



INTERNATIONAL LIFE SAVING (ILS)
ILS COMPETITION RULE BOOK 2025 EDITION
SPORT COMMISSION TECHNICAL BULLETIN 1

The ILS Sport Commission is continually working to evolve and improve the safe and fair delivery of lifesaving competition with the aim of having competition rules that are simple to understand, that minimise technical disqualifications and encourages the delivery of sport in a format that is exciting to watch and provides objective outcomes for all involved.

To this end this Bulletin advises the completion and publication of the ILS Competition Rule Book 2025 Edition.

The document is published on the ILS website and may be downloaded from <https://www.ilsf.org/lifesaving-sport/rules>.

The new Rule Book comes into effect from Monday, 1 September 2025.

Dependent on competition calendars, federations may choose a later date for implementation of the 2025 edition Rule Book. However, any applications for World records following 1 September 2025 will only be considered for events conducted under the (current) 2025 ILS rules.

The changes and clarifications in the 2025 Competition Rule Book reflect Sport Commission initiatives, consultation with key stake holders including athletes, coaches and officials, feedback received about the 2023 Edition rules, and the ILS Rules and Technical Working Group recommendations. Thank you to all involved in the process.

For ease of reference the changes and clarifications are summarised in the Preface Section of the Rule Book.

Should further information be required please direct your enquiry to the Chair of the ILS Rules and Technical Working Group at allumqa@bigpond.com.

11 August 2025