

International Life Saving Federation
COMPETITION RULE BOOK
Short Course Pool Events
2020 Edition



World Water Safety

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1. SHORT COURSE EVENTS

The event descriptions in this Short Course Pool Events Addendum are based on the standardized events contained in the [International Life Saving Federation Competition Rule Book 2019 Edition \(Revised February 2020\)](#), and modified for 25 m short course swimming pools. The rules and disqualifications are described in the other Rule Book unless otherwise specified within the short course rules.

The ILS acknowledges the support of the Lifesaving Canada Federation for their assistance in producing this Rule Book.

It is recommended that short course lifesaving competitions be conducted in facilities that comply with FINA facility standards. FINA facility rules are intended to provide the best possible environment for competitive use and training. (See FINA Rules & Requirements; Facility Rules; FR2 Swimming Pools at www.fina.org)

Note: If FINA facilities standards are not available, such as starting blocks, automatic timing, sufficient depth for diving or length of pool, then the local organizing competition committee will need to adapt the rules and requirements to ensure safety and to suit the circumstances.

The following facility standards are based on FINA facility rules:

1.1 Length

The pool shall be 25 m between automatic officiating equipment touch panels at the starting end and the wall or touch panels at the turning end. A tolerance of plus 0.03 m and minus 0.00 m in each lane is allowed.

1.2 Starting platform

The height of the platform above the water surface shall be from 0.5 m to 0.75 m. The surface shall be at least 0.5 m x 0.5 m and covered with non-slip material. The starting platform shall be firm and give no springing effect.

1.3 Depth

Except as specified in event-specific standards, a minimum depth of 1.0 m is required.

For all dive starts, a minimum depth of 1.35 m is required, extending from 1.0 m at least 6.0 m from the starting end wall.

1.4 Automatic officiating equipment and manual timekeeping

Automatic officiating equipment is recommended but not required. In sanctioned ILS lifesaving competitions where automatic officiating equipment is unavailable, at least three timekeepers must record the time of each competitor.

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.

1.4 Automatic officiating equipment and manual timekeeping (cont'd)

With three timekeepers, where two of them have the same time, this time shall be considered official. If the three timekeepers differ, the middle time shall be official. If one watch fails, the average of the other two times shall constitute the competitor's official time.

If the order of finish indicated by the times recorded by manual timekeepers does not coincide with the order of finish determined by the finish judges, the finish judges' placings prevail. The times assigned to the competitors involved shall be identical. For example, if two competitors are involved, the times assigned shall be the sum of their individual times divided by two.

2. POOL EVENTS

The following pool events are described in this section:

Obstacle Swim – 25 m, 50 m, 100 m, 200 m

Manikin Carry – 25 m, 50 m

Rescue Medley – 50 m, 100 m

Manikin Carry with Fins – 25 m, 50 m, 100 m

Manikin Tow with Fins – 50 m, 100 m

Super Lifesaver – 100 m, 200 m

Manikin Relay – 4 X 12.5 m, 4 x 25 m

Obstacle Relay – 4 x 25 m, 4 x 50 m

Medley Relay – 4 x 25 m, 4 X 50m

Pool Lifesaver Relay - 4 x 25 m, 4 X 50m

Note: Alternative variations in distance, depths, and equipment may occur due to facility features, safety and to suit the circumstances. The intent of the short course version of rules are to eventually establish sanctioned competition to set records for those events with identical distances.

2.1 OBSTACLE SWIM

2.1.1 Event description – 25 m, 50 m, 100 m, and 200 m short course

With a dive or in-water start on an acoustic signal, the competitor swims the course passing under the immersed obstacle to touch the finish wall/edge of the pool.

- a) Competitors must surface after the dive entry before the 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.

Note: The competitor will pass under the obstacle:

25 m – once

50 m – two times

100 m – four times

200 m – eight times

2.1.2 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 obstacle is located 12.5 m from the start wall/edge, in the middle of the pool. The dimensions of the obstacle may need to be adjusted to allow for a narrower lane width such as 180 cm and shallower depth such as 35 cm.

2.2 MANIKIN CARRY

2.2.1 Event description – 25 m short course

With a dive or in-water start on an acoustic signal, the competitor swims 12.5 m freestyle and then dives to recover a submerged manikin to the surface within 5 m of the pick-up line. The competitor must surface before diving down to recover the manikin. The competitor then carries the manikin to touch the finish wall/edge of the pool.

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

2.2.2 Event description – 50 m short course

With a dive or in-water 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 must surface before diving down to recover the manikin. The competitor then carries the manikin to touch the finish wall/edge of the pool.

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

Competitor's need not touch the turn wall/edge of the pool when recovering the manikin.

2.2.3 Equipment

Positioning the manikin (*second paragraph*): The manikin is positioned on its back in contact with the pool bottom and its base touching the pool wall, with its head in the direction of the finish.

Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 30 cm from the wall as measured at the water surface.

2.3 RESCUE MEDLEY

2.3.1 Event description – 50m and 100 m short course

With a dive or in-water start on an acoustic signal, the competitor swims 25m or 75 m freestyle to turn, dive, and swim underwater to a submerged manikin located at 12.5 m from the turn wall/edge.

The competitor surfaces the manikin within the 5 m pick-up line, and then carries it the remaining distance to touch the finish wall/edge.

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

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

2.4 MANIKIN CARRY WITH FINS

2.4.1 Event description - 25 m short course

With an in-water start, holding a manikin at the surface with one hand and the start wall/edge or starting block with the other hand. On an acoustic signal, the competitor carries the manikin 25 m wearing fins to touch the finish wall/edge of the pool.

2.4.2 Event description – 50 m and 100 m short course

With a dive or in-water start on an acoustic signal, the competitor swims 25 m or 75 m freestyle wearing fins and then recovers a submerged manikin to the surface within 10 m of the turn wall/edge. The competitor carries the manikin to touch the finish wall/edge of the pool.

Competitors need not touch the turn wall/edge of the pool when recovering the manikin.

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

2.5 MANIKIN TOW WITH FINS

2.5.1 Event description – 50m, and 100 m short course

With a dive or in-water start on an acoustic signal, the competitor swims 25m or 75 m freestyle with fins and rescue tube. After touching the turn wall/edge, and within the 10 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish. 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. The event is complete when the competitor touches the finish wall/edge of the pool.

2.5.2 Disqualification

- a) Taking assistance from any pool fitting (e.g. lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin – not including the bottom of the pool.
- b) At 75 m, not touching the pool wall before touching the manikin.

2.6 SUPER LIFESAVER

2.6.1 Event description - 100 m short course

With a dive or in-water start on an acoustic signal, the competitor swims 25 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/edge. After touching the wall/edge, the competitor releases the manikin.

Competitors need not touch the turn wall/edge of the pool when recovering the submerged manikin.

In the water, the competitor dons fins and rescue tube and swims 25 m freestyle. After touching the wall/edge, 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 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.

The event is complete when the competitor touches the finish wall/edge of the pool.

2.6.2 Event description 200 m short course

With a dive or in-water 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/edge. After touching the wall/edge, the competitor releases the manikin.

Competitors need not touch the turn wall/edge of the pool when recovering the submerged manikin.

In the water, the competitor dons fins and rescue tube and swims 75 m freestyle. After touching the wall/edge, and within the 10 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish. 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.

The event is complete when the competitor touches the finish wall/edge of the pool.

2.6.3 Disqualification

- a) Taking assistance from any pool fitting (e.g. lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin – not including the bottom of the pool.
- b) At 75 m, not touching the pool wall before touching the manikin.

2.7 MANIKIN RELAY

2.7.1 Event description – 4 x 12.5 m short course

Four competitors in turn carry a manikin approximately 12.5 m each.

- a) **The first competitor** starts in the water holding a manikin at the surface with one hand and the start wall/edge 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 5 m changeover zone between the 10 m and 15 m mark.
- b) **The second competitor** carries the manikin to touch the turn wall/edge and passes the manikin to the third competitor, who must be in contact with the turn wall/edge with at least one hand. The third competitor may touch the manikin only after the second competitor has touched the wall/edge.
- c) **The third competitor** carries the manikin and passes it to the fourth competitor in the changeover zone between the 35 m and 40 m.
- d) **The fourth competitor** completes the event by carrying the manikin to touch the finish wall/edge with any part of the competitor's body.
- e) Competitors must remain in the water at the surface in their lanes and designated changeover zone, until the completion of the event has been signalled.
- f) Only the incoming and outgoing competitors may participate in the manikin exchange. The incoming competitors may assist outgoing competitors, but only as long as the top of the manikin's head remains within the start/finish and changeover zones.
- g) The hand of one competitor must be in contact with the manikin at all times.
- h) The start zone and relay changeover zones shall be indicated by flags:
 - i) Competitors may push off the pool bottom in the changeover zone.
 - j) In the start/finish and changeover zones competitors are not judged on "carrying the manikin" criteria (defined in Competition Rule Book 3.3) however competitors need to maintain contact with the manikin with at least one hand at all times and including during the exchanges.
- k) The manikin exchange must take place within the designated changeover zones, as judged by the top of the manikin's head.

2.7 MANIKIN RELAY (cont'd)

2.7.2 Event description –4 x 25 m short course

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/edge or starting block with the other hand. On an acoustic signal, the competitor carries the manikin 25 m to touch the turn wall/edge and passes the manikin to the second competitor, who is in contact with the turn wall or starting block with at least one hand. The second competitor may touch the manikin only after the first competitor has touched the turn wall/edge.
- b) **The second competitor** carries the manikin 25 m to touch the turn wall/edge and passes the manikin to the third competitor who is in contact with the turn wall/edge 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/edge.
- c) **The third competitor** carries the manikin 25 m to touch the turn wall/edge and passes the manikin to the fourth competitor, who is in contact with the turn wall/edge or starting block with at least one hand. The fourth competitor may touch the manikin only after the third competitor has touched the turn wall/edge.
- d) **The fourth competitor** completes the event by carrying the manikin 25 m to touch the finish wall/edge with any part of the competitor's body.
- e) Competitors must remain in the water at the surface in their lanes and designated changeover zones, until the completion of the event has been signalled.
- f) Only the incoming and outgoing competitors may participate in the manikin exchange. The incoming competitors may assist outgoing competitors, but only as long as the top of the manikin's head remains within the start/finish and changeover zones.
- g) The hand of one competitor must be in contact with the manikin at all times.
- h) The start zone and relay changeover zones shall be indicated by flags:
 - i) Competitors may push off the pool bottom in the changeover zone.
 - j) In the start/finish and changeover zones competitors are not judged on "carrying the manikin" criteria (defined in Competition Rule Book 3.3) however competitors need to maintain contact with the manikin with at least one hand at all times and including during the exchanges.
 - k) The manikin exchange must take place within the designated changeover zones, as judged by the top of the manikin's head.

2.7 MANIKIN RELAY (cont'd)

2.7.3 Disqualification

- a) The manikin changing hands:
- Before the first, second or third competitor touches the pool wall
 - Without the second, third or fourth competitor in touch with the pool wall

2.8 OBSTACLE RELAY

2.8.1 Event description – 4 x 25 m and 4 x 50 m short course

With a dive start or in-water start on an acoustic signal, the first competitor swims 25 m or 50 m or freestyle passing under an obstacle. 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 start entry or in-water start before the 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.

2.8.2 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, in the middle of the pool. The dimensions of the obstacle may need to be adjusted to allow for a narrower lane width such as 180 cm and shallower depth such as 35 cm.

2.9 MEDLEY RELAY

2.9.1 Event description – 4 x 25 m short course

With a dive start or in-water start on an acoustic signal, the first competitor swims 25 m freestyle *without* fins.

With a dive start or in-water start after the first competitor touches the turn wall/edge, the second competitor swims 25 m freestyle *with* fins.

With a dive start or in-water start after the second competitor touches the start/finish wall/edge, the third competitor swims 25 m freestyle towing a rescue tube. The third competitor touches the turn wall/edge.

The fourth competitor, in the water wearing fins with at least one hand on the turn wall/edge, dons the harness. The third competitor, playing the role of “victim”, holds the rescue tube with both hands while being towed 25 m by the fourth competitor to the finish.

- a) Both the fourth and the third competitor (victim) must leave from the turn wall/edge. The victim must be in contact with the rescue tube before passing the 10 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 10 m line.
- b) The event is completed when the fourth competitor touches the finish wall/edge 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 and/or clip – not the rope.
- e) The victim must hold onto the rescue tube/or clip with both hands while being towed, but may reposition his or her hands on the tube and/or clip during the tow without disqualification.
- f) While the fourth competitor must have at least one hand on the turn wall/edge or starting block when the third competitor touches the wall/edge, the fourth competitor may push off the wall/edge 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/edge.
- 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.

2.9 MEDLEY RELAY (cont'd)

2.9.2 Event description – 4 x 50 m short course

With a dive start or in-water start on an acoustic signal, the first competitor swims 50m freestyle *without* fins.

With a dive start or in-water start after the first competitor touches the turn wall/edge, the second competitor swims 50 m freestyle *with* fins.

With a dive start or in-water start after the second competitor touches the start/finish wall/edge, the third competitor swims 50 m freestyle towing a rescue tube. The third competitor touches the turn wall/edge.

The fourth competitor, in the water wearing fins with at least one hand on the turn wall/edge, dons the harness. 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. The third competitor does not have to touch the 175 m wall/edge.

- a) Both the fourth and the third competitor (victim) must leave from the turn wall/edge. The victim must be in contact with the rescue tube before passing the first 10 m line. The line of the rescue tube must be fully extended beyond each 10 m line when the top of the “victim’s” head crosses each 10 m line.
- b) The event is completed when the fourth competitor touches the finish wall/edge 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 and/or clip – not the rope.
- e) The victim must hold onto the rescue tube/or clip with both hands while being towed, but may reposition his or her hands on the tube and/or clip during the tow without disqualification.
- f) While the fourth competitor must have at least one hand on the turn wall/edge or starting block when the third competitor touches the wall/edge, the fourth competitor may push off the wall/edge 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/edge.
- 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.

2.10 POOL LIFESAVER RELAY

2.10.1 Event description– 4 x 25 m and 4 x 50 m short course

The first competitor: With a dive start on an acoustic signal, the first competitor swims 25 m or 50 m freestyle *without* fins.

The second competitor: With a dive start after the first competitor touches the wall/edge, the second competitor swims 25 m or 50 m with fins and dives to retrieve a submerged manikin. The second competitor does not need to touch the turning wall/edge before passing the manikin to the third competitor.

Note: The Second swimmer is permitted to swim the whole distance 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/edge or starting block with at least one hand. The third competitor may touch the manikin before it surfaces. After the manikin's head breaks the surface of the water, the competitor may then take control of the manikin and release their hold on the turning wall/edge or starting block. The third competitor then carries the manikin 25m or 50 metres and touches the wall/edge before passing the manikin to the fourth competitor.

The fourth competitor: The fourth competitor (with fins) is holding the turning wall/edge or starting block with at least one hand until taking the manikin. The fourth competitor may touch the manikin only after the third competitor has touched the wall/edge. The fourth competitor then carries the manikin to touch the finish wall/edge 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.

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).

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

The third and fourth competitors may push off the wall/edge 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/edge 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.