

INTERNATIONAL LIFE SAVING FEDERATION
COMPETITION RULE BOOK
Short Course Pool Events Addendum

2020 Edition
(Revised September 2021)



World Water Safety

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1. PREFACE

The Short Course Pool Events Addendum are based on the standardised events contained in the current edition International Life Saving Federation (ILS) Competition Rule Book (see ilsf.org) and modified for use in 25 m short course swimming pools.

The intent of the short course version of rules are to provide participation opportunities where ILS compliant 50 m pool facilities are not accessible and to grow ILS pool rescue competition.

It is also envisaged that ILS Short Course Life Saving World Championships (LWC), as well as regional, other championships, and sanctioned competitions will be conducted, and World Records recognised.

All event conduct and event rules detailed in the current edition ILS Competition Rule Book apply to short competition and each event unless otherwise specified or varied as detailed with this Short Course Rule Book Addendum.

The ILS acknowledges the contribution of its Federations, the ILS Sport Commission, and the ILS Rules and Regulations Committee for their assistance in producing this Rule Book Addendum.

2. CHANGES TO THE SHORT COURSE POOL EVENTS RULE BOOK ADDENDUM 2020

In this September 2021 Revised Edition, the ILS Sport Commission draws your attention to the following changes to the ILS Competition Rule Book Short Course Pool Events Addendum 2020 Edition:

General: Made minor errata to the wording contained in the 2020 Edition Addendum.

Section 4 Added a section to establish World Records and World Best Short Course Times criteria for Short Course Pool Events.

Section 5 Maintained shorter distance events and ensured that customary distance events mirror standard ILS events

Made minor amendments to the specific events to ensure consistency with the wording in the ILS Competition Rule Book.

3. FACILITY STANDARDS AND SANCTIONING

Short course lifesaving competitions are designed to be conducted in 25 m swimming pools, and preferably those that meet FINA standards (see www.fina.org).

Should a pool not meet FINA facilities standards (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 provide details to competitors.

Note: For all dive starts and relay dive changeovers, a minimum depth of 1.35 m is required, extending from 1.0 m at least 6.0 m from the starting wall/edge, changeover wall/edge and finish wall/end. If the minimum depth is less than 1.35 m in-water starts and/or change overs shall apply.

To be eligible for World Short Course Records and/or “world’s best short course times” (see Section 4), competition must be sanctioned by ILS and conducted in facilities that comply with ILS facility standards for swimming pools with the exception that the pool length is 25 m in length ([see ilsf.org](http://ilsf.org)).

Note: Refer to the current edition ILS Competition Rule Book for ILS Facility standards and processes for event sanctioning.

4. WORLD RECORDS AND WORLD'S BEST TIMES

Consistent with the current edition ILS Competition Rule Book, World Short Course Records will only be recognised upon conduct of the first ILS Life Saving World Short Course Championships.

Note: As per the ILS Competition Rule Book, the only world records recorded and recognised by ILS are in those events, age groups and distances conducted by ILS in LWC. ILS is yet to consider events that may be conducted at an ILS Short Course LWC.

However, pending the conduct of the first ILS Life Saving World Short Course Championships, ILS, at its absolute discretion, may maintain a list of world's best short course times provided that all other criteria (including sanctioning, pool depths etc.) for world record recognition are met (refer ilsf.org).

Note: A negative anti-doping drug test will not be required for the acceptance of world's best short course times.

5. POOL EVENTS SUMMARY

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

Line Throw

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 50 m

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

Simulated Emergency Response Competition (SERC)

Note: Alternative variations in distance, depths, and equipment may occur due to facility features, safety and to suit the circumstances.

5.1 OBSTACLE SWIM (25 m, 50 m, 100 m and 200 m)

5.1.1 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

5.1.2 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 and/or a shallower pool depth.

5.1.3 Disqualification

- a) Refer to the ILS Competition Rule Book.

5.2 MANIKIN CARRY (25 m and 50 m)

5.2.1 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.

Note 1: Competitors may push off the pool bottom when surfacing with the manikin.

Note 2: All other event conditions are as per the ILS Competition Rule Book.

5.2.2 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.

Note 1: Competitors may push off the pool bottom when surfacing with the manikin.

Note 2: Competitor's need not touch the turn wall/edge of the pool when recovering the manikin.

Note 3: All other event conditions are as per the ILS Competition Rule Book,

5.2.3 Equipment

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

For the 50 m event the manikin will be placed with the base touching the pool wall. 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.

5.2.4 Disqualification

a) Refer to the ILS Competition Rule Book.

5.3 RESCUE MEDLEY (50 m and 100 m)

5.3.1 Event description – 50 m short course

With a dive or in-water start on an acoustic signal, the competitor swims 25 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.

Note 1: Competitors may breathe during the turn, but not after their feet leave the last turn wall/edge until they surface with the manikin.

Note 2: Competitors may push off the pool bottom when surfacing with the manikin.

Note 3: All other event conditions are as per the ILS Competition Rule Book.

5.3.2 Event description – 100 m short course

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

Note 1: Competitors may breathe during the turn, but not after their feet leave the last turn wall/edge until they surface with the manikin.

Note 2: Competitors may push off the pool bottom when surfacing with the manikin.

Note 3: All other event conditions are as per the ILS Competition Rule Book.

5.3.3 Equipment

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

5.3.4 Disqualification

a) Refer to the ILS Competition Rule Book.

5.4 MANIKIN CARRY WITH FINS (25 m, 50 m, and 100 m)

5.4.1 Event description – 25 m short course

With an in-water start, holding a manikin 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.

5.4.2 Event description – 50 m short course

With a dive or in-water start on an acoustic signal, the competitor swims 25 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.

Note 1: Competitors need not touch the turn wall/edge of the pool when recovering the manikin.

Note 2: Competitors may push off the pool bottom when surfacing with the manikin.

Note 3: All other event conditions are as per the ILS Competition Rule Book.

5.4.3 Event description – 100 m short course (50 m Manikin Carry)

With a dive or in-water 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/edge. The competitor carries the manikin 50 m (two 25 m laps) to the finish. After the turn at the 75 m mark competitors must have the manikin in the correct carrying position within 5 m of the turning wall/edge. The event is complete when the competitor touches the finish wall/edge of the pool.

Note 1: Competitors need not touch the turn wall/edge of the pool when recovering the manikin at the 50 m mark.

Note 2: Competitors may push off the pool bottom when surfacing with the manikin.

Note 3: Competitors must touch the turning wall/edge with any part of the body at the 75 m mark.

Note 4: At the turn at the 75 m mark competitors may push off the turning wall/edge with their feet.

Note 5: All other event conditions are as per the ILS Competition Rule Book.

5.4.4 Equipment

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

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.

5.4.5 Disqualification

a) Refer to the ILS Competition Rule Book.

5.5 MANIKIN TOW WITH FINS (50 m and 100 m)

5.5.1 Event description – 50 m short course

With a dive or in-water start on an acoustic signal, the competitor swims 25 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.

5.5.2 Event description – 100 m short course (50 m Manikin Tow)

With a dive or in-water start on an acoustic signal, the competitor swims 50 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 50 m (two 25 m laps) 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.

Note 1: Competitors must touch the turning wall/edge with any part of the body at the 75 m mark.

Note 2: During the turn at the 75 m mark the manikin's face must remain above the surface of the water.

Note 3: During the turn at the 75 m mark competitors will not be disqualified if the line of the rescue tube is not fully extended.

Note 4: After the turn at the 75 m mark 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.

Note 5: All other event conditions are as per the ILS Competition Rule Book.

5.5.3 Disqualification

a) Refer to the ILS Competition Rule Book.

5.6 SUPER LIFESAVER (100 m and 200 m)

5.6.1 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 25 m 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 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.

Note: All other event conditions are as per the ILS Competition Rule Book.

5.6.2 Event description 200 m short course (50 m tow)

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 25 m to the turn wall/edge. After touching the wall/edge, the competitor releases the manikin.

In the water, the competitor dons fins and rescue tube and swims 50 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 50 m (two 25 m laps) 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.

Note 1: Competitors need not touch the 75 m turn wall/edge of the pool when recovering the submerged manikin.

Note 2: Competitors must touch the turning wall/edge with any part of the body at the 175 m mark.

Note 3: During the turn at the 175 m mark the manikins face must remain above the surface of the water.

Note 4: During the turn at the 175 m mark competitors will not be disqualified if the line of the rescue tube is not fully extended.

Note 5: After the turn at the 175 m mark 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.

Note 6: All other event conditions are as per the ILS Competition Rule Book.

5.6.3 Equipment

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

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.

5.6.4 Disqualification

a) Refer to the ILS Competition Rule Book.

5.7 LINE THROW

5.7.1 Event description

- a) As per the ILS Competition Rule Book.

5.8 MANIKIN RELAY (4 x 12.5 m and 4 x 25 m)

5.8.1 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 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 5 m 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.

Note: All other event conditions are as per the ILS Competition Rule Book.

5.8.2 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 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/edge 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.

Note: All other event conditions are as per the ILS Competition Rule Book.

5.8.3 Disqualification

- a) Refer to the ILS Competition Rule Book.

5.9 OBSTACLE RELAY (4 x 25 m and 4 x 50 m)

5.9.1 Event description – 4 x 25 m

With a dive start or in-water start on an acoustic signal, the first competitor swims 25 m freestyle passing under an obstacle. After the first competitor touches the turn wall/edge 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.

Note 1: Once competitors have completed their leg of the race, they are to immediately exit the pool and not interfere with competing teams.

Note 2: All other event conditions are as per the ILS Competition Rule Book.

5.9.2 Event description – 4 x 50 m short course

With a dive start or in-water start on an acoustic signal, the first competitor swims 50 m freestyle passing under an obstacle on each lap. After the first competitor touches the turn wall/edge 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.

Note 1: Once competitors have completed their leg of the race, they are to immediately exit the pool and not interfere with competing teams.

Note 2: All other event conditions are as per the ILS Competition Rule Book.

5.9.3 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 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 and/or a shallower pool depth.

5.9.4 Disqualification

- a) Refer to the ILS Competition Rule Book.

5.10 MEDLEY RELAY (4 x 25 m and 4 x 50 m)

5.10.1 Event description – 4 x 25 m short course

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

The second competitor: 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.

The third competitor: 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 *without* fins towing a rescue tube. The third competitor touches the turn wall/edge.

The fourth competitor: The fourth competitor, in the water wearing fins with at least one hand on the turn wall/edge or starting block, dons the harness. The fourth competitor is not permitted to touch any part of the rescue tube harness, line, or any part of the rescue tube, until the third competitor has touched the turning wall/edge. The third competitor, playing the role of “victim”, holds the rescue tube and/or clip with both hands while being towed 25 m by the fourth competitor to the finish.

Note 1: Once competitors have completed their leg of the race, they are to immediately exit the pool and not interfere with competing teams.

Note 2: All other event conditions are as per the ILS Competition Rule Book.

5.10.2 Event description – 4 x 50 m short course

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

The second competitor: 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.

The third competitor: 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 *without* fins towing a rescue tube. The third competitor touches the turn wall/edge.

The fourth competitor: The fourth competitor, in the water wearing fins with at least one hand on the turn wall/edge or starting block, dons the harness. The fourth competitor is not permitted to touch any part of the rescue tube harness, line, or any part of the rescue tube, until the third competitor has touched the turning wall/edge. The third competitor, playing the role of “victim”, holds the rescue tube and/or clip with both hands while being towed 50 m by the fourth competitor to the finish.

Note 1: Rescuers (no. 4) must touch the turning wall/edge with any part of the body at the 175 m mark.

Note 2: At the turn at the 175 m mark the victim (No.3) is **not** permitted to push off the turning wall/edge with their feet.

Note 3: During the turn at the 175 m mark teams will not be disqualified if the line of the rescue tube is not fully extended.

Note 4: After the turn at the 175 m mark the line of the rescue tube must become fully extended as soon as possible and before the top of the victim’s head passes the 10 m line.

Note 5: Once competitors have completed their leg of the race, they are to immediately exit the pool and not interfere with competing teams.

Note 6: All other event conditions are as per the ILS Competition Rule book.

5.10.3 Disqualification

a) Refer to the ILS Competition Rule Book.

5.11 POOL LIFESAVER RELAY (4 x 25 m and 4 x 50 m)

5.11.1 Event description– 4 x 25 m short course

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

The second competitor: With a dive start or in-water start after the first competitor touches the wall/edge, the second competitor swims 25m 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 (but cannot grasp) 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 25 m 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 25 m to touch the finish wall/edge with any part of the competitor's body.

Note 1: Once competitors have completed their leg of the race, they are to immediately exit the pool and not interfere with competing teams.

Note 2: All other event conditions are as per the ILS Competition Rule Book.

5.11.2 Event description– 4 x 50 m short course

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

The second competitor: With a dive start or in-water start after the first competitor touches the wall/edge, 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 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 (but cannot grasp) 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 50 m 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 50 m to touch the finish wall/edge with any part of the competitor's body.

Note 1: Competitors must touch the turning wall/edge with any part of the body at the 25, 75, 125 and 175 m turning marks.

Note 2: At the turns competitors may push off the turning wall/edge with their feet.

Note 3: Once competitors have completed their leg of the race, they are to immediately exit the pool and not interfere with competing teams.

Note 4: All other event conditions are as per the ILS Competition Rule Book.

5.11.3 Disqualification

a) Refer to the ILS Competition Rule Book.

5.12 SIMULATED EMERGENCY RESPONSE COMPETITION (SERC)

5.12.1 Event description

- a) As per the ILS Competition Rule Book.