

British Universities Lifesaving Clubs Association

Competition Manual

Rules, Standards and Procedures for
BULSCA sanctioned competitions

Official Version 4.0

Publication Date:
22nd July 2008

Table of Contents

Preamble.....	4
List of Amendments.....	5
Version 1.0 (October 2004) to 1.1 (January 2005)	5
Version 1.1 (January 2005) to 2.0 (October 2005).....	5
Version 2.0 (October 2005) to 2.1 (February 2006).....	5
Version 2.1 (January 2006) to Version 3.0 (October 2006).....	6
Version 3.0 (October 2006) to Version 3.1 (February 2007).....	6
Version 3.1 (February 2007) to Version 3.2 (February 2008).....	6
Version 3.2 (February 2008) to Version 4.0 (July 2008).....	7
1.0 Management of Competitions.....	8
1.1 Fair Play Code for University Lifesaving.....	8
1.2 Officials.....	10
1.2.4 Officials Code of Conduct	10
1.2.7 Head Referee.....	11
1.2.8 Starter.....	12
1.2.9 Head Marshall.....	12
1.2.10 Head Scorer	12
1.2.11 Head Timekeeper.....	12
1.2.12 Judges.....	12
1.2.13 Equipment Scrutineer	13
1.2.14 Appeals Committee Convenor	13
1.2.15 SERC Manager.....	13
2.0 General Rules and Procedures	14
2.1 Eligibility and Right to Participate.....	14
2.2 Doping Control.....	14
2.3 Teams.....	15
2.3.3 League Teams.....	16
2.3.4 Non-League Teams.....	16
2.4 Swimwear	17
3.0 Scoring.....	18
3.1 Competition Scoring.....	18
3.2 League Scoring.....	18
3.2.1 A league.....	19
3.2.2 B league.....	19
3.3 Results.....	19
3.4 University Records.....	20
4.0 Protests and Appeals.....	21
4.1 Lodging a protest.....	21
4.2 Adjudication of protests.....	22
4.3 Appeals committee.....	22
4.4 Authority.....	23
4.5 Procedure.....	23
4.6 Inquiry guidelines.....	23
4.7 Decision Making.....	24
5.0 Competition Events.....	25
5.1.4.1 Three timekeepers per lane.....	26
5.1.4.2 Two timekeepers per lane.....	26
5.1.4.3 One timekeeper per lane.....	26

5.2 General Rules for Relay Events.....	26
5.3 Simulated Emergency Response Competition.....	28
5.3.1 General Conditions for the SERC	29
5.3.2 Isolation and lock-up	31
5.3.3 Competition start	31
5.3.4 Competition area	31
5.3.5 Situation scenarios	32
5.3.6 Victims, manikins and bystanders	32
5.3.7 Principles of rescue	33
5.3.8 Equipment	34
5.3.9 Start and timekeeping.....	35
5.3.10 Judging and marking	35
5.3.11 Disqualification	37
5.4 4x 12m Line Throw Relay.....	37
5.4.1 Event Description.....	37
5.4.26 Time Penalties and Disqualification.....	39
5.4.27 Technique Judges.....	40
5.5 4x 50m Swim and 50m Tow Relay.....	40
5.5.1 Event Description.....	40
5.5.2 Time Penalties and Disqualification.....	42
5.5.3 Technique judges	42
5.6 4x 25m Manikin Relay.....	42
5.6.1 Event Description for a 25 metre pool.....	42
5.6.2 Event Description for a 50 metre pool.....	43
5.6.3 General Conditions.....	44
5.6.4 Technique judges	44
5.6.5 Time Penalties and Disqualification.....	44
5.7 4x 50m Obstacle Relay	45
5.7.5 Event description in a 25 metre pool.....	45
5.7.6 Event description in a 50 metre pool.....	46
5.7.7 Technique judges	46
5.7.8 Time Penalties and Disqualification	46
5.8 4x 50m Medley Relay.....	47
5.8.1 Event Description.....	47
5.8.2 General Conditions.....	48
5.8.3 Technique judges	48
5.8.4 Time Penalties and Disqualification	49
6.0 Equipment Specifications.....	50
6.1 Throw Lines.....	50
6.2 Manikins.....	50
6.3 Obstacles	50
6.4 Swim Fins.....	50
6.5 Rescue Tubes.....	51
7.0 Appeals Form.....	53

Preamble

These rules have been drawn up after detailed consultation with;

- the International Lifesaving Federation (ILSF) World Championship Rules;
- the International Lifesaving Federation (ILSF) World Games Rules;
- the International Lifesaving Federation (ILSF) European Championship Rules;
- the Royal Lifesaving Society United Kingdom (RLSS UK) National Speed Championship Rules;
- the Royal Lifesaving Society United Kingdom (RLSS UK) National Lifesaving Championship Rules and Regulations;
- the Surf Lifesaving Association of Great Britain (SLSA (GB)) Competition Rulebook, version 4;
- the United States Lifeguard Association (USLA) Competition Rules;
- the Royal Lifesaving Society Australia (RLSSA) National Lifesaving Championship Rules and Regulations;
- minutes from the British Universities Lifesaving Clubs Association meetings;
- the Federation Internationale de Natation (FINA) rules and regulations;
- the Amateur Swimming Association (ASA) rules and regulations;
- the British University Sports Association (BUSA) Regulations;
- and Janet Castro (Convenor, UK College of Referees).

The rules are designed to comply with the latest revision of the ILSF World rules as far as practicable. The rules have been reviewed and changed slightly at the end of each University Lifesaving “season” and also at the mid-season break in January.

The BULSCA Annual General Meeting feels that this continual review and update is important in order to aid the progress of University Lifesaving, and Lifesaving as a sport.

The nature of University Lifesaving competitions, in particular their regularity, has allowed the authors to extensively review the rules on a frequent basis and hope that they now provide guidelines as clearly as possible for competing teams, whilst encouraging openness, fairness, and clarity during competitions. The author recommend that these rules are reviewed in the light of the anticipated change in the RLSS (UK) rules.

List of Amendments

Version 1.0 (October 2004) to 1.1 (January 2005)

These changes were discussed and agreed at the BULSCA Rules Meeting held at 13:00 on the 11th December 2004 at the University of London Union. Minutes for this meeting and further details of the changes can be found on the British Universities Life Saving Clubs' Association website www.bulzca.co.uk

- Numerous minor grammatical and readability changes
- 4x 12m Line Throw penalties and scoring system changed
- 4x 50m Swim and 50m Tow Rules tightened up with regards to stroke technique and pick-ups
- 4x 50m Lifesaving Medley clarification of the rules for the final leg.
- Speed event penalties changed from disqualification to 15 seconds (with the exception of deliberate infringements and false starts).
- Changes to the method used for calculating League scores.
- Removal of the University Records section (formerly Section 3.1)
- All equipment specifications moved from the event rules to a separate section.

Version 1.1 (January 2005) to 2.0 (October 2005)

These changes were discussed and agreed at the BULSCA Annual General Meeting held at 12:00 on the 16th of April at the University of Warwick Students Union. Minutes for this meeting and further details of the changes can be found on the British Universities Life Saving Clubs' Association website www.bulzca.co.uk

- Competition scoring system clarified, and league points system tweaked.
- Re-insertion of the University Records section (now Section 3.4)
- SERC weighting adjusted for competitions holding both an aquatic SERC and a non-aquatic SERC.
- SERC Isolation rules extended and clarified
- First Aid Kit contents listed for use in SERCs
- Actors in SERCs cannot wear any clothing indicating any club affiliation
- SERC 'glasses box' rules adjusted
- Backstroke flags are to be erected for the races.
- Turns at 25m for the speed events were clarified to specifically allow or disallow tumble turns as appropriate
- Appeals and Protests Form modified

Version 2.0 (October 2005) to 2.1 (February 2006)

These changes were discussed and agreed at the BULSCA Rules Meeting held at 10:00 am on Saturday the 10th of December 2005 at the University of London Students Union. Minutes of this meeting can be found on the British Universities Life Saving Clubs' Association website www.bulzca.co.uk

- Detailed specifications for the marks that the “overall” SERC judges gives. Section **5.3.10.1**
- Clarified which SERC rules did not apply to non-aquatic SERCs. Section **5.3.1**
- Specified appropriate use of AEDs and Oxygen. Section **5.3.5.4**
- Specified appropriate treatment of casualties with a suspected spinal injury Section **5.3.5.5**
- Added a foil “survival” blanket to the SERC First Aid kit. Section **5.3.8.1.3**
- Clarified the rules on diving depths. Section **5.2.15**
- Adjusted the protest rules. Section **4.0.4**
- Added that judges must receive a written briefing sheet. Section **1.2.5.3**
- Added the rule about independent judges being appropriately allocated. Section **1.2.3**

Version 2.1 (January 2006) to Version 3.0 (October 2006)

- Non-Aquatic SERC is now a compulsory event for all league competitions, including the “nationals”. Section **5.0.1**
- Non-Aquatic SERC is to be double weighted. Section **3.1.2**
- Extra events are to be zero weighted. Section **3.1.2.2**
- The word “hazardous” inserted in Section **5.3.5.3**
- The Head Referee role has been separated from other “Head” roles. Section **1.2.2.1**
- Time limit for SERCs in a 50m pool increased to 3 minutes. Section **5.3.0.2**
- Time Penalties for the speed events replaced with disqualifications. Sections **5.6.5.1, 5.7.8.1, and 5.8.4.1**
- Clarification of judges roles in SERCs. Section **5.3.10.1**.
- Rigid crosslines shall be used for the 4x12m line throw. Section **5.4.1.1.1**
- Appeals rules changed. Section **4.1.1.3 onwards**
- Removed Section **4.3.4**
- Added the role of Head SERC Judge. Section **1.2.12.2**
- Added the role of SERC Manager. Section **1.2.15**
- Appeals Section thoroughly adjusted and renumbered Section **4**
- Added more guidance on dealing with problems in the SERC. Section **5.3.10**

Version 3.0 (October 2006) to Version 3.1 (February 2007)

- Tumble turn rule **5.5.1.5.2** deleted and section renumbered.
- Rule **5.3.6.3** updated to reflect new CPR protocols.
- Rule **5.3.6.1.2** added to ban casualties from wearing clothing that looks like a judge.
- Reworded **1.2.4.2** for clarification.
- Changed Section **3.4** to reflect the new records system.

Version 3.1 (February 2007) to Version 3.2 (February 2008)

- Fine for failure to meet rule **3.3.3** introduced.
- Rule **5.3.1.5** has been amended to allow the wearing of glasses throughout the aquatic SERC subject to an individual risk assessment of the venue.

- Rule **5.3.1.13** added to address the issue of what happens when a team mate 'kills' themselves.

Version 3.2 (February 2008) to Version 4.0 (July 2008)

These changes were discussed and agreed at the BULSCA Annual General Meeting held at 11:00 on the 4th of May at the Loughborough University Students Union. Minutes for this meeting and further details of the changes can be found on the British Universities Life Saving Clubs' Association website www.bulzca.co.uk

Please note that in version 4.0 amendments have been made to previous website names and addresses within the above List of Amendments.

- Rules 5.2.18 and 5.2.18.1 added for the seeding of speeds events determined by the entry times for the 4 x 50m Swim and 50m Tow relay.
- Rule 5.4.10.5 removed. Rule 5.4.10.1 amended, competitors may not slide along the cross line.
- Rule 5.5.1.8 updated to reflect the rescuer not being required to touch the turning edge whilst collecting a casualty, and Rule 5.5.1.8.1 deleted.
- Rule 5.5.1.5.3 added to allow tumble turns at after 25m (if applicable), but not whilst picking up a casualty. (Rule 5.5.1.8)
- Rule 5.5.1.7 updated. Casualties are to be vertical in the water, elbows and shoulders below the water, holding the wall.
- The wording of rule 5.6.3.3 updated and rule 5.6.3.4 deleted.
- Rule 5.6.5.1.3 updated to remove “for the majority” with respect to the keeping the mouth and nose above the surface during the carry of the manikin.
- Rule 5.8.4.1.8 updated to add “and across the shoulder” with respect to the fourth competitor in the 4 x 50m Medley Relay.
- Rule 3.3.3 amended, competition results are to be sent via email to chair@bulzca.co.uk.
- Records should now be sent via email to sportdevelopment@bulzca.co.uk.

1.0 Management of Competitions

- 1.0.1** All British University Lifesaving Clubs Association (hereafter referred to as BULSCA) competitions will take place under the auspices of the BULSCA.
- 1.0.2** All BULSCA competitions will be organised by a committee comprised of members from the host university, hereafter referred to as the “Management Committee”.
- 1.0.3** The Management Committee are responsible for;
- 1.0.3.1** the appointment of all officials;
 - 1.0.3.2** the provision of all equipment used during the competition;
 - 1.0.3.3** ensuring the suitability of the venue for the number of people anticipated and the planned activities, including provisions for people with mobility difficulties;
 - 1.0.3.4** ensuring that the competition and any events associated with the competition comply with all applicable legislation, including but not limited to all applicable Health and Safety regulations;
 - 1.0.3.5** ensuring that all appropriate Operating Procedures for the venues used are followed;
 - 1.0.3.6** ensuring a safety and emergency plan is in place for all venues;
 - 1.0.3.7** ensuring that the competition and all associated events take place in accordance with all published BULSCA policies;
 - 1.0.3.8** ensuring that there is the most recent copy of this rulebook available in paper format for consultation for the entire duration of the competition;
 - 1.0.3.9** ensuring that all Officials have read and understood the most recent copy of the BULSCA Competition Manual;
 - 1.0.3.10** notifying the BULSCA of the date, time, and venue of the competition no later than twenty-eight (28) days prior to the date of closure for entries;

1.1 Fair Play Code for University Lifesaving

- 1.1.1** BULSCA will:
- 1.1.1.1** promote and encourage fair play through its members;
 - 1.1.1.2** ensure that the rules are fair, clearly understood, and properly enforced by all competitors, coaches, officials and administrators;
 - 1.1.1.3** make every effort to ensure that its rules are applied consistently and with absolute impartiality;
 - 1.1.1.4** treat all competitors equally, irrespective of gender, race or physical characteristics;
 - 1.1.1.5** impress upon competitors, coaches, officials and administrators the need to maintain the highest standards of sportsmanship in running and playing their sport;

- 1.1.2 BULSCA Officials will:**
- 1.1.2.1** abide by the rules and the spirit of the competition;
 - 1.1.2.2** be fair, considerate and honest with others;
 - 1.1.2.3** be professional in their actions, language, presentation, manner, and punctuality;
 - 1.1.2.4** resolve conflicts fairly and promptly through established procedures;
 - 1.1.2.5** maintain strict impartiality;
 - 1.1.2.6** maintain a safe environment for others;
 - 1.1.2.7** show caution and concern toward others;
 - 1.1.2.8** be a positive role model to others;
 - 1.1.2.9** show respect to competitors;
- 1.1.3 BULSCA Competitors will:**
- 1.1.3.1** abide by the rules and the spirit of the competition;
 - 1.1.3.2** accept the decisions of referees and judges without question or complaint;
 - 1.1.3.3** never consider cheating and in particular, must not attempt to improve their individual performance by the use of drugs;
 - 1.1.3.4** exercise reasonable self-control at all times;
 - 1.1.3.5** learn to accept success and failure, victory and defeat, with good grace and magnanimity and without excessive emotional display;
 - 1.1.3.6** treat their opponents and team-mates with respect, both in and out of the competition area;
- 1.1.4 BULSCA Team Managers and Coaches will:**
- 1.1.4.1** insist that competitors understand and abide by the principles of fair play;
 - 1.1.4.2** never countenance the use of drugs by competitors;
 - 1.1.4.3** never employ methods or practices that could involve risks, however slight, to the long-term health or physical development of their competitors;
 - 1.1.4.4** not attempt to manipulate the rules in order to take advantage of their competitors or their opponents;
 - 1.1.4.5** respect the regulations and authority of the BULSCA and not attempt to avoid or circumvent these regulations;
 - 1.1.4.6** recognise the special role that they have to play in the establishment of standards by setting a good example of sportsmanship at all times;
 - 1.1.4.7** respect the rights of other teams and not deliberately act in a manner intended to be to the detriment of any other team;
 - 1.1.4.8** respect the rights of competitors, coaches, officials and not exploit or deliberately act in a manner intended to be detrimental to them;
 - 1.1.4.9** 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;

1.2 Officials

1.2.1 The Management Committee is responsible for the appointment of all officials. It is possible for one person to occupy more than one official post, as long as it is clear that no conflict of interest will arise. The official positions are:

- Head Referee
- Starter
- Head Marshall
- Head Scorer
- Head Timekeeper
- Judge(s)
- Equipment Scrutineer
- Appeals Committee Convenor

1.2.2 Unless otherwise stipulated the Head Referee will automatically occupy the additional roles of the Equipment Scrutineer and the Appeals Committee Convenor, provided that they do not detract from his/her ability to perform the role of Head Referee.

1.2.2.1 The Head Referee may **not** occupy the roles of; Starter; Head Marshall; Head Scorer; or Head Timekeeper whilst fulfilling the role of Head Referee.

1.2.3 At least two (2) Judges shall be independent from the host university **and** host branch. At least one (1) independent Judge shall be allocated to the aquatic SERC, **and** at least one (1) independent Judge shall be allocated to the non-aquatic SERC.

1.2.4 The Management Committee will announce the names of the officials in writing, by e-mail using the University Lifesaving e-mailing list and anywhere else the Management Committee decide, no later than seven (7) days before the first day of the competition. A list of the officials will be available for the duration of the competition.

1.2.4 Officials Code of Conduct

1.2.4.1 The Head Referee, the Equipment Scrutineer and all Judges must be approved as Competition Judges by the Royal Lifesaving Society United Kingdom, or the Surf Lifesaving Association (GB).

1.2.4.1.1 The Management Committee may derogate from this rule if they consider that the individual concerned is a person in good standing within the BULSCA and is capable of performing the required tasks and responsibilities to an equal standard as an approved Competition Judge.

1.2.4.2 Individuals may not coach, train, or similarly assist a competing team in the Simulated Emergency Response Competition whilst they are in possession of advantageous information (e.g. having set a future competition incident).

1.2.4.2.1 An Official found to be in violation of this rule shall be declared ineligible to act further as an Official.

1.2.4.2.2 Officials who hold seminars or clinics for groups that include competitors are not deemed to be violating this rule.

1.2.4.3 All Officials must make their decisions autonomously and independently of each other, unless otherwise stipulated in these rules.

1.2.5 Meetings

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

1.2.5.2 Failure to comply with Section **1.2.5.1** may result in the suspension of the official.

1.2.5.3 All judges shall receive a printed copy of a “Judges Briefing” for each incident. This document shall highlight the differences between “Branch” competitions and “University” competitions, amongst other necessary details.

1.2.6 Dress

1.2.6.1 Officials shall wear a white top with white or navy blue shorts, trousers, or skirt. Protective clothing (such as a raincoat) may be worn as appropriate.

1.2.6.1.1 Any derogation from this rule will be decided upon by the Management Committee and all competitors shall be notified before the start of the competition.

1.2.7 Head Referee

1.2.7.1 The Head Referee shall have the authority to enforce all BULSCA rules and decisions for the duration of the competition and may intervene at any stage to ensure that BULSCA regulations are observed.

1.2.7.2 The Head Referee shall consult with the Management Committee on all questions not covered by the rules.

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

1.2.7.4 The Head Referee shall ensure that teams are duly informed of any changes.

1.2.8 Starter

1.2.8.1 The Starter shall have full control of the competitors from the time the Referee turns them over to the Starter, until the race has commenced with a fair start.

1.2.8.2 The Starter shall have the power to decide whether the start is fair and to disqualify competitors for false starts under the rules of individual events.

1.2.8.3 The Starter shall report a competitor to the referee for delaying the start, for wilfully disobeying an order, or for any other misconduct taking place at the start, but only the Head Referee may disqualify a competitor for such delay, wilful disobedience, or misconduct.

1.2.9 Head Marshall

1.2.9.1 The Head Marshall shall be responsible for assembling the competitors in the appropriate order prior to each event, and for maintaining discipline among competitors before the start.

1.2.10 Head Scorer

1.2.10.1 The Head Scorer shall be responsible for the overall record keeping, calculation of results, and release of official results for all competition events.

1.2.11 Head Timekeeper

1.2.11.1 The Head Timekeeper shall be responsible for assigning timekeepers to their respective lanes.

1.2.11.2 The Head Timekeeper shall be responsible for checking the accuracy of the times and watches.

1.2.11.3 The Head Timekeeper shall be the sole person to collect the official times from each of the timekeepers.

1.2.11.4 The Head Timekeeper shall be the sole person who directs the timekeepers to reset their watches.

1.2.12 Judges

1.2.12.1 While Judges play many roles, their principle responsibility shall be to ensure competition events operate fairly and within BULSCA rules and regulations. Judges' order-of-finish decisions are not subject to protest or appeal.

1.2.12.2 From the group of judges judging each SERC, one shall be nominated to be Head SERC Judge. This shall ideally be the most experienced Judge and/or the Judge that wrote the SERC scenario.

1.2.13 Equipment Scrutineer

1.2.13.1 The Equipment Scrutineer shall be responsible for ensuring that all equipment used by competitors complies with BULSCA standards and requirements.

1.2.13.2 The Equipment Scrutineer shall arrange a program and timetable for the inspection of competition equipment prior to its use in events, and, if necessary during and/or after an event.

1.2.13.3 The Equipment Scrutineer shall liaise with the referee on infringements and any concerns raised by competitors, team managers or coaches.

1.2.14 Appeals Committee Convenor

1.2.14.1 The Appeals Committee Convenor shall be responsible for appointing an Appeals Committee to adjudicate all matters referred to it by the Head Referee.

1.2.15 SERC Manager

1.2.15.1 The SERC Managers responsibilities are to oversee each of the SERCs in the competition.

1.2.15.2 One SERC Manager shall be totally responsible for the smooth running of each SERC. The same manager shall be responsible for the entire duration of the SERC.

1.2.15.3 Their responsibilities shall include (but are not limited to);

1.2.15.3.1 Ensuring that all actors are correctly positioned

1.2.15.3.2 Ensuring that all props are correctly positioned

1.2.15.3.3 Ensuring that all manikins are correctly sterilised

1.2.15.3.4 Ensuring that any planned developments during the SERC happen at the same time for each competitive team.

1.2.15.3.5 Ensuring that all manikins are in full working order

1.2.15.4 The SERC Manager may also be a Judge. This is **not** preferred.

1.2.15.5 The SERC Manager shall record any issues arising during the SERC and shall pass these to the Management Committee for immediate publication.

2.0 General Rules and Procedures

2.1 Eligibility and Right to Participate

- 2.1.1** All competitors must be eligible to compete in accordance with Section 5.2 of the BULSCA Constitution.
- 2.1.2** All competitions run under the auspices of the BULSCA are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving; that is to say, people who are lifesavers first, competitors second. The BULSCA considers it unethical to recruit competitors for their high-performance athletic ability whose lifesaving credentials are tenuous or merely convenient for purposes of competition.
- 2.1.3** Team management personnel and coaches are the key to preventing such unethical practices and must emphasize “play within the rules” behaviour. The personal conduct of team managers and coaches is measured by the BULSCA Fair Play Code in Section 1.1.4.

2.2 Doping Control

- 2.2.1** Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as “the spirit of sport”; it is the essence of Sport; it is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and is characterised by the following values which BULSCA firmly supports:
- 2.2.1.1** ethics, fair play and honesty,
 - 2.2.1.2** health ,
 - 2.2.1.3** excellence in performance,
 - 2.2.1.4** character and education,
 - 2.2.1.5** fun and joy,
 - 2.2.1.6** teamwork,
 - 2.2.1.7** dedication and commitment,
 - 2.2.1.8** respect for rules and laws,
 - 2.2.1.9** respect for self and other participants,
 - 2.2.1.10** courage,
 - 2.2.1.11** community and solidarity,
- 2.2.2** Doping is fundamentally contrary to the spirit of sport. The BULSCA is fundamentally opposed to the use of any form of performance enhancing drugs.
- 2.2.3** Drug testing will take place in accordance with the current Sports Council Doping Control Unit rules and procedures.
- 2.2.4** All Competitors shall submit to Doping Control carried out by the BULSCA In-Competition, Out-of-Competition, announced or unannounced. The

Competitor shall submit to Doping Control whenever requested by an official authorised by the BULSCA, the RLSS (UK), or the ILSF.

- 2.2.4.1** All competitors must sign the entry form to signify their acceptance of these conditions.
- 2.2.4.2** Failure to comply with Section **2.2.4** and **2.2.4.1** will result in the competitor being prohibited from competing in the competition.
- 2.2.5** Any competitor testing positive for a substance on the most recent Prohibited Substance list as published by the World Anti-Doping Agency (WADA) in connection with an In-Competition test automatically leads to disqualification of the individual.
- 2.2.5.1** All results obtained by the competitor in the competition will be declared null and void with all resulting consequences, including forfeiture of any medals, points and prizes.
- 2.2.5.2** Furthermore the individual will not be allowed to compete in any BULSCA sanctioned competition for a period of one (1) year.
- 2.2.6** The details of any positive tests will be conveyed by the BULSCA to the RLSS (UK), and the ILSF.
- 2.2.7** The BULSCA or the Management Committee may, with permission of the BULSCA chair, call on outside accredited bodies to assist in enforcing these rules.
- 2.2.8** The BULSCA will act in accordance with any enforcement action recommended by the RLSS (UK), or the ILSF.
- 2.2.9** Individuals testing positive have a right to appeal as outlined in the Protests and Appeals Section below. All appeals concerning doping will be considered under Regulation **4.3.5.4** of this Handbook.

2.3 Teams

- 2.3.1** All teams shall be made up of four individuals, comprising of at least one male and at least one female.
- 2.3.1.1** All individuals must comply with the criteria in Section **5.2** of the BULSCA Constitution.
- 2.3.1.2** Should any individual be under the age of 18 years on the date of the competition the Management Committee **must** be informed no later than seven (7) days before the start of the competition, in order to allow them time to fully implement the most recent RLSS (UK) Child Protection Policy.

2.3.2 The Management Committee may decide to vary the size of the teams, however they may not change the requirement of having at least one male team member and at least one female team member.

2.3.2.1 If a Non-League team is unable to fulfil these requirements they may apply to the Management Committee for exemption from this condition.

2.3.3 League Teams

2.3.3.1 Every BULSCA member in accordance with Section 3 of the BULSCA Constitution is entitled to present League Teams at every BULSCA sanctioned competition.

2.3.3.2 The limit on the number of teams shall be decided by the Management Committee of the competition, but shall not be less than one team per BULSCA member.

2.3.3.3 Multiple teams from a University shall be differentiated with a letter after the BULSCA approved team name, following the sequence;
University Lifesaving Club A;
University Lifesaving Club B;
University Lifesaving Club C; and so on.

2.3.3.4 Multiple teams from a University shall only be allowed to enter the competition after every University that wishes to compete at the competition has entered a team.

2.3.4 Non-League Teams

2.3.4.1 The term “Non-League Team” covers any Lifesaving team competing at a BULSCA sanctioned competition that does not fulfil the criteria for official and legal BULSCA affiliation, this may include;
Teams made up from former University Students;
Local Non-University Lifesaving Club Teams;
University Teams not eligible for BULSCA membership.

2.3.4.2 If the Management Committee of the competition has not been able to fill all available places with League Teams, they may allow Non-League teams to enter.

2.3.4.3 The participation of Non-League Teams shall not prevent any League Teams from participating in a competition.

2.3.4.4 Non-League Teams **shall** appear in the official published results, and **shall** receive any medals and any other prizes due to them.

2.3.4.5 Non-League Teams final positions are **not** taken into account when calculating the League placings. See sections **3.2.0.1** to **3.2.0.4**.

2.4 Swimwear

- 2.4.1** The Head Referee has the authority to exclude any competitor whose swimwear does not comply with the following standards;
- 2.4.1.1** The swimwear of all competitors shall be in good moral taste and not carry any symbol which may be considered offensive.
 - 2.4.1.2** All swimwear shall be non-transparent.
 - 2.4.1.3** Competitors shall not wear or use anything that may aid buoyancy.
- 2.4.2** This decision may be appealed in accordance with Section 4.
- 2.4.3** All competitors shall wear their matching team swimming hat for every event.
- 2.4.3.1** Competitors that fail to comply with **2.4.3** may be prevented from participating in the event, at the Head Referee discretion.
 - 2.4.3.2** The team captain shall be clearly identifiable by wearing a distinctly different hat for the duration of the Simulated Emergency Response Competitions. A contrasting colour is the preferred method.
- 2.4.4** Any jewellery that may pose a risk to any competitors, spectators, actors, or officials shall not be worn. The Head Referee's decision is final and not subject to appeal.
- 2.4.4.1** Jewellery that cannot be removed may be allowed to remain in place and be covered with a suitable waterproof plaster at the discretion of the Head Referee.

3.0 Scoring

3.1 Competition Scoring

- 3.1.1 For each event **every** team will be ranked according to their final score, or final time, whichever is applicable.
- 3.1.2 A **double** weighting will be placed upon the four person aquatic Simulated Emergency Response Competition (hereafter referred to as SERC).
- 3.1.2.1 A **double** weighting will be placed upon the four person non-aquatic SERC.
- 3.1.2.2 Any events not detailed in Section **5.0.1** that are added in accordance with Section **5.0.2** shall be **zero** weighted.
- 3.1.3 At the end of the competition the rankings will be added together, to give the final score. The team with the lowest overall score, and therefore the highest positions in each event will be declared the overall winner.
- 3.1.4 Ties in overall team point scores shall be broken using the following system:
- 3.1.4.1 Ranking in the aquatic SERC
 - 3.1.4.2 Ranking in the non-aquatic SERC
 - 3.1.4.3 Most first-place final finishes;
 - 3.1.4.4 Most second-place final finishes;
 - 3.1.4.5 Most third-place final finishes...and so on.
- 3.1.5 Teams recording equal points or equal times (whichever is applicable) will be awarded equal ranking points for that event. The next ranked team shall be awarded ranking points according to the number of teams that finished above them.
- 3.1.6 If a team is disqualified in an event they will be ranked last in that event.

3.2 League Scoring

- 3.2.0.1 A team and B team leagues are separate.
- 3.2.0.2 In order to assign league positions; the finishing positions of the competition shall be calculated as follows:
- 3.2.0.2.1 All Non-League teams (as defined by **2.3.4**) shall be removed from the results list of **each event**. The finish places of all League teams can then be calculated.
 - 3.2.0.2.2 The results list for the **competition** then has all teams removed from it, except for all University A-Teams, and the highest place non-A-Team from each University (regardless of the designating letter allocated in accordance with **2.3.3.3**).

3.2.0.2.4 The highest placed non-A-Team from each University shall be deemed as competing in the B-League for the duration of one competition only.

3.2.0.3 The resulting positions following the recalculation convert to a points score for the League, defined in Sections **3.2.1** and **3.2.2**.

3.2.0.5 In the event of a tie the League points shall be awarded according **3.1.4**.

3.2.1 A league

3.2.1.1 A teams earns ten (10) points for first place, nine (9) points for second place, down to two (2) points for ninth place.

3.2.1.2 All teams that do not make the points scoring positions in either league receive one (1) point for participation.

3.2.2 B league

3.2.2.1 All non-A-League teams count towards the B league and gain twenty (20) points for first place, nineteen (19) points for second place, down to two (2) points for nineteenth place.

3.2.2.2 All teams that do not make the points scoring positions in either league receive one (1) point for participation.

3.3 Results

3.3.1 The **provisional** results of the competition will be published in writing immediately after the completion of the competition.

3.3.2 Every team must receive a written copy of the provisional results at the time of the publication where possible.

3.3.3 The official results will be sent to the Chair for publication no later than fourteen (14) days after the final day of the competition via email after they have been checked and verified by the Management Committee of the competition. Failure to meet this deadline will result in a £5 fine payable to 'BULSCA' and a further £1 fine per day thereafter.

3.3.3.1 The checking and verification process will include, but is not limited to; verifying the team names on the score sheets and time sheets; reviewing all the score sheets to ensure that the correct scores have been transferred to the results sheet; checking the weighting of the incident of scores; checking the addition on the results sheet; reviewing all of the timekeepers sheets to ensure the correct times have been transferred to the results sheet.

- 3.3.3.2** The official results must not be published until the results of any protests or appeals have been officially announced in accordance with Section 4, including any decisions referred in accordance with Section 4.
- 3.3.4** Competing teams have fourteen (14) days from the publication of the results to raise any queries with the Management Committee of the competition and the BULSCA Chair.

3.4 University Records

- 3.4.1** BULSCA shall recognise university records set by individuals who are competing in any RLSS, SLISA, ILSF or BULSCA sanctioned competition.
- 3.4.2** BULSCA shall **only** recognise university records set by individuals who fulfil the eligibility criteria in Section 5.2 of the BULSCA Constitution.
- 3.4.3** For the purposes of University Records, times recorded in accordance with Section 5.1.4.1 or Section 5.1.4.2 or Section 5.1.4.3 shall stand.
- 3.4.4** It is the responsibility of the individual or club breaking the record to notify the designated BULSCA record keeper by e-mailing sportdevelopment@bulzca.co.uk
- 3.4.4.1** The notifying party shall send a complete copy of the official results and include the individual's name, club, location, date and time achieved.
- 3.4.4.2** The notifying party shall also include contact details of the event organiser, should further verification or clarification be required.

4.0 Protests and Appeals

- 4.0.1** The BULSCA Management Committee reserves the right to delete, alter, or otherwise vary any rule, competition criteria, timetable or other matter as it deems necessary.
- 4.0.2** Every effort will be made to ensure that each team manager receives notice.
- 4.0.3** Protests resulting from such BULSCA Management Committee decisions will not be entertained. In addition, event courses and the competition area may change from the descriptions in this manual if the Head Referee deems it necessary **and** all teams have been advised of the change **before** the start of that event.
- 4.0.4** Any competitor, team manager, or official may protest to the Head Referee, and subsequently dispute a Referee's decision in the manner prescribed below.

4.1 Lodging a protest

- 4.1.1** The conditions relating to the lodging of protests shall be as follows:
- 4.1.1.1** No protest shall be accepted which is a direct challenge to judges' order-of-finish decisions.
- 4.1.1.2** A protest against the conditions under which an event is to be conducted must be made verbally to the Referee prior to the event. Before the start of the event, the Referee or appointed official shall inform all competitors in that event of such a protest.
- 4.1.1.3** A protest against a competitor or a team or against a decision of an official must be lodged verbally with the Referee within thirty minutes of the end of the event.
- 4.1.1.3.1** Within thirty minutes of the submission of the verbal protest, a written protest shall be lodged with the Referee. The written protest shall be in accordance with Section 7 of this Handbook.
- 4.1.1.3.2** The official result of an event shall be withheld until any protest is decided. This shall be no later than twenty-eight (28) days after the day of the competition. This decision shall be announced publicly via the University Lifesaving e-mail lists.
- 4.1.1.4** All appeals shall be accompanied by twenty-five Pounds Sterling (£25.00) in cash or a cheque payable to_____.
- 4.1.1.4.1** If the appeal is upheld the appeal fee shall be refunded in full.

4.2 Adjudication of protests

4.2.1 The conditions relating to the adjudication on protest shall be:

4.2.1.1 Immediately after the correct lodging of a protest, the Referee may adjudicate on the matter as provided for herein or refer the matter direct to the Appeals Committee Convenor.

4.2.1.2 If the Referee adjudicates the matter forthwith, the decision may be disputed by reference to the Appeals Committee. Such dispute must be lodged with the Appeals Committee Convenor within thirty minutes of the decision of the protest being advised to the competitor.

4.2.1.3 The assistance of video or other electronic equipment may be used to consider protests or appeals.

4.3 Appeals committee

4.3.1 The Management Committee shall appoint a person of suitable experience and practical knowledge to act as the Appeals Committee Convenor.

4.3.2 The convenor shall appoint an Appeals Committee panel of a sufficient number of people to enable a committee of 5 independent persons to sit.

4.3.2.1 The “independent persons” shall where possible include;

The Head Referee

The Head SERC Judge (if applicable)

The SERC Manager (if applicable)

Two (2) judges that witnessed the subject of appeal but were not involved

Two (2) judges that did **not** witness the subject of appeal

4.3.2.2 The “independent persons” shall where possible **not** include;

Any person(s) who has previously participated in the making of the decision that is the subject of appeal

The Recorder

The Head Scorer

4.3.3 No other persons shall be present at the Appeals Committee meeting. However, the Appeals Committee may summon and dismiss any witnesses as they see fit.

4.3.4 The quorum for an Appeals Committee shall be five (5) persons.

4.4 Authority

- 4.4.1 The Appeals Committee shall deal with all protests referred to it by the Head Referee or Appeals Committee Convenor.
- 4.4.2 The Appeals Committee shall rule on the protest and advise the competitor and relevant officials of its decision and any penalty imposed. Reasons for the decision may be briefly given verbally and on the protest form.
- 4.4.3 The decision of the Appeals Committee shall be final, without the right of appeal.
- 4.4.4 The Appeals Committee may refer serious breaches of the BULSCA Competition Handbook or the BULSCA Constitution to the BULSCA Chair in accordance with Section 5.1.11 of the BULSCA Constitution.

4.5 Procedure

- 4.5.1 The Appeals Committee shall adjudicate after both sides have had an opportunity to state their case. The appealing party shall state their case first.
- 4.5.2 After hearing all available and relevant evidence, the Appeals Committee shall make its decision publicly.
- 4.5.3 The decision to uphold the protest or rule against the protest shall be delivered verbally or in writing to the competitor and/or team member concerned, to the Head Referee and Appeals Committee Convener.

4.6 Inquiry guidelines

- 4.6.1 The complaint or reference to the Appeals Committee shall be read to the competitor(s) or to the team(s') representative(s).
- 4.6.2 The evidence of the complainant shall be presented.
- 4.6.3 The evidence of the team member(s) against whom the complaint has been made shall be presented.
- 4.6.4 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.
- 4.6.5 Hearsay and irrelevant evidence shall not be admitted.

- 4.6.6** Witnesses other than the party charged shall remain out of hearing of the inquiry until called upon to give evidence.

4.7 Decision Making

- 4.7.1** The Appeals Committee shall make the decision to quash or uphold the appeal by a majority vote.
- 4.7.2** The Appeals Committee may decide the form that the vote shall take. For example, show of hands, secret ballot, etc.
- 4.7.2.1** In the event of a disagreement about the voting method; the vote shall be taken by a secret ballot.
- 4.7.3** Should the appeal be upheld, the Head Referee shall then suggest a solution
- 4.7.3.1** After the Head Referee has suggested a solution, other members of the Appeals Committee may then suggest alternative solutions.
- 4.7.3.2** The solution shall then be voted on by majority vote (in accordance with Section **4.7.2** and **4.7.2.1**) **without** examining how that solution may affect the results of the event.

5.0 Competition Events

- 5.0.1** Every competition run under the auspices of BULSCA will comprise of the following core events:
- 5.0.1.1** Simulated Emergency Response Competition in an aquatic setting
 - 5.0.1.2** Simulated Emergency Response Competition in a non-aquatic setting
 - 5.0.1.3** 4x 12m Line Throw Relay
 - 5.0.1.4** 4x 50m Swim and 50m Tow Relay
 - 5.0.1.5** One other relay event chosen by the Management Committee from either Section 5.6 or Section 5.7 or Section 5.8.
- 5.0.2** This list is a **minimum** requirement. The Management Committee are free to add as many supplementary events as they wish to this list.
- 5.0.2.1** The Student National Competition shall be excepted from Section 5.0.2 and Section 5.0.1.5 and comprise of;
- Simulated Emergency Response Competition in an aquatic setting;
 - Simulated Emergency Response Competition in a non-aquatic setting;
 - 4x 12m Line Throw Relay;
 - 4x 50m Swim and 50m Tow Relay;
- 5.0.3** The Management Committee are free to add other events, as long as the list in section 5.0.1 has been fulfilled. Any supplementary events which are not covered by this Competition Handbook will be notified to the BULSCA at the same time as the notification of the competition.
- 5.0.3.1** It is the responsibility of the Management Committee to provide any rules necessary for the event, and to ensure that those rules are circulated no later than twenty-eight (28) days prior to the date of the competition.
- 5.0.4** The Student Speeds Competition and the Student Beach Competition are excluded from Section 5.0.1 and Section 5.0.2. However, any events that are run shall be in accordance with the BULSCA Competition Handbook should such rules for that event exist.
- 5.0.5** Where rules for an event are not included in the BULSCA Competition Handbook, the event shall be run in accordance with the latest published edition of the International Lifesaving Federation Competition Handbook should such rules exist for that event.
- 5.0.6** Should no rules for an event exist in either the BULSCA Competition Handbook or the ILSF Competition Handbook, the Management Committee may use rules published by any other organisation or write rules in accordance with 5.0.3.1.

5.1 Timing

- 5.1.1** Any timing device that is terminated by an official shall be considered a watch.

5.1.2 Such manual times must be taken by three timekeepers. If this is not possible, all available personnel will be spread evenly across the competition lanes.

5.1.3 Manual timing shall be registered to 1/100 of a second.

5.1.4 Where no Automatic Equipment is used, official manual times shall be determined as follows:

5.1.4.1 Three timekeepers per lane

5.1.4.1.1 If two (2) of the three (3) watches record the same time and the third disagrees, the two (2) identical times shall be the official time.

5.1.4.1.2 If all three (3) watches disagree, the watch recording the intermediate time shall be the official time.

5.1.4.1.3 With only two (2) out of three (3) watches working the average time shall be the official time.

5.1.4.2 Two timekeepers per lane

5.1.4.2.1 If the two (2) watches record the same time; that time shall be the official time.

5.1.4.2.2 If the two (2) watches disagree; the mean time between the two (2) watches shall be the official time.

5.1.4.2.3 With only one (1) out of the two (2) watches working that time shall be the official time.

5.1.4.3 One timekeeper per lane

5.1.4.3.1 The time the watch records shall be the official time.

5.1.4.3.2 If the official times for that heat do not agree with the Judge responsible for order of finishing, the Judge's decision will stand. The mean time of the disputed places will be the official time.

5.2 General Rules for Relay Events

5.2.1 In a deck-level swimming pool "Above the water line" should be taken to read as "on the poolside".

5.2.2 A competitor must finish the race in the same lane in which he or she started.

- 5.2.3** Pulling on the lane rope is not allowed.
- 5.2.4** **Deliberately** obstructing another competitor by swimming across another lane or otherwise interfering shall disqualify the offender.
- 5.2.5** No competitor shall be permitted to use or wear any device that may aid his speed, buoyancy or endurance during a competition (including but not restricted to; webbed gloves, flippers, fins, snorkels) except where specifically allowed in this manual.
- 5.2.6** Goggles may be worn except during the Simulated Emergency Rescue Competition.
- 5.2.7** Any competitor not entered in a race, who enters the water in which an event is being conducted before all competitors therein have completed the race, shall be disqualified from his or her next scheduled race in the competition.
- 5.2.8** Any competitor having finished his or her part in a relay event must leave the pool as soon as possible without obstructing any other competitor who has not yet finished his or her race.
- 5.2.8.1** Any competitor in contravention of this rule shall be disqualified.
- 5.2.8.2** All competitors must remain in the water in their lane at the completion of every event, until the Head Referee gives the signal to exit the water.
- 5.2.8.3** The exception to rule **5.2.8.2** shall be during the 4x 12m Line Throw Relay. During this event all competitors shall clear the area between the back line and the waters edge as quickly as possible without impeding any other competitor. The final competitor shall remain on the poolside at the end of their lane and the final casualty shall remain in the water, until the Head Referee gives the signal to exit the water.
- 5.2.9** Should a foul endanger the chance of success of a competitor, the referee shall have the power to allow him or her to compete in the next heat or, should the foul occur in a final event or in the last heat, he/she may order it to be re-swum.
- 5.2.10** No pace-making shall be permitted, nor may any device be used or plan adopted which has that effect.
- 5.2.11** Competitors may be disqualified from an event if they are late reporting to the marshalling area.
- 5.2.12** A competitor or team absent from the start of an event will be disqualified.
- 5.2.13** Only competitors and officials shall be allowed into the competition area.
- 5.2.13.1** All competitors and officials must leave the competition area when no longer competing or officiating.

- 5.2.14** Should any relay event take place in a pool which is neither twenty-five (25) metres nor fifty (50) metres in length; the rules for those events may be modified to take into account the length of the pool.
- 5.2.14.1** The Management Committee shall decide whether each leg of the relay event is one length or two lengths, whilst remaining as close as possible to the official competitive distances.
- 5.2.14.2** The Management Committee will clearly advertise the length of their pool on any promotional literature for the competition no later than twenty-eight (28) days before to the start of the competition.
- 5.2.15** Team Managers **must** ensure that their team are **fully aware** of the dangers of diving into shallow water, and are **all** capable of safely executing a shallow dive.
- 5.2.15.1** The Management Committee should ensure that anyone diving into the pool is doing so into a depth of greater than 1.5 metres.
- 5.2.15.2** All starts at the end of the pool with a depth of less than 1.5 metres shall be **in** the water.
- 5.2.15.3** Team Managers **must** indicate to the Referee if a competitor is not able to safely dive into the water, the competitor will then be allowed to start all applicable events in the water, holding onto the starting edge.
- 5.2.16** Backstroke flags shall be erected in all facilities that have the necessary equipment available. The flags shall **not** be in position for the duration of the 4x 12m Line Throw Relay.
- 5.2.17** 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
- 5.2.18** Seeding for speed events shall be used. See 5.3.1.2 for the draw of the SERC.
- 5.2.18.1** Seeding shall be based upon the entry times submitted for the 4 x 50m Swim and 50m Tow Relay.

5.3 Simulated Emergency Response Competition

- 5.3.0.1** The Simulated Emergency Response Competition tests the initiative, judgement, knowledge, and abilities of four lifesavers acting as a team, who apply lifesaving skills in a simulated emergency situation unknown to them prior to the start. This competition is judged within a 120 second (2 minute) time limit.

5.3.0.2 If the SERC uses the whole of a 50m swimming pool as the scenario for the emergency situation, the time limit shall be increased to a total of 180 seconds (3 minutes).

5.3.0.3 All teams respond to the identical situation and are evaluated by the same judges.

5.3.1 General Conditions for the SERC

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

5.3.1.2 The order of teams shall be determined by an independent draw.

5.3.1.3 Competitors shall report promptly to the isolation area before the start of the competition.

5.3.1.3.1 Any team that is absent from lock-up at the start of the competition shall be disqualified.

5.3.1.4 Competitors shall treat and handle victims with care: verbal and physical abuse is unnecessary and inappropriate.

5.3.1.5 *This rule shall only apply to an Aquatic SERC event.* Subject to a risk assessment of the venue glasses may be worn throughout the aquatic SERC. If the risk assessment disallows glasses in the pool rule 5.3.1.5.1 to 5.3.1.5.6 apply.

5.3.1.5.1 *This rule shall only apply to an Aquatic SERC event.* The Management Committee shall ensure that a large box is available and shall be clearly labelled with the word "Glasses".

5.3.1.5.2 *This rule shall only apply to an Aquatic SERC event.* This box is a receptacle for any Competitors corrective eye wear that they remove prior to entering the water.

5.3.1.5.3 *This rule shall only apply to an Aquatic SERC event.* The box will be labelled in a clear and obvious fashion, taking into consideration the requirement for people with visually impairments to be able to quickly and easily locate it.

5.3.1.5.4 *This rule shall only apply to an Aquatic SERC event.* The box shall be given to the competitors requiring it immediately **before** entering the SERC. The competitor is allowed to carry box around in the SERC area.

5.3.1.5.5 *This rule shall only apply to an Aquatic SERC event.* The Management Committee shall ensure that sufficient boxes are available if there are multiple entry points to the SERC area.

- 5.3.1.6** *This rule shall only apply to an Aquatic SERC event.* Competitors may only wear corrective eye wear whilst they are on the poolside.
- 5.3.1.6.1** *This rule shall only apply to an Aquatic SERC event.* Before entering the water competitors will place any corrective eye wear into the box provided.
- 5.3.1.6.2** *This rule shall only apply to an Aquatic SERC event.* Upon exiting the water competitors may reclaim any corrective eye wear placed in the box.
- 5.3.1.6.3** *This rule shall only apply to an Aquatic SERC event.* Any competitor using the box designated as a receptacle for corrective eye wear as a rescue aid shall score zero (0) for that rescue.
- 5.3.1.6.4** Loss of such eye wear shall not be grounds for protest or appeal.
- 5.3.1.6.5** Any loss of or damage to any corrective eye wear is the sole responsibility of the competitor.
- 5.3.1.7** Neither goggles nor masks are permitted, regardless of their optical qualities.
- 5.3.1.8** Competitors must wear their matching team swimming hats at all times during this competition.
- 5.3.1.8.1** The team captain shall wear a swimming hat that is clearly different from the rest of the team. A contrasting colour is the preferred method.
- 5.3.1.8.2** A competitor shall not be disqualified if the cap is lost after the start of an event provided that officials can identify that the competitor correctly completed the event.
- 5.3.1.9** Judges' scores are not subject to protest.
- 5.3.1.10** Rescue and First Aid techniques will be judged in accordance with the latest published protocols from the Royal Lifesaving Society (UK).
- 5.3.1.11** Officials have the power to stop the SERC should they consider the actions of a competitor a danger to other competitors, actors, officials or spectators.
- 5.3.1.12** *This rule shall only apply to an Aquatic SERC event.* All competitors **must** be aware of the risk of damage to hearing when diving below 1.5 metres. All competitors undertake such dives entirely at their own risk.
- 5.3.1.13** If a competitor 'kills' themselves during an incident they shall be deemed unconscious and not breathing immediately and shall remain in the SERC area. Teams will receive no additional marks for treating a team member.

5.3.2 Isolation and lock-up

5.3.2.1 Before the start and throughout the competition, teams are isolated in a secure “lock-up” area out of sight and sound of the competition area.

5.3.2.1.1 The scenario, actors, and any equipment shall be secret until competitors are locked up.

5.3.2.2 No competitor in isolation shall attempt to communicate with; or transfer information by any means to, any person not in isolation.

5.3.2.2.1 The Marshall(s) responsible for escorting the competitors from isolation to the competition area are entirely exempt from rule **5.3.2.2**. However, should any Marshall condone or aid any communication or transfer of information rule **5.3.2.4** shall apply.

5.3.2.3 No form of telecommunication device - including but not restricted to; mobile telephones, pagers, short-wave radios, Bluetooth enabled devices, devices with Wireless networking capabilities - is allowed to be activated in the isolation area.

5.3.2.3.1 The BULSCA considers “activated” to include any silent, standby, or hibernate modes a device may use.

5.3.2.4 If any competitor is found in contravention of rules **5.3.2.2** to **5.3.2.3.1**, all the teams from the Club that they are members of will be disqualified.

5.3.2.5 After competing, a team may observe subsequent teams compete, provided that a suitable spectator area is accessible.

5.3.3 Competition start

5.3.3.1 One at a time, teams are escorted from lock-up to an area where, following an acoustic signal, they are confronted with “victims” in various locations who need various types of assistance.

5.3.3.2 Actors will begin their victim simulations immediately prior to the acoustic starting signal, and as the team enters the competition area. At the acoustic signal competitors respond to the victims in any manner they wish within the time limit.

5.3.4 Competition area

5.3.4.1 The SERC may be held in a variety of indoor and outdoor aquatic and non-aquatic environments.

5.3.4.2 The competition area shall be clearly defined to all teams **in advance** of the event starting. There shall be a clear indication of the location of both entry and exit points from the scenario area (e.g., which pool sides can be used).

5.3.4.2.1 Competitors shall be advised **in advance** if there are pool steps in the entry or exit area which may be removed or used.

5.3.4.3 Unless otherwise advised, competitors shall assume that the conditions in the competition area are “as found.”

5.3.5 Situation scenarios

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

5.3.5.2 Simulated emergencies shall be staged as realistically and safely as possible, and not test the competitors’ imagination.

5.3.5.2.1 For example, a situation in which an actor complains of burned hands should be staged with simulated evidence of a fire, or electrical wire, or chemicals.

5.3.5.3 Real fire, live wires, or hazardous chemicals shall **not** be used.

5.3.5.4 The simulated emergency shall not require the competitors to know how to use an Automatic-External Defibrillator or administer Oxygen. If this equipment is available there shall be an actor who has sufficient knowledge to use the equipment effectively.

5.3.5.5 If the simulated emergency includes a casualty (or casualties) with a suspected spinal cord injury, the expected level of treatment is that of a **Bronze Medallion** lifesaver, and **not** a professional Lifeguard.

5.3.6 Victims, manikins and bystanders

5.3.6.1 Victims shall be role-played by actors who present different problems necessitating different types of aid. In addition, competitors may be confronted by resuscitation manikins in the role of victim as well as by bystanders and swimmers.

5.3.6.1.1 No actor in the SERC may wear any clothing or other adornment with images, or words indicating any allegiance to, or membership of a competing team.

- 5.3.6.1.2** No actor in the SERC may wear any clothing that could lead to them being confused with a judge (this includes, but is not limited to; a white top).
- 5.3.6.2** The role-playing may evolve (e.g., a conscious victim becomes unconscious) during the course of the scenario providing that marks reflect the change, that there is consistent timing in the change, and that the change is consistent for every competitor throughout the competition.
- 5.3.6.3** A marking will be placed on the forehead of all unconscious casualties. A black cross indicates that the casualty is not breathing normally.
- 5.3.6.3.1** Competitors shall be notified before the start of the event if the casualty markings vary from this.
- 5.3.6.4** Cardiopulmonary Resuscitation may **only** be performed on manikins and **never** on a human actor.
- 5.3.6.4.1** If a competitor performs Cardiopulmonary Resuscitation on a human actor they will instantly be disqualified with no right to appeal.
- 5.3.6.5** If an unconscious casualty is played by a human actor, and Expired Air Ventilation is required, this may be **simulated** by blowing **over** the human actors face.
- 5.3.6.5.1** If a competitor performs Expired Air Ventilation on a human actor they will instantly be disqualified with no right to appeal.

5.3.7 Principles of rescue

- 5.3.7.1** *Lifesaver versus lifeguard response:* Competitors in the Simulated Emergency Response Competition are expected to respond as a group of 4 individual lifesavers acting in a coordinated team under the direction of an identified team leader.
- 5.3.7.2** Unlike lifeguards who often work as part of well trained teams in controlled aquatic environments, lifesavers must be prepared to respond appropriately in unexpected emergencies without benefit of specialized equipment, back-up, or established procedures and communications systems. In such circumstances, the personal safety of the lifesaver is paramount at all times and this shall be reflected in the marking sheets.
- 5.3.7.3** Competitors apply the following basic rescue steps:
- Recognition of a problem
 - Assessment of the situation
 - Plan a course of action to overcome the problem
 - Action to effect the rescue
 - Care of the victim

5.3.7.4 When assessing the situation, competitors consider:

- Capabilities of the rescuer
- Number of victims
- Position of the victims
- Condition of the victims
- Rescue aids (equipment) available
- Prevailing conditions

5.3.7.5 On the basis of their assessment, competitors plan a course of action which may involve:

- Seeking assistance
- Organizing assistance
- Informing an available helper
- Gathering any appropriate aids or equipment
- Performing the rescue as necessary

5.3.7.6 The plan should establish control of the situation and aim to preserve as many lives as possible. The management of a rescue of multiple victims presents rescuers with choices.

5.3.7.7 In brief, rescuers should manage the situation as follows:

- Mobilize the mobile casualties*
- Secure the safety of those in imminent danger*
- Recover and resuscitate those in need of continuous care*

5.3.7.8 The mobile may include those capable of assisting themselves to safety. Those in imminent danger may include non-swimmers and injured swimmers. Those in need of continuous care include unconscious, non-breathing, or suspected spinal-injured victims.

5.3.7.9 When a suitable plan has been devised it should be put into action promptly. Competitors should be alert to changes in the situation and adapt their plan of action to respond to such changes.

5.3.7.10 When carrying out rescue, competitors must remember:
Rescue from a position offering greatest safety to oneself
The management of rescue principles
Approach victims with extreme caution
Avoid direct personal contact with conscious victims

5.3.7.11 If entering the water is inevitable, competitors select the most effective techniques for the situation without endangering their own life in any way.

5.3.7.12 It is important that competitors clearly show their intentions and actions to the judges.

5.3.8 Equipment

- 5.3.8.1** Competitors may use all material and equipment available within the clearly designated competition area.
- 5.3.8.1.1** Competitors may not bring any non-designated equipment into the competition area.
- 5.3.8.1.2** Any equipment that is designated for use during the competition that competitors are allowed to bring into the competition area will be clearly indicated as designated equipment for that competition.
- 5.3.8.1.3** If instructed, competitors may bring their own First Aid Kit into the competition area. All equipment in the First Aid Kit shall be deemed as sterile for the purposes of the SERC. The First Aid Kit shall contain **only** the items listed below;
- 20 Waterproof Plasters
 - 2 Eye Pad Dressings
 - 3 Triangular Bandages
 - 3 Roller Bandages
 - 8 Wound Dressings (various sizes)
 - 4 Pair Gloves
 - 12 Safety Pins
 - 2 Pocket masks/face shield
 - 1 Notepad
 - 1 Pencil
 - 1 Clinical waste bag
 - 1 reel of Micropore adhesive tape
 - 1 foil “survival” blanket
- 5.3.8.1.4** The list in **5.3.8.1.3** gives **maximum** amounts, there is no requirement for teams to have all of the equipment.
- 5.3.8.2** The definition of “equipment” includes **any** items of clothing, excluding suitable swimwear as defined in Section **2.4**.
- 5.3.8.3** If any equipment that is not designated for use during the SERC is used by a team, they will score zero (0) for any rescues or first aid performed using that equipment.

5.3.9 Start and timekeeping

- 5.3.9.1** An acoustic signal will indicate the start and finish of each team’s emergency response. The event will run for a duration of 120 seconds (2 minutes).

5.3.10 Judging and marking

- 5.3.10.1** The marking sheets shall be prepared with one (1) judge marking the entire scenario and **not** focussing on particular groups of actors, including specific marks for;

- effective control of the scenario
- effective communications
- effective prioritisation of the casualties
- effective captaincy

while the remaining judges mark **only** the treatment or rescue particular groups of actors.

- 5.3.10.2** Before the competition start, judges shall be briefed on the situation scenarios, scoring procedure, and marking priorities in accordance with Section **1.2.5**.
- 5.3.10.3** A judge shall be assigned to an actor or group of actors, and assess all teams in that part of the scenario for the entire competition.
- 5.3.10.4** The marking system used in this competition allows judges to use their skill in assigning marks, and provides for a competitor offering an appropriate but unanticipated rescue response.
- 5.3.10.5** In allocating marks, judges consider the following:
- victim type
 - victim's distance from safety
 - equipment available and used
 - speed of assessment
 - priority given
 - quality of action/task
 - victim care
- 5.3.10.6** Early and accurate recognition of the victim's problem(s) is the essential first step to success in this competition. Successful recognition is closely related to the quality of the victim simulation and staging of the incidents.
- 5.3.10.7** Scoring shall reward the competitors' accurate assessment of which victims take priority. The competitors' assessment of which victims take priority will depend on the nature of the emergency.
- 5.3.10.8** Specific aspects of the scenario may be weighted to provide higher scores for a rescue performance requiring a greater degree of skill and judgement. Such weighting (**secret to both judges and competitors**) is dealt with by the scorers and recorders.
- 5.3.10.9** All competing teams shall receive a detailed breakdown of the marks awarded to them during the Simulated Emergency Response Competition.
- 5.3.10.10** If a team contravene any of the rules detailed in Section **5.3.11** they shall continue to be marked as normal. The contravention of the rule shall be clearly described on the score sheet.

5.3.10.11 If during the SERC event, a casualty error, judging error, or other unplanned event affects the performance of a team, they shall be continued to be marked as normal. The error shall be clearly described on the score sheet.

5.3.10.12 Should either rule **5.3.10.10** or **5.3.10.11** apply during a SERC event then after the completion of the SERC event, the Head SERC Judge and the Judge concerned shall take the decision on how to penalise/compensate the team(s) appropriately.

5.3.10.13 Should any changes to the mark scheme or zero (0) marks occur in accordance with rule **5.3.10.12** then **all** teams shall be informed at the earliest possible opportunity.

5.3.11 Disqualification

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

5.3.11.1.1 Receiving outside assistance, direction, or advice.

5.3.11.1.2 Taking any telecommunication device into the security area.

5.3.11.1.3 Using any non-designated equipment (see Section **5.3.8**).

5.3.11.1.4 Physically or verbally abusing an actor.

5.3.11.2 The reason for any disqualification will be recorded on the results sheet by the relevant judge.

5.4 4x 12m Line Throw Relay

5.4.1 Event Description

5.4.1.1 The cross line will be 12 metres from the edge of the poolside at the starting end.

5.4.1.1.1 The cross line shall be constructed of a rigid, buoyant material.

5.4.1.2 A back line will be placed 1.5 metres from the edge of the poolside at the starting end.

5.4.1.2.1 If a pool has a plinth then the backline will be 1.5 metres from the back of the plinth.

5.4.1.3 All possible obstructions will be removed from the poolside for this event.

5.4.2 The Referee will blow one long blast on a whistle. This is the command to take up starting positions.

5.4.3 No.1 (*rescuer*) will stand in an upright position motionless, with their heels together, arms by their sides, holding one end of the line whilst facing the pool.

- 5.4.4** No.2 (*casualty*) will be in the centre of the allocated lane and will have one hand in contact with the cross line whilst holding the throw line in the same hand.
- 5.4.5** No.3 and No.4 will start in the water behind the cross line.
- 5.4.6** Surplus throw line shall trail in the water behind the cross line.
- 5.4.7** Once in the starting positions, competitors will remain stationary.
- 5.4.8** When all competitors are stationary the Starter will give an audible and visual signal to start.
- 5.4.8.1** Any competitor starting before the starting signal has been given, shall be disqualified and their team shall be placed last.
- 5.4.8.2** If the starting signal is given before the disqualification is declared, the race shall continue and the competitor or competitors shall be disqualified upon completion of the race.
- 5.4.8.3** 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.
- 5.4.9** On the start signal No.1 (*rescuer*) will coil and throw and throw the throw line to No.2 (*casualty*).
- 5.4.10** On attempting to take hold of the line No.2 (*casualty*)
- 5.4.10.1** must remain in contact with the centre of cross line at all times
 - 5.4.10.2** may not pull, on the cross line
 - 5.4.10.3** may not reach into another lane to grab the throw line
 - 5.4.10.4** may grab the line if it exits and then re-enters the lane.
provided Section **5.4.10.1** to Section **5.4.10.3** inclusive are not contravened.
- 5.4.11** Only upon taking hold of the throw line may No.2 (*casualty*) release the cross line.
- 5.4.12** No.1 (*rescuer*) will then pull No.2 (*casualty*) into the side. No.2 (*casualty*) will ride on their front, holding the throw line with both hands with their arms outstretched in front, and keeping their head above the water at all times. They shall remain on their front (prone position) at all times during the 'pull'.
- 5.4.13** They must not offer assistance by kicking or by pulling themselves up the throw line.
- 5.4.14** No.1 (*rescuer*) must not cross the back line until No.2 (*casualty*) has touched the poolside.

- 5.4.15** As soon as No.2 (*casualty*) touches the poolside No.1(*rescuer*) must immediately release the throw line and offer no further physical assistance.
- 5.4.16** No.1 must now step over the back line and enter the pool behind the cross line
- 5.4.17** No.2 (*rescuer*) will then coil the throw line, throw and pull in No.3 (*casualty*) in accordance with rules **5.4.9** to **5.4.16** inclusive.
- 5.4.18** No.3 (*rescuer*) will then coil the throw line, throw and pull in No.4 (*casualty*) in accordance with rules **5.4.9** to **5.4.16** inclusive.
- 5.4.19** No.4 (*rescuer*) will then coil the throw line, throw and pull in No.1 (*casualty*) in accordance with rules **5.4.9** to **5.4.16** inclusive.
- 5.4.20** In the event that the throw line is dropped into the pool by the rescuing competitor during the race there are two possible outcomes:
- 5.4.20.1** If any part of the throw line is in their lane and retrievable without having to enter the water then the rescuing competitor may pick up the throw line and pull in the casualty as long as rules **5.4.10** through to **5.4.11** inclusive have been satisfied.
- 5.4.20.2** If the rescuing competitor is unable to reach the throw line without entering the water and/or rules **5.4.10** through to **5.4.11** inclusive have not been satisfied then the rescuing competitor must retrieve and recoil the throw line.
- 5.4.21** Should the competitor in the role of the casualty let go of the throw line before touching the poolside they must return to the cross line and the throw line shall be recoiled and rethrown.
- 5.4.22** A time limit of 150 seconds (2 ½ minutes) will be allowed.
- 5.4.23** A second audible and visual signal will signal the finish of the race.
- 5.4.24** The finish time is judged to be the time when No.1 (*casualty*) clearly touches the side of the pool above the water line.
- 5.4.25** If a team fails to finish within the allotted time, they will be ranked according to the median position of all teams that had successfully pulled in the same number of competitors, after the application of any penalties.
- 5.4.26 Time Penalties and Disqualification**
- 5.4.26.1** Each accidental breach of the rules will result in the team being penalised by discounting one of the “casualties” successfully pulled in.
- 5.4.26.2** Any purposeful breach of the rules intended to gain an advantage will result in disqualification and last place in the event.

5.4.26.3 Teams will be informed of any time penalties or disqualification at the end of their heat.

5.4.26.4 The reason for any disqualification or time penalty will be recorded on the results sheet by the relevant judge.

5.4.27 Technique Judges

5.4.27.1 At least four (4) judges – two (2) either side of the 12 metre cross-line, and two either side of the starting area – shall assess whether competitors' technique complies with event rules.

5.5 4x 50m Swim and 50m Tow Relay

5.5.1 Event Description

5.5.1.1 The start shall be with a dive. On the long whistle from the Referee the first competitors shall step onto the starting platform or poolside and remain there.

5.5.1.2 On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant.

5.5.1.3 When all competitors are stationary, the starter shall give the audible and visual starting signal.

5.5.1.4 Any competitor starting before the starting signal has been given, shall be disqualified and their team shall be placed last.

5.5.1.4.1 If the starting signal sounds before the disqualification is declared, the race shall continue and the competitor or competitors shall be disqualified upon completion of the race.

5.5.1.4.2 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.

5.5.1.5 If applicable, when turning after 25 metres, the rescuing competitor:

5.5.1.5.1 Must clearly touch the turning edge

5.5.1.5.2 Standing on the bottom shall not disqualify a competitor, but he shall not walk on, or push off from the bottom.

5.5.1.5.3 May tumble turn.

- 5.5.1.6** Some part of the rescuing competitor must break the surface of the water throughout the race, except it shall be permissible for the rescuing competitor to be completely submerged during the turn and for a distance of not more than 15 metres after the start and the turn. By that point, the head must have broken the surface of the water.
- 5.5.1.7** In the meantime No. 2 (*casualty*) may enter the water. The subject will be vertical in the water, elbows and shoulders below the water, holding the wall.
- 5.5.1.8** On return to the start position No. 1 (*rescuer*) collects No. 2 (*casualty*) but may not tumble turn. Note: Competitors must touch the end of the pool whenever a turn is required but not on pick up of the Subject.
- 5.5.1.9** No.1 (*rescuer*) must then tow No.2 (*casualty*) 50 metres abiding by the following conditions:
- 5.5.1.9.1** The rescuer has at least one hand in contact with any part of the casualty's body.
 - 5.5.1.9.2** The casualty's face is clear of the water; however the casualty's face may be submerged during the turn at 25 metres.
 - 5.5.1.9.3** The casualty is being towed head first through the water
 - 5.5.1.9.4** At no point should the welfare or safety of the casualty be compromised by a towing technique.
 - 5.5.1.9.5** The rescuer must clearly demonstrate good care for the casualty at all times.
 - 5.5.1.9.6** The rescuer must clearly demonstrate awareness of their own safety at all times.
 - 5.5.1.9.7** The towing stroke performed by the rescuer must be **either** Lifesaving Sidestroke, **or** Lifesaving Backstroke as described in the most recent edition of "Lifesaving" published by the RLSS (UK).
 - 5.5.1.9.8** No over-arm recovery is permitted during either stroke.
- 5.5.1.10** During the course of being towed the casualty must offer no assistance other than tucking at the half way turn.
- 5.5.1.11** When turning after 25 metres:
- 5.5.1.11.1** No. 1 (*rescuer*) must clearly touch the turning edge
 - 5.5.1.11.2** No.2 (*casualty*) may tuck but must not push off from the wall
 - 5.5.1.11.3** Standing on the bottom shall not disqualify a competitor, but they shall not walk on, nor push off from the bottom.
- 5.5.1.12** On completion of the tow both No.1 (*rescuer*) **and** No.2 (*casualty*) must clearly touch the turning edge.
- 5.5.1.13** No.2 (*rescuer*) swims 50 metres and tows No.3 (*casualty*) 50 metres in accordance with Section **5.5.1.5** to Section **5.5.1.12** inclusive.
- 5.5.1.14** No.3 (*rescuer*) swims 50 metres and tows No.4 (*casualty*) 50 metres in accordance with Section **5.5.1.5** to Section **5.5.1.12** inclusive.

5.5.1.15 No. 4 (*rescuer*) swims 50 metres and tows No.1 (*casualty*) 50 metres in accordance with Section 5.5.1.5 to Section 5.5.1.12 inclusive.

5.5.1.16 The finish time is taken when **No.4** has touched the finishing edge.

5.5.2 Time Penalties and Disqualification

5.5.2.1 Each accidental breach of the rules will result in a fifteen (15) second time penalty.

5.5.2.2 A false start will result in instant disqualification and last place in the event for the team concerned.

5.5.2.3 Any purposeful breach of the rules intended to gain an advantage will result in disqualification and last place in the event.

5.5.2.4 Teams will be informed of any time penalties or disqualification at the end of their heat.

5.5.2.5 The reason for any disqualification or time penalty will be recorded on the results sheet by the relevant judge.

5.5.3 Technique judges

5.5.3.1 At least four (4) judges – two (2) on each side of the pool – shall assess whether competitors' technique complies with the event rules.

5.6 4x 25m Manikin Relay

5.6.1 Event Description for a 25 metre pool

5.6.1.1 On the long whistle from the Referee the first competitors shall enter the pool.

5.6.1.2 On the starter's command "take your marks", they shall immediately take up a starting position, holding the poolside with one hand and the manikin with the other.

5.6.1.3 When all competitors are stationary, the starter shall give the audible and visual starting signal.

5.6.1.4 Any competitor starting before the starting signal has been given, shall be disqualified and their team shall be placed last.

5.6.1.4.1 If the starting signal sounds before the disqualification is declared, the race shall continue and the competitor or competitors shall be disqualified upon completion of the race.

5.6.1.4.2 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.

5.6.1.5 Four competitors in turn carry a manikin 25 metres each. The first competitor: starts in the water holding a manikin with one hand (its mouth and nose above the surface) and the pool edge with the other.

5.6.1.6 On an audible and visual signal, the first competitor carries the manikin 25 metres, clearly touches the wall above the waterline and passes the manikin to the second competitor who is in contact with the pool edge with at least one hand. The second competitor may only touch the manikin after the first competitor has touched the wall.

5.6.1.7 The second competitor carries the manikin 25 metres to clearly touch the wall above the waterline and pass the manikin to the third competitor who is in contact with the pool edge with at least one hand. The third competitor may touch the manikin only after the second competitor has touched the wall.

5.6.1.8 The third competitor carries the manikin 25 metres to clearly touch the wall above the waterline and pass the manikin to the fourth competitor who is in contact with the pool edge with at least one hand. The fourth competitor may touch the manikin only after the third competitor has touched the wall.

5.6.2 Event Description for a 50 metre pool

5.6.2.1 Rules **5.6.1.1** through to **5.6.1.5** apply as above.

5.6.2.2 On an audible and visual signal, the competitor carries the manikin approximately 25 metres to the middle of the pool and passes it to the second competitor within the 4 metre changeover zone situated between the 23 metre and 27 metre mark.

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

5.6.2.4 The third competitor carries the manikin approximately 25 metres and passes it to the fourth competitor in the changeover zone between the 73 metre and 77 metre mark.

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

5.6.2.6 The relay changeover zone in the middle of the pool shall be indicated by two lines of flags at 23m/77m and 27m/73m situated at 1.5 metres to 2 metres above the surface.

5.6.3 General Conditions

5.6.3.1 Competitors may not release the manikin until the next competitor has grasped it (i.e., 1 hand must always be in contact with the manikin).

5.6.3.2 Competitors must carry (not push) the manikin with at least 1 hand, and:

5.6.3.2.1 Avoid carrying the manikin by the throat, on the mouth or nose.

5.6.3.2.2 Chin carries are acceptable where the pressure is clearly on the chin.

5.6.3.2.3 Keep the manikin's mouth and nose above the surface.

5.6.3.2.4 A "push" is defined as where the manikin's head is in front of the competitor's head.

5.6.3.3 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.

5.6.3.5 In judging whether the mouth and nose are above the surface, officials shall disregard the bow wave or wash created by the competitors and/or the manikins.

5.6.3.6 Competitors may stand on the pool bottom whilst waiting for the manikin. Competitors may push off the wall and the pool bottom immediately after the changeover, but may not walk or push off the pool bottom for the duration of the carry.

5.6.4 Technique judges

5.6.4.1 At least four (4) judges – two (2) on each side of the pool – shall assess whether competitors' technique complies with the event rules.

5.6.5 Time Penalties and Disqualification

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

5.6.5.1.1 Not starting the event holding the manikin's face out of the water with at least 1 hand.

5.6.5.1.2 Using incorrect manikin carry technique as described above.

5.6.5.1.3 Not keeping the manikin's mouth and nose above the surface during the carry and changeovers.

5.6.5.1.4 Taking assistance from any pool fitting.

- 5.6.5.1.5** The manikin changing between competitors other than as described above.
- 5.6.5.1.6** Releasing the manikin before the next competitor has contacted the manikin.
- 5.6.5.1.7** Releasing the manikin before touching the finish wall.
- 5.6.5.1.8** Walking on, or pushing off the bottom of the pool.

5.6.5.2 The reason for any disqualification or time penalty will be recorded on the results sheet by the relevant judge.

5.7 4x 50m Obstacle Relay

- 5.7.1** The start in shall be with a dive. On the long whistle from the Referee the first competitors shall step onto the starting platform (or poolside) and remain there.
- 5.7.2** On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant.
- 5.7.3** When all competitors are stationary, the starter shall give the audible and visual starting signal.
- 5.7.4** Any competitor starting before the starting signal has been given, shall be disqualified and their team shall be placed last.
 - 5.7.4.1** If the starting signal sounds before the disqualification is declared, the race shall continue and the competitor or competitors shall be disqualified upon completion of the race.
 - 5.7.4.2** 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.

5.7.5 Event description in a 25 metre pool

- 5.7.5.1** With a dive entry on an audible and visual signal, the first competitor swims 50 metres freestyle passing under one obstacle twice.
 - 5.7.5.1.1** After the first competitor touches the poolside after completing 50 metres, the second, third, and fourth competitors repeat the procedure in turn.
 - 5.7.5.2** Competitors must surface after the dive entry before the obstacle and after passing under the obstacle.
 - 5.7.5.2.1** "Surfacing" means the competitor's head breaks the plane of the surface of the water.

5.7.5.3 Competitors may tumble turn.

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

5.7.5.5 Obstacles are fixed at right angles on lane ropes in a straight line across all lanes. The obstacle is positioned in the centre of the pool.

5.7.6 Event description in a 50 metre pool

5.7.6.1 With a dive entry on an audible and visual signal, the first competitor swims 50 metres freestyle passing under 2 obstacles.

5.7.6.2 After the first competitor touches the turning edge the second, third, and fourth competitors repeat the procedure in turn.

5.7.6.3 Competitors must surface after the dive entry before the first obstacle and after passing under each obstacle.

5.7.6.4 “Surfacing” means the competitor’s head breaks the plane of the surface of the water.

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

5.7.6.6 Obstacles are fixed at right angles on lane ropes in a straight line across all lanes.

5.7.6.6.1 The first obstacle is positioned 12.5m from the starting edge with the second obstacle 12.5m from the opposite end.

5.7.6.6.2 The distance between the two obstacles is 25m.

5.7.7 Technique judges

5.7.7.1 At least four (4) judges – two (2) on each side of the pool – shall assess whether competitors’ technique complies with the event rules.

5.7.8 Time Penalties and Disqualification

5.7.8.1 In addition to the General Rules above, the following behaviour shall result in disqualification:

5.7.8.1.1 Passing over an obstacle and not immediately returning over or under that obstacle and then passing under it.

5.7.8.1.2 Failure to surface after each dive entry.

5.7.8.1.3 Failure to surface after each obstacle.

5.7.8.1.4 One competitor repeating 2 or more legs of the event.

5.7.8.1.5 Leaving the start before the previous competitor has touched the edge.

5.7.8.2 The reason for any disqualification or time penalty will be recorded on the results sheet by the relevant judge.

5.8 4x 50m Medley Relay

5.8.1 Event Description

5.8.1.1 The start in shall be with a dive. On the long whistle from the Referee the first competitors shall step onto the starting platform (or poolside) and remain there.

5.8.1.2 On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant.

5.8.1.3 When all competitors are stationary, the starter shall give the audible and visual starting signal.

5.8.1.4 Any competitor starting before the starting signal has been given, shall be disqualified and their team shall be placed last.

5.8.1.4.1 If the starting signal sounds before the disqualification is declared, the race shall continue and the competitor or competitors shall be disqualified upon completion of the race.

5.8.1.4.2 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.

5.8.1.5 With a dive start on the starting signal, the first competitor swims 50 metres freestyle without fins.

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

5.8.1.7 With a dive start after the second competitor touches the wall, the third competitor swims 50 metres freestyle towing a rescue tube.

5.8.1.8 After touching the turning edge, the third competitor passes the harness of the rescue tube to a fourth competitor who is in the water wearing fins with at least one hand on the turning edge.

5.8.1.9 The third competitor, playing the role of "casualty" holds the rescue tube with both hands, while being towed 50 metres by the fourth competitor to the

finish. Both the fourth and the third competitor (casualty) must leave from the turning edge.

5.8.1.10 The casualty must be in contact with the rescue tube before the trailing end of the rescue tube passes the 5 metre point.

5.8.1.11 There is no requirement for the third competitor when playing the role of the casualty to touch the turning edge.

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

5.8.1.13 The casualty may kick while being towed, but no other assistance is permitted. The casualty must grip the main body of the rescue tube – not the rope or clip.

5.8.2 General Conditions

5.8.2.1 Wearing rescue tubes: Rescue tubes must be donned correctly with the loop across or over 1 shoulder. During the competitor's approach to the casualty, the rescue tube must be towed behind the competitor with the line fully extended.

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

5.8.2.3 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.

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

5.8.2.5 Tumble turns: The first, second, and third competitors may tumble turn if desired. The fourth competitor may **not** tumble turn under any circumstances.

5.8.2.5.1 The third competitor whilst acting as the "casualty" may tuck at the turn, and **must not** recommence kicking until the fins of the fourth competitor (acting as the "rescuer") have passed their hands.

5.8.3 Technique judges

5.8.3.1 At least four (4) judges – two (2) on each side of the pool – shall assess whether competitors' technique complies with the event rules.

5.8.4 Time Penalties and Disqualification

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

- 5.8.4.1.1** The second and third competitors starting before first and second competitors respectively touch the turning edge.
- 5.8.4.1.2** The third competitor not towing the rescue tube with the line fully extended.
- 5.8.4.1.3** The fourth competitor taking the harness before the third competitor touches the turning edge.
- 5.8.4.1.4** The fourth competitor leaving the turning edge before the third competitor touches the wall.
- 5.8.4.1.5** The casualty holding the rescue tube by the rope or clip.
- 5.8.4.1.6** The victim helping with arm movements, or not holding the rescue tube with both hands.
- 5.8.4.1.7** The victim losing the rescue tube after crossing the 5m-line.
- 5.8.4.1.8** The fourth competitor not towing the victim with the line of the rescue tube fully extended and across the shoulder.
- 5.8.4.1.9** One competitor completing 2 or more legs of the event (excludes third competitor acting as victim).

5.8.4.2 The reason for any disqualification or time penalty will be recorded on the results sheet by the relevant judge.

6.0 Equipment Specifications

6.1 Throw Lines

- 6.1.1** For the Line Throw event, throw lines shall be plaited, buoyant polypropylene
Diameter: 8mm (\pm 1mm)
Length: minimum 16.5m; maximum 17.5m

6.2 Manikins

- 6.2.1 Construction:** Manikins are to be constructed of PITET type plastic and must be hermetic (i.e., capable of being filled with water and sealed for competition).
- 6.2.2 Height:** The manikin shall be 1m in height.
- 6.2.3 Colour:** The back of the manikin's head must be painted in a colour contrasting with the rest of the manikin and with the water.
- 6.2.4 Transverse line:** A transverse line of 15cm is painted in a contrasting colour in the middle of the body (measured 40cm from the bottom of the body to 55cm in the direction of the head).
- 6.2.5** The Manikin is completely filled with water and sealed.

6.3 Obstacles

- 6.3.1 Dimensions:** Obstacles used in pool events shall be 70cm (\pm 1cm) high and 240cm (\pm 3cm) wide with no dangerous parts.
- 6.3.2 Inner frame:** The inner frame shall consist of a net or other element which does not permit passage by a swimmer, and of a colour which contrasts with the water.
- 6.3.3 Upper line:** The upper line of the obstacle is placed on the water level and shall be clearly visible. Use of an additional floating line across the upper line of the obstacles is recommended.

6.4 Swim Fins

- 6.4.1** Fins are measured whilst worn. Swim fins used in competitions shall comply with the following specifications:
- 6.4.2 Length:** maximum overall length 65cm, including 'shoe' or ankle strap (ankle strap extended).

6.4.3 Width: 30cm maximum at the widest point of the blade.

6.5 Rescue Tubes

6.5.1 Source of buoyancy: Material to be as specified in Australian Standard AS2259 or equivalent. The material shall be closed cell plastic foam, and durable and flexible.

6.5.2 Buoyancy: The rescue tube shall have a minimum buoyancy factor of 100 Newtons in fresh water.

6.5.3 Colour: The body of the rescue tube shall be a colour-fast red, yellow, or orange (impregnated, painted, or covered).

6.5.4 Flexibility: The body of the rescue tube shall be of such a nature as to be able to roll within itself.

6.5.5 Strength: Webbing, leash, and fittings shall be able to withstand a minimum of 1000 pounds stress in a longitudinal direction without damage.

6.5.6 Stitching/thread: Stitching shall be a locked stitched type 301 of BS 3870 as illustrated in Australian Standard AS 2259. The thread is to have similar properties to the materials being sewn.

6.5.7 Rescue Tube Dimensions:

6.5.7.1 Tube Body Length 875-1000mm

6.5.7.2 Tube Body Breadth 150mm MAX.

6.5.7.3 Tube Body Thickness 100mm MAX.

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

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

6.5.8 Leash: The length of the leash from the first O-ring to the lanyard webbing shall be a minimum of 1900mm to a maximum of 2100mm.

6.5.8.1 The leash shall be a synthetic type rope which is UV treated.

6.5.9 Webbing connections: Webbing used for the connection of O-rings/clips to the body of the tube shall be 25mm (\pm 2.5mm) wide woven nylon.

6.5.10 Lanyard: Webbing for the lanyard shall be 50mm (\pm 5.0mm) wide woven nylon with a minimum length of 1300mm to a maximum of 1600mm. The circumference of the lanyard loop shall be a minimum of 1200mm.

6.5.11 O-rings: O-rings shall be brass, stainless steel (welded) or nylon. If nylon, the rings shall be UV treated. O-rings shall be 38mm (\pm 4.0mm) in diameter,

having no sharp edges or protrusions that may cut or injure the rescuer or victim.

6.5.12 Clips: The clip shall be a brass or stainless steel snap hook KS2470-70 with an overall length of 70mm (± 7.0 mm). It shall have no sharp edges or protrusions that may cut or injure the rescuer or victim.

6.5.13 Should the Management Committee find it impossible, or prohibitively expensive to comply with the Equipment Standards for Rescue Tubes, it is acceptable to substitute another form of commonly used Rescue Tube.

6.5.13.1 All competitors **must** use the same design of Rescue Tube, whatever it may be.

6.5.13.2 Should the Management Committee decide to substitute another Rescue Tube, they shall inform all competitors no later than twenty-eight (28) days before the start of the competition of the make and model of the Rescue Tube that will be used.

7.0 Appeals Form

7.0.1 Written appeals do **not** have to be submitted on this form, but they must be written in English and contain the following information:

Competition Venue _____

Competition Date _____

Competitor Involved _____

Team of Competitor _____

Rule alleged to have been contravened _____

Competition Manual page number _____

Time of alleged contravention _____

First Official Involved _____

Other Official(s) Involved _____

Witness(es) _____

Time Verbal Representation made to Head Referee _____

Time Written Statement received by Head Referee _____

STATEMENT _____

Signature of Protester _____

Protest Result: _____ Appeals Committee Convened: _____