

INTERNATIONAL LIFE SAVING FEDERATION

COMPETITION MANUAL

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

2007 EDITION





ILS COMPETITION MANUAL

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The International Life Saving Federation works to enhance safety and preserve human life in aquatic environments. ILS leads the worldwide effort to reduce injury and death in, on, or around the water.

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LIFESAVING AND SPORT

Sport is an intrinsic activity of the International Life Saving Federation (ILS). It helps to develop our lifesavers' skills, knowledge, and techniques; and lifesaving sport plays an essential role in cementing the trans-continental relationships of our member organisations.

The humanitarian mission of the ILS is to save lives, and through the encouragement and conduct of sporting activities, we equip our members with the ability to carry out this mission.

ILS is a truly global organisation and it is pleasing to see the cooperation and information exchange of which our member organisations are so happy to be a part.

Lifesaving sport is a component of this exchange, and ILS World Lifesaving Championships play an important part in bringing together the worlds' lifesavers on a regular basis – helping our members to learn from the experience of other countries and to challenge themselves to improve and perform.

As ILS President, I pay tribute to the forebears of our organisations, who played such a leading role in developing the Fédération Internationale de Sauvetage Aquatique (FIS), World Life Saving (WLS) and the single, global organisation which resulted from the merging of these two organisations – the International Life Saving Federation.

I thank the members of the ILS Sport Commission's Technical & Rules Committee and all other contributors for their dedication in composing this competition manual. I also thank all members of the Sport Commission for their constant endeavours to promote international lifesaving competitions around the world.

I congratulate ILS member lifesaving organisations on the continuing growth in participation in lifesaving sport and the ILS world championships.

Alan B. Whelpton AO
President, International Life Saving Federation

PREFACE TO THE FOURTH EDITION

ILS updates and publishes each edition of the *ILS Competition Manual* at least 12 months prior to the next world championships.

Each edition benefits from the learning at the previous World Lifesaving Championships. This fourth edition has been influenced by the experience of organisers, competitors, coaches and officials at *Rescue 2006* in Geelong and Lorne, Australia, and this edition applies to the 2008 World Lifesaving Championships in Berlin and Warnemünde, Germany.

Experience continues to be an excellent teacher. In this edition, the ILS Technical & Rules Committee made these significant changes:

- In the programme of events for Rescue 2008 (2.3):
 - An increase in the number of entries per team from one to two in 100 m Rescue Medley, 100 m Manikin Tow with Fins, Beach Flags and Beach Sprint for Interclub and National Teams.
 - New names for the Ironman / Ironwoman and Taplin Relay, the Oceanman / Oceanwoman and Oceanman / Oceanwoman Relay respectively.
 - Addition of 100 m Manikin Tow with Fins and Line Throw events, and removal of the Rescue Tube Race event in Masters championship.
- All Masters pool events shall be conducted as time-finals.
- Qualifying times for Rescue 2008 shall be the world record time at December 31, 2006 plus 25 per cent. To enter an event, a competitor must have equalled or bettered the qualifying time for that event at competitions within the period beginning with the first day of the previous World Lifesaving Championships to the entry deadline for the upcoming World Lifesaving Championships.
- The ILS Management Committee shall levy penalties on competitors whose performance is slower than the qualifying time (3.2).
- In pool events (4.3), “surfacing the manikin” and “carrying the manikin” judging criteria apply only after top of the manikin’s head crosses the relevant 5 m line or 10 m line.
- In the 5 m start zone or in the changeover zone of the Manikin Relay event, competitors are not judged on “carrying the manikin” criteria.
- In pool events (4.3), when towing a manikin competitors must secure the manikin correctly. Correctly means the rescue tube is secured around the body and under both arms of the manikin, and clipped to an O-ring.

Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin with the line of the rescue tube fully extended and maintain the manikin's mouth and nose above the surface.

- In the Line Throw event, the completion time limit is increased to 45 seconds.

The thrower must keep at least one foot wholly within the throw zone. Competitors who exit the throw zone while pulling the victim or prior to the 45-second completion signal shall be disqualified.

The victim being towed to the finish edge shall be disqualified for climbing the throw line hand-over-hand, but may release the line with one hand for the sole purpose of touching the finish wall.

- The one-start rule shall be used in all Ocean events.
- In the Rescue Tube Rescue Event, the start/finish line is relocated to the water's edge. The "victim" is required to swim to the designated buoy.

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SECTION 1 – ILS COMPETITION MANUAL
INTERNATIONAL LIFE SAVING FEDERATION



Section 1

THE INTERNATIONAL LIFE SAVING FEDERATION

The International Life Saving Federation (ILS) is a global non-profit organisation composed of national lifesaving organisations from around the world. ILS leads the worldwide effort to reduce water-related injury and death. Put simply, the goal of ILS is *world water safety*[™].

Organised international aquatic lifesaving activities date from 1878 when the first World Congress was hosted in Marseilles, France. The recognition of a need for an international forum to exchange ideas led to the establishment of the Fédération Internationale de Sauvetage Aquatique (FIS) in 1910. The primary focus of FIS activity was in swimming pools and stillwater. In 1971, World Life Saving (WLS) was established with a primary focus on surf beaches. In 1993, FIS and WLS merged to create the International Life Saving Federation (ILS) as the single, global organisation overseeing lifesaving and water safety.

ILS pursues its humanitarian goals through the work of national lifesaving organisations and by:

- identifying and developing drowning prevention strategies
- publicising and encouraging implementation of effective drowning prevention measures
- exchanging information and research
- conducting international educational congresses
- establishing lifesaving organisations in areas where none exist
- developing lifesaving through lifesaving sport
- cooperating with other international bodies with shared goals

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.

ILS member organisations make up the ILS General Assembly. The General Assembly elects a President and Secretary General. The General Assembly establishes ILS priorities and meets every four years.

ILS decentralises its affairs under the management of four Regional Boards: Africa, Americas, Asia-Pacific and Europe. The four regional presidents serve as ILS Vice-Presidents. And the governing bodies of the four Regions appoint other members to the worldwide board of directors.

Together, the ILS President, Secretary General, regional presidents and other members make up the ILS Board of Directors and oversee the affairs of the Federation between meetings of the General Assembly.

There are three ILS commissions each with sub-committees. The Lifesaving Commission works to further the broad lifesaving mission. The Business Commission ensures organisational and financial stability. The ILS Sport Commission promotes international lifesaving competitions around the world.

The Sport Commission

The Sport Commission establishes lifesaving sport rules, procedures, and standards, and authorises world championships.

Through lifesaving sport, ILS aims to attract young people to lifesaving; to encourage lifesaving technique development, and; to maintain and enhance the image of lifesaving.

The International Olympic Committee (IOC) and the Commonwealth Games Federation (CGF) recognise ILS as the international federation for lifesaving sport. ILS Full Members are recognised as the sport governing bodies for lifesaving in their respective countries.

ILS is a member of the General Association of International Sports Federations (GAISF), the International World Games Association, and the Association of IOC Recognised International Sports Federations (ARISF).

SECTION 2 – ILS COMPETITION MANUAL
LIFESAVING COMPETITION



Section 2 LIFESAVING COMPETITION

2.1 ILS AUTHORITY

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 World Lifesaving Championships.

- The words "World" and "ILS" may not be used in connection with any lifesaving competition without the consent of the ILS.

The International Life Saving Federation alone may sanction other lifesaving competitions.

- All ILS-sanctioned lifesaving competitions must use ILS rules.

World championships

ILS shall authorise the following world championships every two years:

- National Teams World Lifesaving Championship
- Interclub World Lifesaving Championship
- Masters World Lifesaving Championship

ILS may authorise other event-specific World Lifesaving Championships as appropriate (e.g., surf boats, stillwater boats, inflatable rescue boats).

All World Lifesaving Championships occur under the auspices of ILS which awards the championships to a member national lifesaving organisation.

For world championships, ILS shall appoint a Management Committee responsible for the management of the competition on behalf of ILS. The Management Committee will appoint championship officials and liaise with the host organising committee. The ILS Management Committee shall have jurisdiction over all matters not assigned by the rules to the referee or other officials.

The ILS Management Committee shall consist of:

- the chair of the ILS Sport Commission
- the chair of the host organising committee (or nominee approved by the chair of the ILS Sport Commission)

- the convener of the ILS Event Management Committee
- the convener of the ILS Technical & Rules Committee
- the referees appointed to oversee: pool events, ocean events, Simulated Emergency Response Competition (SERC), and any other competition that may be part of the championships.

The ILS Sport Commission has the authority to appoint others to the ILS Management Committee as desired.

Championship venue inspection: The ILS Sport Commission shall appoint a representative to visit the host venue for the World Lifesaving Championships at least two months prior to the commencement of the championships to inspect all facilities and technical aspects. The host country shall pay the travel and accommodation expenses incurred in connection with the inspection visit, which shall last a maximum of four days.

Responsibility for equipment: The host organising committee shall provide the following equipment, which **must be used by competitors**:

- Batons for Beach Relay and Beach Flags events
- Rescue manikins for pool events
- Rescue tubes for pool and ocean events
- Throw lines for pool events
- Obstacles for pool events

The host organising committee shall provide an equipment pool of:

- 12 surf skis and 12 ski paddles
- 12 racing boards

The host organising committee shall advise all registrants of the contents of the equipment pool and under what terms and conditions such equipment is available to competitors.

The host organising committee shall be responsible for the provision of all equipment and material required to establish and maintain courses for all world championship events, and to operate the Simulated Emergency Response Competition (SERC).

The host organising committee of ILS stillwater boat or IRB world championships shall be responsible for the provision of all craft and related equipment.

The host organising committee of the ILS surf boat world championship shall advise all registrants of the availability of pooled equipment (if any) and under what terms and conditions such equipment is available to competitors.

ILS-sanctioned competitions

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 patronage of ILS adhere to a consistent standard, and that they do not damage the image of ILS. Such events will be run by genuine members of ILS, 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.

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.

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 SAFETY

The provision of safe competitions is essential and a priority in competition planning.

At all world championships, the host national lifesaving organisation is responsible for the provision of adequate resources to ensure the safety of those involved with the competition.

The host organising committee shall submit its safety and emergency plan (see below) to the ILS Management Committee no later than six months prior to the start of the championships.

No competition shall be conducted until the ILS Management Committee is satisfied that the competition facilities are safe, and that the appropriate safety and emergency plan, equipment, procedures and personnel are in place.

No ocean event shall be conducted until the referee has assessed the surf conditions and reported to the ILS Management Committee. Only the ILS Management Committee has the authority to cancel, reschedule, or relocate the championships, an event, or event final.

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

Safety and emergency plan

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

- 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, competition personnel, or spectators.

The plan shall:

- outline the facilities to be used during the competition by competitors, 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 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, alternate venue(s).
- 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, competition personnel, or spectator during the competition.

The plan shall be shared with the local agencies and services expected to participate in case of emergency, and be widely communicated among competition personnel.

Relocation contingency plan

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.

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 of the competition.

The contingency plan shall:

- identify the decision-making authority and protocol for suspension, cancellation, postponement, or relocation of part or all of the competition.
- identify alternative locations where part or all of 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).

2.3 PROGRAMME OF EVENTS

For World Lifesaving Championships, the programme of events shall be established by the ILS Sport Commission. For ILS-sanctioned competitions, the programme of events shall be established jointly by the ILS Sport Commission and the body responsible for the sanctioned competition.

For *Rescue 2008* world championships, the ILS Sport Commission has approved the following events:

- National Teams World Lifesaving Championship
- Interclub World Lifesaving Championship
- Masters World Lifesaving Championship
- Open World Inflatable Rescue Boat (IRB) Championship

National Teams and Interclub World Lifesaving Championships

For the 2008 world championships the following pool and ocean events shall be conducted in both male and female categories for the National Teams and Interclub championships.

10 Pool Events	Maximum Entries Per Team
200 m Obstacle Swim	2 competitors
50 m Manikin Carry	2 competitors
100 m Rescue Medley	2 competitors
100 m Manikin Carry with Fins	2 competitors
100 m Manikin Tow with Fins	2 competitors
200 m Super Lifesaver	2 competitors
Line Throw	1 team (2 competitors)
4 x 25 m Manikin Relay	1 team (4 competitors)
4 x 50 m Obstacle Relay	1 team (4 competitors)
4 x 50 m Medley Relay	1 team (4 competitors)

10 Ocean Events	Maximum Entries Per Team
Surf Race	2 competitors
Rescue Tube Rescue	1 team (4 competitors)
Beach Flags	2 competitors
Beach Sprint	2 competitors
Beach Relay	1 team (4 competitors)
Surf Ski Race	2 competitors
Board Race	2 competitors
Board Rescue	1 team (2 competitors)
Oceanman / Oceanwoman (formerly Ironman / Ironwoman)	2 competitors
Oceanman / Oceanwoman Relay (formerly Taplin Relay)	1 team (4 competitors)

Simulated Emergency Response	1 team (4 competitors)
------------------------------	------------------------

Simulated Emergency Response Competition: The Simulated Emergency Response Competition shall be conducted *without* separate male and female categories. Teams may consist of any combination of males and females.

Masters World Lifesaving Championship

Pool events: For the 2008 world championship, the following pool events shall be conducted in both male and female categories for the Masters championship.

In the Masters Line Throw event, the two-person team shall compete in the age group of the younger competitor.

See Section 10 for information on Masters competition. See Section 4 for event descriptions.

Masters Pool Events	Masters Age Groups							
	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65+
200 m Obstacle Swim	X	X	X	X	X			
100 m Obstacle Swim						X	X	X
100 m Manikin Carry with Fins	X	X	X	X	X	X	60+	
100 m Manikin Tow with Fins	X	X	X	X	X	X	60+	
50 m Manikin Carry	X	X	X	X	X	X	60+	
Line Throw	X	X	X	X	X	X	60+	

Total-Age Team Events	Ages total 120+	Ages total 140+	Ages total 170+	Ages total 200+
4 x 50 m Medley Relay	X	X	X	X
4 x 50 m Obstacle Relay	X	X	X	X

Ocean events: For the 2008 world championship, the following ocean events shall be conducted in both male and female categories for the Masters championship.

In the Board Rescue event, the two-person team shall compete in the age group of the younger competitor.

See Section 10 for event distances. See Section 5 for event descriptions.

Masters Ocean Events	Masters Age Groups							
	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65+
Surf Race	X	X	X	X	X	X	X	X
Beach Flags	X	X	X	X	X	X	X	X
Beach Sprint	X	X	X	X	X	X	X	X
2 km Beach Run	X	X	X	X	X	X		
1 km Beach Run							X	X
Surf Ski Race	X	X	X	X	X	X	X	X
Board Race	X	X	X	X	X	X	X	X
Oceanman / Oceanwoman (formerly Ironman / Ironwoman)	X	X	X	X	X	X	60+	
Board Rescue	X	X	X	X	X	X	60+	

Total-Age Team Events	Ages total 90+	Ages total 110+	Ages total 130+	Ages total 150+
Surf Teams Race <i>(3 competitors per team)</i>	X	X	X	X
Surf Ski Relay <i>(3 competitors per team)</i>	X	X	X	X
Beach Relay <i>(3 competitors per team)</i>	X	X	X	X
Board Relay <i>(3 competitors per team)</i>	X	X	X	X
Oceanman / Oceanwoman (formerly Taplin) Relay <i>(3 competitors per team)</i>	X	X	X	X

Open World Inflatable Rescue Boat (IRB) Championship

For the 2008 world championship, the IRB competition shall be conducted in both male and female categories. See Section 9 for event description.

This event does not contribute to the point score in the National Teams or Interclub championships.

2.4 SCORING

Finals in world championships

Finals shall be conducted in the National Teams World Lifesaving Championship and the Interclub World Lifesaving Championship. The fastest 16 competitors based on heats are assigned positions in a final of 16 competitors, or in an A- and B-final of eight competitors each.

Winners of finals shall be declared world champions.

In Masters World Lifesaving Championship, finals shall not be conducted for pool events. All pool events shall be conducted as time-finals. That is, each competitor swims the event only once. The competitor's final placing shall be determined on the basis of his or her time.

Competitors shall be seeded according to their submitted times with the time-finals swum slowest to fastest.

Point allocation

Teams competing in the National Teams World Lifesaving Championship and Interclub World Lifesaving Championship shall be allocated the following points based on team member placing in finals. No points are allocated to Masters clubs.

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

Point score blocking

There shall be no point score blocking in either National Teams or Interclub championships. All competitors are eligible to earn points for their team and to earn individual awards.

Disqualification

Competitors shall earn one point if they do not finish (DNF) or are disqualified in an A- or B-final:

- For being absent at the start of an A- or B-final.
- For infraction of the “General conditions” for events or infraction of event rules.

(See 3.6 *Disqualifications*)

Competitors shall not earn any points, if they are disqualified from an A- or B-final:

- For “Competing unfairly”.
- For a “Serious discipline offence”.

(See 3.5 *Misconduct*)

Withdrawal from a race

Competitors who withdraw from an A- or B-final prior to the start shall earn one point for a team.

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

Where one or more competitors withdraw from a B-final, alternate competitors **shall not** be called forward from the heats. The B-final shall not be re-seeded.

Event cancellation

No points shall be credited to any team if an event is cancelled – even if some heats have been run.

Ties

Ties in overall team point scores shall be broken using the following system:

- Most first-place final finishes;
- Most second-place final finishes;
- Most third-place final finishes;...and so on.

Ties (dead heats) in finals shall be declared as such and the points divided equally among the teams involved. For example, in a two-way tie for first place, 19 points shall be allocated to each team.

When a tie occurs in an ocean event that qualifies for a final, the tied competitors shall advance to the final. However, if there are insufficient places available in the final, a repêchage shall be conducted between the tied competitors to determine the finalist.

In pool events, when competitors in heats have equal times registered to 1/100 of a second for either the eighth place or sixteenth place, there shall be a swim-off to determine which swimmer shall advance to the appropriate final.

2.5 AWARDS

National Teams World Lifesaving Championship

Awards shall be presented to the first, second, and third place National Team, based on the overall point score for all pool and ocean events, and the Simulated Emergency Response Competition.

The ***Alan B. Whelpton, AO Trophy*** shall be presented to the winning team of the National Teams World Lifesaving Championship.

Individual awards shall be presented to each member of the first, second, and third place teams, and to a maximum of two management or coaching personnel per team.

An award shall be presented to the first place team in pool events, based on the total point score of all pool events *excluding* the Simulated Emergency Response Competition.

An award shall be presented to the first place team in ocean events, based on the total point score of all ocean events.

The Royal Life Saving Society Trophy shall be presented to National Team placing first in the Simulated Emergency Response Competition.

Individual awards shall be presented to the first three places in the final of all *events* at the National Teams World Lifesaving Championship. Event winners shall be recognised as National Teams World Lifesaving Champions in those events.

A memento of participation in the National Teams championship shall be presented to each National Team.

Interclub World Lifesaving Championship

Awards shall be presented to the first, second and third place club team, based on the overall point score for all pool and ocean events, and the Simulated Emergency Response Competition.

The **Kevin Weldon Trophy** shall be presented to the winning club team of the Interclub World Lifesaving Championship.

Individual awards shall be presented to each member of the first, second, and third place teams and to a maximum of two management or coaching personnel per club team.

The **Josef Schmitz Memorial Trophy** shall be presented to the club placing first in the pool events based on the total point score of all pool events *excluding* the Simulated Emergency Response Competition.

The **Mike Mortimer Memorial Trophy** shall be presented to the club placing first in the ocean events based on the total point score of all ocean events.

Individual awards shall be presented to the first three places in the final of all *events* at the Interclub World Lifesaving Championship. Event winners shall be recognised as Interclub World Lifesaving Champions in these events.

A memento of participation in the Interclub championship shall be presented to each club team.

Masters World Lifesaving Championship

Within each Masters age group, awards shall be presented to the first three places in the final of all events at the Masters World Lifesaving Championship. Event winners shall be recognised as Masters World Lifesaving Champions.

There shall be no club award presented at the Masters championship.

2.6 OFFICIAL CEREMONIES

Official ceremonies shall be conducted at all world championships and consist of the following elements:

- March past of teams before the official reviewing stand
- Administration of athletes and officials oaths
- Official welcome by the International Life Saving Federation
- Official welcome by host authority
- Official photographs

Competitors oath

“In the name of all competitors, I promise that we shall respect and abide by the rules of this championship, competing with a spirit of sportsmanship and fair play.”

Officials oath

“In the name of all officials, I promise that we shall officiate in this championship with impartiality, honouring the rules which govern this competition and the spirit of fair play which inspires them.”

Award presentations

Official presentations of awards to event and team winners shall be conducted throughout the championships. All award presentations shall share the following characteristics:

- Presentations shall be staged on a podium or dais.
- An official presenter will place medals on ribbons around competitors' necks.
- In National Teams World Lifesaving Championship award presentations, the national anthem of the winner will be played.
- Official photographs will be taken.

Flags and banners

Each team shall bring to the championship, a flag or banner indicating the team name or national association. Flags and banners shall be carried at the official opening ceremony. In addition, organisers may request the flags and banners to be displayed at the competition sites, official functions, and award presentations.

On flags and banners in the Interclub World Lifesaving Championship, the club identity (name and/or symbol) shall be prominent, although other elements (e.g., country or national association) may be included.

On flags and banners in the National Teams World Lifesaving Championship, the nation's identity (i.e., national flag) shall be prominent although other elements (National Team name and/or symbol) may be included.

2.7 WORLD RECORDS

ILS shall recognise men's and women's world records in all events identified in the *ILS Competition Manual*. Such events must be conducted in a 50 m swimming pool (complying with Section 11) and using equipment, which comply with ILS standards.

For the Stillwater Boat Race, world records shall be recognised in both indoor and outdoor courses.

For Line Throw, Manikin Relay, Obstacle Relay and Medley Relay events, world records shall be recognised for both National Teams and Club Teams.

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

National Team relay record holders must meet National Team eligibility requirements as defined in Section 3.

Club Team relay record holders must meet Interclub Team eligibility requirements as defined in Section 3.

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

World records shall not be recognised without a negative doping test certificate unless the record was achieved at World Lifesaving Championships, World Games, or ILS regional championships – where there is in place a system of targeted and random tests in accordance with the ILS anti-doping rules.

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.

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.

All records made during World Lifesaving Championships, World Games or ILS regional championships shall be automatically approved. Others shall be approved subject to the following conditions:

- i) All records must be made in competitions held in public and announced to the public (and to ILS headquarters) by advertisement at least three days before competition.
- ii) 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.
- iii) ILS will accept world records only when times are reported by automatic officiating equipment, except in the Stillwater Boat Race. If automatic officiating equipment cannot be used in the Stillwater Boat Race, times must be recorded by at least three timekeepers.
- iv) 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.
- v) The first competitor in a relay may apply for a world record. The competitor’s performance shall not be nullified by any subsequent disqualification of the relay team for a violation occurring after the first competitor’s distance is completed.
- vi) 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 (published on the ILS Web site) 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.
- vii) 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.

2.8 OFFICIALS

The ILS Management Committee shall have full control and authority over all aspects of competition for world championships.

The ILS Management Committee shall appoint the following officials for world championships:

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

ILS-sanctioned pool competitions without automatic timing equipment must have a chief timekeeper and two timekeepers per lane.

The full nomination and appointment process is detailed in the *ILS Competition Management Manual*.

Officials code of conduct

All officials must be accredited by the national governing body for lifesaving sport in their respective countries, and officials' applications must be endorsed by that national governing body prior to notification of appointment as an official.

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 3.4 *Code of Conduct*.

Meetings: Referees and judges are required to attend the appropriate briefings to review judging sheets and event procedures, etc.

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 parkas may be worn as appropriate.

Referee

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

The referee shall consult with the ILS Management Committee on all questions not covered by the rules.

The referee shall consult with the ILS Management Committee on any question of participant safety that may lead to the cancellation, rescheduling, or relocation of the competition or events.

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

Deputy referee

The deputy referee shall assist in the conduct and organisation of the competition, and in the absence of the referee, assume his or her authority and responsibility.

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

Area/sectional referee (open water) or event director (stillwater)

The area/sectional referee/event director shall be responsible to the referee or deputy 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.

Starter

The starter shall have full control of the competitors from the time the 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 referee for delaying the start, for wilfully disobeying an order, or for any other misconduct taking place at the start, but only the referee may disqualify a competitor for such delay, wilful disobedience, or misconduct.

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.

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.

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.

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.

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.

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.

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.

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.

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 referee on infringements and any concerns raised by competitors, team managers or coaches.

Appeals committee convenor

The appeals committee convenor shall be responsible for appointing an appeals committee to adjudicate all matters referred to it by the referee (See *Appeals committee* in 3.7).

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.

Announcing panel

The announcing panel shall be responsible for ensuring that all information announcements are broadcast over the public address system as directed by the referee to keep competitors, coaches, managers, 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.

Competitor Liaison Officers

Separate competitor liaison officers shall be appointed for each of: National Teams, Interclub, Masters, and for each Open World Championship.

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

They shall advise the referee, deputy 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 referee involved.

SECTION 3 – ILS COMPETITION MANUAL
GENERAL RULES AND PROCEDURES



Section 3

GENERAL RULES AND PROCEDURES

3.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

ILS World Lifesaving Championships are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving – people who are lifesavers first, competitors second.

ILS considers it unethical to recruit competitors for their high-performance athletic ability whose lifesaving credentials are tenuous or merely convenient for purposes of competition.

Team management personnel and coaches are the key to preventing such unethical practices and must emphasise “play within the rules” behaviour. The personal conduct of team managers and coaches is measured by the ILS code of fair play outlined in 3.4 of this section.

National Teams World Lifesaving Championship

The National Teams World Lifesaving Championship is open to one team per nation. Each nation, as defined by ILS, must have at least one current ILS Full Member to be eligible to enter a team.

To be eligible to compete on a National Team, competitors shall:

- Be bona fide lifesavers in good standing with a national lifesaving organisation and currently qualified for lifesaving duties.
- Be citizens, by birth or naturalization, of the nation they represent.
- Be members of the ILS Full Member of that nation.
- Be a minimum of 16 years of age as of the first day of the world championship programme, regardless of which competition (i.e., National Teams, Interclub, Masters, Open) is scheduled first.
- For purposes of out-of-competition testing, be registered with the World Anti-Doping Agency (WADA) prior to the first day of the world championship programme (as defined above).

A competitor who is a citizen of more than one nation must choose one to represent. The competitor shall then fall under the exclusive jurisdiction of that nation’s ILS Full Member.

ILS Full Members shall provide an endorsement declaring that their National Team members meet the eligibility criteria, and are bona fide lifesavers.

Composition of a team: Competitors enter the National Teams championship only as members of a team, not as individuals. A team may consist of a minimum of one competitor and a maximum of six

females and a maximum of six males, in addition to any non-competitive management or coaching personnel. It is not mandatory to have both male and female competitors on a team. Teams may not increase the number of male or female competitors beyond six.

Interclub World Lifesaving Championship

The Interclub World Lifesaving Championship is open to one team per club. Each club, as defined by ILS (below), must be a member in good standing of a current ILS Full Member.

To be eligible to compete in the Interclub World Lifesaving Championship, competitors shall:

- Be bona fide lifesavers and currently qualified for lifesaving duties.
- Be members of one lifesaving club or lifesaving “unit” of a national lifesaving organisation.
- Be members in good standing of a current ILS Full Member.
- Be a minimum of 16 years of age as of the first day of the world championship programme, regardless of which competition (i.e., National Teams, Interclub, Masters, Open) is scheduled first.
- Have equalled or bettered the qualifying time for each event in which they are entered within the period beginning with the first day of the previous World Lifesaving Championships to the entry deadline.

Definition of a club for Interclub championship: For the Interclub World Lifesaving Championship, the definition of a club team – for lifesaving organisations that do not have a club system – is:

The basic administrative or lifesaving unit of the lifesaving organisation; such unit having a constitution and having representation to a higher body.

For entry into the Interclub world championship, national lifesaving organisations shall provide an endorsement declaring:

- That the members of the club team are made up solely from one club or unit and not from multiple clubs or units.
- That members of all teams are bona fide lifesavers and currently qualified for lifesaving duties.
- That members of all teams have proof of times for all events in which they are registered. Times may be proved by published records, published rankings, published competition results, or published time trials.

National Team competitors may compete on a club team from a nation other than their National Team’s provided that they have fulfilled that

club's membership requirements for at least one year immediately prior to the competition.

Interclub transfers: In the year of the World Lifesaving Championships:

- Competitors who compete for a club in their national championship, may not subsequently compete for another club in the World Lifesaving Championships.
- Competitors who compete for a club in the World Lifesaving Championships, may not subsequently compete for another club in their national championship in that year.

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

- i) Applicants shall seek clearance from their current club and forward this clearance to their regional (if any) and national organisation for endorsement.
- ii) The national organisation shall advise the applicant of its decision and forward its approval, if granted, to the national organisation of the applicant's new club.
- iii) National organisations 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.

The club international transfer rules (above) do not apply to National Teams championship.

Composition of a team: Competitors enter the Interclub championship only as members of a team, not as individuals. A club team may consist of a minimum of one competitor and a maximum of six males and a maximum of six female competitors in addition to any non-competitive management or coaching personnel. A team that does not have a full complement of male or female competitors shall not increase the number of male or female competitors beyond six.

Club team competitors in open championships (e.g., surf boats, IRBs, stillwater boats) are not counted in the Interclub team total.

Masters World Lifesaving Championship

To be eligible to compete in the Masters World Lifesaving Championship, competitors shall:

- Be bona fide lifesavers and members in good standing of an ILS Full Member organisation.
- Hold the lifesaving award required by their national lifesaving organisation.
- Be a minimum of 30 years of age as of the first day of the world championship programme, regardless of which championship (i.e., National Teams, Interclub, Masters, Open) is scheduled first.

Masters competitors must compete in the age group for which they are eligible as of the first day of the world championships programme, regardless of which championship is scheduled first.

For example, a 34-year-old competitor who turns 35 after the first day of the world championships programme competes in the 30-34-year-old age group. Similarly, a 29-year-old who turns 30 years of age after the first day of the world championships programme, remains ineligible to compete in the Masters championship.

Masters competitors may enter the Masters World Lifesaving Championship as individuals or as members of a club team.

Definition of a club for Masters championship: Competitors entered as a club team must be members of the same club or “lifesaving unit”. The definition of a club – for national lifesaving organisations that do not have a club system – is:

The basic administrative or lifesaving unit of the lifesaving organisation; such unit having a constitution and having representation to a higher body.

For entry into the Masters world championship, national lifesaving organisations shall provide an endorsement declaring:

- That the members of the club team are made up solely from one club or unit and not from multiple clubs or units.
- That all individuals are bona fide members in good standing of that national lifesaving organisation and hold the required lifesaving award.

3.2 ENTRY PROCEDURES

Championship registration

All teams must register prior to the championships in accordance with the procedures and deadlines established by ILS and the host organising committee.

ILS maintains a database of the names of all competitors registered for all world championships.

Registrations received after the deadline may be subject to terms and conditions established by the organising committee for late registration. No entries in individual or team events shall be accepted later than 48 hours prior to the day of the competitor's first event of the world championships.

Interclub qualifying times

The ILS Sport Commission shall establish qualifying times and qualifying periods for the pool events in the Interclub World Lifesaving Championship.

Qualifying times for *Rescue 2008* shall be the world record time at December 31, 2006 plus 25 per cent. These times shall be posted on the ILS website (www.ils.org) and published with the registration information.

To enter an event, a competitor must have equalled or bettered the qualifying time for that event at competitions within the period beginning with the first day of the previous World Lifesaving Championships to the entry deadline for the upcoming World Lifesaving Championships. Proof of times is required and shall be the responsibility of the competitor and the national lifesaving organisation.

The ILS Management Committee shall levy penalties on competitors whose performance is slower than the qualifying time.

Entry times

Seeding shall be used for National Teams, Interclub and Masters championships. For pool events, competitors' times at competitions within the period beginning with the first day of the last World Lifesaving Championships to the entry deadline for the upcoming World Lifesaving Championships, shall be submitted on the entry forms. Times are required to be submitted for both individual and team events. Competitors and teams shall be ranked according to the entry times.

See Sections 4 and 5 for seeding information.

Entry fees

The ILS Sport Commission shall approve world championships entry fees proposed by the host organising committee.

Entry fees must be paid with the team registration.

Changes in team composition or size

Only the team manager may advise a change of team composition or size to the appropriate official of the host organising committee, up to two hours prior to the team's first entry into a point score event. After that time, there shall be no further alteration of team composition.

Competitors who subsequently withdraw due to injury or other reason may not be replaced.

The team manager shall notify the championship organisers of the change in team composition in writing indicating:

- Date and time
- Name of the team
- Name of the member(s) to be withdrawn
- Name(s) and surname(s) of the competitor(s) being added

Notification must be accompanied by documentation from the team's national organisation which duplicates all declarations with respect to bona fide membership, etc., contained on the original team entry and for original team members.

If team member numbers increase, all appropriate entry fees (including applicable late entry fees) must accompany the written notice.

In addition, the new competitor(s) or team management shall complete any registration documentation that the organisers may require. New competitors and team management are responsible for acquainting themselves with matters that may have previously been dealt with at team briefings, etc.

Substitutions in individual events

Only the team manager may substitute team members in individual events with another member from the same team. Team managers must notify the appropriate officials of substitution no later than 30 minutes prior to the start of the event or prior to the commencement of marshalling – whichever comes first.

Competitors who have been replaced in an event may not be resubstituted into that same event, but they may contest other events in the competition.

Substitutions are not permitted after the first round of an individual event has been conducted.

Substitutions in team events

Substitutions are permitted in any round of team events.

Only the team manager may substitute members in a team event with other members of the same team. Team managers must notify the appropriate officials of the substitution(s) no later than 30 minutes prior to the start of the first round of the team event or 30 minutes prior to the commencement of marshalling in subsequent rounds.

3.3 TEAM UNIFORMS AND EQUIPMENT

Team uniform

Each team shall have a uniform suitable for official ceremonies and award presentations. Team managers, coaches, and assistants will be encouraged to take part in the ceremonies and shall wear a uniform that complements that of the team.

All competitors' uniforms must be in accordance with standards approved by ILS. The referee has the authority to exclude any competitor whose uniform or swimwear is not in accordance with ILS standards or the commercial identification policy.

Commercial identification on uniforms, competition apparel or equipment shall be acceptable only where it conforms to the commercial identification policy below.

No club, competitor, or handler may have any signage, logos, or corporate identification on clothing, competition apparel, gear, equipment or on the person in the competition arena that the referee deems to be objectionable.

Refusal to comply with any of the above renders the clothing, competition apparel, or equipment ineligible for the competition, and the competitor (and/or team) ineligible for further participation in the championships.

If such breaches are found after the event or in post-race scrutineering, the competitor (and/or team) will forfeit titles and awards.

Commercial identification policy

The ILS Management Committee reserves the right to order the removal or coverage of commercial identification in conflict with official championship sponsors. This includes body tattoos.

Notwithstanding the foregoing, official sponsors of clubs and teams may retain their identification on competition apparel and equipment irrespective of commercial conflict, but must not display other signs, banners, flags, or other identification within close proximity to the competition arena.

Competitors in all craft event heats, semi-finals, and finals may be required to carry championship sponsor signage affixed on craft or equipment provided. All team and individual sponsor signage on craft and equipment will not be covered unless it is unavoidable when fitting the championship sponsor signage.

All individual competitors in championship events may be asked to wear naming-rights sponsor's Lycras for televised heats, semi-finals, and finals. If the naming-rights sponsor conflicts with an existing team or individual sponsor, unbranded Lycras shall be worn.

Body tattoos: Sponsors may be shown once only on the body and may not exceed 15 cm by 5 cm in size.

Television interviews may be undertaken in the competition arena with prominent competitors. Competitors interviewed may be asked to wear championship sponsor apparel.

Presentation: At the conclusion of the events, place winners may be offered items of apparel identified with championship sponsors. Competitors will be asked to wear such items during the presentation.

Every co-operation is requested in this regard; the support of sponsors helps to curtail significant expenses that would otherwise be passed onto competition participants.

Swim caps

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.

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

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.

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

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

Swim wear

The referee has the authority to exclude any competitor whose swim wear does not comply with the following standards:

- The swim wear of all competitors shall be in good moral taste and not carry any symbol which may be considered offensive.
- All swim wear shall be non-transparent.
- Competitors shall not wear or use anything that may aid buoyancy.
- All swim wear shall comply with the commercial identification policy.

Swim goggles may be worn.

Vests or Lycra tops are optional in both National Teams and Interclub World Lifesaving Championships.

Footwear

Competitors shall not wear footwear in competition events unless otherwise specified in the event description.

Manikin handlers *may* wear footwear in pool events. Competitors in Stillwater Boat competition *may not* wear footwear.

Wetsuits

Wetsuits, or other foam type outer garments, shall be permitted in ocean events only in water temperature of 16 degrees Celsius or less, or when the referee (in consultation with the medical adviser), determines wind chill factors to be dangerous. Water temperature shall be taken approximately 30 cm below the surface.

Wetsuits may be worn by surf boat sweeps and by IRB competitors in any conditions.

Wetsuits shall not be permitted in pool events.

Wetsuits must conform to ILS standards outlined in Section 11 – *Facility and Equipment Standards*.

Standardised competition equipment

Competitors must use the following equipment which shall be provided by the host organising committee:

- Batons for Beach Relay and Beach Flags events
- Rescue manikins for pool events
- Rescue tubes for pool and ocean events
- Throw lines for pool events
- Obstacles for pool events

The host organising committee shall advise all registrants of the contents of the equipment pool (see *Responsibility for equipment* in 2.1 *ILS Authority*) and under what terms and conditions such equipment is available to competitors.

3.4 CODE OF CONDUCT

Code of conduct for competitors and officials

ILS world championships are high profile public events. ILS expects all competitors and officials 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.

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 manual.

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.

Fair-play code for lifesaving competitions

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

Competitors are required to abide by and compete within the rules. Any breach of the rules will be reported to the referee who may initiate action as described in 3.5 *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 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*:

ILS will:

- Promote and encourage fair play through its members.
- Impress upon competitors, coaches, officials, and administrators the need to maintain the highest standards of sportsmanship in lifesaving sport.
- Ensure that its rules are fair, clearly understood by competitors, coaches, 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.

ILS 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.

Competitors will:

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

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 the establishment of standards by setting a good example of sportsmanship 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, 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.

Supporters and spectators will:

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

3.5 MISCONDUCT

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.

Competing unfairly

Competitors or teams who are deemed to have competed unfairly may be disqualified from an event or expelled from the championships. The 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.
- 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).

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

Serious discipline offence

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

Allegations of a serious discipline offence shall be referred to the disciplinary committee.

If the referee disqualifies a competitor or team for a serious offence in competition, the 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.

Disciplinary committee

The ILS Management Committee shall appoint a disciplinary committee consisting of no less than three members.

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.

Authority: The disciplinary committee shall inquire into any written complaint of misconduct or any matter referred to it by the appeals committee or 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.

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

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

Procedure: 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.

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

Inquiry guidelines:

- i) The complaint or reference to the committee shall be read to the competitor(s) or to the team(s') representative(s).
- ii) The evidence of the complainant shall be presented.
- iii) The evidence of the team member(s) against whom the complaint has been made shall be presented.
- iv) 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.
- v) Hearsay and irrelevant evidence shall not be admitted.
- vi) Witnesses other than the party charged shall remain out of hearing of the inquiry until called upon to give evidence.

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

3.6 DISQUALIFICATIONS

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/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 event results shall not include a place or time for the competitor.

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

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

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

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

- i) Being absent at the start of an event.
- ii) Infraction of the “General conditions” for events or infraction of event rules.

Competitors shall be notified of their disqualification from an event by the referee or appropriate judge, at the completion of the race. Competitors shall not leave the designated competition area until dismissed by the referee.

If an error by an official follows a fault by a competitor, the fault by the competitor may be expunged, at the referee’s discretion.

See Appendices for disqualification codes for pool events and the stillwater boat race.

3.7 PROTESTS AND APPEALS

The ILS Management 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 ILS Management Committee decisions will not be entertained.

In addition, event courses and the competition area may change from the descriptions in this manual if the 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.

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.

Lodging a protest

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

- i) No protest shall be accepted which is a direct challenge to judges' order-of-finish decisions.
- ii) A protest against the conditions under which an event is to be conducted must be made verbally to the referee prior to the event. Before the start of the event, the referee or appointed official shall inform the competitors in that event of such a protest.
- iii) A protest against a competitor or a team or against a decision of an official must be lodged verbally with the referee within 30 minutes of the posting of the result of the event. Within 30 minutes of the submission of the verbal protest, a protest written in English shall be lodged with the referee.
- iv) The official result of an event shall be withheld until any protest is decided.
- v) The result of the protest shall be noted on the back of the event result card and also on the protest form.
- vi) There shall be no protest fee. There is a fee payable whenever a matter is referred to the appeals committee, whether by the referee directly or by a team appealing a referee's decision.

Adjudication of protests

The conditions relating to the adjudication on protest shall be:

- i) Immediately after the correct lodgement of a protest, the referee may adjudicate on the matter as provided for herein or refer the matter direct to the appeals committee convenor.
- ii) If the referee adjudicates the matter forthwith, the decision may be disputed by way of reference to the appeals committee. Such dispute 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 protest fee. If the protest is upheld, the fee is returned: if ruled against, the fee is forfeit.
- iii) The assistance of video or other electronic equipment may be used to consider protests or appeals.

Appeals committee

- i) The ILS Management Committee shall appoint a person of suitable experience and practical knowledge to act as the appeals committee convenor.
- ii) The ILS Management 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.
- iii) While three people should ordinarily sit on an appeals committee, the quorum for an appeals committee shall be two persons.
- iv) 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.

Authority:

- i) The appeals committee shall deal with all protests referred to it by the referee or appeals committee convenor.
- ii) The appeals committee shall rule on the protest and advise the competitor and relevant officials of its decision and any penalty imposed. Reasons for the decision may be briefly given verbally and on the protest form.
- iii) The decision of the appeals committee shall be final, without the right of appeal.
- iv) The appeals committee may refer serious breaches of the ILS code of conduct to the disciplinary committee.

Procedure:

- i) There shall be a fee payable whenever a matter is referred to the appeals committee, whether by the referee directly or by a team appealing a referee's decision.
- ii) The appeals committee shall adjudicate after both sides have had an opportunity to state their case.
- iii) Guidelines for an appeals committee inquiry are similar to the disciplinary committee procedure (See 3.5).
- iv) After hearing all available and relevant evidence, the appeals committee shall make its decision *in camera*.
- v) The decision to uphold the protest or rule against the protest shall be delivered verbally or in writing to the competitor and/or team member concerned, to the referee and appeals committee convener.

3.8 DOPING CONTROL

Drug policy

ILS has a policy of drug-free competition with possible drug testing for all ILS world championships, ILS regional championships and World Games.

The ILS drug policy shall be made readily available.

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.

SECTION 4 – ILS COMPETITION MANUAL
POOL EVENTS



Section 4

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

Manikin Relay – 4 x 25 m

Obstacle Relay – 4 x 50 m

Medley Relay – 4 x 50 m

4.1 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.

- i) Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.
- ii) A competitor or team absent from the start of an event shall be disqualified.
- iii) 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.
- iv) Unless specifically provided for in the rules, no artificial means of propulsion may be used in competition (e.g., handwebs, armbands).
- v) 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.
- vi) Competitors may not take assistance from the pool bottom except where specifically allowed (e.g., Obstacle Swim, 4 x 25 m Manikin Relay).
- vii) Taking assistance from any pool fittings (e.g., lane ropes, steps, drains or underwater hockey fittings) is not permitted.

- viii) Competitors must wear their club or National Team swim caps in all events. Ocean event caps or rubber or silicone caps may be worn.
- ix) Order-of-finish decisions, whether by judges or automated timing equipment, are not subject to protest or appeal.

4.2 STARTS

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

- i) Check that all officials and judges are in position.
- ii) Check that competitors, manikin handlers and victims are properly attired and in correct positions.
- iii) Check that all equipment is in correct position.
- iv) Notify competitors to remove all clothing except for swim-wear and get ready to race.

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

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

Dive start procedure

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

- i) On the long whistle, competitors step onto the starting platform and remain there.
- ii) On the starter's "**Take your marks**" command, competitors immediately assume a starting position with at least one foot at the front of the starting platform. When competitors are stationary, the starter gives the acoustic starting signal.

Masters competitors may start on the starting platform, or on the pool deck, or in the water with one hand in contact with the starting wall.

In-water start procedure

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

- i) On the long whistle, competitors enter the water.
- ii) At the second long whistle, competitors return without undue delay to the starting position.

- iii) The competitor starts in the water holding a manikin with one hand (its mouth and nose above the surface) and the pool edge with the other hand.
- iv) When all competitors have assumed their starting positions, the starter shall give the command “**Take your marks.**” When all competitors are stationary, the starter gives the acoustic starting signal.

Disqualification

- i) All competitors who **start** (i.e., commence a starting motion) before the starting signal has been given, shall be disqualified.
- ii) 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.
- iii) If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining competitors shall be called back and start again.
- iv) The signal to call back the competitors shall be the same as the starting signal but repeated along with dropping of the false start rope. Alternatively, if the referee or referee's designate decides that the start is not fair, the referee or 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.

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

4.3 MANIKINS

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

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

- Avoid carrying the manikin by the throat, on the mouth or nose. Chin carries are acceptable where the pressure is clearly on the chin.
- Maintain the manikin's mouth and nose above the surface.

In events where the manikin is carried, the manikin (as victim) is presumed to be breathing. Competitors must carry the manikin while maintaining its mouth and nose above the surface. In judging whether the mouth and nose are above the surface, officials shall disregard the bow wave or wash created by the competitor or the manikin.

Surface means the horizontal plane of the surface of a stillwater pool.

“Pushing” means the manikin’s head is held forward of the competitor’s head.

“Surfacing the manikin” and “carrying the manikin” judging criteria apply only after top of the manikin’s head crosses the relevant 5 m line or 10 m line. In the 5 m start zone or in the changeover zone of the Manikin Relay event, competitors are not judged on “carrying the manikin” criteria.

Towing the manikin: Before the tow, competitors must secure the manikin correctly. Correctly means the rescue tube is secured around the body and under both arms of the manikin, and clipped to an O-ring.

Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin with the line of the rescue tube fully extended and maintain the manikin’s mouth and nose above the surface.

“Towing the manikin” judging criteria apply only after the top of the manikin’s head crosses the 5 m line.

Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was “secured correctly” originally and the mouth and nose of the manikin are maintained above the surface.

In judging whether the mouth and nose are above the surface, officials shall disregard the bow wave or wash created by the competitor or the manikin.

“Surface” means the horizontal plane of the surface of a stillwater pool.

Manikin handlers: A member of the competitor’s team assists as manikin handler in the Manikin Tow with Fins and the Super Lifesaver events. With the referee’s approval, non-team members may act as handlers, provided they are a member of an ILS Full Member organisation and are registered to participate at the championship in some capacity.

Before the start and during the race, the manikin handler positions the manikin – vertically and facing the wall – within the allotted lane.

Manikin handlers must wear a team cap.

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

4.4 SEEDING

Seeding shall be used for National Teams, Interclub and Masters championships.

For pool events, competitors' times at competitions within the period beginning with the first day of the last World Lifesaving Championships to the entry deadline for the upcoming World Lifesaving Championships, shall be submitted on the entry forms. Times are required to be submitted for both individual and team events. Competitors and teams shall be ranked according to the entry times.

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

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

In National Teams, Interclub and Masters championships, heats shall be run as originally seeded and shall not be altered.

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:

- i) **If one heat:** it shall be seeded as a final and swum during the final session.
- ii) **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.
- iii) **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.
- iv) **If four or more heats:** the last three heats of the event shall be seeded in accordance with (iii) 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.
- v) **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.

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:

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

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.

Seeding in finals

Starting positions for pool events in the National Teams and Interclub championships shall be by seeding as follows:

- i) 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.
- ii) 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.
- iii) Where one or more competitors withdraw from an A-final, competitors *shall not* be called forward from the B-final. The final shall not be re-seeded.
- iv) Where one or more competitors withdraw from B-final, competitors *shall not* be called forward from the heats. The B-final shall not be re-seeded.

4.5 TIMEKEEPING AND DETERMINATION OF PLACING

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

Automatic officiating equipment: Any equipment installed must not interfere with competitors' start and turns. The automatic officiating equipment must be activated by the starter and must provide easy digital readings of competitors' times.

Times recorded by automatic officiating equipment shall be used to determine the winner and all placings, and the time applicable to each lane. Results shall be recorded to 1/100 of a second.

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

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

Manual timekeeping and officiating: In ILS-sanctioned lifesaving competitions where automatic officiating equipment is unavailable, the time of each competitor must be recorded by at least three timekeepers.

Watches are started when the starting signal is given and stopped when the competitor touches (clearly visible to the timekeeper) the finish wall with any part of the competitor's body.

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

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

4.6 JUDGES

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

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

At world championships, there must be at least one technique judge per lane.

4.7 OBSTACLE SWIM (200 m and 100 m)

Event description – 200 m

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

Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle

Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.

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

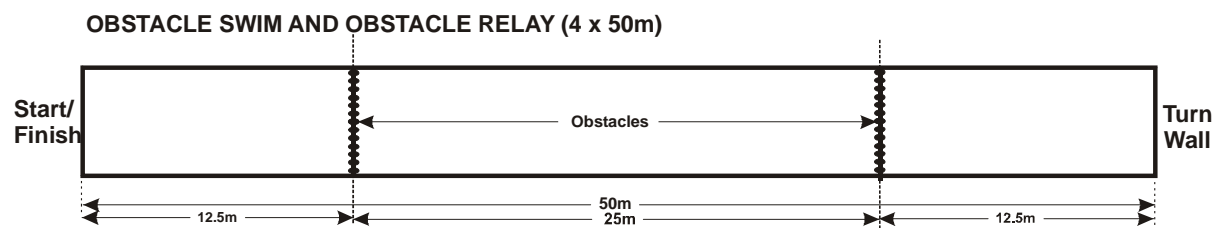
Event description – 100 m

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

Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle

Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.

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



Equipment

Obstacles: See Section 11 – *Facility and Equipment Standards*.

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

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

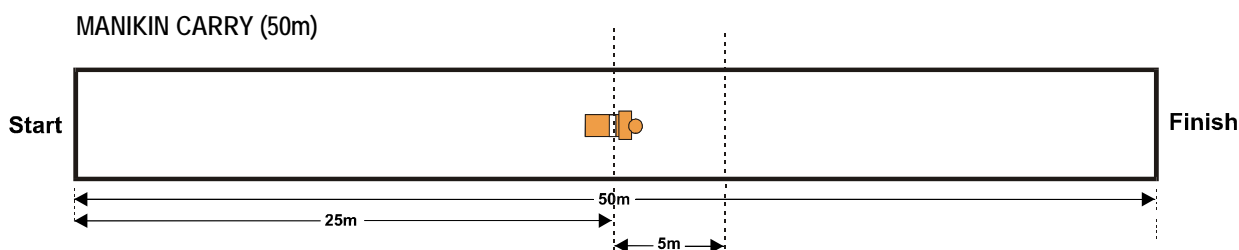
- i) Passing *over* an obstacle without immediately returning over or under that obstacle and then passing *under* it.
- ii) Failure to surface after the dive entry or after a turn.
- iii) Failure to surface after each obstacle.
- iv) Failure to touch the wall during the turn.
- v) Failure to touch the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

4.8 MANIKIN CARRY (50 m)

Event description

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

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



Equipment

Manikin: See Section 11 – *Facility and Equipment Standards*. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.

Positioning the manikin: The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, the manikin shall be placed on a platform (or other support) to position it at the required depth.

The manikin is positioned on its back, the head in the direction of the finish, with the transverse line in the middle of the manikin's thorax on the 25 m line.

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

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

- i) Not surfacing before diving to the manikin.
- ii) 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.
- iii) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.

- iv) Using an incorrect carrying technique as described in 4.3 *Manikins*.
- v) Not maintaining the manikin's mouth and nose above the surface (see 4.3 *Manikins*).
- vi) Releasing the manikin before the finish edge has been touched.
- vii) Failure to touch the finish edge.

4.9 RESCUE MEDLEY (100 m)

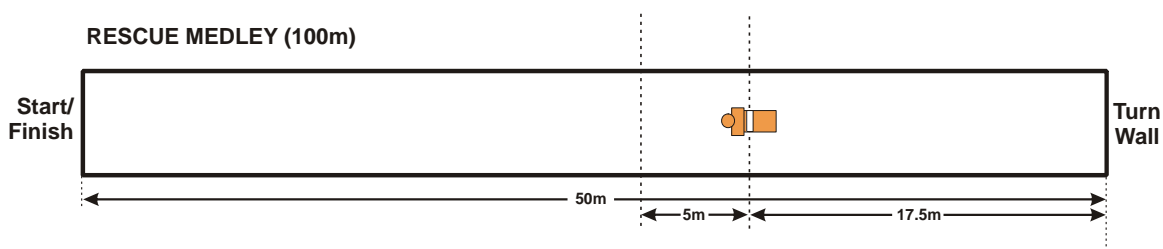
Event description

With a dive start on an acoustic signal, the competitor swims 50 m freestyle to turn, dive, and swim underwater to a submerged manikin located at 17.5 m from the turn wall.

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

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

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



Equipment

Manikin: See Section 11 – *Facility and Equipment Standards*. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.

Positioning the manikin: The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, the manikin shall be placed on a platform (or other suitable support) to position it at the required depth.

The manikin is positioned on its back, head in the direction of the finish, with the transverse line in the middle of the manikin's thorax located on the 17.5 m line.

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

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

- i) Surfacing after turning and before lifting the manikin.
- ii) Breathing after the feet leave the turning edge and before surfacing with the manikin.

- iii) 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.
- iv) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.
- v) Using an incorrect carrying technique as described in 4.3 *Manikins*.
- vi) Not maintaining the manikin's mouth and nose above the surface (see 4.3 *Manikins*).
- vii) Releasing the manikin before touching the finish edge.
- viii) Failure to touch the finish edge.

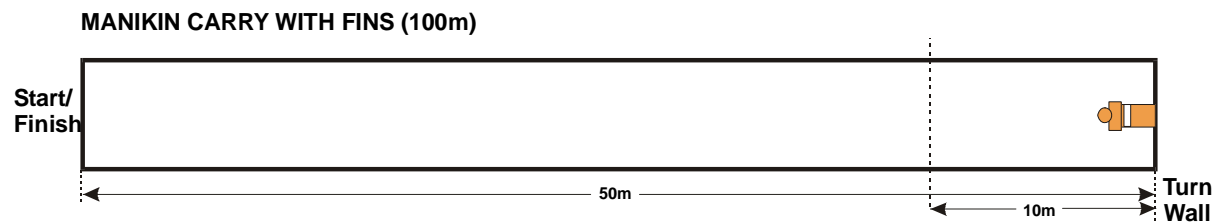
4.10 MANIKIN CARRY WITH FINS (100 m)

Event description

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

Competitors need not touch the turning edge of the pool.

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



Equipment

Manikins, fins: See Section 11 – *Facility and Equipment Standards*. The manikin is completely filled with water and sealed for the event.

Competitors must use the manikins supplied by organisers.

Positioning the manikin: The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, the manikin shall be placed on a platform (or other support) to position it at the required depth.

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

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

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

Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated (see 4.3 *Manikins*). Competitors are not permitted to start again in another heat.

Disqualification

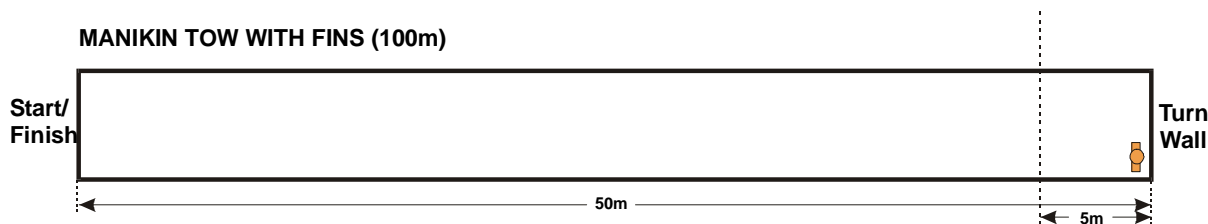
In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

- i) 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.
- ii) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line.
- iii) Using an incorrect carrying technique as described in 4.3 *Manikins*.
- iv) Not maintaining the manikin's mouth and nose above the surface (see 4.3 *Manikins*).
- v) Releasing the manikin before touching the finish edge.
- vi) Failure to touch the finish edge.

4.11 MANIKIN TOW WITH FINS (100 m)

Event description

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



Equipment

Manikin, fins, rescue tube: See Section 11 – *Facility and Equipment Standards*. The manikin is filled with water so that it floats with the top of its transverse line at the surface. Competitors must use the manikins and rescue tubes supplied by organisers.

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

Before the start and during the race, the manikin handler positions the manikin – vertically and facing the turn wall – within the allotted lane.

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

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

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

Wearing rescue tubes: Rescue tubes must be donned correctly with the loop across or over one shoulder. During the competitor's approach to the manikin, the tube must be towed behind the competitor with the line fully extended.

Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach to the manikin or during the manikin tow.

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

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

Towing the manikin: Competitors must tow – not carry – the manikin. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin with the line of the rescue tube fully extended and maintain the manikin's mouth and nose above the surface.

"Towing the manikin" judging criteria apply only after the top of the manikin's head crosses the 5 m line.

Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was "secured correctly" originally, and the mouth and nose of the manikin are maintained above the surface.

Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated (see 4.3 *Manikins*). Competitors are not permitted to start again in another heat.

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

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

- i) Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin.
- ii) During the approach to the manikin, not towing the rescue tube with the line fully extended or without the shoulder loop across or over one shoulder.

- iii) Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge.
- iv) Manikin handler pushing the manikin towards the competitor or the finish edge.
- v) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
- vi) 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.
- vii) At 50 m, not touching the pool edge before touching manikin or rescue tube to secure manikin.
- viii) Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring).
- ix) Not securing the rescue tube around the manikin within the 5 m pick-up zone, judged at the top of the manikin's head.
- x) Pushing or carrying, instead of towing, the manikin.
- xi) Not towing the manikin with the line of the rescue tube fully extended beyond the 5 m pick-up zone.
- xii) Not maintaining the manikin's mouth and nose above the surface (see 4.3 *Manikins*).
- xiii) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
- xiv) Touching the finish edge without the rescue tube and manikin in place.
- xv) Failure to touch the finish edge.

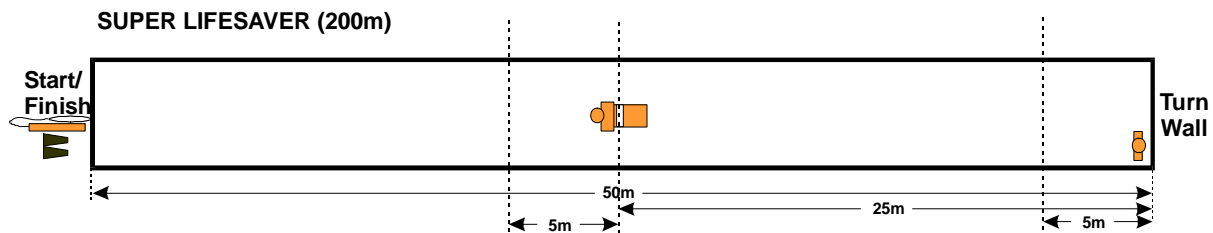
4.12 SUPER LIFESAVER (200 m)

Event description

With a dive start on an acoustic signal, the competitor swims 75 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pick-up zone and carries it to the turning wall. After touching the wall the competitor releases the manikin.

In the water, the competitor dons fins and rescue tube and swims 50 m freestyle. After touching the wall, and within the 5 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish.

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



Equipment

Manikins, fins, rescue tubes: See Section 11 – *Facility and Equipment Standards*. Competitors must use the manikins and rescue tubes supplied by organisers.

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

Positioning the manikin for the carry: The manikin is completely filled with water and sealed for the event. The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, the manikin shall be placed on a platform (or other support) to position it at the required depth.

The manikin is positioned on its back, head in the direction of the finish with the transverse line in the middle of the manikin's thorax on the 25 m line.

Positioning the manikin for the tow: The manikin is filled with water so that it floats with the top of its transverse line at the surface.

A member of the competitor's team assists as manikin handler. With the referee's approval, non-team members may act as handlers, provided they are a member of an ILS Full Member organisation and are registered

to participate at the championship in some capacity. Manikin handlers must wear a team cap.

Before the start, the manikin handler positions the manikin – vertically and facing the wall – within the allotted lane.

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

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

Surfacing the first manikin: Competitors may push off the bottom of the pool when surfacing with the manikin.

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

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

Wearing rescue tubes: Rescue tubes must be donned correctly with the loop across or over one shoulder. During the competitor's approach to the manikin, the tube must be towed behind the competitor with the line fully extended.

Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach to the manikin or during the manikin tow.

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

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

Towing the manikin: Competitors must tow – not carry – the manikin. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin with the line of the rescue tube fully extended and maintain the manikin's mouth and nose above the surface.

"Towing the manikin" judging criteria apply only after the top of the manikin's head crosses the 5 m line.

Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips

during the tow so that the manikin is secured only under one arm, provided that the rescue tube was “secured correctly” originally, and the mouth and nose of the manikin are maintained above the surface.

Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated (see 4.3 *Manikins*). Competitors are not permitted to start again in another heat.

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

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

- i) 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.
- ii) Surfacing the head of the first manikin beyond the 5 m pick-up zone.
- iii) Not having the manikin in the correct carrying position before the top of the manikin’s head passes the 5 m pick-up zone.
- iv) Using an incorrect carrying technique as described in 4.3 *Manikins*.
- v) Not maintaining the manikin’s mouth and nose above the surface (see 4.3 *Manikins*).
- vi) During the approach to the manikin, not towing the rescue tube with the line fully extended or without the shoulder loop across or over one shoulder.
- vii) Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge.
- viii) Manikin handler pushing the manikin towards the competitor or the finish edge.
- ix) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
- x) 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.

- xi) At 150 m, not touching the pool edge before touching manikin or rescue tube to secure the manikin.
- xii) Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring).
- xiii) Not securing the rescue tube around the manikin within the 5 m pick-up zone (judged at the top of the manikin's head).
- xiv) Not towing the manikin with the line of the rescue tube fully extended beyond the 5 m pick-up zone.
- xv) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
- xvi) Touching the finish edge without the rescue tube and manikin in place.
- xvii) Failure to touch the finish edge.

4.13 LINE THROW

Event description

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

The start: On the long whistle, competitors step into the throw zone. The “thrower” holds one end of the throw line. The “victim” takes the line, enters the water and extends the surplus line over and beyond the crossbar in the allotted lane.

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

Starting position: The competitor stands facing the victim, motionless with legs together and arms straight down and beside the body. The end of the throw line is held in one hand.

The victim treads water in the centre of the lane on the near side of the rigid crossbar. The victim holds (with one or two hands) both the throw line and the designated spot on the crossbar.

On an acoustic starting signal: The competitor retrieves the line, throws the line back to the victim and pulls him or her through the water until the victim touches the finish edge.

The victim remains in the water and the competitor remains in the throw zone until the referee signals the completion of the event.

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

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

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

Throw zone: Competitors must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5 m from the pool edge. If there

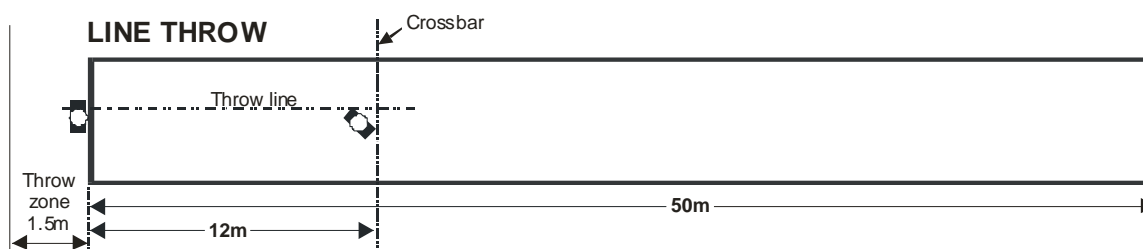
is a raised portion of the poolside, the line shall be 1.5 m back from the deck side of the raised portion.

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

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

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



Equipment

Throw line: See Section 11 – *Facility and Equipment Standards*. The throw line must be between 16.5 m and 17.5 m in length. Competitors must use the throw lines supplied by organisers.

The rigid **crossbar** is positioned on the surface across each lane 12 m from the starting end of the pool. A tolerance of plus 0.10 m and minus 0.00 m in each lane is allowed.

A mark located on the crossbar in the centre of the lane clearly designates the spot to be held by the victim.

Judging

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

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

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

4.14 MANIKIN RELAY (4 x 25 m)

Event description

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

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

The second competitor: carries the manikin to touch the turning edge and pass the manikin to the third competitor who is in contact with the turning edge with at least one hand. The third competitor may touch the manikin only after the second competitor has touched the turning edge.

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

The fourth competitor: completes the event by carrying the manikin to touch the finish edge with any part of the competitor's body.

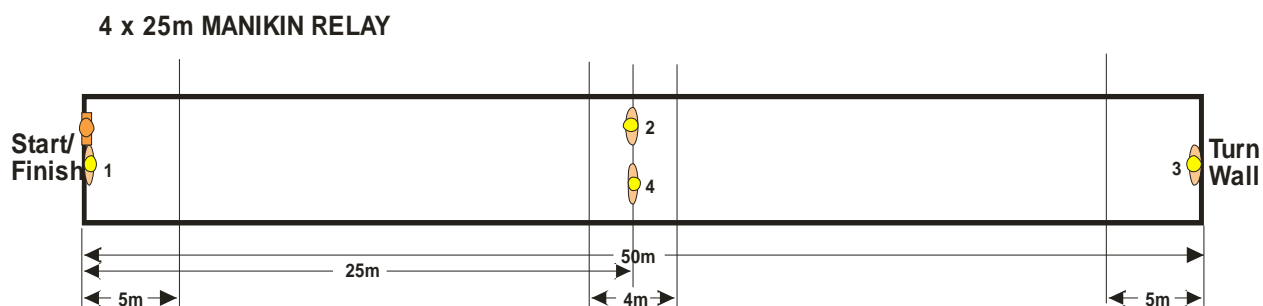
Competitors may not release the manikin until the next competitor has grasped it (i.e., one hand must always be in contact with the manikin).

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

- 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 turning wall – 5 m from the pool wall

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

In the 5 m start zone or in the changeover zone, competitors are not judged on “carrying the manikin” criteria defined in 4.3.



Equipment

Manikin: See Section 11 – *Facility and Equipment Standards*. The manikin is completely filled with water and sealed. Competitors must use the manikins supplied by organisers.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

- i) Using incorrect manikin carry technique as described in 4.3 *Manikins*.
- ii) Not maintaining the manikin's mouth and nose above the surface (see 4.3 *Manikins*).
- iii) Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool.
- iv) The manikin changing hands:
 - Before or beyond the designated changeover zone
 - Before the second competitor touches the pool edge
 - Without the third competitor in touch with the pool edge
- v) Releasing the manikin before the next competitor has contacted the manikin.
- vi) Releasing the manikin before touching the finish edge.
- vii) Failure to touch the finish edge.

4.15 OBSTACLE RELAY (4 x 50 m)

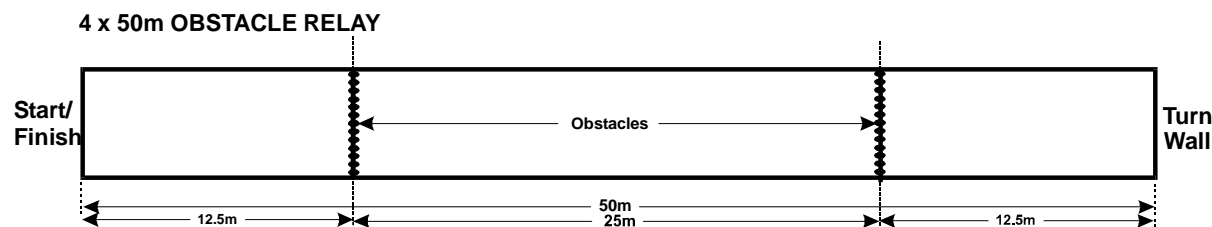
Event description

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

Competitors must surface after the dive entry before the first obstacle and after passing under each obstacle. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.

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

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



Equipment

Obstacles: See Section 11 – *Facility and Equipment Standards*.

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

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

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

4.16 MEDLEY RELAY (4 x 50 m)

Event description

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

With a dive start after the first competitor touches the wall, the second competitor swims 50 m freestyle *with* fins.

With a dive start after the second competitor touches the wall, the third competitor swims 50 m freestyle towing a rescue tube. The third competitor touches the turning edge.

The fourth competitor is in the water wearing fins with at least one hand on the turning edge.

The fourth competitor takes the harness and the third competitor, playing the role of “victim”, holds the rescue tube with both hands while being towed 50 m by the fourth competitor to the finish.

Both the fourth and the third competitor (victim) must leave from the turning edge. The victim must be in contact with the rescue tube before passing the 5 m line.

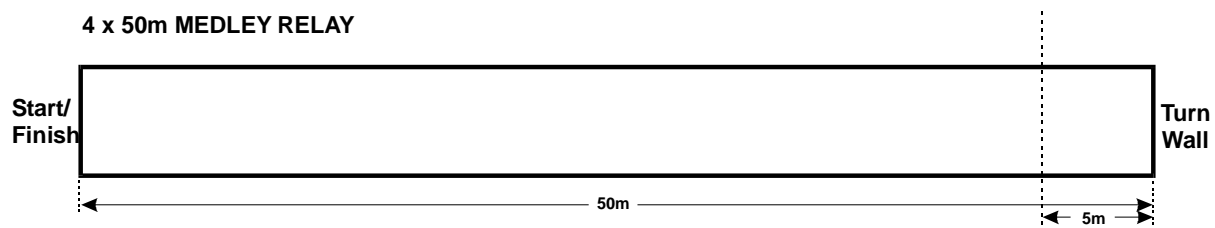
The event is complete when the fourth competitor touches the finish edge of the pool with the victim in contact with the tube.

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

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

The victim must hold onto the rescue tube with both hands while being towed, but may reposition his or her hands on the tube during the tow without disqualification.

While the fourth competitor must have at least one hand on the turning edge when the third competitor touches the edge, the fourth competitor may push off the edge with hand, arm, or feet.



Equipment

Rescue tube, swim fins: See Section 11 – *Facility and Equipment Standards*. Competitors must use the rescue tubes supplied by organisers.

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

Wearing rescue tubes: Rescue tubes must be donned correctly with the loop across or over one shoulder. During the competitor's approach to the manikin, the rescue tube must be towed behind the competitor with the line fully extended.

Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach to the manikin or during the manikin tow.

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

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

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

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

- i) The second and third competitors starting before first and second competitors respectively touch the turning edge.
- ii) The third competitor not towing the rescue tube with the line fully extended or without the shoulder loop across or over one shoulder.
- iii) The fourth competitor taking the harness before the third competitor touches the turning edge.
- iv) The fourth competitor leaving the turning edge before the third competitor touches the wall.
- v) The victim holding the rescue tube by the rope or clip.

- vi) The victim helping with arm movements, or not holding the rescue tube with both hands.
- vii) The victim losing the rescue tube after crossing the 5 m line.
- viii) The fourth competitor not towing the victim with the line of the rescue tube fully extended or without the shoulder loop across or over one shoulder.
- ix) One competitor completing two or more legs of the event (excludes third competitor acting as victim).
- x) Failure to touch the finish edge.

SECTION 5 – ILS COMPETITION MANUAL
OCEAN EVENTS



Section 5
OCEAN EVENTS

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
- Beach Relay
- Surf Ski Race
- Surf Ski Relay
- Board Race
- Board Relay
- Board Rescue
- Oceanman / Oceanwoman (formerly Ironman / Ironwoman)
- Oceanman / Oceanwoman Relay (formerly Taplin Relay)

5.1 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.

- i) 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.
- ii) A competitor or team absent from the start of an event shall be disqualified.
- iii) Unless specifically provided for, no artificial enhancements to propulsion may be used in competition (e.g., handwebs, armbands).

iv) 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.

v) 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 event.

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.

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

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

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.

vii) 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 referee.

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

ix) **Luck of prevailing conditions:** No protest or appeal will be entertained when an incident is caused by the conditions of the surf.

Surf conditions affect the conduct of and participation in surf lifesaving competitions and competitors are subject to the luck of the prevailing conditions. The referee and/or relevant official(s) have absolute discretion in determining whether an incident has been caused by the luck of the prevailing conditions.

5.2 THE START

Prior to the start, a marshall shall:

- i) Place competitors in the order as drawn for all heats and or finals.
- ii) 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 officials shall:

- i) Check that all officials and judges are in position.
- ii) Check that competitors have swim wear and caps for a legal start.
- iii) Check that equipment and course markers are in position.

A designated official shall signal the starter that the competitors are under the starter's control.

The starter shall:

- i) Have sole jurisdiction over the competitors from the time of the signal until the race has started.
- ii) Position himself or herself so as to have full visual control over all competitors during the start.
- iii) Ensure that the start for all races is consistent and fair.
- iv) Disqualify competitors for false starts (or in Beach Flags, eliminate competitors.)

Note: See individual event descriptions for the start procedures for Beach Flags, Surf Boat and IRB events.

The following three-step start shall be used in all other ocean events listed in Section 5.

- i) On the starter's "**On your marks**" command, competitors assume a position in their marshalled order at the start line.
- ii) On the starter's "**Set**" command, competitors immediately assume their steady starting stance.
- iii) When all competitors are stationary, the starter gives the acoustic starting signal.

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.

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 referee, no protest shall be allowed on the start.

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

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.

Start lines

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.

Where a cord is used competitors' toes may be on or behind the line but parts of the body may overhang the line.

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.

In board events: where a cord designates the start line, a part of the board held by competitors may be over the 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.

In boat and 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.

Disqualification

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

- i) All competitors who **start** (i.e., commence a starting motion) after assuming a final set position, and before the starting signal, shall be disqualified, except for Beach Flags in which the competitor(s) shall be eliminated.
- ii) If the starting signal sounds before the disqualification is declared, the competitors shall be called back and start again.

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

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.

- iii) All competitors who fail to comply with the starter's commands within a reasonable time shall be disqualified.
- iv) 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).

Changeovers and tagging in relays

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, the incoming competitor uses either hand to visibly touch the outgoing competitor on the hand or other part of the body. The outgoing competitor shall be positioned with feet on, or on the shoreward side of, the changeover line.

Competitors in relay events must start their leg of the event from the position or lane allotted by the marshall. If the competitor does not comply with this, the team may be disqualified.

5.3 THE FINISH

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.

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

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.

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.

The 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/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.

Judging

- i) All events shall be judged visually. Placing shall be decided by finish judges. Ties (dead heats) shall be declared as such.
- ii) Judges shall be positioned to ensure a clear view of the finish line. Where appropriate judges shall be placed in elevated positions.
- iii) Judge 1 selects finishers 1 and 2; judge 2 selects finishers 2 and 3; and so on, with judges primarily responsible for their corresponding number (that is, judge 1 is primarily responsible for finisher 1, as well as noting who finished second).
- iv) At the chief judge's signal, placing discs shall be issued and/or names recorded.
- v) Where available, judges may use video/electronic equipment to assist them. Video playback is for use by appointed officials.

Time limits

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

The 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.

5.4 SEEDING

Seeding shall be used for National Teams championships. In National Teams competition, entries from the same nation will be seeded in different heats if possible.

In Interclub and Masters championships, seeding is required for all rounds after the heats.

Seeding in heats

In National Teams championships, seeding shall be based on the nation's performance in the specific event in previous world championships.

In Interclub and Masters championships, seeding for heats shall be based on random draw.

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.

Seeding in semi-finals and finals

In National Teams, Interclub and Masters championships, seeding for semi-finals and finals shall be based on the result of heats.

Based on the results of heats or semi-finals, the top 16 competitors shall be assigned places in the final of the following events: Surf Race, Surf Teams Race, Run-Swim-Run, Beach Run, Surf Ski Race, Surf Ski Relay, Board Race, Board Relay, Oceanman / Oceanwoman, Oceanman / Oceanwoman Relay.

A- and B-finals shall be conducted in the following events: Rescue Tube Race, Rescue Tube Rescue, Beach Flags, Beach Sprint, Beach Relay 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 not be called forward from the B-final. The final shall not be re-seeded.

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

Draws for position

The initial draw for heats and beach positions may be conducted by ILS 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 referee.

Beach positions

For swimming, ski, board, multi-discipline and 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.

Competitor limits

The referee shall decide whether events shall be conducted in heats, semi-finals, or finals. The maximum number of competitors in a heat or final race shall not exceed the numbers in the following chart. Only the referee may alter the maximum number of competitors going at one time (following chart) taking into account safety and the conditions:

Surf Race	32 competitors
Surf Teams Race	10 teams of 3 competitors
Rescue Tube Race	9 competitors
Rescue Tube Rescue	9 teams of 4 competitors
Run-Swim-Run	32 competitors
Beach Flags	16 competitors
Beach Sprint	10 competitors
Beach Run – 2 km and 1 km	40 competitors
Beach Relay	10 teams of 4 competitors
Surf Ski	16 competitors
Surf Ski Relay	16 teams of 3 competitors
Board Race	16 competitors
Board Relay	16 teams of 3 competitors
Board Rescue	9 teams of 2 competitors
Oceanman / Oceanwoman	16 competitors
Oceanman / Oceanwoman Relay	16 teams of 4 competitors

See Section 10 for conduct of events for Masters competition.

5.5 SURF RACE

Event description

With a running start into the surf 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.

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 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 sea conditions.

Judging

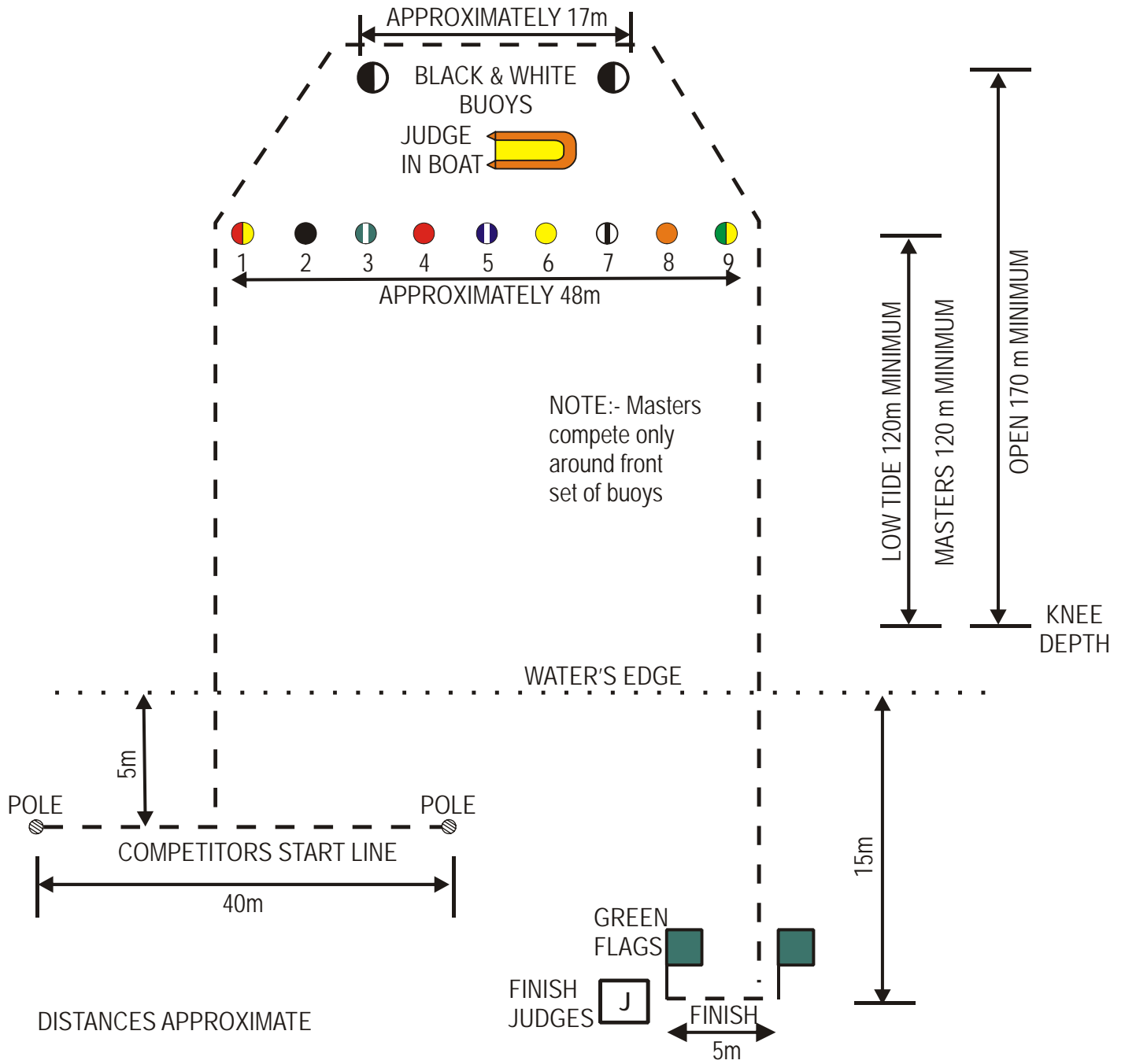
Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



SURF RACE

AGE GROUP	APPROXIMATE DISTANCE
Open	170m to furthest buoy
Masters	120m to furthest buoy

5.6 SURF TEAMS RACE

Event description

With a running start into the surf 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.

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 referee, depending on the prevailing sea conditions.

Judging

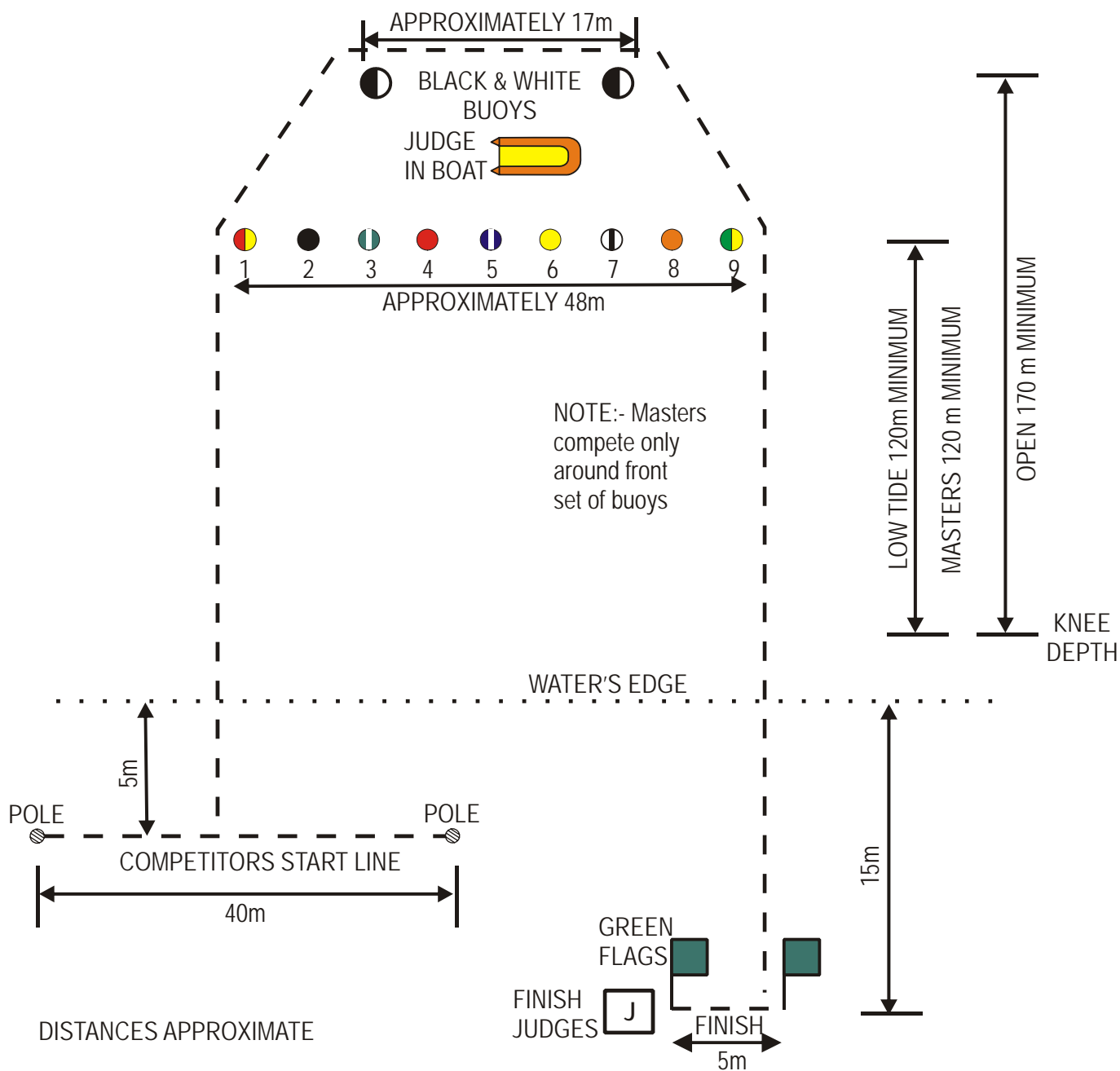
Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



SURF TEAMS RACE

AGE GROUP	APPROXIMATE DISTANCE
Open	170m to furthest buoy
Masters	120m to furthest buoy

5.7 RESCUE TUBE RESCUE

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.

The start: All four competitors assemble at their team’s allotted position at the start line facing the water. The rescue tube swimmer holds the rescue tube and swim fins in his or her hands or places them on the shoreward side of the start/finish 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.

The 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.

Rescue tube swimmer: On the victim’s arrival signal, 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.

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.

The finish is judged on the chest of the first team member crossing the finish line on their feet in an upright position while still in contact with the victim (the rescue tube need not be attached).

Notes:

- 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 worn.
- Rescue tubes must be worn with the loop across or over one shoulder. The tube must be towed behind the competitor with the line fully extended.
- 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.
- Rescuers must tow the victim with the tube secured around the body and under both arms and clipped in an O-ring, and with the line fully extended.
- The victim must not be towed on the stomach.
- During the tow, 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.
- At no time, may the victim assist by walking or running.
- Only the rescue tube swimmer may use the swim fins. Rescuers shall not use any equipment or swim fins.

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 referee, depending on the prevailing sea conditions.

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 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.

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.

Equipment

Rescue tube, swim fins: See Section 11 – *Facility and Equipment Standards*. Competitors must use rescue tubes provided by organisers.

Judging

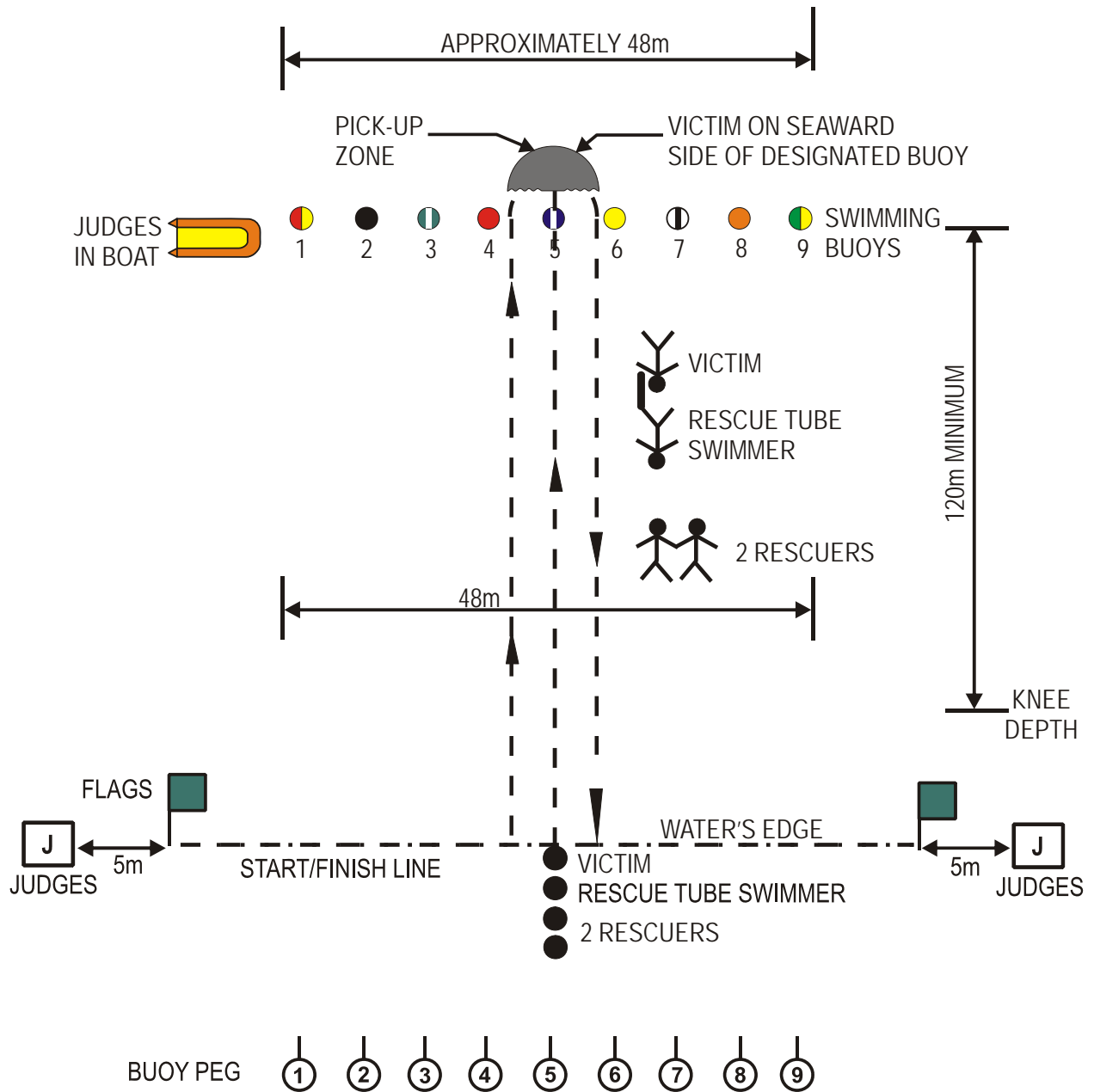
Finish judges shall be positioned at each end of the finishing line at least 5 m from the flagpole and in line with each flagpole. An in-boat course judge shall be positioned in line with the buoys as shown in the diagram.

Infringements recorded during the event observed by any of the judges shall be reported to the referee who shall adjudicate on the infringement with the judges concerned. An in-boat judge observing an infringement, shall report to the referee as soon as practical and prior to the race result being declared.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



DISTANCES APPROXIMATE

RESCUE TUBE RESCUE

5.8 RESCUE TUBE RACE

Event description

Before the start: 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 acoustic 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 may be positioned at competitors' discretion behind the pick-up line.
- Rescue tubes must be worn with the shoulder loop across or over one shoulder. The tube must be towed behind the competitor with the line fully extended.

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 referee, depending on the prevailing sea conditions.

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 least 5 m from the flag pole and in line with each flag pole.

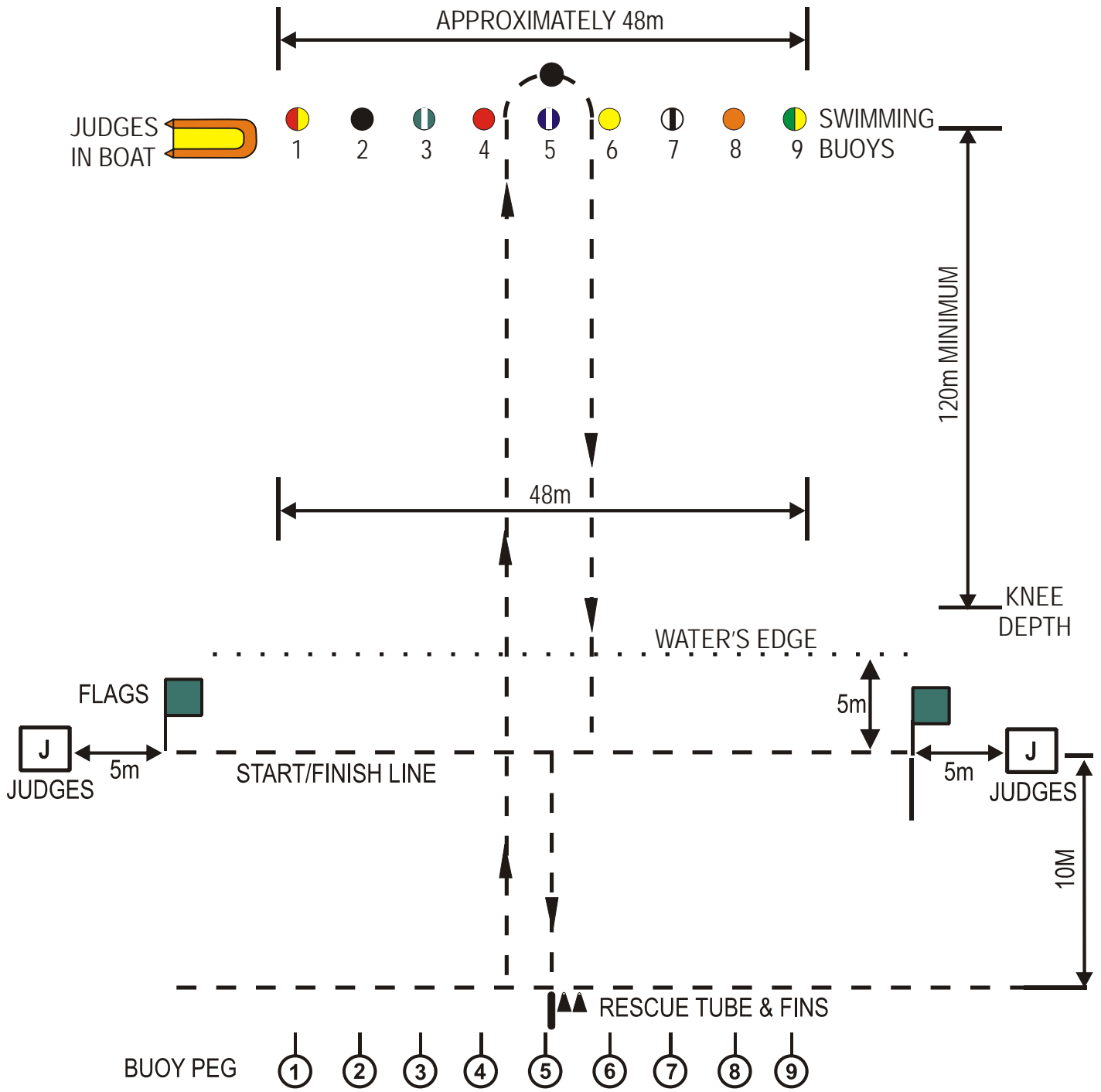
Equipment

Rescue tube: See Section 11 – *Facility and Equipment Standards*. Competitors must use rescue tubes supplied by organisers.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



DISTANCES APPROXIMATE

RESCUE TUBE RACE

5.9 RUN – SWIM – RUN

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 round the turning flag before running to the finish line.

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.

Judging

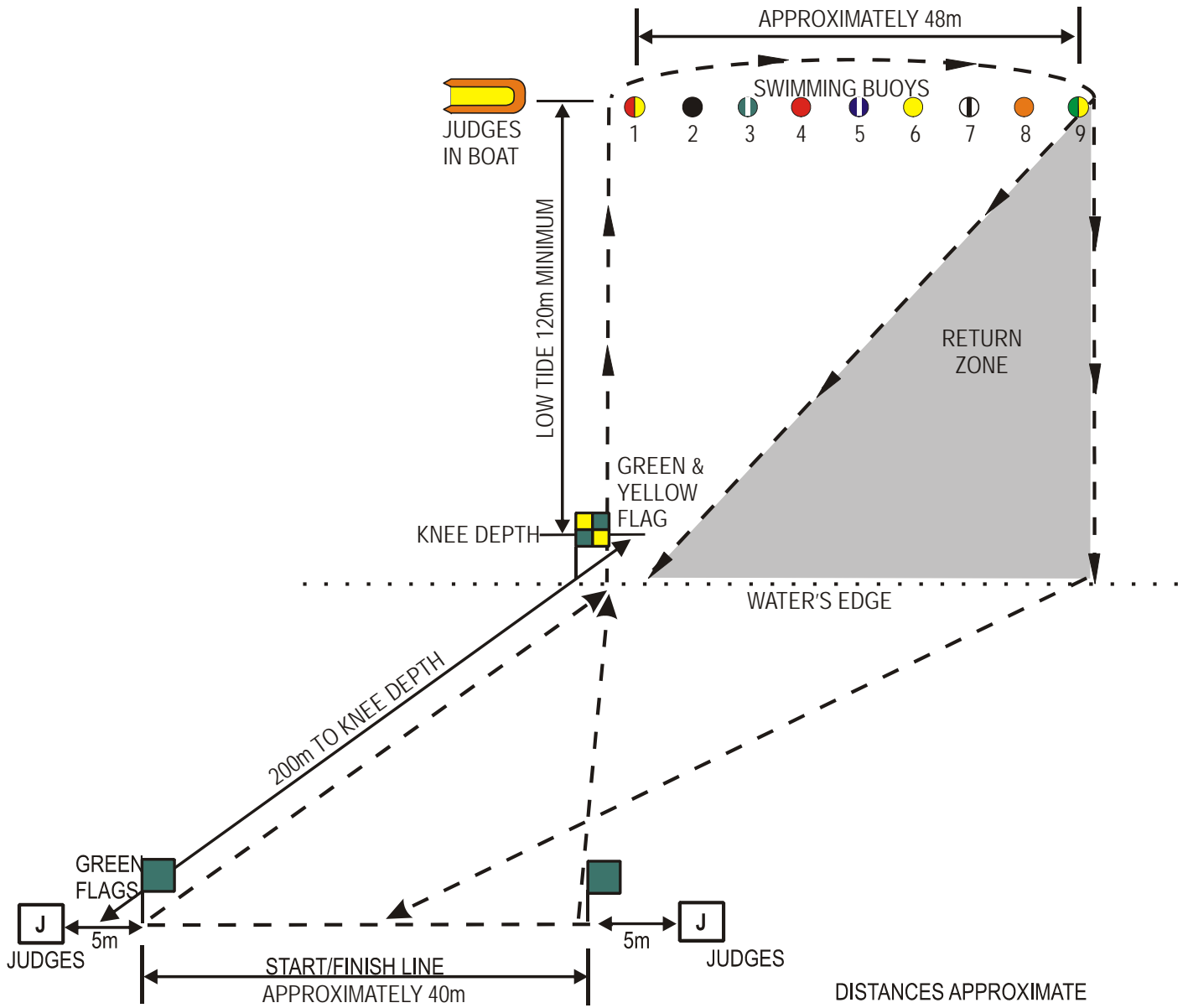
Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



RUN – SWIM – RUN

5.10 BEACH FLAGS

Event description

From a prone starting position on the beach, competitors rise, turn and race to obtain a baton (beach flag) buried upright in the sand approximately 20 m away. Since there are always fewer batons than competitors, those who fail to obtain a baton are eliminated.

Starting position: 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 together, hands on top of each other with fingertips to wrist and with the head up. Elbows must be extended forward so that the chest lies flat on the sand. The body's mid-line should be 90 degrees to the start line. No scooping of the sand or digging, or digging in of the feet is permitted.

The start

Beach Flags start procedure is different from the procedure described in 5.2 *The Start*. For Beach Flags, the start is as follows:

Prior to the start, a marshall shall:

- i) Place competitors in the order as drawn for the run-through.
- ii) Accompany competitors to the starting area to ensure they are positioned in proper order.

The referee shall:

- i) Check that all officials, judges and equipment are in position.
- ii) Signal the official start of each race with a long whistle indicating that the competitors should take their positions on the start line.
- iii) Signal the starter that the competitors are under the starter's control.

The starter shall be positioned out of view of the competitors.

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.

- i) After a deliberate pause and when all competitors are stationary, the starter shall signal the start with a whistle blast.
- ii) At the start signal, competitors shall rise to their feet and race to obtain a baton.

Starting infringements: The following behaviours are starting infringements in Beach Flags:

- i) Failure to comply with the starter's commands within a reasonable time.
- ii) 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.

Any competitor who commits a starting infringement shall be eliminated. Competitors eliminated from the event shall retain the point score and/or placing as at that time in the event.

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.

Notes:

- Competitors are not permitted to "deliberately impede" the progress of another competitor (See *Deliberate Impedance in Disqualification.*)
- Competitors are not permitted to pick up more than one baton.

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.

Number of competitors eliminated: The referee shall determine the number of competitors to be eliminated in each run-through of each heat. No more than three competitors may be eliminated in any one run-through. In semi-finals and finals, no more than one competitor can be eliminated in any run-through.

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.

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 up to 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 a baton.

Equipment and apparel

Beach flags (batons): See Section 11 – *Facility and Equipment Standards*.

Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors’ discretion

Judging

The referee or referee’s appointee shall be positioned to maintain overall supervision.

The starter and start judges 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.

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 *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.

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the event as described and defined.
- ii) Deliberately impeding the progress of another competitor.
- iii) Picking up more than one baton.

Deliberate impudence: Any competitor who commits deliberate impudence on another competitor shall be disqualified from the event. Deliberate impudence is defined as “the deliberate use of hands, arms, feet or legs to impede another competitor’s progress”.

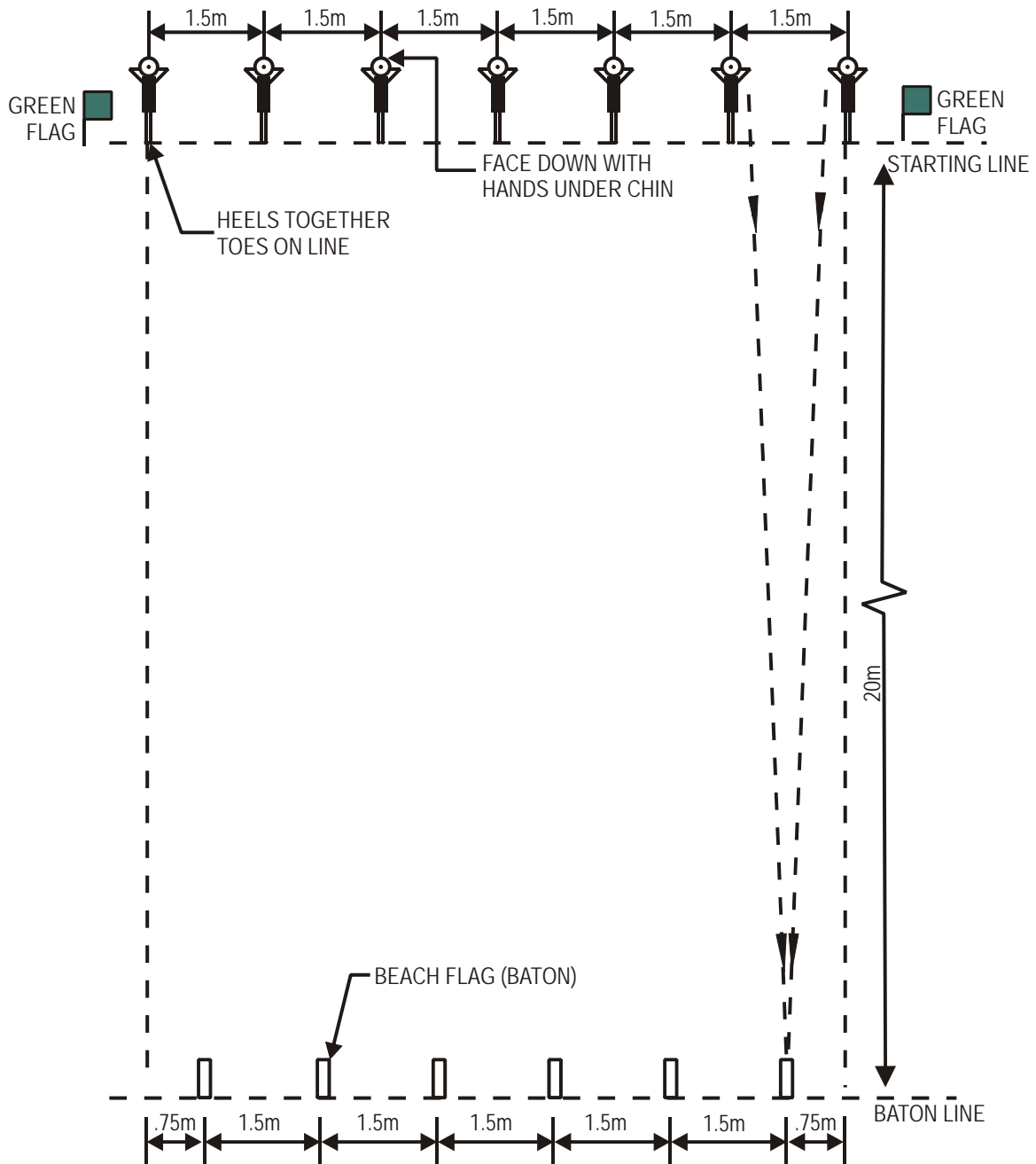
A competitor may otherwise use his or her body to improve his or her position in obtaining a flag. A competitor may negotiate the shoulder and

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 deliberate impedance, the competitor who first used hands, arms, feet or legs will be disqualified.



BEACH FLAGS

AGE GROUP	DISTANCE
Open	20m
Masters	15m

5.11 BEACH SPRINT

Event description

Competitors take their positions in their allotted lanes. At the starting signal, competitors race the 90 m course to the finish line. The finish is judged on the competitor's chest crossing the finish line. Competitors must finish the event on their feet in an upright position.

The start

No artificial starting blocks are permitted, but competitors may create holes and/or hillocks in and of sand to aid their start.

Notes:

- Competitors are not permitted to use any material other than sand to aid the start.
- Competitors are not permitted to flatten or level the sand in their lane without the referee's permission.

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.

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.

Equipment and apparel

Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion. Vests are optional.

Competitors may be required to wear coloured bibs to assist in judging.

Judging

The referee shall be positioned to maintain overall supervision.

Two course judges shall be appointed to ensure the competitors run the course as described.

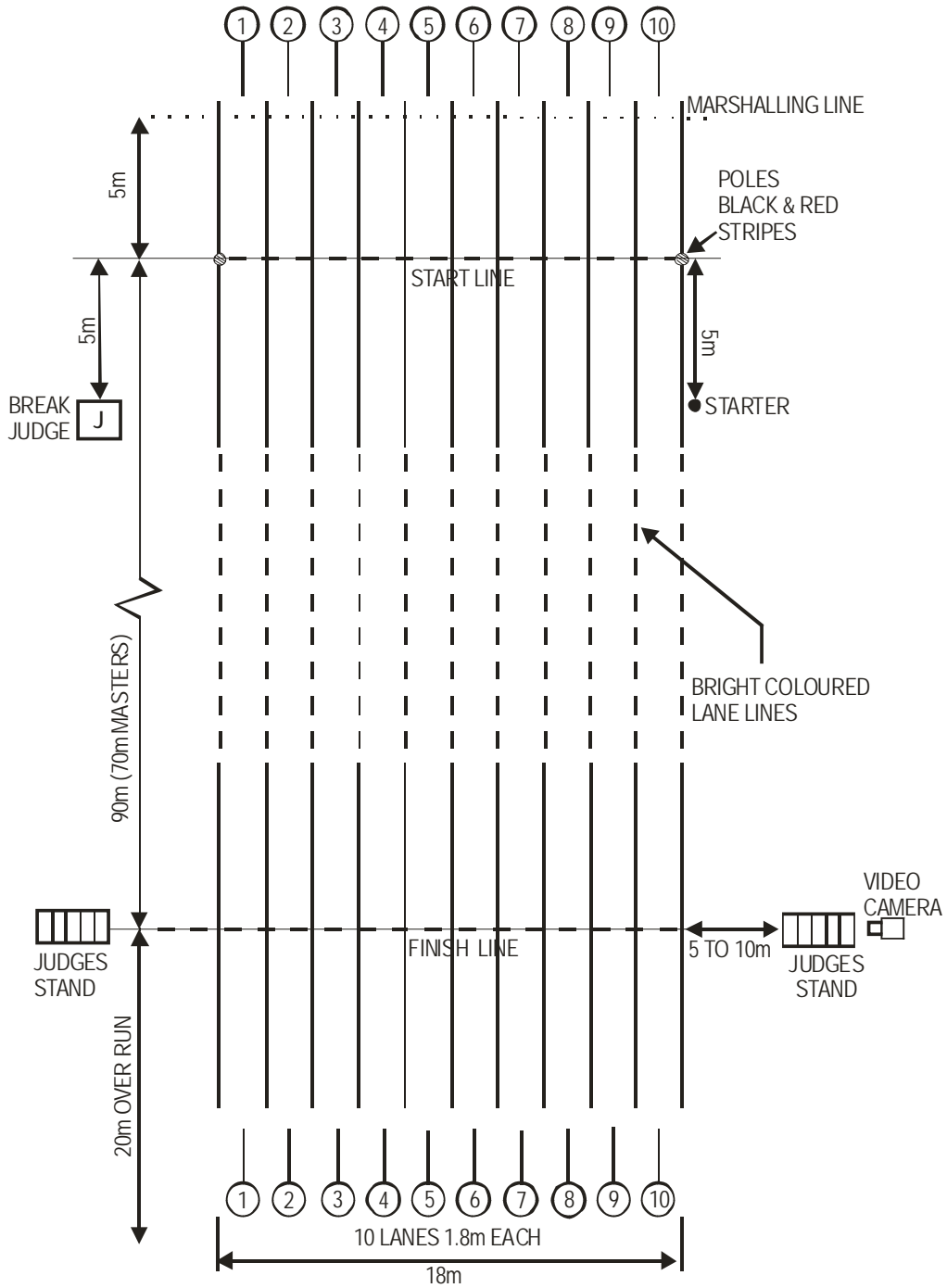
Finish judges shall select placings. The competitors shall be placed in the order in which any part of their chest crosses the finish line.

Competitors must cross the line on their feet in an upright position.

Disqualification

In addition to the *General Rules* in Section 3 and *General conditions for ocean competition* in 5.1, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



DISTANCES APPROXIMATE

BEACH SPRINT

AGE GROUP	DISTANCE
Open	90m
Masters	70m

5.12 BEACH RUN

Event description – 2 km

Competitors race 2000 m 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 pole 500 m distant, and return 500 m toward the starting pole.

Competitors round this pole (clockwise or right hand in), proceed back down the beach to round the turning pole as before, and then race back to cross the finish line.

Jostling or obstructing another competitor so as to impede their 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.

Event description – 1 km

Competitors race 1000 m on the beach in two 500 m legs on the course described above.

The course

The course shall be laid out on the beach parallel to the water's edge in two 500 m lanes. The referee may set an alternate course on beaches with restricted room.

The start line shall be designated by a brightly coloured synthetic cord stretched between two poles. The **finish line** shall be an extension of the start line toward the water. The end of the finish line shall be marked by a third pole. The 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 lane furthest from the water shall be for legs running from the start/finish lines (legs one and three). The lanes shall be divided by coloured tape, bunting, or other appropriate material.

A pole situated 500 m from the start at the end of the lane divider shall designate the turning point.

Equipment and apparel

Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion. Vests and shoes are optional.

Judging

The referee shall be positioned at one side of the course to maintain overall supervision.

Break judges shall be positioned about 5 m away, in line, and on either side of the starting line. If a break occurs, the break judges shall report the competitors to the starter who shall issue a warning.

Course judges may be appointed to ensure the competitors run the course without interference to other competitors.

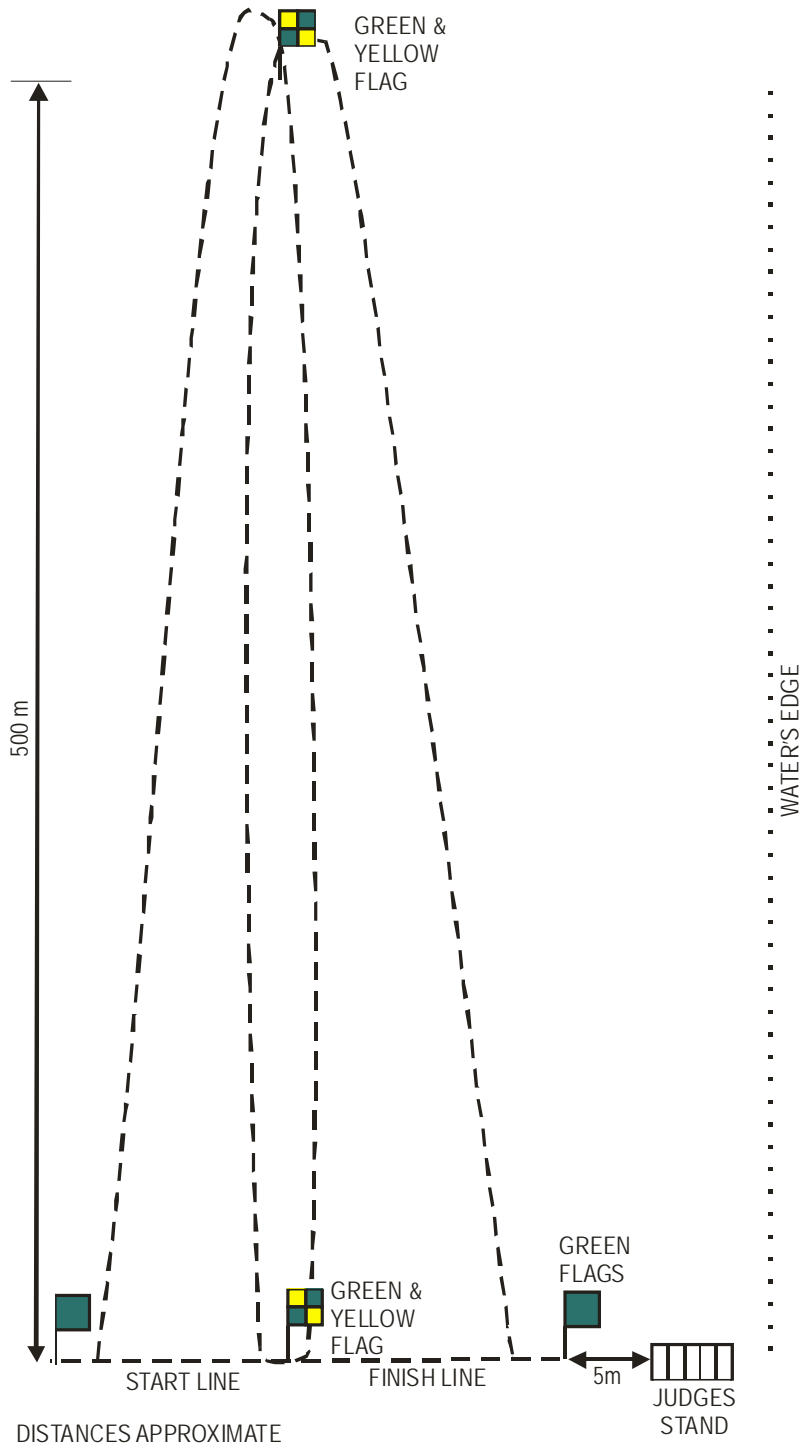
A judge shall be positioned at each turning pole to ensure no unnecessary jostling or interference occurs.

Finish judges shall select placings.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



BEACH RUN

DISTANCE	COURSE
1 km	Two 500m legs
2 km	Four 500m legs

5.13 BEACH RELAY

Event description

Teams of four individuals (three in Masters) compete in baton relay fashion over a 90 m 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.

The start

The start shall be as for the beach sprint with the first competitor taking the mark.

Baton changeovers

The baton shall be exchanged in the following manner:

- i) No marks or objects may be placed on the running track which may assist the runners with their baton exchange.
- ii) 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.)
- iii) 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.
- iv) 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.
- v) 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.

The course

The course shall be as for the Beach Sprint shown in the following diagram.

Equipment and apparel

Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion. Vests are optional.

Baton: See Section 11 – *Facility and Equipment Standards*.

Judging/changeovers

In general, judging shall be as for the beach sprint with the referee, course judge, and the finish judges assuming similar duties in regards to the start and finish.

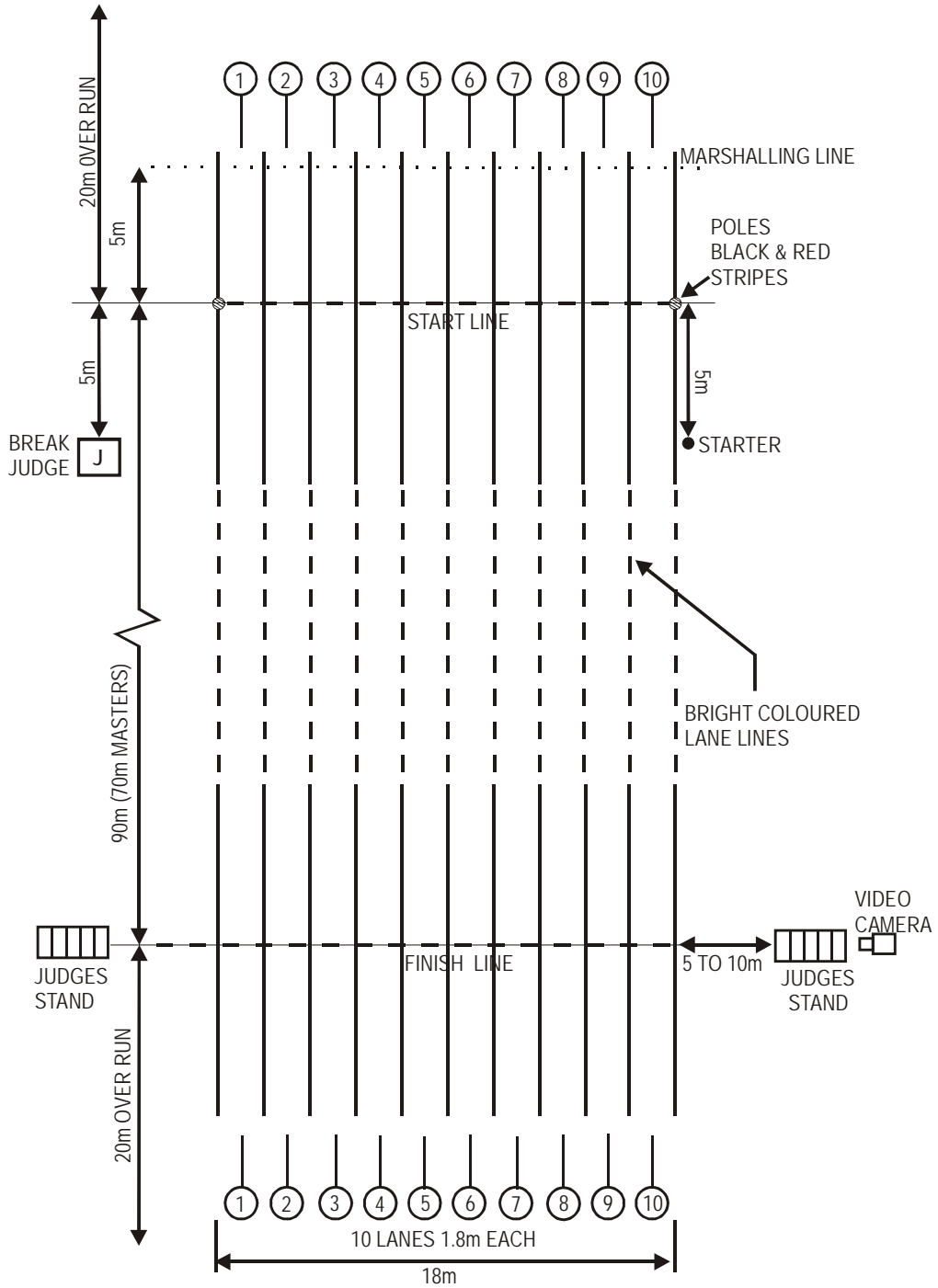
Course judges shall be appointed to check the changeover lines for infringements at each end during the changeovers.

Any infringements observed by the course judges shall be reported to the referee in the case of the changeovers.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



DISTANCES APPROXIMATE

BEACH RELAY

AGE GROUP	DISTANCE
Open	90m
Masters	70m

5.14 SURF SKI RACE

Event description

Competitors steady their skis in line in knee-deep water about 1.5 m apart. Competitors must obey directions from the starter or check starter concerning ski alignment at the start.

On the starting signal, competitors paddle their skis around the course marked by buoys and return to finish when any part of the ski crosses the in-water finish line – ridden, gripped, or carried by the competitor.

Competitors may lose contact and control of their ski without necessarily being disqualified. To complete the race competitors must have (or have regained) their ski and paddle and cross the finish line from the seaward side while maintaining contact with the ski and paddle.

Competitors are not permitted to hold or otherwise interfere with other competitors' 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 (where the ski is left at the water's edge as in the board race) shall be used.

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 referee, depending on the prevailing sea 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).

Equipment

Surf skis: See Section 11 – *Facility and Equipment Standards*.

Replacement 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.

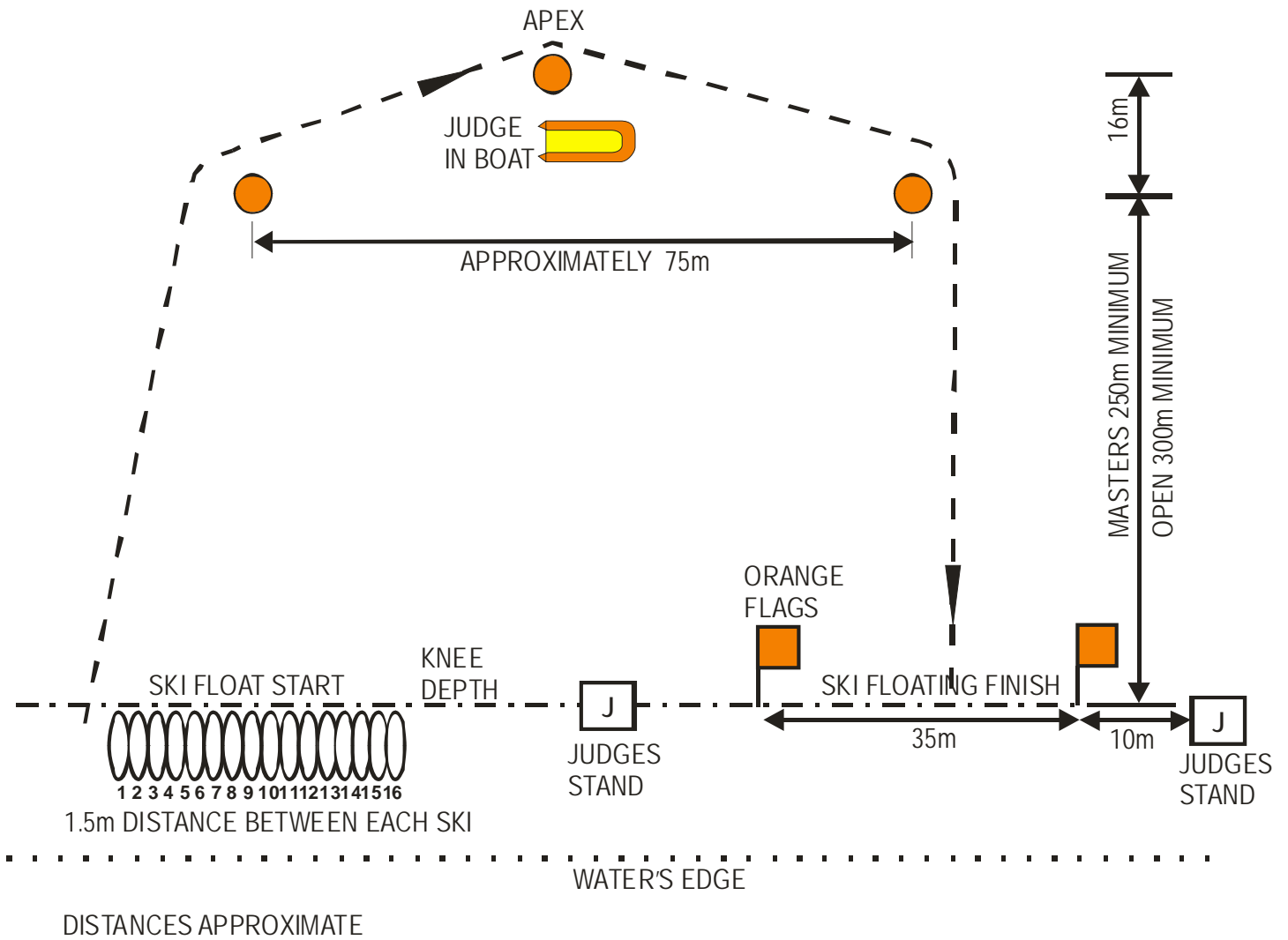
Judging

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.



SURF SKI RACE

5.15 SURF SKI RELAY

Event description

The ski relay race shall be conducted under the general rules of the 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 ski alignment at the start.

First competitor. Competitors for the first leg of the relay shall be started as in the 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 to tag the second competitor on the designated ski changeover line.

Second competitor. The second competitor completes the same course, rounds the two turning flags, and tags the third competitor on the designated 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.

1 st and 3 rd competitor's starting position	1	2	3	4	5	6	7	8
2 nd competitor's starting position	16	15	14	13	12	11	10	9

Competitors are not permitted to hold or otherwise interfere with other competitors' skis or deliberately impede their progress.

The course

The course layout shall be as detailed in the following diagram.

In the 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 referee, depending on the prevailing sea conditions.

Equipment and apparel

Surf skis, paddles: See Section 11 – Facility and Equipment Standards.

Members of the team or other members authorised by the 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.

Each team shall wear the same coloured tops with each member identified by numbers 1, 2, or 3 on each top front and back. If a club enters more than one team, each team must wear a different coloured top.

Judging

Judges shall be placed to observe the conduct of the event and determine competitors' place at the finish.

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.

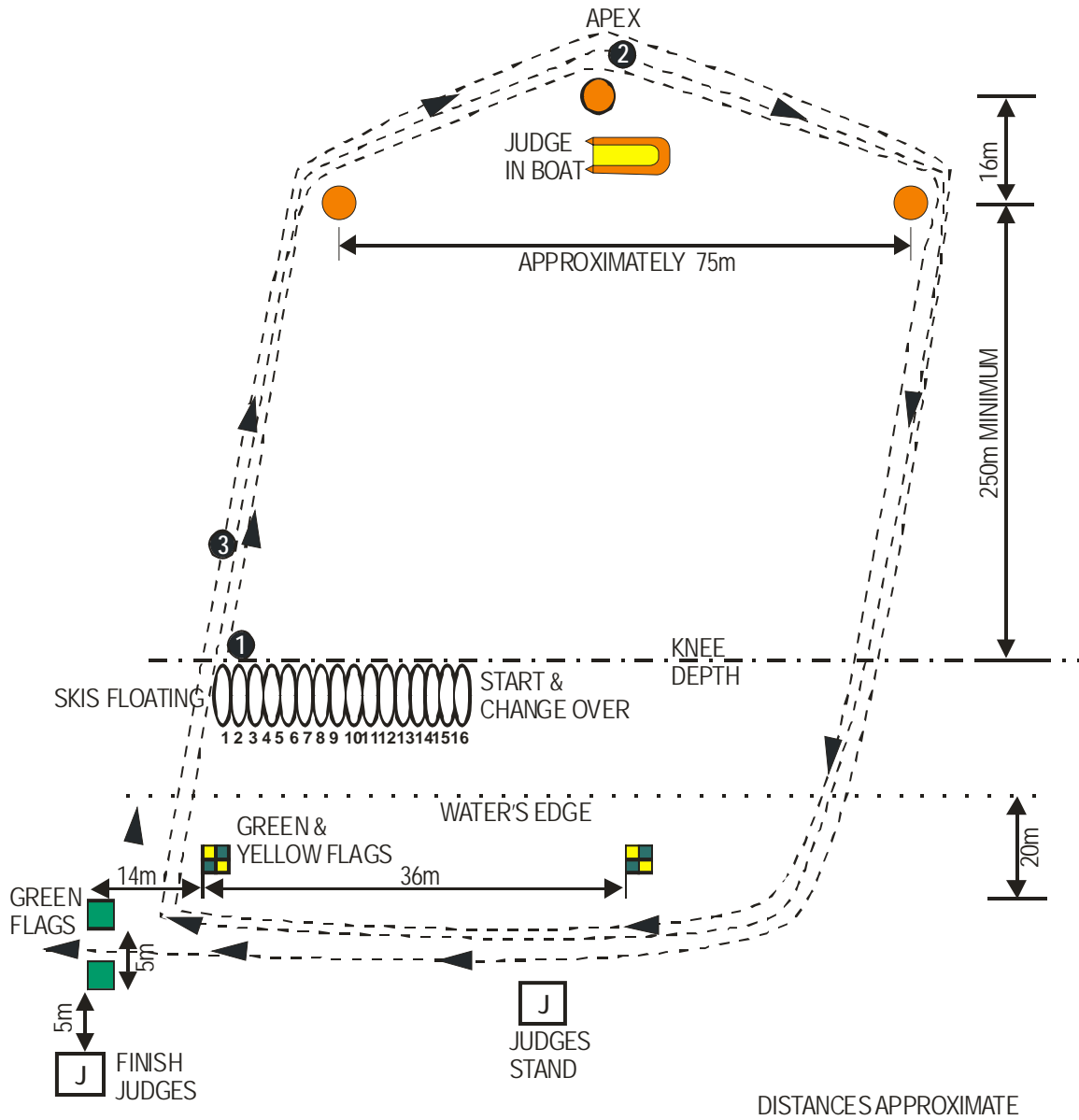
Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.

Control of craft. Competitors may lose control or contact of the ski or paddle on the way out, provided they regain the ski (and paddle) and round the last course buoy in contact with the craft and complete the course.

Competitors must paddle their skis around the last course buoy and shall not be disqualified if they lose control or contact with their craft (or paddle) after the last course buoy on the return.



SURF SKI RELAY

5.16 BOARD RACE

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.

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 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 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 referee depending on the prevailing sea conditions.

Equipment

Boards: See Section 11 – *Facility and Equipment Standards*. 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.

Judging

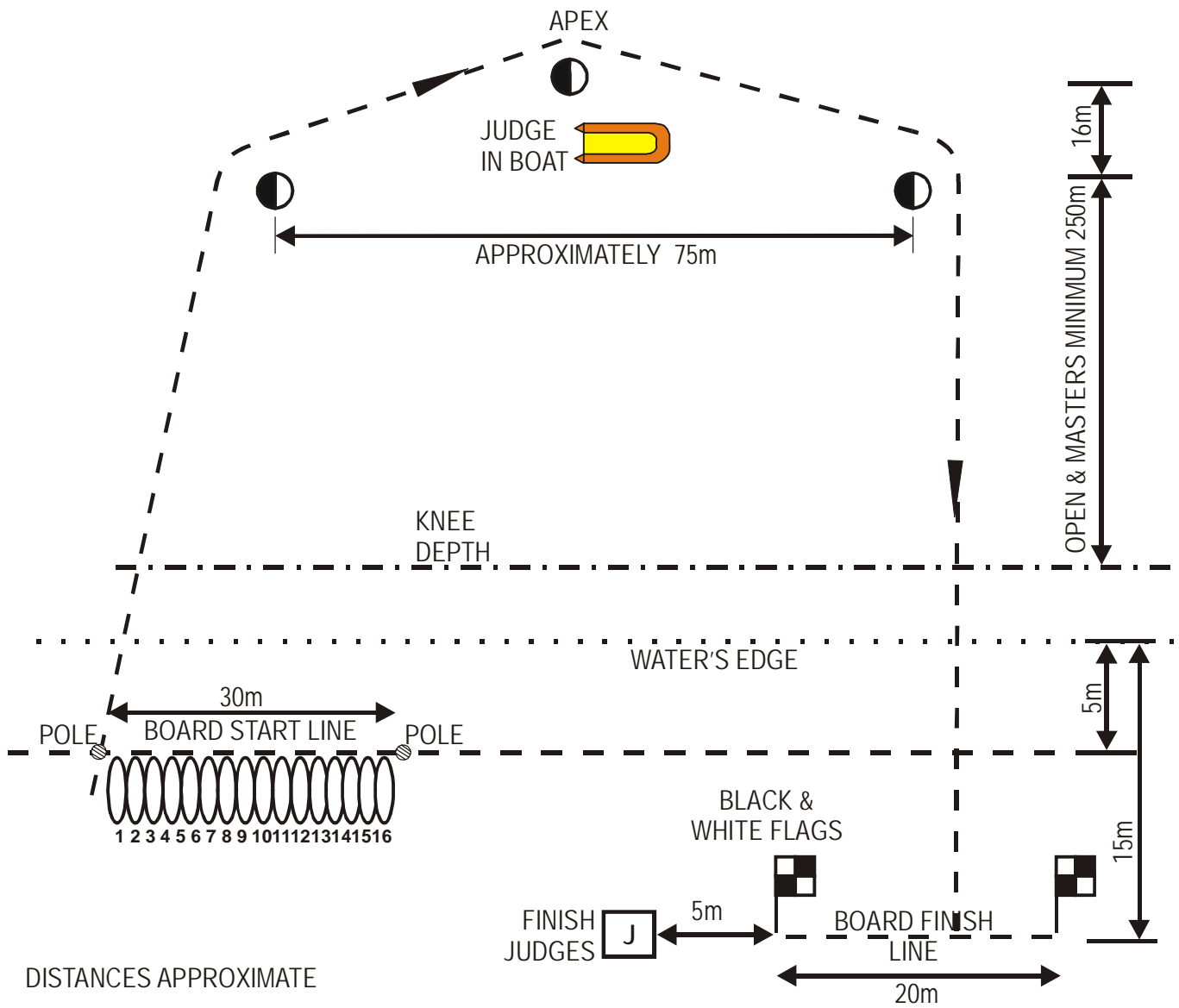
The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position while in control of the board.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.

Control of craft. Competitors may lose contact and 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.



BOARD RACE

5.17 BOARD RELAY

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, to tag the second competitor on the designated board changeover line.

The second competitor. The second competitor completes the same course, rounds the two turning flags, to tag 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.

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.

1 st and 3 rd competitor's starting position	1	2	3	4	5	6	7	8
2 nd competitor's starting position	16	15	14	13	12	11	10	9

Competitors are not permitted hold or otherwise interfere with other competitors' boards or deliberately impede their progress.

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 referee, depending on the prevailing sea conditions.

Equipment

Boards: See Section 11 – *Facility and Equipment Standards*. 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.

Members of the team or other members authorised by the 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.

Each team shall wear the same coloured tops with each member identified by numbers 1, 2, or 3 on each top front and back. If a club enters more than 1 team, each team must wear a different coloured top.

Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

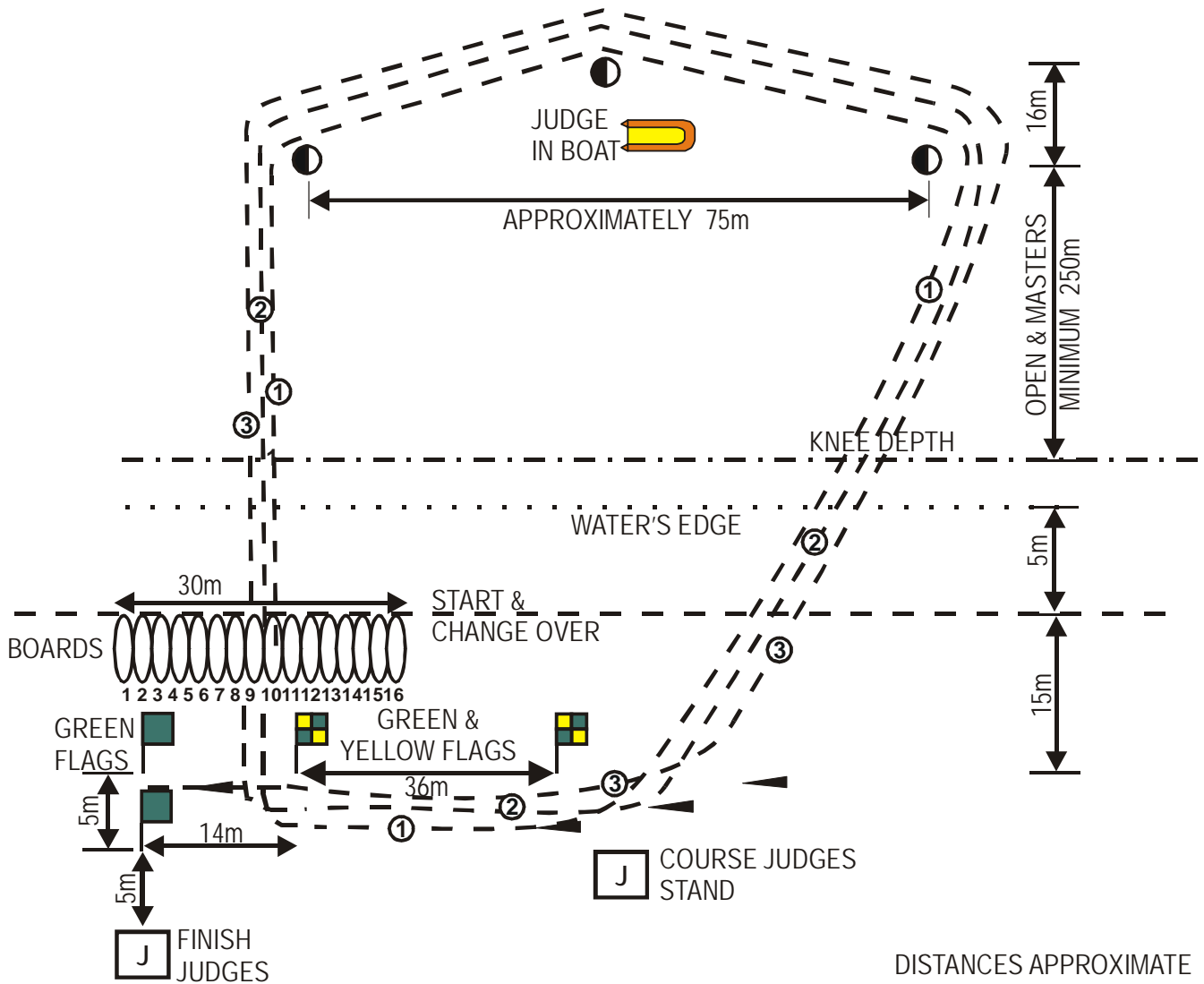
Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.

Control of craft: Competitors may lose control or contact 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 control or contact with their board after the last course buoy on the return.



BOARD RELAY RACE

5.18 BOARD RESCUE

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 with the board.

Competitors must start from the correct allotted position. Competitors swimming to and signalling from the wrong buoy shall be disqualified.

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 place a forearm over the top of 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.

The referee may determine an acceptable alternative method of clearly signalling the victim has touched the buoy.

Second competitor: On the victim's arrival signal, the board rescuer 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.

Victims may place themselves on the front or rear of the board. Victims may assist by paddling the board on the return to shore.

The finish is judged on the chest of the first competitor of each team to cross the finish line on their feet in an upright position, with both rescuer and victim in control of and in contact with the board.

The board rescuer may not start before the victim signals arrival.

Competitors are not permitted to hold or otherwise interfere with other competitors' boards or deliberately impede their progress.

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 referee prior to the event.

Equipment

Boards: See Section 11 – *Facility and Equipment Standards*.

Judging

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

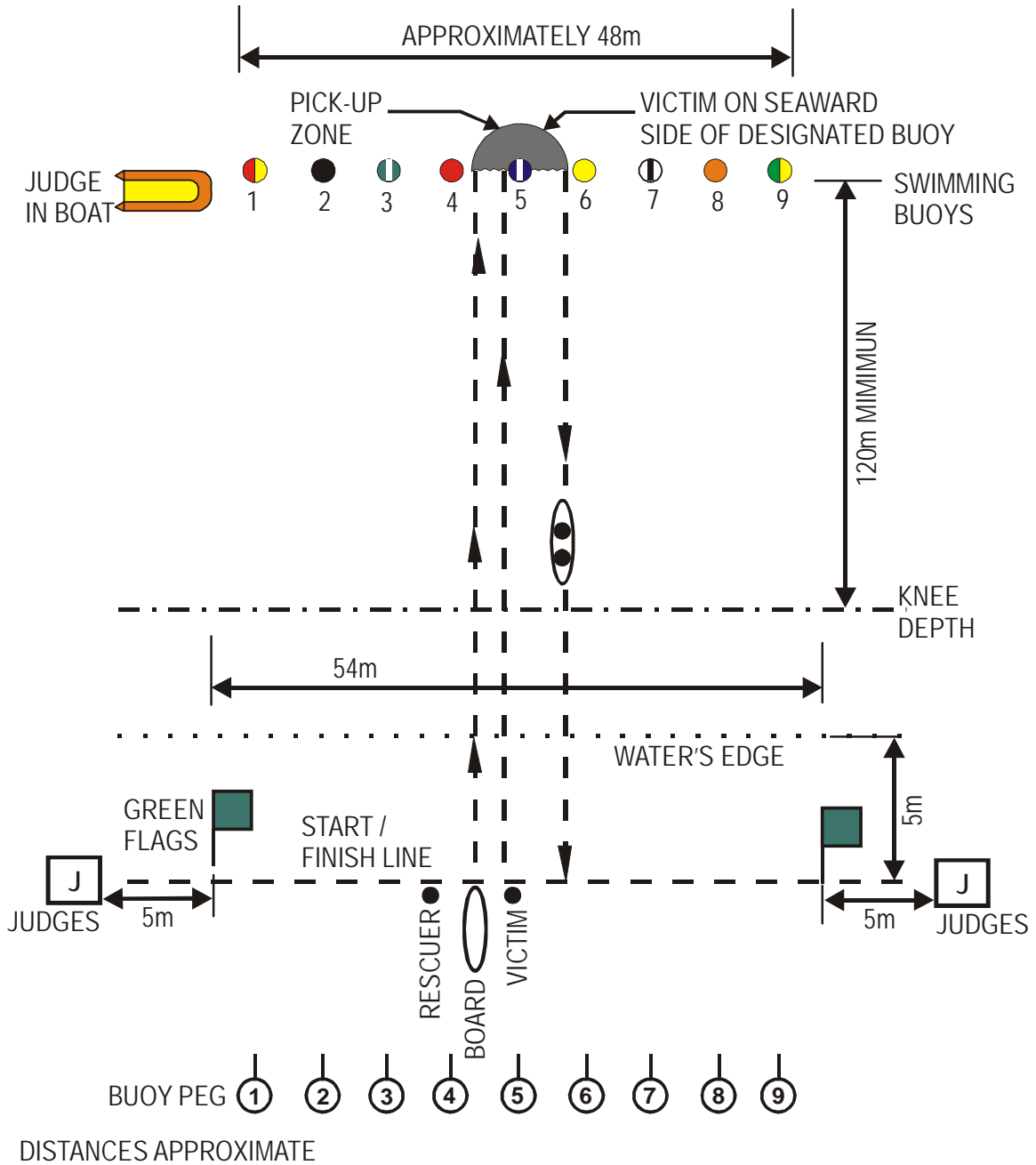
Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.

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.

Victim pickup: 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.



BOARD RESCUE

5.19 OCEANMAN / OCEANWOMAN (formerly Ironman / Ironwoman)

Event description

Competitors cover a 1400 m (approx.) course that includes a swim leg, a board leg, a ski leg, and a beach sprint finish.

Conditions of racing of each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: surf ski races, board races, surf races, beach sprints.

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 (formerly Taplin 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 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 1 st craft leg starting position	1	2	3	4	5	6	7	8
Competitor's 2 nd craft leg starting position	16	15	14	13	12	11	10	9

Handler. A member of the competitor's team assists the competitor. With the referee's approval, a non-team member may act as handler provided he or she is a member of an ILS Full Member organisation and is registered to participate at the championships in some capacity.

Handlers shall hold the ski in a floating position as per the diagram or as directed by officials; and:

- wear a cap identical to that of the competitor.
- make every effort to ensure that they and their craft do not impede other competitors (otherwise disqualification may result).

The course

Buoys shall be laid out for the swim, board, and 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 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.

The board leg buoys and 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 ski buoys approximately 50 m apart, with the ski “apex” buoy a further 10 m to sea.

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 1, the other in line with the swim buoy number 9.

Two flags 5 m apart mark the finish line. They are positioned at right angles to the water’s edge and approximately 60 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.

Ski course: The ski leg is conducted with the skis starting from the ski floating position as per the diagram, around three 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 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 ski leg. An apex buoy placed 10 m beyond the swim buoys will complete the ski course.

Equipment

Surf skis, paddles, boards: See Section 11 – *Facility and Equipment Standards*.

Changing of damaged craft: A board or ski shall not be changed during a section of the event 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.

Paddles: A lost or damaged paddle may be replaced only after the competitor returns to the start and changeover line.

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 event provided the progress of other competitors is not obstructed.

Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

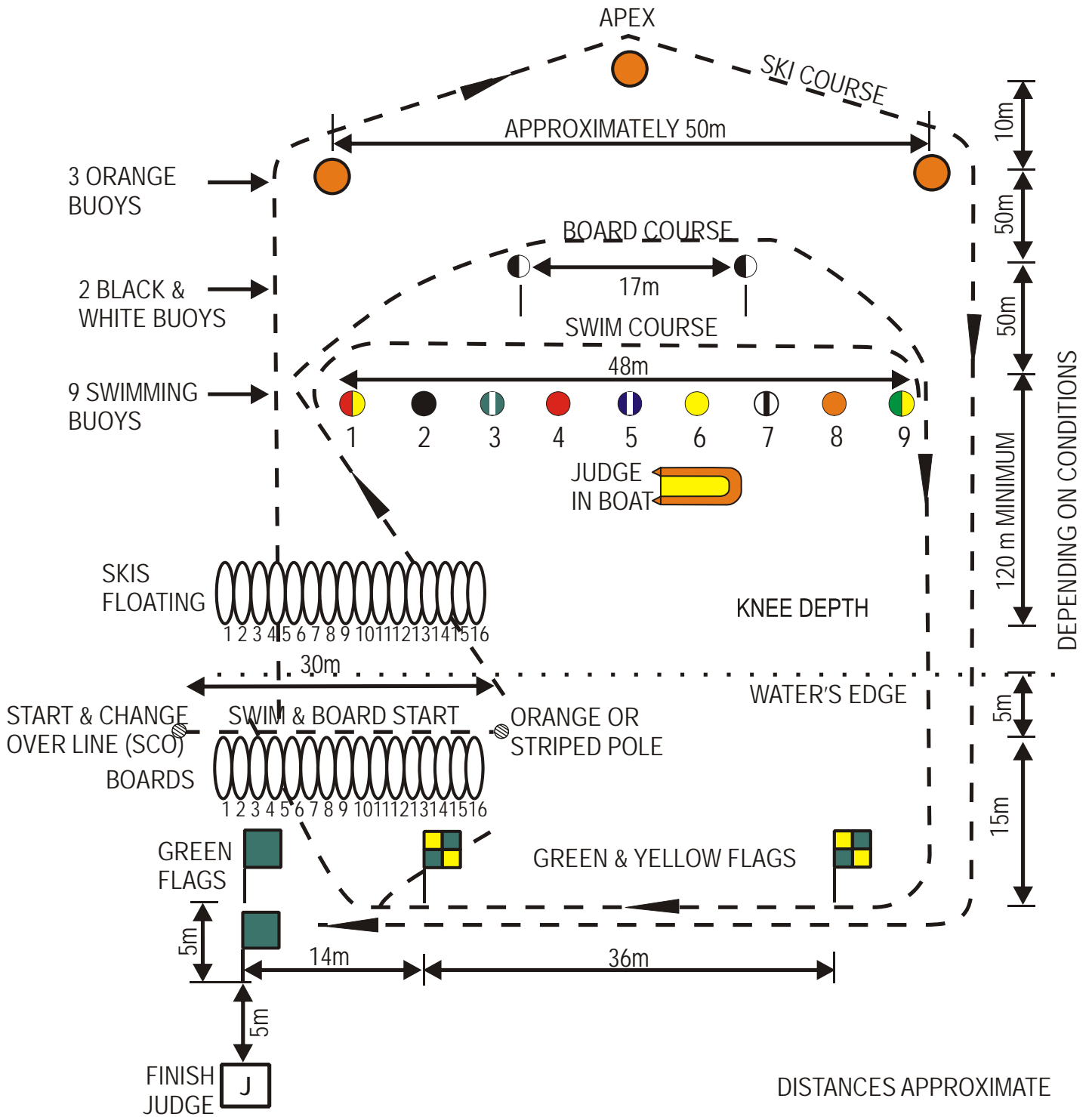
Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.

Control of craft: Competitors must be in control of the ski or board up to and including the last course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys. Competitors may lose control on the way out without penalty provided they regain the craft and round the last turning buoy of each leg in control of the craft and complete the course.



OCEANMAN / OCEANWOMAN

5.20 OCEANMAN / OCEANWOMAN RELAY (formerly Taplin Relay)

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 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.

Conditions of racing of each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: surf ski races, board races, surf races, beach sprints.

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 referee, depending on the prevailing sea conditions.

Competitors must commence their leg of the event from the correct allotted beach position.

The starting positions are reversed for the board and 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.

1 st craft leg starting position	1	2	3	4	5	6	7	8
2 nd craft leg starting position	16	15	14	13	12	11	10	9

The following event description assumes the order to be: swim – board – 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 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 the 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.

Ski leg: Ski paddlers paddle around the 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 swim course or board course buoys.

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.

Equipment

Surf ski, paddle, board: See Section 11 – *Facility and Equipment Standards*. 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 event provided the progress of other competitors is not obstructed.

Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

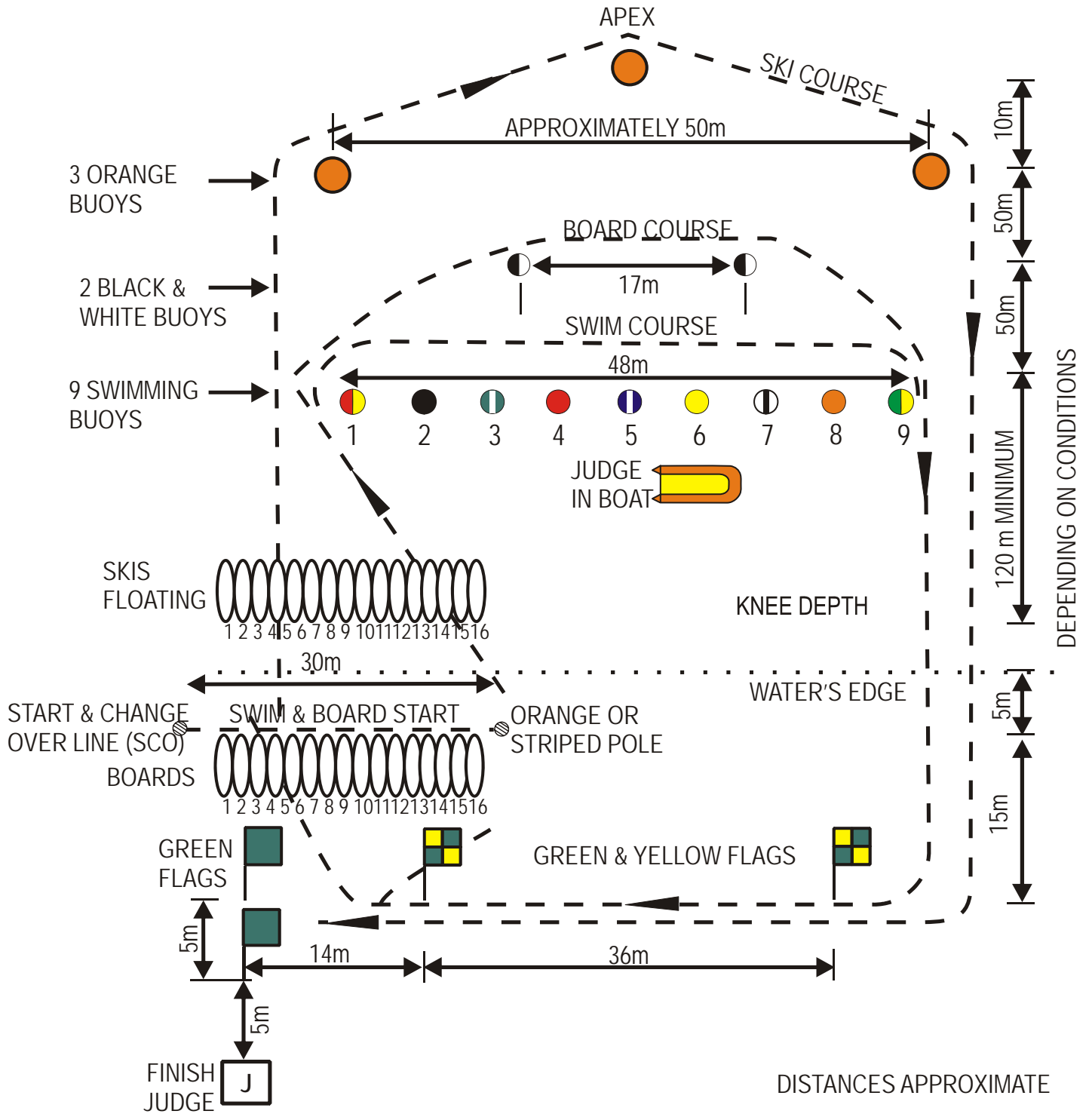
Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.

Control of craft: Competitors must be in control of the ski or board up to and including the last course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys. Competitors may lose control on the way out without penalty provided they regain the craft and round the last turning buoy in each leg in control of the craft and complete the course.



OCEANMAN / OCEANWOMAN RELAY

SECTION 6 – ILS COMPETITION MANUAL

SIMULATED EMERGENCY RESPONSE COMPETITION



Section 6

SIMULATED EMERGENCY RESPONSE COMPETITION

The Simulated Emergency Response Competition 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 identical situation and are evaluated by the same judges.

In World Lifesaving Championships the Simulated Emergency Response Competition (SERC) shall be conducted without male and female categories. Teams may consist of any combination of males or females.

6.1 GENERAL CONDITIONS FOR SIMULATED EMERGENCY RESPONSE COMPETITION

- i) Team management and competitors are responsible for being familiar with the competition schedule, and with the rules and procedures governing the competition.
- ii) 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.
- iii) The referee shall decide whether the competition shall be conducted in heats, semi-finals, or finals.
- iv) The order of teams shall be determined by draw in a method approved by the referee.
- v) The referee shall ensure that any written instructions provided in lock-up, which have not previously been provided to competitors, and which are required for the management of the simulated emergency, shall be provided in English, French, German, Spanish and Chinese.
- vi) 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.
- vii) Competitors shall treat and handle victims with care: verbal and physical abuse is unnecessary and inappropriate.

viii) Competitors may wear corrective eyewear. Loss of such eyewear shall not be grounds for protest or appeal. Neither goggles nor masks are permitted.

ix) Competitors must wear their club or National Team caps. Team leaders should wear a distinctive identifying 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.

x) Judges' scores are not subject to protest.

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.

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.

Competition arena

The Simulated Emergency Response Competition may be held in a variety of indoor and outdoor aquatic environments, but for ILS World Lifesaving Championships, the competition shall be held in a 50 m eight-lane (minimum) swimming pool.

For ILS World Lifesaving Championships, the SERC facility shall be approved by ILS as part of the host bid approval process.

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."

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.

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.)

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).

Equipment

Competitors may use all material and equipment available within the competition arena. Competitors may not bring their own equipment into the competition arena.

Start and timekeeping

An acoustic signal will indicate the start and finish of each team's emergency response.

6.2 PRINCIPLES OF RESCUE

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 an identified 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 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.

When carrying out a 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.

6.3 JUDGING AND MARKING

A *minimum* of six judges plus one overall judge is required for world championships. 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.

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's distance from safety
- equipment available 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:

- 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. Such weighting (secret to both judges and competitors) is dealt with by the recorders.

Disqualification

In addition to the *General Rules* in Section 3 and the *General conditions for Simulated Emergency Response Competition* in 6.2, the following behaviour may result in disqualification:

- i) Receiving outside assistance, direction, or advice.
- ii) Taking any telecommunication device into the security area.
- iii) Using any equipment not provided as part of the competition.
- iv) Physically or verbally abusing an actor.

SECTION 7 – ILS COMPETITION MANUAL
STILLWATER BOAT COMPETITION



Section 7

STILLWATER BOAT COMPETITION

ILS open world championship events

Open (non-point score) world championship boat events are conducted in both male and female categories. Competitors may enter regardless of their involvement in the Interclub or National Teams World Lifesaving Championship provided they comply with the eligibility requirements detailed in Section 3.

The Stillwater Boat Competition does not contribute to the point score in National Teams or Interclub World Lifesaving Championships.

The stillwater boat event is the Stillwater Boat Race.

7.1 AWARDS AND SCORING

Awards shall be presented to the overall first, second, and third place finisher in the stillwater boat event.

The first place finisher shall be recognised as Stillwater Boat Competition World Champion.

Ties: When competitors competing in different heats have the same time (and there is no final to be contested), a deciding heat will be organised to determine the medal winners.

7.2 GENERAL CONDITIONS FOR STILLWATER BOAT COMPETITION

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

- i) Competitors may not be permitted to start in the event if they are late reporting to the marshalling area.
- ii) A competitor or team absent from the start of the event shall be disqualified.
- iii) Competitors and officials must leave the designated competition area when not competing or officiating.
- iv) Unless specifically provided for, no artificial means of propulsion may be used in competition.
- v) Competitors must wear their club swim caps in this competition. Caps, securely fastened under the chin, must be worn on competitors' heads at the start of the event.

Competitors may wear safety helmets on the same conditions as swim caps. Helmets must be presented in team colours and design.

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

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

Luck of prevailing conditions

Where possible, stillwater boat events take place on open water in conditions unaffected by current, tides or waves. Alternatively, they may be organised in a 50 m swimming pool.

If weather or water conditions affect the conduct of and participation in these events, competitors are subject to the luck of the prevailing conditions. No protest or appeal will be entertained when an incident is caused by weather or water conditions. The referee and/or relevant official(s) have absolute discretion in determining whether an incident has been caused by the luck of the competition or the prevailing conditions.

Competition area

The competition area is defined in the diagram (see event description following).

Competition courses

All courses shall be measured, set and aligned to the referee's satisfaction ensuring that all lanes have fair and equal conditions.

Protests on the course will only be accepted prior to the start of each event or round.

Adjustment of the turning buoys may be necessary between heats if they move out of alignment during the competition.

Referee discretion in conduct of events

The referee shall decide whether the event shall be conducted in heats, semi-finals, or finals providing that the number of competitors going at one time shall not exceed six individuals taking into account safety and the conditions.

Starting of events

Prior to the start, the competitor, who may be assisted by another person, prepares the boat: surplus water may be emptied and oars placed in the boat. With preparation complete, the assistant leaves the start zone. The

competitor leaves the boat, stands on the quay or deck holding the boat with its stern in contact with the starting edge.

The start: The referee asks the competitor if he or she is ready. If the competitor confirms and repeats the word “**Ready**,” the referee gives the signal to start.

Judging the finish

The time is stopped when the bow passes the finish line. Competitors must finish in their own lane.

Time limits

The event automatically ends after three minutes and 30 seconds for men; three minutes and 45 seconds for women.

7.3 STILLWATER BOAT RACE (100 m)

Event description

At the acoustic starting signal, the competitor enters the boat and navigates with two oars to a buoy located 25 m from the start and perpendicular to the starting edge. The competitor completes one circle around the buoy and then rows to lift a manikin floating in the water. On the judge's signal, the competitor releases the manikin and, using a single oar, circles the buoy again before returning to the finish line.

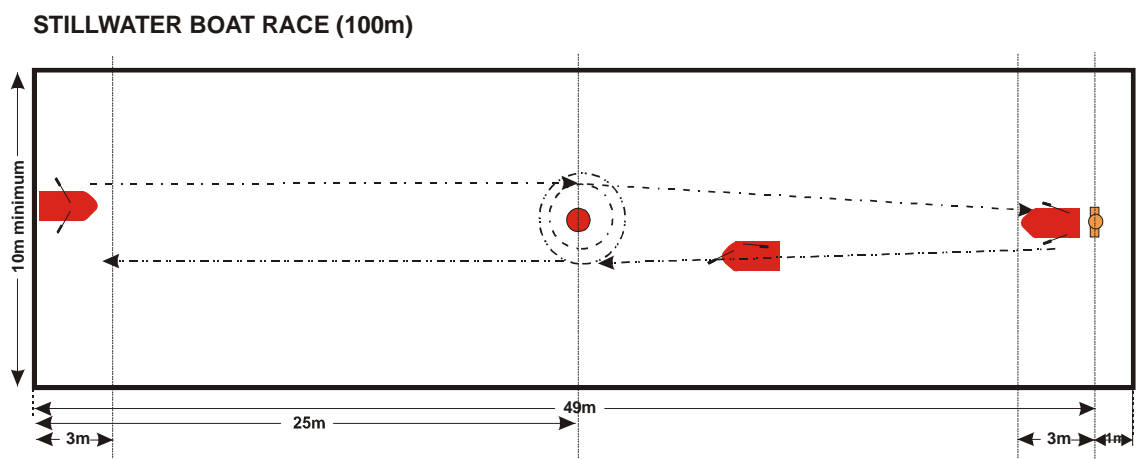
This is a timed event.

Approaching and lifting the manikin: Using two oars, the competitor rows to the manikin which is floating vertically, head above the surface, 49 m from the starting edge. The competitor approaches the manikin stern-first without touching it with the boat or oars. The competitor must cross a line 3 m from the manikin using both oars.

The competitor may contact the manikin at any point along the boat and transport it to the stern for the lift. The competitor lifts the manikin out of the water at the stern until the transverse line on the manikin's thorax is visible above the surface. The competitor releases the manikin only after the manikin observation official gives the signal to do so.

Return to finish: After releasing the manikin, and using a single oar throughout, the competitor circles the buoy again before returning to cross the finish line located 3 m from the starting edge. (The unused oar may be placed in the boat or pulled in the water behind the boat.) Competitors may paddle or scull.

Obstruction: Competitors must finish the event, even if they think that obstruction has occurred. A competitor obstructed by another may, at the referee's discretion, be allowed to maintain the time achieved or repeat the event in another heat.



The course

This event takes place over a 100 m course set up as follows:

Lanes: Heats may be run with one or multiple competitors in clearly marked lanes which are a minimum 10 m wide measured on the inside.

Starting platform: The height of the starting platform may be no higher than 25 cm above the top of the stern.

Turning buoy: A buoy is anchored in the middle of the lane 25 m from the starting edge on an axis perpendicular to the start.

Manikin: The manikin is positioned 49 m from the starting edge.

Manikin line and finish line: Both the manikin line and the finish line must be visible for competitors and referees.

Equipment

Stillwater boat, oars, turning buoy, manikin: See Section 11 – *Facility and Equipment Standards*. The manikin, positioned vertically facing away from the competitor, shall be filled with water so that it floats with top of its transverse line at the surface.

Fenders: Fenders may be used in competition to protect the boat.

Boat damage: If any part of the boat is damaged and/or breaks during the event (oar, rowlock, seat) the competitor shall be allowed to start again (after 15- to 45-minute rest).

Timekeeping and placing

Three timekeepers shall time each competitor. Watches are started at the acoustic starting signal and stopped when the bow of the boat passes the finish line or when the second acoustic signal is given after the time limit has elapsed.

Official time: If two of the three timekeepers have the same time, this time is considered official. If the three timekeepers differ, the middle time shall be official. If a watch fails, the procedure for two timekeepers is followed: that is, the average of the two times shall constitute the time of the competitor.

Attribution of places: The competitor crossing the finish line in the fastest time and having correctly fulfilled all event conditions shall be the winner.

If, in a heat, the classification of the finish judge does not coincide with the times of the timekeepers, the finish judge will determine the placing of

competitors. The same times are given to both teams. The time is the addition of both times divided by two (if two teams are involved).

Judging

The manikin observation official signals whether the competitor has approached the manikin correctly (white flag) or incorrectly (red flag). The official gives a whistle signal to indicate the competitor may release the manikin. The official shall also observe that the competitor correctly circles the turning buoy.

Disqualification

In addition to the *General Rules* in Section 3 and the *General conditions for stillwater boat competition* in 7.2, the following behaviour shall result in disqualification:

- i) Not turning around the buoy.
- ii) Touching the manikin with the boat or an oar *before* the competitor touches it. Competitors shall not be disqualified if the boat or oars touch the manikin *after* the competitor has touched it.
- iii) Grasping or using an outside aid with the hand(s) or the oar(s) to maintain balance or to propel the boat (unless accidentally touched).
- iv) Not finishing in the competitor's designated lane.
- v) Finishing without both oars. (The unused oar may be pulled in the water behind the boat).
- vi) Interfering with or assisting another competitor (or his or her boat) in the other competitor's lane. (Competitors who leave their lane must return to it as soon as possible.)
- vii) Interfering with another competitor with an oar or the boat, even while remaining in one's designated lane.
- viii) Not finishing before the time limit expires.

SECTION 8 – ILS COMPETITION MANUAL
SURF BOAT COMPETITION



Section 8

SURF BOAT COMPETITION

ILS open world championship events

Open (non-point score) world championship boat events are conducted in both male and female categories. Competitors may enter regardless of their involvement in the Interclub or National Teams World Lifesaving Championship provided they comply with the eligibility requirements detailed in Section 3.

Boat events do not contribute to the point score in National Teams or Interclub World Lifesaving Championships.

The surf boat event is the Surf Boat Race.

8.1 AWARDS AND SCORING

Awards shall be presented to the overall first, second, and third place crews in the surf boat event. The first place crew shall be recognised as Surf Boat Competition World Champion.

8.2 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.

- i) 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 referee's approval, proficient sweeps who are non-team members may act as sweeps provided they are a member of an ILS Full Member organisation, and are registered to participate at the championship in some capacity.

Sweeps may contest both the male and female categories irrespective of their gender. In Masters competition, sweeps do not need to be Masters competitors. Sweeps may compete in multiple Masters total-age groups.

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

- iv) Competitors and officials must leave the designated competition area when not competing or officiating.
- v) Unless specifically provided for, no artificial means of propulsion may be used in competition.
- vi) Boat crews shall be dressed as for team events (i.e., uniform in style and colour) providing that the sweep may wear different style apparel as warranted by the conditions. Crews may wear flotation vests.

Competitors must wear their club swim caps in this competition. Ocean event caps, securely fastened under the chin, must be worn on competitors' heads at the start. Competitors may wear safety helmets on the same conditions as swim caps. Helmets must be presented in team colours and design.

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

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

Luck of prevailing conditions

Surf conditions affect the conduct of and participation in surf events and competitors are subject to the luck of the prevailing conditions. No protest or appeal will be entertained when an incident is caused by the conditions of the surf. The referee and/or relevant official(s) have absolute discretion in determining whether an incident has been caused by the luck of the competition or the prevailing conditions.

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 referee.

Buoy positions

Buoys shall be consecutively numbered (from the left, facing the water) starting with number 1. The use of colour-coded buoys is recommended to guide competitors accurately through the required courses.

Competition courses

All courses shall be measured, set and aligned to the referee's satisfaction ensuring that all lanes have fair and equal conditions.

Protests on the course will only be accepted prior to the start of each event or round.

Adjustment of the buoys may be necessary between events if they move out of alignment during the competition.

Seeding

Seeding is permitted. The referee shall determine the method of seeding.

Draws for position

The initial draw for heats and beach positions may be conducted by the organising committee and supplied to teams.

Draws for positions in subsequent rounds shall be made by competition officials.

The method used for the draw, including seeding of competitors, shall be approved by the referee.

Referee discretion in conduct of events

The referee shall decide whether the surf boat event shall be conducted in heats, semi-finals, or finals providing that the number of crews going at one time shall not exceed seven crews of five competitors taking into account safety and the conditions.

Boat rowers panel

A 'boat rowers' panel may be appointed to act as a communication link between competitors and officials, to discuss racing conditions with the referee, and to represent competitors. The panel may contain representatives from different clubs and countries.

The ILS Management Committee shall endorse the membership of boat rowers panel.

Warm-up

A warm-up area should be provided and strict observance of the referee's directions regarding its use shall be observed. Crews who encroach onto the competition area or interfere with any event may be disqualified from the surf boat competition.

Time limits

Time limits may be established and may vary by gender and sea conditions.

8.3 SURF BOAT RACE

Event description

Boat crews stand in knee-deep water holding their boats about 23 m apart. After the starting signal, crews row around the assigned turning buoys positioned a minimum 400 m from the start and return to the beach. The finish is determined by any part of the hull crossing the finish line from the seaward side, between the designated flags.

Preparing to start. For each race the boat crews shall be marshalled to their allocated positions on the beach near the water's edge.

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.

Starts may be wet or dry and will be decided by the referee. In the event of a dry start, 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 their 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.

The check starter(s) holds a flag aloft when all 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.

When the check starter raises his/her flag, this signals to the starter, who should be in an elevated position approximately mid-field on the beach, that the crews are ready to race.

Prior to the start, if a crew has a problem, the sweep may raise an arm to indicate that his or her crew is not ready to race. If this situation occurs, the check starter may lower the flag and the starter may lower the start gun. Once the problem has been rectified the start process may recommence. If a crew disregards the further directions of the check starter they may be disqualified.

The start. The starter raises his or her hand above the head to give the start signal.

While the starter shall make every effort to effect an "even" start in relation to wave activity, the decision to go on the start signal rests with the sweep: the starting signal is not a mandatory requirement to "in and away" particularly in dumping surf.

If the referee, starter or check starter is not satisfied that the start has been fair for all crews, the race shall be recalled by a second signal.

If there is no recall by the starter, no protest shall be allowed on the condition of the start.

For a dry start, when the signal is given, the crew member shall run to the boat. When he or she visibly touches the body of the boat 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.

The seaward journey: On the starting signal the boats shall be rowed to sea. Crews 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.

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 referee should withdraw the crew from the race to prevent delays to the programme.

During the seaward journey lost or damaged boats and/or gear (e.g., oars, rowlocks) 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.

If a crew runs aground while steering a straight line to their allocated turning buoy, the 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.

Turns: Turns are usually made from left to right (right hand in). However, this may change at the discretion of the referee after giving due consideration to the sea conditions applicable at the time of that round. If a decision is made to change from “left to right” or “right to left”, all crews must be informed of this change. Failure to make the turn in the correct direction shall result in disqualification.

The turn shall be effected giving due consideration to other competing crews. The turn should be kept as tight as is required, so as not to impede other competing crews. This applies when approaching and departing the turning buoys (see diagram). Impeding another crew may result in penalty or disqualification.

Any crew that overturns in 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) shall be disqualified.

Note: Should a boat in a race cause another boat to overturn the referee may assess the circumstances and shall decide whether the affected crew may progress to the next round. In finals there shall be no re-run of the race.

The return journey: 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.

Boats taking a wave must keep clear of boats in front of them and may pass other boats on either hand. Failure to comply may result in a penalty or disqualification if another crew is impeded by such action.

When gate buoys are in use, crews must pass through their allocated gate as decided by the referee. The referee shall advise crews of the gate 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 referee.

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.

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 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 3 members in contact with the boat and the boat moving in a direction toward 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 finish 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 referee. In such circumstances the crew member leaves the boat as described and then is required to touch the crew's finish marker whilst remaining on his or her feet.

Any boat that dislodges a judging stand so as to impede judging shall be disqualified. If one boat crosses another boat to dislodge a judging stand then the matter shall be adjudicated upon by the referee.

The course

The course shall be laid out as in the following diagram.

Buoys: The buoys shall be secured by short lengths of rope, 23 m apart on a mooring line of 250 m length from anchor to anchor (for a set of seven buoys).

The turning buoys should be set at a minimum of 400 m rowing distance measured from the end of knee-depth water at the low tide mark, 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. However, distances may vary depending upon beach conditions and safety factors.

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.

Gate buoys: The gate buoys, which are optional at the referee's discretion for usage on the return journey should be:

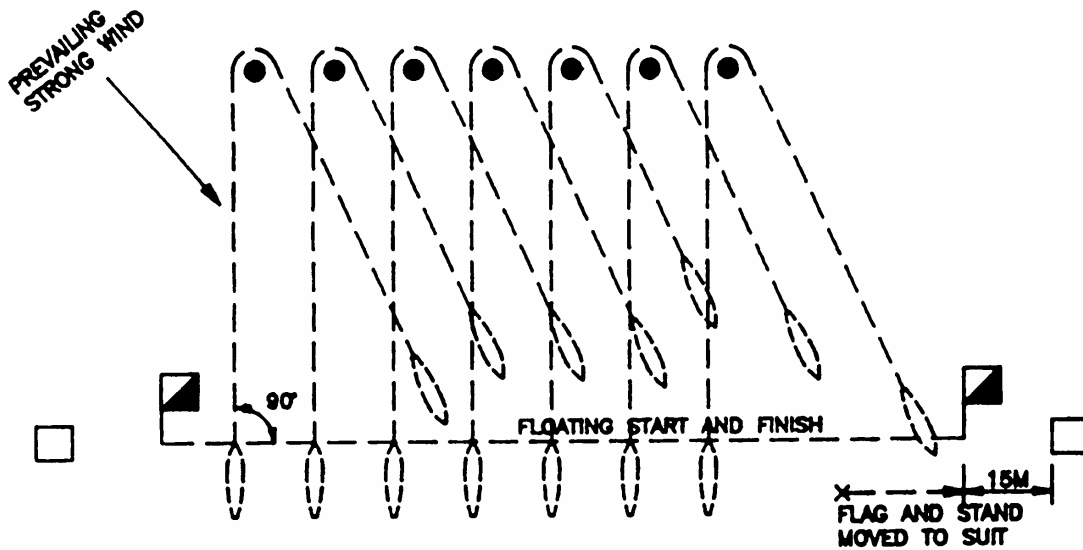
- Set in line with the turning buoys on the seaward side of the break area and inshore from the turning buoys
- Negotiated as directed by the referee or sectional referee.

Finish line: 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 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.

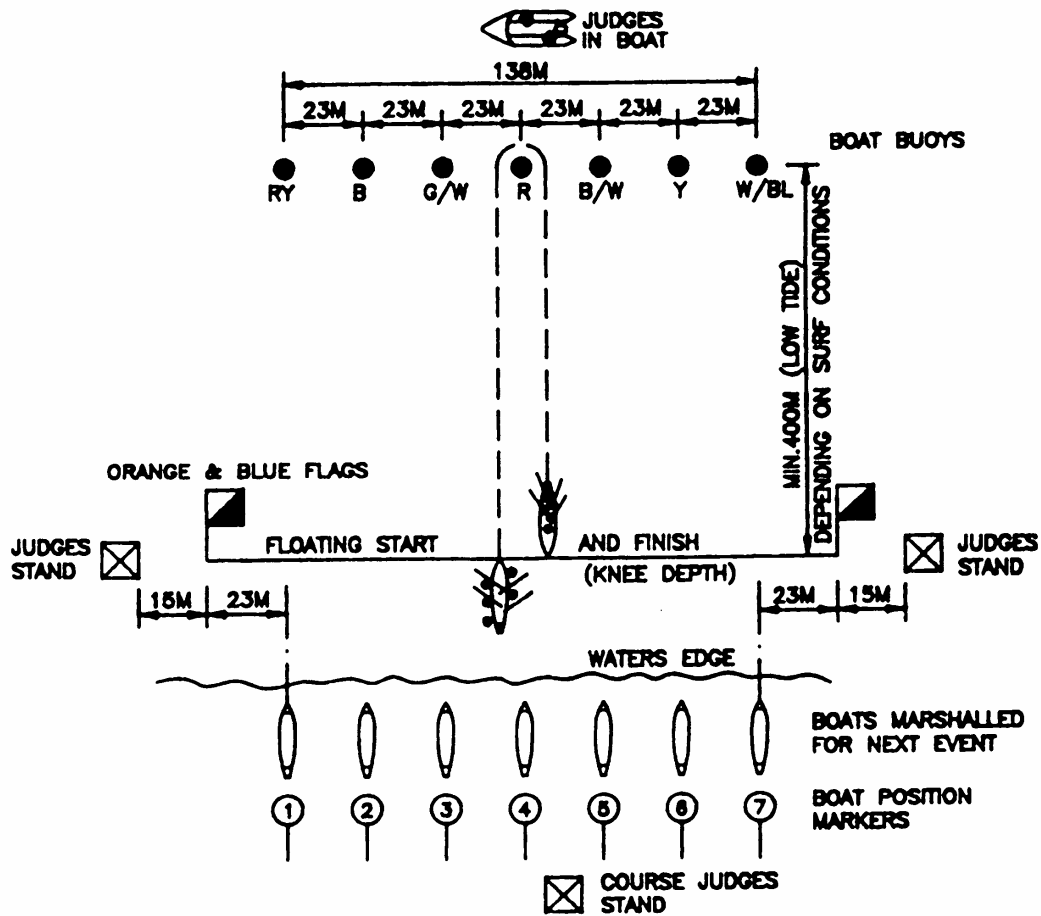
As an alternative to the above, there is also an option for dry starts and finishes in any combination with wet starts and wet finishes.

Elevated markers: Large elevated markers in the corresponding buoy colours may be positioned on the beach behind each position to assist sweeps returning to the beach to determine their position relative to their position.

When it is not possible to provide a fair course over the full number of positions, the referee at his or her discretion may reduce the number of crews in each race, including the finals to improve the fairness of racing.



ALTERNATIVE FINISH IN STRONG WIND



SURF BOAT RACE
(Distances approximate only)

Equipment

Surf boats: See Section 11 – *Facility and Equipment Standards*.

Judging

Judges shall be positioned in line with the finish line and, where possible, on an elevated stand approximately 15 m from the finish flag.

Check starters may be positioned in the water in line with the start line.

Disqualification

The referee shall adjudicate any issue arising as a result of interference by craft or competitors from another section.

In addition to the *General Rules* in Section 3 and the *General conditions for surf boat competition* in 8.2, the following behaviour shall result in disqualification:

- i) A boat delaying its turn so as to force another boat out of its true course.
- ii) A boat not keeping clear of other boats when taking a wave and thus impeding the progress of other boats.
- iii) A boat, when turning the buoy or mark, steering wide enough to impede another boat.
- iv) A leading boat intentionally altering its course to prevent a boat on a wave from obtaining the benefit of the wave.
- v) Steering a boat so as to prevent another boat from passing it.
- vi) When a boat, its crew, or any of the oars of such boat, or abandoned equipment impede the progress of another boat, crew, or oars of such boat.
- vii) An overtaking boat impeding the progress of a boat steering a straight course.
- viii) Crews who disregard the directions of the check starter.
- ix) A boat rolling over on the return journey to the beach.
- x) A boat that dislodges a judging stand so as to impede the judging.

8.4 MASTERS SURF BOAT RACE

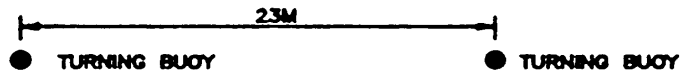
The Masters Surf Boat Race shall be conducted in both male and female categories.

For Masters, the Surf Boat Race is conducted in seven 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. The age group is calculated using the total of the ages of the four rowers in the crew and does not include the sweep.

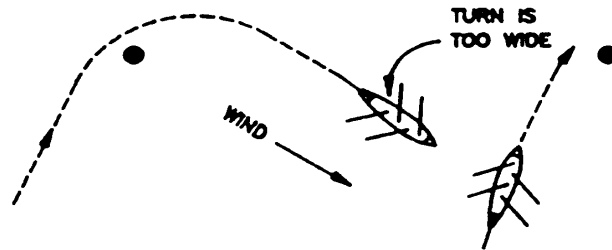
The sweep need not be a Masters competitor but must be proficient as a sweep. The sweep is considered to be gender neutral with respect to participation in male and female events. Therefore a female could act as sweep with a male crew and vice versa.

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.

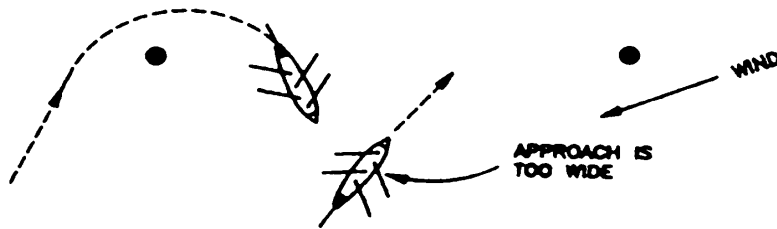
The course shall be as for the Surf Boat Race (see diagram).



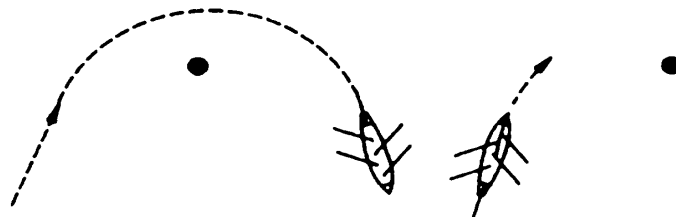
A GOOD APPROACH – NO PROBLEMS
JUDGE SHOULD ENSURE BUOY TURNS OK.



BAD TURN BY LEAD BOAT INFRINGING ON PROGRESS OF SECOND BOAT
IF THERE IS INTERFERENCE REPORT TO BOAT REFEREE



BAD APPROACH BY SECOND BOAT CAUSING INTERFERENCE TO LEAD BOAT
REPORT TO BOAT REFEREE



A GOOD TURN & APPROACH BY BOTH BOATS
"COURTESY IS GOOD SPORTSMANSHIP"
SURF BOAT TURNS AT BUOYS
SOME TYPICAL SITUATIONS

SECTION 9 – ILS COMPETITION MANUAL
INFLATABLE RESCUE BOAT (IRB) COMPETITION



Section 9

INFLATABLE RESCUE BOAT (IRB) COMPETITION

ILS open world championships events

Open (non-point score) world championship boat events are conducted in both male and female categories. Competitors may enter regardless of their involvement in the Interclub or National Teams World Lifesaving Championship provided they comply with the eligibility requirements detailed in Section 3.

Boat events do not contribute to the point score in National Teams or Interclub World Lifesaving Championships

The aim of IRB competition

The aim of inflatable rescue boat (IRB) competition is to:

- i) Place competitors in the order as drawn for all heats and or finals.
- ii) Improve the prowess of IRB drivers.
- iii) Improve the prowess of IRB crew members.
- iv) Encourage crews to correctly equip and maintain their IRB and motors for optimum safe performance and reliability for both lifesaving patrol duties and competition.
- v) Allow crews to demonstrate their techniques and their abilities to perform a rescue.
- vi) Bring crews together to discuss and improve IRB techniques and operations.
- vii) Promote safety awareness techniques to IRB driver, crew and patients in simulated rescue scenarios.

The rules contained in this manual are designed to ensure a safe and fair system or framework within which IRB competitions are to be conducted.

9.1 GENERAL CONDITIONS

Safety essentials

Signs shall be displayed to provide a 50 m 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. For example:

‘CAUTION – KEEP CLEAR – POWER RESCUE BOAT TRAINING’

‘CAUTION – KEEP CLEAR’

‘INFLATABLE RESCUE BOAT – RESCUE EVENTS‘

Banners and/or signs shall be displayed to indicate to the public the nature of the event; for example:

‘INFLATABLE RESCUE BOAT SIMULATED RESCUE EVENT‘

Driving and crew safety procedures

Course judges and lane judges will monitor and observe all driving, operating, safety procedures and techniques.

Should such procedures and techniques be considered to be unsafe and/or dangerous these will be reported to the referee with recommendation/s to the referee what action should be taken in regard to these breaches. Course and lane judges shall have the authority to caution the driver and/or crew members regarding the correct techniques.

IRB and motor

IRBs and motors used in IRB competition will be provided on a pooled basis by the host organisation. All IRBs shall comply with ILS specifications and carry the equipment specified.

All IRB outboard motors used in competition shall not be rated greater than 25 HP and must be sealed in the manner approved by ILS. Motors must be complete with an approved propeller and propeller safety guard.

Crew and patients

The IRB crew shall consist of a driver, who shall have sole control of the motor, and a crew member.

All **drivers** shall be current holders of the relevant IRB driver qualification of their national lifesaving organisation and must provide evidence endorsed by their organisation that they have logged the requisite number of completed hours of driving within the 12 months prior to the date of entry closure.

All **crew members** shall be current holders of the relevant IRB crew member qualification of their national lifesaving organisation and must provide evidence endorsed by their organisation that they have logged the requisite number of completed hours of crewing within the 12 months prior to the date of entry closure.

All **patients** shall be holders of the relevant lifesaving qualification of their national lifesaving organisation. In addition, IRB patients are required to hold a current, relevant IRB crew member qualification of their national lifesaving organisation.

Event limitations

IRB competition will be conducted in both female and male categories.

A driver and/or crew member may only compete in a particular event once.

A patient may only compete in a particular event once.

No driver, crew member or patient, after competing in an event, may change roles and compete in the same particular event again.

IRB patients are to be considered gender neutral with respect to their participation in male and female IRB events.

9.2 DRIVING AND CREW SAFETY PROCEDURES

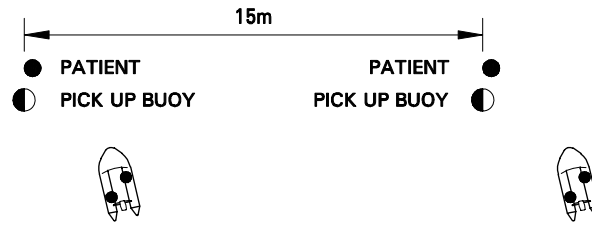
Notwithstanding the general competition conditions the following safety procedures shall be observed by IRB drivers and crews and if not observed will be considered a safety infringement:

- i) The leading IRB, while proceeding to the buoys, shall have right-of-way and the trailing IRBs must take evasive action by turning or giving way to prevent collision.
- ii) General driving and/or crewing technique that leads to a crew member being dislodged from his or her normal position within the IRB.

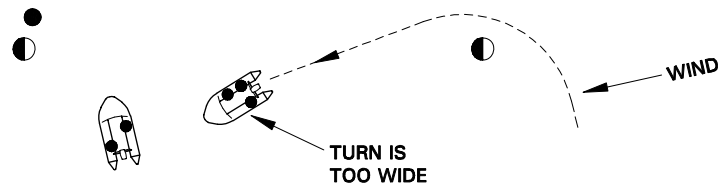
Note: “Normal position” for the crew member is defined as the left foot in the foot strap (right foot in foot strap is optional), the left hand holding the bow rope, the right hand holding the inner pontoon (boarding) handle or lifeline rope and seated on the pontoon. When negotiating a wave or swell, crew members may throw themselves onto the bow resting on their right shoulder, maintain a short grip at the attached end of the bow rope with their right hand, brace themselves against the handle of the bow rope with their left hand using a straight arm.

- iii) Loss of control by the crew and/or driver even if still in contact with the IRB.
- iv) Punching a wave in a dangerous manner or causing the driver and/or crew to be dislodged.
- v) In the vicinity of the turning buoys, crews shall not steer a wide course either by approaching or leaving the turning buoys, which could impede the progress of another crew.
- vi) Patients not picked up in a safe manner.

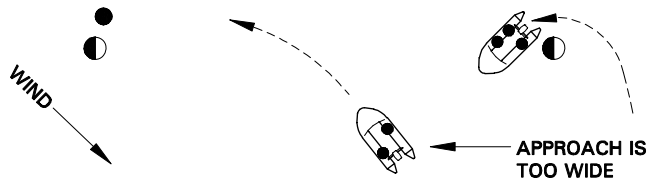
- vii) Returning to shore coming down a wave in a dangerous manner or causing the driver crew and/or patient to be dislodged.
- viii) Driving at the finish of the event such as when the crew “hit the beach” with such force the driver, crew and/or patient become dislodged.
- ix) Immediately prior to exiting the IRB, the driver must be seated on the pontoon with both feet on the floor of the IRB prior to swinging their legs outside the IRB to exit.
- x) Position of patient after completion of pickup shall be inside the IRB not seated on the floor or the pontoon. The patient shall crouch inside the IRB and hold onto the looped rope on the pontoon.



A GOOD APPROACH - NO PROBLEMS
 JUDGES SHOULD ENSURE PATIENT PICK UP & BUOY TURN OK



BAD TURN BY LEAD I.R.B. INFRINGING ON PROGRESS OF SECOND I.R.B.
 IF THERE IS INTERFERENCE REPORT TO REFEREE



BAD APPROACH BY SECOND I.R.B. CAUSING INTERFERENCE TO LEAD I.R.B.
 IF THERE IS INTERFERENCE REPORT TO REFEREE



A GOOD TURN & APPROACH BY BOTH IRB'S
"COURTESY IN GOOD SPORTSMANSHIP"

I.R.B. TURNS AT BUOYS
 SOME TYPICAL SITUATIONS

Driving and crew safety infringement

If any of the safety procedures outlined in 9.2 *Driving and Crew Safety Procedures* are not observed then the driver – as representative of the offending crew, i.e., driver, crew member and patient(s), – shall be issued with a safety infringement. This safety infringement, with the referee's approval, shall be issued only by the referee or delegate. The following safety infringement system shall be followed:

- i) The first safety infringement shall result in disqualification of the entire crew – i.e., driver, crew member and patient(s) – from that event, irrespective of the individual(s) in the crew who infringed.
- ii) A second safety infringement shall result in disqualification of the infringing person in that event, and from the entire competition being conducted.

Note: If individuals are excluded by this clause from an entire competition being conducted, they cannot be substituted in other events that they have previously been disqualified from. Such individuals are then also precluded from progressing in the competition being conducted.

- iii) It is the responsibility of the chief judge to monitor and record details of safety infringements for the referee. The chief judge will also liaise with the appeals committee chairperson to determine whether any appeals lodged against safety infringements have been dismissed or upheld. At the end of competition or during if necessary, the referee will notify the ILS Management Committee of the record of safety infringements by crews and individuals, either, for action if necessary or maintaining records.

IRB competition pre-event briefing

A pre-event safety briefing must be conducted before the commencement of all IRB competition and may be conducted in conjunction with the officials, coaches and team managers briefings with the following being included:

- i) An explanation of all the safety procedures that shall be observed by IRB Drivers as outlined in 9.2 *Driving and Crew Safety Procedures*.
- ii) Patient care and indicative water temperature.
- iii) Identification of the location of emergency and first aid areas during the competition.

- iv) Forecast of surf conditions for the competition period, and any inherent dangers. This may include but is not limited to swell size, wind, water and air temperature, and marine stingers.
- v) Safety and rescue plan and contingency relocation plan.

9.3 THE COURSE

The course for IRB competition shall be as detailed in the diagram.

The turning buoys shall be laid at a minimum distance of 120 m from knee-depth water at low tide dependent on water conditions.

The patient buoys for the Rescue Tube event are positioned approximately 25 m directly behind the turning buoys.

The patient pick-up buoys for the Rescue Race and Mass Rescue events are positioned approximately 10 m directly behind the turning buoys.

9.4 PROCEDURE

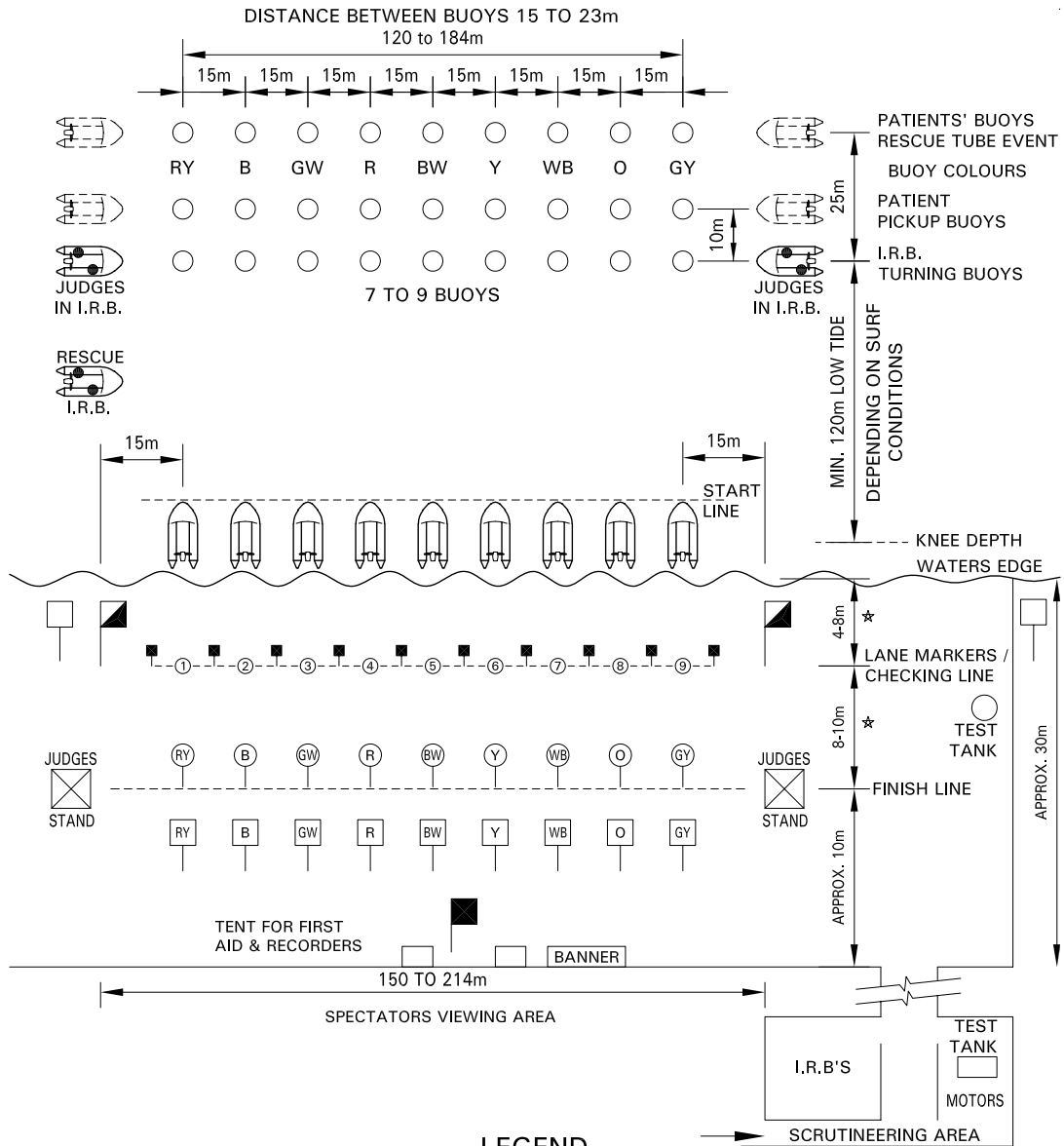
Competitors in IRB events shall assemble in the marshalling area. When entries are checked the marshall shall inform each team of their allocated area and buoy position.

The basic procedure is for the crews and IRBs to commence from the waters edge position in their allocated lane on the start line, and; proceed to their allocated turning buoys. (*Driver and Crew must start the race by standing outside the boat*).

- i) In the Rescue and Mass Rescue events, the IRBs then complete a 360-degree turn around their allocated turning buoy, left hand in and then proceed to turn their patient pick-up buoy, again turning left hand in, retrieve the patient in a safe manner (as described in this manual) on the seaward side of the buoy and then return to shore passing the turning buoy and keeping it on the left hand side of the IRB.
- ii) In the Mass Rescue this procedure is repeated for the second patient pickup.
- iii) In the Rescue Tube event, the IRBs and crews will proceed to the turning buoys, and round allocated buoy. The crew member, after donning the Rescue Tube harness (which may be donned on the way to the turning buoy – refer to event description), shall leave the IRB on the port side then swim to and retrieve patient positioned on the seaward side of the respective Rescue Tube buoy patient line.

- iv) After securing the patient with the rescue tube, round the Rescue Tube patient buoy anti-clockwise and tow the patient back to the waiting IRB which is positioned on the shore side of the turning buoy. Once the driver has secured the patient (by contact with the body) then the crew member can board the IRB and the boat can proceed past the turning buoy.
- v) Once the patient and crew member board the IRB (i.e., when no part of the patient or crew member body is in the water) the driver shall drive the IRB anti-clockwise around the respective turning buoy, return to shore to finish the event.
- vi) All buoy turns shall be turned left-hand in (i.e., anti clockwise).
Note: The buoy shall be maintained on the port (left hand) side of the IRB throughout the turn. If the IRB is driven such that the buoy is forced under the pontoon during any part of the turn the crew shall be disqualified.
- vii) An IRB shall not be permitted to pass around any buoy other than the allocated turning buoy and the allocated patient pick-up buoy.
- viii) Vacancies created by the disqualification of a crew shall only be filled by the next placegetter in the same race.
- ix) It is permissible for an IRB crew who miss the patient pickup to proceed around the respective turning buoy, complete a 360-degree (left hand in) turn and re-attempt the patient pickup at the patient pick-up buoy.

Section 9 – Inflatable Rescue Boat (IRB) Competition



LEGEND

- | | | | |
|--|---|--|---|
| | ORANGE & BLUE AREA FLAGS | | LANE MARKERS (RED OR ORANGE) |
| | PRE-START FLAG OR TIMING LIGHTS
GREEN-YELLOW-RED | | I.R.B. BEACH POSITION INDICATOR
(NUMBERED OR COLOURED) |
| | I.R.B. DANGER WARNING SIGN | | BUOY COLOURED BEACH FINISH & TURNING
INDICATOR |
| | "I.R.B. SIMULATED RESCUE EVENTS" | | BUOY COLOURED BEACH POSITION INDICATOR |

★ DEPENDING ON SURF CONDITIONS

DISTANCES APPROXIMATE

TYPICAL INFLATABLE RESCUE BOAT COMPETITION AREA

Patients, placing and pickup

Patients shall be taken to sea by either the duty boats or their own crews. If crews take out their patients they may be transferred to the duty boats.

After patients have been placed in the water at their nominated patient buoy, they may hold onto their buoy until the event starts. After the start they shall release all contact with the buoy and position themselves clear of and behind their buoy on the seaward side.

In the Mass Rescue, the second patient will wait on the inside of pick-up buoy and move to the seaward side of the buoy after the first patient has been picked up and the IRB has left the pick-up zone.

The patient pick-up process shall be as follows for the Rescue and Mass Rescue events:

- i) The patient pickup will be effected on the seaward side of the patient pick-up buoys which are positioned 10 m seaward of turning buoy:
- ii) The IRB proceeds to sea, turns the IRB turning buoy anti clockwise, 360 degrees (left hand in) and then proceeds to turn the patient pick-up buoy, again left hand in, for preparation of the patient pickup.
- iii) The patient will face towards the IRB in preparation for the patient pickup, hands can be held together or clasped to any part of either arm. The driver and crew member can both assist to lift the patient into the IRB. The pickup must be completed on the seaward side of the patient pick-up buoy and on the port side of the IRB.
- iv) After the patient pickup is completed (i.e., when no part of the patients body is in the water), the driver shall complete the turn of the teams respective patient pick-up buoy, and return to shore with the crew member and patient and finish the event, passing the turning buoy and keeping it on the left hand side of the IRB.

Start countdown (optional)

To assist with the smooth running of the competition an optional system of coloured flags or lights or sound devices may be employed by the referee and operated by the timekeeping judges.

- i) Green flag/Light – five minutes before the event starts;
- ii) Yellow flag/Light – two minutes before the event starts,
- iii) Red flag/Light (with or without a sound device) – one minute before the event starts.

When the red flag/light is displayed or sound device heard, the teams are “in the hands of the starter”. As soon as this happens, the patients are dropped into the water at their nominated buoys.

The foregoing times may be varied at the discretion of the referee.

Club bonus time (optional)

Bonus time is an optional concession provided by the referee for crews at the start of events and each club (irrespective of the number of crews) is allowed a maximum of five minutes, which may be claimed during the competition in a minimum of one-minute increments.

The bonus minutes can only be claimed while the green or yellow flag/lights are displayed. They cannot be claimed after the red flag/light has been displayed.

The bonus time shall be claimed by the crew through their lane judge(s) who, after checking that the red flag/light had not been displayed, shall notify the chief judge who in turn shall notify the timekeeper(s) and the other competitors.

Where one crew claims time (e.g., three minutes) and at the conclusion of that timeframe, another crew requires further time (e.g., two minutes), the second crew shall be debited the total time (e.g., five bonus minutes).

The maximum time an event can be delayed is five minutes.

The start

For each race the IRB and crews shall be marshalled to their allocated positions on the beach near the water’s edge. The starter shall direct the crews to their allocated lane positions with the bow pointing into the surf, in readiness for a race start (the motors shall be in neutral gear). All boats shall be positioned at the waters edge.

Note: At the “water’s edge” shall be up to the starter and the conditions; it may vary from the motor being on the sand to the IRB floating completely.

At the discretion of the referee, a maximum of two handlers per IRB may be permitted to assist securing the IRB in the starting position.

A check starter is to be utilised to direct crews to position and hold the IRB. The check starter will signal to the starter that the crews are in line and ready to race.

The starter shall make every effort to ensure that all crews are given a fair and even start. However, the decision to start is ultimately the responsibility of the driver and as such IRB crews may not protest the start.

Note: The “lane” is defined as an area centred on a line of sight from the beach position indicator and the relative turning buoy and bounded by lane markers (red or orange). These markers are positioned in line 15–23 m apart and, 4–8 m from the water’s edge (see diagram).

The crews shall be positioned for a start as directed in each event, both driver and crew shall *be standing outside of boat but shall* be in contact with the IRB (not the motor) immediately before the start.

Lane judges or check starters shall assist the starter in each event by using whistles and/or loud hailers or other means to ensure that the crews maintain their correct position, prior to the start on the start line.

Lane judges shall inspect the boat and motor immediately prior to the IRB entering the water and moving to their position for the start of the event.

Crews must ensure that the IRB is presented with sufficient time to allow for this inspection. Crews shall not be allowed to start the event until the IRB has been given the all clear by the lane judge(s). The start cannot be delayed to allow for these inspections.

Crews are able to claim time as provided for in *Club Bonus Time*.

On the starter’s signal, IRBs may be started and driven to sea.

Note: A break shall be adjudicated as defined in “Starting Events” in Section 5.

The method of starting the motor, boarding the IRB and getting under way is optional but shall always be done SAFELY and as set out below:

- i) The motor is not to be started “in gear” while the driver is outside the IRB.
- ii) The driver and crew member shall be in contact with the IRB at the time the driver starts the motor and/or boards the IRB. The crew member shall not board the IRB before the driver.
- iii) If the driver chooses to start the motor “in gear”, then the driver shall be in the IRB and in control of the motor. The crew member shall be outside the IRB and have contact with the IRB before the engine is placed ‘in gear’ by the driver and started.
- iv) IRBs may be assisted at the start by a handler(s), who is not considered to be a competitor, but shall:
 - Be a member of the same club as the IRB crew (exemption may be given by the referee for a member of another club to be a handler provided that the handler is entered at the competition);
 - Wear a club cap;

- Make every effort to ensure that they do not impede another competitor, IRB crew or compete unfairly; otherwise they and the crew they are handling for may be subject to disqualification;
- Assist to hold the IRB in the required starting position or as directed by the relevant official.

Return to shore

The manoeuvre of returning to shore occurs just prior to the completion of each event and during the course of some events. The manoeuvre is specified as “return to shore” and depending on surf conditions and beach formation this may or may not involve beaching the IRB.

On the return to shore the IRB shall be stopped (but not necessarily beached) in their respective lanes. Lane judges shall determine whether the IRB is completely out of its respective lane and should this be so the crew shall be disqualified.

The IRB motor shall be stopped and in neutral (not necessarily in that order) before the driver or patient alights from the IRB. The crew member may alight prematurely to steady the IRB. This must be completed in a safe manner. Removal of a detachable stop mechanism shall not be proof that the motor is stopped.

The finish

On completion of the ‘return to shore’, prior to the finish, the crew member shall remain in control of the IRB while the driver runs to the finish line. The patient may assist the crew member in the control of the IRB (the first patient in Mass Rescue and Teams is the exception). Immediately prior to the driver exiting the IRB, the driver must be seated on the pontoon with both feet on the floor of the IRB before swinging his or her legs outside the IRB to exit.

The finish is judged on the chest of the driver when he or she crosses the finish line on their feet (i.e., not falling across the line).

Before confirming placings, the referee shall ensure that all IRBs and crews have complied with the event conditions and no safety breaches have occurred.

The crew shall only move or adjust their IRBs finish location under the supervision of the lane judge. Without this permission the IRB is to remain in the finish location until the lane judge has completed the necessary checks.

Alternative starts and finishes

Wet finishes require the positioning of a marker flags/poles in the water and at each end of the area:

- i) **Deep 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, with crew on board.
- ii) **Shallow water finish.** If the finish is in shallow water and there is possibility of “grounding” the driver may run to the designated finish line.
- iii) **Curved beach start.** The starter shall position crews so as to ensure a fair start. This positioning will take into account the curved nature of the beach and conditions.
- iv) **Curved beach finish.** Drivers, instead of crossing the finishing line, shall be required to run up the beach and raise the team’s beach positional flag (positioned on the line) above their heads whilst remaining on their feet. The said signal shall be the determining factor in judging the finish of the event.
- v) **Electronic finish devices.** Drivers shall be required to run up the beach and activate or cause to activate an electronic device at the finish line to register the finish, and be on their feet when the device is activated. The said signal shall be the determining factor in judging the finish of the event upon confirmation by the chief judge.

9.5 EVENT 1: RESCUE

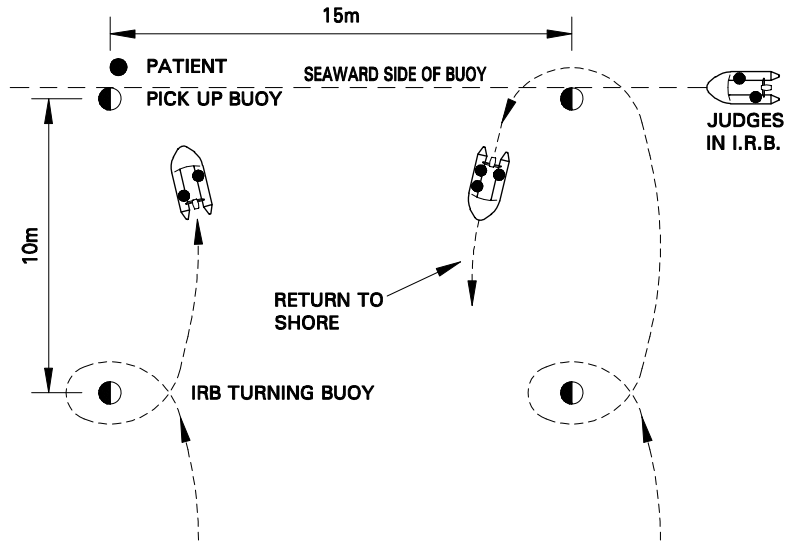
Each team shall comprise one driver, one crew member, and one patient.

The patient is positioned on the seaward side of the team patient pick-up buoy prior to the commencement of the event.

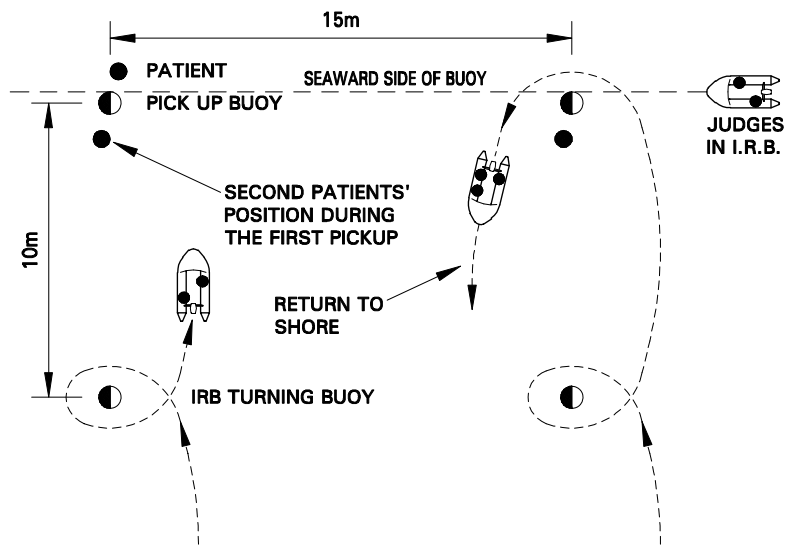
The driver and crew member position their IRB at the water’s edge in their allocated lane position with the bow pointing into the surf, in readiness for a race start.

On the starter’s signal, the IRB will proceed out to sea to pick up the patient as described in the 9.4 *Procedure* and then return to shore and finish the event.

The finish of the event is as described in 9.4 *Procedure*.



PATIENT PICKUP FOR THE RESCUE EVENT & SECOND PATIENT PICKUP FOR THE MASS RESCUE EVENT



FIRST PATIENT PICKUP FOR THE MASS RESCUE EVENT

I.R.B. PATIENT PICK UPS RESCUE & MASS RESCUE EVENTS

9.6 EVENT 2: MASS RESCUE

Each team shall comprise one driver, one crew member, and two patients.

Both patients are to be placed in the water at their nominated patient pick-up buoy prior to the commencement of the event. The procedure section (9.4) outlines the precautions and positioning of patients for this event.

The driver and crew member position their IRB at the water's edge in their allocated lane position with the bow pointing into the surf, in readiness for a race start.

On the starter's signal, the IRB will proceed out to sea to pick up the first patient as described in 9.4 *Procedure* and then return to shore.

At the shore, the crew member controls the IRB and may turn it around. The patient must exit the IRB and retire to the beach and is not permitted to assist the crew member. The driver runs up the beach to the finish line, rounds the respective beach position indicator at the finish line, and returns to the IRB. The driver may assist the crew member to turn the IRB around.

The IRB is restarted and launched and the crew proceeds through the surf, to pick up the second patient as described in 9.4 *Procedure*. The crew and patient then return to shore and finish the event.

The finish of the event is as described in 9.4 *Procedure*.

9.7 EVENT 3: RESCUE TUBE

Each team shall comprise one driver, one crew member, and one patient.

Each patient is positioned at their team's respective patient buoy set approximately 25 m on the seaward side of their IRB turning buoys.

The driver and crew member position their IRB at the water's edge in the allocated lane position with the bow pointing into the surf, in readiness for a race start.

On the starter's signal, the IRB will proceed out to sea and make an anti-clockwise turn around their respective turning buoy (see diagram).

The crew member, while maintaining a secure position within the IRB, shall don the rescue tube harness in a safe manner but will not don the harness till the break has been negotiated but prior to reaching the IRB turning buoys.

Note: The rescue tube for this event may be stowed either in the normal position in the Velcro harness or under the spray dodger with the harness looped over the crew member's bow rope.

The crew member, with the harness donned, and the rescue tube held in a secure grip (but not clipped in any manner), shall leave the IRB in a safe manner ensuring that no part of the rescue tube, lanyard or harness snags the IRB or driver. The crew member shall enter the water from the port side pontoon on the inside of the turn on the beach or seaward side of their buoy, after the IRB has rounded the buoy.

The crew member shall then swim (with the team's turning buoy on the left hand side) to their respective patient positioned at the rescue tube patient buoy. As the crew member swims towards the patient, the patient shall maintain a position clear of and on the seaward side of the rescue tube patient buoy.

The crew member shall swim past the rescue tube patient buoy (with the team's respective buoy on the left-hand side) and shall then secure the rescue tube (by clipping) under the arms and around the patient. The patient may not assist in clipping of the rescue tube but may position themselves and the tube for the crew member. Once the patient has been clipped into the rescue tube the crew member shall tow the patient anti-clockwise around the patient buoy and swim back to the IRB. It is permitted to pass either side of the turning buoy on the return to the IRB.

Note 1: It is permissible for the patient to assist by kicking and sculling with the arms (under the surface) while being towed.

Note 2: A team shall be disqualified if a backstroke arm action above the water by the patient is observed.

Note 3: A team shall be disqualified if the patient is towed floating on the stomach.

Note 4: The use of swim fins or hand fins is not permitted.

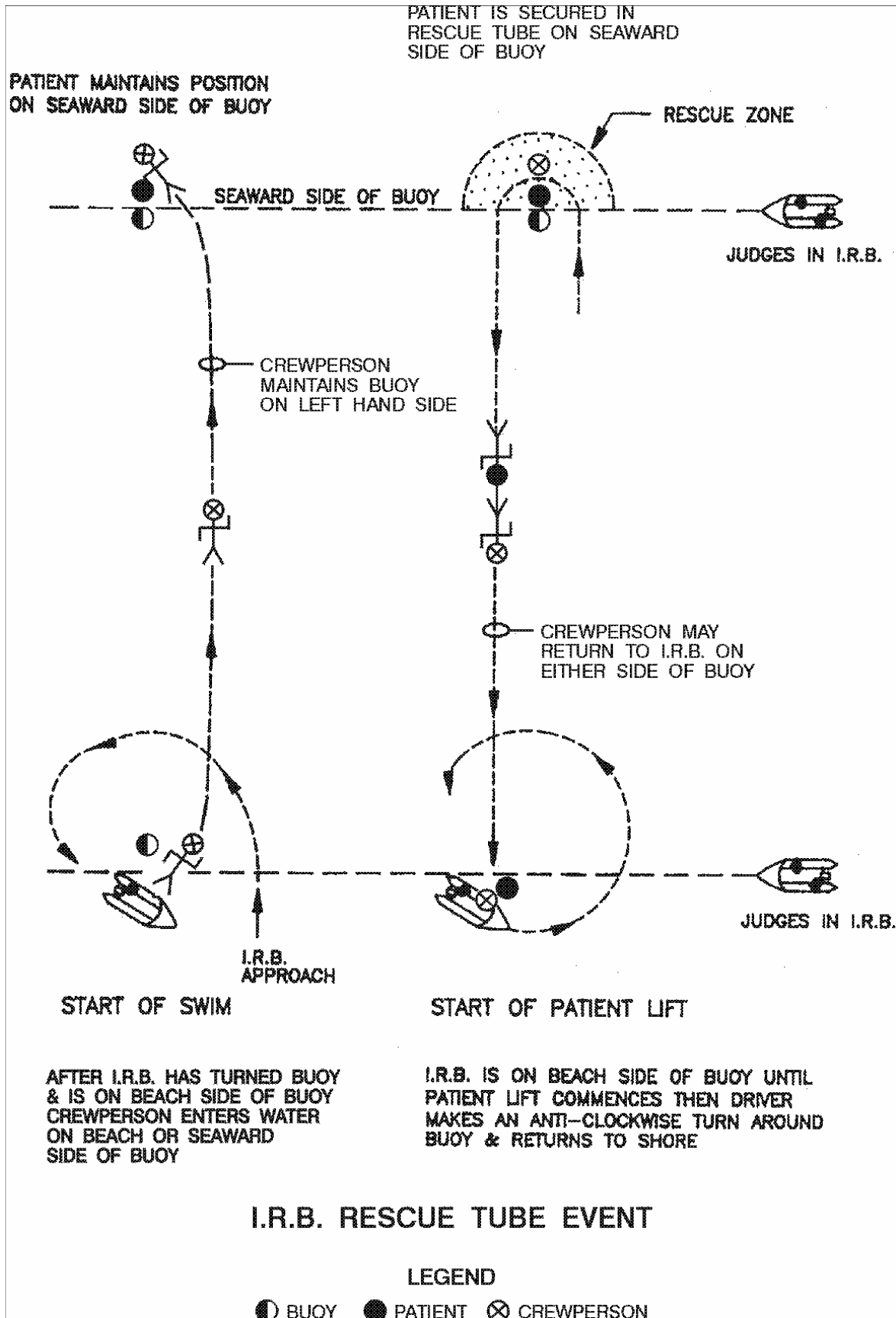
Note 5: The patient pick-up buoys do not form any part of this event. Competitors involved in the rescue may pass through the patient pick-up buoys. Should impediment occur as a result, the onus is on the competitor(s).

The IRB shall remain on the beach side of the turning buoy at all times from the period when the crew member begins to swim until the patient is secured by the driver.

Note: The driver must be in contact with the patient and not the tube or harness.

Both the crew member and the patient shall board the IRB on the port side. The driver may assist the crew member and/or the patient into the IRB. After the crew member and patient board the IRB (i.e., when no part of the patient's or crew member's body is in the water) the driver shall drive the IRB anti-clockwise around the team's respective turning buoy, return to shore with the crew member and patient and finish the event.

The rescue tube shall remain around the patient and the crew member shall remove the harness and pass it to the patient. The patient shall keep a secure grip on the lanyard and harness to ensure they do not snag anything within the IRB. At no time shall any part of the lanyard or harness extend past the transom or be able to pass through either of the self-bailers.



9.8 DISQUALIFICATIONS

The infringements listed below should be read in conjunction with the ILS IRB disqualification checklist (Appendix C). Crews shall be disqualified if:

- i) The crew did not complete the course as defined for the particular event.
- ii) Any crew member or patient loses contact with the IRB during the course of an event – i.e., thrown in the air or into the water – except where specifically covered elsewhere in this manual.
- iii) Any crew member breaches the rules for the particular event.
- iv) Any of the general conditions relative to the IRB, motor or crew are breached.
- v) The driver pushes or pulls the IRB while the motor is in gear and running (e.g., dragging IRB over a sandbar).
- vi) Crew members or patient(s) found interfering with, or using, any components of the course to gain an unfair advantage, e.g., moving any beach indicator or swimming the buoys towards the beach.
- vii) The combined weight of the fuel tank/cell, hose fittings and fuel is not less than 12 kg at the conclusion of the event.
- viii) Competition officials, such as the lane judges, in-boat judges or course judges witness the crew attempting to start the event or negotiate the surf in subsequent legs with the IRB not correctly assembled.
- ix) Any crew attempting to start in an event without an inspection by the lane judge(s).
- x) Any driver or patient alighting from the IRB before the motor is in neutral and stopped, not necessary in that order, (the crew member may alight prematurely to steady the IRB. This must be completed in a safe manner).
- xi) In the Rescue Tube event on the return to shore the patient does not have the rescue tube clipped around the body and a secure grip of lanyard and harness.
- xii) The fuel tank/cell is not correctly fitted to the IRB.
- xiii) Breach of driving and crew safety infringement as outlined in 9.8.
- xiv) An IRB delaying a turn, so as to impede or force another IRB out of its true course.

- xv) An IRB when approaching, turning or leaving either the turning or patient pick-up buoys runs wide so as to impede another IRB.

SECTION 10 – ILS COMPETITION MANUAL
MASTERS COMPETITION



Section 10

MASTERS COMPETITION

Masters competitions are designed to provide mature members of national lifesaving organisations with the opportunity to maintain lifesaving skills and fitness by participating in competitions enhanced by social interaction and camaraderie.

In the Masters World Lifesaving Championship, only one competitor or team is required to run an event. At the referee's discretion, different age and gender events may be run at the same time.

10.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

To be eligible to compete in the Masters World Lifesaving Championship or ILS-sanctioned competitions, Masters competitors shall:

- Be bona fide lifesavers and members in good standing of an ILS Full Member organisation.
- Hold the lifesaving award required by their national lifesaving organisation.
- Be a minimum of 30 years of age as of the first day of the sanctioned competition or world championship, regardless of which championship is scheduled first (i.e., National Teams, Interclub, Masters, Open).

Masters competitors must compete in the age group for which they are eligible as of the first day of the world championship programme, regardless of which championship is scheduled first.

For example, a 34-year-old competitor who turns 35 after the first day of the world championship programme, competes in the 30-34-year-old age group. Similarly, a 29-year-old who turns 30 years of age after the first day of the world championship programme, remains ineligible to compete in the Masters championship.

National lifesaving organisations shall provide an endorsement for entry into the Masters world championship, declaring:

- That the members of the club team are made up solely from one club or unit and not from multiple clubs or units.
- That all individuals are bona fide members in good standing of that national lifesaving organisation and hold the required lifesaving award.

Individual or club entries: Masters competitors may enter world championships as individuals or as members of a club team. Competitors entered as a club team must be members of the same club or "lifesaving unit".

Definition of a club for national lifesaving organisations that do not have a club system is:

“The basic administrative or lifesaving unit of the lifesaving organisation; such unit having a constitution and having representation to a higher body.”

Team events: Team events may only be entered by a club. Team members must represent the same club.

In each team event, Masters competitors shall compete in only one age group.

Individual events: In individual events, Masters competitors must compete (only) in their own age group.

10.2 MASTERS POOL EVENTS

The following pool events (see chart next page) shall be conducted in both male and female categories. See Section 4 for event descriptions.

Pool individual events are conducted in five-year age groups.

In the Masters Line Throw event, the two-person team shall compete in the age group of the younger competitor.

Pool four-person team events are conducted as total-age events with competitors whose ages total 120 years or more, 140 years or more, 170 years or more and 200 years or more. The total of the four competitors' ages determines the team's age group. For example, a team comprised of a 30-year-old, a 40-year-old, a 50-year-old, and a 60-year-old (= 180 years) would compete in the 170 years or more age group.

In the Masters World Lifesaving Championship, finals shall not be conducted for pool events. All pool events shall be conducted as time-finals. That is, each competitor swims the event only once. The competitor's final placing shall be determined on the basis of his or her time.

Competitors shall be seeded in the following manner into heats according to their submitted times with the time-finals swum slowest to fastest:

- i) **If one heat:** it shall be seeded as a final.
- ii) **If two or more heats:** the fastest competitors shall be seeded in the last heat (as set out in “Assignment of Lanes” Section 4.4), 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.

Masters Pool Events	Masters Age Groups							
	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65+
200 m Obstacle Swim	X	X	X	X	X			
100 m Obstacle Swim						X	X	X
100 m Manikin Carry with Fins	X	X	X	X	X	X	60+	
100 m Manikin Tow with Fins	X	X	X	X	X	X	60+	
50m Manikin Carry	X	X	X	X	X	X	60+	
Line Throw	X	X	X	X	X	X	60+	

Total-Age Team Events	Ages total 120+	Ages total 140+	Ages total 170+	Ages total 200+
4 x 50 m Medley Relay	X	X	X	X
4 x 50 m Obstacle Relay	X	X	X	X

10.3 MASTERS OCEAN EVENTS

The following ocean events shall be conducted in both male and female categories for the Masters championship. See Section 5 for event descriptions.

Ocean individual events and the Board Rescue event are conducted in five-year age groups. In the Board Rescue event, the team shall consist of two competitors. They shall compete in the age group of the younger competitor.

Ocean three-person team events are conducted as total-age events with competitors whose ages total 90 years or more, 110 years or more, 130 years or more, and 150 years or more. The total of the three competitors' ages determines the team's age-group. For example, a team composed of a 30-year-old, a 40-year-old, and a 50-year-old (= 120 years) would compete in the 110 years or more age group.

Masters Ocean Events	Masters Age Groups							
	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65+
Surf Race	X	X	X	X	X	X	X	X
Beach Flags	X	X	X	X	X	X	X	X
Beach Sprint	X	X	X	X	X	X	X	X
2 km Beach Run	X	X	X	X	X	X		
1 km Beach Run							X	X
Surf Ski Race	X	X	X	X	X	X	X	X
Board Race	X	X	X	X	X	X	X	X
Oceanman / Oceanwoman	X	X	X	X	X	X	60+	
Board Rescue (team event)	X	X	X	X	X	X	60+	

Total-Age Team Events	Ages total 90+	Ages total 110+	Ages total 130+	Ages total 150+
Surf Teams Race	X	X	X	X
Surf Ski Relay	X	X	X	X
Beach Relay	X	X	X	X
Board Relay	X	X	X	X
Oceanman / Oceanwoman (formerly Taplin) Relay	X	X	X	X

Masters Ocean Events	Masters Ocean Event Distances
Surf Race & Surf Teams Race	Minimum 120 m to furthest buoy
Beach Flags	Minimum 15 m
Beach Sprint & Beach Relay	Minimum 70 m
Surf Ski Race & Surf Ski Relay	Minimum 250 m to first turn buoy
Board Race & Board Relay	Minimum 250 m to first turn buoy
Board Rescue	Minimum 120 m to buoys
Oceanman / Oceanwoman (formerly Ironman / Ironwoman)	Swim minimum 120 m, board and ski buoys set approximately 50 m respectively behind each other. (See also <i>Note</i> below)
Oceanman / Oceanwoman (formerly Taplin) Relay	Same as Oceanman / Oceanwoman event
Surf Boat Race	Minimum 400m to buoys

Note: If, because of prevailing surf conditions, the Oceanman / Oceanwoman swim course will significantly exceed 120 m, 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 buoy of the ski leg. An apex buoy placed approximately 10 m beyond the swim buoys will complete the ski buoys.

10.4 MASTERS SURF BOAT RACE

The Surf Boat Race shall be conducted in both male and female categories. See Section 8 for event description.

The Masters Surf Boat Race is conducted in seven 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. 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.

SECTION 11 – ILS COMPETITION MANUAL
FACILITY AND EQUIPMENT STANDARDS



Section 11

FACILITY AND EQUIPMENT STANDARDS

11.1 POOL FACILITY STANDARDS

All World Lifesaving 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.

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 0.03 m and minus 0.00 m in each lane is allowed.

Lanes

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

Starting platform

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

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.

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.

Depth

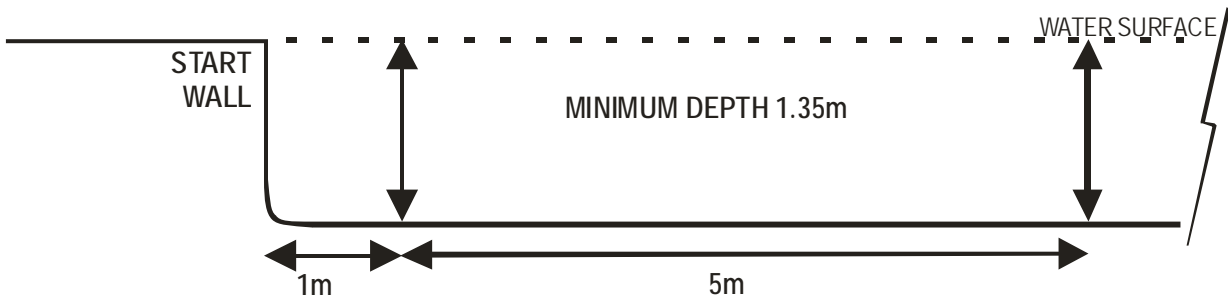
For each event conducted, the pool shall comply with ILS event-specific depth standards.

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

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

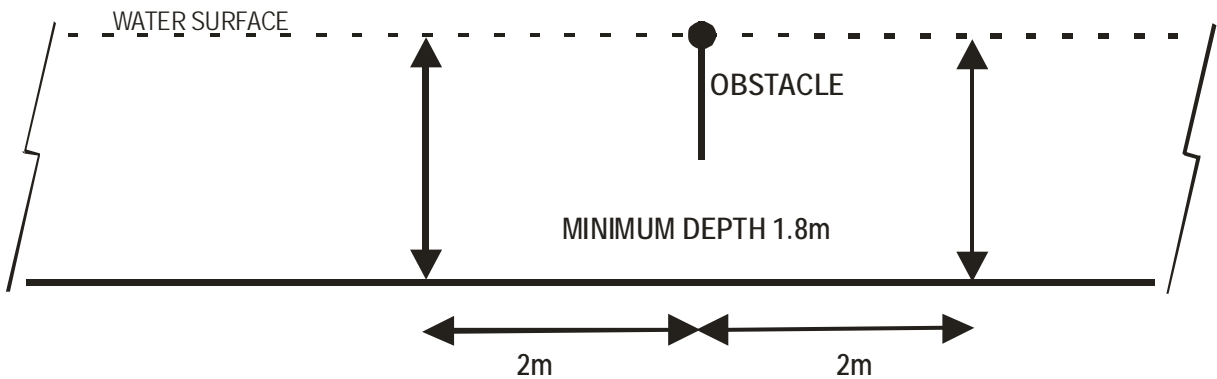
Dive Start

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



Obstacle Swim, Obstacle Relay

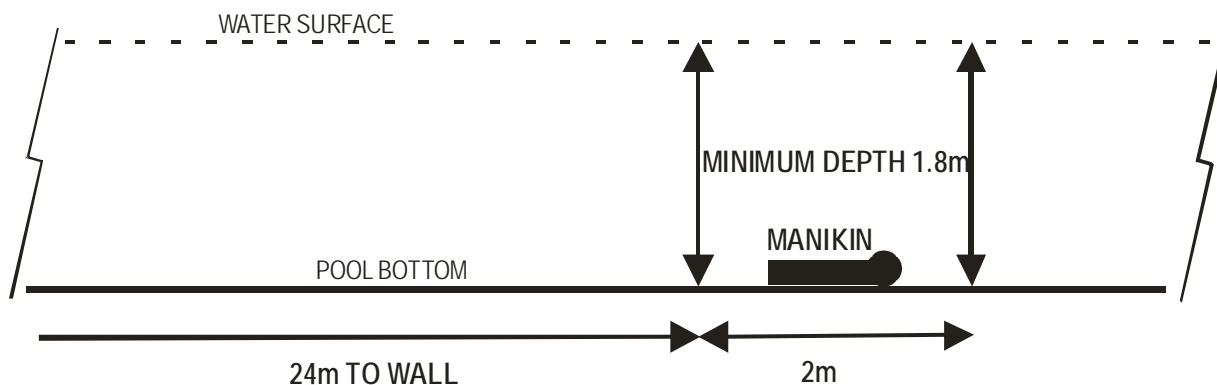
Minimum depth of 1.8 m extending from 2.0 m on both sides of any obstacle.



Manikin Carry (50 m)

Super Lifesaver (200 m)

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



Manikin Carry with Fins (100 m),

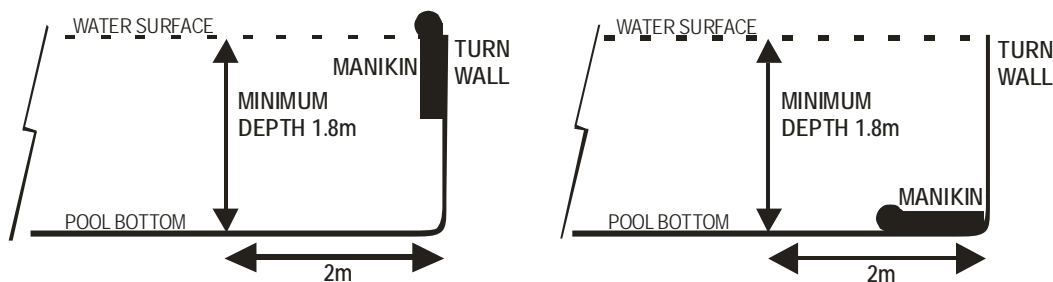
Manikin Tow with Fins (100 m),

Super Lifesaver (200 m)

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

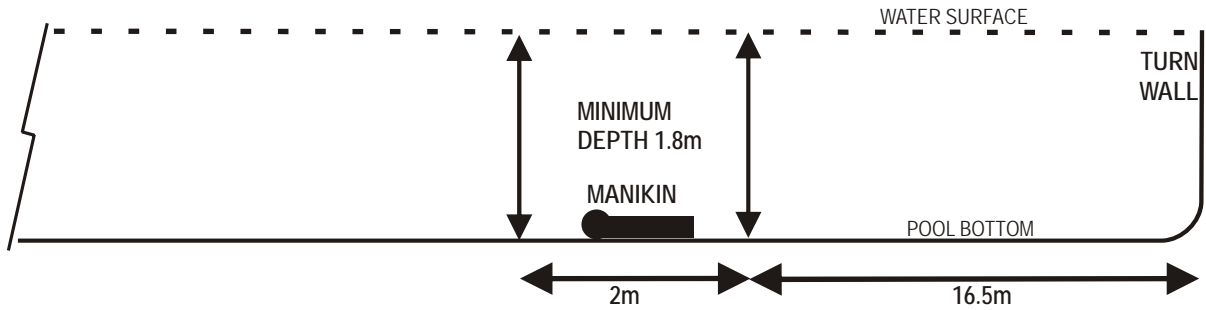
In the Manikin Carry with Fins event, the manikin shall be positioned on its back in contact with the pool bottom and its base touching the pool wall, with its head in the direction of the finish.

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.



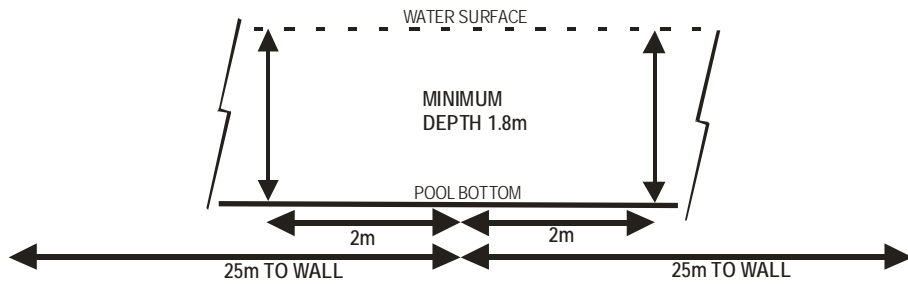
Rescue Medley (100 m)

Minimum depth of 1.8 m extending at least 2.0 m beyond the 16.5 m mark from the turn wall.



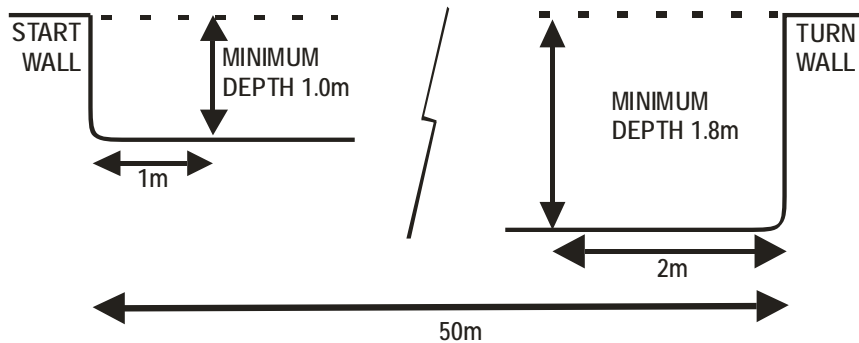
Manikin Relay (4 x 25 m)

Minimum depth of 1.8 m extending at least 2.0 m on both sides of the 25 m exchange mark at centre pool.



Minimum depth of 1.0 m at the starting end wall.

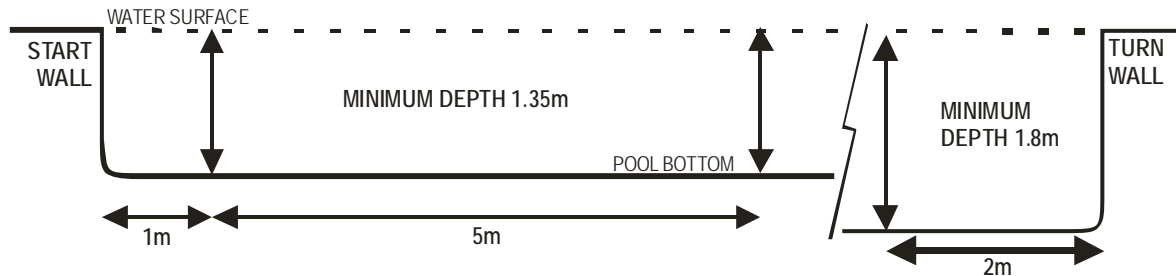
Minimum depth of 1.8 m extending at least 2.0 m from the turn wall.



Medley Relay (4 x 50 m)

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

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



Line Throw

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

The rigid **crossbar** is positioned on the surface across each lane 12 m from the starting end of the pool. A tolerance of plus 0.10 m and minus 0.00 m in each lane is allowed.

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.

11.2 ILS EQUIPMENT STANDARDS

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

In addition, all equipment used in world lifesaving championships must comply with the criteria outlined in the commercial identification policy (see Section 3).

Scrutineering of equipment

Championship bulletins/circulars 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 (see Section 3).

11.3 BATONS (BEACH FLAGS)

Beach flag batons and beach relay batons shall be made of flexible material (e.g., flexible hose) a maximum of 30 cm and a minimum of 28 cm long with an external diameter of approximately 25 mm (± 1 mm). Batons should be coloured so as to be easily visible.

11.4 BOARDS

Boards must conform to ILS specifications including the following:

Weight: minimum 7.5 kg

Length: maximum 3.2 m

Detailed specifications are available in “Equipment Specifications” at www.slsa.asn.au.

11.5 BOATS

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.

Stillwater boats

Stillwater boats shall meet ILS specifications and shall be supplied by the host organising committee. Boats shall be equipped with two oars (made of wood, plastic, or other material approved by the ILS Sport Commission) which permit the competitor to row and to wriggle. Coloured painted marks in a visible manner from the poop mirror of the boat.

The boat shall have the following characteristics:

Length: 2.80 m minimum; 3.20 m maximum

Width: 1.15 m minimum; 1.50 m maximum

Height: 0.45 m minimum; 0.75 m maximum

Poop mirror: minimum 80 cm

Weight: 60 kg minimum; 75 kg maximum

Oar length: 2.00 m minimum; 2.20 m maximum

The blade of the oar shall have the following characteristics:

Length: 60 cm minimum; 70 cm maximum

Width: 11 cm minimum; 15 cm maximum

Surf boats

Surf boats must conform to ILS specifications including the following:

Weight: minimum 180 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)

Detailed specifications are available in “Equipment Specifications” at www.slsa.asn.au.

11.6 BUOYS

Stillwater boat race: The buoy must be brightly coloured and clearly visible on the surface. The buoy shall have a minimum diameter of 0.50 m and a maximum of 1 m.

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.

11.7 MANIKINS

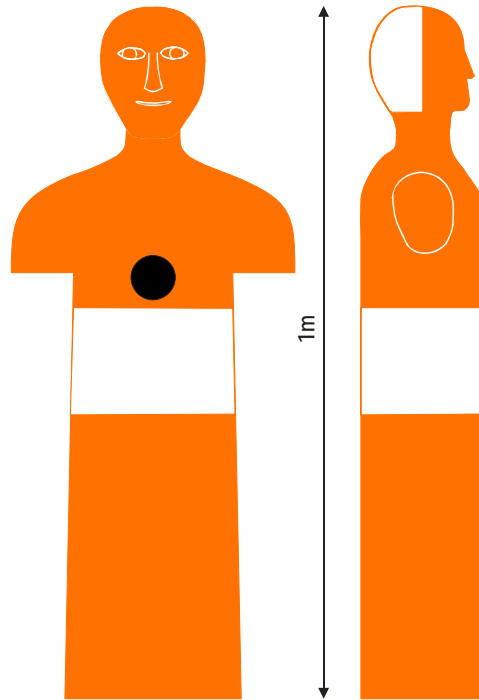
Construction: Manikins are to be constructed of PITET type plastic and must be hermetic (i.e., capable of being filled with water and sealed for competition).

Height: The manikin shall be 1 m in height.

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

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

Full ILS specifications are available.



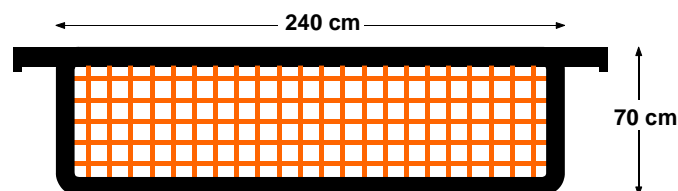
11.8 OBSTACLES

Dimensions: Obstacles used in pool events shall be 70 cm (± 1 cm) high and 240 cm (± 3 cm) wide with no dangerous parts.

Inner frame: The inner frame shall consist of a net or other element which does not permit passage by a swimmer, and of a colour which contrasts with the water.

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



11.9 RESCUE TUBES

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.

Buoyancy: The rescue tube shall have a minimum buoyancy factor of 100 newtons in fresh water.

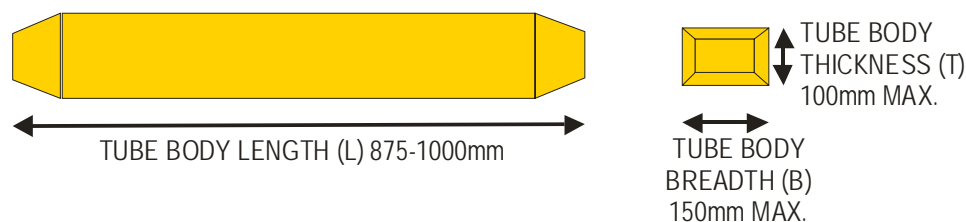
Colour: The body of the rescue tube shall be a colour-fast red, yellow, or orange (impregnated, painted, or covered).

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

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

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

Rescue Tube Dimensions:

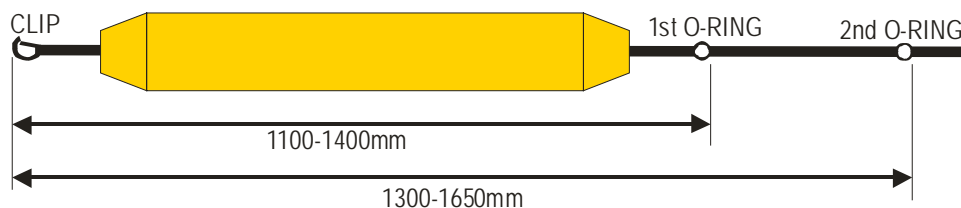


The body of the tube (flotation component):

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 1100 mm to a maximum of 1400 mm.

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

Leash: The length of the leash from the first O-ring to the lanyard webbing shall be a minimum of 1900 mm to a maximum of 2100 mm, and

must include a minimum of 2 O-rings. The leash shall be a synthetic type rope which is UV treated.

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.

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

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

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.

11.10 SURF SKIS

Surf skis must conform to ILS specifications including the following:

Weight: minimum 18 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.

Detailed specifications are available in “Equipment Specifications” at www.slsa.asn.au.

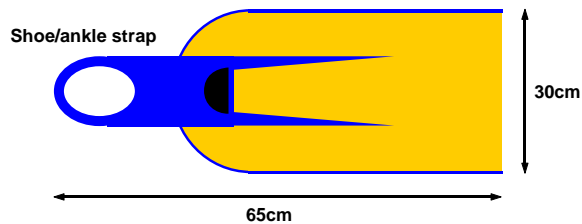
11.11 SWIM FINS

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

Length: maximum overall length 65 cm, including ‘shoe’ or ankle strap (ankle strap extended).

Width: 30 cm maximum at the widest point of the blade

SWIM FINS



11.12 THROW LINES

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

Diameter: 8 mm (\pm 1 mm)

Length: minimum 16.5 m; maximum 17.5 m

11.13 WET SUITS

The only wetsuits approved must be a maximum thickness of 3 mm at any location on the wetsuit with a tolerance of 0.3 mm; and contain no flotation or buoyancy assistance.

ILS COMPETITION MANUAL
APPENDICES



Appendix A – ILS Competition Manual
DISQUALIFICATION CODES FOR POOL EVENTS

GENERAL

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

INDIVIDUAL EVENTS

10. Passing *over* an obstacle without immediately returning *over or under* that obstacle and then passing *under* it.
11. Failure to surface after the dive entry or after a turn.
12. Failure to surface after each obstacle.
13. Failure to touch the wall during the turn.
14. Failure to touch the finish edge.
15. Not surfacing before diving to the manikin.
16. Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
17. Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.
18. Using an incorrect carrying technique (as described in 4.3 *Manikins*).
 - pushing, instead of carrying, the manikin
 - carrying the manikin by throat, or on the mouth or nose
19. Not maintaining the manikin's mouth and nose above the surface (4.3 *Manikins*).
20. Releasing the manikin before the finish edge has been touched.
21. Surfacing after turning and before lifting the manikin.
22. Breathing after the feet leave the turning edge and before surfacing with the manikin.
23. Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line.
24. Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin.
25. During the approach to the manikin, not towing the rescue tube with the line fully extended or with the loop of the rescue tube on or across one shoulder.
26. Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
27. At 50 m / 150 m, not touching the pool edge before touching manikin, or rescue tube to secure manikin.
28. Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge.

29. Manikin handler pushing the manikin towards the competitor or the finish edge.
30. 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.
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).
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).
33. Pushing or carrying, instead of towing, the manikin.
34. Not towing the manikin with the line of the rescue tube fully extended beyond the 5 m pick-up zone.
35. The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
36. Touching the finish edge without the rescue tube and manikin in place.
37. Releasing the manikin before touching the turn edge or finish edge.

TEAM EVENTS

38. One competitor repeating two or more legs of the event.
39. Leaving the start before the previous competitor has touched the edge.
40. The manikin changing hands:
 - Before or beyond the designated changeover zone
 - Before the second competitor touches the pool edge
 - Without the third competitor in touch with the pool edge
41. Releasing the manikin before the next competitor has contacted the manikin.
42. The second and third competitors starting before first and second competitors respectively touch the turning edge.
43. The fourth competitor touching the harness before the third competitor touches the turning edge.
44. The fourth competitor leaving the turning edge before the third competitor touches the wall.
45. The victim holding the rescue tube by the rope or clip.
46. The victim helping with arm movements, or not holding the rescue tube with both hands.
47. The victim losing the rescue tube after crossing the 5 m line.

48. The fourth competitor not towing the victim with the line of the rescue tube fully extended or with the loop on or across one shoulder.
49. The victim's hand moving from the designated mark on the crossbar before touching the throw line.
50. Line thrower exiting the throw zone (as judged by both feet) at any time after the start and before the 45-second completion signal.
51. Victim submerging to retrieve the throw line.
52. Victim grasping the throw line when it falls outside the lane.
53. Victim not on his or her front while being pulled to the finish edge.
54. Victim not holding the throw line with both hands while being pulled to the finish edge (victim may release the line with one hand for the sole purpose of touching the wall).
55. Victim "climbing" the throw line hand-over-hand.
56. Victim leaving the water before the 45-second completion signal.
57. Failure to get the victim to the finish edge before the 45-second completion signal.

Appendix B – ILS Competition Manual
**DISQUALIFICATION CODES
FOR STILLWATER BOAT RACE**

GENERAL

1. Not completing the event in accordance with the event description or general rules.
2. A competitor or team may be disqualified if a competitor, team or handler is deemed to have competed unfairly. Examples of “competing unfairly” include:
 - committing a doping or doping-related infraction
 - impersonating another competitor
 - attempting to defeat the ballot or draw for events or positions
 - competing twice in the same individual event
 - competing twice in the same event in different teams
 - purposely interfering with a course to gain advantage
 - jostling or obstructing another competitor handler so as to impede his progress
 - receiving physical or material outside assistance (other than verbal or other direction)
3. Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.
4. A competitor or team absent from the start of an event shall be disqualified except for the A- or B-final.
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.
6. Abuse of officials may result in disqualification from the competition.

STILLWATER BOAT RACE

7. Not turning around the buoy.
8. Touching the manikin with the boat or an oar *before* the competitor touches it in person (no matter how strong the impact and how many times contact is made).
9. Not bringing back the second oar to the finish line. (Note: the competitor will not be disqualified when the oar is pulled behind in the water).

10. Interfering with or assisting another competitor (or his or her boat) in the other competitor's lane.
11. Interfering with another competitor with an oar or the boat, even while remaining in his or her own lane.
12. Grasping or using an outside aid with the hand(s) or the oar(s) to maintain balance or to propel the boat (unless accidentally touched).
13. Not finishing in the competitor's own lane.
14. Not crossing the 3 m line prior to arrival at the manikin using both oars (judged on the bow of the boat).
15. Not using only one oar after crossing the 3 m line after lifting the manikin (judged on the bow of the boat).

Appendix C – ILS Competition Manual

**DISQUALIFICATION CODES
FOR INFLATABLE RESCUE BOAT COMPETITION**

A. START

- A1 Driver starts/boards IRB when crew not in contact with IRB.
- A2 Start motor in gear with driver OUT of IRB.
- A3 Crew enters IRB before driver starts/boards IRB.
- A4 Motor in gear prior to start of an event.
- A5 Driver pushes or pulls the IRB while motor is in gear and motor running.
- A6 Crew starting before being given “inspection” all clear by lane judge.
- A7 Bow of IRB not pointing into the surf at start of event.
- A8 Handler assists crew launch IRB.

B. GENERAL COURSE

- B1 General driving and/or crewing techniques that leads to a crew member being dislodged from their normal position within the IRB.
- B2 Punching a wave in a dangerous manner or causing the driver or crew to be dislodged.
- B3 Crew did NOT complete course as defined for that event.
- B4 Wide turn at buoy which impedes progress of another crew.
- B5 IRB turning around “incorrect buoy” as determined by the ballot.
- B6 Leading IRB has right of way: trailing IRBs must take evasive action.
- B7 IRB is driven such that the buoy is forced under the pontoon during any part of the turn.
- B8 IRB delaying a turn, so as to impede or force another IRB out of its true course.
- B9 Crew member interfering with or using any components of the course to gain an unfair advantage.
- B10 Crew attempting to start an event or negotiate the surf in subsequent legs with an IRB not correctly assembled.
- B11 IRB returning to shore not keeping IRB turning buoy to the left-hand side of the IRB.
- B12 Crew member or patient loses contact with the IRB during the course of an event.
- B13 Loss of control by the driver and/or crew even if still in contact with the IRB.

- B14 IRB did not complete the course as defined for that event.
- B15 IRB did not complete a 360° turn around the allocated IRB turning buoy.
- B16 Returning to shore coming down a wave in a dangerous manner.
- B17 Returning to shore coming down a wave causing the driver, crew and/or patient to be dislodged.

C. CHANGEOVER – MASS/TEAM

- C1 Driver leaves IRB with motor in gear.
- C2 Driver leaves IRB with motor running.
- C3 Driver leaves IRB then crew resets kill switch.
- C4 Driver leaves IRB then patient(s) assists crew to turn IRB.
- C5 Patient leaves IRB before the IRB motor is stopped and in neutral.
- C6 Driving at the finish of the event as when the “crew hits beach” with such force that causes the driver, crew and/or patient to become dislodged from the IRB.
- C7 Crew member leaves the boat in a dangerous manner.
- C8 Crew did not complete changeover as defined for the event.

D. FINISH (General)

- D1 Driver leaves IRB with motor in gear.
- D2 Driver leaves IRB with motor running.
- D3 Driver exits IRB incorrectly.
- D4 Driver beaches IRB completely out of their respective area.
- D5 Combined weight of the fuel tank less than 12 kg.
- D6 Patient(s) leaves IRB before the IRB motor is stopped and in neutral.
- D7 Driver fails to cross the finish line on his or her feet.
- D8 Patient did NOT have rescue tube clipped around waist or harness secured at the finish of the rescue tube event.
- D9 Driving at the finish of the event as when the “crew hits beach” with such force that causes the driver, crew and/or patient to become dislodged from the IRB.
- D10 Crew attempts to move or adjust their IRB without the permission of their lane judge.

E. JUDGE IN BOAT

- E1 Patient(s) in contact with buoy after start of event.
- E2 Patient pickup NOT effected on seaward side of patient buoy.
- E3 Patient NOT picked up on the port side of the IRB.
- E4 Driver, crew or patient loses contact with IRB.
- E5 Patient/crew member not picked up in a safe manner.
- E6 IRB passes around incorrect buoy.
- E7 IRB is driven such that the buoy is forced under the pontoon during any part of the turn.
- E8 IRB passes around buoy in a right-hand direction.
- E9 After missing patient pickup, IRB did not complete a 180° turn around IRB turning buoy before re-attempting patient pickup at patient buoy.
- E10 Driver and/or crew fails to assist with the patient lift into the IRB.
- E11 Second patient for Mass/Team Rescue not on the inside of the patient pick-up buoy until after the first patient has been picked up and the IRB has left the pick-up zone.
- E12 Patient still in water with IRB on beach side of patient pick-up buoy, i.e., pickup not completed on seaward side of patient pick-up buoy.
- E13 Driver and crew fail to complete correct patient pickup.

F. JUDGE IN BOAT (RESCUE TUBE EVENT) NB: INCLUDING GENERAL ABOVE

- F1 IRB did not round buoy before crew entered water.
- F2 Crew did not enter water from port-side pontoon.
- F3 Crew not entering water in a safe manner.
- F4 Crew has rescue tube clipped up before reaching patient.
- F5 Crew/patient did NOT swim anti-clockwise around their respective buoy.
- F6 Patient floating on stomach or using arm action above the water.
- F7 IRB did NOT remain on beach side of the front set of buoys until patient lift commenced.
- F8 Crew/patient did NOT enter IRB on port side.
- F9 IRB did NOT complete anti-clockwise turn after pickup.
- F10 Crew did not leave the IRB in the correct manner.

G. FOR USE BY COURSE JUDGES

- G1 Driving & crew safety PROCEDURES.
- G2 Driving & crew SAFETY infringement.

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



Kind of Record: Record

1. Name of ILS-sanctioned Competition
2. Event
3. Gender male female
4. Age Group open junior masters - age group
5. Name of Competitor
Name of the Team
6. Names of the Relay Team Members (*names in order of competing*)
 1.
 2.
 3.
 4.
7. Country
8. Member Organisation
9. Record Claimed *Please attach the official result.*
10. Date and Time of Race at
11. City Venue
12. Chief Referee Approval

Name

Signature

Date
13. Doping Control
Please attach 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@las.brandenburg.de or fax +49 331 86 43 35 or to the sport commission of the ILS region in accordance with the record rules.