

International Competition Rulebook for European Lifesaving Championships



Version 7.02 (01/2010)

ILSE EUROPEAN CHAMPIONSHIP COMPETITION RULEBOOK

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Summary of the main changes to the ILSE Competition Rulebook v7.02 (01/10)

In this edition, the ILSE Technical & Rules Committee made these significant changes:

Section 1

1.6 Swimming Costumes: A decision is awaited from ILS on the precise rules regarding swimsuits that may be worn. The proposal that will be put forward by the ILS Sport Commission to the ILS Board allows for knee length (for men)/shoulder to knee length (for women) textile fabric garments to be worn. Some helpful pictures have been supplied to demonstrate what is acceptable and what is not.

Section 6

It is confirmed that the SERC is included in the pointscore for European Championships. The National Teams and Interclub event lists have been cut down to 8 Still and 8 Open water events, plus the SERC in accordance with the previous decision taken in 2009. Thus the 200m Obstacle swim, 4x50m Obstacle Relay, Beach Sprint and Beach Relay events will not be held. The Masters and Junior event lists have also been amended

Section 7

7.1 General Conditions: Starter's decisions are not protestable or appealable.

7.1 General Conditions: includes competitor interference as a DQ; competitors shall remain in the water in their lane at the conclusion of a race.

7.2 Starts: Officials must check that all equipment is in a safe and correct position. Note added to clarify starts.

7.3 Manikins: "mouth and nose" becomes "mouth or nose" (corresponding changes made in event descriptions and DQs); judging points added.

7.12 Manikin Tow, 7.13 Super Lifesaver, 7.17 Medley Relay: rescue tube line need not be fully extended immediately after the start.

7.14 Line Throw: Fair throw revised to require line to be grasped by competitor's hand before releasing cross bar. Competitor's throw zone clarified.

7.15 Manikin Relay: Only incoming and outgoing competitors may participate in manikin exchange. One hand of each competitor must be in contact with the manikin on the changeover. Competitors not judged within the start and changeover zones. Top of the manikin's head is the judging point for entering and leaving the changeover zone.

7.16 Obstacle Relay, 7.17 Medley Relay: Competitors must leave the water after their legs of the race. Re-entering the water after completing their leg of the race is a DQ.

Editorial changes to further clarify the rules around surfacing and carrying the manikin. In addition, the following changes are intended to reduce DQs where the competitor gains no advantage and the rules unnecessarily restrict competitor performance:

The requirement to have the line of the rescue tube fully extended on the approach has been deleted.

In Line Throw, a competitor submerging to retrieve the line is no longer a DQ.

Section 8

8.1 General Conditions:

Instructions provided in lock-up will be in English only. Teams bring a translator (in addition to the team).

No additional personal belongings or equipment permitted in competition arena.

Distinctive team leader's cap provided by host organising committee.

8.1 Security and lock-up: No communication or communication equipment permitted in lock-up.

8.1 Victims, manikins and bystanders: manikins treated as nonbreathing and pulseless

Section 9

9.1 General Conditions: Starter's decisions not protestable or appealable.

9.2 The Start: notes added to clarify starts including: competitors shall be disqualified if they commence a forward starting motion prior to the starting signal.

9.4 Seeding: Beach Flags must now operate with a final of 16 competitors.

9.7 Rescue Tube Rescue: rescue tube swimmer may wear rescue tube prior to the start.

9.7 Rescue Tube Rescue: consistent with the change in Pool Events, the requirement to have the line of the rescue tube fully extended on the approach is removed.

9.8 Run-Swim-Run: Rules for this event added to the rulebook.

9.9 Beach Flags: New wording for the starting position.

9.9 Beach Flags: when 2 or more competitors deliberately impede...the first to do so may (versus shall) be disqualified.

9.12 Beach Relay: Objects or marks may be placed on the track to assist baton exchange. Diagram corrected to combine start and finish lines.

9.13 Surf Ski Race: Dry finish description added.

9.17 Board Rescue: Victim must just touch swimming buoy (versus placing forearm on top of buoy).

9.18 Oceanman/Oceanwoman: Turning flags positioned in line with buoys #2 and #8.

9.13 Surf Ski Race, 9.14 Surf Ski Relay, 9.15 Board Race, 9.16 Board Relay, 9.17 Board Rescue, 9.18 Oceanman/Oceanwoman, 9.19 Oceanman/Oceanwoman Relay: editorial changes made to clarify rules concerning being in contact with or control of craft.

Section 10

Although ILS has not yet approved the change to just 2 Masters Age Groups, this was approved by the ILSE Board at its meeting in Cyprus, so the new ILSE rulebook reflects that decision for European Championships.

Section 11

11.4 Boards: Minimum board weight increased from 7.5 to 7.6 kg

Section 13

IRB Events are updated – this includes a fourth event, the Team Rescue

Appendices

Inclusion of a Glossary of Terms in the appendices defining competition, event, heat, race, and finals.

The ILSE Sport Commission thanks all those who have contributed to the drafting and publication of this 7th version of the ILSE Competition Rulebook.

ILSE Sport Commission
January 2010

SECTION 1 - GENERAL CHAMPIONSHIP INFORMATION

1.1 EVENT ORGANISATION AND CONDUCT

- i. All International Life Saving (ILSE) European Championship competition occurs under the auspices of the ILSE Sports Commission and is organised by the life saving National Member Organisation appointed by ILSE Board of Directors to conduct the competition.
- ii. For the purposes of this handbook the Management Committee is to consist of the ILSE Sports Commission Chairman, Secretary, the Referee of the particular competition and the Local Organising Committee Chairman (or another nominee suitable to the Chairman of the ILSE Sports Commission).

1.1.1 ILS-sanctioned competitions

- i. ILS sanctions world championships, international championships, ILS regional championships, and national championships. ILS may sanction other international or national competitions.
- ii. 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.
- iii. 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.
- iv. 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.

1.2 COMPETITION SAFETY

- i. The provision of safety at ILSE competitions is vital to the organisational processes leading up to and during competition.
- ii. At all competitions the life saving authority appointed by ILSE to arrange the competition shall provide adequate life saving resources to ensure, as far as practicable, the safety of those involved with the competition.
- iii. In Open Water competition, no event shall be conducted until the Referee of the competition has assessed the surf conditions. Tests may be undertaken to assist in the assessment process. The Organising Committee shall be consulted in this process.
- iv. If an emergency arises during competition the Referee or the appointed Emergency Services Coordinator shall assume control of the situation.
- v. This direction is mandatory and essential to the safe and orderly conduct of lifesaving competition.

1.3 ELIGIBILITY TO COMPETE IN EUROPEAN LIFESAVING CHAMPIONSHIPS

- i. European Lifesaving Championships – National Teams, Interclub, and Masters – are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving, that is to say, people who are lifesavers first, competitors second.
- ii. ILSE considers it unethical to recruit competitors for their high-performance athletic ability whose lifesaving credentials are tenuous or merely convenient for purposes of competition.
- iii. Team management personnel and coaches are the key to preventing such unethical practices and must emphasize “play within the rules” behaviour. The personal conduct of team managers and coaches is measured by the ILSE code of fair play outlined in 4.9.

1.3.1 National Teams European Lifesaving Championship

- i. The National Teams European Lifesaving Championship is open to one team per nation. Each nation, as defined by ILS, must have at least one current ILSE Full Member to be eligible to enter a team.
- ii. 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 an ILSE Full Member of that nation.
 - ◆ Be a minimum of 16 years of age as of the first day of the competition

- ◆ For purposes of out-of-competition testing, be registered with the World Anti-Doping Agency (WADA) prior to the first day of the European championship program (as defined above). To register the competitor lists must be sent to ILS HQ prior to the start of the competition.
- iii. A competitor who is a citizen of more than 1 nation must choose 1 to represent. The competitor shall then fall under the exclusive jurisdiction of that nation's ILSE Full Member.
- iv. ILSE Full Members shall provide an endorsement declaring that their National Team members meet the eligibility criteria, and are bona fide lifesavers.
- v. **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 1 competitor and a maximum of 6 females and a maximum of 6 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 6.

1.3.2 Interclub European Lifesaving Championship

- i. To be eligible to compete in the Interclub European 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 an ILS Full Member.
 - ◆ Be a minimum of 16 years of age as of the first day of the competition
- ii. Definition of a club for Interclub championship: For the Interclub European 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
- iii. For club team entry into the Interclub European championship, national lifesaving organisations shall provide an endorsement declaring:
 - ◆ That team membership for each 'club' is made up solely from one unit and not a composite of multiple units.
 - ◆ That members of all teams are bona fide lifesavers and currently qualified for lifesaving duties.
 - ◆ 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 1 year immediately prior to the competition.
- iv. **Interclub transfers:** In the year of the European Lifesaving Championships:
 - ◆ Competitors who compete for a club in their national championship, may not subsequently compete for another club in the European Lifesaving Championships.
 - ◆ Competitors who compete for a club in the European Lifesaving Championships, may not subsequently compete for another club in their national championship in that year.
- v. **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:
 - ◆ Applicants shall seek clearance from their current club and forward this clearance to their regional (if any) and national organisation for endorsement.
 - ◆ 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.
 - ◆ National organisations shall not unreasonably withhold transfer approval.
- vi. The ILSE Sport Commission shall resolve disputes over international transfers in consultation with the disputing parties. The Sport Commission's decision shall be final.
- vii. The club international transfer rules (above) do not apply to National Teams championship.
- viii. **Composition of a team:** A club team may comprise a maximum of 6 males and a maximum of 6 female competitors in addition to any non-competitive management or coaching personnel. A club that does not have a full complement of male or female competitors shall not increase the number of male or female competitors beyond 6.

1.3.3 Masters European Lifesaving Championship

- i. To be eligible to compete in the Masters European 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 competition.

Note: In Masters European Lifesaving Championships, the age at the first day of the competition determines the age group in which the competitor must compete.
- ii. Masters competitors may enter the Masters European Lifesaving Championship as individuals or as

members of a club team.

- iii. **Definition of a club for Masters championship:** Competitors entered as a club team must be members of the same club or “lifesaving unit”. For the Masters European Lifesaving Championship, 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.
- iv. For entry into the Masters European championship, national lifesaving organisations shall provide an endorsement declaring:
 - ◆ That team membership for each ‘club’ is made up solely from one unit and not a composite of multiple units.
 - ◆ That all individuals are bona fide members in good standing of that national lifesaving organisation and hold the required lifesaving award.

1.3.4 General Criteria

- i. Persons who belong to the jury of Referees appointed for the Championships, or who have a responsible task within the organising committee are not allowed to participate in the competition.
- ii. Competitors in Junior Championships need not be currently qualified for lifesaving duties, but must have received basic education in lifesaving.
- iii. Non European Teams cannot participate in European Championships.

1.4 MALE AND FEMALE COMPETITORS

- i. It is clarified that it is not mandatory to have both male and female competitors as members of national, interclub or masters teams. Any team which does not have both male and female competitors will forego participation in the respective male or female events.
- ii. Words in this handbook importing the masculine gender (eg. “his”, “he”, etc.) shall include the feminine.

1.5 MINIMUM AGE

- i. The minimum age for competitors in European Championships shall be 16 years as of the first day of the European Championships.
- ii. For European Junior Competition, the minimum age shall be 14 years of age as of the first day of the competition, and a competitor must not reach the age of 19 as of the first day of the competition.

1.6 TEAM UNIFORM /COMPETITION APPAREL

1.6.1 Team Uniform

- i. 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.
- ii. All competitors must wear costumes, trunks, or uniforms in accordance with standards approved by ILS. The referee has the authority to exclude any competitor whose costume uniform or swimwear is not in accordance with ILS standards or the commercial identification policy.
- iii. Commercial identification on uniforms, competition apparel or equipment shall be acceptable only where it conforms to the commercial identification policy below.
- iv. 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.
- v. 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.
- vi. If such breaches are found after the event or in post-race scrutineering, the competitor (and / or team) will forfeit titles and awards.

1.6.2 Commercial identification policy

- i. The ILSE Organising Committee reserves the right to order the removal or coverage of commercial identification in conflict with official championship sponsors. This includes body tattoos.
- ii. 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.
- iii. 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.
- iv. 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.
- v. **Body Tattoos:** Sponsors may be shown once only on the body and may not exceed 15cm by 5cm in size.
- vi. Television interviews may be undertaken in the competition arena with prominent competitors. Competitors interviewed may be asked to wear championship sponsor apparel.
- vii. **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.
- viii. 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.







1.6.3 Caps






- i. Competitors shall wear identical club or National Team or Interclub Team swim caps in each event. The use of such caps assists in identification of competitors and teams and in event judging.
- ii. In ocean events, caps, securely fastened under the chin, must be worn on the competitors' heads at the start of each event.
- iii. 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.
- iv. In all boat and craft events, competitors may wear safety helmets on the same conditions as swim caps. Helmets must be presented in team colours and design.
- v. 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.

1.6.4 Swim wear

- i. A competitor shall not be permitted to take part in any competition if, in the opinion of the Referee, the competitor is not properly dressed.

- ii. Swimwear for both ILS pool rescue competition and ocean events must comply with the following standards:
 - ◆ Swimwear worn by males shall not extend above the navel or below the knee.
 - ◆ Swimwear worn by females shall not cover the neck, shoulders or arms nor extend below the knees. Two piece swimsuits that conform to this standard may also be worn.

Male Swimsuits					
Full Length	Long	Long Legs	Knee length	Square Leg	Short
Not Allowed	Not Allowed	Not Allowed	Allowed	Allowed	Allowed
					

Female Swimsuits				
Full Length	Zippered Back	Knee Length, Open Back	Short, Open Back	Two Piece
Not Allowed	Not Allowed	Allowed	Allowed	Allowed
				

- iii. The material and construction used in swimwear to be worn in all ILSE pool rescue events and ocean competition event swim legs shall be:
 - ◆ Only textile woven fabric(s) shall be permitted.
 - ◆ Non woven and/or non-permeable (e.g. wetsuit type) materials shall not be permitted.
 - ◆ The material used shall have a maximum thickness of 0.8mm.
 - ◆ Other than string ties for the tops of men’s swimwear or the bottom of female two piece swimwear no zippers or other fastening systems shall be permitted.
 - ◆ Swimwear that provides flotation, pain reduction, chemical/medical stimulation or other external stimulation or influence of any type shall be prohibited.
 - ◆ No outside application on the material shall be permitted. (Note: manufacturer brandings are permitted,
- iv. ILSE will allow both male and female competitors to wear "modesty" swimwear made of a textile woven fabric under their swimsuit, provided that no competitive advantage is gained. Further, any modesty swimwear shall be restricted to the short style for men and the two piece style top and/or bottom for women.
- v. Swim goggles may be worn.
- vi. Vests or Lycra tops are optional in both National Teams and Interclub European Lifesaving Championships.
- vii. All swim wear shall comply with the commercial identification policy. Each team must have swim wear suitable for competition with a demonstrated attempt to have all team members in a similar colour.
- viii. Vests or Lycra tops are optional in both National Teams and Interclub European Lifesaving Championships.

1.6.5 Footwear

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

Note: Manikin handlers may wear footwear in pool events. Competitors in Stillwater Boat Competition may not wear footwear

1.6.6 Wetsuits

- i. 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.
- ii. Water temperature shall be taken approximately 30 cm below the surface.
- iii. Wetsuits may be worn by IRB competitors in any conditions.
- iv. Wetsuits shall not be permitted in pool events.
- v. Wetsuits must conform to ILS standards outlined in Section 11 – *Facility and Equipment Standards*.

1.6.7 Standardized competition equipment

- i. Competitors must use the following equipment which shall be provided by the host organising committee:
 - ◆ Batons for relays and Beach Flags Event
 - ◆ Rescue manikins for pool events
 - ◆ Rescue tubes for pool and ocean events
 - ◆ Throw lines for pool events
 - ◆ Obstacles for pool events
- ii. The host organising committee shall advise all registrants of the contents of the equipment pool (see *Responsibility for Equipment* in 2.2 *Management of Competitions*) and under what terms and conditions such equipment is available to competitors.

1.7 AWARDS & TROPHIES**1.7.1 ILSE National Teams European Championships**

- i. This will be a true teams competition with appropriate awards being presented to the first three (3) teams in the pointscore championship, subject to all other conditions being complied with.
- ii. All members of other national teams will receive a memento of their having taken part in the ILSE National Teams European Championships. In addition the first three (3) placegetters in individual and team events and in the National Teams Pointscore Championship will receive placing medals. The medals must comply with ILSE standards and have a diameter of at least 60mm. The ILSE logo shall be on one side and the reverse design is at the discretion of the organising committee. Winners in events will be recognised as ILSE National Teams European Champion(s).

1.7.2 ILSE Interclub Teams European Championships

- i. This will be a true teams competition with appropriate awards being presented to the first three (3) teams in the pointscore championship, subject to all other conditions being complied with.
- ii. All members of other Interclub teams will receive a memento of their having taken part in the ILSE Interclub Teams European Championships. In addition the first three (3) placegetters in individual and team events and in the Interclub Teams Pointscore Championship will receive placing medals. The medals must comply with ILSE standards and have a diameter of at least 60mm. The ILSE logo shall be on one side and the reverse design is at the discretion of the organising committee. Winners in events will be recognised as ILSE Interclub Teams European Champion(s).
- iii. The following challenge trophies, donated in 2005 by DLRG will be awarded:
 - ◆ The KLAUS BARNITZKE TROPHY for the best Interclub Pool Team
 - ◆ The CONTE RODOLFO PASSERINI TROPHY for the best Interclub Ocean Team and
 - ◆ The RAYMOND PITET TROPHY for the best Interclub Team overall

1.7.3 ILSE Masters European Championships

- i. This is not a teams competition and there is no pointscore.
- ii. All placegetters in each event will receive placing medals and the winner(s) will be recognised as the Masters European Champion(s) in the age group in the relevant event.

1.8 OFFICIAL CEREMONIES**1.8.1 Opening Ceremony**

- i. Official ceremonies shall be conducted at all European 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 Organisation of Europe
 - ◆ Official welcome by host authority

- ◆ Official photographs

Administer 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.”

Administer 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.”

1.8.2 Award presentations

- i. Official presentations of awards to event and overall 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 European National Teams Lifesaving Championship award presentations, the national anthem of the winner will be played.
 - ◆ Official photographs will be taken.

1.8.3 Flags and Banners

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

1.9 ENTRY FEES

- i. Entry fees may be charged to participate in the European Championships.
- ii. The fee must be paid when the entry form is submitted to the Organising Committee in Euros or the local currency equivalent if requested.
- iii. The fees will be charged on a non-returnable basis.
- iv. The level of entry fee will be set each year by the ILSE Board for the following year.

SECTION 2 – MANAGEMENT OF COMPETITIONS

2.1 CHAMPIONSHIPS VENUE INSPECTION

- i. All ILSE Member organisations will be invited to submit a bid to host a European Lifesaving Championships event by the ILSE Board of Directors. Any such bid must be submitted on the appropriate form supplied by the ILSE Secretariat by the appropriate deadline.
- ii. All bids received shall be submitted to the ILSE Sport Commission who will appoint at least one inspector to visit the venue(s) and conduct a thorough technical examination of all the facilities in the bid. The host country shall pay the travel and accommodation expenses incurred in connection with the inspection visit, which shall last a maximum of 4 days. The ILSE Sport Commission may decide not to conduct an inspection visit if the venue has been used before at a recent European Championships and the dimensions of the facilities have not changed. The host country must confirm in writing that there have been no changes since the previous inspection.
- iii. The inspector(s) shall submit a inspection report to for the ILSE Board of Directors to consider. The Board must have a valid inspection report before a decision can be made to award the Championships to a host bidder.
- iv. The ILSE Sport Commission shall appoint a representative to visit the host venue for the European Lifesaving Championships at least 2 months prior to the commencement of the championships to inspect all facilities, equipment and technical aspects.
- v. The host country shall pay the travel and accommodation expenses incurred in connection with the inspection visit, which shall last a maximum of 4 days

2.2 RESPONSIBILITY FOR EQUIPMENT

- i. The host organising committee shall also 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
- ii. The host organising committee shall also provide an equipment pool of:
 - ◆ 12 surf skis
 - ◆ 12 racing boards
- iii. 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.
- iv. 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).

2.3 COMPETITION SAFETY

- i. The provision of safe competitions is essential and a priority in competition planning.
- ii. 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.
- iii. The host organising committee shall submit its safety and emergency plan (see below) to the ILSE Management Committee no later than 6 months prior to the start of the championships.
- iv. No competition shall be conducted until the ILSE Management Committee is satisfied that the competition facilities are safe, and that the appropriate safety and emergency plans, equipment, procedures and personnel are in place.
- v. No ocean event shall be conducted until the championship competition referee has assessed the surf conditions and reported to the ILSE Management Committee. Only the ILSE Management Committee has the authority to cancel, reschedule, or relocate the championships, an event, or event final.
- vi. 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.

2.4 SAFETY AND EMERGENCY PLAN

- i. 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.
- ii. 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.
- iii. 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.

2.5 RELOCATION CONTINGENCY PLAN

- i. 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.
- ii. 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.
- iii. 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).

SECTION 3 - GENERAL COMPETITION CONDITIONS

3.1 GENERAL CONDITIONS

- i. It is the responsibility of the team management and competitors to be familiar with the event schedule and the Rules and Regulations governing particular events.
- ii. Competitors shall report promptly to the designated marshalling area before the start of each event.
- iii. The impersonation or use of unauthorised competitors will result in disqualification of the team.
- iv. Competitors will not be permitted to commence in an event if they are late reporting to the marshalling area.
- v. When not actually competing or officiating, officials and competitors must leave the designated competition area.
- vi. Competitors are required to abide by all rules. Any breach of the rules will be reported to the referee who initiate action as described in the "Discipline, Appeals, Protests and Penalties" Section.
- vii. In Open Water competition, event courses and the competition area may change from the descriptions in this manual if the referee deems this necessary and providing advice has been given to all teams before the commencement of that event.
- viii. In Open Water competition, in the event of hazardous conditions, the Referee has the authority to cancel or reschedule an event or event final. If cancellation should happen, even after the conducting of some heats, etc., then no points from that event will be credited to any team in the overall pointscore.
- ix. The Sport Commission, in consultation with the Chief Referee and the Local Organising Committee reserves the right to delete, alter or otherwise vary any rule, competition criteria, timetable or other matter as it deems necessary to facilitate the conduct of the Championships. However, any such alterations will be promulgated in championship bulletins and every effort will be made to ensure that each team manager receives a copy.
- x. To this end, the Local Organising Committee shall create an official notice board and any such bulletins will be duly displayed. The location of the official notice board will be promulgated in subsequent bulletins.
- xi. All announcements, publications and communications will be made in the English language.

3.2 PARTICIPATION BY TEAMS

- i. All teams must register prior to competing. The timing and location of the registration will be promulgated to all teams by the Local Organising Committee. All competitors will be given a unique identification number which must be marked on the hand and be visible throughout the competition.
- ii. Each team member in the National Teams Championships must compete in at least two individual events in Still Water Championships, and two individual events in Open Water Championships. Failure to do so, except in the case of injury, shall result in disqualification of that member from the championships, and the loss of any points or medals gained. However, if a competitor is injured during the competition and confirmed by the Championships Medical Officer as unable to compete in the required number of events, he shall not lose any points or medals gained.
- iii. **Interclub Qualifying Times** - The ILSE Sport Commission shall establish qualifying times for the pool events in the Interclub European Lifesaving Championship. Qualifying times for European Championships shall be the world record time at December 31st of the year prior to the Championships, plus 25 per cent. These times shall be posted on the ILSE website and published with the registration information.
- iv. To enter an event, a competitor must have equalled or bettered the qualifying time for that event at a competition within the period beginning with the first day of the previous European Championships to the entry deadline for the European Championships they are entering. ILSE Full Members shall provide a declaration that they have proof that competitors have equalled or bettered the qualifying times for each event in which they are entered. Qualifying times may be proven by published records, published competition results or published time trials.
- v. ILSE shall levy penalties on competitors whose performance is slower than the qualifying time plus 20 per cent. For example:
 - ◆ World Record for the Event = 30 sec.
 - ◆ Qualifying Time for European Championships (30 sec. + 25%) = 37.50 sec.
 - ◆ Penalty Time (37.50 sec. + 20%) = slower than 45.00 sec.
- vi. Teams must provide their own transportation to and from competition venues but the Organising National Organisation will assist, as far as possible, with arrangements.
- vii. 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.

- viii. Teams are representatives of their country, their National Organisation, their sponsors and ILSE in general. As such, they shall at all times conduct themselves in a proper manner during the championships and any other related activities (ie. social functions, accommodation, etc.). Unbecoming conduct by a team or its supporters is a serious offence and will be dealt with as such.
- ix. If a team commits what could be a serious discipline offence, they should immediately contact the Organising Committee and detail the circumstances. Failure to report a possible violation is itself an offence against ILSE rules.
- x. The Organising Committee is directed to disqualify a team from the championships if it is shown to its satisfaction that such team has committed a serious discipline offence.
- xi. In the event that a 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 who may decide to evoke a further penalty on the competitor or team and its members. Refer also Section 3 (Discipline, Appeals Protests and Penalties).
- xii. A competitor or team which is absent from an event at the time it is scheduled to compete or arrives after marshalling, shall be disqualified from the event and will not be eligible for any points in that particular event.
- xiii. No artificial means of propulsion may be used in competition (ie. handwebs, wetsuits sleeves, armbands, etc.) unless specifically provided for.

Note: For the purpose of applying these general rules, the definition of a 'team' includes actual competitors, coaches, assistants, spectators, etc., travelling with the teams.

3.3 NOMINATION & SUBSTITUTION OF COMPETITORS

3.3.1 Changes in Team composition or size

- i. The entry forms for the National Teams and Interclub Championships events will make provision for the inclusion of individual names of team members. Accordingly, such information should be given as accurately as possible at the time of lodgement of entry forms.
- ii. However, this will not preclude the Team Manager (only) advising a change of team composition, or increasing the size of the team (if it has not previously been to a maximum number allowed) to the appropriate Official of the Organising Committee, up to twenty four (24) hours prior to the team's first entry into a competitive point scoring event.
- iii. After that time, there shall be no further alteration of team composition, save that member/s may be withdrawn due to injury or other reason, but they may not be replaced by another person.
- iv. The responsibility lays on the Team Manager to effect substitution in the following manner:
- v. The notification must be in writing indicating:-
 - ◆ Date/Time
 - ◆ The name of the team
 - ◆ The name of the member to be withdrawn
 - ◆ The full names and surname of the person being included
- vi. This notification must be accompanied by documentation from the National Association which duplicates all declarations with respect to bona fide membership, etc., as was contained on the original team entry and for original team members.
- vii. The responsibility will then fall to the (new) competitor and Team Management to be fully acquainted with matters which may have previously been dealt with at Team Briefings, etc. Further, the new competitor for Team Management shall also complete any registration documentation which the Organisers may require.

3.3.2 Substitutions in individual events

- i. Whilst ILSE may have prior sought individual names of competitors taking part in individual events, the Team Manager (only) may substitute member/s in the competition, with another member/s from the same team, providing any such substitution must be notified no later than 30 minutes prior to the start of that individual event or prior to the commencement of marshalling - whichever comes first.
- ii. Once substituted in an event, the team member cannot be re-substituted back into that same event but may contest other events in the competition.
- iii. There can be no substitution of team members in individual events after the first round of the event has been conducted.

3.3.3 Substitutions in team events

- i. In team and relay events, it is allowed to change the competitors between the heats and the final of the same event (i.e. in the heat of the competitors are A,B,C and D – in the final the competitors can be

A,D,E and F)

- ii. The Team Manager (only) may substitute member/s in a team event, with other members of the same team, providing any such substitution must be notified no later than 30 minutes prior to the start of that team event or prior to the commencement of marshalling in subsequent rounds.

3.4 PARTICIPATION BY OFFICIALS

- i. All Officials must be accredited as provided for by their National Organisation and shall be appointed by the ILSE Sports Commission.
- ii. The travel costs to and from international events organised by ILSE for the Chief Referee and his/her Deputies and their accommodation costs are, if appropriate, at the expense of the organising country. The local transport of the Chief Referee and his/her Deputies, is also at the expense of the organising country. No daily allowances are foreseen. The travel costs to and from international events organised by ILSE for the Area Referees and their accommodation costs are, if appropriate, at the expense of the national life saving organisation that proposes them.
- iii. Officials may not 'coach' or similarly assist a competing team. However, Officials who hold seminars or clinics for groups which include competitors are not deemed to be violating this rule. An Official found to be in violation of this rule shall be declared ineligible to further act as an Official.
- iv. Referees and Judges are required to attend the appropriate briefings to review judging sheets and event procedures, etc.
- v. The Referee shall be responsible for all aspects of the Championships for the duration of the competition including Officials Briefings, Team Managers Meetings, compilation of the point score and the announcement of the results.
- vi. The Referee may make any changes deemed necessary to ensure that the Championships remain fair and will be completed as scheduled and Teams will be duly informed through official bulletins and briefings.
- vii. All Officials are bound to the same spirit of behaviour as the competitors.
- viii. It is imperative that the appearance of the Officials is of a standard befitting such a panel. Appointed Officials are requested to give a high degree of attention to their dress - which shall be neat blue shorts and blue shirt or blue sweater if preferred. Ladies may wear blue skirts. Protective clothing such as plastic raincoats or blue parkas may be worn. Head gear can be either a blue hat or cap.
- ix. In all competitions, the Chief Referee and Deputies shall wear Electric Blue shirts.
- x. The two Deputies in Still Water competition or the Deputy Referee in Open Water competition cannot come from the same organisation of the Chief Referee.
- xi. Each organisation may present at maximum one candidate as Event Director or Area Referee.

3.5 DRUG POLICY

- i. ILSE has a policy of drug-free competition with possible drug testing for all European championships lifesaving competitions.
- ii. The ILSE drug policy (which follows the ILS WADA Anti-Doping Code of Practice) shall be made readily available.
- iii. ILSE recognises that the host country may have laws or legal requirements in addition to the ILSE drug policy. Competitors must be informed of such requirements as part of registration procedures.

SECTION 4 - CONDUCT, PROTESTS, APPEALS, DISCIPLINE

4.1 CODE OF CONDUCT FOR COMPETITORS & OFFICIALS

It is important for any competition, and especially those of European Championship status, to be conducted in spirit of goodwill and good sportsmanship. To effect this desirable end result, the following code is published for the guidance of all competitors and Officials:

- i. The Organising Committee advises competitors and Officials participating in the Championships that the competition, its ceremonies, etc., will be very high profile public events. The Organising Committee expects that all competitors and Officials will cooperate to maximise a positive public image.
- ii. The ILSE European Championships receives, Government and corporate and public support. The Organising Committee will acknowledge this support in a variety of ways and competitors and Officials are expected to assist the Organisers in recognising the support they have been given.
- iii. Any behaviour likely to cause embarrassment will be dealt with severely. The Organising Committee will refer such behaviour to the Disciplinary Committee. Penalties may include expulsion from the competition of the individuals responsible. Penalties may also extend to the complete team.
- iv. Your behaviour will reflect that of your country from the time you leave your home until you return. Please be aware that you are a most important exhibit of life saving.
- v. 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.
- vi. Abuse of Officials may result in disqualification of the individual from the Competition.

Note: For the purpose of applying these rules 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.

4.2 CONDUCT AND DISCIPLINE GENERALLY

- i. As detailed in the previous section, ILSE requires of its competitors, Officials and members generally, the highest standard of conduct.
- ii. These expectations are reflected under the rules for competitions in the ILSE constitution and this handbook.
- iii. ILSE, either by pre-determined publicised penalties or by adopting the decision of a Disciplinary Committee, may, in its discretion, issue penalties to individual team members, or National Teams.
- iv. **Competing Unfairly** - A competitor or team may be disqualified if a competitor, team or handler is deemed to have competed unfairly.

Note: For the purpose of this rule "competing unfairly" or whether a competitor or team has "competed unfairly" will be determined by the Referee and/or the relevant official(s) in their absolute discretion.

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;
 - ◆ submitting false entry times in order to gain a better position in heats
 - ◆ 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 another competitor or handler so as to impede his progress; and/or
 - ◆ receiving physical or material outside assistance (other than verbal or other direction except where specifically excluded by the rules of the event).
- v. **Luck of prevailing conditions** - Competitors acknowledge and agree:
- ◆ that open water life saving competitions and the conduct of, and participation in, such competitions can and will be effected by the weather and surf conditions;
 - ◆ that there is often an element of the "luck of the prevailing conditions" in entering and competing in open water life saving competitions;
 - ◆ a protest or appeal on an incident is not available to them when the incident is caused by the conditions of the surf; and
 - ◆ that the Referee and/or relevant official(s) have absolute discretion as to whether an incident has been caused by the luck of the competition or the prevailing conditions.

4.3 DISQUALIFICATIONS AND “DID NOT FINISH” CLASSIFICATIONS

- i. Competitors or teams may be disqualified from an event or from the entire competition.
- ii. Where a competitor is disqualified for any reason, in a heat or a final, the place he or she would have held shall be awarded to the competitor who finished next and all lower placing competitors shall be advanced one place.
- iii. Where a competitor is disqualified for any reason the event results shall not include a place or time for the competitor.
- iv. **Did not finish (DNF):** Where a competitor does not finish an event for any reason, in a heat or a final, the place he or she would have held shall be awarded to the competitor who finished next and all lower placing competitors shall be advanced one place.
Where a competitor does not finish an event (DNF), the event results shall not include a place or time for the competitor.
- v. **Disqualification from competition:** Examples of behaviour, which may result in disqualification of individuals or teams from the competition, include:
 - ◆ Refusing to fulfil the conditions of entry.
 - ◆ Breach of the ILS code of conduct.
 - ◆ The impersonation or use of unauthorised competitors.
 - ◆ Activities resulting in wilful damage to the venue sites, accommodation sites, or the property of others.
 - ◆ Abuse of officials.
- vi. **Disqualification from events:** Examples of behaviour, which may result in disqualification of individuals or teams from an event, include:
 - ◆ Being absent at the start of an event.
 - ◆ Infraction of the “General conditions” for events or infraction of event rules.
- vii. 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.
- viii. 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.
- ix. See Appendices for disqualification codes.

4.4 DISPUTES, PROTESTS AND APPEALS

- i. Inevitably, in the field of competition there will arise varying situations which may give rise to protests and/or disputes.
- ii. A competitor or Team Manager may protest to the Chief Referee or Deputy Referee (or Area Referee in Open Water events) in the manner prescribed in this section.
- iii. A competitor or Team Manager may dispute the Chief Referee’s or Deputy Referee’s (or Area Referee ‘s in Open Water) decision in the manner prescribed in this section.

4.5 PROTEST CATEGORIES

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

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

4.6 PROTEST LODGEMENT

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. Any protest against the conditions under which an event is to be conducted must be made verbally to the Chief Referee (or Deputy Referee or Area Referee) prior to the event. The Chief Referee or appointed Official shall then inform the competitors in that event prior to its start of such a Protest;
- iii. Any Protest against a competitor or a team or against a decision of an Official must be lodged within 15 minutes of the posting of the result of the event or within **15 minutes** of being notified verbally by the referee of the decision, whichever occurs first. Within **15 minutes** of the submission of the verbal protest, a protest written in English shall be lodged with the Chief Referee (or Deputy Referee or Area Referee)
- iv. In the event of a protest being lodged the result of the event shall be with held until the protest is decided. If the protest is upheld, trophies shall be allotted according to the amended result;
- 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.

4.7 PROTEST ADJUDICATION

The conditions relating to the adjudication on protest shall be:

- i. Immediately after the correct lodgement of a protest, the Chief Referee (or the Deputy Referee or Area Referee) may adjudicate on the matter as provided for herein or refer the matter direct to the Appeals Committee Convenor;
- ii. If the Chief Referee (or Deputy Referee or Area 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 appropriate protest fee of **50 Euro** (or local currency equivalent). If the protest is upheld, the fee will be returned, but if dismissed the fee will be forfeited;
- iii. The assistance of video or other electronic equipment may be used to consider protests. However, the protester must be able to provide a viewing within 30 minutes of the protest being lodged with the referee.

4.8 APPEALS COMMITTEE

4.8.1 Powers

- i. The Appeals Committee will deal with all protests referred to it by the Chief Referee, or disputes by competitors and it shall adjudicate after both sides have had an opportunity to state their respective cases to the Committee;
- ii. The Appeals Committee shall determine the protest or dispute and advise the competitor and relevant Officials of its decision and any penalty imposed. Reasons for this decision may be briefly given in writing 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 ILSE discipline to the Disciplinary Committee for further inquiry.

4.8.2 Structure and Functions

The structure and functions of the Appeals Committee are as follows:

- i. The Appeals Committee shall comprise the members of the ILSE Sport Commission who are present at the competition.
- ii. The Appeals Committee should wherever possible comprise at least 3 persons. The quorum for an Appeals Committee shall be 2 persons, however, it is recommended that 3 persons should ordinarily receive and determine disputes.
- iii. The quorum for an Appeals Committee shall not include in its numbers a person who has previously participated in the making of the decision which is the subject of dispute.
- iv. After hearing all available and relevant evidence, the Appeals Committee shall consider its decision in camera.

4.9 DISCIPLINARY COMMITTEE

4.9.1 Structure and Function

The structure and function of the Disciplinary Committee are as follows:

- i. The President and members of the ILSE Board of Directors who are present at the competition shall for the purposes of that competition form a Disciplinary Committee. If no member of the ILSE Board of Directors is present at the competition, any disciplinary issues will be reported immediately to the President of ILSE.
- ii. The Committee shall inquire into any allegation of conduct prejudicial to the good name of ILSE alleged to have been committed at any competition or display or while travelling to the same or returning from the same or while within the jurisdiction of the Authority conducting the competition.
- iii. The committee may penalise in such manner as to them seems appropriate any member who it may find to have been guilty of such conduct. Penalties may include forfeiture of titles or trophies won at the competition which is relative to the misconduct.
- iv. The Committee shall forthwith report in writing their inquiries and decisions to the full ILSE Board of Directors.

4.10 FAIR PLAY CODE FOR LIFE SAVING SPORT

4.10.1 ILSE will:

- ◆ Promote and encourage fair play through its members;
- ◆ Ensure that its rules are fair, clearly understood by performers, coaches, officials and administrators and properly enforced;
- ◆ Make every effort to ensure that its rules are applied consistently and with absolute impartiality;
- ◆ Treat all members equally, irrespective of gender, race or physical characteristics;
- ◆ Impress upon performers, coaches, officials and administrators the need to maintain the highest standards of sportsmanship in running and playing their sport.

4.10.2 ILSE Officials will:

- ◆ Abide by the rules and the spirit of the competition;
- ◆ Be fair, considerate and honest with others;
- ◆ Be professional in their actions, language, presentation, manner, punctuality and should reflect high standards;
- ◆ Resolve conflicts fairly and promptly through established procedures;
- ◆ Maintain strict impartiality;
- ◆ Maintain a safe environment for others;
- ◆ Show caution and concern toward others;
- ◆ Be a positive role model to others;
- ◆ Show respect to competitors;

4.10.3 ILSE 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, must not attempt to improve their individual performance by the use of drugs;
- ◆ Exercise reasonable self-control at all times;
- ◆ Learn to accept success and failure, victory and defeat, with good grace and magnanimity and without excessive emotional display;
- ◆ Treat their opponents and team-mates with respect, both in and out of the competition arena.

4.10.4 ILSE 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 not deliberately act in a manner intended to be to the detriment of any other team;
- ◆ Respect the rights of competitors, coaches, officials and not exploit or deliberately act in a manner intended to be 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.

4.10.5 Supporters and Spectators at ILSE Competitions will:

- ◆ Respect the regulations and authority of ILS and not attempt to avoid or circumvent these regulations
- ◆ Accept the authority of the 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.

SECTION 5 - POINTS SCORE

5.1 POINTS ALLOCATION - NATIONAL TEAMS

- i. The points allocation for each event conducted in the ILSE National Teams European Championships is as follows:
- | | | | |
|-------------------------|-----------|------------------------|----------|
| ◆ 1 st Place | 20 points | 9 th Place | 8 points |
| ◆ 2 nd Place | 18 points | 10 th Place | 7 points |
| ◆ 3 rd Place | 16 points | 11 th Place | 6 points |
| ◆ 4 th Place | 14 points | 12 th Place | 5 points |
| ◆ 5 th Place | 13 points | 13 th Place | 4 points |
| ◆ 6 th Place | 12 points | 14 th Place | 3 points |
| ◆ 7 th Place | 11 points | 15 th Place | 2 points |
| ◆ 8 th Place | 10 points | 16 th Place | 1 point |
- ii. In events where a limited entry of 8 competitors is permitted in a final (Beach Sprint, Beach Relay, Beach Flags finals, Rescue Tube, and Rescue Board Race) the placing for competitors from 9th to 16th place shall be determined on the basis of the semi-final results. There is no requirement to run a B final. Equal points will be awarded for the competitors or teams finishing in 5th place in each semi-final, then in 6th place, 7th place and 8th place. If there are more than 8 competitors in a semi-final, those finishing in 9th place will be awarded no points. In this instance the points to be awarded for 9th to 16th place are as follows:
- | | | |
|---|------------|---|
| ◆ 9 th and 10 th Place | 7.5 points | determined by gaining 5 th place in the semi-final |
| ◆ 11 th and 12 th Place | 5.5 points | determined by gaining 6 th place in the semi-final |
| ◆ 13 th and 14 th Place | 3.5 points | determined by gaining 7 th place in the semi-final |
| ◆ 15 th and 16 th Place | 1.5 points | determined by gaining 8 th place in the semi-final |
- iii. In addition, teams shall be allocated 10 points for their participation in the European Championships.
iv. Note: There will be zero (0) points allocated for participating in an event

5.2 POINTSCORE "BLOCKING"

- i. There shall be no pointscore blocking system in the ILSE National Teams European Championships.
ii. In events where participation is three (3) or more competitors per team the team shall be eligible to earn points for all placings achieved.
iii. In addition placing medals shall be allocated to placegetters in finals according to their actual placings.

5.3 DISQUALIFICATION

- i. If an individual competitor is disqualified from an event he/she shall not be eligible for any placing points in that event.
ii. If a team is disqualified from an event they shall not be eligible for any placing points in that event.
iii. Competitors shall earn 1 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
- iv. Competitors shall not earn any points if they are disqualified from an A or B final:
- ◆ For competing unfairly
 - ◆ For a serious discipline offence

5.4 WITHDRAWAL FROM A RACE

- i. Competitors who withdraw from an A- or B- final prior to the start, shall earn 1 point for a team.
ii. Where 1 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.
iii. Where 1 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.

5.5 EVENT CANCELLATION

- i. No points shall be credited to any team in the overall point score if an event is cancelled – even if some heats have been run.

5.6 DEAD HEATS (TIES)

- i. 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.
- ii. Ties (dead heats) in finals shall be declared as such and the points divided equally among the teams involved. For example, in a 2-way tie for first place, 19 points shall be allocated to each team.
- iii. When a tie occurs in an ocean event that qualifies for a final, the tied competitors shall advance to the finals. However, if there are insufficient places available in the final, a repêchage shall be conducted between the tied competitors to determine the finalist.
- iv. In pool events, when competitors in heats have equal times registered to 1/100 of a second for either the eighth 8th place or sixteenth 16th place, there shall be a swim-off to determine which swimmer shall advance to the appropriate final.
- v. Dead Heats (Ties) shall be declared as such and the points shared between the teams involved. eg. tie for 1&2: - total points would be 19.0 for each team.

SECTION 6 - EVENTS AND COMPOSITION

6.1 ILSE NATIONAL TEAMS EUROPEAN CHAMPIONSHIPS EVENTS

- i. For teams to be eligible for 1st, 2nd and 3rd trophies in the ILSE National Teams European Championship, it will be mandatory that they have competed in a minimum of three (3) team events
- ii. Each National Team will comprise a maximum of six (6) males and six (6) female competitors plus any non-competitive management or coaching officials. If a Organisation does not have male or female competitors, they shall not increase the number of male/female competitors above six (6). However, as an encouragement to developing Lifesaving nations ILSE, in special circumstances, may permit one (1) competitor to be deemed a Team.
- iii. For ILSE European Junior Championships the maximum team size will be five (5) male and five (5) female competitors plus any non-competitive management or coaching officials
- iv. The events to be conducted in both male and female categories are as follows:

6.1.1 Stillwater Events	Maximum Number of competitors
50m Manikin Carry:	3 Individuals per team
100m Manikin Tow with Fins:	3 Individuals per team
200m Super Lifesaver:	3 Individuals per team
100m Rescue Medley:	3 Individuals per team
100m Manikin Carry with fins:	3 Individuals per team
Line Throw:	1 team of 2 individuals
4 x 25m Manikin Relay:	1 team of 4 individuals
4 x 50m Medley Relay:	1 team of 4 individuals
6.1.2 Other Events	Maximum Number of competitors
Simulated Emergency Response:	1 team of 4 individuals

Note: This event is not run as separate male and female categories – the 4 competitors may be any mix of gender

6.1.3 Ocean Events	Maximum Number of competitors
Surf Race:	3 Individuals per team
Oceanman /Oceanwoman:	3 Individuals per team
Ski Race:	3 Individuals per team
Board Race:	3 Individuals per team
Beach Flags:	3 Individuals per team
Board Rescue Race:	1 team of 2 individuals
Rescue Tube Rescue Race:	1 team of 4 individuals
Oceanman /Oceanwoman Relay:	1 team of 4 individuals

6.2 ILSE INTERCLUB TEAMS EUROPEAN CHAMPIONSHIPS EVENTS

- i. For teams to be eligible for 1st, 2nd and 3rd trophies in the ILSE Interclub Teams European Championship, it will be mandatory that they have competed in a minimum of three (3) team events
- ii. Each Interclub Team will comprise a maximum of six (6) males and six (6) female competitors plus any non-competitive management or coaching officials. If a Club does not have male or female competitors, they shall not increase the number of male/female competitors above six (6). However, as an encouragement to developing Lifesaving nations ILSE, in special circumstances, may permit one (1) competitor to be deemed a Team.
- iii. The events to be conducted in both male and female categories are as follows:

6.2.1 Stillwater Events	Maximum Number of competitors
50m Manikin Carry:	3 Individuals per team
100m Manikin Tow with Fins:	3 Individuals per team
200m Super Lifesaver:	3 Individuals per team
100m Rescue Medley:	3 Individuals per team
100m Manikin Carry with fins:	3 Individuals per team
Line Throw:	1 team of 2 individuals
4 x 25m Manikin Relay:	1 team of 4 individuals
4 x 50m Medley Relay:	1 team of 4 individuals

6.2.2	Other Events Simulated Emergency Response: <i>Note: This event is not run as separate male and female categories – the 4 competitors may be any mix of gender</i>	Maximum Number of competitors 1 team of 4 individuals
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6.2.3	Ocean Events Surf Race: Oceanman /Oceanwoman: Ski Race: Board Race: Beach Flags: Board Rescue Race: Rescue Tube Rescue Race: Oceanman /Oceanwoman Relay:	Maximum Number of competitors 3 Individuals per team 3 Individuals per team 3 Individuals per team 3 Individuals per team 3 Individuals per team 1 team of 2 individuals 1 team of 4 individuals 1 team of 4 individuals
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6.3 ILSE MASTERS EUROPEAN CHAMPIONSHIPS

- i. A full listing of all the events to be contested in the Masters European Championships, including age groupings is included at Section 10 of this rulebook.

6.4 ILSE JUNIOR EUROPEAN CHAMPIONSHIPS (NATIONAL TEAMS ONLY)

- i. For ILSE European Junior Championships the following events will be contested in the male and female categories:

6.4.1	Stillwater Events 50m Manikin Carry: 100m Manikin Tow with Fins: 100m Rescue Medley: 100m Manikin Carry with fins: Line Throw: 4 x 50m Medley Relay: 4 x 25m Manikin Relay:	Maximum Number of competitors 3 Individuals per team 3 Individuals per team 3 Individuals per team 3 Individuals per team 1 team of 2 individuals 1 team of 4 individuals 1 team of 4 individuals
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Stillwater events will be contested in the format of “heat declared winners” only without finals

6.4.2	Other Events SERC: <i>Note: This event is not run as separate male and female categories – the 4 competitors may be any mix of gender</i>	Maximum Number of competitors 1 team of 4 individuals
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6.4.3	Ocean Events Run-Swim-Run: Board Race: Beach Flags: Rescue Tube Rescue Race: Board Rescue Race:	Maximum Number of competitors 3 Individuals per team 3 Individuals per team 3 Individuals per team 1 team of 4 individuals 1 team of 2 individuals
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Note: This event list for ILSE European Junior Championships was agreed at the ILSE Board of Directors Meeting in Cyprus in May 2009.

SECTION 7 STILLWATER COMPETITION

7.1 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, 4x25m Manikin Relay)
- vii. Taking assistance from any pool fittings (e.g., lane ropes, fixtures, steps) is not permitted.
- viii. A competitor who interferes with another competitor during a race shall be disqualified.
- ix. In all events, at the conclusion of the race, competitors shall remain in the water in their lane until instructed by the referee to leave the pool. (Competitors must exit by the sides of the pool, not by the pool end over timing pads.)
- x. Competitors must wear their club or National Team swim caps in all events. Ocean event caps or rubber or silicone caps may be worn.
- xi. Order-of-finish decisions, whether by judges or automated timing equipment, are not subject to protest or appeal.
- xii. Start decisions by the starter or referee (or referee's designate) are not subject to protest or appeal

7.2 STARTS

7.2.1 Pre-start

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:

- v. 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.
- vi. Signal the starter (that the competitors are under the starter's control) with an outstretched arm in the direction of the course.

Note: See event description for start procedure for Line Throw (Section 4.13).

7.2.2 Dive start procedure

At European 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.
- iii. 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.

7.2.3 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 or nose above the surface) and the pool edge or starting block 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.

7.2.4 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).
- v. For the 100m Manikin Carry with Fins event, the call back signal will be by an underwater acoustic signal.
- vi. If an error by an official follows a fault by a competitor, the fault of the competitor may be expunged.

Notes:

- i. The duty of the referee and starter is to ensure a fair start. If the starter or referee decides that a start is not fair, for any reason, including technical or equipment fault, the competitors shall be called back and the race shall be started again.
- ii. Competitors shall be disqualified if they "commence a forward starting motion" prior to the starting signal. Movement by itself is not a disqualification. Anticipating the starting signal and commencing a starting motion is a disqualification.
- iii. The starter and referee use their discretion in determining whether a competitor – or more than one competitor – has commenced a starting motion. Commonly, the early starting motion of one competitor causes movement by other competitors. Such movements are not a DQ
- iv. Start decisions by the starter or referee (or referee's designate) are not subject to protest or appeal

7.3 MANIKINS

- i. **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 5m-line (Manikin Carry, Rescue Medley, Super Lifesaver) or 10m-line (Manikin Carry with Fins)
- ii. **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 **or** 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 **or** 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 manikin.

 - ◆ **"Surface"** means the horizontal plane of the surface of a stillwater pool.
 - ◆ **"Pushing"** is defined as the manikin's head being held forward of the competitor's head.
 - ◆ **"Surfacing the manikin"** and **"carrying the manikin"** judging criteria apply only when the top of the manikin's head passes 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
- iii. **Towing the manikin:** :
 - ◆ Before the tow, competitors must secure the manikin correctly within the 5 m pick-up zone. Correctly means the rescue tube is secured around the body and under both arms of the manikin, and clipped to an O-ring.
 - ◆ Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin and maintain the manikin's mouth **or** nose above the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10 m line.
 - ◆ Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment
 - ◆ Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only

- under one arm, provided that the rescue tube was “secured correctly” originally and the mouth **or** nose of the manikin are maintained above the surface.
- ◆ In judging officials should focus on the nose of the manikin. 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.
- iv. **Manikin handlers:** A member of the competitor’s team assists as manikin handler in the Manikin Tow with Fins event and the Super Lifesaver event.
- ◆ With the referee’s approval, non-team members may act as handlers, provided they are a member of an ILSE 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.
 - ◆ Handlers must wear a team cap.
 - ◆ Manikin handlers may not intentionally enter the water during the event.

7.4 SEEDING

- i. Seeding shall be used for National Teams and Interclub championships.
- ii. For pool events, competitors’ entry times at shall be submitted on entry forms.
- iii. Times are required to be submitted for both individual and team events. Competitors and teams shall be ranked according to the entry times.
- iv. Competitors for whom no times are submitted shall be considered to have the slowest times.
- v. Placement of competitors with identical times and placement of those without times, shall be determined by draw. In Interclub championships, seeding is required for finals, but not for heats.
- vi. In National Teams championships the 3 fastest-seeded heats shall be run as originally seeded and shall not be altered. Other heats may be altered if lanes are available.

7.4.1 Heats in National Teams and Interclub championships

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.

7.4.2 Seeding in time-finals

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

- 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.

7.4.3 Assignment of lanes

- i. Lanes shall be assigned by placing the fastest competitor or team in lane 4 of an 8-lane pool. (Lane 1 is on the right side of the pool viewed from the starting end.)
- ii. 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.
- iii. Competitors with identical times shall be assigned lane positions by draw within the aforesaid pattern.

7.4.4 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 8 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 1 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 1 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 1 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.

7.5 TIMEKEEPING AND DETERMINATION OF PLACING

- i. Automatic officiating equipment shall be used for all pool events in European Lifesaving Championships to record the time of each competitor and to determine the place of each competitor in race events.
- ii. ILS will accept world records, and ILSE European records, only when times are reported by automatic officiating equipment, except in the Stillwater Boat event.
- iii. **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.
- iv. 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.
- v. 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.
- vi. In addition to the electronic timekeeping, at least 2 timekeepers shall be appointed per lane.
- vii. **Manual timekeeping and officiating:** In ILSE-sanctioned lifesaving competitions where automatic officiating equipment is unavailable, the time of each competitor must be recorded by at least 3 timekeepers.
- viii. 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.
- ix. 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 1 watch fails, the average of the other two times shall constitute the competitor's official time.
- x. 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.
- xi. 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.

7.6 EUROPEAN RECORDS

- i. ILS shall recognise world records and ILSE European records for individual and team events for both sexes in the open class in 50m pools according to the ILS Competition Manual and conducted using equipment which conforms to ILS standards. For the Stillwater Boat two separate world records for performances in indoor pools and in open air courses are registered because of the influence of wind. For World records and the process to follow to register a new records see Section 2.6 of the ILS Competition Manual
- ii. For Line Throw, Manikin Relay, Obstacle Relay and Medley Relay events, European records shall be recognised for both National Teams and Club Teams.
- iii. Record holders must be members of an ILSE Full Member organisation. Members of relay teams must be from the same national team or interclub team.
- iv. National Team relay record holders must meet National Team eligibility requirements as defined in Section 1.3.1

- v. Club Team relay record holders must meet Interclub Team eligibility requirements as defined in Section 1.3.2.
- vi. European records can be established at World Championships, World Games or other multisport games, European Championships, national championships of a ILSE Member organisation and any other championship or competition conducted according to the ILSE Competition Manual and sanctioned or recognised by ILS.
- vii. European records shall not be recognised without a negative doping test certificate unless the record was achieved at World Lifesaving Championships, World Games, or ILSE European Championships – where there is in place a system of targeted and random tests in accordance with the ILS anti-doping rules.
- viii. Any competitor establishing or equalling a European 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.
- ix. 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.
- x. Masters European records shall be recognised without a negative doping test certificate.
- xi. All records made during World Lifesaving Championships or European Championships shall be automatically approved. Others shall be approved subject to the following conditions:
- xii. All records must be made in competitions held in public and announced publicly by advertisement at least 3 days before competition.
- xiii. The facility (i.e. the length, depth and shape of the pool taking into account ledges of the turning wall at the manikin’s position) and equipment requirements must be certified by a surveyor or other qualified official appointed or approved by the ILSE Management Committee (for European championships) or the ILSE member organisation for ILSE-sanctioned competitions in their jurisdiction.
- xiv. ILSE will accept European records only when times are reported by automatic officiating equipment, except for the Stillwater Boat event, for which the European record times must be recorded by at least three timekeepers.
- xv. 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.
- xvi. Applications for world records must be made by the responsible authority of the organising committee of the competition and signed by an authorized representative of the ILSE member organisation in the competitor’s country, certifying that all regulations have been observed including a negative doping test certification. The application shall be forwarded to the nominated ILSE Custodian of Records in lifesaving sports within 30 days of the conclusion of the competition.
- xvii. Upon receipt of the application for a European record, and upon satisfaction that the information contained in the application is accurate, the ILSE Custodian of Records will recommend that the ILSE Secretary General shall declare and publish the European record, and provide a European record certificate to the competitor.

7.7 JUDGES

- i. Technique judges ensure that events operate fairly and within ILSE rules and procedures. Judges also assess whether competitors’ technique complies with specific events rules.
- ii. Judges must be positioned to ensure they have a clear view of the lane they are judging.
- iii. At European Championships, there must be at least one technique judge per lane.

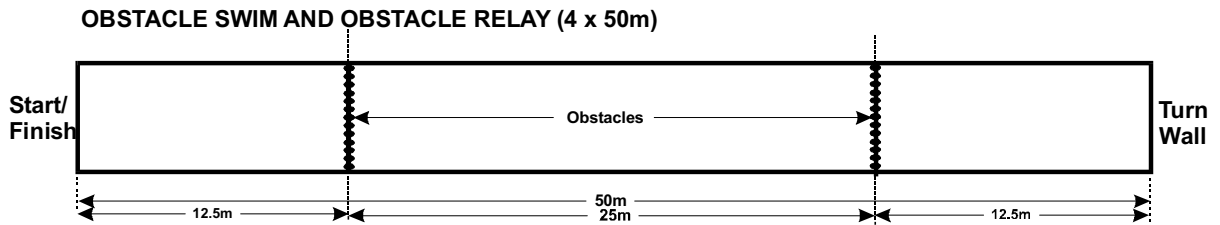
7.8 OBSTACLE SWIM (200m and 100m)

7.8.1 Event description – 200m

- i. With a dive entry on an acoustic signal, the competitor swims the 200m course passing eight times under the immersed obstacles to touch the finish edge of the pool.
- ii. 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
- iii. 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.
- iv. Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

7.8.2 Event description – 100m

- i. With a dive entry on an acoustic signal, the competitor swims the 100m course passing four times under the immersed obstacles to touch the finish edge of the pool.
- ii. 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
- iii. 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.
- iv. Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.



7.8.3 Equipment

- i. **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 12.5m from the starting edge, with the second obstacle located 12.5m from the opposite end. The distance between the two obstacles is 25m.

7.8.4 Disqualification

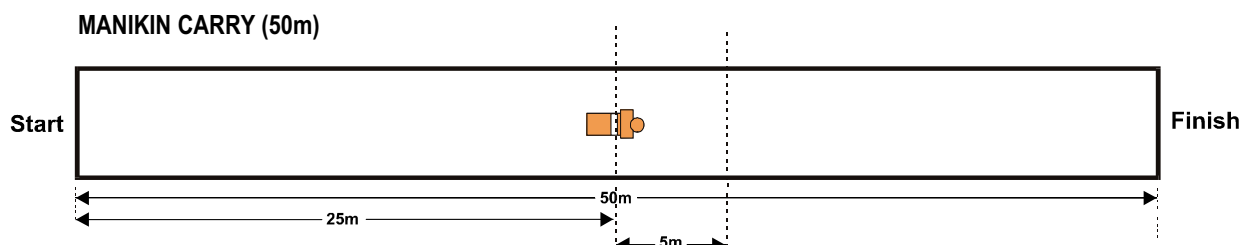
In addition to the *General Rules* in Section 3 and those outlined in 7.1 through 7.3, the following behaviour shall result in disqualification:

- 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.

7.9 MANIKIN CARRY (50m)

7.9.1 Event description

- i. With a dive start on an acoustic signal, the competitor swims 25m freestyle and then dives to recover a submerged manikin to the surface within 5m of the pick-up line. The competitor then carries the manikin to touch the finish edge of the pool.
- ii. Competitors may push off the pool bottom when surfacing with the manikin.



7.9.2 Equipment

- i. **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.
- ii. **Positioning the manikin:** The manikin is located at a depth between 1.8m and 3m. In water deeper than 3m, the manikin shall be placed on a platform (or other support) to position it at the required depth.
- iii. 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 25m-line.
- iv. **Surfacing the manikin:** Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5m-line.

7.9.3 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 7.1 through 7.3, the following behaviour shall result in disqualification:

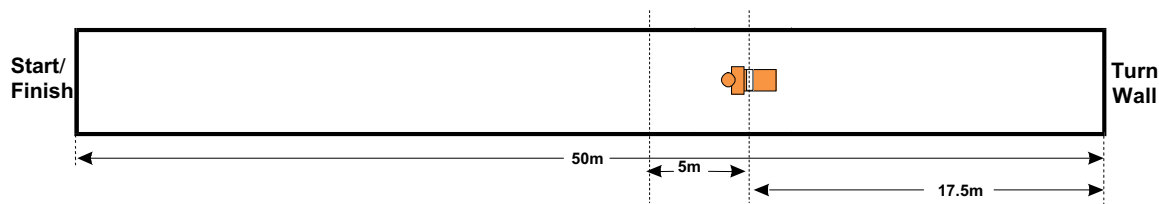
- i. Not surfacing before diving to the manikin.
- ii. Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
- iii. Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5m-line.
- iv. Using an incorrect carrying technique as described in 7.3 *Manikins*.
- v. Not maintaining the manikin's mouth **or** nose above the surface (see 7.3 *Manikins*).
- vi. Releasing the manikin before the finish edge has been touched.
- vii. Failure to touch the finish edge.

7.10 RESCUE MEDLEY (100m)

7.10.1 Event description

- i. With a dive start on an acoustic signal, the competitor swims 50m freestyle to turn, dive, and swim underwater to a submerged manikin located at 17.5m distance from the turn wall.
- ii. The competitor surfaces the manikin within the 5m pick-up line, and then carries it the remaining distance to touch the finish edge.
- iii. Competitors may breathe during the turn, but not after their feet leave the turning edge until they surface with the manikin.
- iv. Competitors may push off the bottom when surfacing with the manikin.

100m COMBINED RESCUE MEDLEY



7.10.2 Equipment

- i. **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.
- ii. **Positioning the manikin:** The manikin is located at a depth between 1.8m and 3m. In water deeper than 3m, the manikin shall be placed on a platform (or other suitable support) to position it at the required depth.
- iii. 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 17.5m-line.
- iv. **Surfacing the manikin:** Competitors must have the manikin in the correct carrying position before the manikin's head passes the 5m-line

7.10.3 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 7.1 through 7.3, the following behaviour shall result in disqualification:

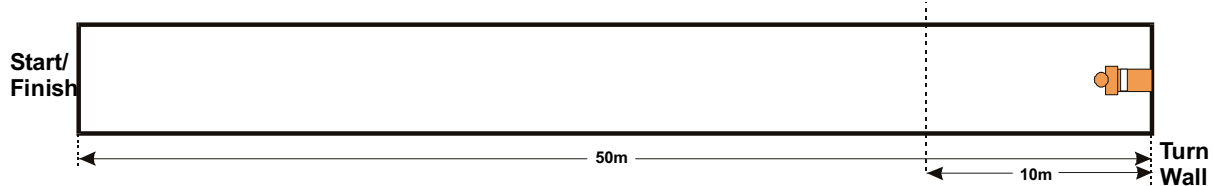
- i. Surfacing after turning and before lifting the manikin.
- ii. Breathing after the feet leave the turning edge and before surfacing with the manikin.
- iii. Taking assistance from any pool fitting (e.g., lane ropes, steps, drains or underwater hockey fittings) when surfacing with the manikin – not 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 7.3 *Manikins*.
- vi. Not maintaining the manikin's mouth **or** nose above the surface (see 7.3 *Manikins*).
- vii. Releasing the manikin before touching the finish edge.
- viii. Failure to touch the finish edge.

7.11 MANIKIN CARRY WITH FINS (100m)

7.11.1 Event description

- i. With a dive start on acoustic signal, the competitor swims freestyle wearing fins and then recovers a submerged manikin to the surface within 10m of the turning edge. The competitor carries the manikin to touch the finish edge of the pool.
- ii. Competitors need not touch the turning edge of the pool.
- iii. Competitors may push off the bottom when surfacing with the manikin.

MANIKIN CARRY WITH FINS (100m)



7.11.2 Equipment

- i. **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.
- ii. **Positioning the manikin:** The manikin is located at a depth between 1.8m and 3m. In water deeper than 3m, the manikin shall be placed on a platform (or other support) to position it at the required depth.
- iii. The manikin is positioned on its back in contact with the pool bottom (or platform or other support), with its base touching the pool wall, and its head in the direction of the finish.
- iv. **Surfacing the manikin:** Competitors must have the manikin in the correct carrying position before the manikin's head passes the 10m-line.
- v. **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 7.3 *Manikins*). Competitors are not permitted to start again in another heat.

7.11.3 Disqualification

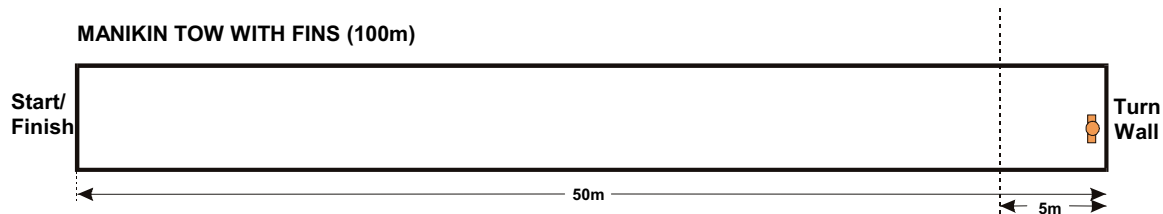
In addition to the *General Rules* in Section 3 and those outlined in 7.1 through 7.3, the following behaviour shall result in disqualification:

- 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 10m-line.
- iii. Using an incorrect carrying technique as described in 7.3 *Manikins*.
- iv. Not maintaining the manikin's mouth **or** nose above the surface (see 7.3 *Manikins*).
- v. Releasing the manikin before touching the finish edge.
- vi. Failure to touch the finish edge.

7.12 MANIKIN TOW WITH FINS (100m)

7.12.1 Event description

- i. With a dive start on an acoustic signal, the competitor swims 50m freestyle with fins and rescue tube.
- ii. After touching the turning edge, the competitor fixes the rescue tube around a manikin floating at the surface at the edge and tows it to the finish.
- iii. The event is complete when the competitor touches the finish edge of the pool



7.12.2 Equipment

- i. **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.
- ii. **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 ILSE Full Member organisation and are registered to participate at the championship in some capacity. Handlers must wear a team cap.
- iii. Before the start the manikin handler positions the manikin – vertically and facing the turn wall – within the allotted lane.
- iv. 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.
- v. Manikin handlers may not intentionally enter the water during the event.
- vi. **Starts with rescue tubes:** At the start, the rescue tube and rescue tube line may be positioned at the competitor's discretion, but within the competitor's allotted lane. Competitors should ensure a safe and correct position of rescue tube and line.
- vii. **Wearing rescue tubes:** Rescue tubes must be donned correctly with the loop across or over one shoulder.
- viii. 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 tow of the manikin.
- ix. **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 5m pick-up zone.
- x. Competitors must complete the 50m freestyle swim by touching the pool edge before touching the manikin to secure the manikin for towing.
- xi. **Towing the manikin:** Competitors must tow – not carry – the manikin. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin and maintain the manikin's mouth or nose above the surface.
- xii. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10 m line.
- xiii. Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.
- xiv. 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 or nose of the manikin are maintained above the surface.
- xv. As long as the manikin has not become separated from the rescue tube, and the mouth or nose remain above the surface, a competitor may stop to re-secure the rescue tube correctly around the manikin without disqualification.
- xvi. **Retrieving lost fins or manikin:** Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated (see 7.3 *Manikins*). Competitors are not permitted to start again in another heat.

- xvii. **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.

7.12.3 Disqualification

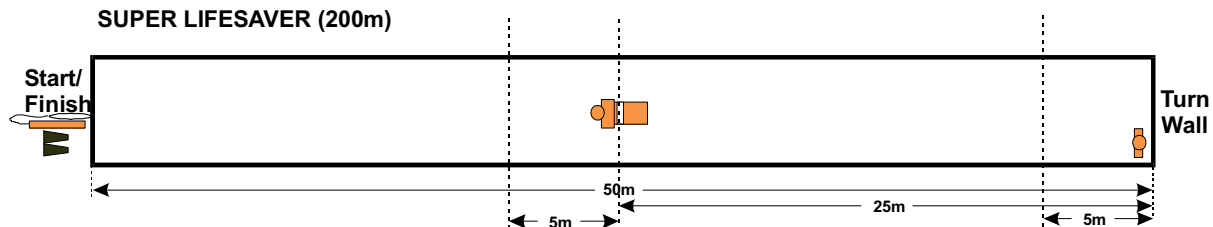
In addition to the *General Rules* in Section 3 and those outlined in 7.1 through 7.3, the following behaviour shall result in disqualification:

- i. Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when fixing the rescue tube around the manikin.
- ii. Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge
- iii. Manikin handler pushing the manikin towards the competitor or the finish edge.
- iv. Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
- v. 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
- vi. At 50m, not touching the pool edge before touching manikin to secure manikin.
- vii. Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring)
- viii. Not securing the rescue tube around the manikin before the 5m-line (judged at the top of the manikin's head).
- ix. The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line.
- x. Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line.
- xi. Pushing or carrying, instead of towing, the manikin.
- xii. Not maintaining the manikin's mouth **or** nose above the surface (see 7.3 *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 correctly in place.
- xv. Failure to touch the finish edge.

7.13 SUPER LIFESAVER (200m)

7.13.1 Event description

- i. With a dive start on an acoustic signal, the competitor swims 75m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5m pick-up zone and carries it to the turning wall. After touching the wall the competitor releases the manikin.
- ii. In the water, the competitor dons fins and rescue tube and swims 50m freestyle. After touching the wall, and within the 5m pick-up zone the competitor fixes the rescue tube around a floating manikin and tows it to touch the finish.



7.13.2 Equipment

- i. **Manikins, fins, rescue tubes:** See Section 11 – *Facility and Equipment Standards*. Competitors must use the manikins and rescue tubes supplied by organisers.
- ii. **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.
- iii. **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 1.8m and 3m. In water deeper than 3m, the manikin shall be placed on a platform (or other support) to position it at the required depth.
- iv. 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 25m-line.
- v. **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.
- vi. 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 ILSE Full Member organisation and are registered to participate at the championship in some capacity. Handlers must wear a team cap.
- vii. Before the start, the manikin handler positions the manikin – vertically and facing the wall – within the allotted lane.
- viii. 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.
- ix. Manikin handlers may not intentionally enter the water during the event.
- x. **Surfacing the first manikin:** Competitors may push off the bottom of the pool when surfacing with the manikin.
- xi. Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5m-line.
- xii. **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 50m freestyle.
- xiii. **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.
- xiv. 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 tow of the manikin.
- xv. **Securing the second 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.
- xvi. Competitors must complete the freestyle swim by touching the pool edge before touching the manikin to secure the manikin for towing.

- xviii. **Towing the manikin:** Competitors must tow – not carry – the manikin. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin and maintain the manikin’s mouth or nose above the surface.
- xix. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin’s head passes the 10 m line.
- xx. Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.
- xxi. 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 **or** nose of the manikin are maintained above the surface.
- xvii. As long as the manikin has not become separated from the rescue tube, and the mouth or nose remain above the surface, a competitor may stop to re-secure the rescue tube correctly around the manikin without disqualification.
- xviii. **Retrieving lost fins or manikin:** Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated (see 7.3 *Manikins*). Competitors are not permitted to start again in another heat.
- xix. **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.

7.13.3 Disqualification

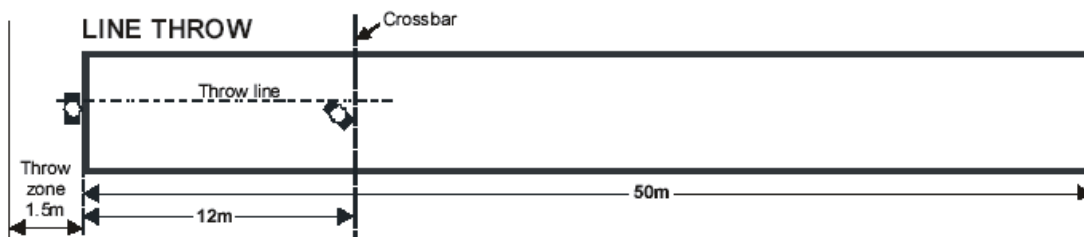
In addition to the *General Rules* in Section 3 and those outlined in 7.1 through 7.3, the following behaviour shall result in disqualification:

- 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 5m pick-up zone.
- iii. Not having the manikin in the correct carrying position before the top of the manikin’s head passes the 5m pick-up zone.
- iv. Using an incorrect carrying technique as described in 7.3 *Manikins*.
- v. Not maintaining the manikin’s mouth **or** nose above the surface (see 7.3 *Manikins*).
- vi. Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge.
- vii. Manikin handler pushing the manikin towards the competitor or the finish edge.
- viii. Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
- ix. 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 .
- x. At 150m, not touching the pool edge before touching manikin to secure the manikin.
- xi. Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring)
- xii. Not securing the rescue tube around the manikin within the 5 m pick-up zone (judged at the top of the manikin’s head).
- xiii. The line of the rescue tube not becoming fully extended before the top of the manikin’s head passes the 10 m line
- xiv. Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line.
- 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 correctly in place.
- xvii. Failure to touch the finish edge.

7.14 LINE THROW

7.14.1 Event description

- i. In this timed event, the competitor throws an unweighted line to a fellow team member located in the water located 12m distant and pulls this “victim” back to the finish edge of the pool.
- ii. **The start:** On the long whistle, both 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.
- iii. On the starter’s “**Take your marks**” command, competitors immediately assume the starting position. When competitors are motionless, the starter gives the acoustic starting signal.
- iv. **Starting position:** The competitor stands facing the victim, motionless with legs together and arms straight down and beside their body. The end of the throw line is held in one hand.
- v. 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.
- vi. **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.
- vii. The victim remains in the water and the competitor remains in the throw zone until the referee signals the completion of the event.
- viii. There is no penalty for pulling on the rigid crossbar while attempting to reach the throw line.
- ix. **Fair throw:** Victims may grasp the throw line with their hands only within their lane. The lane marker is not “within the lane”. Victims may submerge to retrieve the throw line. Victims may not release the designated mark on the crossbar before grasping the throw line with the other hand.
- x. **Pull through the water:** While being pulled to the edge, victims must be on their front holding the throw line with both hands. Victims may not “climb” the throw line hand-over-hand.
- xi. For safety reasons, victims may release the line with one hand in order to touch the wall. This will not result in disqualification. Victims may wear swim goggles.
- xii. **Throw zone:** Competitors must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5m from the pool edge. If there is a raised portion of the poolside, the line shall be 1.5m back from the deck side of the raised portion.
- xiii. 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.
- xiv. 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.
- xv. **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 within the time limit will be designated as “Did Not Finish” (DNF).



7.14.2 Equipment

- i. **Throw line:** See Section 11 – *Facility and Equipment Standards*. The throw line must be between 16.5m and 17.5m in length. Competitors must use the throw lines supplied by organisers.
- ii. The rigid **crossbar** is positioned on the surface across each lane 12m 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.

7.14.3 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 12m mark.

7.14.4 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 7.1 through 7.3, the following behaviour shall result in disqualification:

- i. Victim releasing the designated mark on the crossbar before grasping the throw line with the other hand.
- ii. Victim grasps the throw line when it falls outside their lane
- iii. Victim not on their front while being pulled to the finish edge
- iv. 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).
- v. Victim "climbing" the throw line hand-over-hand.
- vi. Thrower exiting the throw zone (as judged by both feet) at any time after the start and before the 45-second completion signal.

Note: Failure to get the victim to the finish edge before the 45-second completion signal shall be designated "Did Not Finish" (DNF) – see 4.3.iv.

7.15 MANIKIN RELAY (4 x 25m)

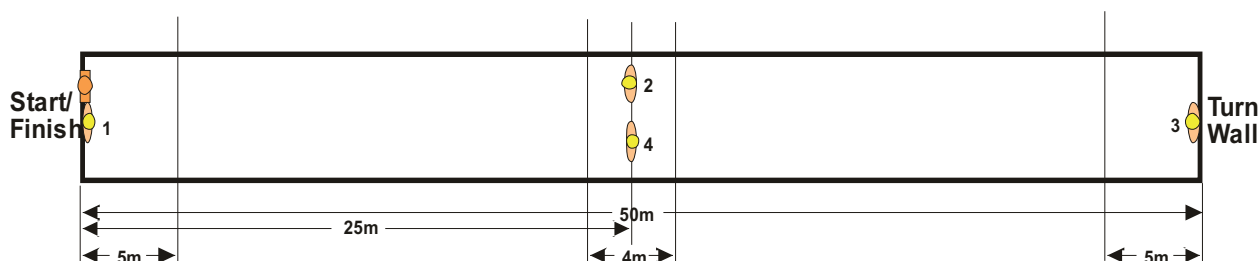
7.15.1 Event description

- i. Four competitors in turn carry a manikin approximately 25m each.
- ii. **The first competitor:** starts in the water holding a manikin with one hand (its mouth or nose above the surface) and the pool edge or starting block with the other. On an acoustic signal, the competitor carries the manikin and passes it to the second competitor within the 4m-changeover zone situated between the 23m and 27m mark.
- iii. **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.
- iv. **The third competitor:** carries the manikin and passes it to the fourth competitor in the changeover zone between the 73m and 77m mark.
- v. **The fourth competitor:** completes the event by carrying the manikin to touch the finish edge with any part of the competitor's body.
- vi. Competitors must remain in the water in their lanes until the referee signals the completion of the event.
- vii. Only the incoming and outgoing competitors may participate in the manikin exchange.
- viii. 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).
- ix. 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

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

At the start, competitors are not judged on "carrying the manikin" criteria (defined in 4.3) within the start zone. Carrying the manikin criteria do apply within the finish zone at the end of the relay.

4 x 25m MANIKIN RELAY



7.15.2 Equipment

- i. **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.

7.15.3 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 7.1 through 7.3, the following behaviour shall result in disqualification:

- i. Using incorrect manikin carry technique as described in the 7.3 *Manikins*.
- ii. Not maintaining the manikin's mouth **or** nose above the surface throughout (see 7.3 *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. Assistance from a third competitor during the exchange between the incoming and outgoing competitors
- vi. Releasing the manikin before the next competitor has contacted the manikin.
- vii. Releasing the manikin before touching the finish wall.

viii. Failure to touch the finish edge.

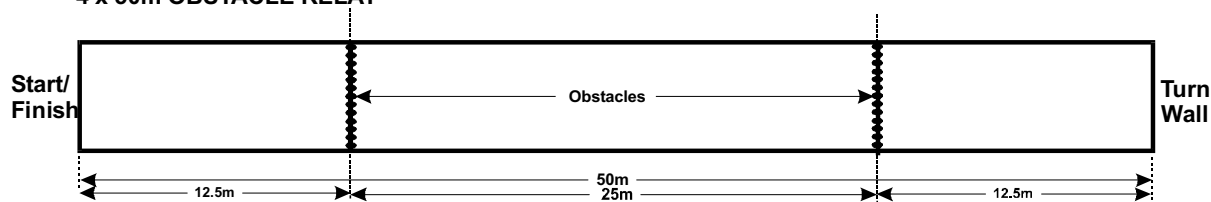
Note: Once the top of the head of the manikin has entered the changeover zone, competitors are not judged on “carrying the manikin” criteria. Once the top of the head of the manikin has left the changeover zone, “carrying the manikin” criteria apply

7.16 OBSTACLE RELAY (4 x 50m)

7.16.1 Event description

- i. With a dive entry on an acoustic signal, the first competitor swims 50m freestyle passing under two obstacles. After the first competitor touches the turning edge the second, third, and fourth competitors repeat the procedure in turn.
- ii. 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.
- iii. Competitors may push off the pool bottom when surfacing from under the obstacles.
Note: *Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.*
- iv. The first, second and third competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first, second and third competitors may not re-enter the water.

4 x 50m OBSTACLE RELAY



7.16.2 Equipment

- i. **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 12.5m from the starting edge with the second obstacle 12.5m from the opposite end. The distance between the two obstacles is 25m.

7.16.3 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 7.1 through 7.3, the following behaviour shall result in disqualification:

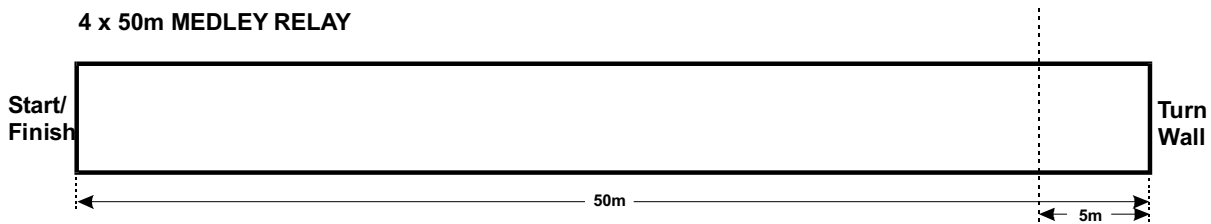
- i. Passing *over* an obstacle and not immediately returning *over or under* that obstacle and then passing *under* it.
- ii. Failure to surface after each dive entry.
- iii. Failure to surface after each obstacle.
- iv. One competitor repeating two or more legs of the event.
- v. Leaving the start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

7.17 MEDLEY RELAY (4 x 50m)

7.17.1 Event description

- i. With a dive start on an acoustic signal, the first competitor swims 50m freestyle *without* fins.
- ii. With a dive start after the first competitor touches the wall, the second competitor swims 50m freestyle *with* fins.
- iii. With a dive start after the second competitor touches the wall, the third competitor swims 50m freestyle towing a rescue tube. The third competitor touches the turning edge.
- iv. The fourth competitor is in the water wearing fins with at least one hand on the turning edge or starting block. The fourth competitor takes the harness of the rescue tube and the third competitor to a fourth competitor in the water wearing fins with at least one hand on the turning edge or starting block. The third competitor, playing the role of "victim," holds the rescue tube with both hands, while being towed 50m by the fourth competitor to the finish.
- v. 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 5m-line.
- vi. The event is complete when the fourth competitor touches the finish edge of the pool with the victim in contact with the tube.
- vii. The victim may kick while being towed, but no other assistance is permitted.
- viii. The victim must grip the main body of the rescue tube – not the rope or clip.
- ix. 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.
- x. While the fourth competitor must have at least one hand on the turning edge or starting block when the third competitor touches the edge, the fourth competitor may push off the edge with hand, arm or foot.
- xi. The first and second competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first and second competitors may not re-enter the water.

4 x 50m MEDLEY RELAY



7.17.2 Equipment

- i. **Rescue tube, swim fins:** See Section 11 – *Facility and Equipment Standards*. Competitors must use the rescue tubes supplied by organisers.
- ii. **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.
- iii. **Wearing rescue tubes:** Rescue tubes must be donned correctly with the loop across or over one shoulder.
Note 1: 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 tow of the manikin.
- iv. **Towing the victim:** Competitors must tow the victim with the line of the rescue tube fully extended.
- v. **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.
- vi. **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.

7.17.3 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 7.1 through 7.3, 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 fourth competitor touching the harness before the third competitor touches the turning edge.
- iii. The fourth competitor leaving the turning edge before the third competitor touches the wall.
- iv. The victim holding the rescue tube by the rope or clip.

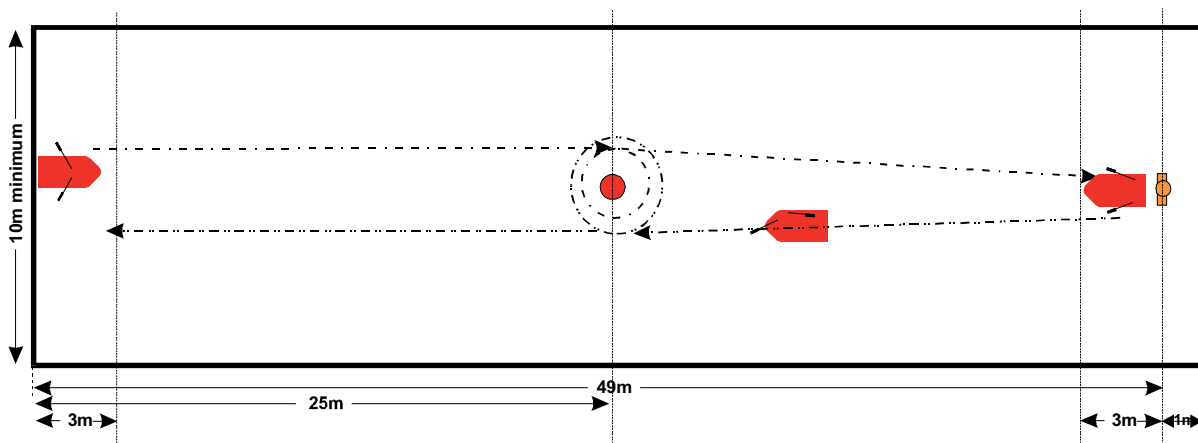
- v. The victim helping with arm movements, or not holding the rescue tube with both hands.
- vi. The victim losing the rescue tube after crossing the 5m-line.
- vii. The fourth competitor not towing the victim with the line of the rescue tube fully extended or without the shoulder loop across or over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

7.18 SAVING A MANIKIN BY BOAT (100m)

7.18.1 Event description

- i. 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.
- ii. **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.
- iii. At the acoustic starting signal, the competitor enters the boat and navigates with 2 oars to a buoy located 25m from the start and perpendicular to the starting edge. The competitor completes 1 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.
- iv. This is a timed event.
- v. **Approaching and lifting the manikin:** Using 2 oars, the competitor rows to the manikin which is floating vertically, head above the surface, 49m 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 3m from the manikin using both oars.
- vi. 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.
- vii. **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 3m 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.
- viii. The time is stopped when the bow passes the finish line. Competitors must finish in their own lane.
- ix. The event automatically ends after 3 minutes and 30 seconds for men; 3 minutes and 45 seconds for women.
- x. **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.

STILLWATER BOAT RACE (100m)



7.18.2 The course

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

- i. **Lanes:** Heats may be run with 1 or multiple competitors in clearly marked lanes which are a minimum 10m wide measured on the inside.
- ii. 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 50m swimming pool.
- iii. 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.

- iv. **Starting platform:** The height of the starting platform may be no higher than 25cm above the top of the stern.
- v. **Turning buoy:** A buoy is anchored in the middle of the lane 25m from the starting edge on an axis perpendicular to the start.
- vi. **Manikin:** The manikin is positioned 49m from the starting edge.
- vii. **Manikin line and finish line:** Both the manikin line and the finish line must be visible for competitors and referees.

7.18.3 Equipment

- i. **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.
- ii. **Fenders:** Fenders may be used in competition to protect the boat.
- iii. **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).
- iv. 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.

7.18.4 Timekeeping and placing

- i. **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.
- ii. **Official time:** If 2 of the 3 timekeepers have the same time, this time is considered official. If the 3 timekeepers differ, the middle time shall be official. If a watch fails, the procedure for 2 timekeepers is followed: that is, the average of the 2 times shall constitute the time of the competitor.
- iii. **Attribution of places:** The competitor crossing the finish line in the fastest time and having correctly fulfilled all event conditions shall be the winner.
- iv. 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 2 (if 2 teams are involved).

7.18.5 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.

7.18.6 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 - OTHER EVENTS

8.1 SIMULATED EMERGENCY RESPONSE EVENT

8.1.1 Description of the event

- i. 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 2-minute time limit. Manual Timekeeping is required for this event.
- ii. All teams respond to the identical situation and are evaluated by the same judges.
- iii. In ILSE European Championships, the SERC shall be conducted without male and female categories. Teams may consist of any combination of males or females.

8.1.2 General conditions

- 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. Teams may bring a translator into lock-up to translate the English instructions. The translator remains in lock-up with the team.
- 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. Corrective goggles or masks are not permitted.
- ix. Team members must wear their national team or club cap. Team leaders shall wear a distinctive identifying cap provided by the host organising committee. 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. No other personal belongings or equipment are permitted in the competition arena (e.g., watches, jewellery, phones or any other communication device, goggles, masks, fins)
- xi. Judges scores are not subject to protest.

8.1.3 Security and lock-up

- i. 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.
- ii. After competing, a team may observe subsequent teams compete.
- iii. Teams in lock-up are not permitted to see or communicate with anyone who is not also in lock-up. Any device that would allow such communication is prohibited.

8.1.4 Competition start

- i. 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.
- ii. 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.

8.1.5 Competition arena

- i. The Simulated Emergency Response Competition may be held in a variety of indoor and outdoor aquatic environments. For ILSE European Lifesaving Championships, the ILSE Management Committee shall approve the SERC facility.
- ii. 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.

- iii. Unless otherwise advised, competitors shall assume that the conditions in the competition arena are “as found.”

8.1.6 Situation scenarios

- i. Simulated emergency scenarios, secret until the start of the competition, shall be designed using one or more of the following approaches:
 - ◆ an amalgam of single or multiple-person situations which are related.
 - ◆ a group of people involved in a number of situations which relate to a common theme, such as a pool party or an upturned crowded boat.
 - ◆ a number of groups of people in a number of multiple themes
- ii. 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.)

8.1.7 Victims, manikins and bystanders

- i. 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.
- ii. 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.
- iii. 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).

8.1.8 Equipment

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

8.1.10 Start and timekeeping

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

8.1.11 Principles of Rescue

- i. **Lifesaver versus lifeguard response:** Competitors in the Simulated Emergency Response Competition are expected to respond as a group of 4 individual lifesavers acting in a coordinated team under the direction of an identified team leader.
- ii. 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 specialized 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.
- iii. 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
- iv. 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)
- v. 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
- vi. 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.
 - vii. 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
 - viii. 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.
 - ix. 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.
 - x. 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
 - xi. If entering the water is inevitable, competitors select the most effective techniques for the situation without endangering their own life in any way.
 - xii. It is important that competitors clearly show their intentions and actions to the judges.

8.1.12 Judging and Marking

- i. A *minimum* of 6 judges plus 1 overall judge is required for world championships. The marking sheets shall be prepared with 1 judge marking the entire scenario while the others judge the handling of the individual victims. One judge per victim is recommended.
- ii. Before the competition start, judges shall be briefed on the situation scenarios, scoring procedure, and marking priorities.
- iii. 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.
- iv. 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.
- v. 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
- vi. 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.
- vii. **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.
- viii. Specific aspects of the scenario may be weighted to provide higher scores for a rescue performance requiring a greater degree of skill and judgment. Such weighting (secret to both judges and competitors) is dealt with by the recorders.

8.1.13 Disqualification

In addition to the *General Rules* in Section 3 and the *General conditions for Simulated Emergency Response Competition* in 8.1.1, 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 9 – OCEAN COMPETITION

9.1 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.
- 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. Start decisions by the starter or referee (or referee's designate) are not subject to protest or appeal.
- x. **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.

9.2 THE START

9.2.1 The Start

Prior to the start, a marshal 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 3-step start shall be used in all other ocean events listed in Section 9.

- 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.

9.2.2 Start lines

- i. 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.
- ii. Where a cord is used competitors' toes may be on or behind the line but parts of the body may overhang the line.
- iii. **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.
- iv. **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.
- v. **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.

9.2.3 Disqualification

The one-start rule shall be used in all events

- i. All competitors who **commence a forward starting motion** after assuming a final set position and before the starting signal, shall be disqualified, except for Beach Flags in which the competitor(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.
- 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).

Notes

- v. The duty of the starter and check starter is to ensure a fair start. If the starter or check starter decides that a start is not fair, for any reason, including technical or equipment fault, the competitors shall be called back and start again.
- vi. Competitors shall be disqualified if they "commence a forward starting motion" prior to the starting signal. Movement by itself is not a disqualification. Anticipating the starting signal and commencing a starting motion is a disqualification.

- vii. The starter and check starter use their discretion in determining whether a competitor – or more than one competitor – has commenced a starting motion. Commonly, the early starting motion of one competitor causes movement by other competitors. Such movements are not a DQ.
- viii. The starter's, or check starter's decisions on starts are not subject to protest or appeal.

9.2.4 Changeovers and tagging in relays

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

9.3 THE FINISH

9.3.1 The Finish

- i. 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.
- ii. 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.
- iii. 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.
- iv. 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.
- v. 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.

9.3.2 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.

9.3.3 Time limits

- i. 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.
- ii. 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.

9.4 SEEDING

9.4.1 Seeding

- i. Seeding shall be used for National Teams championships.
- ii. In National Teams competition, entries from the same nation will be seeded in different heats if possible.
- iii. In Interclub and Masters championships, seeding is required for all rounds after the heats.

- iv. **Heats:** In National Teams championships, seeding shall be based on the nation’s performance in the specific event in previous European championships.
- v. In Interclub and Masters championships, seeding for heats shall be based on random draw.
- vi. **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.
- vii. **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.
- viii. Based on the results of heats and 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 Flags, Beach Run, Surf Ski, Surf Ski Relay, Board Race, Board Relay, Oceanman/Oceanwoman, Oceanman/Oceanwoman Relay.
- ix. A- and B-finals shall be conducted in the following events: Rescue Tube Race, Rescue Tube Rescue, Beach Sprint, Beach Relay and Board Rescue. Based on the results of heats or semi-finals, the top 8 competitors shall be assigned places in the A-final. The ninth through sixteenth top competitors shall be assigned places in the B-final. In ILSE European Championships, the Beach Flags may also be conducted as an A- and B-final, rather than a 16-person final.
- x. 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.
- xi. 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.

9.4.2 Draws for position

- i. The initial draw for heats and beach positions may be conducted by ILSE and supplied to teams.
- ii. Draws for positions in subsequent rounds (e.g., quarter-finals, semi-finals, and finals) shall be made by competition officials.
- iii. The method used for the draws, including draws for initial heats and seeding of competitors, shall be approved by the referee.

9.4.3 Beach positions

- i. 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.
- ii. For beach events, the number 1 position shall be nearest the water.

9.4.4 Competitor limits

The referee shall decide whether events shall be conducted in heats, semi-finals, or finals providing that the maximum number of competitors in a heat or final race shall not exceed the following 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 – 2km and 1km	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

*Separate A- and B-Finals may be conducted in this event.
See Section 10 for conduct of events for Masters competition.

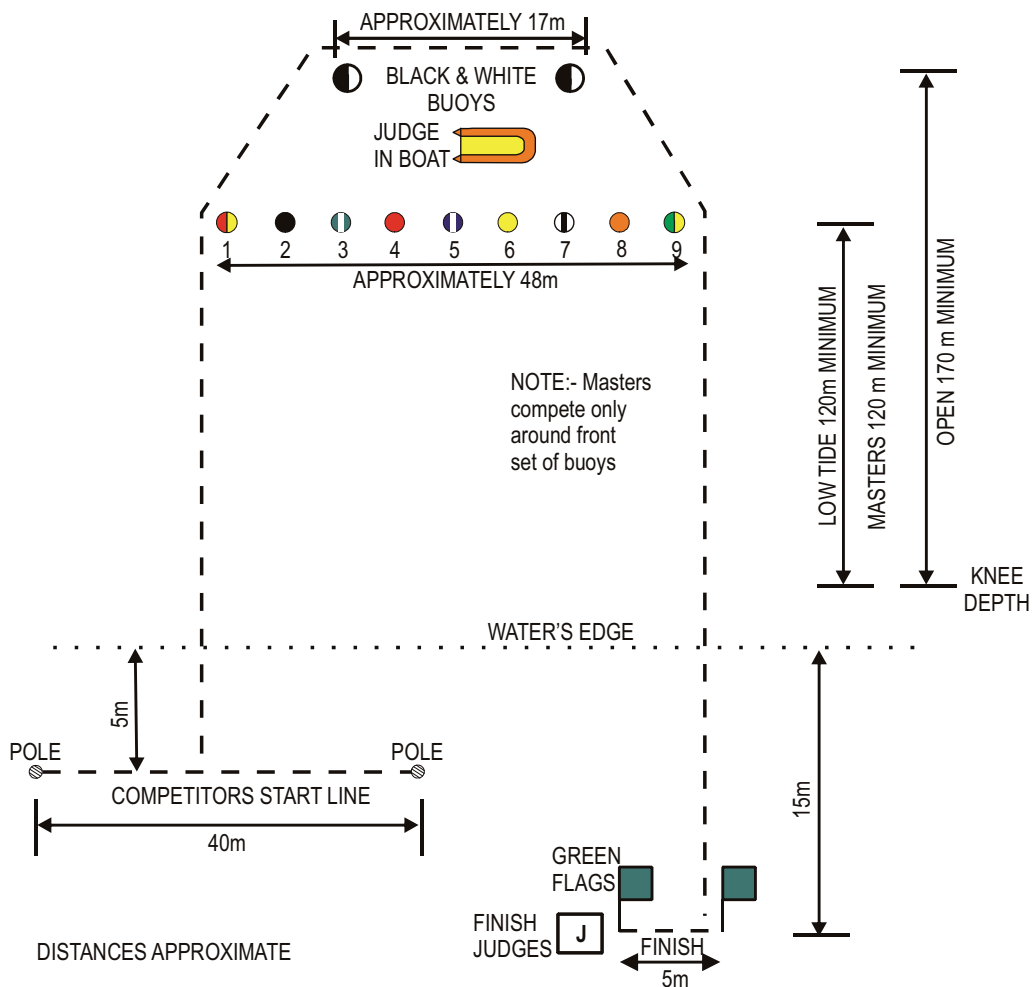
9.5 SURF RACE

9.5.1 Event description

- i. With a running start into the surf from the start line on the beach, competitors swim around the 400m (280m for Masters) course designated by buoys, returning to shore to finish between the finish flags on the beach.
- ii. 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 10m behind and at right angles to the finishing line and 5m apart.

9.5.2 The course

- i. As shown in the following diagram, the U-shaped course shall be approximately 400m 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.
- ii. **The start line** – a brightly coloured cord stretched between 2 poles approximately 40m apart – shall be situated 5m from the water’s edge, centred on buoy number 1.
- iii. **The finish line** – between 2 flags positioned 5m apart – shall be situated approximately 15m from the water’s edge, centred on buoy number 9.
- iv. **The swimming course** shall be marked by buoys (as indicated on the diagram) the furthest situated approximately 170m beyond knee-deep water. Water distances may vary depending upon sea conditions.



9.5.3 Judging

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

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

9.5.4 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 9.1 through 9.3, the following behaviour shall result in disqualification:

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

9.6 RESCUE TUBE RESCUE

9.6.1 Event description

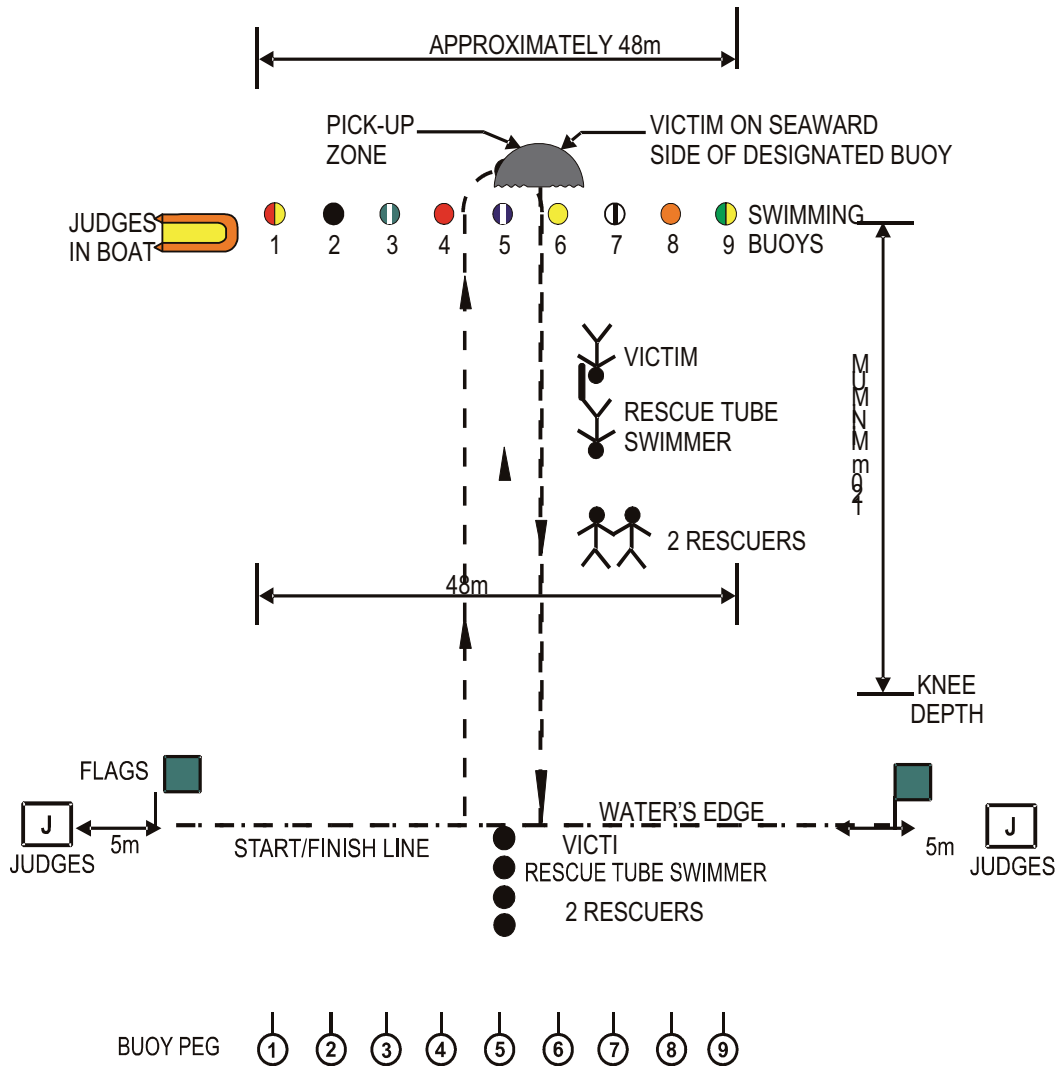
- i. Four competitors from each team participate in this event: a “victim,” one rescue tube swimmer, and two rescuers. The victim swims approximately 120 m to a designated buoy, signals, and waits to be rescued by the rescue tube swimmer. As they return to shore, the remaining two rescuers enter the water to assist. The event finishes when the first competitor in a team crosses the finish line while in contact with the victim.
- ii. **The start:** All four competitors assemble at their team’s allotted position at the start line. Prior to the start signal, the rescue tube swimmer and equipment must be on the shoreward side of the start/finish line. The rescue tube swimmer may hold or wear the rescue tube, and may hold the swim fins in his or her hands. Fins may not be worn prior to crossing the start line..
- iii. 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.
- iv. The referee may determine an acceptable alternative method of clearly signalling the victim has touched the buoy.
- v. Competitors must start from the correct allotted position. Competitors swimming to and signalling from the wrong buoy shall be disqualified.
- vi. **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.
- vii. **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.
- viii. The victim must be dragged or carried to the finish.
- ix. **The finish** is judged on the chest of the first member of the carrying party to cross the finish line in an upright position while still carrying 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 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 under both arms 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.

9.6.2 The course

- i. As shown in the following diagram, the course shall be approximately 240m. 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.
- ii. **The start line** – a brightly coloured cord stretched between 2 poles carrying flags, approximately 48m apart – shall be located approximately 5m from 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.
- iii. **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.



DISTANCES APPROXIMATE

9.6.3 Equipment

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

9.6.4 Judging

- i. Finish judges shall be positioned at each end of the finishing line at least 5m from the flagpole and in line with each flagpole. A course judge-in-boat shall be positioned in line with the buoys as shown in the diagram.
- ii. 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. A judge-in-boat observing an infringement, shall report to the referee as soon as practical and prior to the race result being declared.

9.6.5 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 9.1 through 9.3, the following behaviour shall result in disqualification:

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

9.7 RESCUE TUBE RACE (Masters Only)

9.7.1 Event description

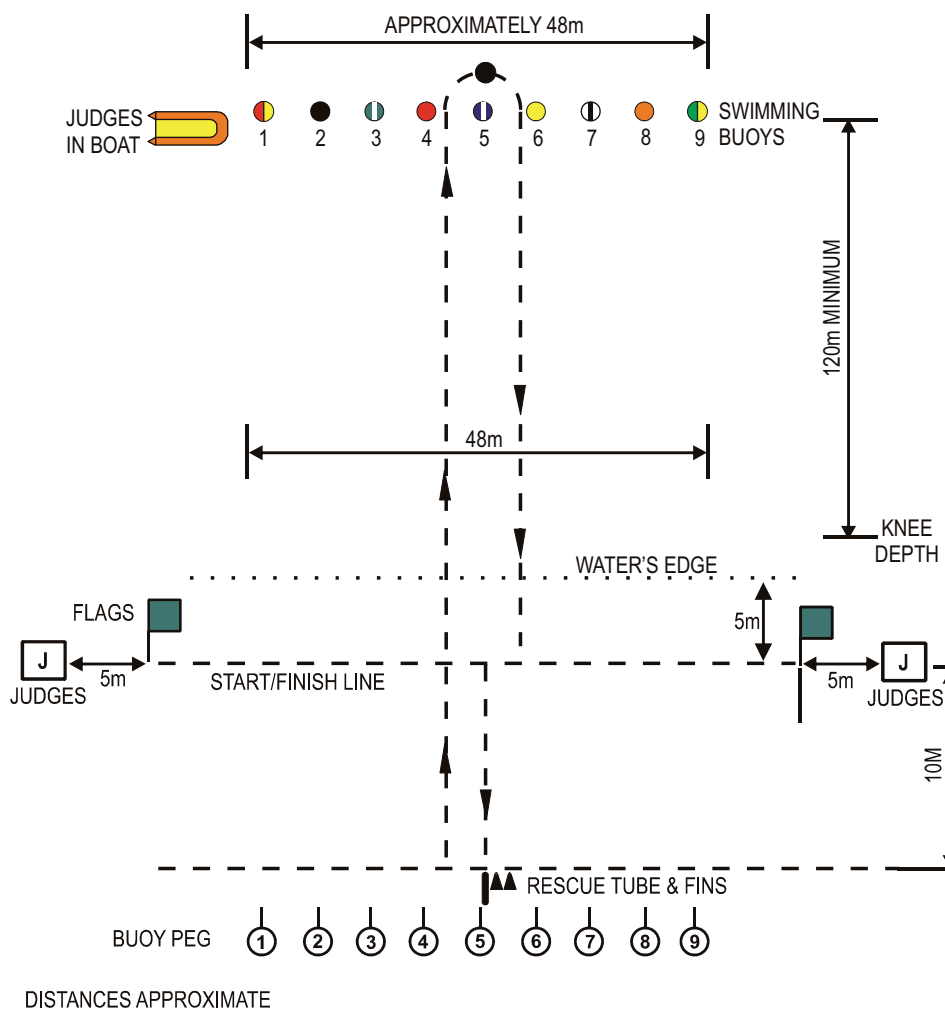
- i. **Before the start:** Rescue tubes and fins are placed on the beach, approximately 20m from the water's edge and perpendicular to the starting line in front of each competitor's designated buoy peg.
- ii. Competitors take their positions on the starting line approximately 5m from the water's edge. On the acoustic starting signal, competitors race up the beach to recover their rescue tubes and fins, 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.
- iii. 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.

Note:

- ◆ At the start, the line of 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.

9.7.2 The course

The Rescue Tube Race shall be conducted under the general rules of the Rescue Tube Rescue event except that fins shall not be worn. 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.

9.7.3 Judging

- i. An in-boat judge shall be positioned in boats in a direct line with the buoys as shown in the diagram
Finish judges shall be positioned at each end of the finish line at least 5m from the flag pole and in line with each flag pole

9.7.4 Equipment

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

9.7.5 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 9.1 through 9.3, the following behaviour shall result in disqualification:

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

9.8 RUN – SWIM – RUN

9.8.1 Event description

- i. 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.

9.8.2 The course

- i. 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.

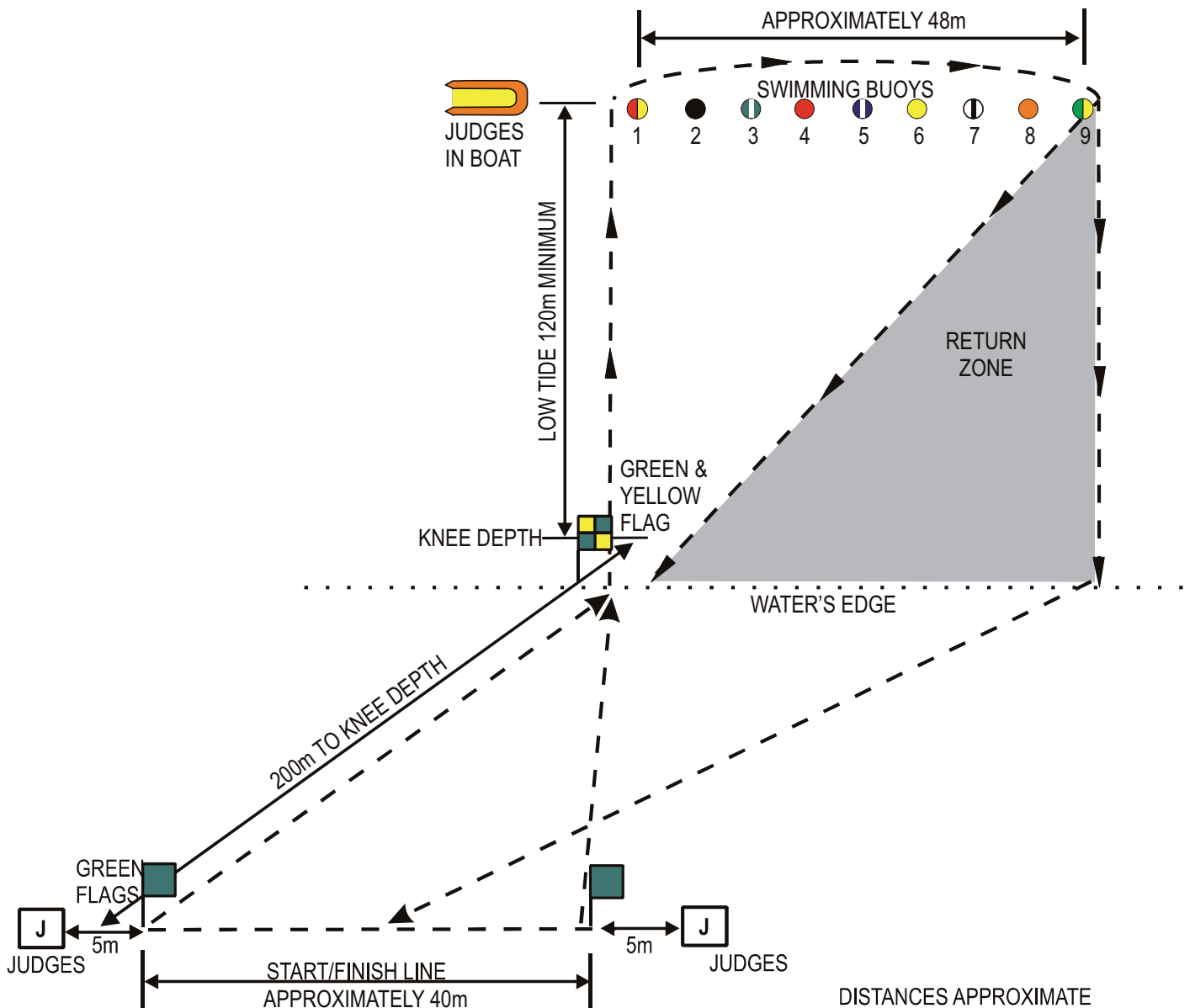
9.8.3 Judging

- i. Competitors must finish on their feet in an upright position. The finish is judged on the competitor’s chest crossing the finish line.
- ii. Judges shall be placed to observe the conduct of the event as well as determine competitors’ place at the finish line.

9.8.4 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

9.9 BEACH FLAGS

9.9.1 Event description

- i. 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 20m away. Since there are always fewer batons than competitors, those who fail to obtain a baton are eliminated.
- ii. **Starting position:** Competitors take their allotted positions, a minimum of 1.5m apart at the start line.
- iii. 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 should be 90 degrees to the body's midline and hips and stomach must be in contact with the sand. The body's mid-line should be 90 degrees to the start line. Competitors may level, flatten, and decompress their starting area, but no scooping of the sand or digging, or digging in of the feet is permitted.

9.9.2 The start

Beach Flags start procedure is different from the procedure described in 9.2 *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.

- i. On the starter's "Competitors **Ready**" command, competitors shall assume the starting position as described.
- ii. On the starter's "Heads **Down**" command, competitors – at once and without delay – shall place their chins on their hands.
- iii. After a deliberate pause and when all competitors are stationary, the starter shall signal the start with a whistle blast.
- iv. 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, and shall result in a starting infringement warning:

- ◆ Failure to comply with the starter's commands within a reasonable time.
 - ◆ 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.
- i. Any competitor who commits a starting infringement shall be eliminated.
 - ii. Competitors eliminated from the event shall retain the point score and/or placing as at that time in the event.
 - iii. 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 1 baton.

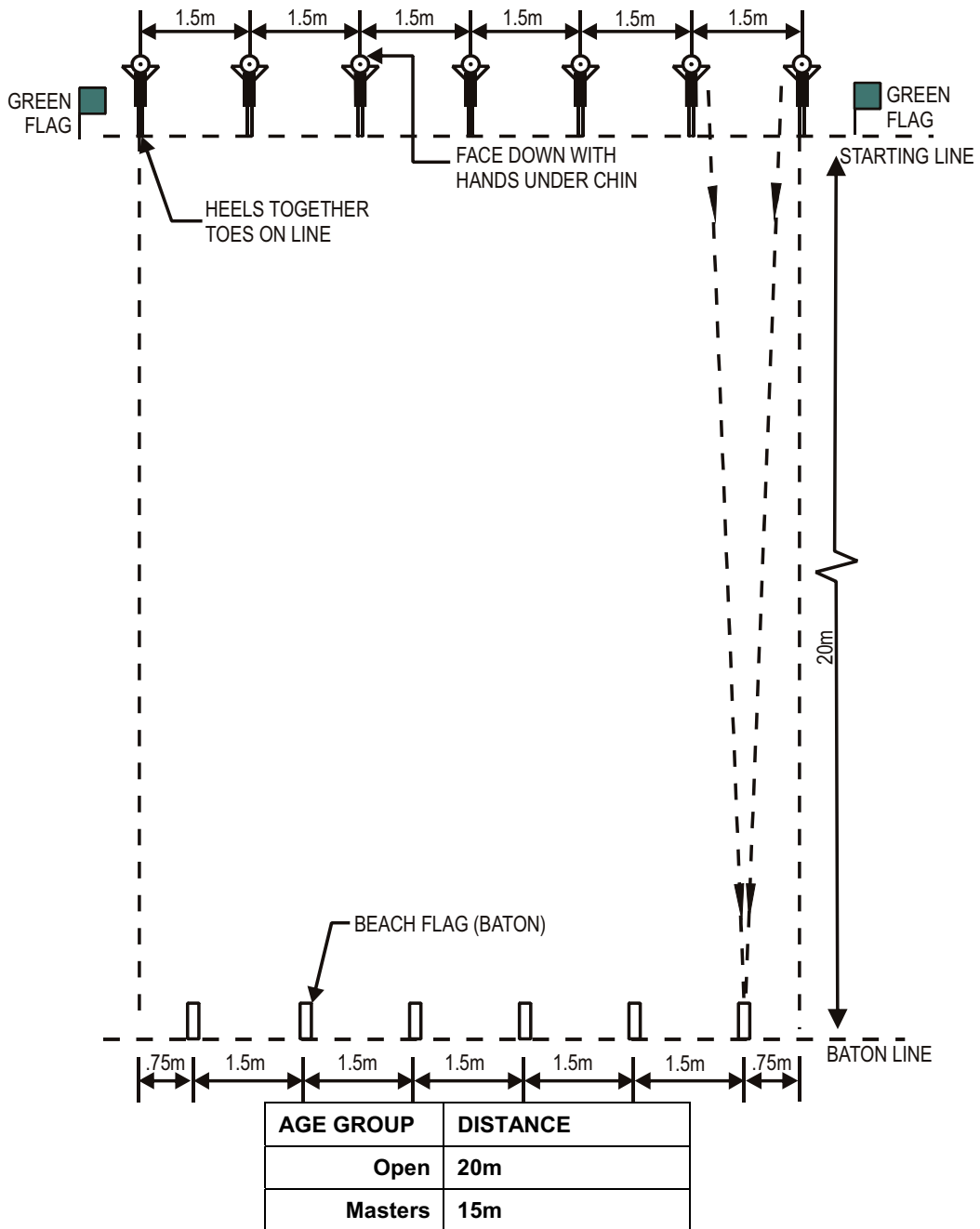
Draw for positions: There shall be a preliminary draw for positions and further draws after each round. In semi-finals and finals when contestants have been reduced to 8, there shall be a draw for positions after each run-through.

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 3 competitors may be eliminated in any one run-through. In semi-finals and finals, no more than 1 competitor can be eliminated in any run-through.

Run-offs: A run-off between the competitors involved shall be called if 2 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.

9.9.3 The course

- i. As shown in the following diagram, the course shall be approximately 20m from the start line to the batons, and wide enough to provide for a minimum spacing of 1.5m between each of up to 16 competitors.



- ii. The start line shall be designated at each end by poles, 2m high.
- iii. 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.

9.9.4 Equipment and apparel

- i. **Beach flags (batons):** See Section 11 – *Facility and Equipment Standards*.
- ii. Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors’ discretion

9.9.5 Judging

- i. The referee or referee's appointee shall be positioned to maintain overall supervision.
- ii. 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.
- iii. 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.

9.9.6 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 9.1 through 9.3, 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.

9.9.7 Deliberate Impedance

- i. Any competitor who commits deliberate impedance on another competitor shall be disqualified from the event. Deliberate impedance is defined as "the deliberate use of hands, arms, feet or legs to impede another competitor's progress."
- ii. 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.
- iii. 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.
- iv. A competitor may cross over in front of a slower competitor.
- v. If two or more competitors are guilty of deliberate impedance, the competitor who first used hands, arms, feet or legs may be disqualified.

9.10 BEACH SPRINT

9.10.1 Event description

- i. Competitors take their positions in their allotted lanes.
- ii. At the starting signal, competitors race the 90m course to the finish line.
- iii. 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.

9.10.2 The start

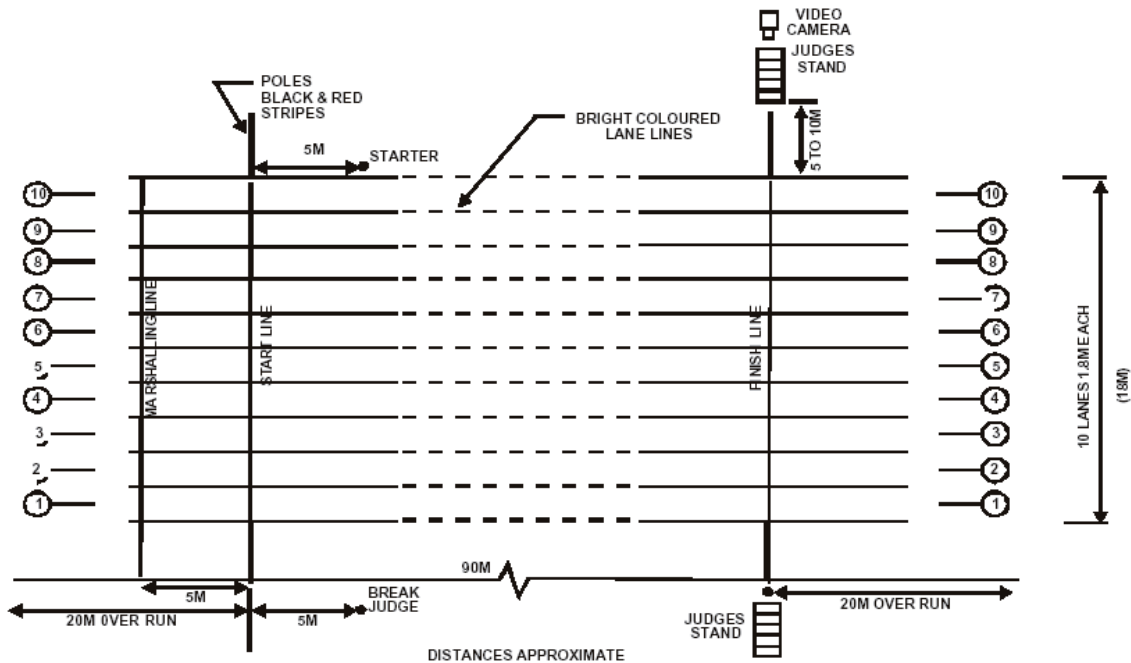
No artificial starting blocks are permitted, but competitors may create holes and/or hillocks in and of sand to aid their start.

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.

9.10.3 The course

- i. As shown in the following diagram, the beach sprint course shall be 90m (70m for Masters) from the start line to the finish line. A run-off area of at least 20m is provided at each end.



AGE GROUP	DISTANCE
Open	90m
Masters	70m

- ii. The course shall be rectangular and “squared” to ensure that all competitors run the same distance, and it shall be designated by 4 distinctly coloured poles, 2m high.
- iii. **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 1.8m in width where possible with a minimum width of 1.5m.
- iv. Competitors must remain in their own lane throughout the course.
- v. **Numbered pegs** identifying running lanes shall be placed before the starting mark and beyond the finishing line.
- vi. **A marshalling line** shall be made 5m to the rear and parallel to the starting mark and designated by poles 2m high.

9.10.4 Equipment and apparel

- i. Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion. Vests are optional.
- ii. Competitors may be required to wear coloured bibs to assist in judging.

9.10.5 Judging

- i. The referee shall be positioned to maintain overall supervision.
- ii. Two course judges shall be appointed to ensure the competitors run the course as described.
- iii. 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.

9.10.6 Disqualification

In addition to the *General Rules* in Section 3 and *General conditions for ocean competition* in 9.1, the following behaviour shall result in disqualification:

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

9.11 BEACH RUN

9.11.1 Event description – 2km

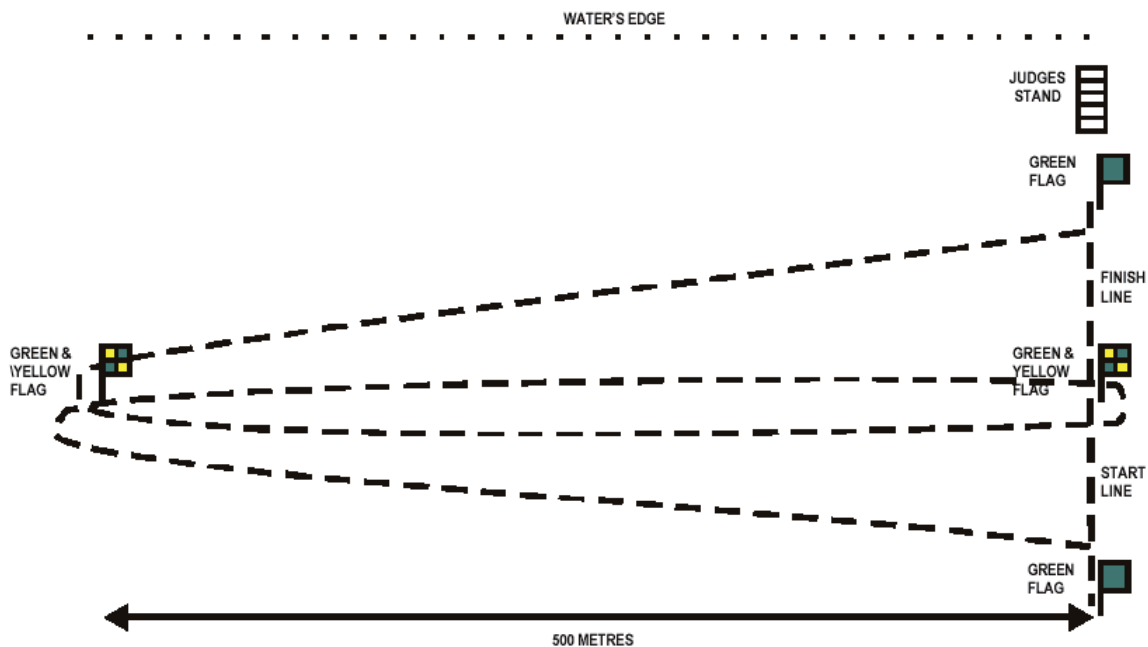
- i. Competitors race 2000m on the beach in four 500m legs as follows:
- ii. On the starting signal competitors race along the left side of the lane to round (clockwise or right hand in) the turning pole 500m distant, and return 500m toward the starting pole.
- iii. Competitors round this pole (clockwise 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.
- iv. Jostling or obstructing another competitor so as to impede their progress is not permitted.
- v. Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.
- vi. The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

9.11.2 Event description – 1km

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

9.11.3 The course

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



DISTANCES APPROXIMATE

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

- ii. **The start line** shall be designated by a brightly coloured synthetic cord stretched between 2 poles.
- iii. 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.
- iv. **Running lanes:** The course shall be divided into 2 lanes parallel to the waterline. The lane furthest from the water shall be for legs running *from* the start/finish lines (legs 1 and 3). The lanes shall be divided by coloured tape, bunting, or other appropriate material.
- v. A pole situated 500m from the start at the end of the lane divider shall designate the turning point.

9.11.4 Equipment and apparel

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

9.11.5 Judging

- i. The referee shall be positioned at one side of the course to maintain overall supervision.
- ii. Break judges shall be positioned about 5m 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.
- iii. Course judges may be appointed to ensure the competitors run the course without interference to other competitors.
- iv. A judge shall be positioned at each turning pole to ensure no unnecessary jostling or interference occurs.
- v. Finish judges shall select placings.

9.11.6 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 9.1 through 9.3, the following behaviour shall result in disqualification:

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

9.12 BEACH RELAY

9.12.1 Event description

- i. Teams of 4 individuals (3 in Masters) compete in baton relay fashion over a 90m course. To start, 2 (1 and 2 members in Masters) competitors take positions in their allotted lane at each end of the course.
- ii. 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.
- iii. Competitors are not permitted to interfere with the progress of other competitors.

9.12.2 The start

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

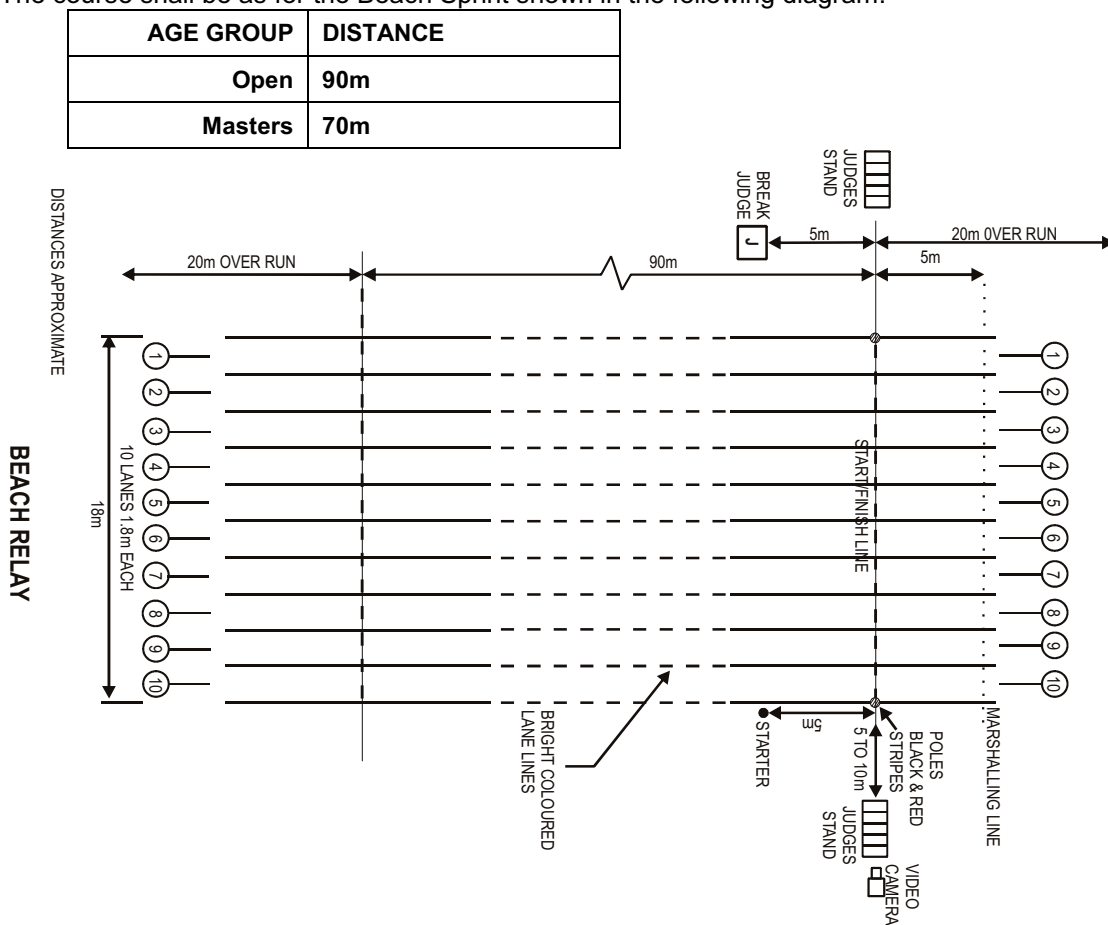
9.12.3 Baton changeovers

The baton shall be exchanged in the following manner:

- i. 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.)
- ii. 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.
- iii. If a baton is dropped during the exchange, the receiver may recover the baton (ensuring there is no interference to other competitors) and continue the race.
- iv. If a baton is dropped at any stage except the exchange, the competitor may recover the baton (providing that there is no interference to other competitors) and continue the race.

9.12.4 The course

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



9.12.5 Equipment and apparel

- i. Shorts and shirts, which comply with team uniform requirements, may be worn at the competitors' discretion.
- ii. Vests are optional.
- iii. **Baton:** See Section 11 – *Facility and Equipment Standards*.

9.12.6 Judging/changeovers

- i. 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.
- ii. Course judges shall be appointed to check the changeover lines for infringements at each end during the changeovers.
- iii. Any infringements observed by the course judges shall be reported to the referee in the case of the changeovers.

9.12.7 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 9.1 through 9.3, the following behaviour shall result in disqualification:

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

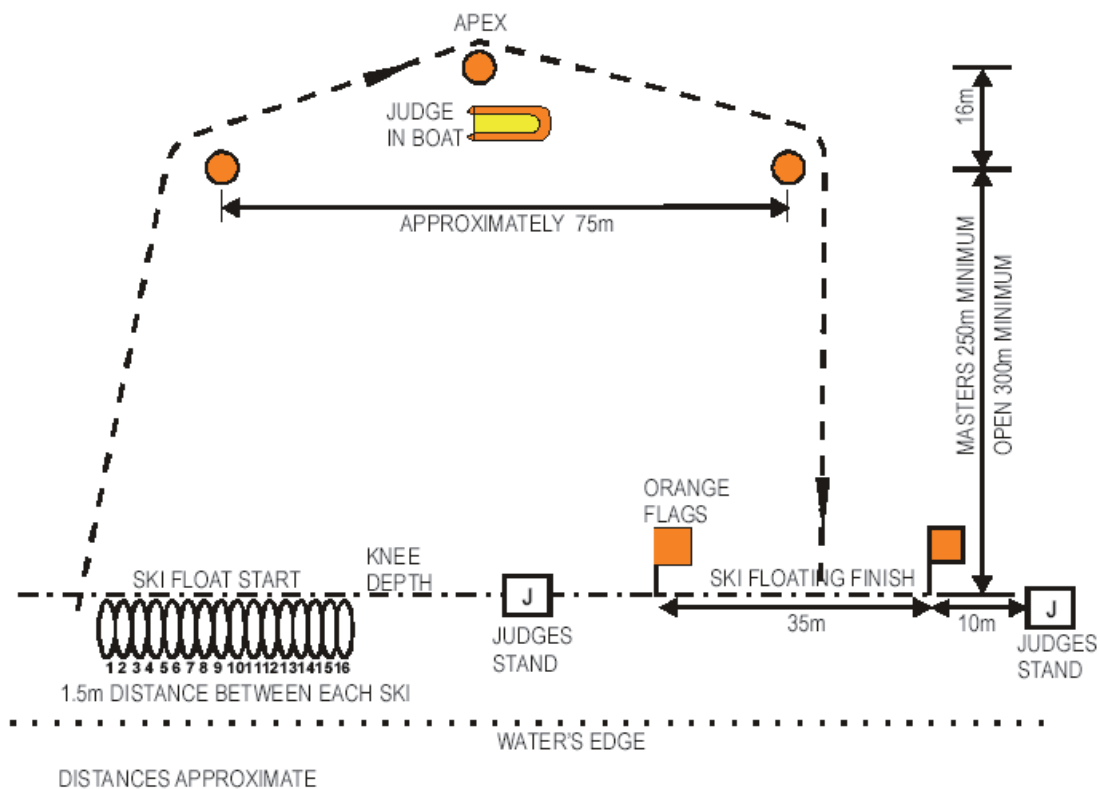
9.13 SURF SKI

9.13.1 Event description

- i. Competitors steady their skis in line in knee-deep water about 1.5m apart. Competitors must obey directions from the starter or check starter concerning ski alignment at the start.
- ii. 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.
- iii. 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 in-water finish line from the seaward side while maintaining contact with the ski and paddle.
- iv. Competitors are not permitted to hold or otherwise interfere with other competitors’ skis or deliberately impede their progress.
- v. **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 (see below).

9.13.2 The course

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



- ii. 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.
- iii. **Buoys:** Three buoys equal in size to a 50-litre drum shall be used: 2 “turning buoys” shall be placed approximately 75m apart, and a minimum of 300m (250m for Masters) paddling distance from knee depth water at low tide mark. The third “apex” buoy shall be placed midway and approximately 16m seaward of the turning buoys thus forming an arc with them.
- iv. **The start line** need not necessarily be identified, but if required it shall be marked by 2 poles and positioned so that the centre of the start line is aligned with the first turning buoy.

- v. **The finish line** shall be between 2 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).
- vi. **Dry finish:** The dry finish line shall be situated on the beach approximately 15 m from the water's edge. It shall be 20 m in length and marked at each end by a flag on a 4 m pole. Finish flags shall be the same colour(s) as the course buoys.
- vii. Competitors must paddle their skis around the last course buoy and shall not be disqualified if they lose contact with or control of their craft or paddle after the last course buoy on the return.
- viii. Competitors need not finish with craft or paddle.
- ix. The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.
- x. A member of the competitor's team assists with the removal of the competitor's craft and paddle from the course. With the referee's approval, a non-team member may act as handler provided he or she is a member of an ILSE Full Member organisation, and is registered to participate at the championships in some capacity.
- xi. Handlers shall:
 - ◆ 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).

9.13.3 Equipment

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

9.13.4 Judging

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

9.13.5 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 9.1 through 9.3, the following behaviour shall result in disqualification:

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

9.14 SURF SKI RELAY (Masters Only)

9.14.1 Event description

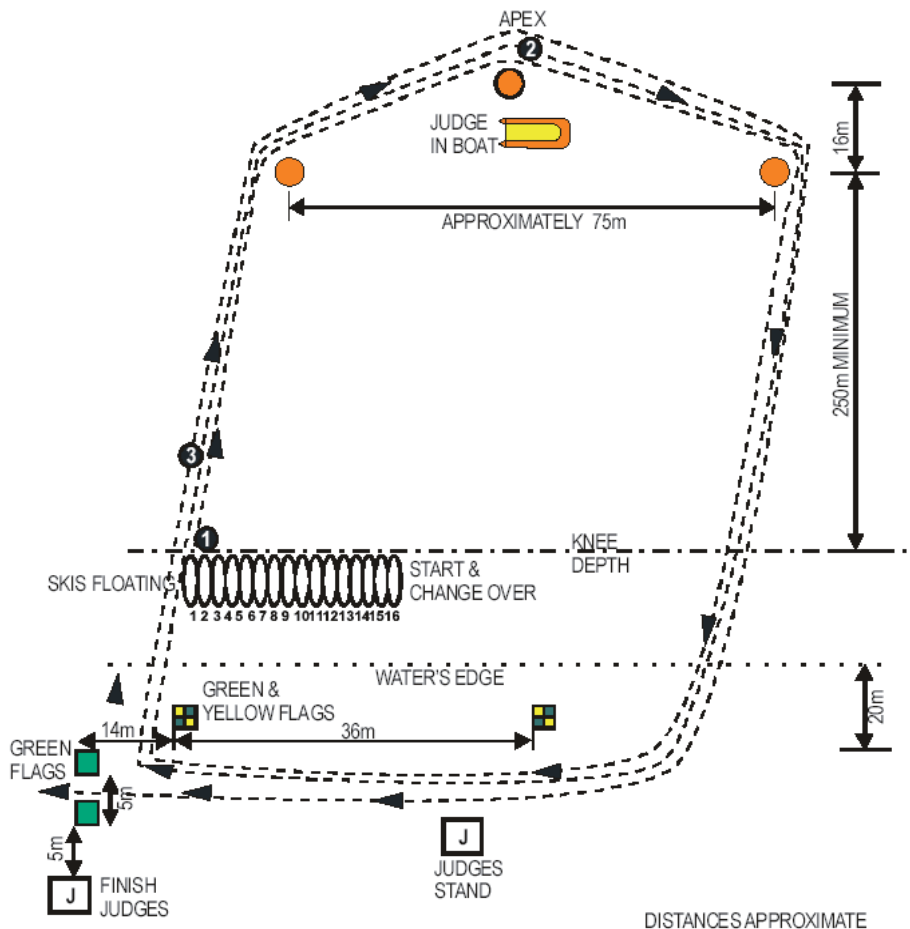
- i. The ski relay race shall be conducted under the general rules of the ski race. Teams shall consist of 3 competitors, who may use the same craft.
- ii. Competitors must obey the starter's or check starter's directions concerning ski alignment at the start.
- iii. **First competitor:** Competitors 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 2 turning flags to tag the second competitor on the designated ski changeover line.
- iv. **Second competitor:** The second competitor completes the same course, rounds the 2 turning flags, and tags the third competitor on the designated ski changeover line.
- v. **Third competitor:** The third competitor completes the same course, rounds 1 turning flag, passes the other flag on the shoreward side, and finishes between the 2 finish flags.
- vi. Competitors in the surf ski relay events must commence their leg of the event from the correct allotted position.
- vii. 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

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

9.14.2 The course

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



DISTANCES APPROXIMATE

- ii. In the ski relay, the start/changeover line is located in the water.
- iii. 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.

9.14.3 Equipment and apparel

- i. **Surf skis, paddles:** See Section 11 – Facility and Equipment Standards.
- ii. Members of the team or other members authorized 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.
- iii. 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.

9.14.4 Judging

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

9.14.5 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 9.1 through 9.3, the following behaviour shall result in disqualification:

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

9.14.6 Control of Craft

- i. **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.
- ii. 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.

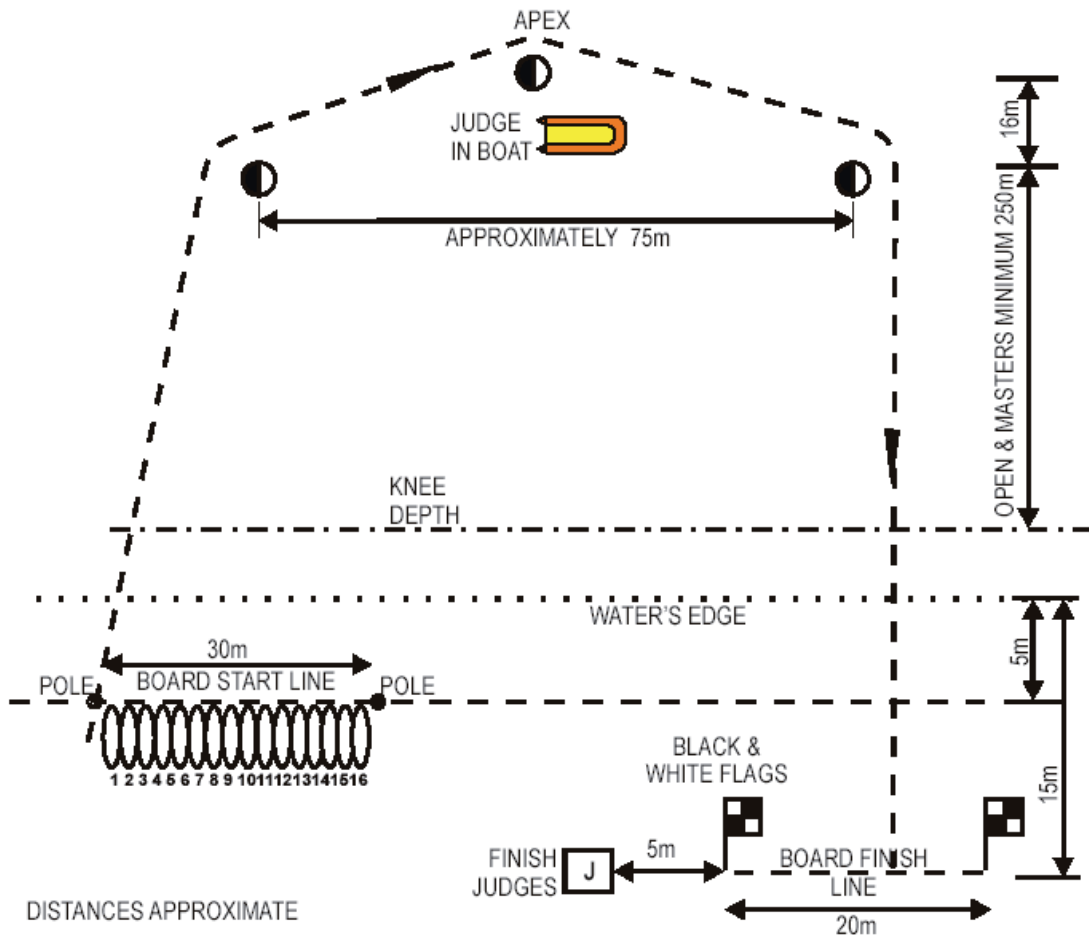
9.15 BOARD

9.15.1 Event description

- i. Competitors stand on or behind the start line on the beach with their boards 1.5m apart.
- ii. 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.
- iii. Competitors are not permitted to hold or otherwise interfere with other competitors' boards or deliberately impede their progress.

9.15.2 The course

- i. The course layout shall be as detailed in the following Board Race diagram.



- ii. 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.
- iii. **Buoys:** Three buoys of the same colour(s) and equal in size to a 50-litre drum shall be used: 2 “turning buoys” shall be placed approximately 75m apart, and a minimum 250m distance (same for Masters) from knee depth water at low tide mark. The third “apex” buoy shall be placed midway and approximately 16m seaward from the turning buoys thus forming an arc with them.
- iv. **The start line**, depicted by a bright coloured cord, shall be situated on the beach approximately 5m from the water’s edge. It shall be 30m in length and marked by 2 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.
- v. **The finish line** shall be situated on the beach approximately 15m from the water’s edge. It shall be 20m in length and marked at each end by a flag on a 4m pole. Finish flags shall be the same colour(s) as the course buoys.

- vi. 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.

9.15.3 Equipment

- i. **Boards:** See Section 11 – *Facility and Equipment Standards*.
- ii. The use of a replacement board is permitted provided that the competitor recommences the race from the start line.
- iii. Replacement boards may be brought to the start line by fellow team members providing they do not cause any interference to other competitors.

9.15.4 Judging

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

9.15.5 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 9.1 through 9.3, the following behaviour shall result in disqualification:

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

9.15.6 Control of Craft

- i. Competitors may lose contact and control of their board without necessarily being disqualified.
- ii. 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.

9.16 BOARD RELAY (Masters)

9.16.1 Event description

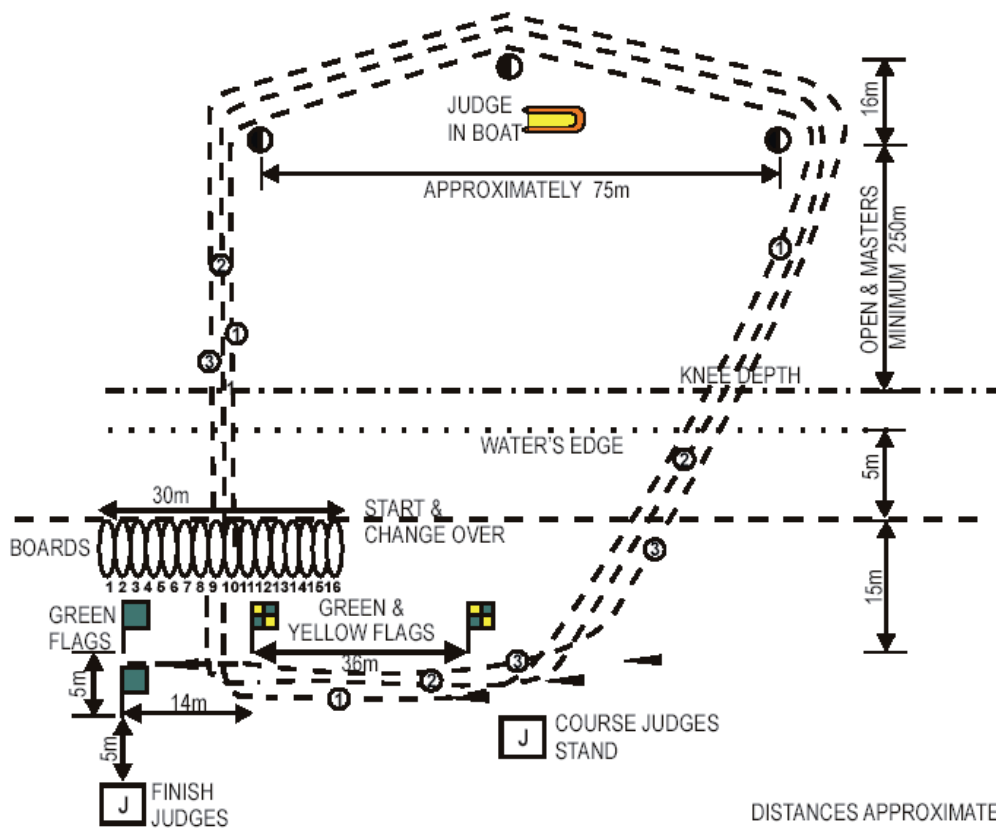
- i. The Board Relay event shall be conducted under the general rules of the Board Race event. Teams shall consist of 3 competitors, who may use the same craft.
- ii. **First competitor:** The first competitors shall be started as in the Board Race and complete the course marked by the buoys. Competitors may then leave their board (anywhere after rounding the buoys), round the 2 flags, to tag the second competitor on the designated board changeover line.
- iii. **The second competitor:** The second competitor completes the same course, rounds the 2 turning flags, to tag the third competitor on the designated board changeover line.
- iv. **The third competitor:** The third competitor completes the same course, rounds 1 turning flag, passes the other on the shoreward side, to finish between the 2 finish flags.
- v. The second and third competitors in the board relay event shall be positioned with their feet on, or shoreward of, the changeover line.
- vi. Competitors in the board relay events must commence their leg of the event from the correct allotted position.
- vii. 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

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

9.16.2 The course

- i. The course layout shall be as detailed for the Board Relay Race and shown in the following diagram.



- ii. 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.

9.16.3 Equipment

- i. **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.
- ii. Members of the team or other members authorized 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.
- iii. 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.

9.16.4 Judging

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

9.16.5 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 9.1 through 9.3, the following behaviour shall result in disqualification:

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

9.16.6 Control of Craft

- i. **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.
- ii. 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.

9.17 BOARD RESCUE

9.17.1 Event description

- i. In this event, 1 member of the team swims approximately 120m 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.
- ii. Competitors must start from the correct allotted position. Competitors swimming to and signalling from the wrong buoy shall be disqualified.
- iii. **First competitor:** From the allotted position on the start line on the beach, and on the start signal, the victim enters the water, swims to touch the allotted swimming buoy, signalling arrival by raising the other arm to a vertical position while in contact with the buoy. The victim then waits in the water on the seaward side of the buoy.
- iv. The referee may determine an acceptable alternative method of clearly signalling the victim has touched the buoy.
- v. **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.
- vi. Victims may place themselves on the front or rear of the board. Victims may assist by paddling the board on the return to shore.
- vii. 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.
- viii. The board rescuer may not start before the victim signals arrival.
- ix. Competitors are not permitted to hold or otherwise interfere with other competitors' boards or deliberately impede their progress.

9.17.2 The course

- i. The course layout shall be as detailed in the diagram (overleaf).
- ii. The boards must be paddled around the allotted buoys clockwise (right side in) unless otherwise advised by the referee prior to the event.

9.17.3 Equipment

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

9.17.4 Judging

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

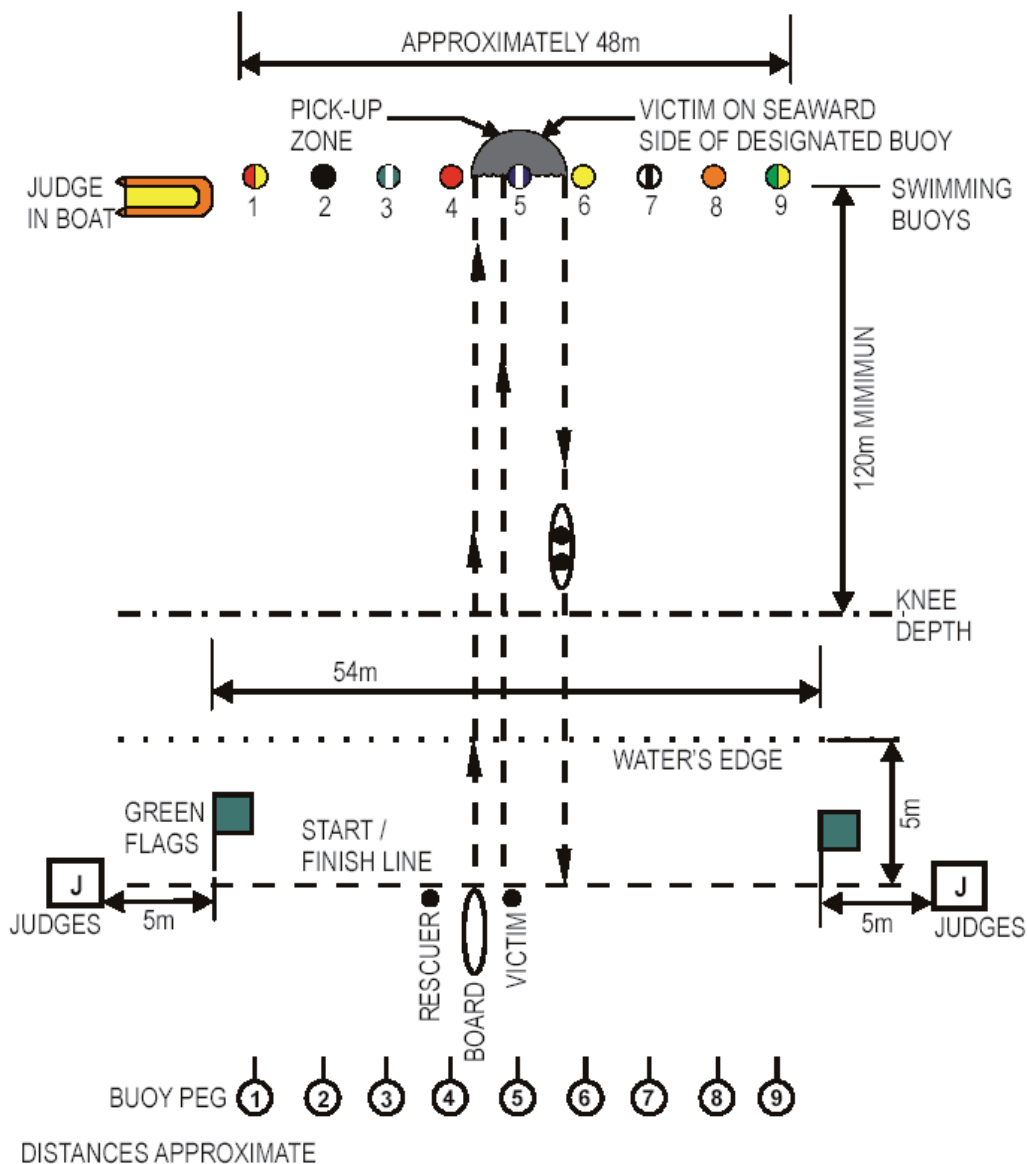
9.17.5 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 9.1 through 9.3, the following behaviour shall result in disqualification:

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

9.17.6 Control of victim or board and victim pick-up

- i. **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.
- ii. **Victim pick-up:** While it is not required that the entire board be on the seaward side of the allotted buoy, the victim must make contact with the board on the seaward side.



9.18 OCEANMAN/OCEANWOMAN (formerly Ironman/Ironwoman)

9.18.1 Event description

- i. Competitors cover a 1200m course that includes a swim leg, a board leg, a ski leg, and a beach sprint finish.
- ii. 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.
- iii. 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).
- iv. If the surf ski leg is first, competitors will start with a typical in-water start
- v. **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

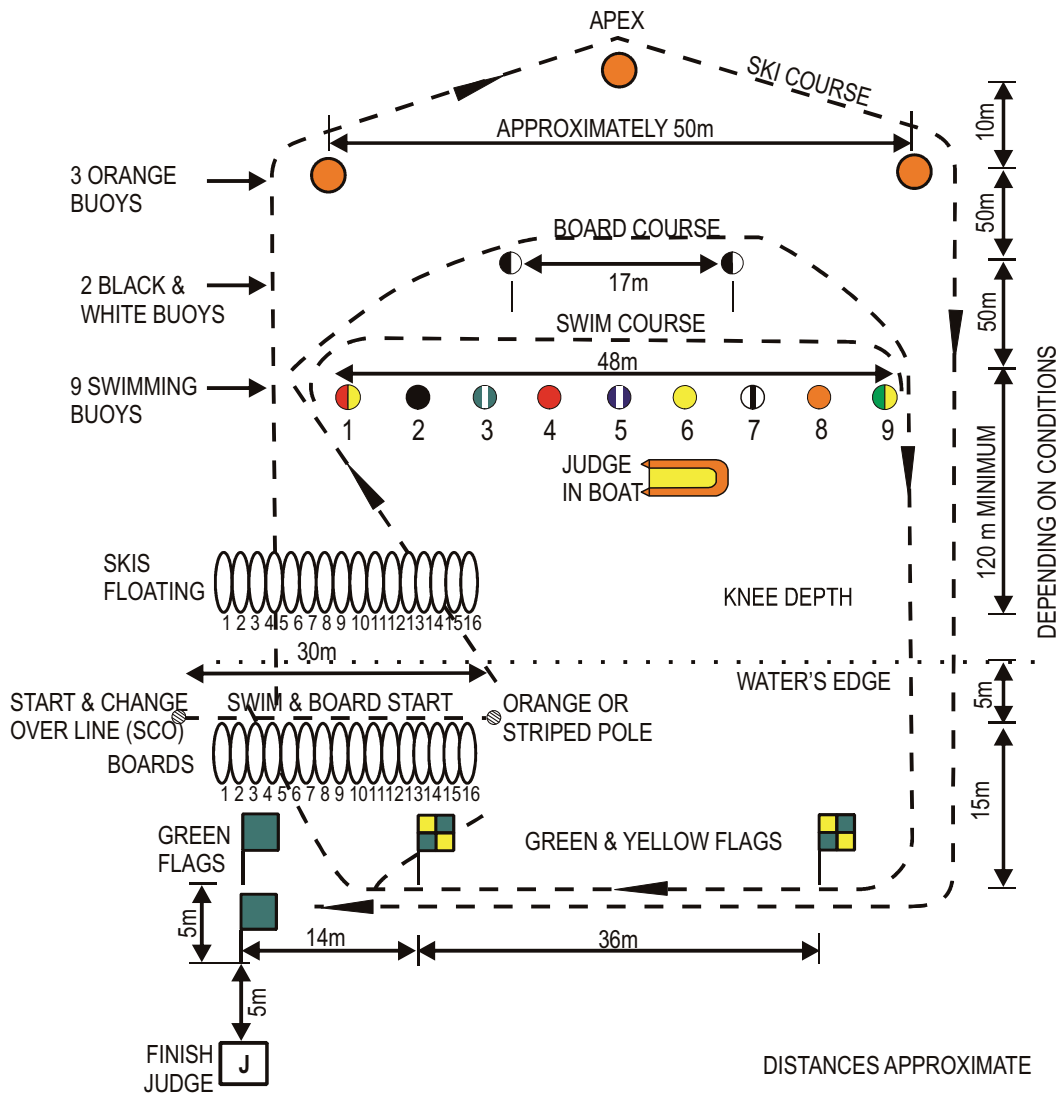
Competitor's 1st craft leg starting position	1	2	3	4	5	6	7	8
Competitor's 2nd craft leg starting position	16	15	14	13	12	11	10	9

- vi. **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.
- vii. 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).

9.18.2 The course

- i. Buoys shall be laid out for the swim, board, and ski legs as indicated in the diagram (overleaf).
- ii. 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.
- iii. **Buoy distances:** Swimming buoys shall be positioned at a minimum of 120m from knee depth water at low tide mark.
- iv. The board leg buoys and ski leg buoys shall be positioned approximately 50m and 100m respectively behind the swimming buoys. The board leg buoys should be approximately 17m apart and the ski buoys approximately 50m apart, with the ski "apex" buoy a further 10m to sea.
- v. **Flag layout:** Two flags located approximately 20m from the water's edge designate beach turning marks. One shall be positioned in line with swim buoy number 2, the other in line with the swim buoy number 8.
- vi. Two flags 5m apart mark the finish line. They are positioned at right angles to the water's edge and approximately 50m from the first turning flag.
- vii. **Start and changeover line:** The start and changeover line shall be approximately 30m in length, centred on the swimming buoy number 1 approximately 5m from the water's edge, and marked by a 2m high pole at either end.
- viii. 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.
- ix. **Board course:** The board leg is conducted from the start and changeover line to pass swim buoy 1 on the outside; round the 2 board course buoys; return to the beach passing swim buoy 9 on the outside; and round the 2 turning flags.
- x. **Ski course:** The ski leg is conducted with the skis starting from the ski floating position as per the diagram, around 3 ski course buoys, return to the beach and around the 2 turning flags. Competitors must pass on the outside of all buoys. Competitors shall not cut through swim course or board course buoys.
- xi. **Swim course:** The swim leg is conducted from the start and changeover line, around the swimming buoys, return to the beach and around the 2 turning flags.

- xii. **Beach sprint course and finish:** The race shall be concluded when a competitor completes all legs. To finish, a competitor rounds 1 turning flag, passes the other flag on the shoreward side, and finishes between the two finish flags.
- xiii. **Note:** Competitors round the turning flags in the same direction as the buoys for each leg of the course.
- xiv. **Masters:** If the Masters Oceanman/Oceanwoman swim course would exceed 120m because of prevailing surf conditions, 2 single buoys, laid a minimum of 10m apart of the 120m 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 10m beyond the swim buoys will complete the ski course.



9.18.3 Equipment

- i. **Surf skis, paddles, boards:** See Section 11 – Facility and Equipment Standards.
- ii. **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.
- iii. **Paddles:** A lost or damaged paddle may be replaced only after the competitor returns to the start and changeover line.

- iv. **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 other competitors' progress is not obstructed.

9.18.4 Judging

- i. The finish is judged on the competitor's chest crossing the finish line.
- ii. Competitors must finish on their feet in an upright position.
- iii. Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

9.18.5 Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 9.1 through 9.3, the following behaviour shall result in disqualification:

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

9.18.6 Control of Craft

- i. **Control of craft:** Competitors must be in control of the ski or board up to and including the last course buoy.
- ii. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys.
- iii. 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.

9.19 OCEANMAN/OCEANWOMAN RELAY (formerly Taplin Relay)

9.19.1 Event description

- i. Teams of 4 competitors (1 swimmer, 1 board paddler, 1 surf ski paddler, and 1 runner) cover the course in a sequence of legs determined by draw at the start of each competition.
- ii. The run leg is always the final leg. If the ski leg is first, competitors shall start with a typical in-water start.
- iii. (*Masters*: Teams of 3 competitors – 1 swimmer, 1 board paddler, 1 surf ski paddler. There is no running leg in Masters Oceanman/Oceanwoman Relay.)
- iv. 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.
- v. Competitors must commence their leg of the event from the correct allotted beach position.
- vi. 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.

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

- vii. 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.
- viii. The following event description assumes the order to be: swim – board – ski – run. The course direction is clockwise.
- ix. **Swim leg**: From a beach start, swimmers enter the water, swim around the swimming course buoys, return to the beach, run around the 2 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.
- x. **Board leg**: Board paddlers enter the water with their boards; pass swim buoy 1 on the outside; round the 2 board course buoys; return to the beach passing swim buoy 7 on the outside; round the 2 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.
- xi. On their return, board paddlers may leave their boards at the water’s edge.
- xii. **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.
- xiii. Paddlers must pass on the outside of all buoys. Paddlers shall not cut through swim course or board course buoys.
- xiv. 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.
- xv. **Run leg**: Runners then round 1 turning flag, pass the other flag on the shoreward side, and continue to the finish between the 2 finish flags.

9.19.2 Equipment

- i. **Surf ski, paddle, board**: See Section 11 – *Facility and Equipment Standards*. Each team shall provide at least 1 board and 1 surf ski.
- ii. Team members shall place gear adjacent to the respective starting areas for the various craft.
- iii. **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 other competitors’ progress is not obstructed.

9.19.3 Judging

- i. The finish is judged on the competitor’s chest crossing the finish line. Competitors must finish on their feet in an upright position.
- ii. Judges shall be placed to observe the conduct of the event and to determine competitors’ place at the finish.

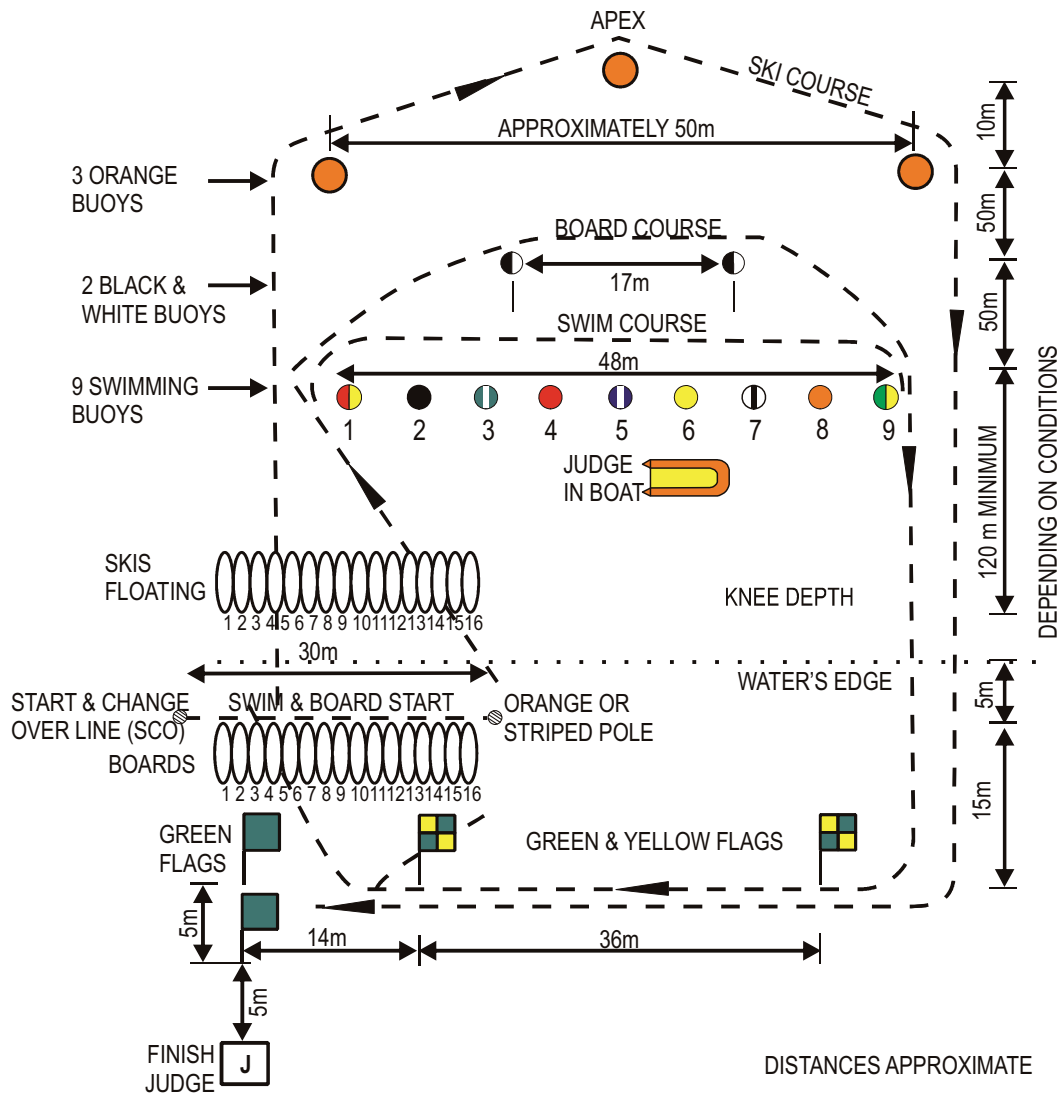
9.19.4 Disqualification

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.

9.19.5 Control of Craft

- i. **Control of craft:** Competitors must be in control of the ski or board up to and including the last course buoy.
- ii. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys.
- iii. 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.



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.

10.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

- i. To be eligible to compete in the Masters European Lifesaving Championship or ILSE-sanctioned competitions, Masters competitors shall:
 - ◆ Be bona fide lifesavers and members in good standing of an ILSE 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 European championship, regardless of which championship is scheduled first (i.e. National Teams, Interclub, Masters, Open).
 - ◆ The age at the first day of the competition defines the age group, in which the competitor has to compete.

10.2 MASTERS EUROPEAN LIFESAVING CHAMPIONSHIP

- i. Masters competitors may enter European championships as individuals or as members of a club team.
- ii. Competitors entered as a club team must be members of the same club or “lifesaving unit”.
- iii. **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.”*
- iv. For entry into the Masters European championship, national lifesaving organisations shall provide an endorsement declaring:
 - ◆ That team membership for each club is made up solely from one unit and not a composite of multiple units.
 - ◆ That all individuals are bona fide members in good standing of that national lifesaving organisation and hold the required lifesaving award.

Masters Team Event Draws		
Pool	4 x 50m Medley Relay	4 competitors
	Line Throw	2 competitors
Ocean	Oceanman/Oceanwoman Relay	3 competitors
	Board Rescue	2 competitors

- v. In individual events, Masters competitors must compete (only) in their own age group.
- vi. In each team event, Masters competitors shall compete in only 1 age group.
- vii. Only 1 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.
- viii. For the team events in the pool an overall pointscore will be calculated using the point score rules of Section 5. The overall pool team event winner is the team that has the most points in the team pool events. The first three place getters will be honoured.
- ix. For the team events in the ocean an overall pointscore will be calculated using the point score rules of Section 5. The overall ocean team event winner is the team that has the most points in the team ocean events. The first three place getters will be honoured.

10.3 MASTERS POOL EVENTS

- i. The following pool events shall be conducted in both male and female categories.
- ii. Pool individual events are conducted in 5-year age groups.
- iii. In the Masters Line Throw event, the two-person team shall compete in the age group of the younger competitor.
- iv. Pool 4-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, 200 years or more and 240 years or more. The total of the 4 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.
- v. Competitors in Masters Pool events will become heat-declared winners – there will be no separate finals.
- vi. For the individual events in the pool an overall pointscore will be calculated using the point score rules of Section 5. The overall pool individual event winner is the competitor who has the most points in the individual pool events. The first three place getters will be honoured.
- vii. See Section 7 for event descriptions.

Masters Pool Events	Masters Age Groups							
	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65+
100m Manikin Carry with Fins	X	X	X	X	X	X	60+	
100m Manikin Tow with Fins	X	X	X	X	X	X	60+	
50m Manikin Carry	X	X	X	X	X	X	60+	
100m Rescue Medley	X	X	X	X	X	X	60+	
Line Throw (team event)	X	X	X	X	X	X	60+	

Team Events	All team members aged 45 or over	If any team member is aged 30 to 44
4 x 50m Medley Relay	X	X

10.4 MASTERS OCEAN EVENTS

- i. The following ocean events shall be conducted in both male and female categories for the Masters championship.
- ii. Ocean individual events and the Board Rescue event are conducted in 5-year age groups.
- iii. In the Board Rescue event, the team shall consist of 2 competitors. They shall compete in the age group of the younger competitor.
- iv. Ocean 3-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, 150 years and 180 years or more. The total of the 3 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.
- v. For the individual events in the ocean an overall pointscore will be calculated using the point score rules of Section 5. The overall ocean individual event winner is the competitor who has the most points in the individual ocean events. The first three place getters will be honoured.
- vi. See Section 9 for event descriptions.

Masters Ocean Events	Masters Age Groups							
	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65+
Run-Swim-Run	X	X	X	X	X	X	X	X
Beach Flags	X	X	X	X	X	X	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+	

Team Events	All team members aged 45 or over	If any team member is aged 30 to 44
Oceanman/Oceanwoman Relay	X	X

Masters Ocean Events	Masters Ocean Event Distances
Run-Swim-Run	Minimum 120m to furthest buoy
Beach Flags	Minimum 15m
Surf Ski Race	Minimum 250m to first turn buoy
Board Race	Minimum 250m to first turn buoy
Board Rescue	Minimum 120m to buoys
Oceanman/Oceanwoman	Swim minimum 120m, board and ski buoys set approximately 50m respectively behind each other. (See also <i>Note</i> below)
Oceanman/Oceanwoman 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 120m, 2 single buoys laid a minimum of 10m apart at the 120m 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 10m beyond the swim buoys will complete the ski buoys.

Section 11 FACILITY AND EQUIPMENT STANDARDS

11.1 POOL FACILITY STANDARDS

All European Lifesaving Championships shall be conducted in an 8-lane (minimum) 50-metre swimming pool which complies with ILS standards. Facility measurements must be certified by a surveyor appointed or approved by the ILSE Management Committee.

11.1.1 Length

The pool shall be 50 metres 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 metre and minus 0.00 metre in each lane is allowed.

11.1.2 Lanes

There shall be a minimum of 8 lanes that shall be at least 2.5 metres wide, with 2 spaces of at least 0.2 metre 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 metre to a maximum of 0.15 metre. The lane ropes shall be firmly stretched.

11.1.3 Starting platform

The height of the platform above the water surface shall be from 0.5 metre to 0.75 metre. The surface area shall be at least 0.5 metre x 0.5 metre and covered with non-slip material.

11.1.4 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.

11.1.5 Water

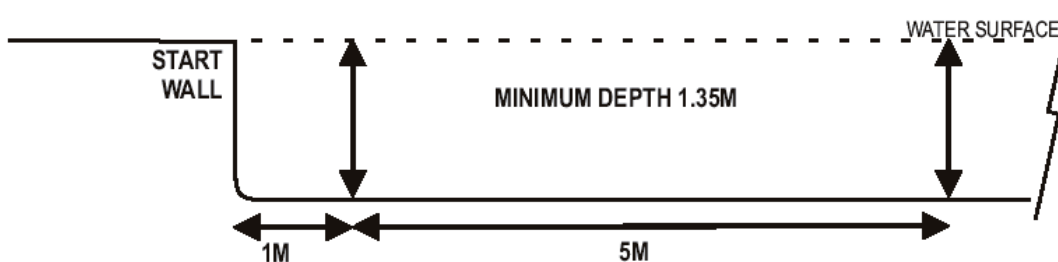
The pool water shall meet the clarity standards and the bacteriological and chemical standards of the applicable local health regulations in the host nation. The water temperature shall be 25 to 28 degrees Celsius.

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

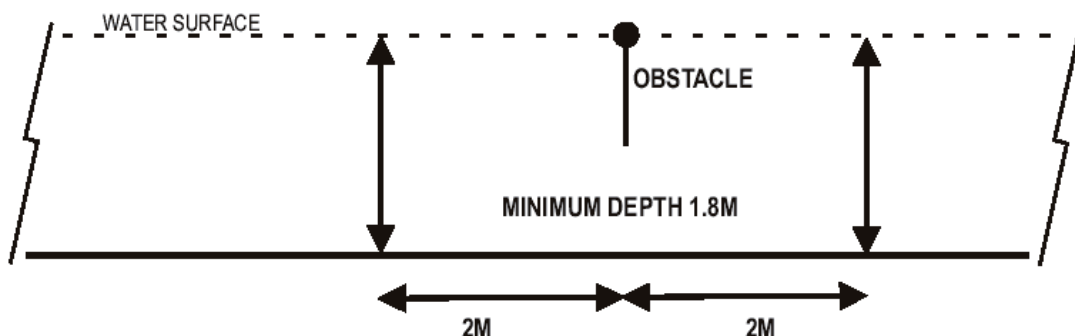
11.1.7 Dive Start

Minimum depth of 1.35m extending from 1.0m to at least 6.0m from the starting end wall.



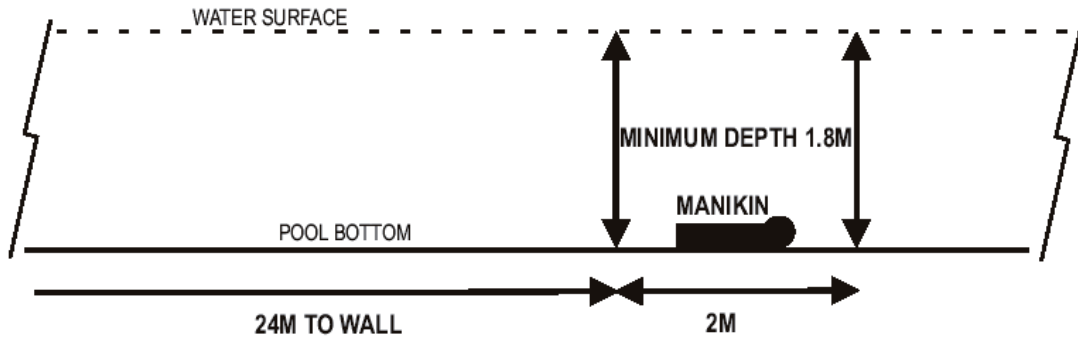
11.1.8 Obstacle Swim, Obstacle Relay

Minimum depth of 1.8m extending from 2.0m on both sides of any obstacle.



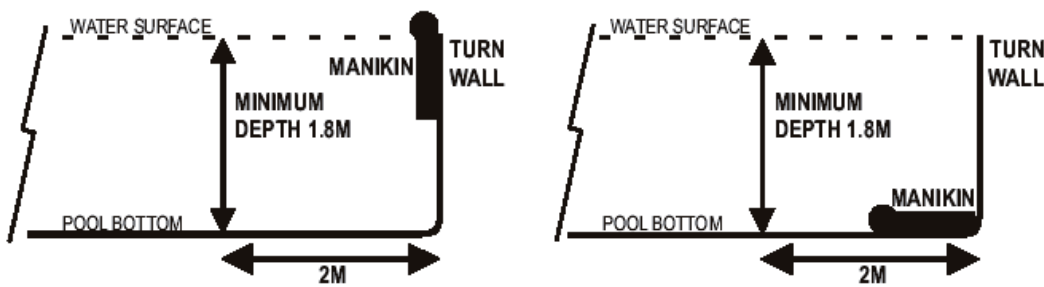
11.1.9 Manikin Carry (50m), Super Lifesaver (200m)

Minimum depth of 1.8m extending at least 2.0m from the 24m mark, from the wall.



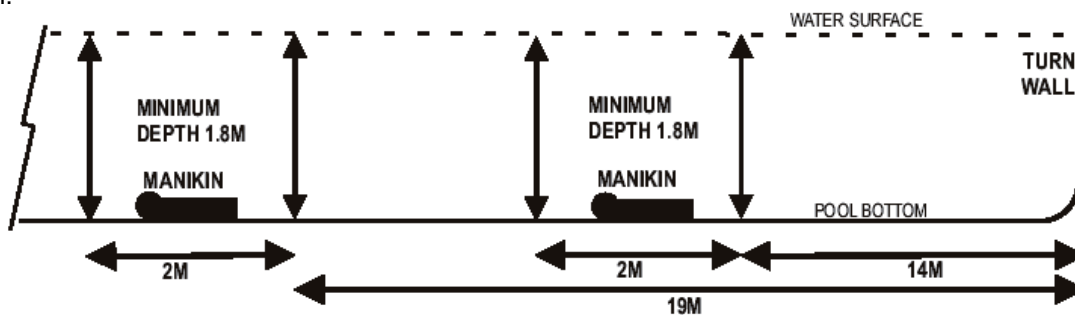
11.1.10 Manikin Carry with Fins (100m), Manikin Tow with Fins (100m), Super Lifesaver (200m)

Minimum depth of 1.8m extending at least 2.0m from the turn wall



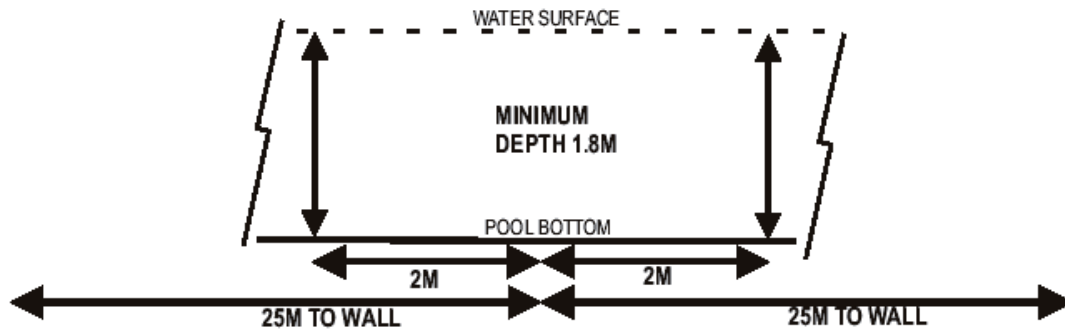
11.1.11 Rescue Medley (100m)

Minimum depth of 1.8m extending at least 2.0m from both the 14m mark and the 19m mark, from the turn wall.

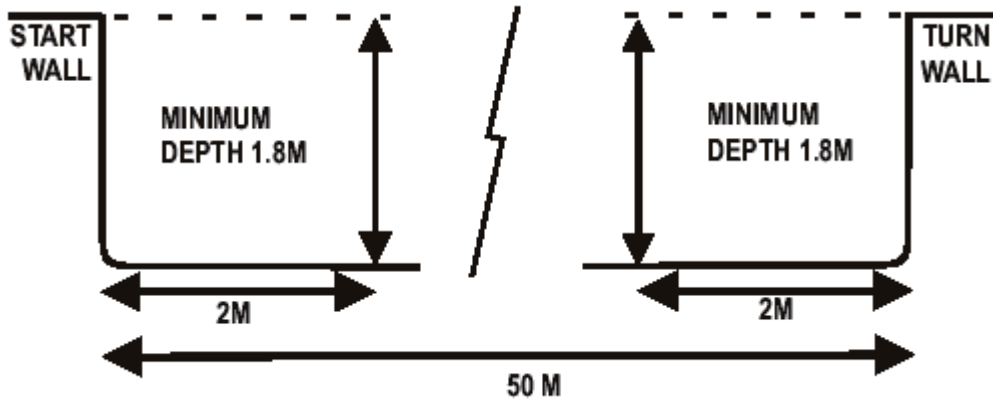


11.1.12 Manikin Relay (4 x 25m)

Minimum depth of 1.8m extending at least 2.0m on both sides of the 25m exchange mark at centre pool.



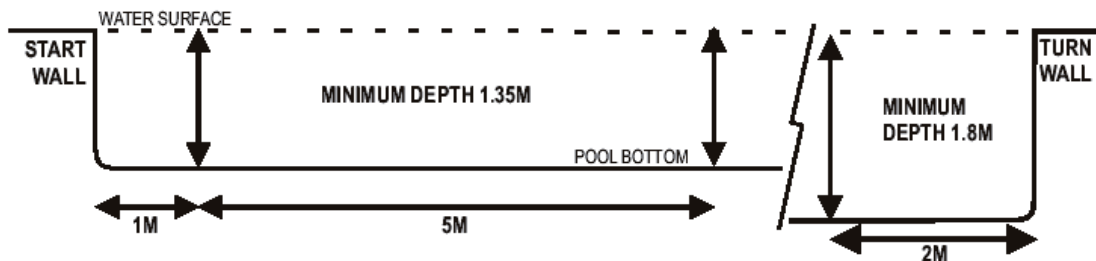
Minimum depth of 1.0m at the starting end wall.



Minimum depth of 1.8m extending at least 2.0m from the turn wall.

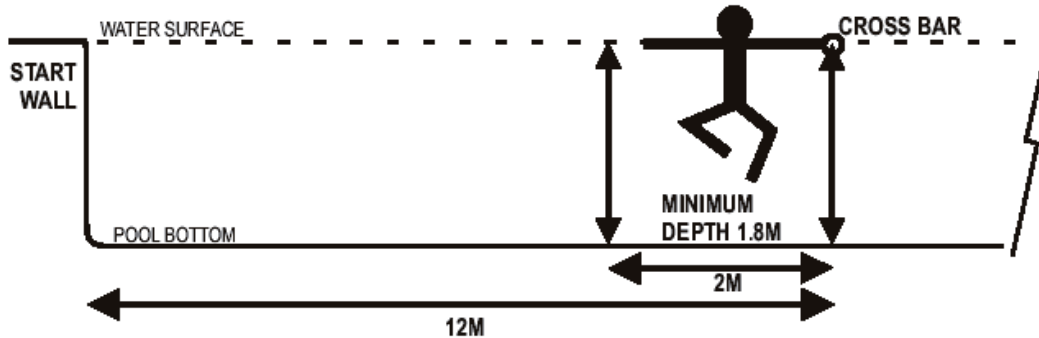
11.1.13 Medley Relay (4 x 50m)

Minimum depth of 1.35m, extending from 1.0m to at least 6.0m from the starting end wall.
 Minimum depth of 1.8m, extending at *least* 2.0m from the turn wall.



11.1.14 Line Throw

Minimum depth of 1.8m extending at least 2.0m from the rigid crossbar.



11.1.15 Simulated Emergency Response Competition (SERC)

SERC may be conducted in the 8-lane 50-metre pool or in a facility of another design, as approved by the ILS Management Committee.

11.2 ILS EQUIPMENT STANDARDS

- i. The International Life Saving Organisation has adopted the following equipment specifications. Where appropriate, allowable tolerances are recorded as “(± 2cm)” meaning a tolerance of plus 2.0cm and minus 2.0cm is allowed. Where appropriate, dimensions and weights are recorded as “minimum” or “maximum” allowed.
- ii. In addition, all equipment used in European lifesaving championships must comply with the criteria outlined in the commercial identification policy (see Section 3).
- iii. **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.

- iv. Appeals against rulings of equipment ineligibility are permitted (see Section 3).

11.3 BATONS (BEACH FLAGS)

- i. Beach flag batons and beach relay batons shall be made of flexible material (e.g., flexible hose) a maximum of 30cm and a minimum of 28cm long with an external diameter of approximately 25mm (\pm 1mm).
- ii. Batons should be coloured so as to be easily visible.

11.4 BOARDS

Boards must conform to ILS specifications including the following:

- i. **Weight:** minimum 7.6kg
- ii. **Length:** maximum 3.2m
- iii. Detailed specifications are available in "Equipment Specifications" at www.slsa.asn.au.

11.5 BOATS

11.5.1 Inflatable rescue boats (IRBs)

- i. Inflatable rescue boats and motors shall meet the specifications of ILS and the host country, and be supplied by the host organising committee.
- ii. The organising committee shall make IRB boat and motor specifications available to teams well in advance of the competition.

11.5.2 Stillwater boats

- i. Stillwater boats shall meet ILS specifications and shall be supplied by the host organising committee.
- ii. 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.
- iii. Coloured painted marks in a visible manner from the poop mirror of the boat.
- iv. The boat shall have the following characteristics:
 - ◆ **Length:** 2.80m minimum; 3.20m maximum
 - ◆ **Width:** 1.15m minimum; 1.50m maximum
 - ◆ **Height:** 0.45m minimum; 0.75m maximum
 - ◆ **Poop mirror:** minimum 80cm
 - ◆ **Weight:** 60kg minimum; 75kg maximum
 - ◆ **Oar length:** 2.00m minimum; 2.20m maximum
- v. The blade of the oar shall have the following characteristics:
 - ◆ **Length:** 60cm minimum; 70cm maximum
 - ◆ **Width:** 11cm minimum; 15cm maximum

11.5.3 Surf boats

- i. Surf boats must conform to ILS specifications including the following:
 - ◆ **Weight:** minimum 180kg (excluding oars, oarlocks, rescue tube and all optional equipment)
 - ◆ **Length:** minimum 6.86m; maximum 7.925m (excluding outrigger)
 - ◆ **Beam:** minimum 1.62m (measured in the midship section)
- ii. Detailed specifications are available in "Equipment Specifications" at www.slsa.asn.au.

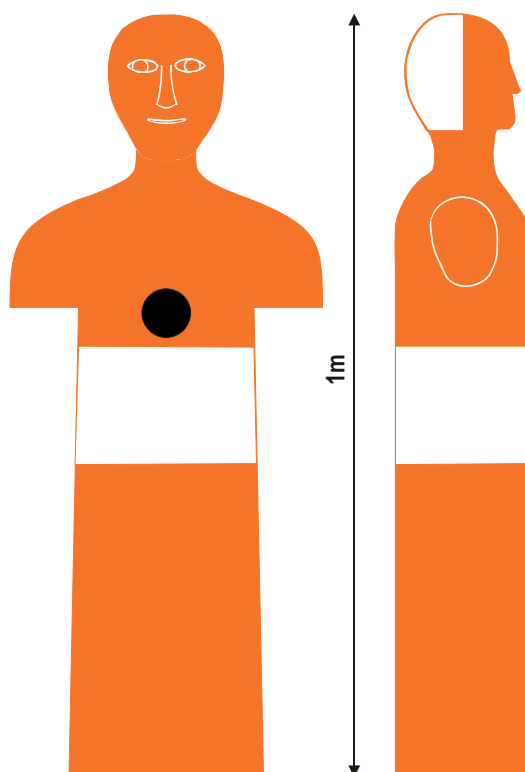
11.6 BUOYS

- i. **Stillwater boat race:** The buoy must be brightly coloured and clearly visible on the surface. The buoy shall have a minimum diameter of 0.50m and a maximum of 1m.
- ii. **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

- i. **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).
- ii. **Height:** The manikin shall be 1m in height.
- iii. **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.

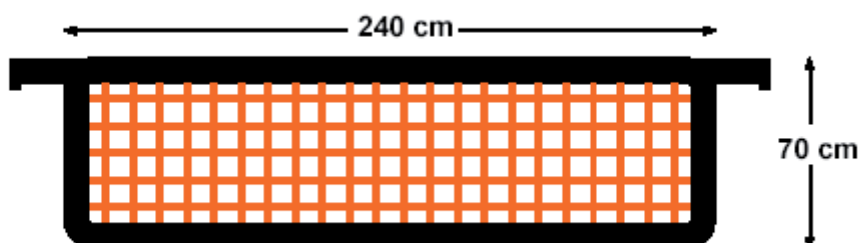
- iv. **Transverse line:** A transverse line of 15cm is painted in a contrasting colour in the middle of the body (measured 40cm from the bottom of the body to 55cm in the direction of the head).
- v. Full ILS specifications are available.



11.8 OBSTACLES

- i. **Dimensions:** Obstacles used in pool events shall be 70cm (\pm 1cm) high and 240cm (\pm 3cm) wide with no dangerous parts.
- ii. **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.
- iii. **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.

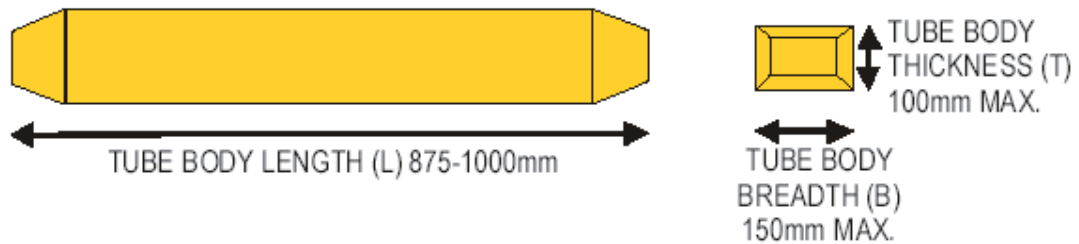
OBSTACLES



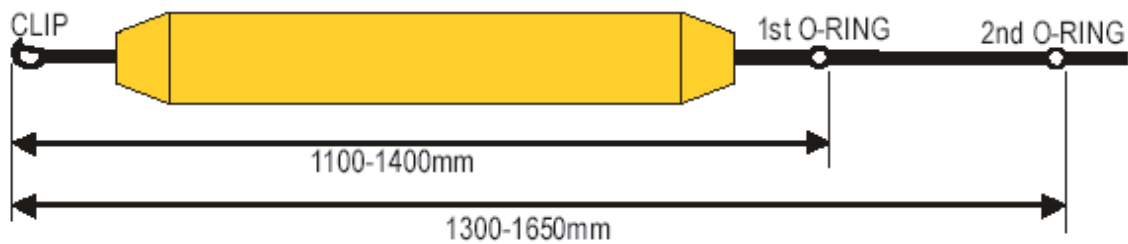
11.9 RESCUE TUBES

- i. **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.
- ii. **Buoyancy:** The rescue tube shall have a minimum buoyancy factor of 100 newtons in fresh water.
- iii. **Colour:** The body of the rescue tube shall be a colour-fast red, yellow, or orange (impregnated, painted, or covered).

- iv. **Flexibility:** The body of the rescue tube shall be of such a nature as to be able to roll within itself.
- v. **Strength:** Webbing, leash, and fittings shall be able to withstand a minimum of 1000 pounds stress in a longitudinal direction without damage.
- vi. **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.
- vii. **Rescue Tube Dimensions:**
 - ◆ The body of the tube (flotation component):
 - a. L – minimum length 875mm; maximum length 1000mm
 - b. B – maximum breadth 150mm
 - c. T – maximum thickness 100mm



- ◆ The distance from the extremity of the clip to the extremity of the first O-ring shall be a minimum of 1100mm to a maximum of 1400mm.
- ◆ The distance from the extremity of the clip to the extremity of the second O-ring shall be a minimum of 1300mm to a maximum of 1650mm.



- viii. **Leash:** The length of the leash from the first O-ring to the lanyard webbing shall be a minimum of 1900mm to a maximum of 2100mm, and must include a minimum of 2 O-rings. The leash shall be a synthetic type rope which is UV treated.
- ix. **Webbing connections:** Webbing used for the connection of O-rings/clips to the body of the tube shall be 25mm (± 2.5mm) wide woven nylon.
- x. **Lanyard:** Webbing for the lanyard shall be 50mm (± 5.0mm) wide woven nylon with a minimum length of 1300mm to a maximum of 1600mm. The circumference of the lanyard loop shall be a minimum of 1200mm.
- xi. **O-rings:** O-rings shall be brass, stainless steel (welded) or nylon. If nylon, the rings shall be UV treated. O-rings shall be 38mm (± 4.0mm) in diameter, having no sharp edges or protrusions that may cut or injure the rescuer or victim.
- xii. **Clips:** The clip shall be a brass or stainless steel snap hook KS2470-70 with an overall length of 70mm (± 7.0mm). It shall have no sharp edges or protrusions that may cut or injure the rescuer or victim.

11.10 SURF SKIS

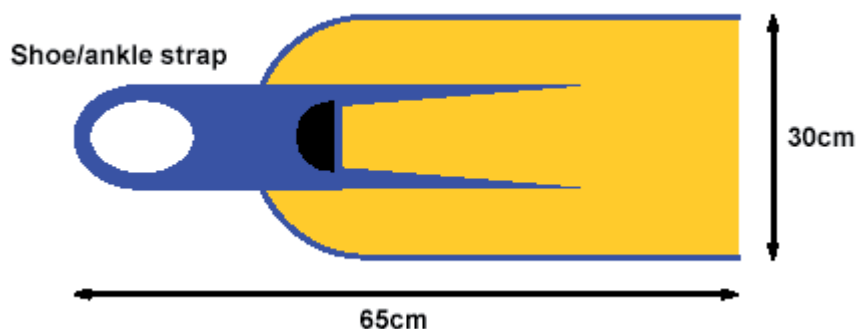
- i. Surf skis must conform to ILS specifications including the following:
 - ◆ **Weight:** minimum 18kg
 - ◆ **Length:** maximum 5.80m
 - ◆ **Width:** minimum width at widest point of hull is 480mm and shall not include any rubbing strips, moulding or additional protective mouldings.
- ii. Detailed specifications are available in “Equipment Specifications” at www.slsa.asn.au.

11.11 SWIM FINS

- i. Fins are measured while not worn. Swim fins used in competitions shall comply with the following specifications:

- ◆ **Length:** maximum overall length 65cm, including 'shoe' or ankle strap (ankle strap extended).
- ◆ **Width:** 30cm maximum at the widest point of the blade

SWIM FINN



11.12 THROW LINES

- i. For the Line Throw event, throw lines shall be plaited, buoyant polypropylene:

- ◆ **Diameter:** 8mm (\pm 1mm)
- ◆ **Length:** minimum 16.5m; maximum 17.5m

11.13 WET SUITS

- i. The only wetsuits approved must be a maximum thickness of 3mm at any location on the wetsuit with a tolerance of 0.3mm; and contain no flotation or buoyancy assistance.

SECTION 12 - EUROPEAN JUNIOR COMPETITION

Junior European Lifesaving competitions for National Teams are designed to provide younger members of national lifesaving organisations with the opportunity to develop and maintain lifesaving skills and fitness by participating in competitions, enhanced by social interaction and camaraderie.

12.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

- i. To be eligible to compete in the Junior European Lifesaving Championship, Junior competitors shall:
- ◆ Be bona fide members in good standing of an ILSE Full Member organisation.
 - ◆ Have received a basic education in lifesaving though they need not be currently qualified for lifesaving duties.
 - ◆ Be a minimum of 14 years of age and shall not have reached the age of 19 as of the first day of the Junior European Lifesaving Championship
 - ◆ For ILSE European Junior Championships the maximum team size will be five (5) male and five (5) female competitors plus any non-competitive management or coaching officials

12.2 JUNIOR POOL EVENTS

- i. The following pool events shall be conducted in both male and female categories.

Stillwater Events	Maximum Number of competitors
50m Manikin Carry:	3 Individuals per team
100m Manikin Tow with Fins:	3 Individuals per team
100m Rescue Medley:	3 Individuals per team
100m Manikin Carry with fins:	3 Individuals per team
Line Throw:	1 team of 2 individuals
4 x 50m Medley Relay:	1 team of 4 individuals
4 x 25m Manikin Relay:	1 team of 4 individuals

Stillwater events will be contested in the format of “heat declared winners” only without finals

- ii. See Section 7 for event descriptions.

12.3 JUNIOR OCEAN EVENTS

- i. The following ocean events shall be conducted in both male and female categories for the Junior European Championship.

Ocean Events	Maximum Number of competitors
Run-Swim-Run:	3 Individuals per team
Board Race:	3 Individuals per team
Beach Flags:	3 Individuals per team
Rescue Tube Rescue Race:	1 team of 4 individuals
Board Rescue Race:	1 team of 2 individuals

- ii. See Section 9 for event descriptions.

12.4 OTHER JUNIOR EVENTS

- i. The following other event shall be conducted for the Junior European Championship:

SERC:	Maximum Number of competitors
Note: <i>This event is not run as separate male and female categories – the 4 competitors may be any mix of gender</i>	1 team of 4 individuals

- ii. See Section 8 for event description

SECTION 13 INFLATABLE RESCUE BOAT (IRB) COMPETITION

13.1 THE AIM OF IRB COMPETITION

- i. The aim of Inflatable Rescue Boat (hereinafter referred to as "IRB") Competition is to:
- ii. Improve the prowess of IRB Drivers and IRB Crew persons (hereafter collectively referred to as crew or crews)
- iii. Encourage Crews to correctly equip and maintain their IRB and motors for optimum safe performance and reliability for both lifesaving patrol duties and competition.
- iv. Allow Crews to demonstrate their techniques and their abilities to perform a rescue.
- v. Bring Crews together to discuss and improve IRB techniques and operations.
- vi. Promote safety awareness techniques to IRB Driver, Crew and Patients in simulated rescue scenarios.
- vii. The Rules contained in this Manual are made for the purpose of ensuring a safe and fair system or framework within which IRB Competitions are to be conducted.

13.2 GENERAL CONDITIONS

13.2.1 Safety Essentials

- i. Signs shall be displayed to provide a 50-metre 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 metre x 1 metre. For example:

'CAUTION - KEEP CLEAR - POWER RESCUE BOAT TRAINING'

'CAUTION - KEEP CLEAR'

'INFLATABLE RESCUE BOAT - RESCUE EVENTS'

- ii. 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'

13.2.2 Driving And Crew Safety Procedures

- i. Course Judges and Lane Judges will monitor and observe all driving, operating, safety procedures and techniques.
- ii. 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. The Course and Lane Judge(s) shall have the authority to caution the Driver and/or Crew Members of the correct techniques.

13.2.3 IRB and Motor

- i. IRB's and motors used in IRB Competition will be provided on a pooled basis by the host organisation. All IRB's shall comply with the specifications of ILS and carry the equipment specified.
- ii. All IRB outboard motors used in competition shall not be rated greater than 25HP. Motors must be complete with an approved propeller and propeller safety guard.

13.2.4 Competitor eligibility

- i. To be eligible to participate in IRB competition, all crew members and patients must be proficient and currently certified by their ILS member organisation.
- ii. IRB patients are considered to be gender neutral with respect to their participation in male and female IRB events.
- iii. After competing in an event, no driver, crewperson or patient may change roles and compete in the same particular event again.

13.2.5 Event Limitations

- i. IRB Competition will be conducted in both female and male categories.
- ii. A Driver and/or Crewperson may only compete in a particular event once.

- iii. A patient may only compete in a particular event once.
- iv. No Driver, Crewperson or patient, after competing in an event, can change roles and compete in the same particular event again.
- v. IRB Patients are to be considered as gender neutral with respect to their participation in male and female IRB events.

13.3 DRIVING AND CREW SAFETY PROCEDURES

13.3.1 Safety briefing

- i. A safety briefing must be conducted before the commencement of all IRB competition. The briefing may be conducted in conjunction with the briefings for officials, coaches and team managers. The following content will be included in the briefing:
 - ◆ An explanation of all the safety procedures that shall be observed by all competitors.
 - ◆ Patient care and indicative water temperature.
 - ◆ Identification of the location of emergency and first aid areas during the competition.
 - ◆ Forecast of surf and weather conditions for the competition period, and any inherent dangers.
 - ◆ Safety and rescue plan and, contingency relocation plan.
 - ◆ Attention shall be drawn to 2.2 Competition Safety in this manual.

i.3.2 Safety infringements

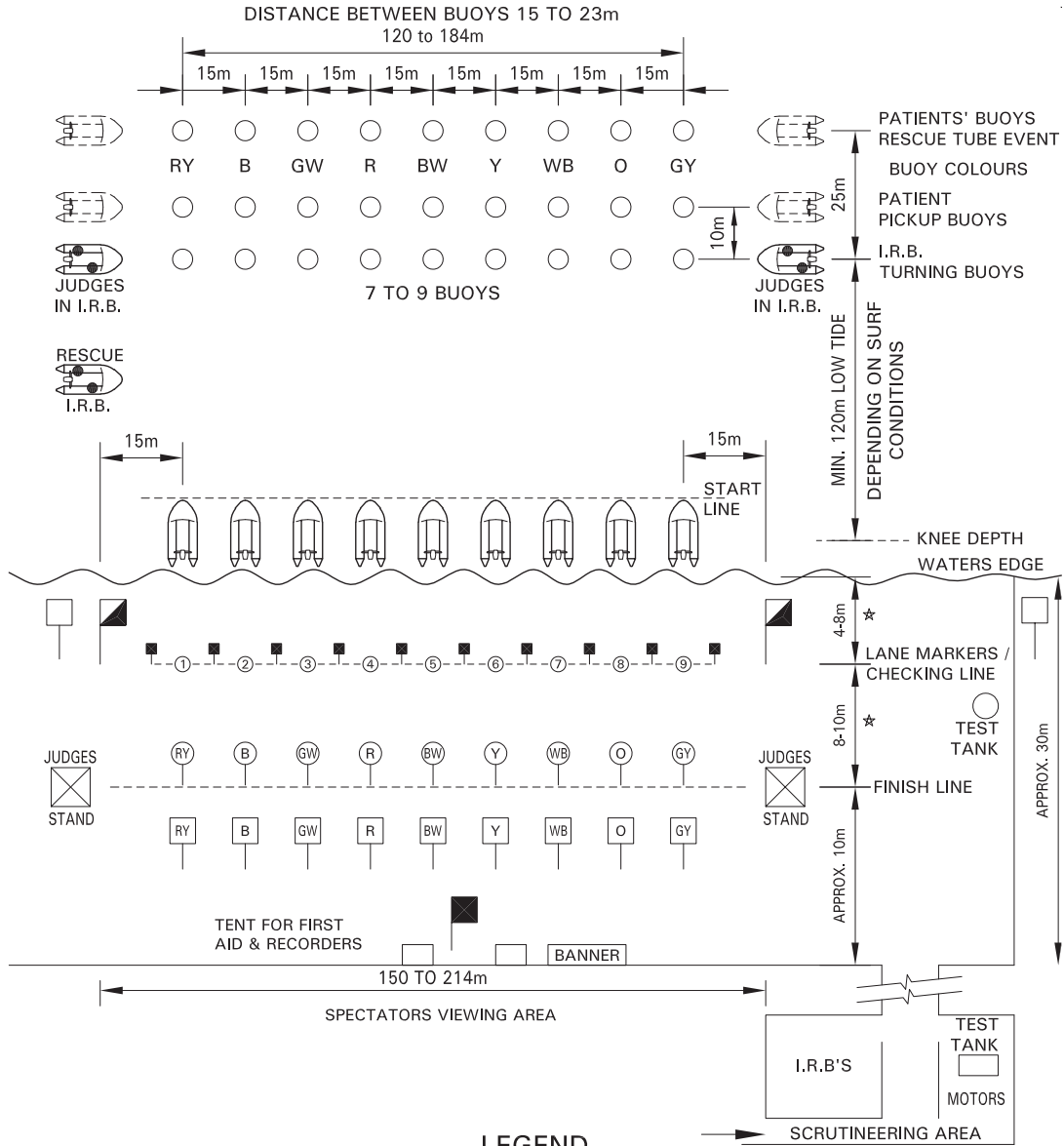
- i. A strong emphasis will be placed on safe driving, crewing and patient practices. All competitors must complete each event in a safe and controlled speed and manner or face immediate disqualification from the event, and/or issue of a safety infringement and consideration for further penalties.
- ii. A safety infringement shall be issued to any competitor deemed to have committed an unsafe practice. This will result in immediate disqualification of the competitor and their entire crew (i.e., driver, crewperson and patient/s) from the event in which the infringement occurred.
- iii. Competitors who receive more than one safety infringement in any one competition event shall be disqualified from the entire competition.

i.3.3 Equipment requirements, scrutineering and compliance

- i. IRB competition equipment must be club owned or provided on a pooled basis by the host organising committee.
- ii. All IRBs and equipment shall comply with ILS specifications, scrutineering conditions and rules.

13.4 THE COURSE

- i. The course for IRB Competition shall be as detailed in the diagram.
- ii. The turning buoys shall be laid at a minimum distance of 120 metres from knee depth water at low tide dependent on water conditions.
- iii. The Patient Buoys for the Rescue Tube Event are positioned approximately 25 metres directly behind the Turning Buoys.
- iv. The Patient Pick Up Buoys for the Rescue Race and Mass Rescue Events are positioned approximately 10 metres directly behind the Turning Buoys.



LEGEND

- ORANGE & BLUE AREA FLAGS
- PRE-START FLAG OR TIMING LIGHTS GREEN-YELLOW-RED
- I.R.B. DANGER WARNING SIGN
- "I.R.B. SIMULATED RESCUE EVENTS"
- LANE MARKERS (RED OR ORANGE)
- I.R.B. BEACH POSITION INDICATOR (NUMBERED OR COLOURED)
- BUOY COLOURED BEACH FINISH & TURNING INDICATOR
- BUOY COLOURED BEACH POSITION INDICATOR

★ DEPENDING ON SURF CONDITIONS

TYPICAL INFLATABLE RESCUE BOAT COMPETITION AREA

(Distance approximate only)

13.5 Procedure

13.5.1 Placing of Patients

- i. Patients shall be taken to sea by either the duty boats or their own crews.
- ii. If crews take out their patients they may be transferred to the duty boats.
- iii. Patients shall be placed in the water at their allocated patient pick-up buoy. For the rescue tube event the patient shall be placed at the allocated rescue tube patient buoy.
- iv. Patients may hold onto their buoy until the patient pickup. For the pickup, they shall release all contact with the buoy and position themselves clear of and behind their buoy on the seaward side.
- v. In the Mass Rescue and Teams Rescue events, the second patient will wait on the beach side of the pick-up buoy and move to the seaward side of the buoy after the first patient has been picked up and the IRB has left the pick-up zone.

13.5.2 The start

- i. Competitors in IRB events shall be assembled in the marshalling area. When entries are checked, the marshall shall inform each team of its allocated lane.
- ii. On the marshall's command, crews proceed to their allocated lane at the waters edge.
- iii. Crews are able to claim bonus time. This is an optional concession provided at the discretion of the referee for crews at the start of events. Each club is allowed a maximum of five minutes bonus time per competition, which may be claimed in a minimum of one-minute increments.
- iv. An optional system of coloured flags, lights or sound devices may be employed by the referee and operated by the time keeping judge(s) to assist in the smooth running of events.
- v. The crewman and driver will hold their IRB, while standing outside the boat in their allocated lane on the start line, bow facing out to sea. 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.
- vi. 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).
- vii. A check starter may be used to direct crews to position on the start line.
- viii. On the starter's signal, the crewman and driver may board the IRB, start the motor and proceed to sea.
- ix. The starter shall make every effort to ensure that all crews are given a fair and even start. However, the decision to start and proceed to sea is ultimately the responsibility of the driver and therefore IRB crews may not protest the start.
- x. The motor shall only be started from inside the IRB and only by the driver.
- xi. The driver must maintain control of the motor throttle grip if starting the motor in gear and using one hand to start. If a two-handed start is used, the motor must be in neutral.
- xii. The driver must have both feet on the floor of the IRB and the crewman shall be in contact with the IRB at the time the driver starts the motor.
- xiii. During and immediately after starting the motor, the IRB must not move in an uncontrolled or unsafe fashion.

13.5.3 Proceed to and from buoys

- i. After entering the IRB, the driver and crewperson must maintain their normal position as described below with three secure points of contact. The only exceptions to this are:
 - ◆ The driver and / or crewperson may leave their normal position to drag the IRB over a sand bar if the motor is electrically dead or in the neutral position if left running
 - ◆ The crewperson in all patient pickups and the driver in the rescue tube pick-up.
- ii. The driver and crewperson must maintain control of the IRB at all times to ensure it moves in a safe and controlled manner.
- iii. The leading IRB, while proceeding to the buoys, shall have right-of-way; the trailing IRBs must take evasive action by turning or giving way to prevent collision.
- iv. "Normal driver position" is defined as right foot in the foot strap, left hand holding the driver pontoon handle, right hand holding motor throttle grip, and seated on the pontoon.
- v. Normal crewperson position is defined as left foot in the foot strap (right foot in foot strap is optional), left hand holding the bow rope handle, right hand holding the inner pontoon (boarding) handle or lifeline rope, and seated on the pontoon. The crewperson may rise from the seated position to absorb the impact of negotiating a wave or swell. When 'punching' a wave the crewperson shall move

forward and lay on the spray dodger, resting on their right shoulder, maintain a short grip at the attached end of the bow rope with their right hand and brace themselves against the handle of the bow rope with their left hand using a straight arm. The crewperson may move his or her weight for turning or negotiating shallow water providing it is done so in a safe manner.

- vi. Normal patient position is defined as crouched inside the IRB and holding onto the pontoon lifeline rope. The patient can not be seated on the floor or the pontoon.

13.5.4 The turn and patient pickup

For the Rescue, Mass Rescue and Teams Rescue events, the turn and patient pickup process shall be as follows:

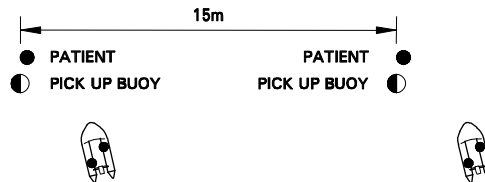
- i. Crews must not steer a wide course or delay a turn which impedes the progress of another crew or forces them from their true course.
- ii. The IRB shall complete an anti-clockwise turn, left hand in, around their allocated turning buoy, and then proceed to turn their patient pick-up buoy, again turning left hand in.
- iii. The patient will face towards the IRB in preparation for the patient pick-up. The patients' hands must be clasped together or one hand held to the opposite wrist during the pickup.
- iv. The patient pickup shall be completed in a safe manner on the port side of the IRB, on the seaward side of the pick-up buoy. The driver and crewperson may both assist with the patient lift.
- v. Once the patient is completely out of the water (i.e., when no part of the patient's body is in the water) the IRB shall complete the turn, pass back to the beach side of the patient pick-up buoy and return to shore keeping their turning buoy on their left hand side. In the mass rescue this procedure is repeated for the second patient pickup.
- vi. All buoy turns shall be turned left-hand in (i.e., anti-clockwise).
- vii. The buoy shall be maintained on the port (left hand) side of the IRB throughout the turn. The buoy must not be forced under the pontoon during any part of the turn.
- viii. An IRB shall not be permitted to pass around any buoy other than the allocated turning buoy and the allocated patient pick-up buoy.
- ix. It is permissible for an IRB crew who miss the patient pickup to proceed around their respective turning buoy a second time, complete a 180 degree anti-clockwise turn and re-attempt the patient pickup at the patient pick-up buoy.

13.5.5 The finish / changeover

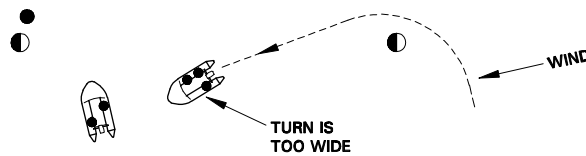
- i. On approach to shore the IRB shall remain inside the allocated lane until the driver has crossed the finish line.
- ii. When beaching the IRB, the driver must throttle the motor back to idle and stop the motor (i.e., render it electrically dead by activation of motor kill switch) prior to the IRB being grounded on the shore edge. If a motor kill switch safety lanyard is used, it must remain attached to the motor.
- iii. The driver, crewperson or patient must not be dislodged from their normal positions by grounding the IRB with excessive speed or beaching at an awkward angle.
- iv. The motor must be stopped (i.e., electrically dead by activation of motor kill switch) prior to the driver or patient alighting from the IRB. The crewperson may alight prematurely, in a safe manner, to steady the IRB.
- v. When exiting the IRB, the driver must keep both feet on the IRB floor until the motor is electrically dead by activation of the motor kill switch.
- vi. The driver must remain seated until both feet are swung outside the IRB. The definition of 'outside' is past the centreline of the port side pontoon.
- vii. The driver must have completed his or her exit aft of the IRB front lift handles and must not step off any part of the IRB or floorboard when exiting.
- viii. The driver must exit in a safe and controlled manner and must not stumble and fall during the exit process as a result of poor technique or the IRB being grounded with excessive speed.
- ix. The crewperson shall remain in control of the IRB while the driver runs to the finish line. The patient may assist the crewperson in the control of the IRB (the first patient in Mass Rescue and teams is the exception).
- x. The finish is judged on the chest of the driver when he or she crosses the finish line. The driver must cross the finish line on his or her feet.

Alternative starts and finishes

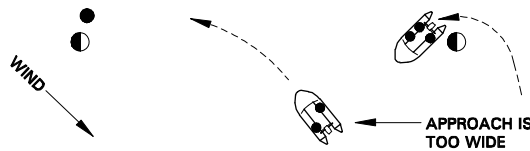
- i. **Water finish:** The team is deemed to have finished once any part of the hull of the IRB crosses the finish line from the seaward side between the two finishing flags / poles.
- ii. **Curved beach start:** The starter shall position crews so as to ensure a fair start. This positioning will take into account the curved nature of the beach and conditions.
- iii. **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 while remaining on their feet.
- iv. **Electronic finish:** Drivers shall activate an electronic device at the finish line to register the finish, and be on their feet when the device is activated. Other forms of electronic finish may also be used and shall be advised to competitors by the referee or his nominated official.



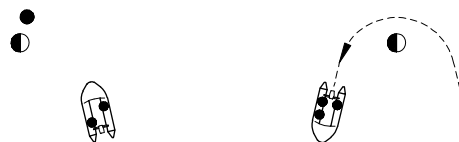
A GOOD APPROACH - NO PROBLEMS
 JUDGES SHOULD ENSURE PATIENT PICK UP & BUOY TURN OK



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

13.6 EVENT NO 1: RESCUE EVENT

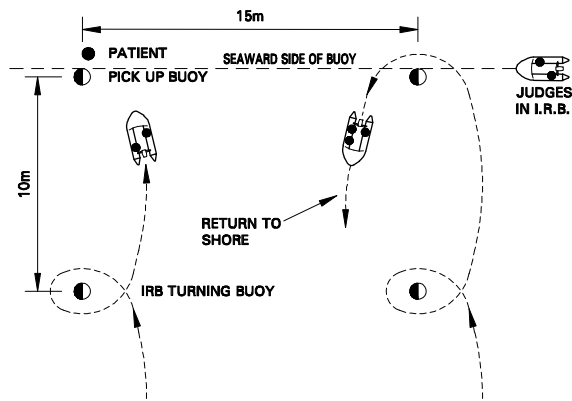
- i. Each team shall comprise one driver, one crewperson and one patient.
- ii. The patient is positioned as described in 13.5 Procedure.
- iii. The start shall be as described in 13.5 Procedure.
- iv. On the starter's signal, the IRB will proceed out to sea, pick up the patient and return to shore as described in 13.5 Procedure.
- v. The finish shall be as described in 13.5 Procedure.

13.7 EVENT NO 2: MASS RESCUE

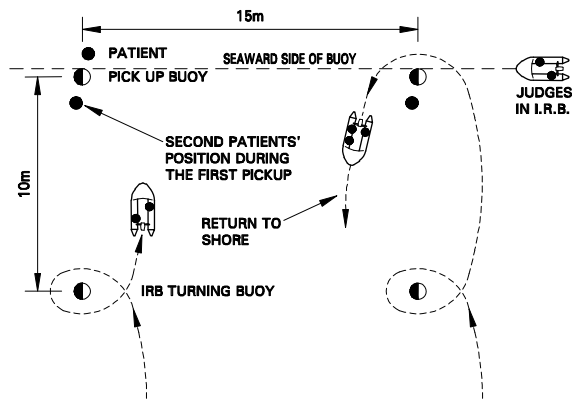
- i. Each team shall comprise one driver, one crewperson and two patients.
- ii. Both patients are positioned as described in 13.5 Procedure.
- iii. The start shall be as described in 13.5 Procedure.
- iv. On the starter's signal, the IRB will proceed out to sea to pick up the first patient and return to shore as described in 13.5 Procedure.
- v. The driver exits as described in 13.5 Procedure. At the shore the crewperson, controls the IRB and may turn it around. The patient must exit the IRB after the driver exits and retire to the beach. The patient is not permitted to assist the crewperson.
- vi. 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 crewperson to turn the IRB around.
- vii. The IRB shall be relaunched and restarted, and the crew will proceed out to sea to pick up their second patient and return to shore, as described in 13.5 Procedure.
- viii. The finish shall be as described in 13.5 Procedure.

13.8 EVENT No 3: TEAMS RESCUE

- i. Each team shall comprise of two drivers, two crewpersons and two patients.
- ii. Both patients are positioned as described in 13.5 Procedure.
- iii. The start shall be as described in 13.5 Procedure.
- iv. On the starter's signal, the IRB will proceed out to sea to pick up the first patient and return to shore as described in 8.4 Procedure.
- v. The driver exits as described in 13.5 Procedure. At the shore, the first crewperson must maintain control of the IRB until the second crewperson has made contact with the IRB and may turn it around with the assistance of the second crewperson. The first driver must complete his or her exit from the IRB prior to the second crewperson passing their team's lane marker to enter the water.
- vi. The patient shall exit the IRB and retire to the beach. The patient shall not exit prior to the driver and is not permitted to assist the crewpersons.
- vii. The first driver runs up to the finish line and tags the second driver who proceeds down to the IRB. The second driver may assist the crewpersons to turn and position the IRB. The second driver cannot start the motor until the first crewperson is on the beach side of the team's lane marker.
- viii. The first crew and patient then retire behind the finish line for the remainder of the event.
- ix. The IRB shall be relaunched and restarted and the second crew will proceed out to sea to pick up their second patient and return to shore, as described in 13.5 Procedure.
- x. The finish shall be as described in the Procedure Section.



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**

13.9 EVENT NO 4: RESCUE TUBE

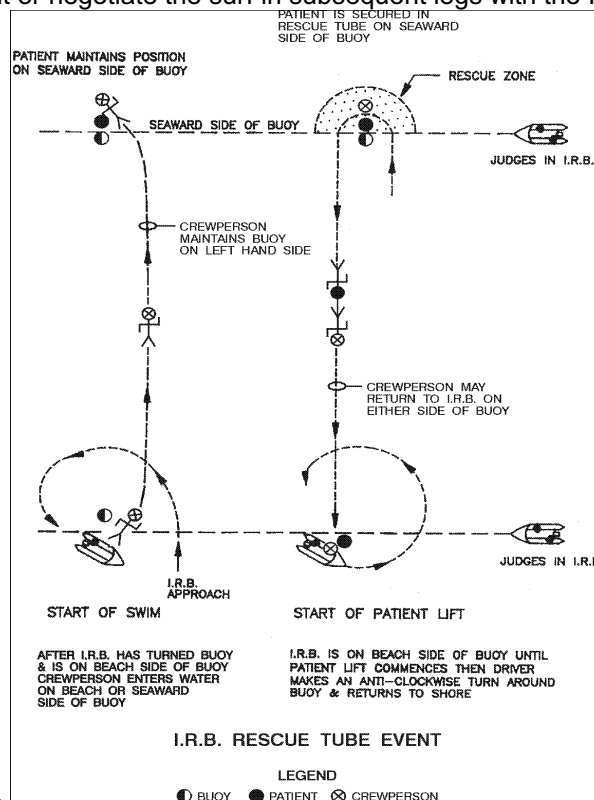
- i. Each team shall comprise one driver, one crewperson and one patient.
- ii. The patient is positioned as described in 13.5 Procedure.
- iii. For the purpose of this event only, the rescue tube may be stowed either in the normal position in the Velcro harness or under the spray dodger with the harness looped over the crewperson’s bow rope.
- iv. The start shall be as described in 13.5 Procedure.
- v. On the starter’s signal, the IRB will proceed to the allocated turning buoy. After the break has been negotiated, the crewperson, while maintaining a secure position within the IRB, shall don the rescue tube harness in a safe manner prior to rounding the turning buoy.
- vi. The IRB shall round the turning buoy anti-clockwise and then must remain wholly on the beach side of the turning buoy until the patient pickup has commenced.
- vii. After the IRB has rounded the turning buoy, the crewperson shall leave the port side of the IRB on the inside of the turn. The crewperson must enter the water with the turning buoy on his or her left hand side. The rescue tube shall be held in a secure grip, and shall not be clipped. It must be ensured that no part of the rescue tube, lanyard or harness snags the IRB or driver.
- viii. The crewperson shall then swim to his or her designated patient keeping the allocated turning, patient pick-up and rescue tube patient buoys on his or her left hand side.

- ix. (The crewperson secures the rescue tube correctly around the patient's body and under both arms and clipped to an O-ring. The patient may assist with securing and clipping of the rescue tube. The patient must remain on the seaward side of the rescue tube patient buoy during the 'clip in' process.
- x. With the patient clipped into the rescue tube, the crewperson continues anti-clockwise around the buoy towing the patient to the IRB maintaining the patient pick-up buoy and turning buoy on his or her left hand side. The patient is permitted to assist by kicking and sculling with arms under the surface, but must not swim with an out-of-water arm recovery. The patient must not be towed on the stomach. The use of swim fins, hand fins or other non-approved aids is not permitted.
- xi. Once the driver makes physical contact with the patient (not the tube or harness) the patient pickup is deemed to have commenced and the IRB may cross to the seaward side of the turning buoy.
- xii. The crewperson and patient shall board the IRB on the port side with or without assistance from the driver. The driver may release the motor throttle grip and stand to assist the pickup providing the motor is in neutral. The IRB shall continue anti-clockwise around the turning buoy.
- xiii. The patient and crewperson must be completely out of the water prior to the IRB proceeding back to the beach side of the turning buoy.
- xiv. The rescue tube shall remain around the patient and the crewperson shall remove the harness and pass it to the patient. The patient shall keep a secure grip on the lanyard and harness to ensure he or she does 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.
- xv. The crew and patient then return to shore.
- xvi. The finish shall be as described in 13.5 Procedure.

13.10 DISQUALIFICATIONS

In addition to the General Rules in Section 3 and the General conditions for IRB competition in 13.2, the following behaviour shall result in disqualification:

- i. Failure to comply with the event procedure, description and/or rules detailed in this section of the ILSE Competition Manual.
- ii. Interference with or use of any components of the course to gain an unfair advantage.
- iii. Attempt to start an event or negotiate the surf in subsequent legs with the IRB not correctly assembled



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 shall not take assistance from the pool bottom except where specifically allowed (e.g., Obstacle Swim, 4 x 25 m Manikin Relay).
9. All competitors who start (i.e., commence a starting motion) 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 or nose above the surface (4.3 Manikins).
20. Releasing the manikin before touching the finish edge.
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 (100 m Manikin Carry with Fins).
24. Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin.
25. Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
26. At 50 m / 150 m, not touching the pool edge before touching manikin.
27. Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge.
28. Manikin handler pushing the manikin towards the competitor or the finish edge.
29. Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.
30. Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring).
31. Not securing the rescue tube around the manikin within the 5 m pick-up zone (judged at the top of the manikin’s head).
32. Pushing or carrying, instead of towing, the manikin.

33. The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line.
34. Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line.
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 grasped it (i.e., one hand of each competitor must be in contact with 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 rescue tube harness, line or any part of the rescue tube 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 towing the victim without the line of the rescue tube fully extended.
49. A competitor re-entering the water after completing his or her leg of the relay.
50. The victim's hand moving from the designated mark on the crossbar before touching the throw line.
51. Line thrower exiting the throw zone (as judged by both feet) at any time after the start and before the 45-second completion signal.
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.

Note: Failure to get the victim to the finish edge before the 45-second completion signal shall be designated a DNF, not a DQ.

Appendix B – ILSE Competition Manual

GLOSSARY OF TERMS

RACE	A race is a single contest of speed in which the winner is determined by time or place. For example, a single heat of multiple heats is a race; the A-final is a race.
EVENT	An event is a series of races with the same prescribed set of rules and conditions (e.g., facility, equipment, distance and style). For example, Beach Flags is an event; Obstacle Swim is an event.
HEATS	Heats are a preliminary set of races which eliminate competitors and in which the winners advance to a semifinal or final race.
ROUND	A round is a set of heats of the same event. For example, “This round included 8 heats.”
FINAL	The final is the final race of the fastest qualifying competitors.
A-FINAL	An A-final is a race of the 1 st to 8 th fastest qualifying competitors to determine the 1 st through 8 th places.
B-FINAL	A B-final is a race of the 9 th to 16 th fastest qualifying competitors to determine the 8 th through 16 th places.
TIME-FINALS	Time-finals are a set of races of the same event where there are no qualifying heats. Event winners are determined by time.
COMPETITION	A competition is composed of a programme of events. For example, a surf competition may be made up of 10 events. A championship is a type of competition.

International Life Saving Federation (ILS)

Sport Commission

Record Application Form



Kind of Record: **ILS Region** Record **Commonwealth / World**

1. Name of ILS-sanctioned Competition
2. Event **Distance & Event Name**
3. Gender male female
4. Age Group open junior masters - age group
5. Name of Competitor **Family Name, First Name(s), Date of birth (year, month, day)**
Name of the Team
6. Names of the Relay Team Members (*names in order of competing*)
 1. **Family name, First name(s), Date of birth (year, month, day)**
 2. **Family name, First name(s), Date of birth (year, month, day)**
 3. **Family name, First name(s), Date of birth (year, month, day)**
 4. **Family name, First name(s), Date of birth (year, month, day)**
7. Country
8. Member Organisation
9. Record Claimed **Time** *Please attach the official result.*
10. Date and Time of Race **Day Month Year** at **Time**
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.