



**BRITISH UNIVERSITIES
LIFESAVING**



British Universities Life Saving Clubs' Association Championships 2009

Contents

1. Introduction.....	2
2. General Conditions for Pool Competition	2
2.1 Starts	3
2.2 Manikins.....	4
3. Individual Events	6
3.1 Obstacle Swim (200 m and 100 m)	6
3.2 Manikin Carry (50 m)	7
3.3 Rescue Medley (100 m)	8
3.4 Manikin Carry with Fins (100 m).....	10
3.5 Manikin Tow with Fins (100 m)	11
3.6 Super Lifesaver (200 m)	14
3.7 Line Throw (12 m)	17
4. Relay events.....	19
4.1 Manikin Carry relay (4 x 25 m).....	19
4.2 Obstacle Relay (4 x 50 m).....	20
4.3 Medley relay (4 x 50 m).....	21
4.4 Line Throw relay (4 x 12 m).....	23



1. Introduction

- 1.1 The British Universities Life Saving Clubs' Association BULSCA Championships will be organised by the elected Championships Coordinator.
- 1.2 The BULSCA Championships will follow all rules and procedures as specified by the current version of the BULSCA Competition Manual (currently 4.1).
- 1.3 The following document details additional general rules and procedures for Lifesaving speed events for a 25 m swimming pool. The rules have been drawn up with specific reference to the RLSS UK National Speed Championships General Rules and Procedures 2009.
- 1.4 This document details the general rules and procedures for the following Lifesaving events:

- Obstacle Swim – 200 m and 100 m
- Manikin Carry – 50 m
- Rescue Medley – 100 m
- Manikin Carry with Fins – 100 m
- Manikin Tow with Fins – 100 m
- Super Lifesaver – 200 m
- Line Throw – 12 m
- Manikin Relay – 4 x 25 m
- Obstacle Relay – 4 x 50 m
- Medley Relay – 4 x 50 m
- Line Throw Relay – 4 x 12 m

2. General Conditions for Pool Competition

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

- 2.0.1 Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.
- 2.0.2 A competitor or team absent from the start of an event shall be disqualified.
- 2.0.3 Only competitors, officials or individuals requested by 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.
- 2.0.4 Unless specifically provided for in the rules, no artificial means of propulsion may be used in competition (e.g., handwebs, armbands).
- 2.0.5 The use of sticky, tacky or adhesive substances (liquid, solid or aerosol) on competitors' hands or feet, or applied to the surface of the manikin or rescue tube to improve grip, or to assist the competitor to push off the pool bottom, is not permitted in pool events.



- 2.0.6 Competitors may not take assistance from the pool bottom except where specifically allowed (e.g., Obstacle Swim).
- 2.0.7 Taking assistance from any pool fittings (e.g., lane ropes, fixtures, steps) is not permitted.
- 2.0.8 Competitors must wear their club swim caps in all events. Ocean event caps or rubber or silicone caps may be worn.
- 2.0.9 Order-of-finish decisions, whether by judges or automated timing equipment, are not subject to protest or appeal.
- 2.0.10 All equipment used should be in-line with the specifications outlined within Section 6 of the BULSCA Competition Manual (current version 4.1).

2.1 Starts

N.B In swimming pools which have fixed depths all starts must take place at the deepest end of the swimming pool.

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

- 2.1.1 Check that all officials and judges are in position.
- 2.1.2 Check that competitors, manikin handlers and victims are properly attired and in correct positions.
- 2.1.3 Check that all equipment is in correct position.
- 2.1.4 Notify competitors to remove all clothing except for swim-wear and get ready to race. When competitors and officials are ready for a legal start, a designated official shall:
 - 2.1.4.1 Signal the official start of each event with a long whistle indicating that the competitors should take their position on the starting platform or, where required, enter the water.
 - 2.1.4.2 Signal to the starter (that the competitors are under the starter's control) with an outstretched arm in the direction of the course.
- 2.1.5 Dive start procedure
 - 2.1.7.1 At National Championships, the 1-start rule shall be used.
 - 2.1.7.2 On the long whistle, competitors step onto the starting platform and remain there.
 - 2.1.7.3 On the starter's "Take your marks" command, competitors immediately assume a starting position with at least 1 foot at the front of the starting platform. When competitors are stationary, the starter gives the acoustic starting signal. Masters competitors may start on the starting platform, or on the pool deck, or in the water with 1 hand in contact with the starting wall.
- 2.1.6 In-water start procedure
 - 2.1.6.1 The Manikin Relay event begins with an in-water start as follows:
 - 2.1.6.1.1 On the long whistle, competitors enter the water.
 - 2.1.6.1.2 At the second long whistle, competitors return without undue delay to the starting position.
 - 2.1.6.1.3 The competitor starts in the water holding a manikin with 1 hand (its mouth and nose above the surface) and the pool edge with the other hand.



2.1.6.1.4 When all competitors have assumed their starting positions, the starter shall give the command "Take your marks." When all competitors are stationary, the starter gives the acoustic starting signal.

2.1.7 Disqualification:

2.1.7.1 All competitors who start before the starting signal has been given shall be disqualified.

2.1.7.2 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.

2.1.7.3 If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining competitors shall be called back and start again.

2.1.7.4 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.

2.1.7.4.1 Alternatively, if the referee or referee's designate decides that the start is not fair, the referee or referee's designate shall blow a whistle, to be followed by the starter's signal (repeated). [For the 100 m Manikin Carry with Fins event, the call back signal will be by an underwater acoustic signal].

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

2.2 Manikins

2.2.1 Surfacing the manikin:

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

2.2.1.2 Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5 m-line (50m Manikin Carry, 100m Rescue Medley, 200m Super Lifesaver) or 10 m-line (100m Manikin Carry with Fins).

2.2.2 Carrying the manikin:

2.2.2.1 When a manikin carry is required, the manikin (as victim) is presumed to be breathing. Competitors must carry (not push) the manikin with at least 1 hand, and:

2.2.2.1.1 Avoid carrying the manikin by the throat, on the mouth or nose. Chin carries are acceptable where the pressure is clearly on the chin.

2.2.2.1.2 Maintain the manikin's mouth and nose above the surface (see below).

2.2.3 Turning the manikin:

2.2.3.1 When turning at the turning wall, competitors must have the manikin in the correct carrying position until the lifesaver has



finished their length and then again before the top of the manikin's head passes back past the 5 m-line (i.e. the zone between the wall and the 5 m-line will be classed as a 'no judging' zone).

- 2.2.3.2 During changeovers in the 4 x 50 m Manikin Relay, competitors must maintain the manikin's mouth and nose above the surface. "Pushing" is defined as the manikin's head being held forward of the competitor's head. In competition, a front-crawl manikin carry is permitted.

2.2.4 Towing the manikin:

- 2.2.4.1 When a manikin tow is required, competitors must:
 - 2.2.4.3.1 Tow the manikin correctly with the rescue tube secured under both arms of the manikin and with the line of the rescue tube fully extended.

- 2.2.4.3.2 Maintain the manikin's mouth and nose above the surface.

- 2.2.4.2 Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided:

- 2.2.4.3.1 The rescue tube was secured correctly under both arms of the manikin before the competitor started to tow.

- 2.2.4.3.2 The mouth and nose of the manikin are maintained above the surface of the water.

- 2.2.4.3 Mouth and nose above the surface:

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

2.2.5. Surface means the horizontal plane of the surface of a Stillwater pool.

2.2.6. Manikin handlers:

- 2.2.6.1 A member of the competitor's team assists as manikin handler in the 100 m Manikin Tow with Fins event and the 200 m Super Lifesaver event.

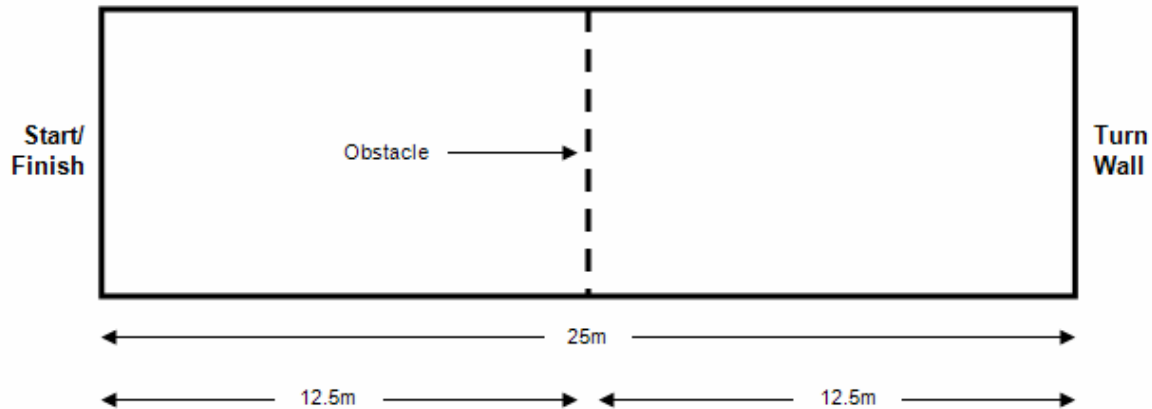
- 2.2.6.2 With the referee's approval, non-team members may act as handlers, provided they are members of a BULSCA affiliated club. Before the start and during the race, the manikin handler positions the manikin – vertically, facing and against the wall – within the allotted lane.

- 2.2.6.3 Manikin handlers must wear a team cap.

- 2.2.6.4 Manikin handlers may not enter the water.

3. Individual Events

3.1 Obstacle Swim (200 m and 100 m)



3.1.1 Event description – 200 m

- 3.1.1.1 With a dive entry on an acoustic signal, the competitor swims the 200 m course passing 8 times under the immersed obstacles to touch the finish edge of the pool.
- 3.1.1.2 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.
- 3.1.1.3 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.
- 3.1.1.4 Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

3.1.2 Event description – 100 m

- 3.1.2.1 With a dive entry on an acoustic signal, the competitor swims the 100 m course passing 4 times under the immersed obstacles to touch the finish edge of the pool.
- 3.1.2.2 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.
- 3.1.2.3 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.
- 3.1.2.4 Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

3.1.3 Equipment:

3.1.3.1 Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes. The obstacle is located 12.5 m from the starting edge.

3.1.4 Disqualification:

3.1.4.1 In addition to the General Rules in Section 2, the following behaviour shall result in disqualification:

3.1.4.1.1 Passing over an obstacle without immediately returning over or under that obstacle and then passing under it.

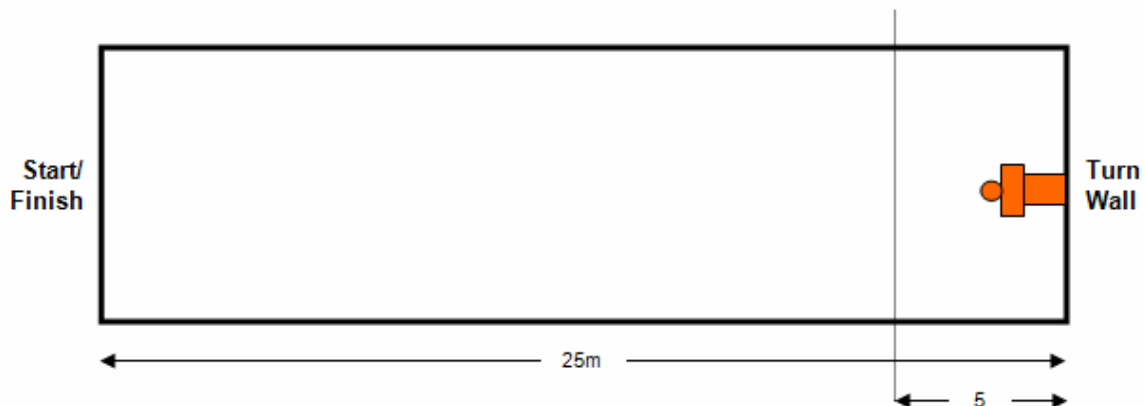
3.1.4.1.2 Failure to surface after the dive entry and before the first obstacle, or after a turn and before the next obstacle.

3.1.4.1.3 Failure to surface after each obstacle.

3.1.4.1.4 Failure to touch the wall during the turn.

3.1.4.1.5 Failure to touch the finish edge.

3.2 Manikin Carry (50 m)



3.2.1 Event description

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

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

3.2.1.3 Competitors may tumble turn on collection of the manikin.

3.2.2 Equipment:

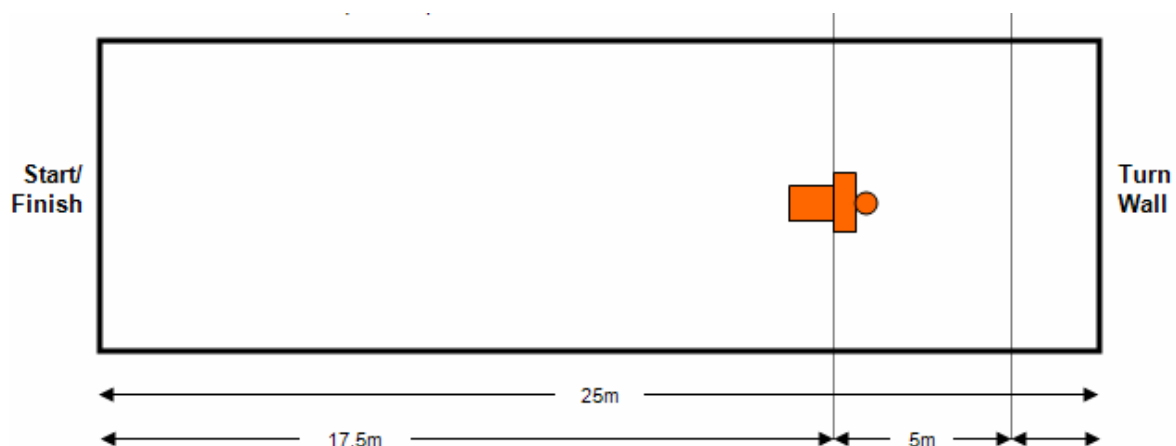
3.2.2.1 The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.

3.2.3 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 base of the manikin positioned against the turning wall.

- 3.2.4 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.
- 3.2.5 Disqualification: In addition to the General Rules in Section 2, the following behaviour shall result in disqualification:
- 3.2.1.1 Not surfacing before diving to the manikin.
 - 3.2.1.2 Taking assistance from any pool fitting when surfacing with the manikin – not including the bottom of the pool or the turning edge.
 - 3.2.1.3 Using an incorrect carrying technique.
 - 3.2.1.4 Not maintaining the manikin's mouth and nose above the surface.
 - 3.2.1.5 Releasing the manikin before the finish edge has been touched.
 - 3.2.1.6 Failure to touch the finish edge.
 - 3.2.1.7 Failure to touch any of the turning edges.

3.3 Rescue Medley (100 m)



- 3.3.1 Event description:
- 3.3.1.1 With a start on the acoustic signal, the competitor swims 50 m freestyle to turn, dive, and swim underwater to a submerged manikin located at 17.5 m from the turn wall. The competitor surfaces the manikin within the 5 m pick-up line, and then carries it the remaining distance to touch the finish edge. Competitors may breathe during the turn, but not after their feet leave the turning edge until they surface with the manikin.



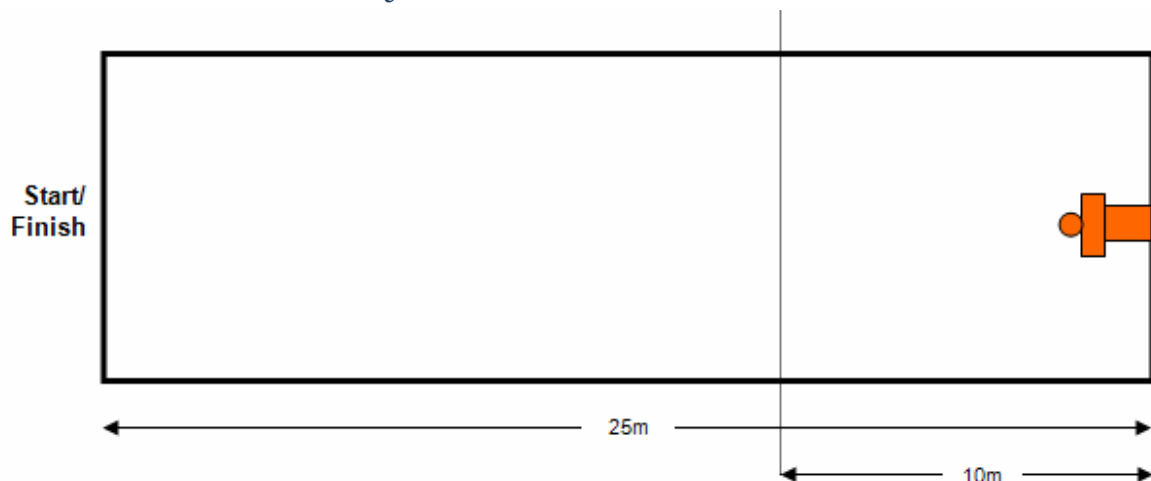
- 3.3.1.2 Competitors may push off the bottom only when surfacing with the manikin.
- 3.3.1.3 The manikins face must remain above the surface throughout the carry, except the 3rd turn where there is no requirement to maintain this from the point at which the lifesaver has finished the length until they pass the 5m flags after the turn. The athlete must touch the wall during the 3rd turn.

- 3.3.2 Equipment: Manikin: The manikin is completely filled with water and sealed for the event.

- 3.3.3 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 travel, with the transverse line in the middle of the manikin's thorax located on the 17.5 m-line.

- 3.3.4 Disqualification: In addition to the General Rules in Section 2, the following behaviour shall result in disqualification:
 - 3.3.4.1 Surfacing after leaving the (50 m) turning edge without the manikin.
 - 3.3.4.2 Taking assistance from any pool fitting when surfacing with the manikin – not including the bottom of the pool.
 - 3.3.4.3 Not having the manikin in the correct carrying position out of turn 3.
 - 3.3.4.4 Using an incorrect carrying technique as described in 2.2 Manikins.
 - 3.3.4.5 Not maintaining the manikin's mouth and nose above the surface when required (see 2.2 Manikins).
 - 3.3.4.6 Releasing the manikin before touching the finish edge.
 - 3.3.4.7 Failure to touch the finish edge.
 - 3.3.4.8 Failure to touch any of the turning edges.

3.4 Manikin Carry with Fins (100 m)



3.4.1 Event description

3.4.1.1 With a dive start on acoustic signal, the competitor swims 50 m freestyle wearing fins and then recovers a submerged manikin to the surface within 10 m of the 2nd turning edge. The competitor carries the manikin 50 m to touch the finish edge of the pool. The manikin's face must remain above the surface throughout the carry, except the 3rd turn where there is no requirement to maintain this from the first point at which the lifesaver finishes the length to until they pass the 5m flags after the turn. The athlete must touch the wall during the 3rd turn.

3.4.2 Equipment

3.4.2.1 Manikins: The manikin is completely filled with water and sealed for the event. Competitors must use the manikins supplied by organisers.

3.4.2.2 Fins

3.4.3 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 (or platform or other support), with its base touching the pool wall, and its head in the direction of the 3rd turn.

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

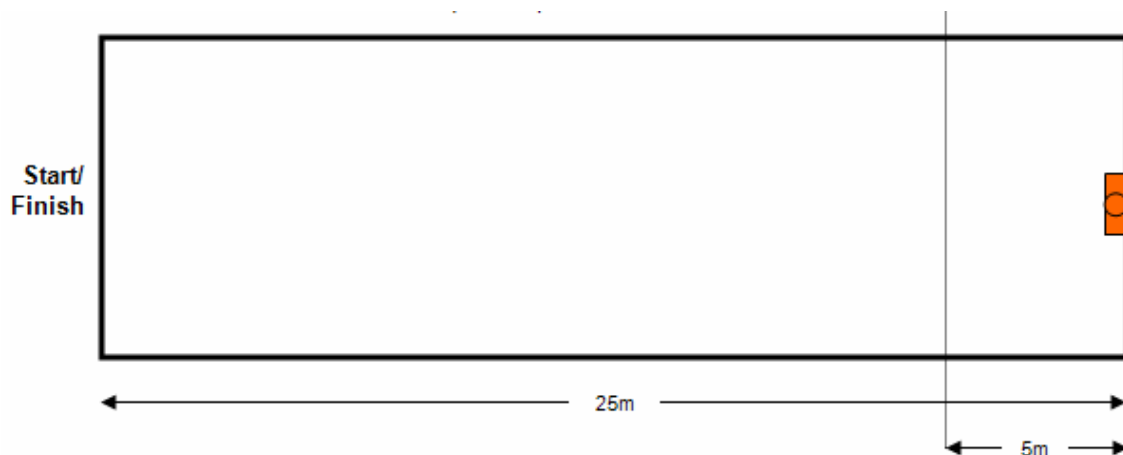
3.4.5 Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins

are not violated. Competitors are not permitted to start again in another heat.

3.4.6 Disqualification: In addition to the General Rules in Section 2, the following behaviour shall result in disqualification:

- 3.4.6.1 Taking assistance from any pool fitting (e.g., lane rope, steps) when surfacing with the manikin – not including the bottom of the pool.
- 3.4.6.2 Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10 m-line.
- 3.4.6.3 Using an incorrect carrying technique as described in 2.2 Manikins.
- 3.4.6.4 Not maintaining the manikin's mouth and nose above the surface when required (see 2.2 Manikins).
- 3.4.6.5 Releasing the manikin before touching the finish edge.
- 3.4.6.6 Failure to touch the finish edge.
- 3.4.6.7 Failure to touch any of the turning edges.

3.5 Manikin Tow with Fins (100 m)



3.5.1 Event description

- 3.5.6.1 With a dive start on an acoustic signal, the competitor swims 50 m freestyle with fins and rescue tube. After touching the 2nd turning edge, the competitor fixes the rescue tube around a manikin floating at the surface and tows it 50 m to the finish. The event is complete when the competitor touches the finish edge of the pool.
- 3.5.6.2 Tumble turns allowed on 1st 50m but not on 2nd 50 m (tow). International standing on pool floor not allowed at any point in the race. Manikin must be 'in tow' within 5 m of the turning wall at turn number 2 and by the time the manikin's head passes the 5 meter flags after turn number 3.

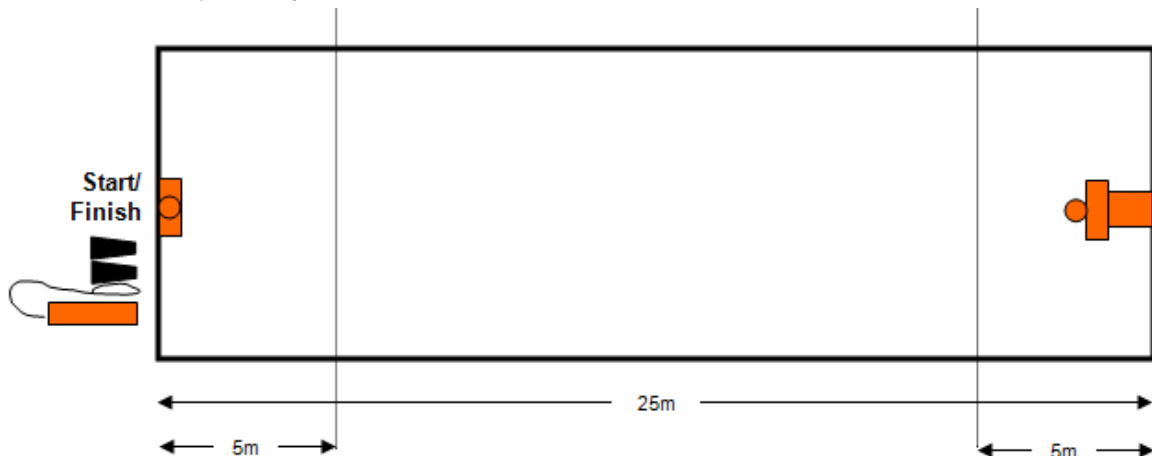


- 3.5.2 Equipment: Manikin, fins, rescue tubes.
- 3.5.2.1 The manikin is filled with water so that it floats with the top of its transverse line at the surface. Competitors must use the manikins and rescue tubes supplied by the organisers.
- 3.5.3 Starts with rescue tubes: At the start, the rescue tube and rescue tube line may be positioned at the competitor's discretion, but within the competitor's allotted lane. The rescue tube line must become fully extended immediately after the start.
- 3.5.3.1 UPDATE: Whilst the ILS are working towards a solution the RLSS is forced to **BAN** competitors diving from blocks or next to blocks with a torpedo buoy, for pools where blocks are permanently placed competitors **MUST** start in the water, competitors may dive start from the side as long as the blocks have been completely removed.
- 3.5.4 Wearing rescue tubes: Rescue tubes must be donned correctly with the loop across or over 1 shoulder. During the competitor's approach to the manikin, the tube must be towed behind the competitor with the line fully extended. Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach to the manikin or during the manikin tow.
- 3.5.5 Securing the manikin: After first touching the turning edge, the competitor then attaches the rescue tube around the body and under the arms of the manikin, within 5 m of the pool wall. Competitors must complete the 50 m freestyle swim by touching the pool edge before touching the manikin or the rescue tube to secure the manikin for towing.
- 3.5.6 Towing the manikin: Competitors must tow – not carry or push – the manikin with the rescue tube secured under both arms of the manikin, and with line of the rescue tube fully extended.
- 3.5.6.1 Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under 1 arm, provided:
- 3.5.6.1.1 The rescue tube was secured correctly under both arms of the manikin before the competitor started to tow.
- 3.5.6.1.2 The mouth and nose of the manikin are maintained above the surface of the water.



- 3.5.7 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.
- 3.5.7.1 Competitors are not permitted to start again in another heat.
- 3.5.8 Rescue tube defect: If, in the opinion of the referee, the rescue tube, line and/or harness (belt) present a technical defect during the event, the referee may allow the competitor to repeat the race.
- 3.5.9 Disqualification: In addition to the General Rules in Section 2, the following behaviour shall result in disqualification:
- 3.5.9.1 Taking assistance from any pool fitting when fixing the rescue tube around the manikin.
 - 3.5.9.2 During the approach to the manikin, not towing the rescue tube with the line fully extended or without the shoulder loop across or over 1 shoulder.
 - 3.5.9.3 Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge.
 - 3.5.9.4 Manikin handler pushing the manikin towards the competitor or the finish edge.
 - 3.5.9.5 Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
 - 3.5.9.6 Manikin handler entering the water.
 - 3.5.9.7 At 50 m, not touching the pool edge before touching manikin or rescue tube to secure manikin.
 - 3.5.9.8 Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms).
 - 3.5.9.9 Not securing the rescue tube around the manikin before the 5 m-line (judged at the top of the manikin's head).
 - 3.5.9.10 Pushing or carrying, instead of towing, the manikin.
 - 3.5.9.11 Not towing the manikin with the line of the rescue tube fully extended (outside of the 5 m zones).
 - 3.5.9.12 Not maintaining the manikin's mouth and nose above the surface when required (see 2.2 Manikins).
 - 3.5.9.13 Touching the finish edge without the rescue tube and manikin in place.
 - 3.5.9.14 Failure to touch the finish edge.
 - 3.5.9.15 Failure to touch the turning edges.
 - 3.5.9.16 Tumble turning on turn 3 (whilst towing the manikin).

3.6 Super Lifesaver (200 m)



3.6.1 Event description

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

3.6.1.2 The rules for this event follow the same as; 50 m freestyle followed by 50 m Manikin Carry followed by 100 m Manikin Tow with fins.

3.6.2 Equipment: Manikins, fins, rescue tubes.

3.6.2.1 Competitors must use the manikins and rescue tubes supplied by organisers.

3.6.3 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.

3.6.4 Positioning the manikin for the carry:

3.6.4.1 The manikin is completely filled with water and sealed for the event.

3.6.4.2 The manikin is located at a depth between 1.8 m and 3 m. In water deeper than 3 m, the manikin shall be placed on a platform (or other support) to position it at the required depth. The manikin is positioned on its back, head in the direction of the finish with the base of the manikin against the turning edge.



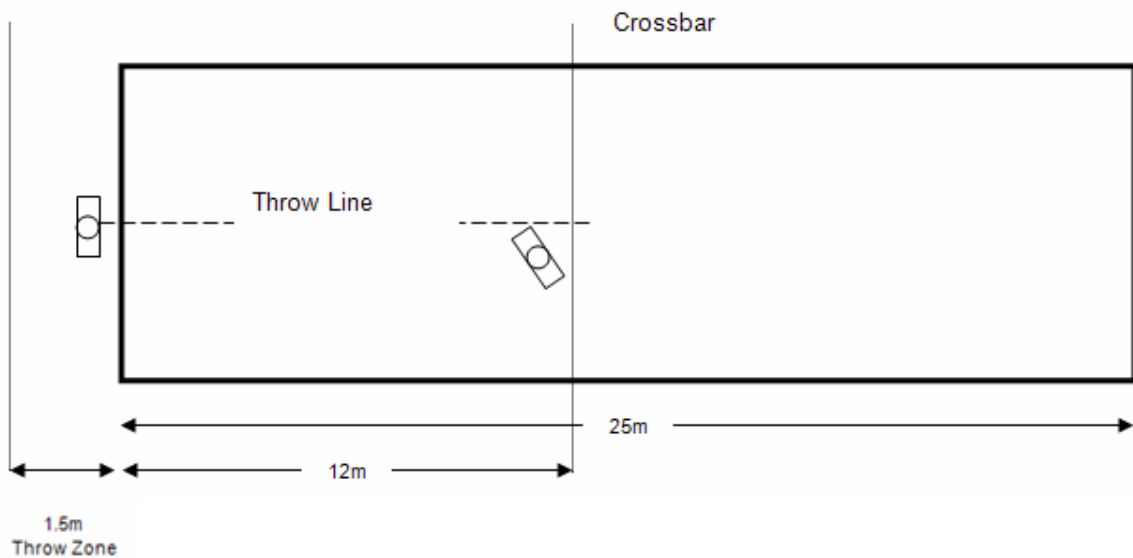
- 3.6.5 Positioning the manikin for the tow:
- 3.6.5.1 The manikin is filled with water so that it floats with the top of its transverse line at the surface.
 - 3.6.5.2 The manikin handler must let go of the manikin immediately after the competitor touches the turning edge. The handler may not push the manikin towards the competitor or the finish edge.
- 3.6.6 Surfacing the first manikin: Competitors may push off the bottom of the pool when surfacing with the manikin. Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5 m-line.
- 3.6.7 Donning tube and fins: After first touching the turning edge, the competitor discards the first manikin. In the water, the competitor dons fins and rescue tube and swims 50 m freestyle.
- 3.6.8 Wearing rescue tubes: Rescue tubes must be donned correctly with the loop across or over 1 shoulder. During the competitor's approach to the manikin, the tube must be towed behind the competitor with the line fully extended. Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach to the manikin or during the manikin tow.
- 3.6.9 Securing the second manikin: After first touching the turning edge, the competitor must attach the rescue tube around the body and under the arms of the second manikin within 5 m of the pool wall. Competitors must complete the freestyle swim by touching the pool edge before touching the manikin or the rescue tube to secure the manikin for towing.
- 3.6.10 Towing the manikin: Competitors must tow – not carry – the manikin with the tube secured under both arms of the manikin, and with the line of the rescue tube fully extended. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under 1 arm, provided:
- 3.6.10.1 The rescue tube was secured correctly under both arms of the manikin before the competitor started to tow.
 - 3.6.10.2 The mouth and nose of the manikin are maintained above the surface of the water.
- 3.6.11 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. Competitors are not permitted to start again in another heat.

- 3.6.12 Rescue tube defect: If in the opinion of the referee, the rescue tube, line and/or harness (belt) present a technical defect during the event, the referee may allow the competitor to repeat the race.
- 3.6.13 Disqualification: In addition to the General Rules in Section 2, the following behaviour shall result in disqualification:
- 3.6.13.1 Taking assistance from any pool fitting – not including the bottom of the pool when surfacing the manikin.
 - 3.6.13.1.1 Surfacing the head of the first manikin beyond the 5 m-line.
 - 3.6.13.1.2 Not having the manikin in the correct carrying position before the top of the manikin's head passes the 5 m-line.
 - 3.6.13.1.3 Using an incorrect carrying technique as described in 2.2 Manikins.
 - 3.6.13.1.4 Not maintaining the manikin's mouth and nose above the surface when required.
 - 3.6.13.1.5 During the approach to the manikin, not towing the rescue tube with the line fully extended or without the shoulder loop across or over 1 shoulder.
 - 3.6.13.1.6 Manikin handler not releasing the manikin immediately after the competitor has touched the turning edge.
 - 3.6.13.1.7 Manikin handler pushing the manikin towards the competitor or the finish edge.
 - 3.6.13.1.8 Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turning edge.
 - 3.6.13.1.9 Manikin handler entering the water.
 - 3.6.13.1.10 At 150 m, not touching the pool edge before touching manikin or rescue tube to secure the manikin.
 - 3.6.13.1.11 Not securing the rescue tube around the second manikin (i.e., not around body and under both arms) before the 5 m-line (judged at the top of the manikin's head).
 - 3.6.13.1.12 Not towing the manikin with the line of the rescue tube fully extended.
 - 3.6.13.1.13 Touching the finish edge without the rescue tube and manikin in place.
 - 3.6.13.1.14 Failure to touch the finish edge.
 - 3.6.13.1.15 Failure to touch the turning edges.

3.7 Line Throw (12 m)



3.7.1 Event description

3.7.1.1 In this timed event, the competitor throws an unweighted line to a fellow team member located in the water approximately 12 m distant and pulls this "victim" back to the finish edge of the pool.

3.7.2 The start: On the long whistle, competitors step into the throw zone. The "thrower" holds one end of the throw line. The "victim" takes the line, enters the water and extends the surplus line over and beyond the crossbar in the allotted lane. On the starter's "Take your marks" command, the competitor and victim immediately assume the starting position. When competitors are motionless, the starter gives the acoustic starting signal.

3.7.3 Starting position: The competitor stands facing the victim, motionless with legs together and arms straight down and beside the body. The 'end' of the throw line is held in 1 hand. The victim treads water in the centre of the lane on the near side of the rigid crossbar. The victim holds (with 1 or 2 hands) both the throw line and the designated spot on the crossbar.

3.7.4 On an acoustic starting signal: The competitor retrieves the line, throws the line back to the victim and pulls him or her through the water until the victim touches the finish edge. The victim remains in the water and the competitor is required to keep at least one foot in the throw zone until the referee signals the completion of the event. There is no penalty for pulling on a 'rigid' crossbar while attempting to reach the throw line. When a semi-rigid cross bar is being used, pulling on the cross bar to gain an advantage will result in disqualification.

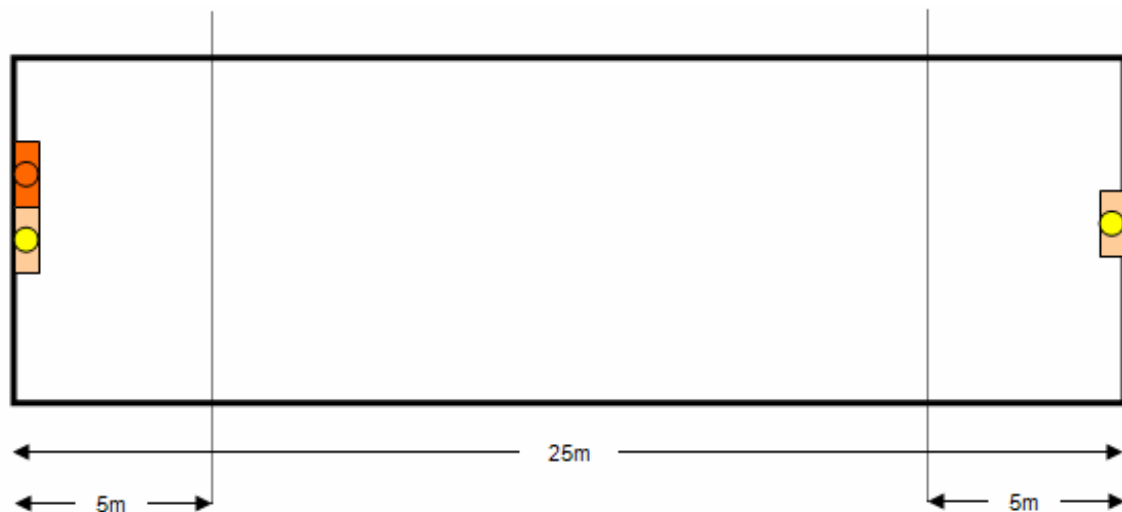


- 3.7.5 Fair throw: Victims may grasp the throw line only if it falls within their lane and within their reach without releasing their grasp on the designated spot on the crossbar. Victims may not submerge to retrieve the throw line.
- 3.7.6 Pull through the water: While being pulled to the edge, victims must be on their front holding the throw line with both hands. For safety reasons, victims may release the line with 1 hand in order to touch the wall. This will not result in disqualification.
- 3.7.7 Throw zone: Competitors must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5 m from the pool edge. If there is a raised portion of the poolside, the line shall be 1.5 m back from the deck side of the raised portion. Any part of the competitors' body may touch the throw zone line without penalty. And any part of the competitor's feet may cross over the front of the "pool edge" of the throw zone without penalty. However, competitors shall be disqualified if any part of the body (e.g., hands, feet) touches the ground beyond the sides or rear of the throw zone. As long as there is no interference with another competitor, any part of the competitor's body may cross the throw zone line – in the air. Competitors who enter (or fall into) the water shall be disqualified.
- 3.7.8 Time limit: Competitors must make a fair throw and tow the victim to the finish edge within 45 seconds. If a throw falls short or outside the allocated lane, competitors may recover the line and throw again as often as necessary up to the 45 second limit. Competitors who fail to get the victim to the finish edge before the 45 second completion signal shall be designated as "Did Not Finish" (DNF).
- 3.7.9 Equipment: Throw line must be between 16.5 m and 17.5 m in length. Competitors must use the throw lines supplied by organisers. The rigid crossbar is positioned on the surface across each lane 12 m from the starting end of the pool. A mark located on the crossbar in the centre of the lane clearly designates the spot to be held by the victim.
- 3.7.10 Judging: A judge shall be assigned to each lane and positioned behind the competitor (i.e., the thrower) with a clear view of the lane. A judge shall be positioned on each side of the pool at the 12 m mark and on each side of the edge of the throw zone.
- 3.7.11 Disqualification: In addition to the General Rules in Section 2, the following behaviour shall result in disqualification:
- 3.7.11.1 Victim's hand moving from the designated mark on the crossbar before touching the throw line.
 - 3.7.11.2 Victim submerging to retrieve the throw line.

- 3.7.11.3 Victim grasping the throw line when it falls outside the lane.
- 3.7.11.4 Victim not on his or her front while being pulled to the finish edge.
- 3.7.11.5 Victim not holding the throw line with both hands while being pulled to the finish edge.
- 3.7.11.6 Victim leaving the water before the 45 second completion signal.
- 3.7.11.7 Thrower leaving the throw zone at any time after the start and before the 45 second completion signal.
- 3.7.11.8 Failure to get the victim to the finish edge before the 45 second completion signal.
- 3.7.11.9 Pulling on a semi-rigid cross bar in order to gain an advantage.

4. Relay events

4.1 Manikin Carry relay (4 x 25 m)



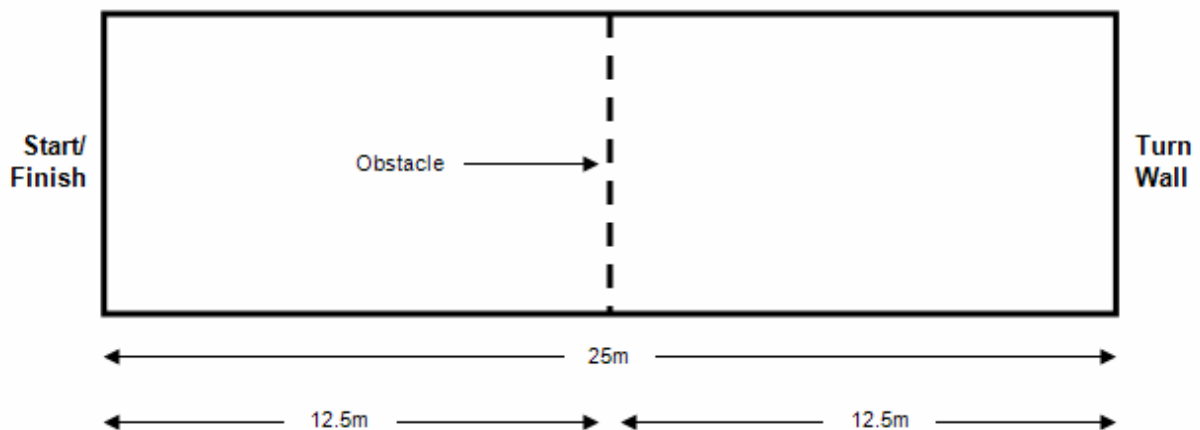
4.2.1 Event description

4.3.2.1 Four competitors in turn carry a manikin approximately 25 m each. The first competitor: starts in the water holding a manikin with 1 hand (its mouth and nose above the surface) and the pool edge with the other. On an acoustic signal, the competitor carries the manikin 25 m to touch the turning edge and pass the manikin to the second competitor who is in contact with the turning edge with at least 1 hand. The second competitor may touch the manikin only after the first competitor has touched the turning edge. (This process must be followed during all three changeovers).

4.2.2 Equipment: The manikin is completely filled with water and sealed. Competitors must use the manikins supplied by organisers.

- 4.2.3 Disqualification - In addition to the General Rules in Section 2, the following behaviour shall result in disqualification:
- 4.2.3.1 Using incorrect manikin carry technique as described in 2.2 Manikins.
 - 4.2.3.2 Not maintaining the manikin's mouth and nose above the surface throughout (see 2.2 Manikins).
 - 4.2.3.3 Taking assistance from any pool fitting.
 - 4.2.3.4 The manikin changing hands:
 - 4.2.3.4.1 Before or beyond the designated changeover zone
 - 4.2.3.4.2 Before the current lifesaver touches the pool edge
 - 4.2.3.4.3 Without the next lifesaver in touch with the pool edge
 - 4.2.3.5 Releasing the manikin before the next competitor has contacted the manikin.
 - 4.2.3.6 Releasing the manikin before touching the finish wall.
 - 4.2.3.7 Failure to touch the finish edge.

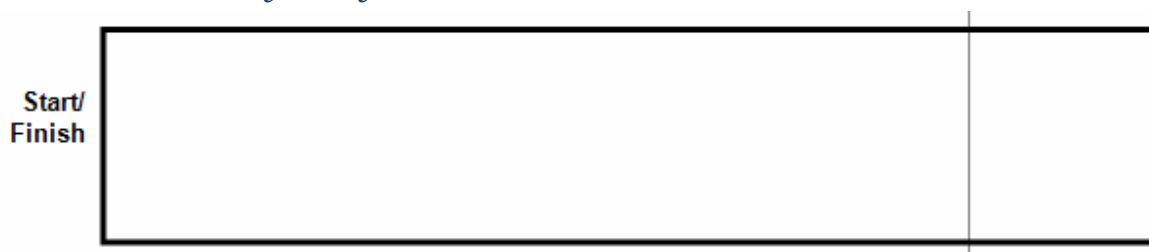
4.2 Obstacle Relay (4 x 50 m)



- 4.2.1 Event description:
- 4.2.1.1 With a dive entry on an acoustic signal, the first competitor swims 50 m freestyle passing under 2 obstacles. After the first competitor touches the turning edge the second, third, and fourth competitors repeat the procedure in turn. Competitors must surface after the dive entry before the first obstacle and after passing under each obstacle. "Surfacing" means the competitor's head breaks the plane of the surface of the water. Competitors may push off the pool bottom when surfacing from under the obstacles. Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.
- 4.2.2 Equipment: Obstacles are fixed at right angles on lane ropes in a straight line across all lanes. The obstacle is positioned 12.5 m from the starting edge.

- 4.2.3 Disqualification: In addition to the General Rules in Section 2, the following behaviour shall result in disqualification:
- 4.2.3.1 Passing over an obstacle and not immediately returning over or under that obstacle and then passing under it.
 - 4.2.3.2 Failure to surface after each dive entry and before the obstacle
 - 4.2.3.3 Failure to surface after each obstacle.
 - 4.2.3.4 One competitor repeating 2 or more legs of the event.
 - 4.2.3.5 Leaving the start before the previous competitor has touched the edge.
 - 4.2.3.6 Failing to touch the finish edge.
 - 4.2.3.7 Failure to touch the turning edges.

4.3 Medley relay (4 x 50 m)



- 4.3.1 Event description:
- 4.2.3.1 With a dive start on an acoustic signal, the first competitor swims 50 m freestyle without fins. With a dive start after the first competitor touches the wall, the second competitor swims 50 m freestyle with fins. With a dive start after the second competitor touches the wall, the third competitor swims 50 m freestyle towing a rescue tube. The third competitor touches the turning edge. The fourth competitor is in the water wearing fins with at least 1 hand on the turning edge. The fourth competitor takes the harness and the third competitor, playing the role of "victim", holds the rescue tube with both hands while being towed 50 m by the fourth competitor to the finish. Both the fourth and the third competitor (victim) must leave from the turning edge. The victim must be in contact with the rescue tube before passing the 5 m-line.
 - 4.2.3.2 The event is complete when the fourth competitor touches the finish edge of the pool with the victim in contact with the tube. The victim may kick while being towed, but no other assistance is permitted. The victim must grip the main body of the rescue tube – not the rope or clip. The victim must hold onto the rescue tube with both hands while being towed, but may reposition his or her hands on the tube during the tow without disqualification. While the fourth competitor must have at least 1 hand on the turning edge when the third competitor touches the edge, the

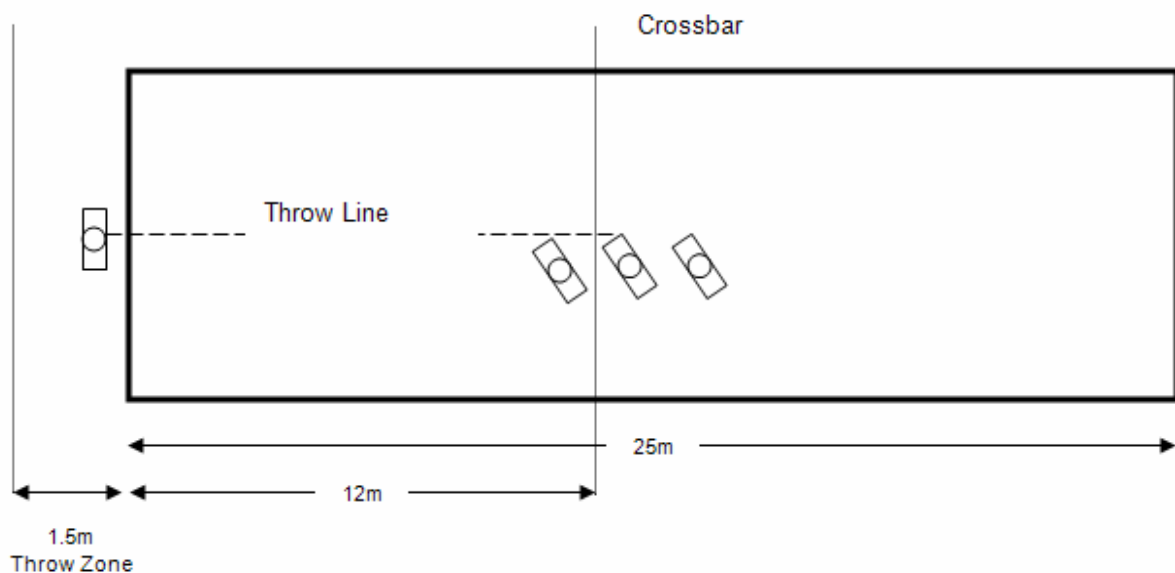


fourth competitor may push off the edge with hand, arm, or feet.

- 4.2.3.3 Competitors 1, 2 and 3 may tumble turn during their legs, competitor 4 is not allowed to tumble turn.
- 4.3.2 Equipment: Rescue tube, swim fins.
 - 4.3.2.2 Competitors must use the rescue tubes supplied by organisers. Starts with rescue tubes: At the start, the rescue tube and rescue tube line may be positioned at the competitor's discretion, but within the competitor's allotted lane. The rescue tube line must become fully extended immediately after the start.
 - 4.3.2.3 UPDATE: Whilst the ILS are working towards a solution the RLSS is forced to **BAN** competitors diving from blocks or next to blocks with a torpedo buoy, for pools where blocks are permanently placed competitors **MUST** start in the water, competitors may dive start from the side as long as the blocks have been completely removed.
- 4.3.3 Wearing rescue tubes: Rescue tubes must be donned correctly with the loop across or over 1 shoulder. During the competitor's approach to the manikin, the rescue tube must be towed behind the competitor with the line fully extended. Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach to the victim or during the tow of the victim.
- 4.3.4 Towing the victim: Competitors must tow the victim with the line of the rescue tube fully extended.
- 4.3.5 Retrieving lost fins: Competitors may retrieve fins lost after the start and the team may continue in the event. The team will not be permitted to start again in another heat.
- 4.3.6 Rescue tube defects: If in the referee's opinion, the rescue tube, line or harness (belt) presents a technical defect during the event, the referee may allow the team to repeat the race.
- 4.3.7 Disqualification: In addition to the General Rules in Section 2, the following behaviour shall result in disqualification:
 - 4.3.7.1 The second and third competitors starting before first and second competitors respectively touch the turning edge.
 - 4.3.7.2 The first, second or third competitor not touching the turning edge.
 - 4.3.7.3 The third competitor not towing the rescue tube with the line fully extended or without the shoulder loop across or over 1 shoulder.
 - 4.3.7.4 The fourth competitor taking the harness before the third competitor touches the turning edge.

- 4.3.7.5 The fourth competitor leaving the turning edge before the third competitor touches the wall.
- 4.3.7.6 The victim holding the rescue tube by the rope or clip.
- 4.3.7.7 The victim helping with arm movements, or not holding the rescue tube with both hands.
- 4.3.7.8 The victim losing the rescue tube after crossing the 5m line.
- 4.3.7.9 The fourth competitor not towing the victim with the line of the rescue tube fully extended or without the shoulder loop across or over 1 shoulder.
- 4.3.7.10 The fourth competitor tumble turning.
- 4.3.7.11 One competitor completing 2 or more legs of the event (excludes third competitor acting as victim).
- 4.3.7.12 Failure to touch the finish edge.

4.4 Line Throw relay (4 x 12 m)



4.4.1 Event Description

- 4.4.9.1 The first team competitor stands on poolside holding end of rope, the three other team members are in the water at a crossbar 12 m away. The Number 2 Competitor is in front of the line with one hand on the crossbar and one hand on the throw rope which is extended over and beyond the crossbar. On the starting signal, competitor Number 1 coils the rope and throws to the Number 2 Competitor who takes hold of the rope with both hands and is pulled through the water. On reaching the side, the Number 2 competitor must touch the end of the pool. The first competitor then enters the water behind the crossbar to become the catcher for the Number 4 competitor. The Number 3 Competitor replaces the Number 2 competitor in front of the crossbar. The Number 2 competitor then coils the rope and



throws it to the Number 3 competitor who takes hold of the rope with both hands and is pulled through the water until he touches the end of the pool. The event continues in the same manner as above for Competitors 3 and 4.

- 4.4.9.2 The event finishes when the catcher for Competitor 4 touches the end of the pool.
- 4.4.2 The start: This event shall use the 1-start rule as follows: On the long whistle, the Number 1 competitors step into the throw zone and remain there. On the starter's "Take your marks" command, competitors immediately assume the starting position. When competitors are motionless, the starter gives the acoustic starting signal.
- 4.4.3 Starting position: The Number 1 Competitor stands facing the victim, motionless with legs together and arms beside the body. The end of the throw line is held in one hand. The second competitor treads water in the centre of the lane on the near side of the crossbar holding the throw line with one hand and the designated spot on the crossbar with the other. The surplus throw line trails in the water over and beyond the crossbar.
- 4.4.4 On an acoustic starting signal: Competitor Number 2 release the throw lines, enabling Number 1 competitors to retrieve and throw the line back to the victims and pull them through the water to the edge of the pool. The event is finished when the catcher for the Competitor Number 4 touches the finish edge. The catcher remains in the water and the competitor remains in the throw zone until the referee signals completion of the event.
- 4.4.5 Fair throw: Victims may grasp the throw line only if it falls within their lane and within their reach without releasing their grasp on the designated spot on the crossbar. Victims may not submerge to retrieve the throw line.
- 4.4.6 Pull through the water: While being pulled to the edge, victims must be on their front holding the throw line with both hands.
- 4.4.7 Throw zone: Competitors 1-3 may leave the area once their victim has touched the end of the pool. Competitor 4 must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5 m from the pool edge until released by the referee. If there is a raised portion of the poolside, the line shall be 1.5 m back from the deck side of the raised portion.



- 4.4.8 Time limit: The Team of Competitors must make fair throws and complete the event within 2 minutes 30 seconds. If a throw falls short or outside the allocated lane, competitors may recover the line and throw again as often as necessary up to the 2 minutes 30-second limit. Teams which fail to complete the event, i.e. not all four competitors pulled to the end of the pool within the time limit will be assigned a time of 3mins.
- 4.4.9 Disqualification: In addition to the General Rules in Section 2, the following behaviour shall result in disqualification:
- 4.4.9.1 Victim's hand moving from the designated mark on the crossbar before touching the throw line.
 - 4.4.9.2 Victim submerging to retrieve the throw line.
 - 4.4.9.3 Victim grasping the throw line when it falls outside the lane.
 - 4.4.9.4 Victim not on his or her front while being pulled to the finish edge.
 - 4.4.9.5 Victim not holding the throw line with both hands while being pulled to the finish edge.
 - 4.4.9.6 Victim leaving the water before the 2 minutes 30 seconds completion signal.
 - 4.4.9.7 Thrower leaving the throw zone at any time after the start and before the 2 minutes 30 second completion signal.
 - 4.4.9.8 Failure to get the victim to the finish edge before the 2 minutes 30 second completion signal.