



# 2023 Pool Lifesaving Championships Competition Manual

## INTRODUCTION

The 2023 NSW Pool Lifesaving Championships will be hosted jointly by Royal Life Saving NSW (RLS NSW) and Surf Life Saving NSW (SLS NSW). This is the first time NSW is hosting a combined State Championships in Pool Lifesaving. The Championships will be run in accordance with three existing Rulebooks, the ILS Competition Rule Book 2019 Edition (Revised March 2022) (ILS Rulebook), The RLS NSW C&C Handbook (RLS NSW Handbook) and Surf Life Saving Surf Sports Manual (SSM). The primary rulebook ILS Rulebook will be the primary rulebook and unless otherwise stated within this Manual will be the default rulebook.

In Australia, we currently have our own set of general rules and run modified events which are not outlined in the ILS rulebook. To compensate for these events, each of our will be as stated from the RLS NSW Handbook or SSM. In addition to these set of rules there are also NSW Only specific rules which will be highlighted within this, NSW Pool Lifesaving Competition Manual.

The NSW Pool Lifesaving State Championships has a number of changes to the program which are summarised below.

Age as at the 31<sup>st</sup> December 2022 (midnight)

Team relay event pairings – U11s & U12s, U13s & U14s, U15s & U17s, U19s & Opens, Masters 30+

New Events;

100m Brick Carry – U13s & U14s only

50m Tow – U12s & U13s

50m Rescue Tube Clip – U11s only

50m Brick Carry – U12s, U13s & U14s

50m Brick Carry (35m) – U11s only

Line Throw (changed from Team event to individual event)

8m; U11s

10m; U12s & U13s

### Event Changes

100m Rescue Medley – U19s & Opens only event.

Medley Relay is modified – U11/ U12s.

# Contents

<b>INTRODUCTION</b>	<b>1</b>
<b>1 General Rules and Procedures</b>	<b>4</b>
1.1 CONDUCT OF EVENTS	4
1.2 COMPETITION ORGANISATION AND PROCEDURES	4
1.3 WITHDRAWAL and SUBSTITUTION	5
1.4 SAFETY	5
1.5 COMPETITION CONDITIONS	6
1.6 GENERAL COMPETITION RULES	6
1.7 GENERAL PROCEDURAL RULES	7
1.8 COMPETITION ELIGIBILITY	7
1.8.1 Competition Qualification	7
1.8.2 Determining Age Groups	8
1.8.3 Participation in Individual and Team Events	9
1.9 DRESS OF COMPETITORS	Error! Bookmark not defined.
1.10 GEAR SPECIFICATIONS AND USAGE	Error! Bookmark not defined.
1.11 CODE OF BEHAVIOUR	Error! Bookmark not defined.
1.12 ABUSE/INAPPROPRIATE BEHAVIOUR	Error! Bookmark not defined.
1.13 COMPETING UNFAIRLY	Error! Bookmark not defined.
<b>2 POOL SPEED EVENTS</b>	<b>13</b>
2.1 General	13
2.2 SPECIAL CONDITIONS FOR NSW COMPETITIONS	14
2.2.1 Swim Fins Specifications for U13 and Under Age Category Events	14
2.2.2 Swim Fins Specifications for U14 and Over Age Category Events	14
2.2.3 Rubber Bricks Specifications for U13 and Under Age Category Events	15
2.3 SPECIFIC NSW EVENT RULES	15
2.3.1 50 Metre Swim with Fins	15
2.3.2 50 Metre Brick Carry	15
2.3.3 4 x 25 Metre Brick Relay	16
2.3.4 BRICK CARRY WITH FINS (100m)	17
2.3.5 Manikin Tow with Fins (50m)	17
2.3.6 4 x 50 Metre Modified Medley Relay	20
2.3.7 LINE THROW	21
2.4 MANIKIN EVENTS TECHNICAL INFORMATION	22
2.4.1 Competitors surfacing the manikin	22
2.4.2 Carrying the manikin	23
2.4.3 Towing the manikin	23
2.4.4 Manikin handlers	24
<b>3 EVENT DESCRIPTIONS AND MODIFICATIONS</b>	<b>25</b>
3.1 OBSTACLE SWIM (200m and 100m)	25
3.1.1 Event description – 200m	25
3.1.2 Event description – 100m	25
3.1.3 Equipment	25
3.1.4 Disqualification	25
3.2 MANIKIN CARRY (50m)	26
3.2.1 Event description	26

3.2.2	Equipment	26
3.2.3	Disqualification	26
<b>3.3</b>	<b>RESCUE MEDLEY (100m)</b>	<b>27</b>
3.3.1	Event description	27
3.3.2	Equipment	27
3.3.3	Disqualification	27
<b>3.4</b>	<b>MANIKIN CARRY WITH FINS (100m)</b>	<b>28</b>
3.4.1	Event description	28
3.4.2	Equipment	28
3.4.3	Disqualification	28
<b>3.5</b>	<b>MANIKIN TOW WITH FINS (100m)</b>	<b>29</b>
3.5.1	Event description	29
3.5.2	Equipment	29
3.5.3	Disqualification	30
<b>3.6</b>	<b>SUPER LIFESAVER (200m)</b>	<b>31</b>
3.6.1	Event description	31
3.6.2	Equipment	31
3.6.3	Disqualification	32
<b>3.7</b>	<b>MANIKIN RELAY (4 x 25m)</b>	<b>33</b>
3.7.1	Event description	33
3.7.2	Equipment	33
3.7.3	Disqualification	34
<b>3.8</b>	<b>OBSTACLE RELAY (4 x 50m)</b>	<b>35</b>
3.8.1	Event description	35
3.8.2	Equipment	35
3.8.3	Disqualification	35
<b>3.9</b>	<b>MEDLEY RELAY (4 x 50m)</b>	<b>36</b>
3.9.1	Event description	36
3.9.2	Equipment	36
3.9.3	Disqualification	37
<b>3.10</b>	<b>DISQUALIFICATION CODES FOR POOL EVENTS</b>	<b>38</b>
<b>4</b>	<b>START AND FINISH PROCEDURES</b>	<b>42</b>
4.1	OFFICIAL START & COMPLETION OF COMPETITION	42
4.2	STARTS	42
4.3	START PROCEDURE	42
4.4	DIVE START PROCEDURE	43
4.5	IN-WATER START PROCEDURE	43
4.6	MANIKIN RELAY	43
4.7	LINE THROW START	43
4.8	START DISQUALIFICATIONS	43
4.9	START MODIFIATIONS – EQUIPMENT	44
<b>5</b>	<b>ENTRY</b>	<b>44</b>
5.1	Registration and Entry	45
5.2	ENTRY PROCESSING	45
5.3	ELECTRONIC ENTRY PROCEDURES AND RESPONSIBILITIES	45
5.4	RECORDING & EVENT PREPARATION	46
5.5	FINISHING PROCEDURES	46

# 1 General Rules and Procedures

## 1.1 CONDUCT OF EVENTS

- (a) This Championships will be run in accordance with the current ILS Rulebook. All modified events will be run in accordance with the approved modifications as outlined in this Competition Manual.
- (b) RLSNSW/SLSNSW expects the highest standard of conduct from its competitors, officials, and members. It is important that any competition or sports activity of the RLSNSW/SLSNSW Branch be conducted in the spirit of goodwill, sportsmanship, and fair play.
- (c) All participants required to abide by the RLSNSW/SLSNSW Behaviour Policies, Code of Conduct and compete within the rules. This includes following the expectations outlined in Section 2 - Member Protection Policy.
- (d) Competitors shall compete in competitions in the manner prescribed in the event rules with regard to course, method, procedures, and restrictions.
- (e) Competitors shall not interfere with, obstruct, or in any way willingly attempt to unfairly disadvantage another competitor nor shall the athlete compete in such a way as to gain an unfair advantage for themselves or another person.
- (f) Copies of all RLSNSW Branch Policies may be obtained from the Branch office or the C&C Chairman and are also located on the RLSNSW website.
- (g) Copies of all SLSNSW Policies may be obtained from the SLSA Member's portal.
- (h) This Competition handbook is a combination of three rulebook which are being used in conjunction with each other. For clarity, the main rulebook which will be used is the ILS Competition Rule Book 2019 Edition (Revised March 2022) for all pool events. For modified events both the RLSNSW C&C Handbook and Surf Life Saving Surf Sports Manual latest editions will be used.
- (i) For all Championship procedures the RLSNSW C&C Handbook and in extension the RLSSA Competition Handbook will take precedents over both the SLSA rulebook and ILS rulebook.

## 1.2 COMPETITION ORGANISATION AND PROCEDURES

**COMPETITION AREA.** The competition area shall, where practical, be separated from the spectator area. The competition area shall contain:

- i. A Marshalling Area (with separate areas for marshalling and check starting).
- ii. Event course(s) suitably marked.
- iii. A recording and announcing area.

The competition area should be set up to encourage a logical flow of competitors through the sequence of marshalling, competing, and recording.

**ENTRY.** The entry procedure for all RLSNSW competitions is by standard electronic entry procedures using the Programs Meet Manager and Team Manager. For clubs who do not have a full licenced copy of these programs a free copy of Team Manager Lite is available for download at <https://hytek.active.com/downloads.html>. A full explanation of the entry procedure can be found in Appendix 2 of this document.

## RELAY TEAM COMPOSITION

- a. Teams where the age group is specific (e.g., U11 -14 year relay or Open relay) the following is permitted:
  - i. For teams aged below the Open competition classification may include competitors from the next lower age classification.
  - ii. Teams aged above the Open competition classification may include competitors from the U17-Masters age classifications.
  - iii. Teams are only permitted to enter one (1) relay team.
  - iv. The total number of team members out of classification shall not exceed 50% of the total number of competing team members.
- o Non-specific gender relay teams – May be either all male, all female or a mixed team of both male and female.
- o Mixed Relay Teams This type of relay category must contain at least one (1) male and one (1) female provided that in any case the number of females or males shall not be less than 25% of the number of members. Therefore, for an eight (8) person team the requirement is two (2) team members.
- b. RESERVES no more than 50% of a team may be replaced from those officially entered. At entry all relay team members must be shown, and it is desirable that the entry also lists reserves. To ensure that substitutions meet the eligibility requirements for the event, a competitor will not be allowed to substitute for an original team member without the permission of the Competition Manager, Chief Referee or the Branch Registrar unless indicated on the entry form as a reserve.

### 1.3 WITHDRAWAL and SUBSTITUTION

Notification of withdrawals and substitutions must be made prior to the start of the session or at least 1 hour (60 minutes) before the schedule starting time for that event. This announced time is set by the Competition Manager, in conjunction with the Chief Referee and Chief Recorder.

- (a) All withdrawals or substitutions in an event must be made in writing on the appropriate COMPETITION form and lodged with the designated official (usually the Competitor Liaison).
- (b) Competitor withdrawals from individual events should be lodged as soon as possible but substitution of the competitors is not permitted.
- (c) In relay events the substitution of competitors is at the discretion of the team management so long as the entry and eligibility rules for the event are followed.

Competitors who are substituted in a relay event may only be replaced by another registered competitor from the same competitive team.

After the event substitution time has closed, there shall be no further alteration of relay entries in an event unless there is a demonstrated misadventure (e.g. injury) which prevented a substitution notification being lodged by the required time limit.

### 1.4 SAFETY

Consideration must be given to modifying the event conditions where risk assessment indicates that safety is compromised. If necessary, when rescue tubes are being used any exposed ends on starting grips, shall be covered.

OBSTACLE PLACEMENT must be in made in accordance with ILS requirements.

STARTING PLATFORM - If necessary, any exposed ends on starting grips, etc, shall be covered. The height of the platform above the water surface shall be from 500mm to 750mm. The surface area shall be at least 500mm x 500mm and covered with non-slip material. The maximum slope shall not be more than 10 degrees. The starting platform may have an adjustable setting back plate and starting grips for both platform and in-water starts. For events with rescue tubes the starting platform and immediate surrounding area should be checked for hazards that may impede the rescue tube Leaving the start area safely.

WATER - The pool water shall meet the clarity standards and the bacteriological and chemical standards under the local health regulations, consistent with the RLS Guidelines for Safe Pool Operations.

The starting and finishing for Pool events must take into consideration not only the event requirements but also the safety aspects. Risk management must be put into place.

## 1.5 COMPETITION CONDITIONS

- (a) In all events the distances shall be in accordance with event descriptions and shall be conducted in lanes.
- (b) All events will be conducted as timed finals and the general FINA principles of judging, timekeeping & recording will be employed. A summary of these FINA principles to be used in NSW Pool Lifesaving competitions is found below in Appendix 1.
- (c) TIMED FINALS - Where the number of entrants exceeds the number of lanes, an event shall be swum in heats and the final results shall be determined on the times swum in the heats and no final shall be swum.
- (d) Entry times are used to seed heats, the fastest competitor will swim from the middle lane with the next fastest swimmers allocated the next lanes out until all the lanes allocated have been used.
- (e) If no entry times are supplied to seed heats, there shall also be an equal distribution of clubs represented in each heat.
- (f) Electronic timing will be used for all events, including Line throw, however 3 place judges will also be used in line throw events. For all other events there is no requirement to use place judges when automatic timing is being used.
- (g) Wherever possible, as well as a Chief Timekeeper, there shall be two (2) timekeepers used to time each lane.
- (h) When handheld stopwatches are used each timekeeper shall keep a personal record of the times taken for the length of the competition as well as recording the event time on the recording sheet which is dispatched to the competition recorders.
- (i) The winner shall be the competitor judged to have reached and touched the finish wall or line first according to the official automatic recorded times or where manual times are used, according to the place judge order.
- (j) When AOE timing is not being used events will be judged by at least three (3) Place Judges, one of who will be designated as the Chief Finish Judge who will collate each judge's decision to arrive at a final result prior to the result being sent to the recording table.

## 1.6 GENERAL COMPETITION RULES

Team management and competitors are responsible for being familiar with the competition schedule, and with the associated Rules and regulations governing events.

- (a) Freestyle means that in an event where freestyle is designated the swimmer may swim any style, unless otherwise specified in the event conditions.
- (b) Fins - Competitors may retrieve fins lost after the start and continue without disqualification so long as the rules governing manikins are not violated. Competitors are not permitted to start again in another heat.
- (c) Club Caps - Competitors are required to wear a designated club cap during pool competition as described on the club affiliation form. The cap may be the traditional lifesaving cap or the pull-on latex/ silicon type. Members acting as manikin handlers for competitors are required to wear a designated club cap as required by the RLS-A National Handbook.
- (d) Competitors may not be permitted to start in an event if they are late reporting to the marshalling area. Officials are not responsible if a competitor or team are not in attendance for the start of a race or are improperly attired due to late arrival to marshalling.
- (e) A competitor or team absent from the start of an event may be disqualified. No protest or appeal is permitted by a competitor/team/handler if they are not in attendance for the start of a race or are improperly attired.
- (f) 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.
- (g) Unless specifically provided for in the Rules no artificial means of propulsion may be used in competition (e.g. hand webs, armbands).
- (h) The use of sticky, tacky or adhesive substances (liquid, solid or aerosol) on competitors' hands or feet, or applied to the surface of a manikin or rescue tube to improve grip, or to assist the competitor to push off the pool bottom, is not permitted in pool events.
- (i) Body tape used for preventative, medical or therapeutic/kinesiology purposes is allowed at the discretion of the referee as long as it does not provide a competitive advantage to improve grip, grasping or propulsion.
- (j) Competitors shall not take assistance from the pool bottom except where specifically allowed (e.g., Obstacle Swim, 4 x 25 m Manikin Relay).
- (k) Taking assistance from any pool fittings (e.g., lane ropes, steps, drains or underwater hockey fittings) is not permitted.
- (l) A competitor who interferes with another competitor during a race shall be disqualified.
- (m) The Chief Referee may permit the re-run/re-throw of a race due to equipment failure provided by the Organising Committee or because of interference. The re-run/re-throw time shall be the official time.

- (n) Order-of-finish decisions, whether by judges or automated timing equipment, are not subject to protest or appeal.

## 1.7 GENERAL PROCEDURAL RULES

- (a) A full explanation of the start and finish procedures used in RLSNSW competitions and specific events is found below.
- (b) Start decisions by the event director, starter, or referee (or referees designate) are not subject to protest or appeal.
- (c) STARTS – Competitors may start on the starting platform, on the pool deck, or in the water with one hand in contact with the starting wall or line. If a competitor's starting position is different to the rest of the competitors, it is the competitor's responsibility to inform the Check Starter or Starter prior to the race moving into the event director / starter's control.
- (d) One (1) false start is allowed for each race in the U/11 year and U/12-year age divisions. For all other age divisions there shall be a one start rule applied.
- (e) FALSE START – The following ILS start rule will apply. - 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. The starter or Event Director uses 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 secondary movements are not a disqualification.
- (f) The following has been adopted by the RLSNSW Branch as an acceptable standard which will be applied when enforcing the ILS start rule above. Competitors who need to start a race carrying or wearing equipment may take up any position to ensure their safety & comfort during the start. They will be allowed a reasonable amount of time to take up their starting position but must do so as quickly as possible and without causing a disadvantage to the other competitors in the event. They are permitted to request assistance from an official to mount the block. All competitors must be stationary, or if equipment is involved, attempting to hold a stationary position for the Starter to begin an event.
- (g) TURNS - Each lap will finish when the competitor touches the pool wall with a part of their body unless otherwise provided by in an event description.
- (h) Tumble turns are permitted unless restricted in an event description.
- (i) If an event is shorter than the pool dimensions then each lap will finish when the competitor touches, with any part of their body, the designated rope or marker as specified in the event description.
- (j) RACE CONDITIONS – Competitors are required to stay wholly within their lanes for the entire race and are not to interfere with any other competitor while the event is in progress.
- (k) FINISH - Competitors shall be disqualified if they fail to affect the touch within the required definition for the particular event.
- (l) Competitors are required to remain in the water until dismissed by a blast from a whistle or an instruction from the Chief Referee or designated official.
- (m) When dismissed competitors must exit the pool sides, not by the pool end over timing pads and by the shortest route. They are not to interfere with any official or official equipment while doing so.

## 1.8 COMPETITION ELIGIBILITY

### 1.8.1 Competition Qualification

- a. To be eligible to compete in this Championship competition all members from the U15 age group up to and including Masters must, by the close of normal entries for the relevant Championship:
  - i. Be a registered and current financial member of SLSA, RLSSNSW
  - ii. Be the holder of the appropriate SLSA/ RLS award relevant to the age category as detailed in the current edition of the RLSNSW Handbook or Surf Sports Manual or hold the equivalent overseas ILS member country award.
  - iii. Be RLNSW or SLSA proficient as prescribed for the relevant RLS or SLSA Award required for competition eligibility as at the normal closing date of entries.
  - iv. Be eligible under the necessary age category.
  - v. SLSA only. Have met their patrol and/or service commitments as detailed in SLSA Competition Eligibility Policy 5. 04 and required by their Club, Branch, State and SLSA.
  - vi. Not be in default with their Club, Branch, State Centre or SLSA (or overseas ILS member associations) in relation to their service, financial or discipline obligations.

**Note 2: SLSA Only.** Masters competitors over the age of 50 years who wish only to compete in Masters championship competition must hold a SLSA Bronze Medallion and a current Bronze Medallion proficiency as detailed in SLSA Competition Eligibility Policy 5.04 except that these members may have an extended run swim run time of 12 minutes. This extended run swim run time limit for Masters competitors over the age of 50 years will not requalify a member to be eligible to undertake Bronze Medallion patrol duties.

### 1.8.2 Determining Age Groups

For the purpose of determining an age group, all competitors must have a common birth date calculated as at midnight on 31st December each year, i.e. age at midnight on 31st December determines the competitor's age category (for individual events) in this Championships.

#### 1.8.2.1 Age Groups/Gender

- (a) NSW Pool Lifesaving competition events shall be conducted in the following age group/gender categories:
- Under 11 – Under 15 years (one-year categories)
  - Under 17 years
  - Under 19 years
  - Open
  - Masters (from 30 years plus)
  - Female only
  - Male only
- (b) Mixed (specified or non-specified numbers of male and female competitors up to and including all males/females)
- (c) Competitors compete according to their age on/at the **31<sup>st</sup> December 2022** (midnight). Outlined below are the proficiency awards required for each age group.
- (d) Competitors must be **10 years old** on/at the 31<sup>st</sup> December 2022 (midnight) to be eligible to compete.
- (e) Minimum Proficient Award to Complete



	Minimum Proficient Award to Complete	
Age Group	RLNSW	SLNSW
<b>Individual Events</b>		
U11 (10 yr)	NSWSF Acquisition 6	Provided they are currently proficient in the appropriate age award for their surf Age group
U12 (11 yr)	NSWSF Acquisition 6	Provided they are currently proficient in the appropriate age award for their Age
U13 (12 yr)	RLSSA Bronze Star	Provided they are currently proficient in the appropriate age award for their Age
U14 (13 yr)	RLSSA Bronze Star	SLSA Surf Rescue Certificate or U13 preliminary evaluation
U15 (14 yr)	RLSSA Bronze Star	SLSA Surf Rescue Certificate
U17 (15-16 yrs)	(15 years) RLSSA Bronze Star (16 years) RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
U19 (17 -18 yrs)	RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
Open	RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
Masters	RLSSA Bronze Star/RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
<b>Relay Events</b>		
U11/12 (10/11 yrs)	NSWSF Acquisition 6	Provided they are currently proficient in the appropriate age award for their Age
U13/14 (12/13 yrs)	RLSSA Bronze Star	Provided they are currently proficient in the appropriate age award for their Age / SLSA Surf Rescue Certificate or U13 preliminary evaluation
U15/17 (14/15-16 yrs)	(14-15 yrs) RLSSA Bronze Star (16 yrs) RLSSA Bronze Medallion	SLSA Surf Rescue Certificate/ SLSA Bronze Medallion
U19 (17-19yrs) /Open/Masters	(U19/Open) RLSSA Bronze Medallion (Masters) RLSSA Bronze Star	SLSA Bronze Medallion/Certificate II

### 1.8.3 Participation in Individual and Team Events

(a) For participation in individual and team events the competitors can only compete in one age group per event.

## 1.9 CODE OF CONDUCT

### 1.9.1 Code of conduct for competitors, technical officials and members

ILS competitions are high profile public events. ILS expects all competitors, officials and members to co-operate to ensure a positive public image. Behaviour likely to cause embarrassment or damage to the image of ILS or lifesaving competition will be referred to the Disciplinary Committee. Penalties may include expulsion of individuals or teams from the competition.

ILS expects the highest standard of conduct of its competitors, officials and members. These expectations are reflected in the rules for competition in the ILS constitution and this rule book.

For the purpose of applying the code of conduct, the definition of a 'team' includes actual competitors, coaches, assistants, spectators, etc., travelling with the team. Violations of this code will result in individual and/or team disqualification from the competition.

### 1.9.2 Fair-play code for lifesaving competitions

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

Competitors are required to abide by and compete within the rules. Any breach of the rules will be reported to the Chief Referee who may initiate action as described in 2.16 *Misconduct*.

Team members represent their country, their organisation, their club, their sponsors and ILS. As such, team members shall at all times conduct themselves in a proper and civil manner during the championships and related activities including social functions.

Unbecoming conduct by a team or its supporters is a serious offence and will be dealt with as such.

Any action by a team which attempts to disrupt or interfere with another team is a serious offence and will be dealt with as such.

The general conduct of all participants will be measured by the following ILS *code of fair play*:

(a) ILS will:

- Promote and encourage fair play through its members.
- Impress upon competitors, coaches, technical officials and administrators the need to maintain the highest standards of sportsmanship and good behaviour in lifesaving sport.
- Ensure that its rules are fair, clearly understood by competitors, coaches, technical officials and administrators, and properly enforced.
- Make every effort to ensure that its rules are applied consistently and impartially.
- Treat all members equally, regardless of their sex, gender identity, intersex status, sexual orientation, age, ability, race or physical characteristics, etc.
- Make all reasonable provision to accommodate competitors with disabilities provided that there is no competitive disadvantage to other competitors in the event being contested.

(b) ILS technical officials will:

- Abide by the rules and the spirit of the competition.
- Be honest, fair and ethical in dealing with others.
- Be professional in appearance, action and language.
- Resolve conflicts fairly and promptly through established procedures.
- Maintain strict impartiality.
- Maintain a safe environment for others.
- Be respectful and considerate of others.
- Be a positive role model.

(c) Competitors will:

- Abide by the rules and the spirit of the competition.
- Treat officials with respect and accept the decisions of Referees and Judges without question or complaint.
- Never consider cheating and in particular, not attempt to improve their individual performance by the use of drugs.
- Exercise reasonable self-control at all times.
- Accept success and failure, victory and defeat, with grace and magnanimity.
- Treat their fellow competitors and team members with respect, both in and outside the competition arena.

(d) 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 ILS and set a good example of sportsmanship and good behaviour at all times.
- Respect the rights of other teams and never deliberately act in a manner intended to be to the detriment of another team.
- Respect the rights of competitors, coaches, technical officials and not exploit or deliberately act in a manner detrimental to them.
- Not endeavour to influence the result of a competition by any action not strictly within the rules and regulations or within the fundamental precepts of fair play.

(a) Delegates, media representatives, supporters and spectators will:

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

## 1.10 MISCONDUCT

Conduct and discipline generally ILS, either by pre-determined publicised penalties or by adopting the decision of a disciplinary committee, may, at its discretion, issue penalties to individual competitors, clubs or national teams.

### 1.10.1 Competing unfairly

(a) Competitors or teams who are deemed to have competed unfairly may be disqualified from an event or expelled from the championships. The Chief Referee may refer the competitor or team to the disciplinary committee for consideration of further penalty. Examples of competing unfairly include:

- Committing a doping or doping-related infraction.
- Impersonating another competitor
- Competing twice in the same individual event.
- Competing twice in the same event in different teams.
- Purposely interfering with a course to gain an advantage.
- Competing without entry.
- Competing for another club or nation without federation clearance.
- Attempt to defeat the ballot or draw for events or positions.
- Competing using equipment that does not meet ILS specifications.
- Competing contrary to the specific direction of the Chief Referee or designated official
- Jostling or obstructing other competitors or handlers so as to impede their progress.
- Receiving physical or material outside assistance (other than verbal or other direction except where specifically excluded by the rules of the event).
- Participating contrary to the spirit of the competition (as described in the code of fair play).

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

(c) ILS may, in its absolute discretion, investigate and take action on any matter of “competing unfairly” prior to, during or following competition. This includes, but is not limited to, the return of medals and referral to the disciplinary committee.

### 1.10.2 Serious discipline offence

(a) (a) If a competitor or 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 ILS rules.

(b) Allegations of a serious discipline offence shall be referred to the Disciplinary Committee.

- (c) If the Chief Referee disqualifies a competitor or team for a serious offence in competition, the Chief Referee may also choose to make a report to the Disciplinary Committee which may decide to apply a further penalty against the competitor or team and its members.

### 1.10.3 Disciplinary Committee

- (a) The Organising Committee shall appoint a Disciplinary Committee consisting of no less than three members.
- (b) The host organising committee shall supply the Disciplinary Committee with the name, contact address and phone number at the competition site of the manager of every participating team.
- (c) The Disciplinary Committee shall inquire into any written complaint of misconduct or any matter referred to it by the Appeals Committee or Chief Referee.
- (d) The committee may also initiate an inquiry to determine if an offence has been committed and make a complaint if appropriate. The committee may then proceed as if another person had made the complaint.
- (e) The committee may assign appropriate penalties including removal from or disqualification from the championships and forfeiture of titles or trophies.
- (f) The committee shall report in writing on its inquiries and decisions to the ILS Secretary General.
- (g) Complaints must be received in writing or the complainant must be prepared to attend a meeting or inquiry of the committee as and when required.
- (h) The member or members against whom the complaint is made shall be entitled to be present at every hearing accompanied by the team manager.
- (i) All persons involved in a disciplinary hearing or enquiry or an Appeals Committee hearing, must abide by and strictly observe the ILS Code of Conduct set out in this Section. In particular, but without limitation, all persons involved in such hearings or enquires must:
- Be honest, fair and ethical.
  - Be respectful and considerate of others.
  - Exercise reasonable self-control at all times.
  - Be truthful and treat all persons involved in good faith and with courtesy and respect.

(a) Inquiry guidelines:

- Formal rules of evidence will not apply to the hearing or enquiry, but all persons involved must be truthful and act in good faith.
- The complaint or reference to the committee shall be read to the competitor(s) or to the team(s) representative(s).
- The evidence of the complainant shall be presented.
- The evidence of the team member(s) against whom the complaint has been made shall be presented.
- Each witness shall be subject to examination by the party (if any) on whose behalf the witness is called and then to cross-examination by the opposing party or parties. The party calling the witness shall have the right to re-examination, but no other examination shall be allowed except by leave of the committee.
- Hearsay and irrelevant evidence shall not be admitted.
- Witnesses other than the party charged shall remain out of hearing of the inquiry until called upon to give evidence.

## 2 POOL SPEED EVENTS

### 2.1 General

Swimming pool based competitions are conducted by many fellow member countries of the International Life Saving Federation (ILS).

Pool Rescue Competition is included in the suite of events conducted in ILS World Life Saving Championships and other international competitions.

The conduct of Pool Rescue Competitions also provides a further avenue, outside of the ocean environment, for activity participants to develop and to demonstrate their lifesaving and or organisational skills.

NSW has adopted specific sections of ILS Pool Rescue Rules and equipment as the standard for the conduct of its Pool Lifesaving Competitions.

The ILS Competition Manual is published at:

- [www.ilsf.org](http://www.ilsf.org)

To enable the conduct of competition, the following areas of the ILS Competition Manual have been specifically adopted by SLSA and RLLSA:

- ILS World Record Principles and Procedures
- Wearing of Swim Caps in Pool Events, Simulated Emergency Response Competition
- ILS Pool Events Event Rules
- ILS Simulated Emergency Response Competition (SERC) Event Rules
- ILS Facility Standards – Pool Facility Standards and specifications
- ILS Equipment Standards and Scrutineering for Pool Manikins, Obstacles, Rescue Tubes, Swim Fins and Throw Lines.

Except where otherwise provided for in this Section the current RLSNSW Handbook and SLSA Surf Sports Manual and subsequent bulletins or circulars shall apply for all other matters relating to conduct of the NSW Pool Lifesaving Competitions.

- (a) LINE THROW - To test the speed and ability of a competitor to perform a rope throw rescue effectively. To develop effective technique, skill and efficiency to perform a throw rescue under pressure.
- (b) OBSTACLE SWIMMING - To test a competitor's ability to swim and submerge at speed using skills required for surface dive, object retrieval as well as to enter/escape from submerged vehicle or boat.
- (c) MANIKIN EVENTS - To test a competitor's speed when towing or carrying a patient. Manikins are used to ensure all competitors tow under similar conditions. To develop an individual's effective technique and skill to perform an effective rescue as well as develop a sound knowledge in regard to their personal capability.

## 2.2 SPECIAL CONDITIONS FOR NSW COMPETITIONS

### 2.2.1 Swim Fins Specifications for U13 and Under Age Category Events

- (a) The swim fins used in events for U13 and under aged events are restricted to soft/flexible rubber type fins used for swimming training similar to the styles depicted below:

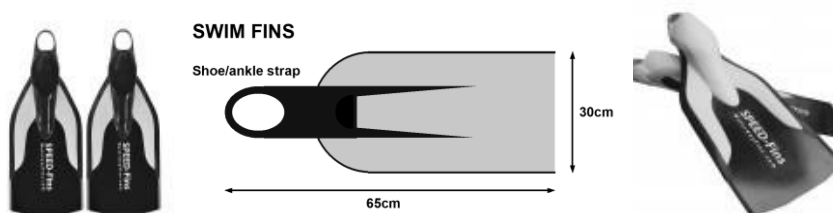


- (b) Please note that fins that do not meet this general profile or are for the specific purpose of diving or surfing/bodyboarding and/or with stiff and/or elongated blades, will not be permitted for use in U13 and under aged events.
- (c) The swim fins shall comply with the following dimensions:
- (d) Maximum 50cm overall length including the shoe.
- (e) Maximum 25cm width at the widest point of the blade.
- (f) Swim fins are to be measured with the shoe or ankle strap extended but not stretched. Swim fins will not be permitted to be used if they do not conform to the specifications or if they are considered to be a safety hazard.

**Note:** Fins are measured while not being worn.

### 2.2.2 Swim Fins Specifications for U14 and Over Age Category Events

- (a) The swim fins used in events for U14s and over aged events must meet ILS requirements and may be constructed of rubber, composite or other materials in the style depicted below:



- (b) The swim fins shall comply with the following dimensions:
- (c) Maximum 65cm overall length including “shoe” or ankle strap (ankle strap extended).
- (d) Maximum 30cm width at the widest point of the blade.
- (e) Swim fins are to be measured with the shoe or ankle strap extended but not stretched. The swim fins will not be permitted to be used if they do not conform to specifications or if they are considered a safety hazard.
- (f) Swim fins are to be measured with the shoe extended but not stretched. Swim fins will not be permitted to be used if they do not conform to the specifications or if they are considered to be a safety hazard.
- (g) Swim fins are to be measured with the shoe extended but not stretched. Swim fins will not be permitted to be used if they do not conform to the specifications or if they are considered to be a safety hazard.

**Note:** Fins are measured while not being worn.

### 2.2.3 Rubber Bricks Specifications for U13 and Under Age Category Events

- (a) The rubber bricks to be used in the U13 and under Brick Carry events have the following specifications:
- (b) Measurements: 230mm x 80mm x 80mm Weight: 3.5kg and shall have a profile similar to the style depicted below:



## 2.3 SPECIFIC NSW EVENT RULES

- (a) NSW, at its discretion, may conduct events other than those contained in the ILS Competition Rule Book at its competitions. The below events are all modified NSW event. All these events effect the U11s – U14 age groups. The 50 Free with fins effects U11s – Opens.

- 50m Free with fins
- 50m Brick Carry
- 4x25m Brick Relay
- 100m Brick Carry
- 50m Tow
- 4x50 Medley Relay (Junior)

### 2.3.1 50 Metre Swim with Fins

- (a) With a dive entry on an acoustic signal, the competitor swims 50m freestyle with fins.

**Note:** “Freestyle” means that in an event so designated the swimmer may swim any style including form strokes and underwater.

- (b) Following the dive entry, the competitor may swim underwater for the entire 50m.

**Note:** There is no requirement to surface, but it is advisable that competitors finish at a depth that allows electronic timing to be activated.

- (c) The event is completed when the competitor touches the finish edge of the pool.

(d) Equipment:

- U13 and underage competitors must use rubber type fins as specified in this Section.
- U14 age competitors and over competitors are permitted to use the SLSA/ILS specification composite type fins.

**Note:** U14 competitors must use rubber fins for the U13/ U14 Medley Relay.

- (e) In addition to the General Conditions for disqualification contained in the current SLSA Surf Sports Manual, the current edition ILS Competition Rule Book and any specific or amending competition bulletins and circulars, the following behaviour shall also result in disqualification:

- A false start as detailed in Section 2 – General Competitive Conditions.
- Failure to touch the finish wall.

### 2.3.2 50 Metre Brick Carry

- (a) With a dive entry on an acoustic signal, the competitor swims 25m freestyle and then dives to recover a submerged rubber brick to the surface within 5m of the pick-up line.

- U11s only, swim 35m and then dives to recover a submerged rubber brick to the surface within 5m of the pick-up line.

- (b) The competitor then carries the rubber brick to touch the finish edge of the pool.

- (c) The event is completed when the competitor touches the finish edge of the pool.

(d) Equipment:

- Rubber Brick as per the specifications in this Section.

**Note:** Unless otherwise specified competitors must use the rubber bricks supplied by the Competition Organisers.



- (e) Positioning of the brick:
  - The brick is placed at the 25m or 35m mark with a 5m pick up zone mark on the pool edge.
  - The rubber brick is located at a depth between 1m and 3.00m. In water deeper than 3m, the brick shall be placed on a platform (or other suitable support) to position it at the
- (f) Surfacing the Brick:
  - Competitors may push off the pool bottom when surfacing with the brick.
  - Competitors must have the brick in the correct carrying position (see next heading) before the brick passes the relevant 5m line.
- (g) Carrying the Brick:
  - A rubber brick is not classified as a “living object” and therefore it may be carried above or below the surface of the water as follows:
    - The brick must be carried not pushed. Pushing means the brick is held forward of the competitor’s head; and
    - The brick must be carried with one or two hands.
- (h) Disqualification:

In addition to the General Conditions for disqualification contained in the current SLSA Surf Sports Manual, the current edition ILS Competition Rule Book and any specific or amending competition bulletins and circulars the following behaviour shall also result in disqualification:

- (i) A false start as detailed in Section 2.
- (ii) Not surfacing before diving to the brick.
- (iii) Taking assistance from any pool fitting (e.g., lane ropes, steps) when surfacing with the rubber brick – not including the bottom of the pool.
- (iv) Not having surfaced with the rubber brick before the competitor’s head passes the 5m line.
- (v) Pushing the brick (above the head of the athlete).
- (vi) Not carrying the brick in one or both hands.
- (vii). Releasing the rubber brick before touching the finish edge/wall.
- (viii) Failure to touch the finish edge/wall.

**Note:** Unless otherwise specified competitors must use the line throw ropes supplied by the Competition Organisers.

### 2.3.3 4 x 25 Metre Brick Relay

- (a) Four competitors in turn carry a rubber brick approximately 25m each.
- (b) The event is conducted on a similar basis as the 50m Brick Carry and with the same procedures as the 4 x 25m Manikin Relay but using a rubber brick instead of a Plastic Manikin.

**Note:** The first competitor may hold the manikin in front of them at the start but must maintain contact with the brick with at least one hand at all times and have the brick in the correct carrying position at the 5m line.

- (c) Disqualification:

In addition to the General Conditions for disqualification contained in the current SLSA Surf Sports Manual, the current edition ILS Competition Manual and any specific or amending competition bulletins and circulars the following behaviour shall also result in disqualification:

- i. A false start as detailed in Section 2.
- ii. Taking assistance from any pool fitting (e.g., lane ropes, steps) when surfacing with the rubber brick – not including the bottom of the pool.
- iii. Pushing the brick (above the head of the athlete)
- iv. Not carrying the brick in one or both hands.
- v. Releasing the brick before the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the brick).
- vi. Assistance from a third competitor during the exchange between the incoming and outgoing competitors.



- vii. Releasing the rubber brick before touching the turning wall or finish wall.
- viii. Releasing contact with the turn edge/wall or starting block before the previous competitor has touched the edge/wall.
- ix. One competitor completing two or more legs of the event.
- x. Failure to touch the finish edge/wall.

### 2.3.4 BRICK CARRY WITH FINS (100m)

- This event is the same as the 100m manikin with fins except the manikin is substituted for a brick.
- This is a U13 and U14 event only.

#### 2.3.4.1 Event description

With a dive start on an acoustic signal, the competitor swims 50m freestyle wearing fins and then recovers a submerged Brick to the surface within 10m of the turn wall.

The competitor carries the Brick to touch the finish wall/edge of the pool.

Competitors need not touch the turn wall/edge of the pool. Competitors may push off the bottom when surfacing with the Brick.

#### 2.3.4.2 Equipment

- (a) **Bricks, fins:** See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. The Brick is completely filled with water and sealed for the event. Competitors must use the Bricks supplied by organisers.
- (b) **Positioning the Brick:** The Brick is located at a depth between 1.8 m and 3m. In water deeper than 3m, the Brick shall be placed on a platform (or other support) to position it at the required depth.  
The Brick is positioned on its back in contact with the pool bottom and its base touching the pool wall, with its head in the direction of the finish.  
Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the Brick must be positioned as close as possible to the wall, but no further than 300mm from the wall as measured at the water surface.
- (c) **Surfacing the Brick:** Competitors must have the Brick in the correct carrying position before the top of the Brick's head passes the 10m line.
- (d) **Retrieving lost fins:** Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing Bricks are not violated (see 3.3 *Bricks*). Competitors are not permitted to start again in another heat.

#### 2.3.4.3 Disqualification

In addition to the *General Rules* the following behaviour shall result in disqualification:

- (a) 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 (DQ17).
- (b) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10m line (DQ23).
- (c) Using an incorrect carrying technique as described in 3.3 *Manikins* (DQ19).
- (d) Releasing the manikin before touching the finish wall/edge (DQ21).
- (e) Failure to touch the finish wall/edge (DQ15).

### 2.3.5 Manikin Tow with Fins (50m)

#### 2.3.5.1 Event Description

- (a) U12 & U13 yrs age group event is conducted over 50m but the remainder of the event is unchanged i.e., ½ full manikin towed 25m after a 25m approach.
- (b) U11 yrs age group event is held over 50m but the competitor will not tow a manikin. They shall start the event with the rescue tube in the normal starting position and shall swim a distance of 25m to touch a marker line before clipping the tube and towing the rescue tube, returning to the starting point.
- (c) **Handlers** – For all events where the manikin is positioned at the 25m mark the same handling rules apply as for a 50m manikin 'pick-up' but with the following conditions. Before the start of the race, the

manikin handler positions themselves in the water and behind the 25m marker line. The hands of the handler must be above the water when holding the manikin at the 25m marker line.

#### 2.3.5.2 Equipment

- (a) **Manikin, fins, rescue tube:** See Section 8 –*Facility and Equipment Standards and Scrutineering Procedures*. 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.
- (b) **Positioning the manikin:** A member of the competitor’s team assists as manikin handler. With the Chief Referee’s approval, non-team members may act as handlers, provided they are registered in the competition in some capacity. Manikin handlers must wear their competitor’s team cap.
  - Before the start and during the race, the manikin handler positions the manikin – vertically and facing the turn wall at its natural buoyancy position– anywhere within the allotted lane.
  - The handler releases the manikin immediately after the competitor touches the turn wall/edge. The handler may not push the manikin toward the competitor or the finish wall.
  - Manikin handlers may not intentionally enter the water during the event.
- (c) **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. The rescue tube remains unclipped until secured around the manikin.
- (d) **Wearing rescue tubes:** Rescue tubes must be donned correctly, either with the loop over one or two shoulders, or over the shoulder and across the chest – at the competitor’s discretion. Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor’s arm or elbow during the competitor’s approach to the manikin or during the manikin tow.
- (e) **Securing the manikin:** After first touching the 25m marker line, 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 10m pick-up zone. Competitors may go back into the 10m change over zone to re-secure the manikin provided the manikin’s head has not passed the 10m line.
- (f) **Towing the manikin:** Competitors must tow the manikin as detailed in the general conditions for pool competition. The rescue tube must be attached to the manikin and the line of the rescue tube must be fully extended by the time the top of the manikin’s head passes the 10m line.
- (g) Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips from under one arm of the Manikin during the tow, provided that the rescue tube was “secured correctly” at the 10m line and the face of the manikin remains above the water surface.

- (h) Competitors shall be disqualified if the line of the rescue tube is or becomes wrapped around the Manikin as it is deemed to be shortening of the line.
- (i) Competitors shall not be disqualified if the manikin rotates in the rescue tube as long as the manikin's face remains above the surface of the water. The manikin does not need to be carried headfirst provided it was secured correctly at the 10m line and the manikin's face remains above the surface of the water.
- (j) **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 3.3 *Manikins*). Competitors are not permitted to start again in another heat.
- (k) **Rescue Tube Defect:** If in the opinion of the Chief Referee the rescue tube, line and/or harness (belt) presents a technical defect during the race, the Chief Referee may allow the competitor to start again in another heat but only if the rescue tubes for the event were supplied by the organising body and the rules required that the provided tubes must be used by all competitors.

#### 2.3.5.3 Disqualification

In addition to the *General Rules* the following behaviour shall result in disqualification:

- (a) Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin (DQ24).
- (b) Competitor clipping the rescue tube into the ring before touching the 25m marker line. (DQ30)
- (c) Manikin handler not releasing the manikin immediately after the competitor has touched the 25m marker line (DQ27).
- (d) Manikin handler pushing the manikin towards the competitor or the finish wall/edge (DQ28).
- (e) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall/edge (DQ25).
- (f) 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 (DQ29).
- (g) At 25m, not touching the 25m marker line before intentionally touching the manikin (DQ26).
- (h) Incorrectly securing the rescue tube around the manikin (i.e., not around body and under both arms and not clipped to an O-ring) (DQ31).
- (i) Not securing the rescue tube around the manikin within the 10m pick-up zone, judged at the top of the manikin's head (DQ32).
- (j) The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10m line (DQ34).
- (k) Not towing the manikin with the line of the rescue tube fully extended beyond the 10m (DQ35).
- (l) Towing the manikin with the face below the surface (DQ20).
- (m) Pushing or carrying, instead of towing, the manikin (DQ33).
- (n) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin (DQ36).
- (o) Touching the finish wall/edge without the rescue tube and manikin in place (DQ37).
- (p) Failure to touch the finish wall/edge (DQ15).

## 2.3.6 4 x 50 Metre Modified Medley Relay

### 2.3.6.1 Event Description

- (a) U11/U12 yrs age group will swim 4 x 50m legs. In the final lap the number 4 swimmer does not tow the number 3 swimmer to the finish. That means that the final swimmer swims back towing the rescue tube only.

### 2.3.6.2 Equipment

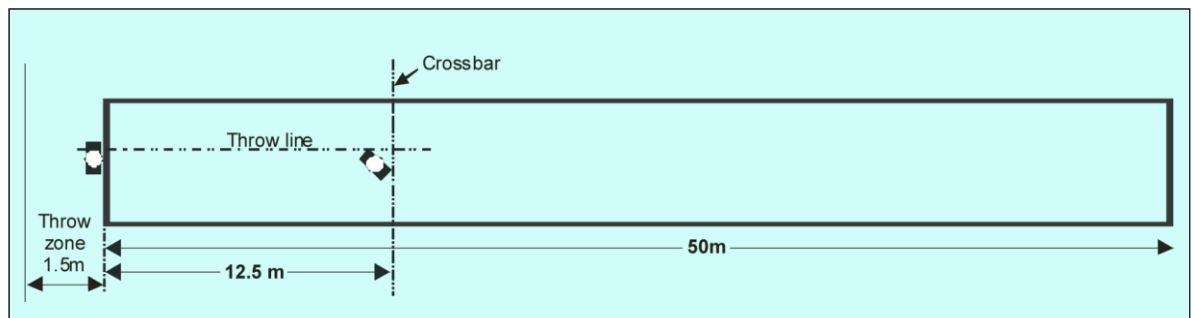
- (a) **Rescue tube, swim fins:** See Section 8 – Facility and Equipment Standards and Scrutineering Procedures. Competitors must use the rescue tubes supplied by organisers.
- (b) **Starts with rescue tubes:** For the third competitor's start, the rescue tube and rescue tube line may be positioned at the competitor's discretion, but within the competitor's allotted lane. Competitors should ensure a safe and correct position of rescue tube and line. The rescue tube remains unclipped throughout.
- (c) **Wearing rescue tubes:** Rescue tubes must be donned correctly, either with the loop over one or two shoulders, or over the shoulder and across the chest – at the competitor's discretion. 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 or tow.
- (d) **Towing the victim:** Competitors must tow the victim with the line of the rescue tube fully extended. Competitors may go back into the 10m change over zone to re-secure the victim provided the top of the "victim's" head has not passed the 10m line.
- (e) **Retrieving lost fins:** Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins (if being used in the leg of the race) are not violated (see 3.3 *Manikins*). Competitors are not permitted to start again in another heat.
- (f) **Rescue Tube Defect:** If in the opinion of the Chief Referee the rescue tube, line and/or harness (belt) presents a technical defect during the race, the Chief Referee may allow the competitor to start again in another heat but only if the rescue tubes for the event were supplied by the organising body and the rules required that the provided tubes must be used by all competitors.

### 2.3.6.3 Disqualification

In addition to the *General Rules* the following behaviour shall result in disqualification:

- (a) Leaving the start before the previous competitor has touched the wall/edge (DQ41).
- (b) The fourth competitor touching the rescue tube harness, line, or any part of the rescue tube before the third competitor touches the turn wall/edge (DQ44).
- (c) The competitor clipping the rescue tube into the ring (DQ45).
- (d) The fourth competitor towing the victim without the line of the rescue tube fully extended beyond the 10m line (DQ49).
- (e) One competitor completing two or more legs of the event (excludes third competitor acting as victim) (DQ40).
- (f) Failure to touch the finish wall/edge (DQ15).
- (g) A competitor re-entering the water after completing his or her leg of the relay (DQ50)

## 2.3.7 LINE THROW



LINE THROW– 12.5

### 2.3.7.1 Event description

In this 45-second event, the competitor throws an unweighted line to a handler located in the water on the near side of a rigid crossbar located 12.5m distant. The competitor pulls this “victim” back to the finish wall/edge of the pool.

#### Note the follow distances for each age group

- U14- Masters throw distance is 12.5m
  - U12-U13 throw distance is 10m
  - U11 throw distance is 8m
- (a) The start: On the first whistle, competitors (i.e. thrower and victim) step into the throw zone. The “thrower” holds only one end of the throw line in one hand. The line extends to the “victim” who holds both the line and cross bar with one or two hands at the start. The “victim” takes the line and enters the water. No throws are permitted prior to the start. The surplus line can be on either side, over or under the bar.
  - (b) At the second whistle, throwers take their positions for the start without undue delay. When all competitors have assumed their starting positions, the Starter shall give the command “Take your marks”. When all throwers and victims are stationary, the Starter gives the acoustic starting signal.
  - (c) Starting position: The thrower stands in the throw zone facing the victim, motionless with heels and/or knees together and arms straight down and beside the body. The end of the throw line is held in one hand.
  - (d) The victim is located on the near side of the rigid cross bar in allotted lane. The victim has contact with the throw line and grasps the crossbar with one or two hands.
  - (e) On an acoustic starting signal: The thrower shall retrieve the line, throw it back to the victim (who grasps it), and pull him or her through the water until the victim touches the finish wall/edge. Victims may only grasp the line in their designated lane in front or behind the cross bar.
  - (f) Note: The victim can slide their hand anywhere along the cross bar but must be grasping the bar when touching the line with any part of their body and when grasping the line.
  - (g) To avoid any possible interference with other lanes, the victim may not exit the water and remains in his or her lane. The team will be disqualified if he or she attempts to climb out of the water beyond their waist or sit on the pool edge before the Chief Referee’s signal.
  - (h) Similarly, the thrower remains in the throw zone until the Chief Referee signals the completion of the race. There is no penalty for pulling on the rigid crossbar while attempting to reach the throw line.
  - (i) Fair throw: Victims must 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 crossbar before grasping the throw line with the other hand.
  - (j) As long as victims remain entirely within their designated lane and do not release their grasp on the crossbar prior to grasping hold of the line, they may use their foot or other part of the body to manoeuvre the throw line within their lane to a position where they can grasp the line with their hand.
  - (k) Note: The victim can slide their hand anywhere along the bar but must be grasping the bar when touching the line with any part of their body and when grasping the line.
  - (l) Pull through the water: While being pulled to the edge, victims must be on their front grasping the throw line with both hands. Victims may not “climb” the throw line hand-over-hand. For safety reasons, victims may release the line with one hand for the sole purpose of touching the wall/edge. This will not result in disqualification.
  - (m) Victims may wear swim goggles.

- (n) Throw zone: Throwers must remain on the deck and in their allotted lane, poolside of a clearly defined line 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.
- (o) Throwers who exit the throw zone while pulling the victim or prior to completion signal, shall be disqualified. Throwers must keep at least one foot wholly within the inside edge of the throw zone, either on the ground or in the air above the throw zone. Any part of the thrower's feet may cross over the front of the "pool edge" of the throw zone without penalty.
- (p) Throwers may reach to retrieve a line dropped outside the throw zone as long as they maintain at least one foot wholly within the throw zone, and that there is no interference with another competitor. Throwers who enter (or fall into) the water shall be disqualified.

**Time limit:** Throwers must make a fair throw and pull the victim to the finish wall/edge within 45 seconds.

Throwers who fail to get the victim to the finish wall/edge before the 45-second acoustic completion signal shall be designated as "Did Not Finish" (DNF).

#### 2.3.7.2 Equipment

- (a) **Throw line:** See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. The throw line must be between 16.5m and 17.5m in length. Competitors must use the throw lines supplied by organisers.
- (b) The rigid **crossbar** is positioned on the surface across each lane 12.5m from the starting end of the pool. A tolerance of plus 0.10m and minus 0.10m in each lane is allowed.

#### 2.3.7.3 Disqualification

In addition to the *General Rules* the following behaviour shall result in disqualification:

- (a) Line Thrower executing practice throw(s) (DQ58).
- (b) Victim not keeping a grasp on the crossbar when grasping the line for the pull to the finish wall/edge. (DQ51).
- (c) Victim grasping the throw line outside the lane (DQ54).
- (d) Victim not on his or her front while being pulled to the finish wall/edge (DQ55).
- (e) Victim not holding the throw line with both hands while being pulled to the finish wall/edge (victim may release the line with one hand for the sole purpose of touching the wall/edge) (DQ56).
- (f) Victim "climbing" the throw line hand-over-hand (DQ57).
- (g) Line Thrower exiting the throw zone at any time after the start and before the 45-second acoustic completion signal (DQ52).
- (h) Victim exiting the water before the 45-second acoustic completion signal (DQ53).
- (i) Failure to touch the finish wall/edge (DQ15).

## 2.4 MANIKIN EVENTS TECHNICAL INFORMATION

### 2.4.1 Competitors surfacing the manikin

- (a) Competitors may push off the pool bottom when surfacing with the manikin.
- (b) Competitors must:
  - (i) Break the surface with the manikin
  - (ii) Have the manikin in a correct carrying position when the top of the manikin's head passes the 5m line (Manikin Carry, Rescue Medley, Super Lifesaver) or 10m line (Manikin Carry with Fins)
  - (iii) Not re-submerge after surfacing

**Note 1:** The competitor must break the surface of the water while holding the manikin with at least one hand before the designated 5/10m line. The competitor cannot swim underwater beyond the designated 5/10m lines and must remain at the surface with the manikin throughout the race beyond these lines.

**Note 2:** Surfacing the manikin judging criteria applies only when the top of the manikin's head passes the relevant 5/10m line.

**Note 3:** When judging the manikin carry, the competitor and manikin are treated as one unit/entity. The judging focus is on the competitors' actions, their carrying technique, and the position of the manikin. Water flowing over the manikin is not a judging criterion.

**Note 4:** "Surface" means the horizontal plane of the surface of a still water pool.

#### 2.4.2 Carrying the manikin

Note: The manikin carry rules have been amended to remove the disqualification for carrying the manikin on an angle towards the pool bottom or face down and to improve fair judging of events.

- (a) In events where the manikin is carried, the manikin (as victim) is presumed to be non-breathing. Water over the face is not a judged criterion.
- (b) Competitors must carry the manikin with at least one hand always in contact with the manikin.
- (c) The manikin may not be "pushed" – a push is defined as the manikin's head is forward of the competitor's head.
- (d) The manikin must not be gripped or grasped by the throat, mouth, nose, or eyes.
- (e) The competitor and manikin are considered to be one unit and either must remain at the surface.

**Note 1:** "Surface" means the horizontal plane of the surface of a Stillwater pool.

**Note 2:** If the competitor **and** manikin are both fully "below the surface", it is a disqualification.

**Note 3:** If the competitor and manikin are both below surface as the result of the competitor's final stroke/lunge to touch the turning or finish wall/edge or for a relay exchange, it shall not be a disqualification.

- (f) Carrying the manikin judging criteria applies only when the top of the manikin's head passes the 5m or 10m line.
- (g) In the 5m start zone and in the changeover zones of the Manikin Relay, and the changeover zone of the Lifesaver Relay event, competitors are not judged on carrying the manikin criteria. However, competitors need to maintain contact with at least one hand with the manikin at all times including during the manikin exchanges.

**Note:** As with all events, the standard "carrying the manikin" criteria (defined in this section) applies to the final relay competitor at the finish of the Manikin Relay and Lifesaver Relay events.

#### 2.4.3 Towing the manikin

- (a) In events where the manikin is towed, the manikin (as victim) is presumed to be breathing. Before the tow, competitors must secure the manikin correctly within the 10m 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.
- (b) Competitors may return back into the 10m change over zone to re-secure the manikin provided the manikin's head has not passed the 10m line.
- (c) Competitors may swim on their back, side or front and may use any kick or stroke while towing the manikin.
- (d) Beyond the 10m pick-up zone, competitors must tow the manikin correctly secured with the manikin face above the surface of the water.

**Note:** The manikin towing rules have been amended. The previous requirement to secure the manikin under both arms at the 5m mark has been modified to securing the manikin within 10m mark.

- (e) The line of the rescue tube must become fully extended by the time the top of the manikin's head passes the 10m line.
- (f) Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips from under one arm of the Manikin during the tow, provided that the rescue tube was "secured correctly" at the 10m line and the face of the manikin remains above the water surface.
- (g) Competitors shall be disqualified if the line of the rescue tube is or becomes wrapped around the Manikin as it is deemed to be shortening of the line.



- (h) Competitors shall not be disqualified if the manikin rotates in the rescue tube as long as the manikin's face remains above the surface of the water. In addition, the manikin does not need to be carried headfirst provided it was secured correctly at the 10m line and the manikin's face remains above the surface of the water.

**Note:** The manikin towing rules have been amended from the previous rules to remove the disqualification for a manikin rotating within the rescue tube provided that the face remains above the surface of the water.

#### 2.4.4 Manikin handlers

- (a) A member of the competitor's team assists as manikin handler in the Manikin Tow with Fins and the Super Lifesaver events. With the Chief Referee's approval, non-team members may act as handlers, provided they are registered in the competition in some capacity.
- (b) Manikin handlers must wear a competition cap.
- (c) For the handover, the manikin handler, using at least one hand, positions and holds the manikin – vertically and facing the wall at its natural buoyancy position anywhere within the allotted lane.
- (d) Make every effort to ensure that any part of their person, the manikin they are holding, and/or any water movement they cause, does not impede any other competitor in the race (otherwise disqualification of their competitor may result).
- (e) Manikin handlers may not intentionally enter the water during the event.
- (f) Comply with all race instructions of officials.



### 3 EVENT DESCRIPTIONS

#### 3.1 OBSTACLE SWIM (200m and 100m)

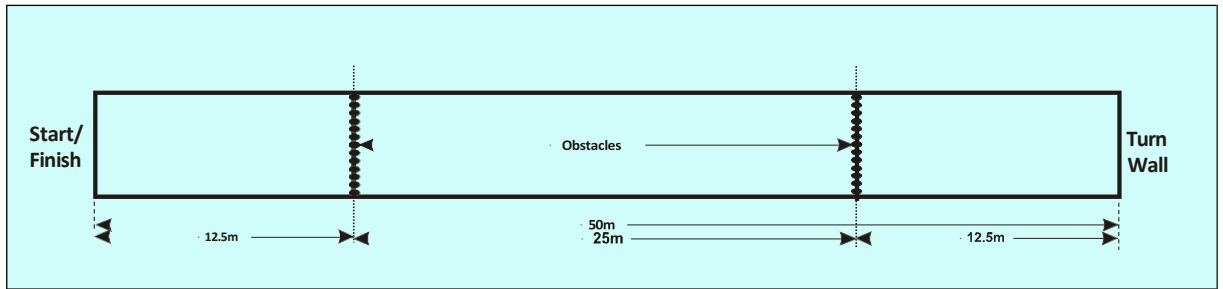


FIGURE 1: OBSTACLE SWIM (200m AND 100m)

##### 3.1.1 Event description – 200m

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

- (a) 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.
- (b) Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.
- (c) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

##### 3.1.2 Event description – 100m

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

- (a) 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.
- (b) Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.
- (c) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

##### 3.1.3 Equipment

**Obstacles:** See Section 8 –*Facility and Equipment Standards and Scrutineering Procedures*. Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes. The first obstacle is located 12.5m from the start wall, with the second obstacle located 12.5m from the opposite end. The distance between the two obstacles is 25m.

##### 3.1.4 Disqualification

In addition to the *General Rules* the following behavior shall result in disqualification:

- (a) Passing *over* an obstacle without immediately returning over *or* under that obstacle and then passing *under* it (DQ11).
- (b) Failure to surface after the dive entry or after a turn before passing under an obstacle (DQ12).
- (c) Failure to surface after each obstacle (DQ13).
- (d) Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing – not including the bottom of the pool (DQ17).
- (e) Failure to touch the wall/edge during the turn (DQ14).
- (f) Failure to touch the finish wall/edge (DQ15).

## 3.2 MANIKIN CARRY (50m)

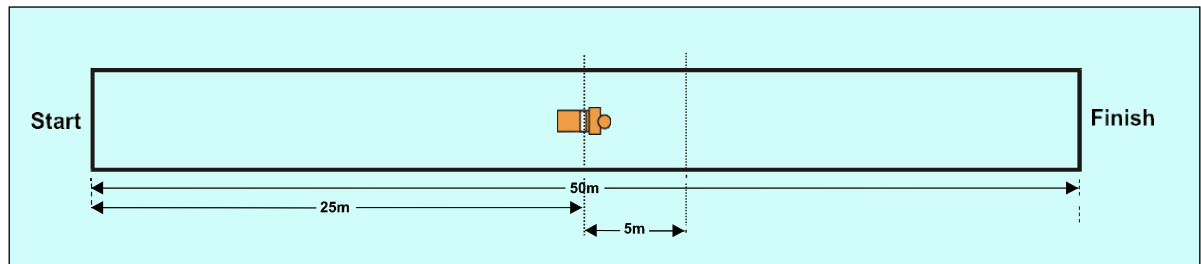


FIGURE 2: MANIKIN CARRY (50M)

### 3.2.1 Event description

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 wall/edge of the pool.

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

### 3.2.2 Equipment

- (a) **Manikin:** See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.
- (b) **Positioning the manikin:** The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, the manikin shall be placed on a platform (or other support) to position it at the required depth.

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

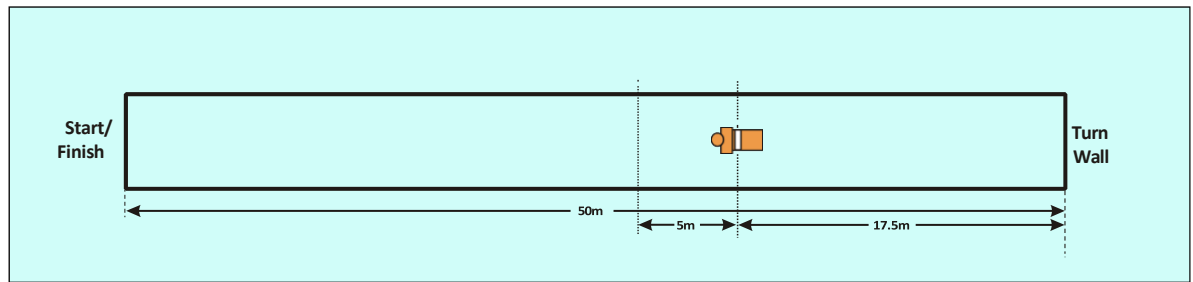
- (c) **Surfacing the manikin:** Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5m line.

### 3.2.3 Disqualification

In addition to the General Rules the following behavior shall result in disqualification:

- (a) Not surfacing before diving to the manikin (DQ16).
- (b) 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 (DQ17).
- (c) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5m line (DQ18).
- (d) Using an incorrect carrying technique as described in 3.3 *Manikins* (DQ19).
- (e) Releasing the manikin before touching the finish wall/edge (DQ21).
- (f) Failure to touch the finish wall/edge (DQ15).

### 3.3 RESCUE MEDLEY (100m)



**FIGURE 3: RESCUE MEDLEY (100M)**

#### 3.3.1 Event description

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 from the turn wall.

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

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

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

#### 3.3.2 Equipment

- (a) **Manikin:** See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.
- (b) **Positioning the manikin:** The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, the manikin shall be placed on a platform (or other suitable support) to position it at the required depth.  
The manikin is positioned on its back, head in the direction of the finish, with the top of the transverse line on the 17.5m line.
- (c) **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.

#### 3.3.3 Disqualification

In addition to the *General Rules* the following behavior shall result in disqualification:

- (a) Surfacing after turning and before lifting the manikin (DQ22).
- (b) 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 (DQ17).
- (c) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5m line (DQ18).
- (d) Using an incorrect carrying technique as described in 3.3 *Manikins* (DQ19).
- (e) Releasing the manikin before touching the finish wall/edge (DQ21).
- (f) Failure to touch the finish wall/edge (DQ15).

### 3.4 MANIKIN CARRY WITH FINS (100m)

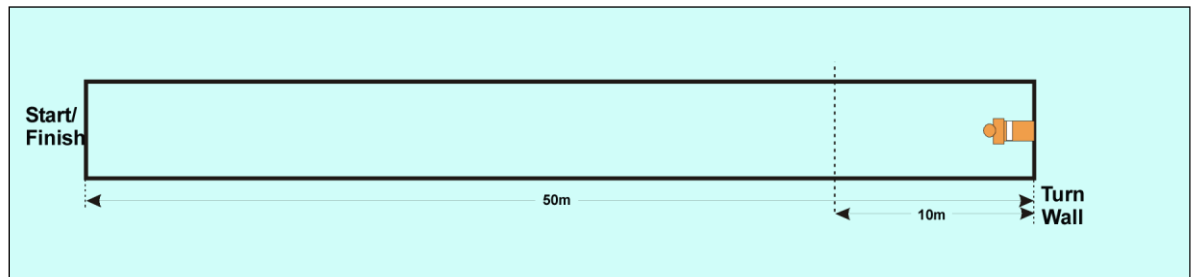


FIGURE 4: MANIKIN CARRY WITH FINS (100m)

#### 3.4.1 Event description

With a dive start on an acoustic signal, the competitor swims 50m freestyle wearing fins and then recovers a submerged manikin to the surface within 10m of the turn wall.

The competitor carries the manikin to touch the finish wall/edge of the pool.

Competitors need not touch the turn wall/edge of the pool. Competitors may push off the bottom when surfacing with the manikin.

#### 3.4.2 Equipment

- (e) **Manikins, fins:** See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.
- (f) **Positioning the manikin:** The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, the manikin shall be placed on a platform (or other support) to position it at the required depth.

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

Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 300mm from the wall as measured at the water surface.

- (g) **Surfacing the manikin:** Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 10m line.
- (h) **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 3.3 *Manikins*). Competitors are not permitted to start again in another heat.

#### 3.4.3 Disqualification

In addition to the *General Rules* the following behaviour shall result in disqualification:

- (f) 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 (DQ17).
- (g) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10m line (DQ23).
- (h) Using an incorrect carrying technique as described in 3.3 *Manikins* (DQ19).
- (i) Releasing the manikin before touching the finish wall/edge (DQ21).
- (j) Failure to touch the finish wall/edge (DQ15).

### 3.5 MANIKIN TOW WITH FINS (100m)

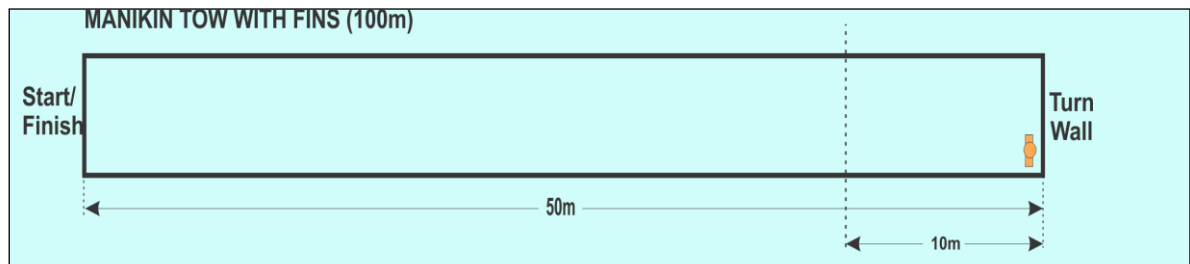


FIGURE 5: MANIKIN TOW WITH FINS (100m)

#### 3.5.1 Event description

With a dive start on an acoustic signal, the competitor swims 50m freestyle with fins and rescue tube. After touching the turn wall/edge, and within the 10m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish. The event is complete when the competitor touches the finish wall/edge of the pool.

#### 3.5.2 Equipment

- (l) **Manikin, fins, rescue tube:** See Section 8 –*Facility and Equipment Standards and Scrutineering Procedures*. 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.
- (m) **Positioning the manikin:** A member of the competitor’s team assists as manikin handler. With the Chief Referee’s approval, non-team members may act as handlers, provided they are registered in the competition in some capacity. Manikin handlers must wear their competitor’s team cap.  
  
Before the start and during the race, the manikin handler positions the manikin – vertically and facing the turn wall at its natural buoyancy position– anywhere within the allotted lane.  
  
The handler releases the manikin immediately after the competitor touches the turn wall/edge. The handler may not push the manikin toward the competitor or the finish wall.  
  
Manikin handlers may not intentionally enter the water during the event.
- (n) **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. The rescue tube remains unclipped until secured around the manikin.
- (o) **Wearing rescue tubes:** Rescue tubes must be donned correctly, either with the loop over one or two shoulders, or over the shoulder and across the chest – at the competitor’s discretion. Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor’s arm or elbow during the competitor’s approach to the manikin or during the manikin tow.
- (p) **Securing the manikin:** After first touching the turn wall/edge, 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 10m pick-up zone. Competitors may go back into the 10m change over zone to re-secure the manikin provided the manikin’s head has not passed the 10m line.
- (q) **Towing the manikin:** Competitors must tow the manikin as detailed in the general conditions for pool competition. The rescue tube must be attached to the manikin and the line of the rescue tube must be fully extended by the time the top of the manikin’s head passes the 10m line.
- (r) Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips from under one arm of the

Manikin during the tow, provided that the rescue tube was “secured correctly” at the 10m line and the face of the manikin remains above the water surface.

- (s) Competitors shall be disqualified if the line of the rescue tube is or becomes wrapped around the Manikin as it is deemed to be shortening of the line.
- (t) Competitors shall not be disqualified if the manikin rotates in the rescue tube as long as the manikin’s face remains above the surface of the water. The manikin does not need to be carried headfirst provided it was secured correctly at the 10m line and the manikin’s face remains above the surface of the water.
- (u) **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 3.3 *Manikins*). Competitors are not permitted to start again in another heat.
- (v) **Rescue Tube Defect:** If in the opinion of the Chief Referee the rescue tube, line and/or harness (belt) presents a technical defect during the race, the Chief Referee may allow the competitor to start again in another heat but only if the rescue tubes for the event were supplied by the organising body and the rules required that the provided tubes must be used by all competitors.

### 3.5.3 Disqualification

In addition to the *General Rules* the following behaviour shall result in disqualification:

- (q) Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin (DQ24).
- (r) Competitor clipping the rescue tube into the ring before touching the turn wall/edge. (DQ30)
- (s) Manikin handler not releasing the manikin immediately after the competitor has touched the turn wall/edge (DQ27).
- (t) Manikin handler pushing the manikin towards the competitor or the finish wall/edge (DQ28).
- (u) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall/edge (DQ25).
- (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 (DQ29).
- (w) At 50m, not touching the pool wall/edge before intentionally touching the manikin (DQ26).
- (x) Incorrectly securing the rescue tube around the manikin (i.e., not around body and under both arms and not clipped to an O-ring) (DQ31).
- (y) Not securing the rescue tube around the manikin within the 10m pick-up zone, judged at the top of the manikin’s head (DQ32).
- (z) The line of the rescue tube not becoming fully extended before the top of the manikin’s head passes the 10m line (DQ34).
- (aa) Not towing the manikin with the line of the rescue tube fully extended beyond the 10m (DQ35).
- (bb) Towing the manikin with the face below the surface (DQ20).
- (cc) Pushing or carrying, instead of towing, the manikin (DQ33).
- (dd) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin (DQ36).
- (ee) Touching the finish wall/edge without the rescue tube and manikin in place (DQ37).
- (ff) Failure to touch the finish wall/edge (DQ15).

### 3.6 SUPER LIFESAVER (200m)

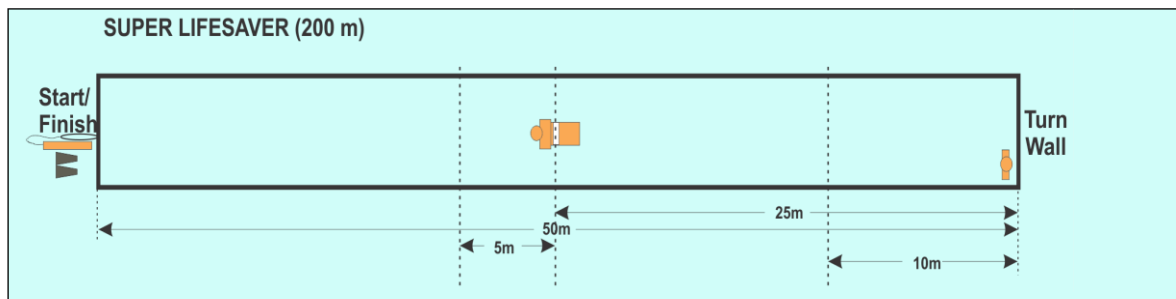


FIGURE 6: SUPER LIFESAVER (200m)

#### 3.6.1 Event description

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 turn wall/edge. After touching the wall/edge, the competitor releases the manikin. In the water, the competitor puts on fins and rescue tube and swims 50m freestyle. After touching the wall/edge, and within the 10m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish. The event is complete when the competitor touches the finish wall/edge of the pool.

#### 3.6.2 Equipment

- (a) **Manikins, fins, rescue tubes:** See Section 8 –*Facility and Equipment Standards and Scrutineering Procedures*. Competitors must use the manikins and rescue tubes supplied by organisers.
- (b) **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.
- (c) **Positioning the manikin for the carry:** The manikin is completely filled with water and sealed for the event. The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, the manikin shall be placed on a platform (or other support) to position it at the required depth.
- (d) The manikin is positioned on its back, head in the direction of the finish with the top of the transverse line on the 25m line.
- (e) **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.
- (f) A member of the competitor's team assists as manikin handler. With the Chief Referee's approval, non-team members may act as handlers, provided they are registered in the competition in some capacity. Manikin handlers must wear the identical team cap.
- (g) Before the start, the manikin handler positions the manikin – vertically and facing the wall at its natural buoyancy position anywhere within the allotted lane.
- (h) The manikin handler must let go of the manikin immediately after the competitor touches the turn wall/edge. The handler may not push the manikin towards the competitor or the finish wall.
- (i) Manikin handlers may not intentionally enter the water during the event.
- (j) **Surfacing the first manikin:** Competitors may push off the bottom of the pool when surfacing with the manikin.
- (k) Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5m line.
- (l) **Donning tube and fins:** After first touching the turn wall/edge, the competitor discards the first manikin. In the water, the competitor dons fins and rescue tube and swims 50m freestyle.
- (m) **Wearing rescue tubes:** Rescue tubes must be donned correctly, either with the loop over one or two shoulders, or over the shoulder and across the chest – at the competitor's discretion. Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach to the manikin or during the manikin tow.
- (n) The rescue tube remains unclipped until secured around the manikin.



- (o) **Securing the manikin:** After first touching the turn wall/edge, 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 10m pick-up zone. Competitors may go back into the 10m change over zone to re-secure the manikin provided the manikin's head has not passed the 10m line.
- (p) Competitors must tow the manikin as detailed in the general conditions for pool competition. The rescue tube must be attached to the manikin and the line of the rescue tube must be fully extended by the time the top of the manikin's head passes the 10m line.
- (q) 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, provided that the rescue tube was "secured correctly" at the 10m line and that the face of the manikin remains above the water surface.
- (r) Competitors shall be disqualified if the line of the rescue tube is or becomes wrapped around the Manikin as it is deemed to be shortening of the line.
- (s) Competitors shall not be disqualified if the manikin rotates in the rescue tube as long as the manikin's face remains above the surface of the water. The manikin does not need to be carried headfirst provided it was secured correctly at the 10m line and the manikin's face remains above the surface of the water.
- (t) **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 3.3 *Manikins*). Competitors are not permitted to start again in another heat.
- (u) **Rescue Tube Defect:** If in the opinion of the Chief Referee the rescue tube, line and/or harness (belt) presents a technical defect during the race, the Chief Referee may allow the competitor to start again in another heat but only if the rescue tubes for the event were supplied by the organising body and the rules required that the provided tubes must be used by all competitors.

### 3.6.3 Disqualification

In addition to the *General Rules* the following behaviour shall result in disqualification:

- (a) 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 (DQ17).
- (b) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5m pick-up zone (DQ18).
- (c) Using an incorrect carrying technique as described in 3.3 *Manikins* (DQ19).
- (d) Releasing the manikin before touching the turn wall/edge. (DQ21).
- (e) Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin (DQ24).
- (f) Competitor clipping the rescue tube into the ring before touching the turn wall/edge. (DQ30).
- (g) Manikin handler not releasing the manikin immediately after the competitor has touched the turn wall/edge (DQ27).
- (h) Manikin handler pushing the manikin towards the competitor or the finish wall (DQ28).
- (i) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall/edge (DQ25).
- (j) 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 (DQ29).
- (k) At 150m, not touching the pool wall/edge before intentionally touching the manikin (DQ26).
- (l) Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and not clipped to an O-ring) (DQ31).
- (m) Not securing the rescue tube around the manikin within the 10m pick-up zone judged at the top of the manikin's head (DQ32).
- (n) The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10m line (DQ34).
- (o) Not towing the manikin with the line of the rescue tube fully extended beyond the 10m line (DQ35).
- (p) Towing the manikin with the face below the surface (DQ20).
- (q) Pushing or carrying, instead of towing, the manikin (DQ33).
- (r) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin (DQ36).
- (s) Touching the finish wall/edge without the rescue tube and manikin in place (DQ37).
- (t) Failure to touch the finish wall/edge (DQ15).



### 3.7 MANIKIN RELAY (4 x 25m)

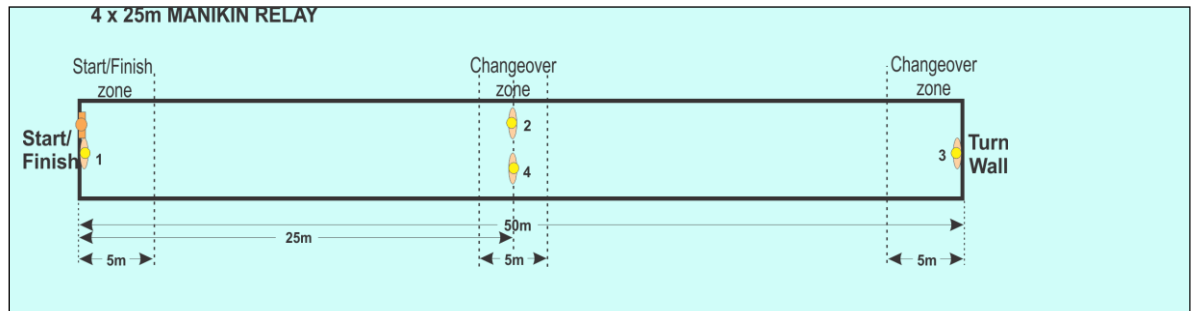


FIGURE 8: MANIKIN RELAY (4 X 25M)

#### 3.7.1 Event description

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

- (a) **The first competitor** starts in the water holding a manikin with one hand and the start wall/edge or starting block with the other hand. On an acoustic signal, the competitor carries the manikin and passes it to the second competitor within the 5m changeover zone situated between the 22.5m and 27.5m mark.
- (b) **The second competitor** carries the manikin to touch the turn wall/edge and passes the manikin to the third competitor who is in contact with the turn wall/edge or starting block with at least one hand. The third competitor may touch the manikin only after the second competitor has touched the turn wall/edge.
- (c) **The third competitor** carries the manikin and passes it to the fourth competitor in the changeover zone between the 72.5m and 77.5m mark.
- (d) **The fourth competitor** completes the event by carrying the manikin to touch the finish wall/edge with any part of the competitor's body.
- (e) Once they have completed their leg of the race and the exchange, competitors must remain in the water, in their lane in the changeover zone, staying clear of any following exchanges, and remain there until the completion of the event has been signalled.
- (f) Only the incoming and outgoing competitors may participate in the manikin exchange within their changeover zones. The incoming competitors may assist outgoing competitors, but only as long as the manikin's head remains within the changeover zones.
- (g) The hand of one competitor must be in contact with the manikin at all times.
- (h) The start zone and relay changeover zones shall be indicated by flags.
- (i) Competitors involved in the exchange may push off the pool bottom in the changeover zone.
- (j) In the start and in changeover zones competitors are not judged on "carrying the manikin" criteria (defined in 3.3) however competitors need to maintain contact with the manikin with at least one hand at all times and including during the exchanges.  
**Note:** The standard "carrying the manikin" criteria (defined in 3.3) applies to the final relay competitor at the finish of the event.
- (k) The manikin exchange must take place within the designated changeover zones, as judged by the top of the manikin's head.

#### 3.7.2 Equipment

**Manikin:** See Section 8 – Facility and Equipment Standards and Scrutineering Procedures. The manikin is completely filled with water and sealed. Competitors must use the manikins supplied by organisers.

### 3.7.3 Disqualification

In addition to the *General Rules* the following behaviour shall result in disqualification:

- (a) Using incorrect manikin carry technique as described in 3.3 *Manikins* (DQ19).
- (b) Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) – not including the bottom of the pool (DQ17).
- (c) Leaving the start before the previous competitor has touched the wall/edge (DQ41).
- (d) The manikin changing hands (DQ42):
  - before or beyond the designated changeover zone
  - before the second competitor touches the pool wall/edge
- (e) Assistance from a third competitor during the exchange between the incoming and outgoing competitors (DQ39).
- (f) Releasing the manikin before the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin) (DQ43).
- (g) Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5m line (DQ18).
- (h) Releasing the manikin before touching the turn wall/edge or finish wall/edge (DQ21).
- (i) Failure to touch the finish wall/edge (DQ15).
- (j) A competitor leaving the water after completing his or her leg of the relay (DQ50) and before the all clear signal is given (DQ61).
- (k) One competitor completing two or more legs of the event (DQ40).

### 3.8 OBSTACLE RELAY (4 x 50m)

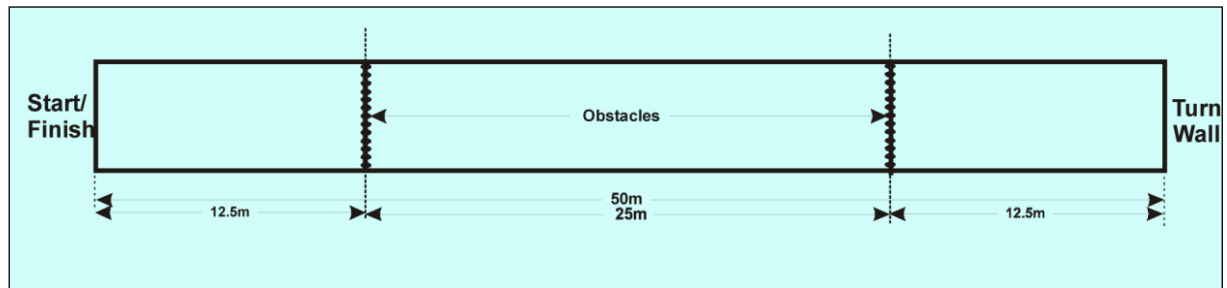


FIGURE 9: OBSTACLE RELAY (4 X 50m)

#### 3.8.1 Event description

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

- (a) Competitors must surface after the dive 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.
- (b) Competitors may push off the pool bottom when surfacing from under the obstacles.
- (c) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.
- (d) The first, second and third competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first, second and third competitors may not re-enter the water.

#### 3.8.2 Equipment

**Obstacles:** See Section 8 – *Facility and Equipment Standards and Scrutineering Procedures*. 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 start wall with the second obstacle 12.5m from the opposite end. The distance between the two obstacles is 25m.

#### 3.8.3 Disqualification

In addition to the *General Rules* the following behaviour shall result in disqualification:

- (a) Passing *over* an obstacle and not immediately returning *over or under* that obstacle and then passing *under* it (DQ11).
- (b) Failure to surface after each dive entry (DQ12).
- (c) Failure to surface after each obstacle (DQ13).
- (d) Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing – not including the bottom of the pool (DQ17).
- (e) Leaving the start before the previous competitor has touched the wall/edge (DQ41).
- (f) Failure to touch the finish wall/edge (DQ15).
- (g) A competitor re-entering the water after completing his or her leg of the relay (DQ50).
- (h) One competitor repeating two or more legs of the event (DQ40).

### 3.9 MEDLEY RELAY (4 x 50m)

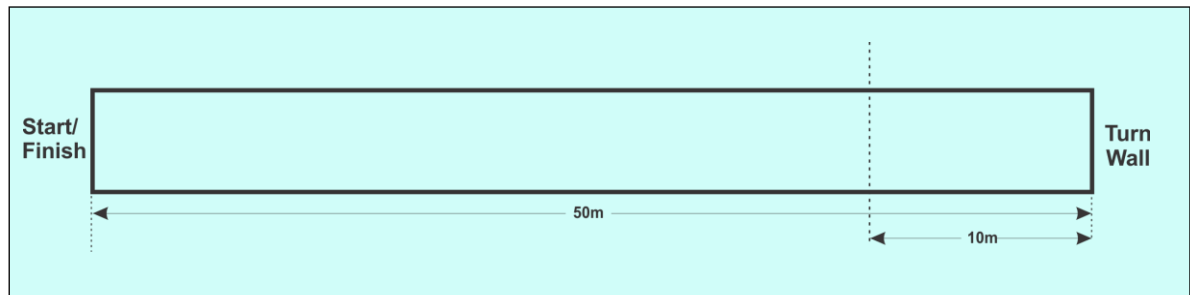


FIGURE 10: MEDLEY RELAY (4 X 50m)

#### 3.9.1 Event description

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

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

With a dive start after the second competitor touches the wall/edge, the third competitor swims 50m freestyle without fins towing a rescue tube. The third competitor touches the turn wall/edge.

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

- (a) Both the fourth and the third competitor (victim) must leave from the turn wall/edge. The victim must be in contact with the rescue tube before passing the 10m line. The line of the rescue tube must be fully extended beyond the 10m line when the top of the “victim’s” head crosses the 10m line.  
**Note:** Should the line of the rescue tube not be fully extended because of the power of the victim’s kick the team shall not be disqualified.
- (b) The event is complete when the fourth competitor touches the finish wall/edge of the pool with the victim in contact with the tube.
- (c) The victim may kick while being towed, but no other assistance is permitted.
- (d) The victim must grip the main body of the rescue tube and/or clip – not the rope.
- (e) The victim must hold onto the rescue tube and/or clip with both hands while being towed but may reposition his or her hands on the tube and/or clip during the tow without disqualification.
- (f) While the fourth competitor must have at least one hand on the turn wall/edge or starting block when the third competitor touches the edge, the fourth competitor may push off the wall/edge with hand, arm, or feet. The fourth competitor may not touch any part of the rescue tube, its harness or line, until after the third competitor has touched the turn wall/edge.
- (g) The first and second competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first and second competitors may not re-enter the water.

#### 3.9.2 Equipment

- (g) **Rescue tube, swim fins:** See Section 8 – Facility and Equipment Standards and Scrutineering Procedures. Competitors must use the rescue tubes supplied by organisers.
- (h) **Starts with rescue tubes:** For the third competitor’s 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. The rescue tube remains unclipped throughout.

- (i) **Wearing rescue tubes:** Rescue tubes must be donned correctly, either with the loop over one or two shoulders, or over the shoulder and across the chest – at the competitor’s discretion. 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 or tow.
- (j) **Towing the victim:** Competitors must tow the victim with the line of the rescue tube fully extended. Competitors may go back into the 10m change over zone to re-secure the victim provided the top of the “victim’s” head has not passed the 10m line.
- (k) **Retrieving lost fins:** Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins (if being used in the leg of the race) are not violated (see 3.3 *Manikins*). Competitors are not permitted to start again in another heat.
- (l) **Rescue Tube Defect:** If in the opinion of the Chief Referee the rescue tube, line and/or harness (belt) presents a technical defect during the race, the Chief Referee may allow the competitor to start again in another heat but only if the rescue tubes for the event were supplied by the organising body and the rules required that the provided tubes must be used by all competitors.

### 3.9.3 Disqualification

In addition to the *General Rules* the following behaviour shall result in disqualification:

- (h) Leaving the start before the previous competitor has touched the wall/edge (DQ41).
- (i) The fourth competitor touching the rescue tube harness, line, or any part of the rescue tube before the third competitor touches the turn wall/edge (DQ44).
- (j) The competitor clipping the rescue tube into the ring (DQ45).
- (k) The victim holding the rescue tube by the rope (DQ46).
- (l) The victim helping with arm movements, or not holding the rescue tube and/or clip with both hands (DQ47).
- (m) The victim not holding or losing the rescue tube after passing the 10m line (DQ48).
- (n) The fourth competitor towing the victim without the line of the rescue tube fully extended beyond the 10m line (DQ49).
- (o) One competitor completing two or more legs of the event (excludes third competitor acting as victim) (DQ40).
- (p) Failure to touch the finish wall/edge (DQ15).
- (q) A competitor re-entering the water after completing his or her leg of the relay (DQ50).

### 3.10 DISQUALIFICATION CODES FOR POOL EVENTS

Code and Disqualification	Events
1. Not completing the event in accordance with the event description or general rules.	All events
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: <ul style="list-style-type: none"> <li>• committing a doping or doping-related infraction</li> <li>• impersonating another competitor</li> <li>• attempting to defeat the ballot or draw for events or positions</li> <li>• competing twice in the same individual event</li> <li>• competing twice in the same event in different teams</li> <li>• purposely interfering with a course to gain advantage</li> <li>• jostling or obstructing another competitor or handler so as to impede his or her progress</li> <li>• receiving physical or material outside assistance (other than verbal or other direction)</li> <li>• participating contrary to the spirit of the competition (as described in the code of fair play)</li> </ul>	All events
3. Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.	All events
4. A competitor or team absent from the start of an event shall be disqualified except for the A- or B-final.	All events
5. Activities that result in willful damage to the venue sites, accommodation sites or the property of others will result in disqualification of the individuals involved from competition.	All events
6. Abuse of officials resulting in disqualification from the competition.	All events
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.	All events
8. Taking assistance from the pool bottom except where specifically allowed (e.g., Obstacle Swim, 4 x 25m Manikin Relay).	All events
9. Leaving the water after an event before permission is given by the official.	All events
10. Commencing a starting motion before the starting signal has been given.	All events
11. Passing over an obstacle without immediately returning over or under that obstacle and then passing under it.	Obstacle Swim, Obstacle Relay
12. Failure to surface after the dive entry or after a turn before passing under an obstacle.	Obstacle Swim, Obstacle Relay
13. Failure to surface after each obstacle.	Obstacle Swim, Obstacle Relay
14. Failure to touch the wall/edge during the turn.	Obstacle Swim
15. Failure to touch the finish wall/edge.	All events
16. Not surfacing before diving to the manikin.	Manikin Carry

Code and Disqualification	Events
17. Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin (as applicable for the event) – not including the bottom of the pool.	Obstacle Swim, Obstacle Relay, Manikin Carry, Manikin Carry with Fins, Manikin Relay, Rescue Medley, Super Lifesaver, Pool Lifesaver Relay
18. Not having the manikin in a correct carrying position before the top of the manikin's head passes the 5m line (for carries without fins).	Manikin Carry, Manikin Relay Rescue Medley, Super Lifesaver
19. Using an incorrect carrying technique (as described in 3.3 <i>Manikins</i> ).	Manikin Carry, Manikin Carry with Fins, Manikin Relay, Rescue Medley, Super Lifesaver, Pool Lifesaver Relay
20. Towing the manikin with the face below the surface.	Manikin Tow with Fins, Super Lifesaver
21. Releasing the manikin before touching the finish wall/edge or the turn wall/edge.	Manikin Carry, Manikin Carry with Fins, Rescue Medley, Super Lifesaver, Manikin Relay, Pool Lifesaver Relay
22. Surfacing after turning and before lifting the manikin.	Rescue Medley
23. Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10m line (for carries with fins).	Manikin Carry with Fins, Pool Lifesaver Relay
24. Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin.	Manikin Tow with Fins, Super Lifesaver
25. Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall/edge.	Manikin Tow with Fins, Super Lifesaver
26. At 50m / 150m, not touching the pool wall/edge before intentionally touching manikin.	Manikin Tow with Fins, Super Lifesaver
27. Manikin handler not releasing the manikin immediately after the competitor has touched the turn wall/edge.	Manikin Tow with Fins, Super Lifesaver
28. Manikin handler pushing the manikin towards the competitor or the finish wall/edge.	Manikin Tow with Fins, Super Lifesaver

<b>Code and Disqualification</b>	<b>Events</b>
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.	Manikin Tow with Fins, Super Lifesaver
30. Competitor clipping the rescue tube into the ring before touching the turn wall/edge.	Manikin Tow with Fins, Super Lifesaver
31. Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and not clipped to an O-ring).	Manikin Tow with Fins, Super Lifesaver
32. Not securing the rescue tube around the manikin within the 10m pick-up zone (judged at the top of the manikin's head).	Manikin Tow with Fins, Super Lifesaver
33. Pushing or carrying, instead of towing the manikin.	Manikin Tow with Fins, Super Lifesaver.
34. The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10m line.	Manikin Tow with Fins, Super Lifesaver
35. Not towing the manikin with the line of the rescue tube fully extended beyond the 10m line.	Manikin Tow with Fins, Super Lifesaver
36. The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.	Manikin Tow with Fins, Super Lifesaver
37. Touching the finish wall/edge without the rescue tube and manikin in place.	Manikin Tow with Fins, Super Lifesaver
38. Assistance from a third competitor during the exchange between the incoming and outgoing competitors.	Manikin Relay, Pool Lifesaver Relay
40. One competitor repeating two or more legs of the event.	Obstacle Relay, Manikin Relay, Medley Relay, Pool Lifesaver Relay
41. Leaving the start before the previous competitor has touched the wall/edge.	Obstacle Relay, Manikin Relay, Medley Relay, Pool Lifesaver Relay
42. The manikin changing hands: <ul style="list-style-type: none"> <li>• before or beyond the designated changeover zone</li> <li>• before the second competitor touches the pool wall/edge</li> </ul>	Manikin Relay
43. Releasing the manikin before the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin).	Manikin Relay, Pool Lifesaver Relay



Code and Disqualification	Events
44. The fourth competitor touching the rescue tube harness, line or any part of the rescue tube before the third competitor touches the turn wall/edge.	Medley Relay
45. The competitor clipping the rescue tube into the ring.	Medley Relay
46. The victim holding the rescue tube by the rope.	Medley Relay
47. The victim helping with arm movements, or not holding the rescue tube and/or clip with both hands.	Medley Relay
48. The victim not holding or losing the rescue tube after passing the 10m line.	Medley Relay
49. The fourth competitor towing the victim without the line of the rescue tube fully extended beyond the 10m line.	Medley Relay
50. A competitor re-entering the water after completing his or her leg of the relay.	Obstacle Relay, Medley Relay, Pool Lifesaver Relay
51. Victim not keeping a grasp on the crossbar when grasping the line for the pull to the finish wall/edge. (DQ51).	Line Throw
52. Line thrower exiting the throw zone at any time after the start and before the 45-second acoustic completion signal.	Line Throw
53. Victim exiting the water before the 45-second acoustic completion signal.	Line Throw
54. Victim grasping the throw line outside his or her lane.	Line Throw
55. Victim not on his or her front while being pulled to the finish wall/edge.	Line Throw
56. Victim not holding the throw line with both hands while being pulled to the finish wall/edge (victim may release the line with one hand for the sole purpose of touching the wall/edge).	Line Throw
57. Victim "climbing" the throw line hand-over-hand.	Line Throw
58. Line thrower executing practice throws.	Line Throw
59. The third competitor releasing contact with the wall/edge or grasping the manikin before the head of the manikin breaks the surface of the water.	Pool Lifesaver Relay
60. The fourth competitor touching the manikin before the third competitor touches the pool wall/edge.	Pool Lifesaver Relay
61. A competitor in the Manikin Relay leaving the water after completing his or her leg of the relay and before the all clear signal is given	Manikin Relay
<b>Note:</b> In the Line Throw event failure to get the victim to the finish wall/edge before the 45- second acoustic completion signal shall be designated DNF, not a DQ.	

## 4 START AND FINISH PROCEDURES

### 4.1 OFFICIAL START & COMPLETION OF COMPETITION

- (a) A competition is deemed to begin when a call for marshalling is officially issued by the competition organisers.
- (b) The official conclusion of a competition is 20 minutes following the competition event. However, issues under protest, appeal or disciplinary review shall completion of the last continue to final resolution which shall be deemed to fall within the official competition time.
- (c) All events the start line shall be the pool wall (A pool wall can be the pool edge or starting block attached to a pool wall).
- (d) A one start rule applies for all age groups. The exception is for 10-11(U11/U12) age groups where a 2 start rule applies.
- (e) The Starter/Event Director shall take control of the competitors from the Marshal or Check Starter.
- (f) The Starter shall state the event name, heat number and any safety/hazards identified, competitors should be aware of while competing in the event. The Starter may also be required to provide competitors with any other relevant information as directed by the Chief Referee.
- (g) The starting device shall be a device approved for the purpose by the Organising Committee.
- (h) Any person who seeks to gain an unfair advantage by starting before the Starter's intentional signal or who has gained an unfair advantage through their own actions, shall be disqualified.
- (i) After the intentional starting signal has been given a race will not be recalled unless the Starter or Chief Referee decides that (Section B Starts) below should apply. If a competitor is deemed by the Starter or Chief Referee to have gained an unfair start, then that competitor shall be informed of their disqualification at the end of the race.
- (j) The Chief Referee will disqualify competitors who intentionally delay a start, cause an intentional false start, or enter the water before the intentional starting signal has been given. They will be removed from the starting line-up.

### 4.2 STARTS

- (a) The starting of all Championship events is the responsibility of the Starter.
- (b) The duty of the Event Director and starter is to ensure a fair start. If the starter or Event Director 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.
- (c) For all under 11- and 12-year-old age division events if, in the opinion of the Starter, the start has been unfair, he shall recall the competitors by a second signal from the starting device or a whistle blast.
- (d) The starter or Event Director uses 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 disqualification.
- (e) *The Starter's or Event Director's decisions on starts are not subject to protest or appeal.*

### 4.3 START PROCEDURE

The definition of a start, unless otherwise defined in an event description is as follows.

- (a) Prior to the start of each race, the Event Director or designated officials shall:
- (b) Check that all technical officials are in position.
- (c) Check that competitors, manikin handlers and victims are properly attired and in correct positions.
- (d) Check that all equipment is in a safe and correct position.
- (e) Notify competitors to remove all clothing except for swimwear and get ready to race.
- (f) When competitors and technical officials are ready for a legal start, the Event Director shall:
- (g) Signal the official start of each race with a long whistle indicating that the competitors should take their position on the starting platform or enter the water.
- (h) Signal the starter (that the competitors are under the starter's control) with an outstretched arm in the direction of the course.

**Note 1:** At the discretion of the Chief Referee "over the top" starts may be used.

#### 4.4 DIVE START PROCEDURE

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

On the long whistle competitors' step onto the starting platform and remain there.

On the starter's "Take your mark" 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.

#### 4.5 IN-WATER START PROCEDURE

The manikin relay and line throw events begin with an in-water start as follows:

- (a) On the whistle, the first competitors in the manikin relay and line throw victims enter the water and prepare for the start.
- (b) At the second whistle, competitors take their positions for the start without undue delay.
- (c) In the line throw, the victim treads water on the near side of the rigid crossbar/toggle in the allocated lane. The victim holds both the throw line and anywhere on the cross bar/toggle with one or two hands.
- (d) When all competitors have assumed their starting positions, the starter shall give the command "Take your mark."
- (e) When all competitors are stationary, the starter gives the acoustic starting signal.

#### 4.6 MANIKIN RELAY

The following applies to all manikin relay events;

- (a) Prior to the first whistle competitors No 2, 3 and 4 should already be in the water. If not then they must enter the water on the first whistle.
- (b) In the manikin relay the first (no1) competitor starts in the water holding a manikin at the surface with one hand and the pool edge or starting block with the other hand.

#### 4.7 LINE THROW START

The Line Throw event uses a modified in-water start as follows:

- (a) On the first whistle, the competitor and victim step into the throw zone.
- (b) The thrower (competitor) holds one end of the throw line.
- (c) The victim takes the line, enters the water, and extends the surplus line over and beyond the crossbar/line in the allotted lane.
- (d) No practice throws are permitted.
- (e) At the second whistle, competitors and victims take their positions for the start without undue delay.
- (f) When all competitors have assumed their starting positions, the starter shall give the command "Take your mark".
- (g) When all competitors are stationary, the starter gives the acoustic starting signal.

#### 4.8 START DISQUALIFICATIONS

Start decisions by the starter or Event Director are not subject to protest or appeal.

All competitors who start (i.e., commence a starting motion) before the starting signal has been given, shall be disqualified.

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.

If the disqualification is declared before the starting signal, the signal shall not be given, the remaining 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, along with dropping of the false start rope. Alternatively, if the Chief Referee or Chief Referee's designate decides that the start is not fair, then they shall blow a whistle, to be followed by the starter's signal (repeated).

For the 100 m Manikin Carry with Fins event, the call-back signal will be by an underwater acoustic signal whenever possible. Competitors will be advised if an alternate call back signal is used.

If an error by an official is followed by a fault by a competitor, the fault of the competitor may be expunged.

#### 4.9 START MODIFICATIONS – EQUIPMENT

For full details of equipment requirements and specifications refer RLS-A– Competition Handbook Section 9 - Facility and Equipment Standards for Pool Lifesaving Competition.

The following equipment is required for the events outlined in these Rules and will be supplied by organisers:

- (a) Obstacles
- (b) Throw line: The throw line must be between 16.5 m and 17.5 m in length.
- (c) Manikin: The definition of a half full manikin is that the manikin is filled with water, so that when positioned vertically it floats with the top of its transverse line at the surface.

## 5 ENTRY

Competitors compete according to their age on/at the **31<sup>st</sup> December 2022** (midnight). Outlined below are the proficiency awards required for each age group.

Competitors must be **10 years old** on/at the 31<sup>st</sup> December 2022 (midnight) to be eligible to compete.

Age Group	Minimum Proficient Award to Complete	
	RLNSW	SLSNSW
<b>Individual Events</b>		
U11 (10 yr)	NSWSF Acquisition 6	Provided they are currently proficient in the appropriate age award for their surf Age group
U12 (11 yr)	NSWSF Acquisition 6	Provided they are currently proficient in the appropriate age award for their Age
U13 (12 yr)	RLSSA Bronze Star	Provided they are currently proficient in the appropriate age award for their Age
U14 (13 yr)	RLSSA Bronze Star	SLSA Surf Rescue Certificate or U13 preliminary evaluation
U15 (14 yr)	RLSSA Bronze Star	SLSA Surf Rescue Certificate
U17 (15-16 yrs)	(15 years) RLSSA Bronze Star (16 years) RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
U19 (17 -18 yrs)	RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
Open	RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
Masters	RLSSA Bronze Star/RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
<b>Relay Events</b>		
U11/12 (10/11 yrs)	NSWSF Acquisition 6	Provided they are currently proficient in the appropriate age award for their Age
U13/14 (12/13 yrs)	RLSSA Bronze Star	Provided they are currently proficient in the appropriate age award for their Age / SLSA Surf Rescue Certificate or U13 preliminary evaluation
U15/17 (14/15-16 yrs)	(14-15 yrs) RLSSA Bronze Star (16 yrs) RLSSA Bronze Medallion	SLSA Surf Rescue Certificate/ SLSA Bronze Medallion
U19 (17-19yrs) /Open/Masters	(U19/Open) RLSSA Bronze Medallion (Masters) RLSSA Bronze Star	SLSA Bronze Medallion/Certificate II

## 5.1 Registration and Entry

The Competitor Organiser in consultation with the Organising Committee shall organise any registration that may be required to attend the competition.

Registration may be required by all officials, coaches, team management, spectators, and other participants.

## 5.2 ENTRY PROCESSING

The athlete/managers' role in the entry procedure will follow the requirements of RLS-A APLSC Competition Handbook Section 1

The processing of entries and the preparation of the event competition program is the responsibility of the Competition Organiser (CO), and they must be familiar with the entry Requirements and procedures. This includes providing teams with a 'Team Data Form' if the Organising Committee deem it necessary to assist with accurate point scoring and facilitating electronic entry files required for event processing.

The Team Data Sheet, which is not part of the MM electronic process, must be lodged with the CO no later than by the conclusion of the Coaches'/Manager's meeting. As well as providing the Points Recorder with a copy of each Team Data form copies must also be provided to the Competitor Liaison desk and the Chief Recorder.

## 5.3 ELECTRONIC ENTRY PROCEDURES AND RESPONSIBILITIES

The software programs owned and used by RLSSA for entry and recording are Hy-Tec products - '*Team Manager*' and '*Meet Manager*' (MM).

When the venue for the competition is confirmed, the CO must confirm with venue management that the RLSSA MM software will interface effectively with the venue's AOE system.

A copy of the COMPETITION MM events file should be supplied to the venue by the CO in the week prior to the Day 1 of competition. The CO, in consultation with the Chief Recorder, will organise a computer interface check on the day prior to the first event.

The CO must prepare a *Meet Manager* file for the current COMPETITION, called the COMPETITION Program file, and then save a copy of the associated entry file ready for distribution as part of the registration/entry procedure. Team managers should receive the entry file along with '*Team Manager Lite Instructions*' document that provides the exact entry instructions on how to enter competitors and submit files.

Event entries must be submitted electronically, and any hard copies should be returned with a request for the electronic copy.

The electronic entry processing procedure is:

The '*Team Manager Lite*' Entry system must be used by managers to enter their competitors.

The event entry must nominate which events each competitor is to enter and an entry time where applicable.

Competitors and teams are not required to compete in all events and managers should not enter competitors in events they have no intention of contesting.

If no entry time is supplied then the competitor will be entered as a "no time" and seeded in the slowest heat.

The electronic entry requires that managers will download/import the current COMPETITION Program file (export the details to a .zip file)

When a returned electronic entry file is received the CO should import it immediately into the MM program.

Once an electronic entry has been entered a '*Team Manager*' form should be generated via '*Meet Manager*' and then returned to the relevant managers in a timely manner to check that their entries are correct.

As soon as possible after checking the '*Team Manager*' form the Manager must advise the Championship Coordinator that either the entries are correct or of any mistakes.

Immediately after the closing date for entries the Championship Organiser will seed the COMPETITION event program using the downloaded entry information.

After the closing date the following applies

- (a) Event entries received will be considered as late entries and the appropriate penalty fees may apply.
- (b) Late event entries received and/or entry correction are only included in the competition if lane space and administration logistics permits their inclusion or correction.
- (c) All substitutions and withdrawals must follow the procedures

#### 5.4 RECORDING & EVENT PREPARATION

Prior to the commencement of competition, the CO is responsible for ensuring that all events have been organised according to the requirements below. For full details about event preparation and recording procedures refer to Section 3, however the following are required prior to the start of competition.

The CO ensures that a complete copy of the speed event heats as well as the SERC and CPR draws are provided to each team at the Coaches'/Manager's Meeting. NB This information should also be available via the MM app once this meeting is completed.

On the day prior to the first day of competition automated/electronic event entry files are imported into the COMPETITION venue's recording software and becomes the responsibility of the Chief Recorder.

The recording for all CPR and SERC events is the responsibility of the event organisers.

As soon as possible after entries have been received competitor order in events will be determined.

Speed events will be seeded and organised according to submitted times. Heats will not be reseeded to accommodate late entries.

All speed events conducted at the COMPETITION will be timed finals. A timed final is an event where a final is not conducted, and the final result is determined by times swum in the heats. At the direction of the National Sport Committee or at discretion of the Chief Referee, event/s may be nominated to be run with heats and finals. However, if there are only enough competitors entered for one heat to be swum, then it shall be deemed a final

Additional to the CO collating the athlete entries they are also required is required to prepare the recording information for Speed events, point score, SERC and CPR organisation as outlined below.

#### 5.5 FINISHING PROCEDURES

Competitors shall be disqualified if they fail to affect the touch within the required definition for the particular event. Judges' order-of-finish decisions are not subject to protest or appeal.