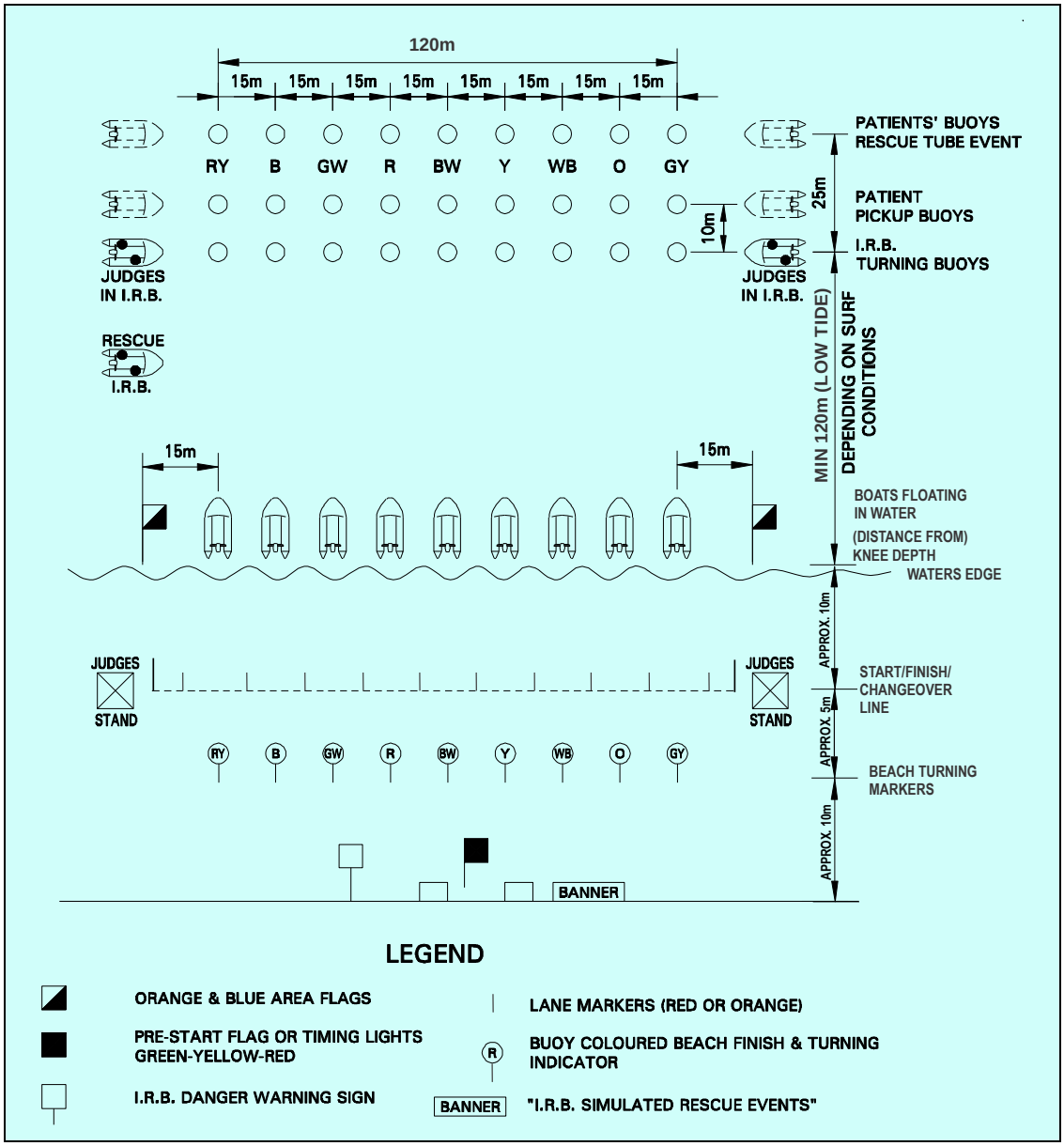
7.2.9 Administration and officials

a) Events may be held separately or as part of a surf competition and, as such, will come under the overall control of the Chief Referee.

The Chief Referee shall have knowledge of ILS competition, the *ILS Competition Rule Book* and any relevant circulars regarding the competition and IRB operations.

7.2.9 Administration and officials (*cont'd*)

b) Other officials shall be appointed to assist the conduct of the competition. In addition, specialist advisers (e.g., hull and motor experts etc.) may be appointed to assist.



TYPICAL INFLATABLE RESCUE BOAT COMPETITION AREA

Distances approximate only. The beach set-up relative to the positioning of the buoys may be adjusted depending on surf conditions.

7.3 PROCEDURE

7.3.1 Placing of patients

a) Patients, wearing helmets, shall be taken to sea by either the duty boats or their own crews.

b) If crews take out their patients they may be transferred to the duty boats.

c) Patients shall be placed in the water at their allocated patient pick-up buoy. For the rescue tube event the patient shall be placed at the allocated rescue tube patient buoy.

d) Patients may hold onto their buoy until the patient pick-up. Patients are not permitted to attempt to move the buoy in any direction to gain an advantage. For the pick-up, they shall release all contact with the buoy and position themselves clear of and behind their pick-up buoy on the seaward side.

e) In the mass rescue and teams events the second patient will wait on the beach side of the pick-up buoy and move to the seaward side of the buoy after the first patient has been picked up and the IRB has crossed back to the shoreward side of the pick-up buoy.

7.3.2 The start

a) All competitors in IRB events wear approved aquatic helmets and approved PFDs. Competitors shall be assembled in the marshalling area. When entries are checked the Marshall shall inform each team of their allocated lane. Drivers don the identifying coloured apparel of their allocated lane.

b) On command (whistle or other means) from the Starter, the crew and IRB shall proceed to the water's edge of their allocated lane. This command is regarded as the commencement of the "set" position. Check Starters may be utilised to guide crews to their starting position.

Note: Once crews are in the "set" position for the start no further bonus time can be claimed before the start. Should IRB equipment be damaged by waves while in the set position, the Referee, at their discretion, may allow for damaged equipment to be replaced or quickly repaired before proceeding with the start and without the loss of bonus time.

c) Crews are able to claim bonus time. This is an optional concession, provided at the discretion of the Chief Referee, for crews at the start of events. Each club is allowed a maximum of five minutes bonus time per competition, which may be claimed in a minimum of one-minute increments.

d) The IRB shall be positioned directly in front of the crews' respective start/finish markers.

7.3.2 The start (*cont'd*)

e) A maximum of two handlers may assist with the positioning of the IRB in the 'set' position. (If conditions warrant, the Chief Referee may increase the number of handlers to four.) Set position means the IRB is stationary, bow facing seaward perpendicular to the wave line, and wholly within its lane in a depth sufficient to enable a start as determined by the Chief Referee. The motor may be in or out of gear.

f) The driver and crewperson shall be positioned adjacent to their respective beach marker in readiness for a race start with their toes on or behind the start/finish line. If a lane coloured vest or other identifying garment is supplied, it must be worn by the drivers as directed by the Chief Referee.

g) On the Starter's signal, the driver and crewperson shall cross the start/finish line and proceed to the IRB.

h) Any handlers used must be positioned at either side of the IRB with at least one hand and must not be touching any part of the motor or fuel cell, fuel line assembly and safety chain when the starting signal sounds.

i) After the starting signal sounds handlers may move the IRB to assist with water depth positioning of the IRB and to maintain the bow seaward and perpendicular to the wave line but must not otherwise turn the IRB to an angle to assist the driver and/or crewperson entry to the IRB. At the time the driver or crew first makes visible contact with the boat handlers shall not further move the boat and shall ensure that the boat is in the "set" position.

j) Handlers must release all contact with the boat once the driver and/or crewperson touch the IRB, and may not assist further.

k) The driver and crewperson shall board the IRB at their discretion. This decision is ultimately the responsibility of the driver and crewperson and as such IRB crews cannot protest the start.

l) The driver must be fully aboard the IRB before starting the motor. Only the driver may start the motor and the crewperson must be in contact with the IRB at the time the motor is started.

m) The motor may be started either in or out of gear. If starting the motor in gear and using one hand to start, the driver must maintain control of the motor throttle grip with their other hand. If a two-handed start is used the motor must be in neutral.

n) During and immediately after starting the motor, the IRB must not move in an uncontrolled or unsafe fashion.

o) Only the driver is permitted to touch any part of the motor once the starting signal sounds.

7.3.3 Proceed to and from buoys

a) The decision to proceed to sea is ultimately the responsibility of the driver and crew person.

b) After entering the IRB the driver and crewperson must maintain their 'normal position' as described below. This must be done in a safe manner with three secure points of contact maintained at all times.

Normal driver position is defined as left or right foot in the foot strap, left hand holding the driver pontoon handle, right hand holding motor throttle grip, and seated on the pontoon.

Normal crewperson position is defined as left foot in the foot strap (right foot in foot strap is optional), left hand holding the bow rope handle, right hand holding the inner pontoon (boarding) handle or lifeline rope, and seated on the pontoon.

Normal patient position is defined as crouched inside the IRB and holding onto the pontoon lifeline rope with at least one hand. The patient must not be seated on the floor or pontoon of the IRB.

c) The only exceptions to the normal positions (above) are listed below. Transition from the normal positions must be made in a safe manner while maintaining three points of contact with the IRB at all times:

- The driver and/or crewperson may leave their normal position to drag the IRB over a sand bar if the motor is electrically dead, or in the neutral position if left running.
- The crewperson may rise from the seated position at any time to absorb the impact of negotiating a wave or swell.
- The crewperson may move into the "locked-in" position when 'punching' a wave.

  Note: A driver may punch a wave proceeding to sea when a wave is curling and about to drop onto the IRB. In such circumstances the crewperson should adopt the "locked in" position. The locked in position enables the crew person to be further forward and more secure in the boat, minimizing the possibility of a rollover and reducing the risk of injury.
- The locked in position for the crew person includes:
  - The left foot is placed in the foot straps. The leg should be slightly bent and not locked straight.
  - The right knee/leg is placed in a bent position under the spray dodger. The right foot can be placed on the floorboard forward of the floorboard hinge or it can float freely under the spray dodger.
  - The bow rope is held with the right hand grasping one of the four knots approximately 200mm from the bow rope D-ring.
  - The left hand grips the bow rope handle and is tensioned tightly behind the hip and slightly downward over the crewperson's buttocks.

7.3.3 Proceed to and from buoys(*cont'd*)

- The left hand can also grip the right-hand pontoon handle if possible to create an extremely secure crewing position.
- The head is held in an upright position and facing forwards (not sideways) and looking directly at the oncoming surf.
- The right elbow is tucked closely to the chest and the right shoulder can be placed on the spray dodger. Note: Do not lean on your elbow.
- If negotiating severe surf conditions where the boat has left the water at a steep angle and has a long distance to travel before landing again, maintain the locked in position and just prior to landing move back onto the starboard pontoon with the right hand grasping the Crewman's handle and the left hand maintaining the bow rope.
- A momentary shift from the respective normal position of the driver, crew or patient (s) provided that the team member does not otherwise become dislodged from their correct position.

- The crewperson may move their weight for turning or negotiating shallow water providing it is done so in a safe manner.
- The crewperson may move their weight and adjust their securing points for buoy turns.
- The crewperson may leave their normal position for all patient pick-ups.
- The driver may leave their normal position for the rescue tube pick-up.

d) The driver and crewperson must maintain control of the IRB at all times during the competition to ensure it moves in a safe and controlled manner. Losing the bow rope is a Safety DQ.

e) The leading IRB, while proceeding to the buoys, shall have right-of-way and the trailing IRB must take evasive action by turning or giving way to prevent collision.

f) When returning to shore, the IRB must not be driven so that it comes down a wave in a dangerous manner and/or cause the driver or crewperson or patient to become dislodged.

7.3.4 The turn and patient pick-up

The turn and patient pick-up process shall be as follows for the rescue, mass rescue and teams event:

a) Crews must not steer a wide course or delay a turn which impedes the progress of another crew or forces them from their true course.

b) All buoys shall be turned anti-clockwise and be maintained on the port (left hand) side of the IRB throughout turns. The patient pick-up buoy must not be forced under the pontoon during any part of the turn.

7.3.4 The turn and patient pick-up

Note: For judging purposes, should any buoy be fully submerged during a turn and/or patient pick-up, the crew shall be disqualified.

c) The IRB shall complete a 360 degree turn around its allocated turning buoy and proceed to the allocated patient pick-up buoy aligning the patient to the port side.

d) With the exception of the Rescue Tube Race, where the patient pick-up procedure is described in the rules, the patient will face towards the IRB in preparation for the patient pick-up. The patient's hands must be clasped together or one hand held to the opposite wrist during the pick-up.

e) The patient pick-up shall be undertaken in a safe manner and shall commence on the port side of the IRB and on the seaward side of the pick-up buoy. The driver and crewperson may both assist with the patient lift.

f) Once the patient pick-up is completed, the IRB shall complete the patient pick-up and the turn, passing back to the beach side of the patient pick-up buoy and return to shore keeping their turning buoy on their left-hand side. In the mass rescue this procedure is repeated for the second patient pick-up.

The patient pick-up is deemed to be complete when no part of the patient's body is in the water (but not necessarily completely inside the boat). For all IRB events, except for the Rescue Tube event, the patient pick-up must be completed before the *entire* IRB has passed the shoreward side of the patient pick-up buoy.

g) The IRB shall not turn around any buoy other than the allocated turning buoy and the allocated patient pick-up buoy.

h) If an IRB crew misses the patient pick-up, they may continue to their respective turning buoy a second time, round it and re-attempt the patient pick-up as described above.

7.3.5 The exit and finish

a) The IRB shall beach and remain inside the allocated lane until the driver has exited the IRB.

b) When beaching the IRB, the driver must throttle the motor back to idle and stop the motor, i.e., render it electrically dead by activation of motor kill switch, prior to the IRB being grounded on the shore edge. If a motor kill switch safety lanyard is used it must remain attached to the motor.

c) The crewperson must be seated in an upright position during the beaching or grounding. It is not permissible to lie on any part of the IRB.

d) The driver, crewperson or patient must not be dislodged from their normal positions by grounding the IRB with excessive speed or beaching at an awkward angle.

e) The motor must be stopped (i.e., electrically dead by activation of the motor kill switch) before the driver, crewperson or patient exit the IRB.

7.3.5 The exit and finish

f) The patient must not exit prior to the driver. The crewperson may alight before the driver to steady the IRB if done so in a safe manner but only after the motor has been made electrically. The motor may be left in gear. The crewperson may use the side lifting handles to exit the IRB.

g) When exiting the IRB, the driver must keep both feet on the IRB floor until the motor is electrically dead by activation of the motor kill switch. The engine need not be placed in neutral gear.

h) The driver must remain seated until both feet are swung outside the IRB. The definition of 'outside' is past the centreline of the port side pontoon.

i) The driver must have completed his or her exit aft of the IRB front lift handles, and must not step off any part of the IRB or floorboard when exiting.

j) The driver must exit in a safe and controlled manner and must not fall during the exit process as a result of poor technique or the IRB being grounded with excessive speed. The exit process starts when the driver begins to leave their normal driving position and finishes when the driver regains normal running composure (e.g., not stumbling) after the momentum of the grounding, beaching or forward velocity of the IRB has dissipated. A fall is when any part of the driver's body other than the feet touches the ground.

k) The crewperson shall remain in control of the IRB while the driver runs to the start/finish line. The patient may assist the crewperson in the control of the IRB.

l) The finish is judged on the chest of the driver when he or she crosses the start/finish line on his or her feet.

Note: IRB teams are requested to stand away from the start/finish line when finished until all teams have completed the course. This will assist with the judging process.

Unless otherwise specified, (e.g. water finish in Rule 7.2.8 c), a team shall not drive the IRB across the finish line to record a finish result. The driver must be on their feet and outside the IRB when they cross the finish line. Should an IRB cross the finish line, the driver may exit the boat and pass to the seaward side of the start/finish line and re-cross the line on their feet to record a finish result.

7.3.6 The changeover (Mass, Teams and Relay events only)

a) During all changeovers the crewperson must maintain contact with the IRB and control it in a safe manner. The crewperson and patient, as detailed in the relevant event descriptions, may turn the IRB around and place the boat at an angle to assist driver entry if safe to do so.

Note: During changeovers, drivers, crew and patients must follow the exit procedures detailed in section 7.3.5.

7.3.6 The changeover (Mass, Teams and Relay events only) (*cont'd*)

b) For the changeover in the Teams and Relay events, the first and second drivers must visibly tag. To do this, the first driver proceeds to the start/finish line, rounds their respective beach position marker (see 7.2.7 c) and tags with the second driver who is positioned with their toes on or behind the shoreward side of the changeover line and to the seaward side of the beach position markers. The outgoing driver is not required to be stationary, but the tag must occur within the changeover zone.

7.4 EVENT NO 1: IRB RESCUE

a) Each team shall comprise one driver, one crewperson and one patient.

b) The patient is positioned as described in Procedure 7.3.1.

c) The start shall be as described in Procedure 7.3.2.

d) The crew shall proceed out to sea, pick up their patient and then return to shore, as described in Procedure 7.3.3 and 7.3.4.

e) The finish shall be as described in Procedure 7.3.5.

7.5 EVENT NO 2: IRB MASS RESCUE

a) Each team shall comprise one driver, one crewperson and two patients.

b) Both patients are positioned as described in Procedure 7.3.1.

c) The start shall be as described in Procedure 7.3.2.

d) The crew shall proceed out to sea, pick up their first patient and then return to shore, as described in Procedure 7.3.3 and 7.3.4.

e) The driver shall exit as described in Procedure Rule 7.3.5. At the shore the crewperson controls the IRB as described in Procedure Rule 7.3.7 and may turn it around. The patient must exit the IRB after the driver exits. The patient is permitted to assist the crewperson to turn and hold the position of the boat.

f) The driver proceeds to the start/finish line, rounds the allotted beach turning marker and returns to the IRB. The driver may also assist the crewperson to turn the IRB around. Should the first patient have assisted the crewperson turning and hold the position of the boat, the patient must release contact when the driver makes contact with the boat. The driver must not start the motor until the first patient is clear of the boat. Patients must then place themselves in a position where they do not impede the conduct of the race or judging of the event.

g) The IRB shall be relaunched and restarted and the crew will proceed out to sea to pick up their second patient and then return to shore, as described in Procedure 7.3.3 and 7.3.4.

h) The finish shall be as described in Procedure 7.3.5.

7.6 EVENT NO 3: IRB TEAMS RESCUE

a) Each team shall comprise of two drivers, two crewpersons and two patients.

Note: In National Teams Inflatable Rescue Boat Lifesaving World Championships the IRB Teams Rescue event is a mixed event. Teams shall consist of one female crew (driver, crew and patient) and one male crew (driver, crew and patient) competing in that order.

b) The patients are positioned as described in Procedure 7.3.1.

c) The start shall be as described in Procedure 7.3.2.

d) The second driver and second crewperson shall position themselves at the changeover line.

e) The crew shall proceed out to sea, pick up their first patient and then return to shore, as described in Procedure 7.3.3 and 7.3.4.

f) The driver, crewperson and patient shall exit the IRB as described in Procedure Rule 7.3.5. The second crewperson crosses the changeover line and proceeds to the IRB once the driver has left the IRB.

g) The first crewperson turns the IRB and must maintain control of it as described in Procedure 7.3.6 (a). Unless otherwise permitted by the Chief Referee a maximum of two team members are permitted to maintain contact (control) with the IRB at any one time.

Note: The first crewperson/first patient must retire and stand clear of the IRB when contact (control) with the IRB is released.

h) The driver proceeds to the start/finish line, rounds his or her respective beach position marker and visibly tags the second driver who is at the change/over line with their toes on or behind the shoreward side of the start/finish line and to the seaward side of the beach turning marker (i.e., changeover zone). Outgoing drivers are not required to be stationary, but the tag must occur within the changeover zone.

i) After the tag, the second driver proceeds to the water's edge to relaunch and restart the IRB. The one remaining first crew person/patient must release contact with the IRB when the driver makes contact with the IRB. The second driver must not start the motor until the one remaining crewperson/patient are clear of the boat.

Note: The first crewperson and first patient must place themselves in a position where they do not impede the conduct of the race or judging of the event.

j) The second crew will proceed out to sea, pick up their second patient and then return to shore, as described in Procedure 7.3.3 and 7.3.4.

k) The finish shall be as described in Procedure 7.3.5.

7.7 EVENT NO 4: IRB RESCUE TUBE

a) Each team shall comprise one driver, one crewperson and one patient.

b) The patient is positioned as described in Procedure 7.3.1.

c) For the purpose of this event only, the rescue tube may be either in the normal stowage position or under the spray dodger with the harness looped over the crewperson's bow rope. No adjustments are permitted to be made to the rescue tube.

7.7 EVENT NO 4: IRB RESCUE TUBE (*cont'd*)

d) The start shall be as described in Procedure 7.3.2.

e) After the break has been negotiated the crewperson, while maintaining a secure position, shall don the rescue tube harness in a safe manner prior to rounding the buoy.

f) The IRB shall round the turning buoy anti-clockwise and then must remain wholly, i.e., all parts of the IRB, on the beach side of the turning buoy until the patient pick-up has commenced (see7.7 i).

g) After the IRB has rounded the turning buoy the crewperson shall enter the water from the port side maintaining the turning buoy on their left. The rescue tube shall be unclipped and held in a secure grip. It must be ensured that no part of the rescue tube, lanyard or harness snags the IRB or driver.

h) The crewperson shall then swim to the respective patient keeping their allocated turning, patient pick-up and rescue tube patient buoys on their left hand side.

i) The rescue tube must then be fastened around the patient and under both arms by the crewperson and/or patient. The patient may clip themselves into the rescue tube unaided. The crewperson does not have to break stroke during this process as long as the clip on the rescue tube is secured to an O-ring prior to the patient crossing to the shoreward side of the rescue tube patient buoy.

j) The crewperson continues anti-clockwise around the buoy and tows the patient to the IRB maintaining the patient pick-up buoy and turning buoy on his or her left hand side. The patient is permitted to assist by kicking, and sculling with arms under the surface, but must not swim with an out-of-water arm recovery. The patient must not be towed on the stomach. Swim fins, hand fins or other non-approved aids are not permitted.

k) Once the driver makes visible physical contact with the patient (not the rescue tube harness), the patient pick-up is deemed to have commenced and the IRB may cross to the seaward side of the turning buoy.

l) The crewperson and patient shall board the IRB on the port side with or without assistance from the driver. The driver may release the motor throttle grip and stand to assist the pick-up providing the motor is in neutral.

m) The IRB shall continue anti-clockwise around the turning buoy.

n) The rescue tube shall remain around the patient and the crewperson shall remove the harness and pass it to the patient. The patient must have hold of the lanyard and harness before the driver exits the IRB. The patient must keep a secure grip on the lanyard and harness ensuring that he or she does not snag anything within the IRB, extend past the transom, or pass through either of the self-bailers.

o) The crew shall return to shore as described in Procedure 7.3.3.

p) The finish shall be as described in Procedure 7.3.5.

7.8 DISQUALIFICATION

Crews shall be disqualified if found to have failed to comply with any event procedures, descriptions, rules and/or other matters contained in the *ILS Competition Rule Book* or relevant circulars or bulletins. Safety and technical disqualifications for IRB competition are detailed below.

DISQUALIFICATION CODES FOR IRB EVENTS

TDQ—Technical Disqualification; SDQ – Safety Disqualification

A. START

	DQ Type
A1 – Driver or crew false starts.	TDQ
A2– IRB not positioned as directed and/or not in front of crews' finish markers.	TDQ
A3 – Bow of IRB not pointing towards the wave line at start of event.	TDQ
A4– Handler assists crew to launch IRB.	TDQ
A5 – Driver starts motor outside of IRB.	SDQ
A6– Driver using two-handed start and motor not in neutral.	TDQ
A7– Driver starts motor when crew not in contact with IRB.	TDQ
A8 – During or immediately after the start, the IRB moving in an uncontrolled or unsafe fashion.	SDQ
A9– Driver pushes or pulls the IRB while motor is in gear and motor running.	SDQ

B. PROCEEDING TO AND FROM BUOYS

B1– General driving and/or crewing techniques that lead to a crew member being dislodged from his or her normal position within the IRB.	SDQ
B2– Punching a wave in a dangerous manner or causing the driver or crew to be dislodged.	SDQ
B3– IRB turning around "incorrect buoy or buoys".	TDQ
B4– Leading IRB has right of way; trailing IRB(s) did not take evasive action.	SDQ
B5– Crew steering a wide course or IRB delaying a turn so as to impede or force another IRB out of its true course.	TDQ
B6– IRB returning to shore not keeping IRB turning buoy to the left-hand side of the IRB.	TDQ
B7–Crew member or patient losing contact with the IRB during the course of an event.	SDQ
B8 – Loss of control by the driver and/or crew even if still in contact with the IRB.	SDQ
B9– IRB not completing the course as defined for that event.	TDQ
B10 – IRB not completing a 360º turn around the allocated IRB turning buoy.	TDQ
B11– Returning to shore, coming down a wave in a dangerous manner and/or causing the driver and/or crewperson and/or patient to be dislodged.	SDQ

C. PATIENT PICK-UP

	DQ Type
C1– Patient pick-up not commenced on seaward side of patient buoy.	TDQ
C2 – Patient not picked up on the port side of the IRB.	TDQ
C3– Driver, crew or patient losing contact with IRB.	SDQ
C4– Patient/crew member not picked up in a safe manner (i.e. patient pick-up not completed as prescribed in the rules).	SDQ
C5– IRB passes around incorrect turning or patient pick-up buoy.	TDQ
C6 – IRB is driven such that the buoy is forced under the pontoon during any part of the patient pick-up turn.	TDQ
C7 – IRB passes around turning or patient pick-up buoy in a clockwise (right hand in) direction.	TDQ
C8 – After missing patient pick-up, IRB did not complete a 180º turn around IRB turning buoy before reattempting patient pick-up at patient buoy.	TDQ
C9 – Driver and/or crew failing to assist with the patient lift into the IRB.	TDQ

D. IRB RESCUE TUBE EVENT

D1 – IRB not rounding its turning buoy before crew entered water.	TDQ
D2 – Crew not entering the water from the port-side pontoon.	TDQ
D3 – Crew not leaving the IRB in the correct manner.	TDQ
D4 – Crew has rescue tube clipped up before reaching patient.	TDQ
D5 – Crew/patient not swimming anti-clockwise around their respective buoy.	TDQ
D6 – Patient not clipped into ‘O’ rings on rescue tube.	TDQ
D7– Patient floating on stomach or using arm action above the water while being towed.	TDQ
D8– IRB not remaining on beach side of the turning buoys until patient lift commenced.	TDQ
D9– Crew/patient not boarding IRB on the port side.	TDQ
D10 – IRB not completing an anti-clockwise turn around the turning buoy after pick-up.	TDQ
D11 – Patient not having the rescue tube clipped around waist and/or having the harness secured at the finish of the rescue tube event.	TDQ

E. CHANGEOVER – IRB MASS/TEAMS

	DQ Type
E1–Driver leaving IRB with motor running (i.e. does not activate engine kill switch).	TDQ
E2– Driver leaves IRB, then crew resets kill switch.	TDQ
E3 –Driver(s) and/or crew and/or patient not completing the changeover as defined for the event required as patient assisting turn the IRB is now permitted.	TDQ
E4– Patient leaves IRB before the IRB motor is stopped.	TDQ
E5– During the changeover, the boat hits the beach with such force that it causes the driver, crew and/or patient to become dislodged from the IRB.	SDQ
E6–Crew member leaves the boat in a dangerous manner.	SDQ
E7 – Driver(s) and/or crew not completing changeover as defined for the event.	TDQ

F. FINISH

F1– Driver leaves IRB with motor running (i.e., does not activate engine kill switch).	TDQ
F2– Driver exits IRB incorrectly.	TDQ
F3– Driver beaches IRB out of their respective lane.	TDQ
F4 – Patient(s) leaves IRB before the IRB motor is stopped.	TDQ
F5– Driver fails to cross the finish line on his or her feet.	TDQ
F6– At the finish of the event, the boat hits the beach with such force that it causes the driver, crew and/or patient to become dislodged from the IRB.	SDQ

G. GENERAL

G1 – Driver acting in an unsafe manner.	SDQ
G2– Crew acting in an unsafe manner.	SDQ
G3– Patient acting in an unsafe manner.	SDQ
G4 – Crewperson losing the bow rope.	SDQ

ILS COMPETITION RULE BOOK

2015–2019 Edition

Revised 2017

Section 8

FACILITY AND EQUIPMENT STANDARDS AND SCRUTINEERING PROCEDURES

Section 8
FACILITY AND EQUIPMENT STANDARDS AND SCRUTINEERING PROCEDURES

8.1 POOL FACILITY STANDARDS

All Lifesaving World Championships shall be conducted in an eight-lane (minimum) 50 m swimming pool which complies with ILS standards. Facility measurements must be certified by a surveyor appointed or approved by the ILS Management Committee.

8.1.1 Scrutineering procedure

a) For ILS-managed events (e.g., Lifesaving World Championships, World Games), a person appointed by the ILS Management Committee shall review a pool survey certificate (or similar) that specifies:
   - pool length, width, depths, lane widths and ropes, starting platforms, electronic timing equipment, etc.

b) In the absence of such a certificate, the person appointed by the ILS Management Committee shall check that the pool facility meets ILS facility standards. In addition, the following equipment shall be checked:
   - obstacles, rescue tubes, throw lines, manikins
   - manikin platforms (including a depth check to ensure the platform is not too shallow).

c) Minimum measuring equipment required: tape measure (minimum 50 m with 1 mm increments; depth rod or pole).

d) For ILS-sanctioned events, the sanction application requires a declaration from the competition organisers that the pool and all equipment to be used in the competition meets ILS standards.

8.1.2 Length

The pool shall be 50 m 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 30 mm and minus 0.00 mm in each lane is allowed.

8.1.3 Lanes

There shall be a minimum of eight lanes that shall be at least 2.5 m wide, with two spaces of at least 200 mm 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 50 mm to a maximum of 150 mm. The lane ropes shall be firmly stretched.

8.1.4 Starting platform

The height of the platform above the water surface shall be from 500 mm to 750 mm. The surface area shall be at least 500 mm x 500 mm and covered with non-slip material. The maximum slope shall not be more than 10 degrees. The starting platform may have an adjustable setting back plate and starting grips for both platform and in-water starts. If necessary any exposed ends on starting grips, etc. should be covered.

8.1.5 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.

8.1.6 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.

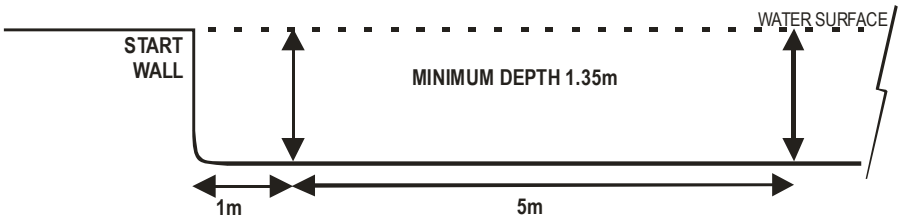
8.1.7 Depth

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 m is required.

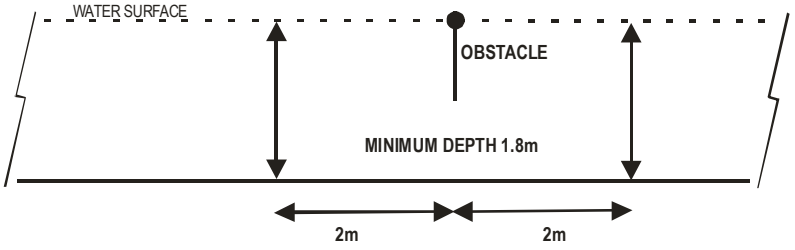
8.1.8 Dive start

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



8.1.9 Obstacle Swim, Obstacle Relay

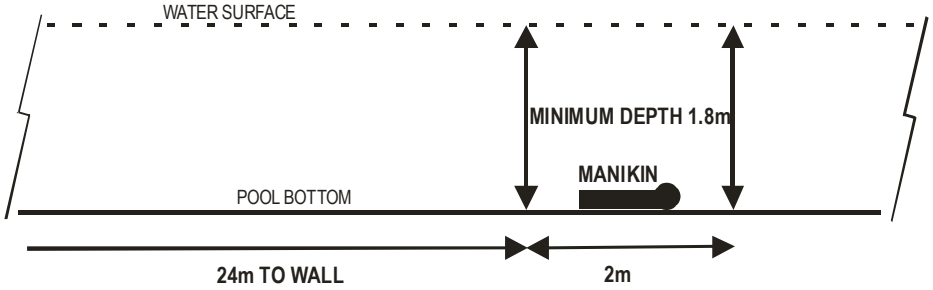
Minimum depth of 1.8 m extending from 2.0 m on both sides of any obstacle.



8.1.10 Manikin Carry (50 m), Super Lifesaver (200 m)

a) Minimum depth of 1.8 m extending at least 2.0 m beyond the 24 m mark from the wall.

b) Manikins are placed on the pool bottom to a maximum depth of 3.0 m. In pools deeper than 3.0 m, “platforms” may be used to hold manikins at the 3.0 m depth.



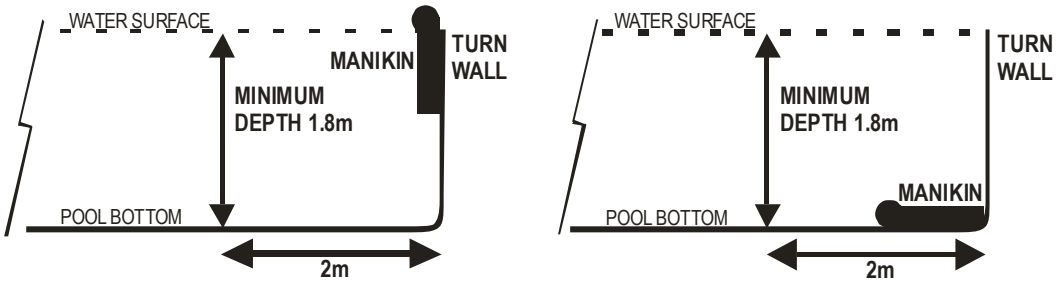
8.1.11 Manikin Carry with Fins (100 m), Manikin Tow with Fins (100 m), Super Lifesaver(200 m), Pool Lifesaver Relay (4 x 50m)

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

b) Manikins are placed on the pool bottom to a maximum depth of 3.0 m. In pools deeper than 3.0 m, “platforms” may be used to hold manikins at the 3.0 m depth.

c) In the Manikin Carry with Fins event, the manikin shall be 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.

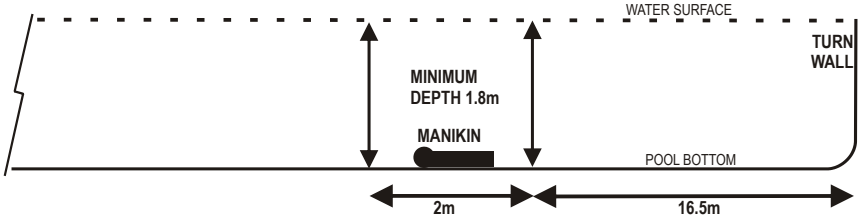
d) Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 300 mm from the wall as measured at the water surface.



8.1.12 Rescue Medley (100 m)

a) Minimum depth of 1.8 m extending at least 2.0 m beyond the 16.5 m mark from the turn wall.

b) Manikins are placed on the pool bottom to a maximum depth of 3.0 m. In pools deeper than 3.0 m, “platforms” may be used to hold manikins at the 3.0 m depth.

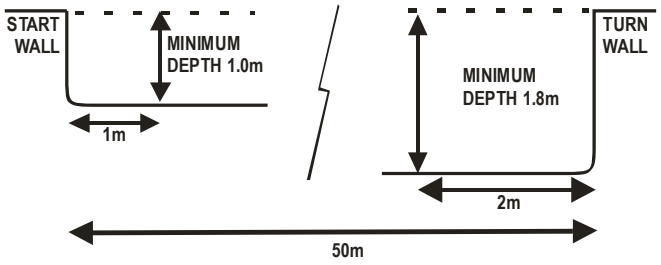


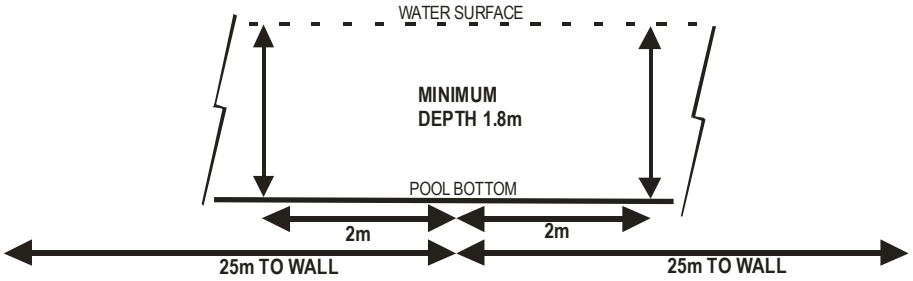
8.1.13 Manikin Relay (4 x 25 m)

a) Minimum depth of 1.8 m extending at least 2.0 m on both sides of the 25 m exchange mark at centre pool.

b) Minimum depth of 1.0 m at the starting end wall.

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

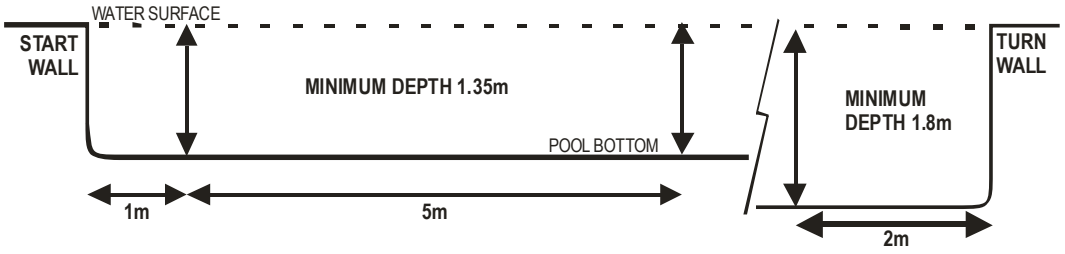




8.1.14 Medley Relay (4 x 50 m)

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

b) Minimum depth of 1.8 m, extending at least 2.0 m from the turn wall.



8.1.15 Line Throw

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

b) The rigid ***crossbar*** is positioned on the surface across each lane 12.5 m from the starting end of the pool. A tolerance of plus 100 mm and minus 0.00 mm in each lane is allowed.

8.1.16 Simulated Emergency Response Competition (SERC)

SERC may be conducted in the eight-lane 50 m pool or in a facility of another design, as approved by the ILS Management Committee.

8.2 ILS EQUIPMENT STANDARDS

The International Life Saving Federation has adopted the following equipment specifications. Where appropriate, allowable tolerances are recorded – for example "(± 200 mm)" meaning a tolerance of plus 200 mm and minus 200 mm is allowed. Where appropriate, dimensions and weights are recorded as "minimum" or "maximum" allowed.

In addition, all equipment used in Lifesaving World Championships must comply with the criteria outlined in the commercial identification policy in the championships handbook.

8.2.1 Scrutineering of equipment

Competition bulletins/circulars/handbooks shall detail the procedures for checking equipment. The organising 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.

Appeals against rulings of equipment ineligibility are permitted.

Some equipment may require detailed specification and testing in advance of the competition due to design features and the nature of the measurement equipment required. Surf skis, boards, IRBs, surf boats and manikins have additional specifications that can be referenced through ILS at www.ilsf.org.

8.3 BATONS (BEACH FLAGS)

Beach flag batons and beach relay batons shall be made of flexible material (e.g., flexible hose) a maximum of 300 mm and a minimum of 250 mm long with an external diameter of approximately 25 mm (± 1 mm). Batons should be coloured so as to be easily visible.

9.3.1 Scrutineering procedure

a) For ILS-managed events, a person appointed by the ILS Event Management Committee shall check the batons. Minimum measuring equipment required: tape measure (minimum 1 m with 1 mm increments).

b) For ILS-sanctioned events, the sanction application requires a declaration from the competition organisers that all beach flag batons to be used in the competition will meet ILS standards.

8.4 BOARDS

Boards must conform to ILS specifications including the following:

Weight: minimum 7.6 kg*

Length: maximum 3.2 m

Video camera: If a camera is mounted on the board it must be installed on a mounting device and toggle strap supplied or recommended by the manufacturer of the device. The camera shall be mounted anywhere from the hand grips closest to the nose to the nose of the craft.

* The weight of any plugs permanently installed into the craft to attach the camera is included in the overall weight of the craft. The weight of other, non-permanently installed mount and camera are not included in the overall weight.

Detailed specifications are available at www.ilsf.org.

8.4.1 Scrutineering procedure

a) When Boards are scrutineered craft shall be checked for maximum length, minimum weight and safety (e.g., state of repair). Minimum measuring equipment required: tape measure, minimum 10 m with 1 mm increments; weigh scale with minimum 10 kg capacity with 0.01 g increments. Also recommended is a measuring “jig” to measure length and testing gauges to measure nose diameters and minimum fin width and thickness.

b) The host organising committee shall provide a stamp or sticker to be affixed to each craft as proof of the scrutineering check.

8.4.1 Scrutineering procedure(*cont’d*)

For ILS-sanctioned events:

a) The sanction application requires a declaration from the competition organisers that all pooled boards to be used in the competition will meet ILS standards.

b) Any other scrutineering determined by the competition organisers.

8.5 BOATS

8.5.1 Inflatable rescue boats (IRBs)

Inflatable rescue boats and motors shall meet the specifications of ILS and the host country, and be supplied by the host organising committee. The organising committee shall make IRB boat and motor specifications available to teams well in advance of the competition.

Video camera: If a camera is mounted on the IRB it must be installed on a mounting device and toggle strap supplied or recommended by the manufacturer of the device. The camera may only be mounted on the transom or on the cowling of the motor.

* The weight of any plugs permanently installed into the boat to attach the camera is included in the overall weight of the craft. The weight of other, non-permanently installed mount and camera are not included in the overall weight.

8.5.2 Surf boats

Surf boats must conform to ILS specifications including the following:

Weight: minimum180 kg (excluding oars, oarlocks, rescue tube and all optional equipment)

Length: minimum 6.86 m; maximum 7.925 m (excluding outrigger)

Beam: minimum 1.62 m (measured in the midship section)

Video camera: If a camera is mounted on the surf boat it must be installed on a mounting device and toggle strap supplied or recommended by the manufacturer of the device.

The camera may be mounted on the splash board (front deck), or on the tanks opposite the rowers' seat, and on the rear deck.

* The weight of any plugs permanently installed into the boat to attach the camera is included in the overall weight of the craft. The weight of other, non-permanently installed mount and camera are not included in the overall weight.

Detailed specifications are available at www.ilsf.org.

8.5.3 Scrutineering procedure

a) When scrutineered boats shall at a minimum, be checked for weight and safety (e.g., state of repair). Oars shall also be checked for competitor safety. Minimum measuring equipment required: tape measure, minimum 10 m with 1 mm increments; weigh scale with minimum 200 kg capacity with 1 g increments.

b) The host organising committee shall provide a stamp or sticker to be affixed to each boat as proof of the scrutineering check.

For ILS-sanctioned events:

a) The sanction application requires a declaration from the competition organisers that all pooled boats to be used in the competition will meet ILS standards.

b) Any other scrutineering determined by the competition organisers.

8.6 BUOYS

Ocean events: Buoys used in ocean events shall be of distinctive colours, and numbered (from the left, facing the water) starting with the number 1.

8.6.1 Scrutineering procedure

a) For ILS-managed events, a person appointed by the ILS Event Management Committee shall check the buoys.

b) For ILS-sanctioned events, the sanction application requires a declaration from the competition organisers that all equipment to be used in the competition will meet ILS standards.

8.7 RESCUE MANIKINS

Construction and composition

a) 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).

b) Material – Polyethylene

c) Colour – Orange

d) Transverse line – needs to be of contrasting colour with the rest of the manikin and water.

e) Thickness – 944 Kg./m2

f) Fluidity Index – 3 Dg/min

Mechanical properties of materials

a) Coefficient of Elasticity – 1000 N/mm2

b) Shock resistance Izod at +23 degrees Celsius – 19 kj/m2

c) Shock resistance Izod at -20 degrees Celsius – 6 kj/m2

d) Breaking resistance (ESCR) at 60aC N/mm2 – 40

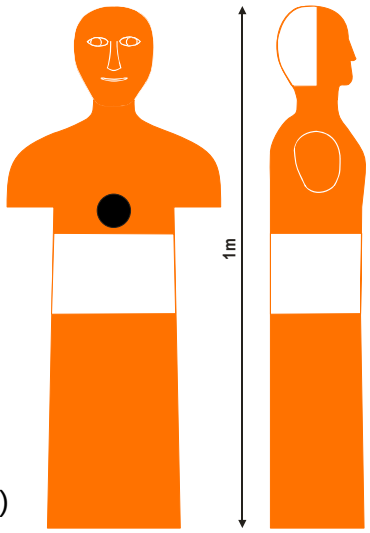
e) Traction resistance at 50mm/min. – 31 N/mm2

f) Breaking point in lengthening at 50 mm/min. – >500%

g) Hardness Shore D – 57

h) Vicat Point of softening – 121 Celsius

i) Fusion temperature – 128 Celsius



Technical measurement and weight specification

a) Total height – 1000 mm (980-1000 mm, 2% variance)

b) Height under armpit – 595 mm (585-595 mm, 1.7% variance)

c) Height transition line – 550 mm (540-550 mm, 1.9% variance)

d) Width at base – 260 mm (250-260 mm, 4% variance)

e) Depth at base – 200 mm (190-200 mm, 5.3% variance)

8.7 RESCUE MANIKINS (*cont'd*)

f) Circumference of head at eyes – 590 mm (570-590 mm, 3.5% variance)

g) Circumference of breast under arms – 800 mm (780-800 mm, 2.6% variance)

h) Circumference of base 1 cm from bottom – 840 mm (820-840 mm, 2.4% variance)

i) Weight in water completely submerged – 1500 g (1450-1500 g, 3.4% variance)

Physical features

a) The manikin must resemble a human and possess anthropological features that are required for rescue and resuscitation. The head requires the following features: eyes, nose, mouth, chin, jaw, and throat. The body requires a chest, torso arm buds, abdomen, and pelvis.

b) For events in which the manikin is recovered from the bottom, the manikin needs to rest on its back at 2.0 m depth without moving. The manikin needs to be able to rest in this position for a period of 4 hours without leaking water or air. If the manikin has filling holes and plugs, these should be located for ease of filling and emptying and be water and air tight. The manikin weight should be located such that it keeps the manikin positioned on its back.

c) The manikin needs to be able to float at the transition line for use in manikin towing events.

8.7.1 Scrutineering procedure

a) For ILS-managed events, a person appointed by the ILS Event Management Committee shall check the approved manikin. Minimum measuring equipment required: tape measure (minimum 10 m with1 mm increments); weigh scale(minimum 200 kg capacity with 1.0 g increments).

b) For ILS-sanctioned events, the sanction application requires a declaration from the competition organisers that all pooled rescue manikins to be used in the competition will meet ILS standards.

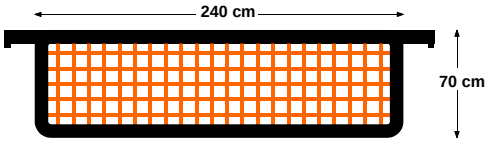
8.8 OBSTACLES

a) ***Dimensions***: Obstacles used in pool events shall be 700 mm (± 10 mm) high and 2.4 m (± 30 mm) wide with no dangerous parts.

b) ***Inner frame***: The inner frame shall consist of a net or other element which does not permit passage by a swimmer, and which is of a bright colour that contrasts with the water and is clearly visible.

c) ***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.

OBSTACLES



8.8.1 Scrutineering procedure

a) For ILS-managed events, a person appointed by the ILS Event Management Committee shall check the obstacles. Minimum measuring equipment required: tape measure (minimum 10 m with 1 mm increments).

b) For ILS-sanctioned events, the sanction application requires a declaration from the competition organisers that all obstacles to be used in the competition will meet ILS standards.

8.9 RESCUE TUBES

Construction and composition

a) ***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.

b) ***Buoyancy***: The rescue tube shall have a minimum buoyancy factor of 100 newtons in fresh water.

c) ***Flexibility***: The body of the rescue tube shall be of such a nature as to be able to roll within itself with a force of 5-6 kg.

d) ***Strength***: Webbing, leash, and fittings shall be able to withstand a minimum of 454.55 kg (1000 lb.) stress in a longitudinal direction without damage.

e) ***Weight***: Total weight of the tube should be between 600-750 g.

f) ***Colour***: The body of the rescue tube shall be a colour-fast red, yellow, or orange (impregnated, painted, or covered) as per Australian Standard AS1318.

g) ***Stitching/thread***: Stitching shall be a locked stitched type 301 of British Standard BS 3870 as illustrated in Australian Standard AS2259. The thread is to have similar properties to the materials being sewn.

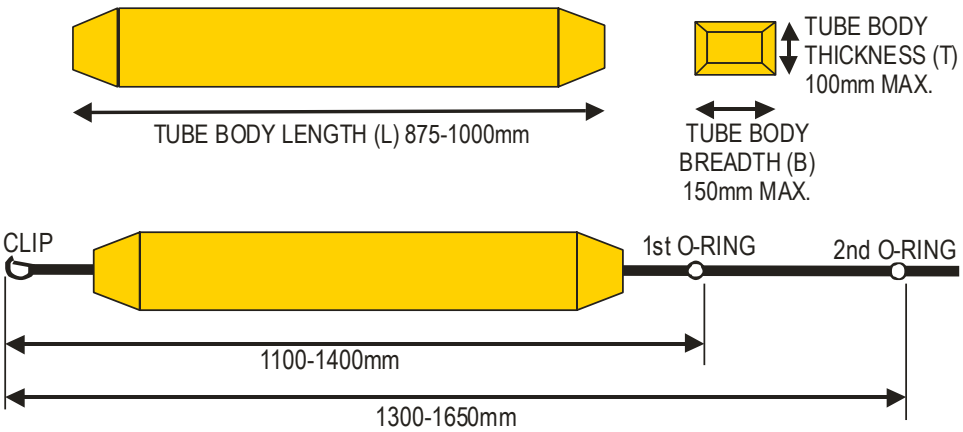
Technical measurements specification

a) ***Rescue Tube Dimensions***: The body of the tube (flotation component):

L – minimum length 875 mm; maximum length 1000 mm

B – maximum breadth 150 mm

T – maximum thickness 100 mm



The distance from the extremity of the clip to the extremity of the first O-ring shall be a minimum of 1.10 m to a maximum of 1.40 m.

8.9 RESCUE TUBES (*cont'd*)

The distance from the extremity of the clip to the extremity of the second O-ring shall be a minimum of 1.30 m to a maximum of 1.65 m.

b) ***Leash/line***: The length of the leash from the first O-ring to the lanyard webbing shall be a minimum of 1.90 m to a maximum of 2.10 m, and must include a minimum of 2 O-rings. The leash shall be a synthetic type rope which is UV treated.

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

d) ***Lanyard/harness***: Webbing for the lanyard shall be 50 mm (± 5.0 mm) wide woven nylon with a minimum length of 1.30 m to a maximum of 1.60 m. The circumference of the lanyard loop shall be a minimum of 1.20 m.

e) ***O-rings***: O-rings shall be brass, stainless steel (welded) or nylon. If nylon, the rings shall be UV treated. O-rings shall be 37.5 mm (± 10.0 mm) internal diameter, having no sharp edges or protrusions that may cut or injure the rescuer or victim.

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

g) ***Overall length***: The distance from the clip to the end of the lanyard/harness shall be a minimum of 3.65 m to a maximum of 4.30 m.

8.9.1 Scrutineering procedure

a) For ILS-managed events, a person appointed by the ILS Event Management Committee shall check the rescue tubes. Minimum measuring equipment required: tape measure (minimum 10 m with 1 mm increments).

b) For ILS-sanctioned events, the sanction application requires a declaration from the competition organisers that all pooled rescue tubes to be used in the competition will meet ILS standards.

8.10 SURF SKIS

Surf skis must conform to ILS specifications including the following:

Weight: mimimum18 kg

Length: maximum 5.80 m

Width: minimum width at widest point of hull is 480 mm and shall not include any rubbing strips, moulding or additional protective mouldings.

Video camera: If a camera is mounted on the surf ski it must be installed on a mounting device and toggle strap supplied or recommended by the manufacturer of the device. The camera shall be mounted in front of the foot well.

* The weight of any plugs permanently installed into the craft to attach the camera is included in the overall weight of the craft. The weight of other, non-permanently installed mount and camera are not included in the overall weight.

Detailed specifications are available at www.ilsf.org.

8.10.1 Scrutineering procedure

a) When Surf Skis are scrutineered they shall be checked for maximum length, minimum weight, minimum widths, minimum rocker and safety (e.g., state of repair). Paddles shall also be checked for competitor safety. Minimum measuring equipment required: tape measure (minimum 10 m with 1 mm increments); weigh scale

(minimum 20 kg capacity with 0.1 g increments). Also recommended is a measuring "jig" to check rocker and length, and testing gauges to measure minimum rudder and nose diameters, rudder thickness, hull curves and minimum ski width, etc.

b) The host organising committee shall provide a stamp or sticker to be affixed to each surf ski as proof of the check.

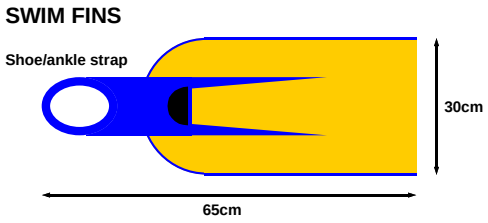
c) For ILS-sanctioned events, the sanction application requires a declaration from the competition organisers that all pooled skis to be used in the competition will meet ILS standards.

8.11 SWIM FINS

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

Length: maximum overall length 650 mm, including 'shoe' or ankle strap (ankle strap extended).

Width: 300 mm maximum at the widest point of the blade



Note: It is permitted to wear neoprene (or other material) toe socks with fins.

8.11.1 Scrutineering procedure

For ILS-managed events:

a) A person appointed by the ILS Event Management Committee shall check the fins at the pool and/or beach. Minimum measuring equipment required: tape measure (minimum 10 m with 1 mm increments), or; a fin box in which the fins are fully inserted, or; another measurement tool for quick and efficient measurement.

b) The host organising committee shall provide a stamp or sticker to be affixed to the fins as proof of the scrutineering check.

A similar process shall be undertaken for ILS-sanctioned events.

8.12 THROW LINES

For the Line Throw event, throw lines shall be plaited, buoyant polypropylene with non-memory characteristics:

Diameter: 8 mm (± 1 mm)

Length: minimum 16.5 m; maximum 17.5 m

8.12.1 Scrutineering procedure

a) For ILS-managed events, a person appointed by the ILS Event Management Committee shall check the throw lines. Minimum measuring equipment required: tape measure (minimum 20 m with 1 mm increments).

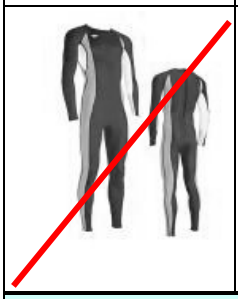
b) For ILS-sanctioned events, the sanction application requires a declaration from the competition organisers that all pooled throw lines to be used in the competition will meet ILS standards.

8.13 SWIMWEAR

a) Swimwear for both ILS pool and ocean events must comply with the following standards:

- Swimwear worn by males shall not extend above the navel or below the knee.
- Swimwear worn by females shall not cover the neck, shoulders or arms nor extend below the knees. Two-piece swimsuits that conform to this standard may also be worn.

8.13 SWIMWEAR (*cont'd*)

Male Swimsuits					
Full Length	**Long**	**Long Legs**	**Knee length**	**Square Leg**	**Short**
Not Allowed	**Not Allowed**	**Not Allowed**	**Allowed**	**Allowed**	**Allowed**
					

Female Swimsuits				
Full Length	**Zippered Back**	**Knee Length, Open Back**	**Short, Open Back**	**Two Piece**
Not Allowed	**Not Allowed**	**Allowed**	**Allowed**	**Allowed**

b) The material and construction used in swimwear to be worn in all ILS pool and ocean events shall be:

- Only textile woven fabric(s) shall be permitted.
- Non-woven and/or non-permeable (e.g., wetsuit type) materials shall not be permitted.
- The material used shall have a maximum thickness of 0.8 mm.
- Other than string ties for the tops of male swimwear, the bottom and/or top of female two-piece swimwear, and the back of female one piece open back swimsuits, no zippers or other fastening systems shall be permitted.
- The swimsuit worn by competitors shall not aid in their buoyancy.
- Swimwear that provides flotation, pain reduction, chemical/medical stimulation or other external stimulation or influence of any type shall be prohibited.
- No outside application on the material shall be permitted. (Note: manufacturer brandings, club names or similar are permitted).

Note: All swimwear stamped as being FINA compliant for Stillwater swimming shall be acceptable for use in ILS competition

8.14 PERSONAL FLOTATION DEVICES (PFDs)

IRB event competitors (drivers, crew and patients) must wear solid PFDs (lifejackets) that comply with the international standard – ISO12402-5 Level 50 or equivalent. Inflatable PFDs (lifejackets) cannot be worn in lieu of a solid PFD (lifejacket).

8.14 PERSONAL FLOTATION DEVICES (PFDs) (*cont'd*)

The wearing of PFDs is optional in other craft events. It is highly recommended that the PFDs worn by competitors comply with an international standard or equivalent. (e.g., AS4758 L25 flotation)

In cases where the device does not meet the standard, the wearer is encouraged to complete a risk assessment and read all relevant safety and operational instructions on the product. Not all PFDs meet standards and thus their effectiveness in preventing drowning is unproven. Non-compliance with the International Standard may mean that these devices present other potential risks (e.g., poor fit, easily dislodged in surf conditions and restricted movement and breathing).

8.14.1 Scrutineering procedure

a) For ILS-managed events, a person appointed by the ILS Event Management Committee shall check the PFDs used in IRB competition for compliance with ISO12402-5 Level 50 or equivalent and to ensure that they are in good repair.

b) For ILS-sanctioned events, the sanction application requires a declaration from the competition organisers that all pooled PFDs to be used in the competition will meet ILS standards.

8.15 HELMETS

Approved aquatic helmets are EN 1385 certified (or equivalent). Helmets may be in the manufacturer's original colour, or preferably, painted or covered in material in accordance with competitors' team/competition caps.

8.15.1 Scrutineering procedure

a) For ILS-managed events, a person appointed by the ILS Event Management Committee shall check the helmets used in IRB competition for compliance with EN1385 and to ensure that they are in good repair.

b) For ILS-sanctioned events, the sanction application requires a declaration from the competition organisers that all pooled helmets to be used in the competition will meet ILS standards

8.16 WETSUITS

With the exception of IRB events, the only wetsuits approved must be a maximum thickness of 5 mm at any location on the wetsuit with a tolerance of ±0.5 mm; and contain no flotation or buoyancy assistance.

8.16.1 Scrutineering procedure

For ILS-managed events, a person appointed by the ILS Event Management Committee shall check the water temperature and wetsuits.

All wetsuits are subject to random scrutineering. Minimum measuring equipment required: thermometer (minimum 10 degrees Celsius with 0.5 degree increments); micrometre.

A similar process shall be undertaken for ILS-sanctioned events.